Weill Cornell/Rockefeller/Sloan-Kettering Tri-Institutional MD-PhD Program
Cruise Retreat
August 19-23, 2010
4 night cruise aboard the Carnival Glory to Saint John, NB, Canada

This retreat is longer and completely different from any other retreat in MD-PhD Program history. Your payment includes all meals, snacks, MD-PhD Program cocktail reception, Captain’s Gala and on board entertainment (shows, disco, etc).

Registration opens on February 10, 2010. You will not be able to register before that day. Registration ends on May 3, 2010 or when the staterooms in our block are sold out which ever comes first. Staterooms vary by size/type, so you are encouraged to register early.

Call 1-800-422-0711 for more information or to register
See following pages for FAQs

PRICING

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inside</td>
<td>Excellent values, these spacious accommodations include generous amenities</td>
<td>$536.95</td>
</tr>
<tr>
<td>Ocean View</td>
<td>Large stateroom windows give you excellent views of the ocean and each destination</td>
<td>$606.95</td>
</tr>
<tr>
<td>Balcony</td>
<td>Sit outdoors, relax, enjoy the privacy and admire the passing scenery</td>
<td>$676.95</td>
</tr>
</tbody>
</table>

Pricing is per person/double occupancy
Single and 3rd/4th rates are available, please call 800-422-0711.
Prices include on-board gratuities and port taxes and fees.

ITINERARY

<table>
<thead>
<tr>
<th>Day</th>
<th>Port</th>
<th>Arrive</th>
<th>Depart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thur. 8/19</td>
<td>New York</td>
<td>-</td>
<td>5:00pm</td>
</tr>
<tr>
<td>Fri., 8/20</td>
<td>At Sea</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Sat., 8/21</td>
<td>Saint John, New Brunswick, Canada</td>
<td>8:00am</td>
<td>6:00pm</td>
</tr>
<tr>
<td>Sun., 8/22</td>
<td>At Sea</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Mon., 8/23</td>
<td>New York</td>
<td>8:00am</td>
<td>-</td>
</tr>
</tbody>
</table>

Call 1-800-422-0711 for more information
1. **When will registration be open to alumni?** Registration for the cruise retreat will open to alumni on Wednesday, February 10, 2010.

2. **What is the registration deadline?** Registration for the cruise retreat will close on **May 3, 2010**, or when our block sells out, whichever comes first. Rooms vary by size/type, so you are encouraged to register early!

3. **How do I register?** An outside organization, University at Sea, will be handling all reservations and collecting all payments for the cruise retreat. To register and reserve your room, call toll free at 1-800-422-0711. Please have your credit card available in order to hold your reservation.

4. **What does this retreat include?** This retreat is longer and completely different from any other retreat in MD-PhD Program history. Your payment includes all meals, snacks, MD-PhD Program cocktail reception, Captain’s Gala and on board entertainment (shows, disco, etc).

5. **What if I wish to upgrade my room?** Upgrades are available for an additional fee. A limited number of ocean view and balcony rooms are held in our block.

6. **May I bring my significant other/child?** Yes, significant others and children of alumni may come on the cruise retreat. These family members may attend the social events, but not the scientific program (including oral/poster presentations and alumni panel). The MD-PhD alumna/us making the reservation is responsible for the cost of these extra guests. There is a camp on board the ship for the children (certain restrictions apply).

7. **Can singles have fun on a cruise?** Cruising is ideal for people traveling alone, because it's so easy to meet other people. In fact, most ships have parties just for singles early on, so you can get to know people right away. Many ships even offer gentlemen hosts who can be dance partners, dinner companions or a fourth at cards. Most ships also have single cabins as well as single rates for double staterooms. If you ask them, many cruise lines will even find you a roommate to share a cabin so you can obtain the per person/double occupancy rate, saving you even more on a great vacation.

8. **Is this affordable?** Yes! Cruising is the best value! There are rooms to suit every budget. Your cruise fare includes all meals, your stateroom, on-board activities and entertainment, plus transportation from port to port. These will all be fixed costs. Your only variable expenses will be related to alcohol (other than the MD-PhD reception and the Captain’s Reception), specialty coffees, sodas, excursions, spa services, gift shop purchases and casino expenses.

9. **What about tipping?** Tips for your room steward and dining room stewards and assistants are included in the cruise fare. Other shipboard personnel can be tipped for special services at your discretion.

10. **Why are alumni invited?** In lieu of an outside speaker, this year, alumni of the Tri-Institutional MD-PhD Program are invited to attend the retreat (alumni are responsible for their own expenses). Students will have ample opportunity to interact with the alumni. Select alumni will be asked to speak on an “Alumni Panel”. You also will serve as role models to the current MD-PhD students who have been asking to spend more quality time with our alumni. Consider this your unofficial MD-PhD Reunion!
11. **What will the retreat schedule be like?**  The cruise will depart from the Upper West Side of Manhattan on Thursday, August 19, 2010 at 5:00 pm. Please board between 1 and 3 PM. If you board closer to 1 PM, you get lunch! The retreat will include time for MD-PhD student oral and poster presentations, alumni panel and various social activities. The formal program will start at 10 AM and end at 6 PM on sea days. Port days are free days. The group will eat lunch and dinner as a group. Breakfast can be eaten at your leisure (there are various dining options including complimentary room service). We will return to the Upper West Side by 8 AM on Monday, August 23, 2010.

12. **Do I need a passport?** Generally it is best to have a valid passport. You will need it to disembark/board in St. John.

