

Welcome Guide from the Office of Postdoctoral Affairs

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Willkommen

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Bienvenue

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स्वागत

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Weill Cornell Medicine

Planning your transition to Weill Cornell Medicine as a Postdoctoral Scholar

[Section 1](#) – Introduction to the Office of Postdoctoral Affairs

[Section 2](#) – Prior to Arrival – Housing

[Section 3](#) – Prior to Arrival – Childcare

[Section 4](#) – Navigating From the Airport

[Section 5](#) – Onboarding (& Immigration) Upon Arrival

[Section 6](#) – Orientation (to Weill Cornell Medicine)

[Section 7](#) – Department Orientation & Compliance Checklist

[Section 8](#) – Promoting a Happy Lab

[Section 9](#) – Introduction to the Postdoctoral Association

[Section 10](#) – Orientation to Living in New York City

[Section 11](#) – Social Activities in New York City

Weill Cornell
Medicine

Office of Postdoctoral Affairs

Office of Postdoctoral Affairs (OPA)

Mission

The Office of Postdoctoral Affairs (OPA) was established in 2003 with a mission to support and assist Weill Cornell Medicine postdoctoral scholars in their professional training and development.

- Our office is dedicated to enhancing the quality of life for the postdoctoral scholars at Weill Cornell Medicine and advocating on their behalf to leadership and college administration.
- The goal of the OPA is to improve the quality of the postdoctoral training experience and prepare these individuals for their future careers.

Office of Postdoctoral Affairs (OPA)

- Organizing and providing career development programming and resources for postdocs across the community
- Facilitating a new postdoc orientation
- Assisting in social/networking events for the postdoctoral community
- Supporting resources and policies that enhance and promote an inclusive training environment
- Advising and supporting the Postdoctoral Association (PDA)
- Hosting an annual Postdoctoral Research Day
- Maintaining a website exclusively for the OPA
- Assisting in the development and distribution of all policies of concern to postdocs

Office of Postdoctoral Affairs

Who & where we are

Randi B. Silver, PhD

Associate Dean

Weill Cornell Graduate School of Medical Sciences
Faculty Director, Office of Postdoctoral Affairs

Les Krushel, PhD

Manager, Office of Postdoctoral Affairs

1300 York Avenue, Room A-131

Graduate School Office

lek2014@med.cornell.edu

Please direct all inquiries to

postdocaffairs@med.cornell.edu

or visit 1300 York Avenue, Suite A-131



Housing

Weill Cornell Medicine housing & off-campus housing

Housing

Weill Cornell Medicine maintains a limited number of affordable housing units for postdoctoral scholars

- Postdoctoral scholars are eligible for 5 years of occupancy in Weill Cornell Housing
- Please read the Policy on Postdoctoral Associate Housing and, if applicable, the Policy on Family Housing, available on the [Housing Office website](#)
- Weill Cornell housing units consist of studio, one-bedroom, and two-bedroom apartments
- Family members who are eligible to reside with you in Weill Cornell housing include your spouse or domestic partner and child(ren)
- Visitors may stay with you for a limited period of time—refer to the [Housing Terms and Conditions](#) for more information

Housing

Weill Cornell Medicine housing for postdoctoral scholars is located on Roosevelt Island



Weill Cornell Medicine
Campus

Roosevelt Island

Weill Cornell housing

Housing

← You could be living here →



- Weill Cornell housing for postdoctoral scholars is mainly located at 455 & 465 Main Street on Roosevelt Island
- Current housing rates are available on the [Housing Office website](#)
- Google [Map](#) of the apartments
- Information on the buildings is [here](#) & [here](#)
- Weill Cornell housing [FAQ](#)
- **First months rent [(foreign) credit card is fine] and security deposit (check or money order) is required upon arrival**



Housing Application

Get your application in early!



1. After you have accepted the employment offer from Weill Cornell Medicine, your sponsoring department (Department Administrator) will complete Part 1 of the housing application and e-mail it to you.
2. If you wish to apply for Weill Cornell Housing, complete Part 2 of the housing application and e-mail it to academic-staff-housing@med.cornell.edu.
3. **Apply as early as possible** (>60 days prior to your arrival date) to increase the likelihood of obtaining Weill Cornell Housing.

What to do the first few days

Orienting to Weill Cornell Housing

- Cable TV & Internet (requires Social Security Number)
 - Time Warner Cable (212) 674-9100
- Utilities
 - Contact Con Edison (800) 752-6633
- Pets are allowed
- Moving in [info](#) for 465 Main Street housing



Non-Weill Cornell Housing

- If you need assistance finding housing outside of Weill Cornell, contact the Housing Office at academic-staff-housing@med.cornell.edu
- Rental brokers will typically charge a fee, which is ~12 – 15% of the total rent for a year
- A guide on navigating the private rental market in New York City for Weill Cornell Medicine postdoctoral scholars (and employees) is available here (the guide is currently in progress)
- Studio apartments may range from \$1300 to \$2000 depending on location, size, and condition
- Having a roommate(s) may be a less expensive alternative
- Foreign postdoctoral scholars may need to provide a more significant down payment (additional months rent) because they do not have an American credit history, but a broker can help negotiate

Housing

Below is a sampling of websites where you may find apartments

[Apartment List](#)

[Padmapper](#)

[StreetEasy](#)

[Naked Apartments](#)

[New York Bits](#)

[Apartments.com](#)

[Sublet.com](#)

[Renthop](#)

[Hotpads](#)

[Trulia.com](#)

[zillow.com \(Weill Cornell area\)](#)

[Trulia rental guide](#)

[New York Times](#)

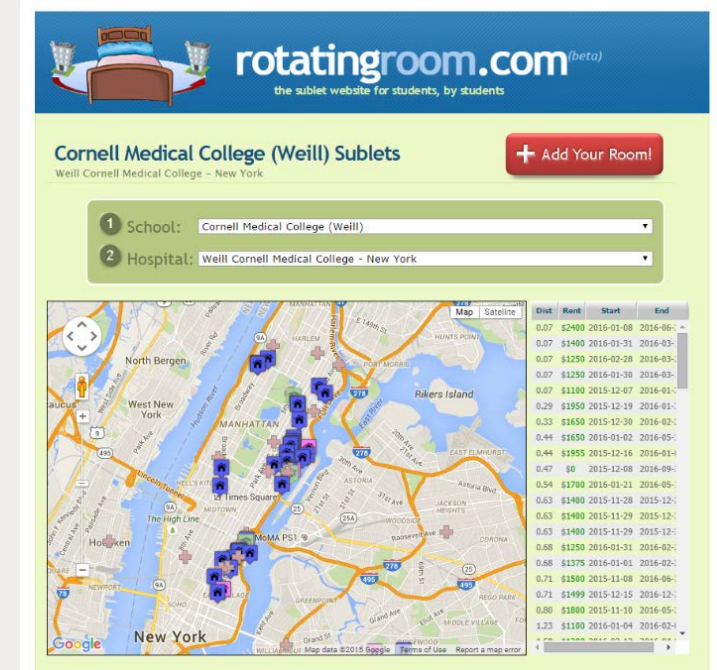
[RentLingo](#)

Note: Weill Cornell Medicine does not endorse any of these sites or the content contained on them. They are for informational purposes only.



Temporary Housing

Rotating Room



- Temporary housing can be found at [Rotating Room](http://RotatingRoom.com) where New York area students list sublets (temporarily rent their apartments)
- A viable option permitting you to take your time exploring New York and locating a more permanent residence
- Rooms range in availability from 2 weeks to 1 year

Housing Necessities

- Most apartments come equipped with standard appliances
- Most apartments are not furnished. To furnish your apartment:
 - You can order furniture to be delivered to your new address after your move-in date
 - Participate in our community email list for postdoctoral scholars to request and sell furniture: pda@med.cornell.edu
 - Join the Weill Cornell Medicine Postdoctoral Association [Facebook](#) group to buy & sell household items
- Note that if you are having furniture delivered to Weill Cornell housing, the company must provide a Certificate of Insurance (which provides evidence of an insurance policy) to your building. The Housing Office will provide details on how to submit a Certificate of Insurance if you are offered housing.

What to do the first few days

Orienting to Weill Cornell Housing

- Cable TV & Internet (requires Social Security Number)
 - Time Warner Cable (212) 674-9100
- Utilities
 - Contact Con Edison (800) 752-6633
- Pets are allowed
- Moving in [info](#) for 465 Main Street housing



Weill Cornell
Medicine

Childcare

From infants to high school

Have burgeoning young scientists?

Childcare options at Weill Cornell Medicine

A. Weill Cornell Children's Center (Bright Horizons)

409 East 60th Street between 1st & York Ave

- Childcare for the children of Weill Cornell faculty, staff, postdocs, & students
- Limited spaces available
- Eligible children: 6 weeks to 5 years old
- Details about the registration process and the pre-registration form are available on the [HR Intranet](#)
- You may apply after you have received your Appointment Letter
- You may also apply to get on the wait list before your child is born

Have burgeoning young scientists?

Childcare options at Weill Cornell Medicine

B. Roosevelt Island Day Nursery

405 Main Street, Roosevelt Island

- Childcare available only for postdoctoral scholars
- Limited spaces available
- Eligibility: children between 12 weeks and 3 years of age at the time of use
- Pre-registering for the [Weill Cornell Children's Center](#) will also add you to the wait list for the Roosevelt Island Day Nursery. If you are on the waitlist, you will be contacted if space becomes available.

Have burgeoning young scientists?

Play Area Association (PAA)

- Volunteer social organization run by parents
- Open to families from Weill Cornell Medicine, NewYork-Presbyterian Hospital, & Rockefeller University
- Provides indoor and outdoor play areas
- Sponsors a Play-and-Learn Co-op for children ages 24 months through 5 years
- Discounted children's enrichment classes
- Weekly playgroups for toddlers
- Field trips and parties
- [Info](#)

Have burgeoning young scientists?

