CAFE is a dynamic student-led experience for incoming Tufts undergraduates interested in learning more about diverse religious and philosophical expressions, developing leadership skills, and connecting with other students who value self-exploration and social change. This program seeks incoming student participants who represent diverse religious, nonreligious, spiritual, ethical, and other identities. All are welcome.

The mission of CAFE is to welcome, gather, equip, and network the religious, spiritual, ethical, and interfaith leaders of the incoming class—leaders who are committed both to mutual inspiration and to making positive change in the world. The program includes opportunities to:

- Connect with other incoming students who share a passion for social change
- Explore the Boston area on field trips to local religious and cultural communities
- Experience spiritual practices from a variety of religious and philosophical traditions
- Develop leadership skills through anti-racism, community organizing, and self-care trainings
- Network with local advocacy, social justice, and service organizations both on and off campus

**CONTACT INFORMATION**

Zachary Cole, Program and Outreach Specialist, University Chaplaincy

(617) 627-0532 • zachary.cole@tufts.edu

http://chaplaincy.tufts.edu/cafe/

“I’ve never thought of myself as very religious, but getting involved with CAFE and interfaith efforts at Tufts has allowed me to meet others who are interested in exploring issues and topics much bigger than ourselves.”

—Faryal Jafri, Muslim Students Association and CAFE Planning Team
Incoming students often experience anxiety and uncertainty about moving away from home and making the adjustment to college life. Excelling in the classroom is every student’s goal, but there are other important resources available to students who want to lead a healthy, balanced life. The Department of Athletics and Physical Education created FIT to educate incoming students about the fitness, wellness, and nutritional programs available to them at Tufts University. Peer leaders, instructors, staff, and faculty will guide students through a non-competitive, active, and fun environment over the four days prior to Undergraduate Orientation. FIT is an innovative program designed to encourage wellness and active citizenship.

FIT is ideal for students who are interested in having fun while participating in various activities, including fitness, nutrition, healthy eating, outdoor adventure, and social events. This is also a wonderful opportunity to make new friends with similar interests.

The FIT program includes Jumbo workouts, stress and time management, relaxation, nutrition guidance, games, kayaking, rock climbing, yoga, Pilates, and other social events.

CONTACT INFORMATION
Branwen-Smith King, Department of Athletics
(617) 627-3782 • branwen.smith-king@tufts.edu
http://ase.tufts.edu/physed/fit/freshmeninfo.asp
FOCUS is a community service Pre-Orientation program that introduces incoming students to a group of their peers and the university while enabling them to serve and explore their new host community. FOCUS gives participants the opportunity to fall in love with Boston and the Medford/Somerville community and to form long-lasting relationships with a diverse group of fellow students.

Participants will work in groups with seven other incoming students and two upperclassmen leaders doing community service projects in the Medford/Somerville area, like cooking in a soup kitchen or participating in urban beautification projects. The five-day service trips are an incredible way for students to launch their new careers as Jumbos. FOCUS is completely organized and run by a staff of 80 student volunteers, most of whom participated in FOCUS their first year at Tufts.

CONTACT INFORMATION
Student Coordinators:
Benjamin Averill ’17; Isha Patnaik ’17; Miranda Siler ’17
Program Advisor:
Ashley Tello, Office for Campus Life • ashley.tello@tufts.edu
FOCUS@tufts.edu • www.tuftsFOCUS.org

“FOCUS was one of the most important experiences of my freshman year. I was able to meet a great group of people, start to become adjusted to the college lifestyle, and make a positive impact on the Medford/Somerville community.”

—Michael DeCortin ’17
“As an American, I attended Global Orientation in the fall and had experiences and met people that I will never forget. The orientation without a doubt helped me have a smooth and relaxed transition into college.”

—Neatric Norwood ’17, student from USA

“It was a jump start to the college belonging experience. The world was so much smaller for those 4 days.”

— Md Reshad Bin Harun ’18, student from Bangladesh

Global Orientation (GO) is a four-day adventure that introduces incoming Jumbos to their peers from all over the world while discovering Tufts, its surrounding community, and the city of Boston. With approximately 130 American and international incoming students attending the program, GO offers participants an incomparable opportunity to form intercultural connections and lifelong friendships with people from diverse backgrounds.

Eighteen upper-class students lead GO as Host Advisors and ease your transition to college, a new place, and a new culture by providing support even before you arrive in Boston! With a view of the Boston skyline from a speedboat in the ocean, a trip to encounter the past and present of Boston, and an exciting scavenger hunt across campus, GO will be a highlight of your college experience and a perfect way to start the next chapter of your life!