13. **Are there different classes of service?** Today's cruise ships are "one-class". Everyone onboard can use all of the ship's facilities. The price of a cabin is based primarily on its size and location. Regardless of the category you book, you'll enjoy the same courteous service, menus, activities, and entertainment as everyone else on board.

14. **Will I get bored? Feel confined?** Hardly! Being at sea gives you a feeling of total freedom that no land-based resort can offer. There's plenty of room and it will probably take you two or three days just to discover everything that's on board. Plus, you get the added adventure of exploring many exciting ports of call. Cruise ships are like floating resorts with all the options fine resorts have to offer. When you are not immersed in the scientific activities, you can lie back in a lounge chair, breathe in the sea air, soak up the sun, read good books, or watch the ever-changing seascape. If you're more active, join in exercise or dance classes, and sports contests. Practice your tennis stroke or golf swing, or take some fresh air on the jogging deck. Swim, stretch out in the sauna or work out in the gym. You can also see a feature film, attend an enrichment lecture by renowned experts, play backgammon or bridge. And that's just when you're on board!

15. **What can I do in port?** So much you'll have a hard time choosing! You can explore on your own or take a guided tour (often referred to as shore excursions). Enjoy the picturesque fishing villages of the Fundy Shore; Visit the world famous Reversing Falls Rapids at St. Andrew’s by the Sea; Take a Historic Walking Tour and be fascinated by “the greatest little city in the east.”; Visit Rockwood Park where you can take advantage of Kayaks, Canoes, Mountain Bikes, Inline skates, Nordic Walking Poles, Geocaching & Rock Climbing.

16. **Do I have to participate in the activities?** On a cruise, you do what you want, when you want—except for the students, who are required to participate in the full scientific program. You can do everything or do absolutely nothing.

17. **Who can present at the retreat?** The MD-PhD students will be giving oral/poster presentations, which alumni are welcome to attend. Select alumni may be asked to serve on an Alumni Panel during the retreat.

18. **What's there to do at night?** At night, life aboard a cruise ship really turns on. There's dancing, live entertainment, nightclubs and lounges, feature films, and parties with all your new/old friends.

19. **Is there a charge for entertainment?** No. On a cruise vacation, the entertainment is on the house. There’s no cover, minimum, or charge for an admission ticket. The shows are live, films first-rate and all included in your cruise fare.

20. **What should I pack?** Pack like you would for any resort. Cruise vacations are casual by day, whether you're on the ship or ashore. In the evening, ships vary as to dress. As on shore, attire is dictated by occasion. At the Captain's Gala, for example, you'll probably want to wear something more formal, such as a dark suit, or cocktail dress; perhaps even a dinner jacket or gown.

21. **Can I use my hair dryer or shaver?** Yes. All modern ships have 110 volt outlets in the staterooms. The stateroom will be equipped with a hair dryer.
22. **Is cruise ship dining as good as I've been told?** Everything you've heard about cruise ship dining is true. You'll find a varied selection of entrees (appetizers, salads, soups, vegetables, and desserts, too) every time you sit down. And there's virtually no limit on what or how much you can order. But, just because your cruise ship offers plenty of delicious food doesn't mean you'll come home out of shape. You can choose low-cal, spa, vegetarian or fitness menu selections that are just as tempting as the regular menu. Best of all, the one thing you'll never see on a cruise ship menu is a price. Because all your meals are included!

23. **Can I extend my cruise vacation?** Cruise lines feature special pre- or post-cruise hotel packages that allow you to extend your vacation in either your port of embarkation or debarkation. Also, tours can be arranged in such ways as to blend seamlessly with your cruise vacation. Just ask the reservation agents for details!

24. **Can I get a special diet?** Yes, the ship can accommodate salt-free, low-carbohydrate, Kosher, or other diet preferences. However, this request must be made in advance, so be sure to request a special meal when registering for the cruise retreat.

25. **Can we stay in touch with the outside world?** Quite easily. There is a daily newsletter with news, headlines, selected stock quotes and sports scores. Staterooms on are equipped with televisions. There are satellite telephones in passenger cabins, you can also call someone on shore through the ship's radio officer while at sea. And, you can make phone calls from most ports. In addition your US based cellalar phone will work on board, but be aware there may be additional roaming charges. Please note, there is an added cost for all calls made to shore from the ship's system.

26. **Are there medical services onboard?** Yes. There is a fully-equipped medical facility and staff to handle almost any emergency.

27. **Are there laundry services aboard ship?** Yes. These are self-service coin-operated launderettes and professional laundry and dry-cleaning services. There is, however, an additional charge for professional laundry and dry-cleaning services.

28. **Is motion discomfort a problem?** Rarely. Stabilizers on modern ships, advanced availability of accurate weather information, and development of effective preventative medications have, for the most part, eliminated the incidence of motion discomfort (sea sickness).

29. **Will the sessions interfere with shore activities?** The research and career talks are held while the ship is at sea between ports. You will not miss any shore excursions or other onshore activities.

30. **Who should I see if I have questions that haven't been answered?** If, after reviewing the FAQ sections you still can't find the answers you are looking for, please send us an email at contactus@continuingeducation.net or give us a call, toll free, at 1-800-422-0711.

31. **Important contacts**
   a. Reservations/Retreat Registration 1-800-422-0711
   b. Alumni Liaison – William Maguire wim2011@med.cornell.edu
   c. General Questions – Ruth Gotian rgotian@med.cornell.edu

32. **Important Dates**
   a. February 10, 2010 – Registration for alumni for the cruise retreat opens.
   b. May 3, 2010 – deadline to register for the retreat and reserve your room (limited number of upgrades are available). Please note, if we sell out of the rooms in our block prior to May 3, 2010, registration will close earlier.