Back-up/Emergency Childcare (Bright Horizons)

Back-up childcare is available for up to 10 days/year

- Drop child off at a nearby child care center (\$15/child or \$25/family per day)
- Have someone come to your residence (\$6/hr)
- [Main website](#) & additional [info](#)
- Requires your Weill Cornell Employee Number to register
- Bright Horizons also offers back-up adult and elder care through this service

Have burgeoning young scientists?

New York City Childcare Resources

- NYC offers universal, free pre-kindergarten programs. Learn more about the application process and eligibility guidelines on the [Department of Education website](#)
- Weill Cornell Caregiver [Resource](#) is for Weill Cornell employees to search for or recommend caregivers (need CWID & password)
- [Information](#) and [Search](#) for childcare in your neighborhood via NYC Dept. of Health & Mental Hygiene
- [Search](#) for childcare via the NYC Administration for [Children's Services](#)
- [Care.com](#) is a private site for childcare, babysitters, pet sitters etc.

Have burgeoning young scientists?

Time for school?

- [EduProfile](#) may help you find the right school for your child and navigate the admissions process
 - To gain access to the website, please send an account request email to admin@eduprofile.com using your Weill Cornell e-mail address
 - The HR Benefits Office periodically offers in-person seminars about the school admissions process
- Additional help on choosing schools in [New York](#) and [Brooklyn](#)
- The [Parents](#) League of New York as well as a local school search consulting [firm](#) can also provide assistance with independent & private schools
- There are public schools on [Roosevelt Island](#) ([Pre-K to 8th grade](#)) and [near](#) the main Weill Cornell Medicine campus (including [PK-3](#), [PK-5](#), [PK-5](#), [PK-5](#), [PK-5](#), [6-8](#), [9-12](#))

Transportation

From the airport to your new home

Public transportation in New York City

Subway, bus, train and a tram

New York City via the [Metropolitan Transport Authority](#) (MTA) has extensive public transportation including subways, trains, buses and a tram

Use a Metrocard to access all MTA transportation

- A [MetroCard](#) can be purchased from a kiosk or vending machine
- Subway [map](#)
- [Info](#) including trip planner
- Apps for the subway and all transit including Trip Planners are [here](#)
 - iPhone Maps & Google Maps has MTA info



Directions are provided in later slides that utilize public transportation

What to do the first few days

Orienting to New York City

Using the subway/tram/bus daily to travel to your lab?

[Metropolitan Transport Authority](#) (MTA)

- Obtain a [MetroCard](#)
- Subway [map](#)
- Info including trip planner [Info](#)
- Apps for the subway and all transit including Trip Planners are [here](#)
 - iPhone Maps & Google Maps has MTA info





Help, I've landed at the airport!

How do I get there from here?



- If you are living in Weill Cornell housing, you should receive information from **your department or the housing office** of where to go upon arrival.
- After arrival you will likely go to your new apartment (Weill Cornell Medicine housing on Roosevelt Island or to non-Weill Cornell housing) to pick up your keys
- Or meet with Immigration and/or Weill Cornell personal to finalize paperwork.
- Directions in the following slides are provided to help navigate you from the 3 main New York City airports to the apartments on Roosevelt Island (455/465 Main Street) or to the Weill Cornell Graduate School (1300 York Ave & 69th St.). Immigration and other personnel are directly across the street at Olin Hall (445 East 69th St., Room 223 (2nd floor)).

Help, I've landed at the airport!

How do I get there from here?



The major airports in the New York City area

- **LaGuardia** – the closest to Manhattan
- **John F Kennedy (JFK) International** – most international flights land here
- **Newark Liberty International** – located in New Jersey and is the furthest from Manhattan

I've landed at LaGuardia Airport

A) Taxi

- Grab a yellow taxi from the taxi stand immediately outside luggage carousel
- Do not accept any other offers to drive you to Manhattan
- ~\$30 - \$35 plus toll for the RFK Triborough Bridge and tip to Weill Cornell Graduate School (upper east side Manhattan)
- ~\$30 plus tip to Weill Cornell Housing on Roosevelt Island
- for more [info](#); estimate your cab fare [here](#)



B) UberX

- ~\$50 to Weill Cornell Medicine Graduate School
- ~\$40 to Weill Cornell Housing on Roosevelt Island
- don't forget about surge pricing during weather delays, rush hour etc.

C) Super Shuttle Manhattan van (share a ride)

- ~\$20
- Contact (212) BLUE VAN or (800) 258-3826 or [online](#)



D) NYC Airporter

- Departs every 30 minutes
- Destination: Grand Central Station (most convenient destination), Port Authority Bus Terminal, and Penn Station
- Taxi/Uber or NYC subway/bus after arrival at Terminal or Station
- Fare is \$13. Tickets are [here](#).
- For more information (718) 777-5111



I've landed at LaGuardia Airport

D) NYC Airporter

Grand Central Station to Graduate School and Roosevelt Island



- Walk through Grand Central Station to the subway entrance
- Purchase a MTA Metrocard from a MetroCard Vending Machine. Place a minimum of \$2.75 on the card using cash or credit card. \$1 for new Metrocard.
- MTA trip planner [website](#)
- To get to the Graduate School, board the #6 subway train (Pelham Bay Park bound)
 - Depart at the 68th St & Lexington Ave stop (3rd stop)
 - Walk 4 blocks east to York Ave and north 1 block to 69th St (see map on next slide)
- To get to Roosevelt Island, board the #4 or #6 subway train (Pelham Bay Park bound)
 - Depart at the 59th St & Lexington Ave stop (1st stop on the #4 train, 2nd stop on the #6 train)
 - Follow the directions and walk underground to the 63rd St & Lexington Ave subway stop
 - Board the 'F' train (Jamaica – 179th St bound). There is no charge if using MetroCard, it will be a transfer
 - Depart at the first stop (Roosevelt Island) & walk north to 455/465 Main St.

I've landed at LaGuardia Airport

D) NYC Airporter

- Departs every 30 minutes
- Destination:
 - **Grand Central Station** (most convenient destination for Weill Cornell Graduate School)
 - Port Authority Bus Terminal
 - **Penn Station** (most convenient destination for Roosevelt Island housing)
- Taxi/Uber or NYC subway (next 3 slides) after arrival at either Station
- Fare is \$13. Tickets are [here](#).
- For more information (718) 777-5111