CONTACT INFORMATION
Student Coordinators:
Joe Kamibeppu ’17; Shanice Kok ’16; Lauren Kulwicki, Graduate Intern
International Center
20 Sawyer Avenue, Medford, MA 02155
(617) 627-3458 • go@tufts.edu
http://ase.tufts.edu/icenter/programs/undergradGO.asp
Tufts Wilderness Orientation (TWO) is a five-day, student-led experience for incoming Jumbos that takes place the week before school starts. Each year, over 250 students arrive at Tufts in late August to embark on backpacking, canoeing, hybrid, and trail crew trips. TWO provides incoming students with a unique opportunity to experience the great outdoors while creating lasting bonds with upperclassmen leaders and with each other.

All trips are designed for beginners, so men and women with ranging outdoor backgrounds are encouraged to register. Since trips require full days of physical activity, a healthy level of fitness is expected.

Groups are made up of eight incoming students and two student leaders, who have been trained in both wilderness skills and emergency medical training. Trips explore the wilderness of New Hampshire, Maine, or Vermont and are completely self-sufficient: groups carry all of their own food and equipment, do all their own cooking, and have minimal frontcountry contact. TWO offers the opportunity to experience the view from a rocky mountaintop, paddle through a pristine lake, and gaze at the stars in a clear night sky. There is no better way to start off your college career!

CONTACT INFORMATION
Student Coordinators:
Elissa Bowling ’15; Glen Zinck ’15
Program Advisor:
Christa Ricker, Office for Campus Life • christa.ricker@tufts.edu
TWO@tufts.edu • tuftswildernessorientation.com

“TWO is more than just a brief introduction to the wilderness . . . It is an extraordinary community that provides mentorship, leadership, and support. I grew as a person; learned who I am and what I could offer to Tufts and the world.”

—Hayley Ernyey ’15
Congratulations on Your Acceptance to Tufts University!

It is our pleasure to welcome you to the Tufts community! We look forward to seeing you on campus in August and assisting you in your transition to life at Tufts. Undergraduate Orientation, which runs from September 2–September 7, 2015, is your formal introduction to Tufts University. Additional information on Undergraduate Orientation will be sent to you over the summer.

In addition to the formal Orientation program, we offer five optional Pre-Orientation programs that may help to ease the transition to college:

- **CAFE** (Conversation, Action, Faith & Education)
- **FIT** (Fitness and Individual Development at Tufts)
- **FOCUS** (Freshman Orientation CommUnity Service)
- **GO** (Global Orientation)
- **TWO** (Tufts Wilderness Orientation)

In recent years, over half of the incoming class has participated in our Pre-Orientation programs. Incoming students arrive on campus early and join their classmates in small groups to participate in one of these five programs. The programs are your opportunity to get involved on campus early, meet upper-class leaders and mentors, gain valuable leadership skills, and meet other students with similar interests before Orientation officially begins. Above all, students look back at their participation in **CAFE**, **FIT**, **FOCUS**, **GO**, and **TWO** as some of their fondest memories.

Each of the programs has a unique mission and feel, so look through this brochure and the program websites to find out if participation in a Pre-Orientation program is right for you. We look forward to seeing you in August! Please contact us with any questions and visit the Tufts Undergraduate Orientation website for further information at [http://studentservices.tufts.edu/orientation/](http://studentservices.tufts.edu/orientation/).

Sincerely,
Undergraduate Orientation Office
Laura Doane (laura.doane@tufts.edu)
Associate Dean of Orientation & Transition
Joseph Golia (joseph.golia@tufts.edu)
Director of Campus Life, Coordinator of Pre-Orientation Programs

First Year Website
[go.tufts.edu/firstyear](http://go.tufts.edu/firstyear)
GENERAL INFORMATION

<table>
<thead>
<tr>
<th>Arrival Dates</th>
<th>CAFE</th>
<th>FIT</th>
<th>FOCUS</th>
<th>GO</th>
<th>TWO</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 27</td>
<td>August 29</td>
<td>August 27</td>
<td>August 29</td>
<td>August 27</td>
<td></td>
</tr>
<tr>
<td>Number of Students</td>
<td>25</td>
<td>150</td>
<td>200</td>
<td>130</td>
<td>264</td>
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<td>Cost</td>
<td>$400</td>
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Timeline

<table>
<thead>
<tr>
<th>First Week of May</th>
<th>June 1</th>
<th>June 15</th>
<th>July 6</th>
<th>August 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-O registration open through the Summer Checklist located on the First Year Website (go.tufts.edu/firstyear)</td>
<td>Pre-O registrations due</td>
<td>Notification of program acceptance</td>
<td>Payment deadline</td>
<td>No refunds after this date</td>
</tr>
</tbody>
</table>

