



Orientation Information

The following information is compiled to help prepare you for your participation in the USFP Institute. During the initial days of the program, our staff will provide you with an extensive orientation to review this material. We will hold similar orientations when we travel to New York City and Washington, DC. If you have any specific dietary, medical, or religious needs, please alert us to them before your arrival (see the pre-arrival questionnaire). The Institute staff will do our best to accommodate your requests and to work with you throughout the trip to ensure that your experience in the U.S. is as smooth and comfortable as possible.

Life at Bard College

Bard College is located on the east shore of the Hudson River in Annandale, New York. Students stroll or bike to class among stately trees on the 540-acre campus and admire spectacular sunsets over the nearby Catskill Mountains. They study, work, and relax in campus buildings as varied as the flora, from the venerable buildings on Stone Row to cutting-edge contemporary architecture. Bard's Annandale campus is a center from which to explore the rich natural and cultural life of the Hudson Valley, and also have easy access by car or train to New York City (90 miles to the south) and Boston (220 miles to the north). If a scholar needs transportation off-campus while in residency at Bard, the Institute staff is available – with advanced notice -- to transport you in a Bard van. Bard also provides a daily shuttle around campus and to nearby towns. For a complete overview of academic and recreational life at Bard, please visit our website: <http://www.bard.edu>.

Residence in Manor Annex

On the northern end of campus overlooking the Bard Farm is a magnificent and picturesque group of buildings constructed during the Hudson Valley's 19th-century glory days. USFP Scholars will be residing in Manor Annex during their stay at Bard in single bedrooms with shared bathrooms (sink and toilet) and two shower facilities per floor (women on one floor, men on another). Scholars will also have access to a communal kitchen, sitting areas, and a living room with a television. <http://www.bard.edu/campus/departments/reslife/dorms/>. Coin-operated laundry facilities are available on the first floor next to the kitchen. Please note that there is no cleaning service or linen service in Manor Annex, so you will be responsible for keeping your room tidy. For safety reasons, candles and incense are prohibited. Smoking indoors is not allowed anywhere on the Bard campus.

Campus Dining Services

Most meals while we are in residency at Bard's Annandale campus will be provided buffet-style in Kline Dining Hall. When possible, food is locally grown and organically produced. Special dietary preparations are available with advance notice, so please indicate on the **Participant Pre-Arrival Survey** (attached to the welcome letter) if you have **dietary restrictions**. The Dining Hall is open throughout the day, from 7:30 am to 7:30 pm. Basic information about on-campus meals can be found at: <http://www.dineoncampus.com/bard/>. When we are off campus, most of our meals will be provided at local restaurants.

Cultural Offerings and Local Attractions

Bard regularly offers public lectures, film screenings, and performances at several campus venues. The Fisher Center presents ongoing music, theater, and dance – we will be attending two performances during the Institute. For details about the variety of performances: <http://fishercenter.bard.edu/summerscape/2013/>. The Hudson Valley's outdoor recreation, cultural activities, and historic sites complement any visit to campus. To find out more about local attractions and dining options: <http://www.bard.edu/visiting/>.

Recreation & Gymnasium

Bard has a fabulous gym with a variety of facilities and athletic options – including a wonderful swimming pool. Hours of operation are basically 7:30 am – 8:00 pm. Sports equipment is available (but limited). Bike rentals are also available. For more information, visit the Community Page on <http://bardathletics.com>.

Library and Computer Labs

Upon arrival, we will help you to get your photo taken for an official Bard ID card. This card will allow you to use Bard's dining hall facilities, library, and computer labs – so please take good care of it! We will also be issuing you a Bard email account that will be valid throughout the Institute and for several months afterwards. Our hope is that this will help facilitate easy communication with all participants, staff and faculty. The Stevenson Library is located on main campus and will be available to scholars as a resource for research as well as printing. Hours of Operation: Monday-Thursday (9 am – 7 pm) and Friday-Sunday (12 pm -5 pm). If possible, we encourage you to bring your own laptop computer for the Institute. If you do bring a laptop computer, we will help you to access the College's Internet and email. If you do not bring your own compute, there are more than 250 public access computers that will be available for your use on campus.