**59th St & Lexington
Subway entrance
#4 & #6 train**

**63rd St & Lexington
Subway entrance
'F' train**

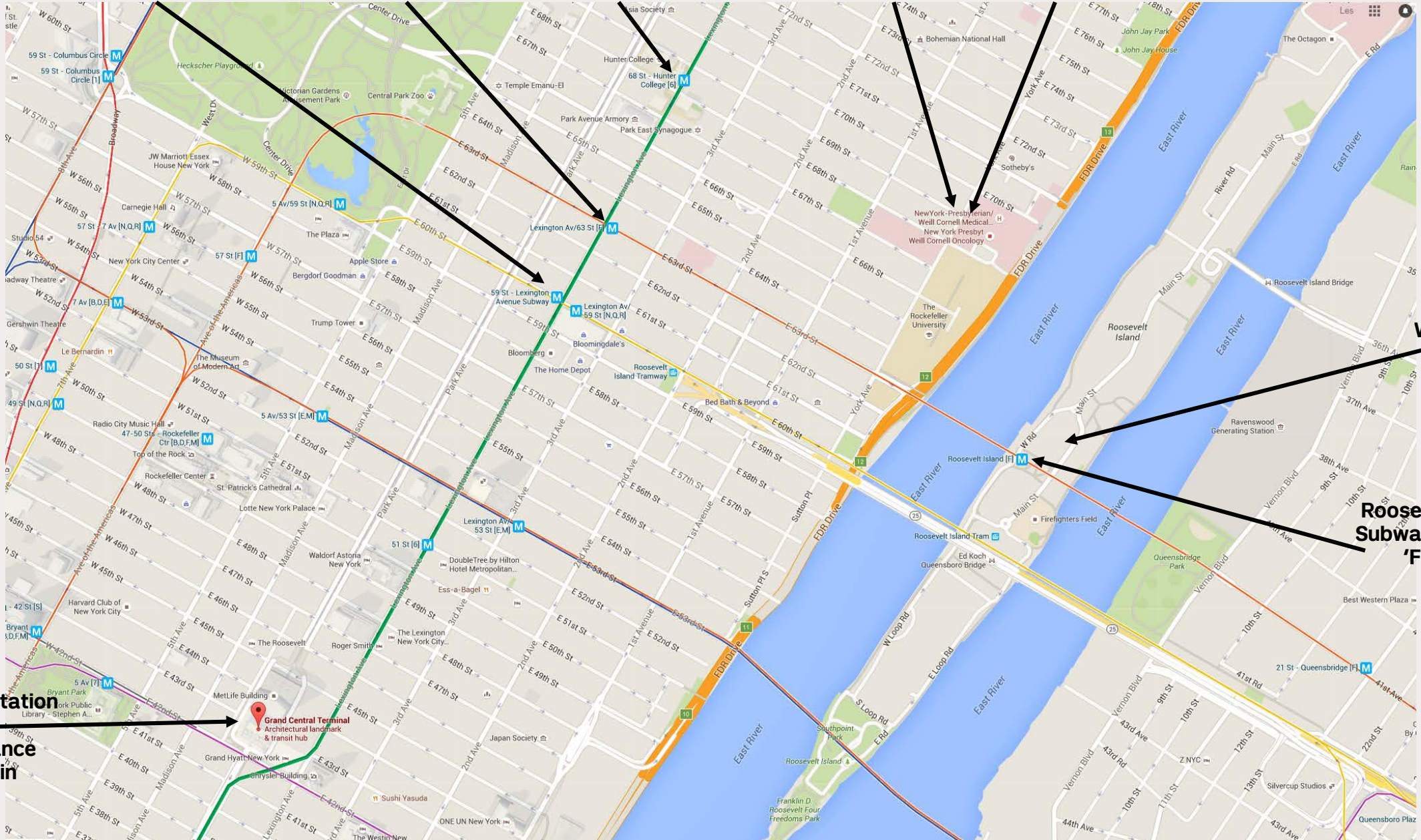
**68th St
Subway entrance
#6 train**

Olin Hall Weill Cornell Medicine

**Weill Cornell
Housing**

**Roosevelt Island
Subway entrance
'F' train**

**Grand Central
&
Subway entrance
#4 & #6 train**



I've landed at LaGuardia Airport

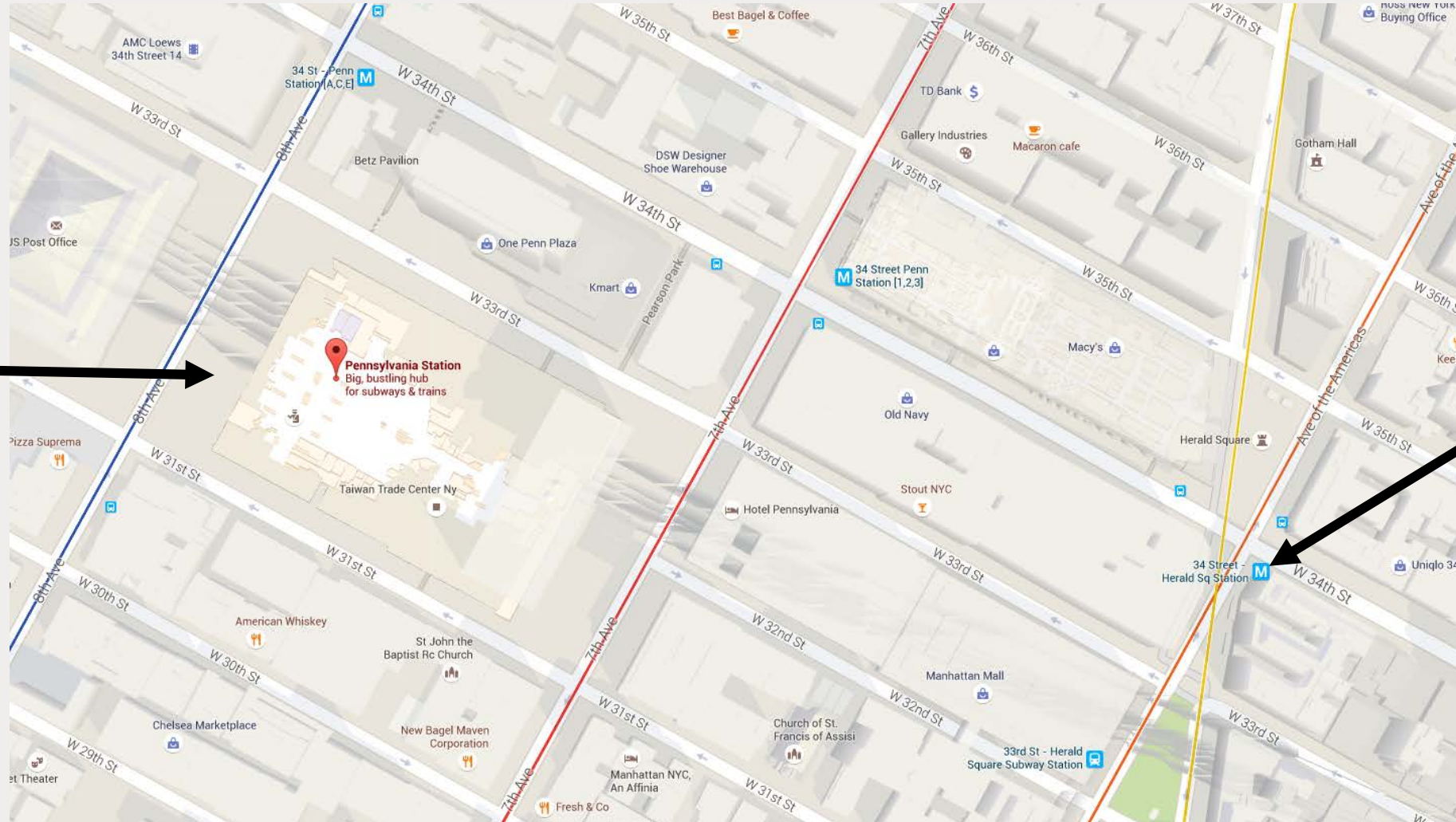
D) NYC Airporter

Penn Station to Graduate School and Roosevelt Island

- Walk to the 34th St & Herald Square subway entrance (map is on next slide)
- Purchase a MTA Metrocard from a MetroCard Vending Machine. Place a minimum of \$2.75 on the card using cash or credit card.
- Board the 'F' train (Jamaica – 179th St bound)
 - To get to the Graduate School, depart the train at the 63rd St & Lexington Ave stop (4th stop). Walk east 4 blocks to York Ave and north 6 blocks to 69th St. 0.8 mile walk - ~15 minutes
 - To get to Roosevelt Island, depart the train at the Roosevelt Island stop (5th stop) & walk north to 455/465 Main St.

Penn Station to 34th St & Herald Square subway entrance

**Penn
Station**

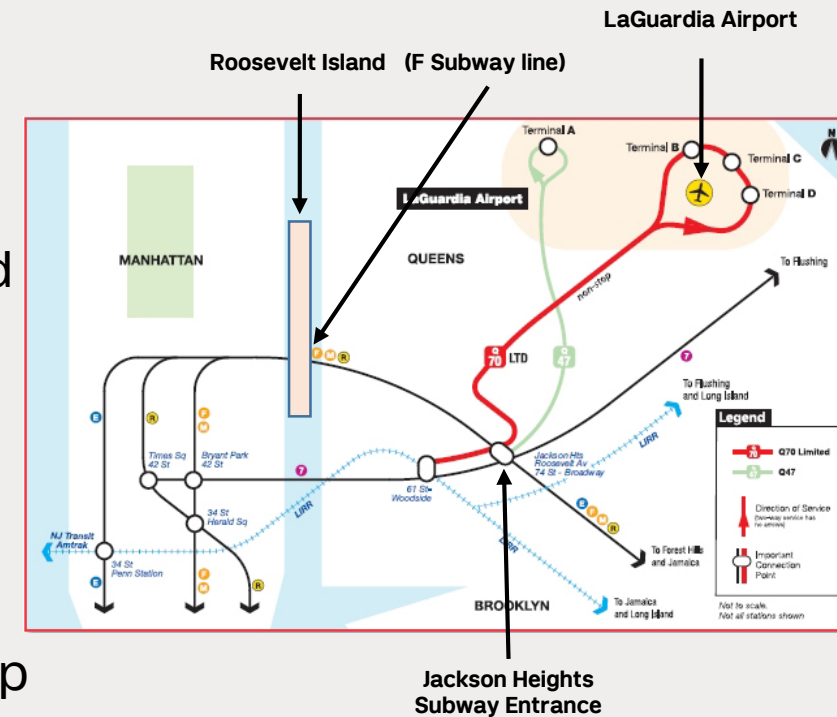


**34th St &
Herald Square
Subway entrance
'F' train**

I've landed at LaGuardia Airport

E) Public Transportation (Route 1)

- Two possible routes to Graduate School or Roosevelt Island
- Purchase a MTA Metrocard from a MetroCard Vending Machine in Terminals B, C, & D. Place a minimum of \$2.75 on the card using cash or credit card. A \$1 new card fee will apply to new MetroCard vending machines.
 - Look for the Q70 LTD bus stop outside Terminals B, C, & D.
 - Pay for your fare with your MetroCard as you enter the bus.
 - Depart the bus at the Jackson Heights/Roosevelt Avenue subway stop
 - Enter the subway (your MetroCard will be used as a transfer and you will not be charged for the subway ride) and board the 'F' train (Coney Island-Stillwell Avenue bound).
 - To get to Roosevelt Island, depart the subway at the Roosevelt Island stop (2 stops from Jackson Heights) and walk north to 455/465 Main St.
 - To get to 1300 York Ave & 69th St, depart the subway at the 63rd St & Lexington Ave stop (3 stops from Jackson Heights) and walk east to York Ave and north to 69th St.



I've landed at LaGuardia Airport

F) Public Transportation (Route 2 – details [here](#) & [here](#))

1. Purchase a MTA Metrocard from a MetroCard Vending Machine in Terminals B, C, & D. Place a minimum of \$2.75 on the card using cash or credit card. A \$1 new card fee will apply to new MetroCard purchases from the vending machines.
2. Look for the M60 Select Bus Service (SBS) bus stop outside Terminals B, C, & D.
3. Prior to boarding, purchase a ticket by inserting your MetroCard into the MetroCard Fare Collector. Keep the ticket in case you are asked for it on the bus. (You only need to purchase bus tickets for SBS bus lines. For regular bus lines, use your MetroCard as you enter the bus).
4. Depart the bus at the East 125th St & Lexington Ave stop.
5. Enter the subway and take the #6 train (Brooklyn Bridge/City Hall bound). Use your MetroCard (you will not be charged as it will be considered a transfer).
6. To get to the Graduate School (1300 York Ave 69th St.) get off at the 68th Street stop (Hunter College) and walk east to York Ave (and 1 block north) (~10 – 15 min.)
7. To get to Roosevelt Island, get off at the 59th St. & Lexington Ave. stop.
8. Follow directions underground to the 'F' subway train (63rd St & Lexington)
9. Take the 'F' train (Jamaica-179th St bound) train 1 stop to Roosevelt Island
10. Walk north to 455/465 Main St.



