



INCOMING STUDENT TOOLKIT

A helpful guide for
First Year PhD Students

INTRODUCTION

After surveying current Upstate PhD students, this toolkit was developed to help incoming students adjust to both Syracuse and Upstate. Use this guide as a resource for many of the common questions students have when moving to the area.



OUTLINE

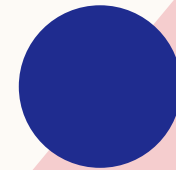
Living in Syracuse

Activities Around the Area

Syracuse Eateries

Upstate Resources

Student Perspectives





LIVING IN SYRACUSE

Click for the link!



WHERE TO FIND HOUSING



University Hill Realty
SYRACUSE UNIVERSITY AREA APARTMENT RENTALS

WHERE SOME STUDENTS LIVE



FRANKLIN SQUARE
One Franklin Square
Apartments



CLINTON SQUARE
The Lofts on Willow



**UNIVERSITY AREA
APARTMENTS**
509 University Ave



GENESEE STREET
Paul Apartments



PRESIDENTIAL PLAZA
Jefferson Towers



HARRISON STREET
Victory at Syracuse

WHERE SOME STUDENTS LIVE



JAMES STREET



COMSTOCK AVENUE
University Hill Apartments



GENESEE STREET
The Plaza Apartments



UNIVERSITY AVENUE
Copper Beech Commons



PRESIDENTIAL PLAZA
Madison Towers

TIPS FOR APARTMENT HUNTING

- **Reach out to current students** (through Ambassador page, LinkedIn, Facebook, etc) for apartments that may be turning over or for their recommendations!
- **Start early** if you can! And try to go on tours!
- Some apartments can be hard to connect to on websites, so **CALL!**
- Try **living in walking distance** to Upstate if you don't have a car.
- You can start looking from your laptop, even if you're in a different country.
- Look for **roommates on the accepted students Facebook group** if you plan on living with people.
- Check and cross check as many times as you want by **emailing** the leasing company or landlords.
- Ask for **floor maps** and **virtual tours**, look into multiple options, and sign your lease beforehand (at least before travelling).
- **Ask for help** from someone at Upstate if you need to!

MEDICAL AND DENTAL CARE: UPSTATE STUDENT HEALTH SERVICES

Student Health provides primary care including:

- Evaluation and treatment of acute illness and injuries, and ongoing medical conditions
- Annual Health Assessments and tuberculin skin testing
- Women's Health services & contraceptive counseling 📄
- Physical exams & immunization updates (Tdap, Hep B, Flu) for clinical rotations
- Allergy injections
- Referrals for specialist services when necessary

A number of over the counter medications are provided for colds, minor trauma and skin conditions.

PHARMACIES



Pharmacies offer more than just medications.

You can also purchase personal care items, food, drinks, and more!



Walgreens





= This store offers great deals!

GROCERIES & PRODUCE



WEGMANS



TRADER JOE'S



WALMART



TOPS



PRICE CHOPPER



ALDI



PRICE RITE



COSTCO

ETHNIC STORES



SALT CITY MARKET



OASIS



**HANS ORIENTAL
MARKET**



**SAMIR'S IMPORTED
FOODS**

USEFUL APPS



INSTACART

Grocery delivery and pickup



UBER

Ride sharing & food delivery



VEO

Scooter rental service



**GO CENTRO
BUS**

Syracuse bus routes
and real-time bus
tracking



LYFT

Ride sharing & food delivery

AVERAGE SEASONAL TEMPERATURES

SUMMER

June - September
Low: 15°C / 60°F
High: 27°C / 80°F



FALL

September - December
Low: 1°C / 33°F
High: 19°C / 66°F



WINTER

December - March
Low: -8°C / 18°F
High: 0°C / 32°F



SPRING

March - June
Low: 3°C / 38°F
High: 23°C / 73°F



WINTER CHECKLIST

- ☒ Purchase winter clothes (hats, gloves, scarves, wool socks and boots)
- ☒ Get your car winter ready (snow tires)
- ☒ Check the weather forecast before you leave the house
- ☒ Leave an emergency kit in your car (blanket, water, flashlight)
- ☒ Purchase winter supplies (shovel, salt, ice scraper, windshield wiper fluid)

PLACES FOR AFFORDABLE CLOTHING



MORE PLACES FOR AFFORDABLE CLOTHING



Marshalls




PLACES TO BUY HOUSEHOLD SUPPLIES



MORE PLACES TO BUY HOUSEHOLD SUPPLIES



And local
gas stations!



ACTIVITIES IN AND AROUND SYRACUSE



= This is a favorite destination!

DESTINATIONS FOR THE WEEKEND



**CNY REGIONAL
FARMERS MARKET**



FINGER LAKES



**BEAK AND SKIFF
APPLE ORCHARDS**



PARTHENON BOOKS



**ALEXANDRIA BAY,
THOUSAND ISLANDS**



THORNDEN PARK



**GREEN LAKES STATE
PARK**



**SYRACUSE
UNIVERSITY GAMES**



Going on
long walks at
Thornden
Park!



