

Upstate MD/PhD Program Immersion Days

UPSTATE
MEDICAL UNIVERSITY
MD/PhD Program

HOSTED BY OUR WELCOMING COMMITTEE:

MATTY LESKO (203) 505-1277
JESSICA CROOKER (413) 834-1511
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DR. AMIT DHAMOON (315) 263- 8968
DR. AUYON GHOSH (315) 247-4127

Itinerary	
Planning and Arrival	Connect with your student host prior with any questions and to arrange carpooling to campus/hotel, recommendations, etc. Text/call your student host upon arrival Campus: Weiskotten Hall, 766 Irving Ave, Syracuse, NY 13210 Andrea’s Office: Weiskotten Hall, Room 3118 <i>Can drop bags here if early check-in is unavailable.</i> Hotel: Collegian Hotel and Suites, 1060 E Genesee St, Syracuse, NY 13210, (315) 476-4212 *Check-in: 3PM - Call day of to inquire about early check-in. Feel free to drop off any bags in Andrea’s office when you arrive.

Itinerary

Time	Thursday 04/03
3:00	Hotel Check-in Location: Collegian Hotel and Suites, 1060 E Genesee St, Syracuse, NY 13210, (315) 476-4212 Take time to settle-in Request a shuttle ride to: Weiskotten Hall, 766 Irving Ave, Syracuse, NY 13210 and/or walk (15 min, see directions in email)
4:00 - 4:30	Meeting with Dr. Auyon Ghosh Location:
4:30 - 6:00	MD/PhD Grand Rounds Location: Setnor 3509/10 <i>Dinner provided</i>

Bring a valid form of ID when you come to campus for security check-in

Time	Friday 04/04
n/a	Lab Visits/NCOM Events

Time	Saturday 04/05
n/a	NCOM Accepted Student Day

Local Recommendations

We encourage you to stay the weekend and explore Syracuse. We would be happy to help you plan your weekend. Let us know what you might be interested in doing!

Food and Coffee

***Poke Bowl**
***Varsity**
***Bleu Monkey Cafe**
***Chipolte**
***Salt City Coffee**
***Brazen Cafe**
***Purple Monkey**
***Strong Hearts (vegan)**
***Heritage Cafe**
***Phoebe's**
***XO Taco**

Salt City Market
Oh My Darling
Pastabilities
The Evergreen
Inkas

Dinosaur BBQ
KPot (Korean BBQ)
Rise n' Shine Cafe
Sake Bomb
Cake Bar
LM Social

Red Chilis (hot pot and the soup dumplings)
Recess Coffee
Nectar Espresso Bar
Alto Cinco
Apizza Regionale
The York
Fish Friar

***walking distance (on "the hill")**

Getting Outdoors

Clark Reservation (hiking)
Green Lakes (hiking)
Onondaga Creekwalk (running, walking, biking)
Onondaga Park (skate park, running, walking, biking)
Thornden Park (urban outdoor space)
[Clinton Square Ice Rink](#)
Four Seasons Golf and Ski Center (tubing, small hill skiing/snowboarding)
Labrador Mountain (skiing/snowboarding)
Song Mountain (skiing/snowboarding)
Greek Peak (skiing/snowboarding)
Highland Forest (hiking)
Pratt's Falls (hiking)
Beaver Lake (hiking)

Drinks and Entertainment

Trivia ([Syracuse Trivia](#))
The Hops Spot (craft beers and bar games)
Central Rock Gym (rock climbing)
Funny Bones (comedy club)
JMA Wireless Dome (SU basketball games + concerts)
Syracuse Crunch (hockey)
The OnCenter (live shows and entertainment)
Escape Room ([Mystery Room at Destiny USA](#))
Funk n' Waffles (live music)
Al's Wine and Whiskey Lounge (live music + pool)
The Gilded Club (cocktail bar)
The Song and Dance (events and shows)
Turning Stone Casino (large casino, spa, dining, entertainment)
Yellow Brick Road (small casino, dining, bowling and screen golf)
Harvey's Garden (beer hall and food truck park)