I've landed at John F Kennedy (JFK) Airport

A) **Taxi**

- \$52 fee to anywhere in Manhattan, plus \$8 toll and tip
- [Info](#)

B) **UberX**

- ~\$90 to Weill Cornell Medicine Graduate School (upper east side Manhattan)
- ~\$70 - \$80 to Weill Cornell Housing on Roosevelt Island
- don't forget about surge pricing during weather delays, rush hour etc
- [Online](#)

C) **Super Shuttle Manhattan** van (share a ride)

- ~\$25
- Contact (212) BLUE VAN or (800) 258-3826
- [Online](#)

D) **NYC Airporter**

- NYC Airporter (see LaGuardia transportation)

I've landed at John F Kennedy (JFK) Airport

E) Public Transportation

- Use AirTrain to connect with New York City Transit subways and bus
 - Take Jamaica Station Airtrain to Jamaica subway station
- To get to Weill Cornell Medicine Graduate School, board the 'E' subway train, at the second stop (Briarwood) or third stop (Union Turnpike/Kew Gardens) transfer to the 'F' subway train, take the 'F' train to the Lexington & 63rd St subway station. It is 0.8 mile walk or a short taxi ride to the school
- To get to Weill Cornell housing on Roosevelt island, board the 'E' subway train, at the second stop (Briarwood) transfer to the 'F' subway train, take the 'F' train to the Roosevelt subway stop, housing is 1 – 2 blocks north of the station
- \$5 AirTrain entry/exit fee and \$2.75 MTA subway fare. A \$1 new card fee will apply to new MetroCard purchases from the vending machines.
- Details are [here](#)



I've landed at Newark Liberty International Airport Newark, New Jersey

A) **Taxi**

- ~\$60 plus toll (\$15) and tip to Weill Cornell Medicine Graduate School (upper east side Manhattan)
- ~\$70 – 80 plus toll (\$15) and tip to Weill Cornell Housing on Roosevelt Island
- \$5.50 surcharge for using credit card + surcharges during rush hour

B) **UberX**

- ~\$120 to either Weill Cornell Medicine Graduate School or Weill Cornell Housing
- Surge pricing can occur (i.e. more \$\$\$\$ during weather delays, rush hour etc.)

C) **Super Shuttle Manhattan** van (share a ride)

- ~\$25
- Contact (212) BLUE VAN or (800) 258-3826
- [Online](#)

I've landed at Newark Liberty International Airport Newark, New Jersey

D) Train

- First – use AirTrain at the airport to connect to Newark Liberty Airport Station
- At Newark Liberty Airport Station connect to New Jersey Transit to travel to Penn Station in Manhattan
- Purchase ticket at airport, which includes AirTrain & NJ Transit ride - \$13
- [Train info](#)
- After arrival at Penn Station you can walk to the 34th St & Herald subway stop (see map of area in previous slide concerning transportation from LaGuardia airport)
- Purchase subway ticket/MTA MetroCard
- Take the 'F' train (Jamaica – 179th St bound)
 - To go to Roosevelt Island, get off at the 5th stop 'Roosevelt Island'
 - To get to 1300 York Ave & 69th St (Weill Cornell Graduate School) get off at the 4th stop '63rd St & Lexington' stop and walk east to York Ave and north to 69th St.
- Or hail a taxi or take Uber to your final destination



I've landed at Newark Liberty International Airport Newark, New Jersey (continued)

E) Bus

- [Newark Airport Express bus](#) can be boarded outside each terminal
- [Departs](#) every 15 min for \$16 . The bus will deliver you to Grand Central Station, Bryant Park, and the Port Authority Bus Terminal.
- See previous instructions describing how to take public transportation from Grand Central Station or Port Authority to Weill Cornell Graduate School and Weill Cornell housing on Roosevelt Island.
- Or take a taxi or Uber to your final destination



What to do the first few days

How to get to the lab from Weill Cornell housing

From 455/465 Main Street Roosevelt Island to Weill Cornell area around York Ave and 69th Street

- In the evening a Shuttle leaves 1300 York Ave every 30 min. and transports you to Roosevelt Island
- Roosevelt Island Tramway is an aerial tramway spanning the East River connecting Roosevelt Island to Manhattan (59th Street & 2nd Ave)
 - Only accepts MTA [MetroCard](#) (see next slide)
 - Departs every 7 – 15 minutes
 - Schedule is attached (TramBus)
 - Info and online [schedule](#)
 - ~10 – 15 minute walk to Weill Cornell
- Subway – F train Shuttle leaves station at West Road/452 Main Street
 - 1st stop is Lexington & 63rd Street
 - ~10 – 15 minute walk to Weill Cornell



Onboarding

Onboarding Services assists you with new employee paperwork, medical clearance, and arranges your orientation day

Onboarding

Onboarding for **American** citizens/Green Card holders

- Prior to your arrival, you should have received an email from Human Resources with paperwork to complete and a link to schedule your Onboarding meeting, which occurs prior to Orientation
- **Onboarding Location** (map on next slide)
 - **Olin Hall** - 445 East 69th Street, Room 223 (2nd floor)
NW corner of 69th Street and York Avenue
 - Across the street from the Graduate School (1300 York Ave)
- Please bring:
 - State or federal-issued ID and proof of eligibility to work in the U.S. (refer to the I-9 form provided by HR for documentation guidelines)
 - Completed pre-arrival paperwork (if possible)
 - A voided check in order to set-up direct deposit
- During your Onboarding meeting, you will receive:
 - A medical screening appointment date
 - A form that will allow you to receive your Employee ID
 - Department Orientation & Compliance Checklist

Olin Hall
entrance



Onboarding

Weill Cornell Medicine Campus



Olin Hall
445 East
69th St



Weill Cornell Medicine
1300 York Ave @69th St

Employee ID Office



Onboarding

Immigration/Onboarding for **Foreign** Nationals

- Prior to your arrival, you should have received an email from the HR Immigration Office with a date to attend an Immigration and Onboarding meeting, which occurs prior to Orientation
- The location of your meeting will be noted in your scheduling email from the HR Immigration Office
- Immigration will help you complete your Visa requirements and assist you in with your Onboarding paperwork
- Please bring:
 - Passport, J-1 DS-2019 form (if you have a J1 Visa) & pre-arrival materials that were mailed to you
 - Proof of health insurance coverage if you will not be paid by Weill Cornell Medicine (you can obtain employee health coverage for you and your dependents if you are being paid by Weill Cornell Medicine)
 - Any other documents requested by the Immigration Office
- You will receive:
 - Medical screening appointment date
 - A form that will allow you to receive your Employee ID
 - Department Orientation & Compliance Checklist
- If you have any questions, contact Jeanie Huang, Immigration Manager, at jch2003@med.cornell.edu

Onboarding

Immigration/Onboarding for **Foreign** Nationals

Obtaining a Social Security Number

- You must have a Social Security Number (SSN) to lawfully work in the United States
 - You will receive paperwork from the Immigration Office to take to the Social Security Office
 - You must go to Social Security Office that is associated with your permanent address to obtain your SSN
 - [Info](#) from the government



Orientation

Provides information for all new employees, including an overview of benefits, Weill Cornell Medicine's organizational history and structure, compliance requirements, and more

Orientation

- **Orientation**

- When: The **first** Monday following your arrival (or the Monday that coincides with your first day)
- Where: 2nd Floor Belfer Building
- Time: 9 am – 1 pm

- **Orientation Highlights**

- Information Technologies & Services (including Weill Cornell ID & e-mail)
- Benefits
- Introduction to Environmental Health & Safety training courses
- Discounts & perks



Orientation

Information Technologies & Services (ITS)

- Works on computer hardware & software issues
- Provides training and tech support
- Tags devices (computers, cell phones)
- For online help contact ITS support@med.cornell.edu
- For in person help, ITS operates the Smart Desk situated in the library on 1300 York Ave
 - Monday – Friday: 9 am – 6 pm
 - Saturday: 10 am – 6 pm
 - Sunday: 12 pm – 6 pm



Orientation

Information Technologies & Services (ITS)

Your Campus Wide Identification (CWID "see-weed")

- Your CWID is your permanent ID – three letters followed by four numbers e.g. 'abc1234'
- Your CWID is created during your Onboarding process and emailed to your Department Administrator (DA) or Manager to set up your system access

Orientation

Information Technologies & Services (ITS)

Creating your e-mail account

- After your CWID is created, the Department Administrator (DA) sends a request to ITS for creation of an email account
- If your first day at Weill Cornell Medicine is:
 - the same as your Orientation date, you will set up your password at Orientation
 - prior to your Orientation date, your DA or Manager can assist you in setting up your password or you can reset it at the Smart Desk in the library (1300 York Ave)
- Reset password [here](#)

Orientation

Information Technologies & Services (ITS)

- **E-mail**
 - E-mail address is your CWID@med.cornell.edu
 - Via Microsoft Outlook
 - Webmail online can be accessed through [Microsoft Office 365](#)
 - Use [File Transfer Service](#) to transfer large or confidential files
 - Spam is sorted into appropriate location. To access Spam [settings](#)
- A [site](#) to find software downloadable onto your **work** computer
- A [site](#) to find software downloadable onto your **personal** computer at a considerable discount

Orientation

Emergency Information



- In order to receive notifications, your DA should submit your initial contact info via [Weill Cornell Online Directory](#)
- [Cornell Emergency](#) is the place for emergency announcements, [contact numbers](#), procedures, and planning.
- Emergency Notifications through [Weill Cornell Alert](#) are sent to phones, email, & pagers.
- You can update your emergency contact information by e-mail alerts@med.cornell.edu. Provide name, CWID, updated contact information and related device (e.g. home phone, cell phone, alternate email). Or log onto the [Online Directory](#) . Info on updating contact info is [here](#).
- ITS will install an Weill Cornell Medicine Emergency App on your cell phone and desktop shortcut on your work computer providing a link to the [Weill Cornell Emergency](#) website.