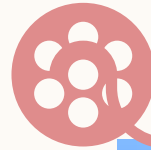
Going downtown
with friends!



FAVORITE WEEKEND ACTIVITIES



Watching a show at
the Syracuse
Landmark Theater
or Syracuse Stage!

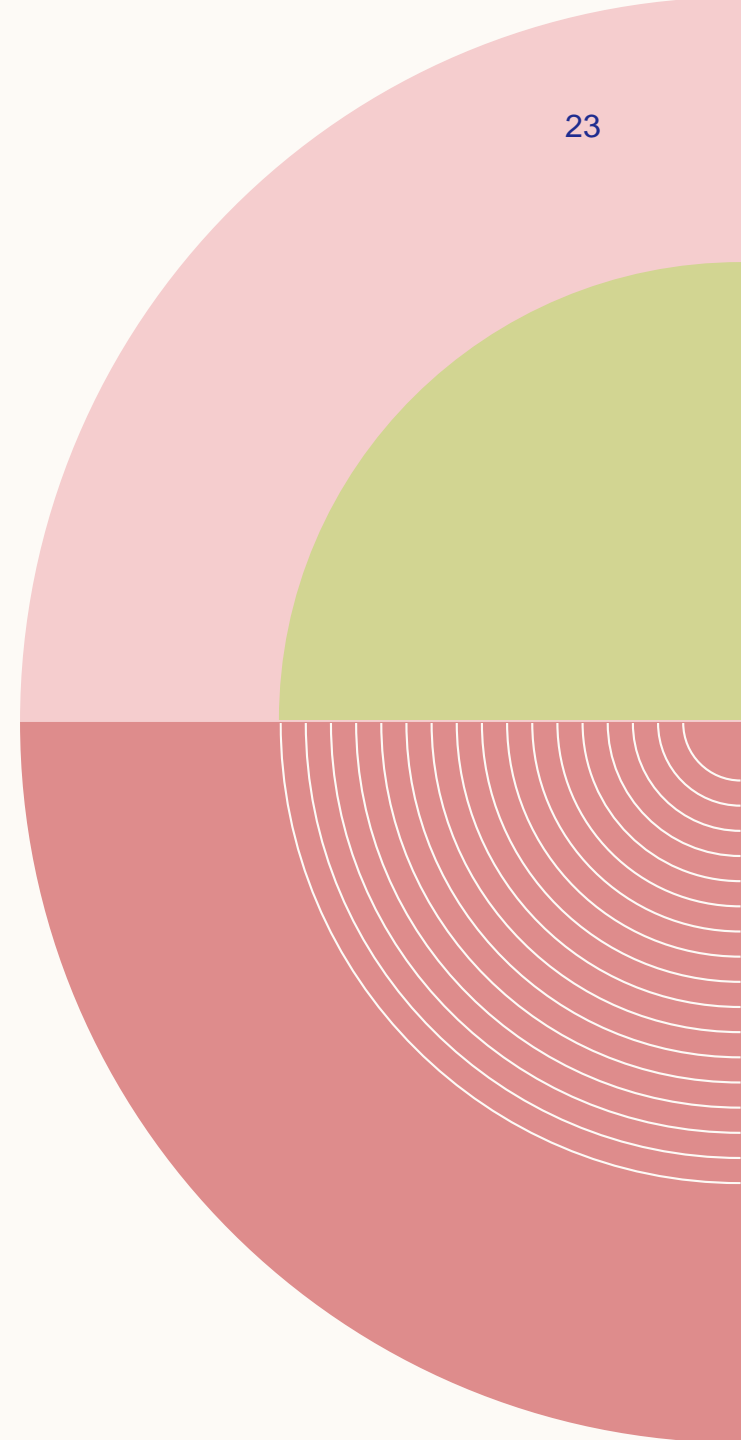
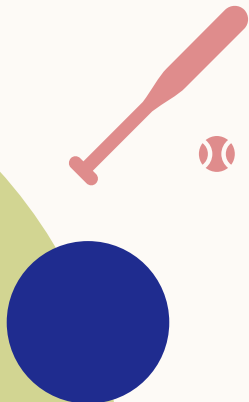


Watching movies at
Regal Cinemas!



Shopping at
Destiny USA Mall!