Phones

Upon your arrival at Bard, we will provide you with a cell phone and a calling card with limited minutes that will allow you to make and receive calls or texts. When the Institute is over, we ask that you return the phones to Bard staff. If you plan to bring your personal cell phones, please check with your cellular provider to find out about availability of service and rates in New York and Washington, DC. We highly recommend the use of Skype, a free online video chat service, to communicate with your family while you are in the U.S. All residence halls have phones in the hallway for emergency use, local calls, or calling card calls. Please note that you will be in the time zone called Eastern Daylight Savings throughout the 6-week Institute.

Money

Bard College will take care of the cost of your housing, required readings, and all other major expenses related to the required scheduled activities of the summer program (local travel, group meals, hotels, theater tickets, etc.) Additional expenses, such as gifts, independent travel arrangements beyond the scope of the program, individual entertainment, personal book purchases, etc., will be your responsibility. You will be issued a per diem (Latin for "per day") on a weekly basis to help offset food and activities not provided by Bard. The amount of your weekly per diem allowance will fluctuate based on the meals we share as a group versus on your own. All scholars will also be provided with \$600 during the Institute to cover the cost of academic materials (such as books and other academic resources to be utilized back home), as well as optional cultural outings. Your per diem will be disbursed to you in the form of a VISA debit card that can be used as a credit card or to withdraw cash from ATM machines.

Contact Information in the U.S.

To receive letters, mail should be addressed as follows:

Scholar's Name
Center for Civic Engagement
Bard College
PO Box 5000
Annandale-on-Hudson, NY 12504 USA

To receive packages + Federal Express, mail should be addressed as follows:

Scholar's Name
Center for Civic Engagement
Bard College
30 Campus Road
Annandale-on-Hudson, NY 12504 USA

What to Pack

Casual clothing is sufficient for most occasions and activities. The summer in the Hudson Valley is quite warm here (25-35 degrees Celsius during the day), but you will want a warm sweater, raincoat, or light jacket for the evenings. Once we travel to Washington, DC the weather can be quite hot and humid. Most buildings you will be in throughout the Institute will be air-conditioned and can become quite cool, so it is recommended that you have layers (sweaters, etc.) for the lectures and other indoor events. Comfortable shoes are recommended as we do several walking tours throughout the course of the program. For the few evening events and office visits that are more formal, we suggest business attire. No need for tuxedos or fancy jewels!

To check the weather at Bard today: <http://www.bard.edu/visiting/weather/>

Bard will provide you with the following items in your dorm room:

1. **Bedding** (twin sheets, blanket, pillow)
2. **Bath Towel**
3. **Desk and Chair** (and a garbage can)

If you find that you forgot certain items – or you run out of toiletries or other items during the program – Institute staff will be available to make a trip with you to nearby Kingston to acquire necessary items. Please note that when we travel to Boston, New York City and Washington, DC, we will be staying in fully equipped hotels.

Suggested items to pack:

1. **Adapter/converter for electrical appliances** (Bard College residences have wall sockets that allow 120watts)
2. **Laptop Computer**
3. **Camera**
4. **Travel clock with alarm**
5. **Swimwear** (we will have several opportunities to go swimming, so please pack a bathing suit - or something you are comfortable getting very wet! Swim goggles are nice if you plan to swim regularly in the Bard pool.)
6. **Workout Clothes** (If you plan to workout in the Bard gym – or a YMCA gym in Washington, DC - we suggest you pack athletic shoes, a locker padlock and an athletic equipment bag. There are showers available within the Bard gymnasium, so you may wish to bring shower shoes.)

Important to pack in your carry-on luggage:

1. **Your travel documents** (passport, airline tickets)
2. **Any necessary medications** that you are currently taking (and a copy of your prescription)
3. **Your medical history** (f you are under treatment or prone to illness) ***
4. **Non-prescription remedies** that you may commonly use (herbal, etc.)
5. **Extra pair of eyeglasses** and prescription sunglasses

**** Please note that the State Department will cover any accidents or illnesses that arise for the duration of the Institute; the State Department is nor responsible for treatments of pre-existing medical conditions.*

Bard Campus Map