Orientation

Office of Faculty Affairs

- **Timeline for Postdoctoral trainees**
 - Appointment letter
 - Onboarding
 - Orientation (0 – 1 month)
 - Probationary review (3 months)
 - Annual appraisal (9 months)
 - Yearly renewal of term-appointment (12 months)
 - Departure date if not reappointed (12 months)
 - Duration as a postdoc (5 years)

Appointment information is available in Section 5 of the [Academic Staff Handbook](#)

Orientation

Benefits

Postdoctoral Associate Benefits

The Weill Cornell Medicine Benefits Guide, which you should receive at Onboarding from Human Resources and is also available at intranet.med.cornell.edu/hr/benefits, provides a general overview of our employee plans and programs. Note that Weill Cornell Medicine benefits vary slightly between staff members, postdoctoral associates, and faculty.

As a postdoctoral associate, you are eligible to participate in most of the benefits described in the Guide with a few key differences, displayed on the right.

You have 31 days to enroll in your health insurance benefits—don't forget!

Questions about benefits or enrollment?

Contact the HR Solution Center:

- **Online:** <http://hrsc.weill.cornell.edu>
- **Email:** hrsc@med.cornell.edu
- **Phone:** 646-962-9247

Benefit	Key Difference	More Information
Faculty & Exempt Retirement Plan	Postdoctoral associates do not participate in the Faculty & Exempt Retirement Plan. Note that you <u>are</u> eligible to participate in the Voluntary Employee Retirement Plan.	Refer to the Benefits Guide at intranet.med.cornell.edu/hr/benefits
Non-Exempt & Frozen Retirement Plan	Postdoctoral associates do not participate in the Non-Exempt & Frozen Retirement Plan.	Refer to the Benefits Guide at intranet.med.cornell.edu/hr/benefits
Time-Off	Full-time postdoctoral associates accrue vacation time at a rate of one day a month, for a total of twelve days a year. Vacation for part-time associates is prorated.	Refer to the Academic Staff Handbook at weill.cornell.edu/handbook
Short-Term Disability Coverage	Postdoctoral associates are covered under the Salary Continuance Policy instead of this benefit. Salary continuance provides 50% of your salary for up to three months while seeking treatment or care for your own serious health condition.	Refer to the Academic Staff Handbook at weill.cornell.edu/handbook
Employee Tuition Reimbursement Program	Academic employees who hold an MD or PhD are not eligible to participate in the Tuition Reimbursement Program.	Refer to the Benefits Guide at intranet.med.cornell.edu/hr/benefits

Orientation

Extra benefits for Weill Cornell Medicine employees

- Discounts include:
 - Phone service providers (Sprint, Verizon, & AT&T)
 - YMCA
 - NY Sports Club
 - Brooks Brothers
 - Estee Lauder
 - Bronx Zoo
 - Plum Benefits
 - 6 Flags Theme Park
- Detailed info on all of the discounts (including phone deals) is found [here](#)

Orientation

Additional perks for Weill Cornell postgraduates

- Movies - \$9 tickets for AMC Theaters
- Asphalt Green – \$5 day pass for fabulous sports center
- Discounted tickets for:
 - Broadway plays
 - New York Philharmonic Orchestra
 - New York Metropolitan Opera
 - New York City Ballet
 - Sporting events
- Ticket sales from [Eventbrite](#)

Orientation

Employment Assistance Program Consortium (EAPC)

- Offers free, professional & confidential counseling as well as referrals
- Individual, couples & family counseling
- Staffed by clinical social workers & (consulting) psychiatrists
- Available Monday thru Friday 9 am – 5 pm
- 409 East 60th Street
Room 3-305
New York, NY 10022
- (212) 746-5890
- EAPC@med.cornell.edu
- [Info](#)



Orientation

Environmental Health & Safety (EHS)

- EHS provides [education and training](#) on safety issues relevant to postdoctoral scholars
- Core & specialized safety classes
 - **Fire Safety (which must be taken by Postdocs)**
 - Biological Safety
 - Chemical Safety
 - Radiation Safety
 - Emergency Planning & Response
 - Occupational Safety
 - Transport of Hazardous Materials
 - Waste Management & Disposal



Orientation

- Health Insurance Portability and Accountability (HIPAA)
 - HIPAA training online must be completed
- Next step for **postdoctoral scholars**:
 - Obtain ID badge
 - See your Dept. Administrator/Manager to obtain your temporary password, which needs to be reset

Orientation

Still have a question?

Visit the HR [Intranet webpage](#)

(in depth information accessed through a Weill Cornell Medicine computer)

Contact the HR Solution Center

Online: <http://hrsc.weill.cornell.edu>

Email: hrsc@med.cornell.edu

Phone: 646-962-9247

Department Orientation & Compliance Checklist

Department Orientation & Compliance Checklist

- At Onboarding you will receive the 'Department Orientation & Compliance Checklist.' The tasks include:
 - Receive Medical Clearance
 - Verify Online Fire Safety training
 - Review Fire Safety & Evacuation Procedures
 - The pdf is attached
 - Verify HIPAA training
 - Complete 'Conflicts of Interests' form
 - Training specifically related to your lab work e.g. Radiation safety
 - Research Compliance training
 - Additional information on Regulatory Compliance (training) for Postdoctoral Scholars can be found [here](#) and a PDF is attached

Department Orientation & Compliance Checklist

Preliminary Medical Clearance for Weill Cornell Medicine Employees

- Includes initial Medical Screening Appointment time
 - Workforce Health & Safety 1315 – 1319 York Ave at 70th St (lower level)
 - Included in the appointment are Tuberculosis tests (two tests over two weeks, 4 visits) & vaccination update

Department Orientation & Compliance Checklist

Employee Self-Service

- Weill Training Management System
 - Register and complete online training courses
 - Including **Fire Safety** & **HIPAA** training
- Compensation & Payroll
 - View your pay statements
- Benefits
 - Enroll in benefits
- Personal Information
 - View & update personal information



**These services are
accessed through myApps**

MyApps & Weill Business Gateway

MyApps – How to

1. Download and install Citrix software onto your computer.
 - Software is found [here](#) and [here](#)
 - Select Citrix Client for Windows PC or Mac OS X.
2. Log on [here](#) using Firefox, Safari, Explorer but not Chrome
3. Use your CWID & password. Choose CUMC domain
4. Select Weill Business Gateway
5. Another window (Weill Business Gateway) will open (possibly in Explorer).
6. Log on again and choose Employee Self-Service
7. Select your service

Department Orientation & Compliance Checklist

Fire Safety & HIPAA Training via MyApps

1. Enter 'Employee Self-Service'
2. Select 'Weill Training Management System'
3. Select 'Weill Training Management System Home'
4. Select 'Browse Catalog'
 - Fire Safety
 1. Select 'Environmental Health and Safety'
 2. Choose 'Online Fire Safety'
 3. 'Book' the course
 - HIPAA
 1. Select 'HIPAA & Compliance Courses'
 2. Select HIPAA Training 2014
 3. 'Book' the course

Step by step instructions are [here](#)

Department Orientation & Compliance Checklist

Conflicts of Interest Form via MyApps

1. Log onto [MyApps](#)
2. Select 'Weill Research Gateway'
3. Log onto 'Weill Research Gateway' using your CWID & password
4. Select 'Conflicts of Interest' on the upper left corner
5. Complete 'Conflicts of Interest' form

Department Orientation & Compliance Checklist

Research Compliance

An online training program to assist WCM employees including Postdoctoral Scholar in the day-to-day processes of research administration. The program addresses both institutional and statutory requirements that occur in the grant application process.

- Information about the training is [here](#)
- To gain access to the training, you or your DA must e-mail research_compliance@med.cornell.edu requesting to be registered
 - Include your full name, CWID, department and division
 - You will receive an e-mail reply with instructions

Department Orientation & Compliance Checklist

In person training classes

1. **Laboratory Safety** (for anyone working in the lab)
 - Register [here](#)
 - Class held at 402 East 67th Street or at 1300 York Ave, Lecture auditorium A950
2. **Radiation Safety**
 - information is [here](#)
 - register [here](#)
 - Class held at 402 East 67th Street
3. **Biological Material and Dry Ice Shipments**
 - information is [here](#)
 - register [here](#)
 - Test administered at end of the course
 - Class held at 402 East 67th Street

Department Orientation & Compliance Checklist

C-14 Laboratory Certificate of Fitness

By law individuals who do not have C14 certification can only work in a lab when a C14 holder is present.

- Information, Study Guide & Sample Test is [here](#)
- Two training options for postdoctoral scholars: Environmental Health & Safety (EHS) & Fire Department of New York (FDNY)
- Attend the **EHS** class
- Class is held at 402 East 67th Street
- Test administered at end of the course

Department Orientation & Compliance Checklist

Working with animals?

1. Introductory [info](#) and [here](#) as well
2. Research Animal Resource Center User's [Guide](#) (is not operative on Chrome)
3. [Online](#) training information
4. Training [FAQ](#)
5. Classroom training can be booked on MyApps/Weill Business Gateway
6. Online training classes can be found on MyApps/Weill Business Gateway

Department Orientation & Compliance Checklist

Responsible Conduct of Research (RCR) Training

- Mandatory for every postdoctoral scholar
- In the first year attend the Responsible Conduct of Training course
 - 4 classes to attend in person
- Refresher course every 4 years
- [Information](#) may be found on the Research Integrity / educational programs website (add link)

Registration for the Fall 2016 will open in the summer.
All questions should be directed to course co-director:
Dr. Helene Brazier-Mitouart at heb2020@med.cornell.edu

Department Orientation & Compliance Checklist

Don't Forget!

You have 45 days to complete checklist

(only 31 days to enroll in Benefits)

Do it now and get into the lab sooner!

Promoting a Happy Lab



Working Well at Weill Cornell Medicine

Promoting Sensitivity and Respectful Workplace Behavior

Weill Cornell Medicine is committed to providing a harassment and discrimination-free workplace. Federal, state, and local law prohibits employment related decisions and/or harassment on the basis of these categories:

- Race
- Color
- Creed
- Religion
- Age
- Gender Expression
- Sex (including pregnancy and sexual harassment)
- Genetic Predisposition
- Unemployment
- Military/Veteran Status
- Disability
- National Origin
- Marital Status
- Sexual Orientation
- Citizenship
- Gender Identity
- Retaliation
- Status as a victim of Domestic Violence, Sexual Offenses or Stalking

Working Well at Weill Cornell Medicine

Weill Cornell Medicine Behavioral Expectations



- We are committed to demonstrating courtesy, kindness and respect to our co-workers.
- Institutional values require all employees to be civil and respectful.
- Verbal conduct that denigrates, demeans, or shows hostility towards an individual is prohibited.