When Pre-Orientation participants arrive on campus, they will be allowed to move into their first-year residence hall rooms. CAFE, FIT, and GO programs take part entirely on campus and students will be sleeping in their rooms. FOCUS and TWO will depart for their off-campus trips on Friday, August 28, 2015, following arrival and move-in on Thursday, August 27, 2015. FOCUS and TWO participants will be sleeping at off-campus locations based on their specific program. All programs conclude on campus the evening of Tuesday, September 1, 2015. General Undergraduate Orientation for all incoming students begins on Wednesday, September 2, 2015. If you are a commuter student participating in any program, please contact the Pre-Orientation Office at (617) 627-3212 once you receive your acceptance letter to discuss accommodation arrangements.

How to Register

The Pre-Orientation registration will be available through the Summer Checklist located on the First Year Website (go.tufts.edu/firstyear). You can participate in only one program, as they run simultaneously. Registration is due by June 1, 2015. Students will be notified of program acceptance by June 15, 2015. Please do not make travel plans until you receive your acceptance letter.

Payment and Financial Aid

Once you have received your acceptance letter, you must pay by credit card to secure your spot. Payments are due by July 6, 2015. If your payment is not received by the deadline, your spot will be given to another interested student. If you are unable to make a credit card payment or have other extenuating circumstances, please contact us immediately to make alternate arrangements.

Financial assistance may be available based on need. You will be notified of your award at the time of your acceptance into a program. We hope that cost will not be a barrier to participation, so please contact us if you have any questions or concerns.

Frequently Asked Questions and Contact Information

Please visit the Tufts Undergraduate Orientation website for further information and a detailed list of Frequently Asked Questions regarding Pre-Orientation (http://studentservices.tufts.edu/orientation/). To contact the Pre-Orientation Office, write to preorientation@tufts.edu or call (617) 627-3212.
Undergraduate Orientation Program

The university’s Undergraduate Orientation Program will follow the optional Pre-Orientation programs and is mandatory for all incoming first-year and transfer students. The Undergraduate Orientation Program is intended to assist students, parents, and families in understanding the goals and expectations of this dynamic university community, and to introduce them to the valuable services and programs available on campus. We strongly believe that the Orientation Program will prepare students well as they begin their academic and co-curricular journey as members of the Tufts University family.

Students will receive Undergraduate Orientation information beginning in mid-May and continuing through the summer. Students will also be informed via email about how to utilize the Summer Checklist on the First Year Website (go.tufts.edu/firstyear) for questions, general information, and completion of summer tasks before arriving at Tufts University. Parents should also refer to the First Year Website for parent and family information.

The Undergraduate Orientation schedule is full of exciting events and mandatory programs, all to assist with your transition to the university. Below is a brief schedule of highlights, important dates, and what to expect in your first few days at Tufts. A full schedule will be available at the end of the summer.

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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</table>
| Wednesday, September 2 | • Arrival/move-in to residence halls, 8:00–11:30 AM  
|                    | • Morning optional programs for parents  
|                    | • Luncheon for students, parents, and family members, 12 noon  
|                    | • Matriculation Ceremony; parents and family members welcome, 1:30 PM  
|                    | • Afternoon optional programs for parents, 3:00–4:00 PM  
|                    | • Meet with advising group to get acquainted  
|                    | • Residence Hall meetings  
|                    | • Opening night welcome event and dinner  
|                    | • Residence Hall activities |
| Thursday, September 3 | • Language placement exams  
|                     | • Programs about graduation requirements, majors, and fall courses  
|                     | • Safety awareness presentations  
|                     | • School of Engineering: Meet with advisor to select fall courses  
|                     | • School of Arts & Sciences: First-year students meet with advisor for academic overview and dinner; transfer students meet with advisor to select fall courses  
|                     | • Various campus activities and evening social events |
| Friday, September 4  | • School of Arts & Sciences: First-year students meet with advisor to select fall courses; transfer students register for fall courses  
|                    | • School of Engineering: Register for fall courses  
|                    | • Annual Celebration on the Hill and Candle-Lighting Ceremony  
|                    | • Various campus activities and evening social events |
| Saturday, September 5 | • School of Arts & Sciences: First-year students register for fall courses  
|                    | • Various campus activities and evening social events |
| Sunday, September 6  | • Discover Davis Square  
|                      | • Target Extravaganza  
|                      | • Various campus activities and evening social events |
| Monday, September 7  | • Various campus activities and evening social events |
Undergraduate Orientation

http://studentservices.tufts.edu/orientation/