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Albert Einstein College of Medicine

## Things Every Einstein Scientist Should Do!

Welcome to Einstein and welcome to The Bronx! While New York City is an obvious draw for fun activities, there's a lot to do right here on campus and in The Bronx. Below is a list of all the things an Einstein scientist should do while here. How many can you check off? Good luck!

### On Campus:

- Enjoy pie on Einstein Pie Day (March 14<sup>th</sup>) and compete in the annual Pi Recitation Competition.
- Indulge in some BBQ, get Einstein swag, and feel appreciated on Einstein Appreciation Day.
- Take an outdoor yoga class with sun salutations compliments of the Falk Recreation Center.
- Compost and garden with the Einstein Gardening Club.
- Enjoy a performance of the Musicians of Einstein.
- Read and appreciate original prose in Einstein's literary magazine, *Ab Libitum*.
- Submit a poster for the annual Marmur Symposium or the Dennis Shields' Award.
- Celebrate Constitution Day on campus.
- If you are a postdoc, nominate a fellow postdoc for the annual Belfer Institute Postdoc Service Award.
- Use the new computers to explore resources, like iThenticate, in the Gottesman Library's computer center.
- Listen to a career podcast on BioCareers.
- Go on the Students Affairs Office's apple picking trip in the fall.
- Pick up giveaways and hear about the latest in scientific equipment at the annual Ernst Jaffe Vendor Show.
- Schedule a Falk fitness class into your day – from Pilates to Weight Lifting to Zumba!
- Use Einstein's LinkedIn Learning portal to learn business skills from industry experts.
- Attend a Presidential Lecture highlighting some outstanding research being done at Einstein and Montefiore.
- Find your voice by joining Einstein Toastmasters to learn to speak comfortably and effectively in any situation.
- Practice and improve your interviewing skills using the online interviewing program—InterviewStream.
- Taste exotic foods and network at the monthly International Coffee Hour for graduate students and postdocs.
- Share an interesting photo with the Einstein community on *Inside Einstein Snapshots*, a feature on the Intranet.
- Eat farm-fresh veggies by joining the Einstein CSA (Community Supported Agriculture) cooperative.
- Get a great deal on anything from furniture to electronics on Einstein COM Marketplace.
- Learn about an interesting new career path from an Einstein alum at a CPD event.
- Have a drink compliments of the Belfer Institute at the National Postdoc Appreciation Week Happy Hour.
- Join an Einstein club or interest group.
- Trick or treat at key offices in the Belfer Building on Halloween Day.
- Grab a bite at the May Food Truck Fest.
- Buy a delicious challah on sale every Friday morning in the Einstein Café.
- Take a picture with Uncle Albert at an Einstein event.
- Rent an on-campus Zipcar to explore the area.



## In The Bronx:

- Ride the scenic bike path up to City Island and back.
- Visit the monkey house at the Bronx Zoo.
- Explore the gardens and walking paths at the New York Botanical Garden.
- Root for your favorite team at a game at Yankee Stadium.
- Bring your appetite to Arthur Avenue – home to Little Italy in the Bronx — and enjoy amazing Italian food.
- Take a swim or walk along the water at Orchard Beach.
- Picnic at Pelham Bay Park.
- Eat fresh seafood then get an ice cream cone from Rickety Split on City Island.
- Visit the City Island Nautical Museum or the Maritime Industry Museum at Fort Schuyler.
- Tour the Bartow-Pell Mansion, a major mid-19th century country estate house.
- Rent a Citi Bike to explore the borough.
- Visit the Bronx Museum of Arts to see highlights of 20th and 21st century arts.
- Explore the historic Woodlawn cemetery, final resting place of Herman Melville, Duke Ellington and Miles Davis.
- Play golf at Pelham Bay Golf course, the #1 rated golf course in New York City PGA.Com
- Visit Wave Hill house and gardens, a lush 28 lush-acre former estate overlooking the Hudson River.
- Explore Van Cortland Park, the fourth largest park in New York City, which offers live concerts, horseback riding, hiking and cross-country trails, a historic house museum and two public golf courses.
- Tour the Edgar Allen Poe cottage, the final home of the writer.
- Visit the Hall of Fame for Great Americans at Bronx Community College.
- Head to Hunts Point Riverside Park for some free rowing and sailing on the Bronx River with Rocking the Boat.
- Choose from more than 30 empanada fillings at La Masa, a modern Colombian spot in Morris Park.
- Challenge a friend to a round of mini golf at Turtle Cove Golf Center in Pelham Bay Park.
- Run through the maze of sprinklers or hang out on the splash pad at the pool in Roberto Clemente State Park.
- Catch an outdoor movie at Soundview Park's Amphitheater.
- Take the ferry from Soundview (Clauson Point) to Wall Street Pier 11 for some great views of Manhattan, and one of the most relaxing commutes into the city you will ever experience!
- Explore the internationally recognized Bronx Museum of History.
- Check out the *Bronx Salsa Fest*, a month-long annual celebration of salsa at Orchard Beach.
- Grab your bike and participate in the Tour de Bronx, a free cycling event held every October.
- Check out *Savor the Bronx Restaurant Week* held in January.
- Take a canoe trip on the Bronx River.
- Get out to the Bronx Night Market in Fordham Plaza for some great eats.
- Grab a pint at the Bronx Brewery or the Port Morris Distillery.
- Go horseback riding at the Bronx Equestrian Center.