**** Includes misuse of social media**



Working Well at Weill Cornell Medicine

Tips for Maintaining Positive Work Relationships

- Understand how you're feeling and why
- Encourage colleagues to express opinions and ideas
- Listen openly to what others have to say before expressing your viewpoint
- Avoid gossip (breeds resentment, barrier to effective communication)
- Never insult, name call, disparage or put down others or their ideas
- Do not nit-pick, demean, patronize, or be overly critical of little things.



Working Well at Weill Cornell Medicine

Title IX

Weill Cornell Medicine policies prohibit discrimination, harassment, or sexual misconduct. These policies work in concert with Title IX, which is a federal law that requires gender equity in educational programs that receive federal funding.

Title IX states that: *"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance"*

Some areas that Title IX addresses are:

- Sexual assault
- Sexual exploitation
- Stalking
- Domestic violence
- Dating and intimate partner violence
- Retaliation
- Sex discrimination
- Sexual harassment
- Gender identity and expression
- Sexual Orientation
- Pregnancy
- Any type of sex-based complaint

Working Well at Weill Cornell Medicine

Title IX

If you feel you have a claim under Title IX, you can:

- Make a report to campus security, local law enforcement, and/or state police or choose not to report
- Report the incident to Weill Cornell
- Be protected by Weill Cornell from retaliation for reporting an incident
- Receive assistance and resources from Weill Cornell

Working Well at Weill Cornell Medicine

Title IX

Weill Cornell Responsibilities

Weill Cornell has an obligation to ensure a safe learning and work environment. Each faculty member and supervisor is required to report instances of sexual harassment and sexual violence to a Title IX coordinator. As an institution, we must:

- Investigate each report of sexual harassment, sexual assault, or any form of sexual violence
- Report, in aggregate, incidents of sexual harassment and sexual violence, including domestic violence, dating violence, and stalking
- Make efforts to address and prevent campus sexual violence through education and awareness
- Provide the availability of counseling and treatment

Working Well at Weill Cornell Medicine

Title IX

Counseling and Treatment

- In the event of any form of sexual violence, one can receive emergent and confidential care from:
 - NYP Emergency Room (at 68th Street and York Avenue)
 - NYP Victim Intervention Program (212-746-9414)
- Weill Cornell Medicine faculty, staff, students, and postdocs:
 - Employee Assistance Program (212-746-5890)
- Any member of the community:
 - NYP Victim Intervention Program (212-746-9414)

Working Well at Weill Cornell Medicine

Reporting

Title IX Issues

Angela Charter Lent

Title IX Coordinator

Director, HR Services

(646) 962-3734

anc2035@med.cornell.edu

Harassment in the Workplace

Jamal Lopez

Manager, Employee Relations & Diversity

(646) 962-3099

jal2058@med.cornell.edu

Conflicts/Concerns Related to Faculty

Dr. Philip Wilner

Ombudsman

Executive Vice Chair of Psychiatry and

Professor of Clinical Psychiatry

(212) 746-3705

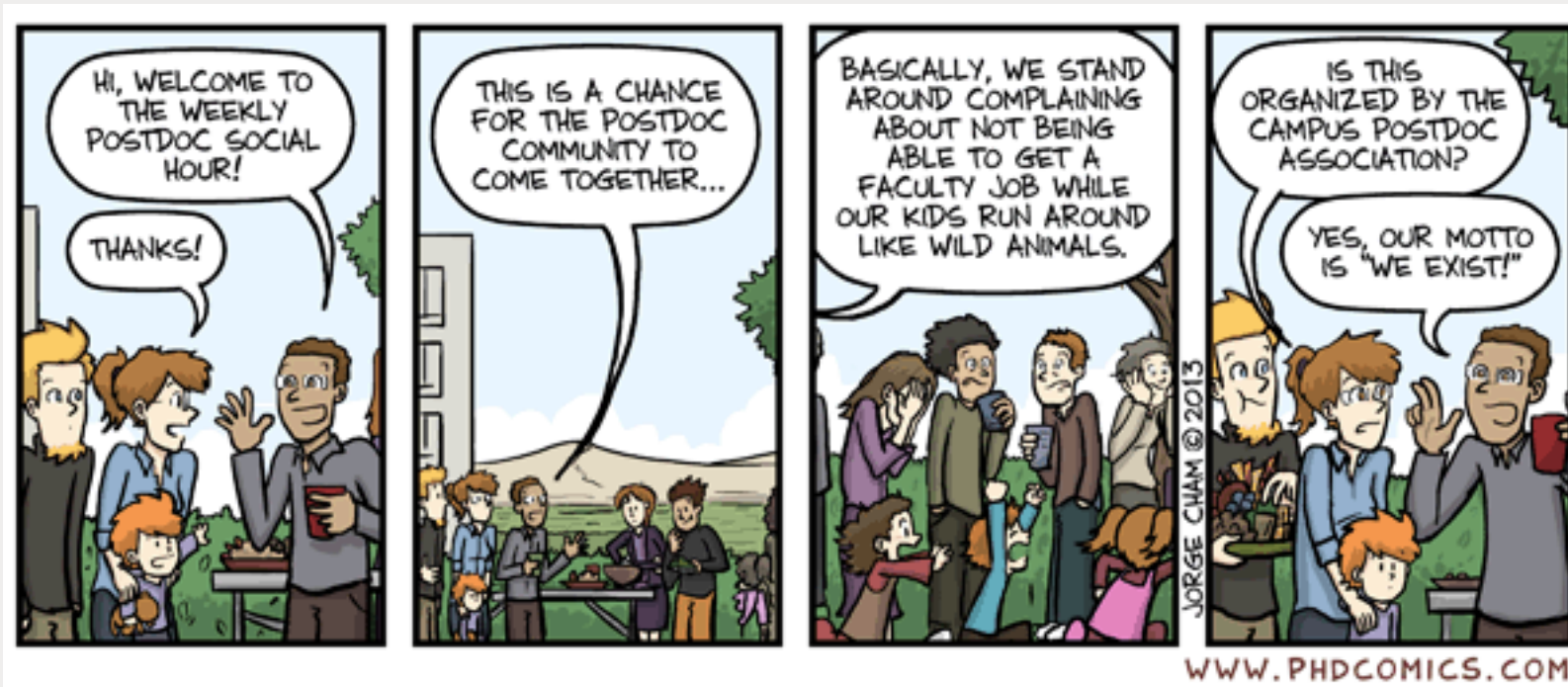
pwilner@med.cornell.edu

Weill Cornell
Medicine

Postdoctoral Association

Participate now!

How can You participate
&
Enhance your experience at Weill Cornell?
Participate in the Postdoctoral Association!

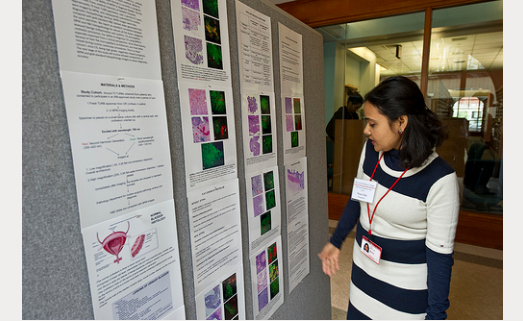


Participate in the Postdoctoral Association!

- Independent organization run by and for WCMC's 300+ postdocs
- All postdoctoral associates & fellows are invited members
- Works closely with the Office of Postdoctoral Affairs
- Mission:
 - Facilitate dispersal & exchange of information
 - Organize scientific and social events
 - Stimulate professional advancement
 - Advocate for member concerns with the institution (housing, daycare, etc.)

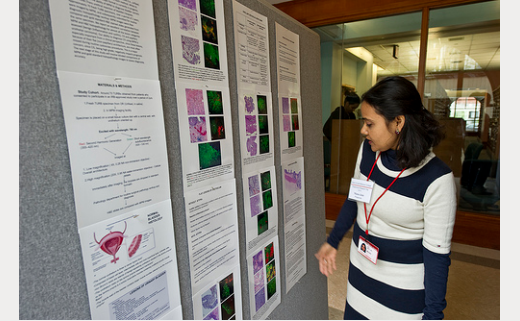


Career development activities sponsored by the Office of Postdoctoral Affairs & Postdoctoral Association



- **Postdoctoral Research Day**
 - Discuss your work with your colleagues in other departments
 - Poster presentations
 - Interact with keynote speakers invited by the PDA
 - Network over cocktails

Career development activities sponsored by the Office of Postdoctoral Affairs & Postdoctoral Association



- Preparing for a career in Academia
- Alternative career seminars
- Networking events
- Interviewing & Presentation Skills
- Grantsmanship
- Research & teaching at a liberal arts institution
- Preparing NIH award proposals
- Lab management
- Optimizing your CV
- Develop your teaching skills
- Understanding science policy

Additional workshops sponsored by the Office of Postdoctoral Affairs & Postdoctoral Association

- Discussion of workplace issues – including Title IX & workplace discrimination
- Manuscript writing
- Learning the basics of Prezi presentation software
- Harnessing Social Media
- Understanding Benefits from Weill Cornell Medicine
- Toastmasters Club for Postdocs

Career development activities sponsored by the Office of Postdoctoral Affairs



Sponsored Memberships

- Complimentary membership to the New York Academy of [Sciences](#) & the National Postdoctoral [Association](#)
- Provide access to career development seminars/workshops at discounted rates
- Helps advance your career