SPORTS IN THE AREA

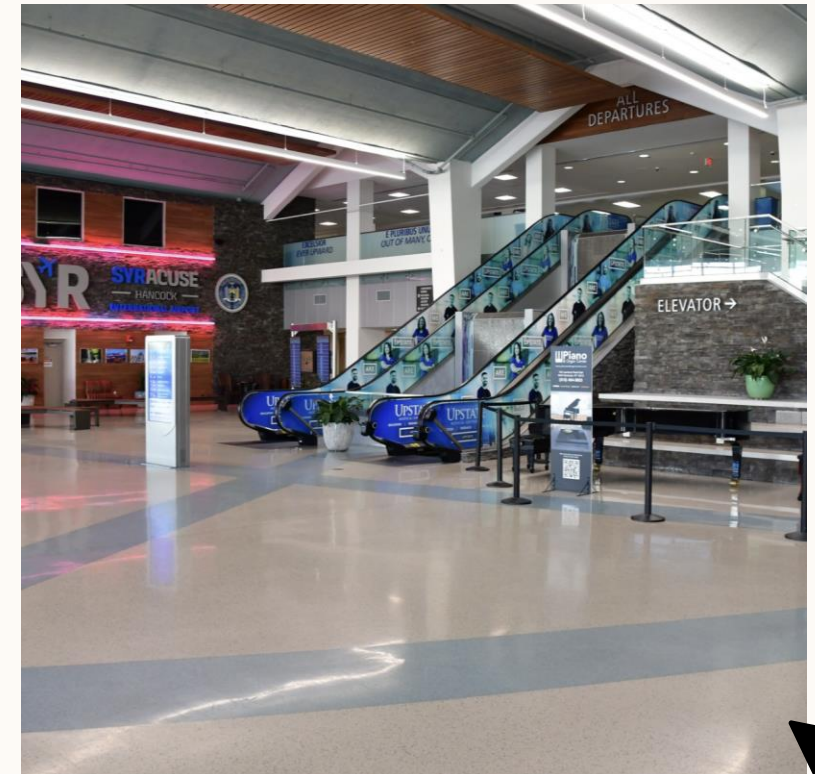


TRANSPORTATION CENTERS

SYRACUSE REGIONAL TRANSPORTATION CENTER



SYRACUSE HANCOCK INTERNATIONAL AIRPORT



WEEKEND GETAWAYS

NEW YORK CITY

~4 hours away

ITHACA

~1 hour away

BOSTON

~5 hours away

NIAGARA FALLS

~2.5 hours away

TORONTO, CA

~4 hours away



POPULAR GYMS



And Upstate's
Campus
Activities
Building (CAB)!

ACTIVITIES TO REDUCE STRESS



Yoga



Reading



Sleeping



Working out



Walking/
Running



Skiing



Ice
Skating



Baking



SYRACUSE EATERIES



Syracuse
HALAL GYRO



ALTO
CINCO

29



RISE
N
Shine

POPULAR RESTAURANTS

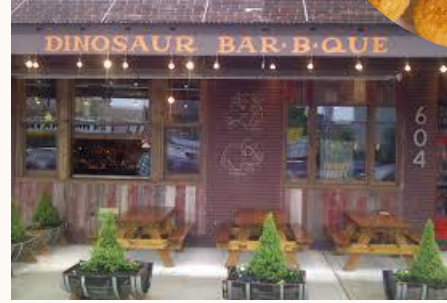


Thai
Flavor



FIVE GUYS®
BURGERS and FRIES





POPULAR RESTAURANTS



POPULAR BARS



FAVORITE LUNCH & COFFEE SPOTS NEAR CAMPUS



And Upstate's
Hospital Cafeteria!





UPSTATE RESOURCES

FAVORITE STUDY SPOTS

4th Floor of the New
Academic Building
(NAB)!



Health Sciences Library

College of Grad
Studies Lounge!

ADMINISTRATIVE ISSUES? THEY CAN HELP



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INTERNATIONAL STUDENT CHECKLIST

- ☒ Secure a U.S. cell phone
- ☒ Get a Social Security Number (SSN)
- ☒ Open a bank account
- ☒ Apply for credit cards
- ☒ Fill out a direct deposit form
- ☒ If you have kids, secure a spot at a daycare early
- ☒ Save up money for a security deposit for your apartment (it's the first and last months' rent)
- ☒ Settle in and explore Syracuse!



STUDENT PERSPECTIVES

ADVICE FROM STUDENTS

GET TO KNOW

pedestrian and traffic laws, they might be different than what you're accustomed to in

your country.”

“Discuss housing options with current students before committing to an apartment.”

“Be friendly, but cautious, while getting to know people.”

“It might be a small town, but it has everything!”

ADVICE FROM STUDENTS



“It's not gonna be cold year-long. Bring enough summer clothes as well. And buy gloves and snow boots beforehand.”



“Meeting people can be hard, but it just takes time. You will adjust and make amazing new friends.”



“Don't overthink situations....small talk is a normal thing here!”



“If you are a city person like me, Syracuse is not a big city. This can be hard at first, but you get adjusted eventually.”

OTHER TIPS & THINGS TO KNOW

- "Learn how to drive!"
- "You will find creative ways to have fun in Syracuse."
- "Many goods are available throughout Syracuse, so you won't have to travel far for things."
- "Vegetation and wild animals are abundant in Syracuse."

LAST BITS OF ADVICE



“Meet your neighbors! Build a community outside of upstate.”



“Find a hobby outside of academics.”



“Talk to people and LISTEN to people equally! Don't hesitate to communicate with people outside your known community.”



“You will fall in love with the area if you can appreciate all it truly has to offer. Branch out and try something new!”



“It can sometimes be scary being so independent but people here at Upstate are so kind and welcoming that even thousands of miles away from home, you somehow feel that you fit in :) Welcome to Upstate!”

WELCOME TO UPSTATE!