Career development activities sponsored by Weill Cornell Medicine

Dean Glimcher's Family Friendly Postdoctoral Initiative

- Provide technical support to outstanding postdoctoral trainees who are primary caregivers for an infant or child
- Ten grants of \$50,000 per year for one or two years
- [Info](#) & application is attached

Career development activities in collaboration with Rockefeller U. & Memorial Sloan Kettering (Tri-Institute)

Annual Postdoctoral Career Symposium

Spring 2016 @ Rockefeller University

- Lectures/workshops from experts/leaders in academia & biotech
- Ability to network & find career opportunities



Have fun with your compatriots in arms

Social Events

- Sponsored happy hours & holiday parties
- Roosevelt Island brunches & picnics
- Summer cruise around NYC
- Trip to the beach

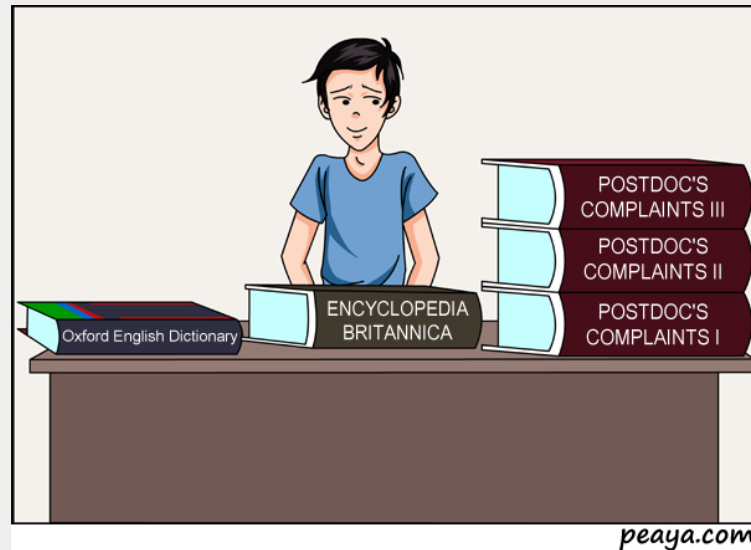


For a complete calendar of PDA-sponsored [events](#)

Work-life issues?

Do you have questions/concerns regarding housing, benefits, daycare, etc. ?

- Have them heard at our monthly meetings
- Work to have them resolved through the PDA



Don't be shy!

We depend on your participation

Let us know what issues are important to you...

Come to our next PDA general meeting on:

Second Friday of every month

10:30 a.m. – 12 p.m.

1300 York Ave., Room E-415

Please register with Les Krushel: lek2014@med.cornell.edu

Come early for a brief rundown of benefits and Q&A with Les.

Coffee and Pastries served

Communication

We'll keep you up to date

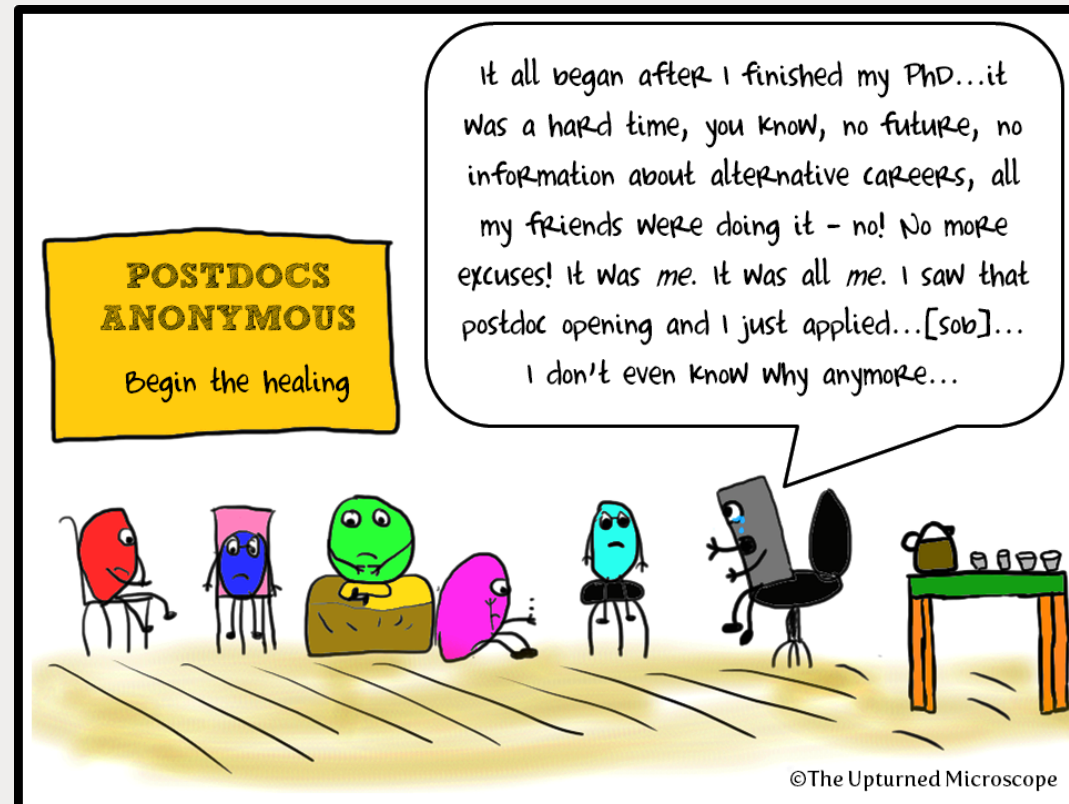
Postdoc mailing lists

1. postdoclist@med.cornell.edu
Official mailing list from the **Office of Postdoctoral Affairs** used to distribute general announcements of events/information of general interest to postdoc community (e.g. PDA-sponsored events, career symposia, discounted Broadway tickets). Please contact Les Krushel (lek2014@med.cornell.edu) to be placed on this mailing list.
2. pda@med.cornell.edu
Community email list that you may use to post messages to the postdoc community (e.g., personal or lab sales, reagent requests, inquiries). Please contact pda_board@med.cornell.edu to be placed on this mailing list.

We are here for you

The Postdoctoral Association

[Info](#) or **email** us with specific concerns at: pda_board@med.cornell.edu

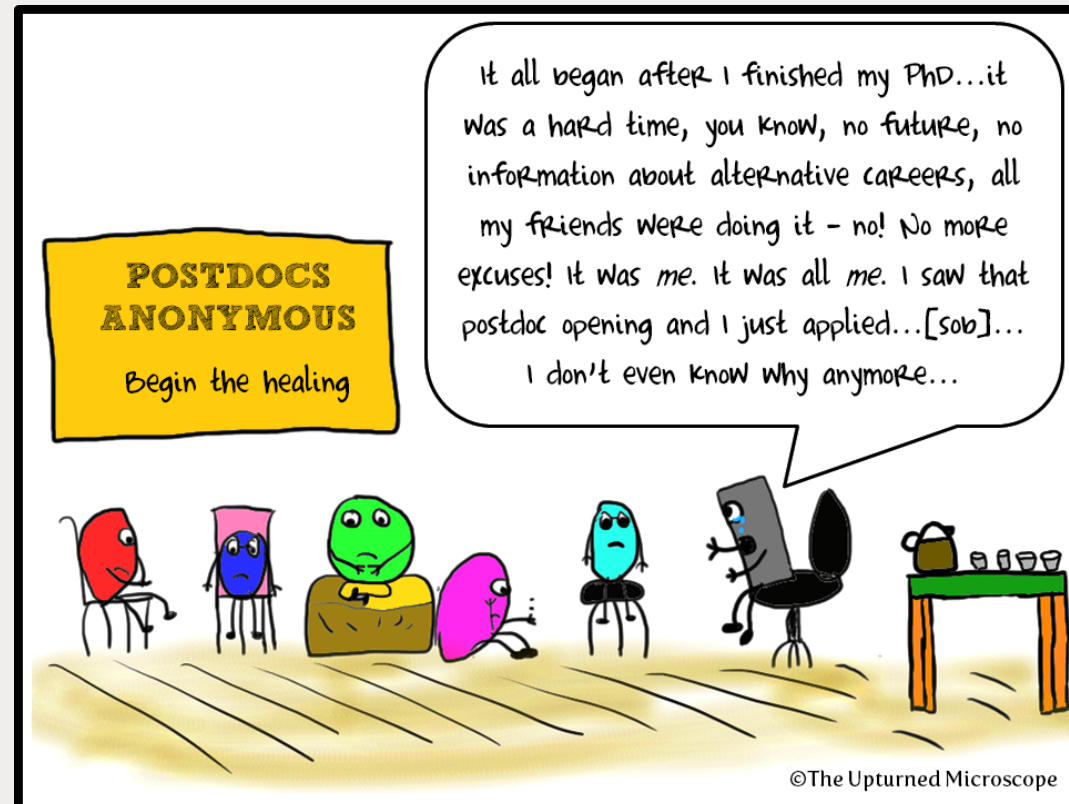


We are here for you

Office of Postdoctoral Affairs

Come visit: 1300 York Avenue, Suite A-131

Or **email** us with specific concerns at: postdocaffairs@med.cornell.edu



Find us on the web

<http://weill.cornell.edu/postdocs/>

Office of Postdoctoral Affairs

Postdoctoral Trainees	MORE
Administrators and Advisors	MORE
Postdoctoral Association	
Postdoctoral Alumni	
About Us	MORE

CONTACT INFO

Randi B. Silver, PhD
Associate Dean
Weill Cornell Graduate School of Medical Sciences
Faculty Director, Office of Postdoctoral Affairs

Les Krushel, PhD
Manager, Office of Postdoctoral Affairs
1300 York Avenue, room A-131
lek2014@med.cornell.edu

Join the Weill Cornell Scientist
networking group on



We are dedicated to enhancing the quality of life for over 300 postdoctoral trainees who are a vital part of the biomedical research community at Weill Cornell. Our mission is to help our postdoctoral trainees to achieve their career goals.

Postdoctoral News and Events

The Office of Postdoctoral Affairs organizes numerous career development and social events for postdoctoral trainees. [Click here](#) for a calendar of events.

Finding Postdoctoral Opportunities

We offer many postdoctoral appointment opportunities for prospective postdocs. [Click here](#) to learn more about becoming a postdoctoral trainee at Weill Cornell.

Postdoctoral Association

Established in 2003, the [Weill Medical College Postdoctoral Association](#) is an independent organization run by and for the college's 300+ postdoctorals.

WEILL CORNELL RESOURCES

About Weill Cornell Medical College

With more than 3,000 total faculty members and 325,000 square feet of research space, the Weill Cornell Medical College is among the top-ranked clinical and medical research centers in the country. [Click here](#) to learn more about Weill Cornell Medical College

Office of Research and Sponsored Programs

Weill Cornell Medical College offers 25 centralized research core facilities supporting translational and basic science research programs. To learn about each of these, visit the [Office of Research and Sponsored Programs](#) website.



Weill Cornell Medicine

**Weill Cornell
Medicine**

Life in NYC



What to do the first few days

Orienting to New York City

Using the subway/tram/bus daily to travel to your lab?

[Metropolitan Transport Authority](#) (MTA)

- Obtain a [MetroCard](#)
- Subway [map](#)
- Info including trip planner [Info](#)
- Apps for the subway and all transit including Trip Planners are [here](#)
 - iPhone Maps & Google Maps has MTA info



What to do the first few days

How to get to the lab from Weill Cornell housing

From 455/465 Main Street Roosevelt Island to Weill Cornell area around York Ave and 69th Street

- In the evening a Shuttle leaves 1300 York Ave every 30 min. and transports you to Roosevelt Island
- Roosevelt Island Tramway is an aerial tramway spanning the East River connecting Roosevelt Island to Manhattan (59th Street & 2nd Ave)
 - Only accepts MTA [MetroCard](#) (see next slide)
 - Departs every 7 – 15 minutes
 - Schedule is attached (TramBus)
 - Info and online [schedule](#)
 - ~10 – 15 minute walk to Weill Cornell
- Subway – F train Shuttle leaves station at West Road/452 Main Street
 - 1st stop is Lexington & 63rd Street
 - ~10 – 15 minute walk to Weill Cornell



What to do the first few days

Orienting to Weill Cornell Housing

- Cable TV & Internet (requires Social Security Number)
 - Time Warner Cable (212) 674-9100
- Utilities
 - Contact Con Edison (800) 752-6633
- Pets are allowed
- Moving in [info](#) for 465 Main Street housing



What to do the first few days if you are a foreign national

Banking

\$ Set up a bank account

- After applying for your Social Security Number, open a bank account
- Some banks near Weill Cornell Medicine's main campus include [Chase](#), [Bank of America](#), [Citibank](#) , [Capital One](#), [Wells Fargo](#) and another [Chase](#) bank (there may be others)
- To deposit your paycheck directly into your bank account, ask the bank to print your direct deposit information and bring it to the Immigration Office

What to do the first few days if you are a foreign national

American Credit Card

- Without an American credit history, it may be difficult to obtain an American credit card
- Secured credit card: you must deposit money into a bank account; your credit limit is equivalent to your deposit
- Many large banks in New York provide secured credit cards, which will start creating a credit history in the U.S., including [Citibank](#), [Bank of America](#), [Capital One](#), [Wells Fargo](#), & [U.S. Bank](#) (there may be others)
- Chase bank does not offer a secured credit card

Weill Cornell
Medicine

Welcome to the Big Apple

Enjoying everything NYC has to offer

What to do the first year

Orienting to New York City

- Learn about New York [City](#)
- [Museums](#) and more [Museums](#)
- [New York Zoos & Aquariums](#)
- What's [going on](#) in New York?
- Entertainment guides [TimeOut](#) & [Village Voice](#)
- [Central Park](#) info including events
- New York [Parks & Recreation](#)
- A (current) [guide](#) to the Arts in New York City
- Winter [Guide](#) 2016 to New York City
- Explore New York City with [Dora the Explorer](#) (for families)
- Where to eat? [Serious Eats](#) & [TimeOut](#)

What to do the first year

Orienting to New York City Performing Arts

Discount, Rush, and Standing Room Only Tickets

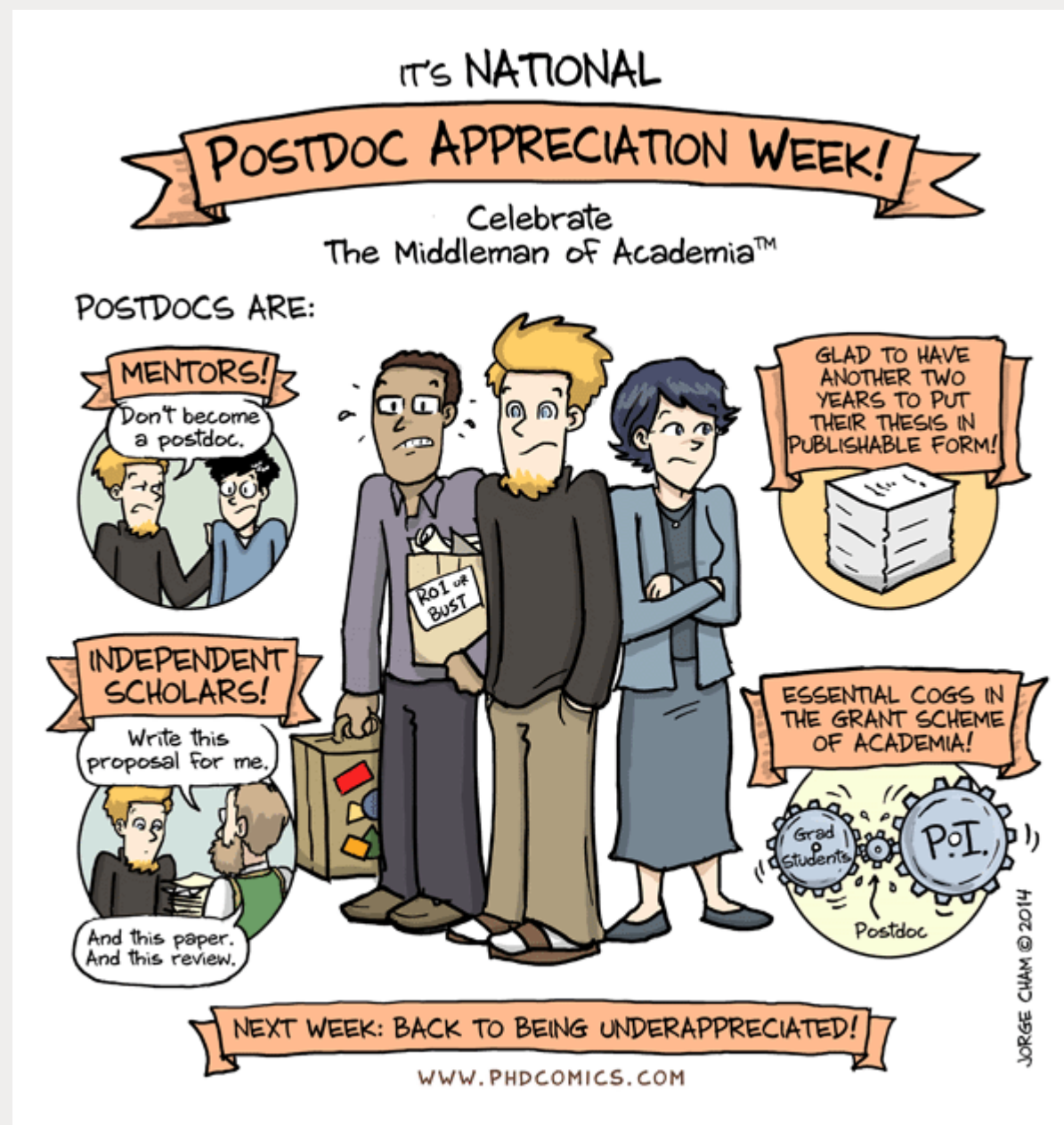
- [Broadway](#)
- [Off-Broadway](#)
- [New York Ballet](#) (university students age 29 and under)?
- New York Philharmonic
 - attend an open [rehearsal](#)
 - under 35 years of age: [discount](#) subscription series
- New York Metropolitan Opera
 - [Rush](#) tickets
 - [Fridays](#) Under 40 (years of age)
- Carnegie Hall – [Notables](#) Program (20 – 39 years of age)

What to do the first year

Orienting to New York City

- Improve your English
 - English as a second language classes at the [YMCA](#)
 - Location: [Vanderbilt](#) YMCA 224 East 47th Street, New York, (212) 912-2500
[West Side](#) YMCA 5 West 63rd Street, New York, NY (212) 912-2600

Welcome & Good Luck!



Contact List

Weill Cornell Medicine Contacts

Organization	Contact
Office of Postdoctoral Affairs	Web: http://weill.cornell.edu/postdocs/ Email: postdocaffairs@med.cornell.edu In-person: 1300 York Avenue, Suite A-131
Information Technologies & Services	Web: https://its.weill.cornell.edu/ Online Requests: http://myhelpdesk.weill.cornell.edu Email: support@med.cornell.edu Phone: 212-746-4878 In-person: SMARTDesk in the Library Commons at 1300 York Ave
Human Resources	Web: http://intranet.med.cornell.edu Online Requests: http://hrsc.weill.cornell.edu Email: hrsc@med.cornell.edu Phone: 646-962-9247
Housing	Web: http://weill.cornell.edu/housing/ Email: academic-staff-housing@med.cornell.edu Phone: 212-746-1001
Environmental Health & Safety	Web: http://weill.cornell.edu/ehs/ Online Requests: http://myEHS.med.cornell.edu Email: ehs@med.cornell.edu Phone: 646-962-7233
Office of Faculty Affairs	Web: http://weill.cornell.edu/ofa/ Phone: 212-821-0737