This retreat is longer and completely different from any other retreat in MD-PhD Program history. The MD-PhD Program will cover the cost of an inside room (not including taxes and gratuity), based on double occupancy. This includes all meals, snacks, MD-PhD Program cocktail reception, Captain’s Gala and on board entertainment (shows, disco, etc).

You are required to register for this mandatory retreat by May 3, 2010. Rooms vary by size/type, so you are encouraged to register early!

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

**PRICING**

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Cost to Student</th>
<th>Cost for Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inside</td>
<td>Excellent values, these spacious accommodations include generous amenities</td>
<td>$200.00</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>$270.00</td>
<td>$606.95</td>
</tr>
<tr>
<td>Balcony</td>
<td>Sit outdoors, relax, enjoy the privacy and admire the passing scenery</td>
<td>$340.00</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.
A portion of of the student's cost will be underwritten by the Tri-Institutional MD-PhD Program

**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. **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 the name of your roommate available and a credit card to hold your reservation.

2. **What is the registration deadline?** All MD-PhD students are required to register for the retreat by **May 3, 2010**. Rooms vary by size/type, so you are encouraged to register early!

3. **Is the retreat mandatory?** The retreat is mandatory for all students, except for those in their final clinical years.

4. **What if I have a prior commitment?** Any student who needs to be excused from the retreat, must email Dr. Olaf Andersen, Program Director, sparre@med.cornell.edu and get prior authorization. The deadline to request to be excused from the retreat is **March 1, 2010**. Students who are not excused or are “no shows” to the retreat will have their research accounts billed $550.

5. **What does this retreat include?** This retreat is longer and completely different from any other retreat in MD-PhD Program history. The MD-PhD Program will cover the cost of an inside room (not including taxes and gratuity), based on double occupancy, all meals, snacks, MD-PhD Program cocktail reception, Captain’s Gala and on board entertainment (shows, disco, etc).

6. **Is there a cost involved?** Yes, as this is a longer retreat than usual, and there are items the MD-PhD Program cannot pay for (taxes and gratuity), each student will pay $200 towards the cost of the retreat. Students may turn in those receipts and get reimbursed from their research allowance.

7. **What if I wish to upgrade my room?** You may upgrade your room if you wish to pay the difference. A limited number of ocean view and balcony rooms are held in our block.

8. **Who do I room with on the cruise?** The rates are based on double occupancy. You may select another MD-PhD student of your choice as your roommate (both students need to call together to make the reservation). If you have trouble finding a roommate, please contact Marie Tran mat2035@med.cornell.edu

9. **May I bring my significant other/child?** Yes, significant others and your children 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 student 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).

10. **What is not covered?** Expenses 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 are not the responsibility of the MD-PhD Program.

11. **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 serve on an “Alumni Panel.”

12. **What will the retreat schedule be like?** The cruise will depart from the Upper West Side on Thursday, **August 19th**. Please board between 1 and 3 PM. If you board closer to 1 PM, you get lunch! The retreat will include time for 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 23rd. Students will need to get to the Upper West Side on their own.
13. **Do I need a passport?** Generally it is best to have a valid passport. You will need it to disembark/board in St. John.

14. **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.

15. **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 choices 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!

16. **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; See the highlights of Saint John City where the highest tides in the world meet twice a day; 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.

17. **Do I have to participate in the activities?** On a cruise, you do what you want, when you want—except for the MD-PhD Retreat activities, oral/poster presentations and panels, which you will participate fully in (full attendance is “expected”, i.e. required, and Dr. Andersen may listen in at some of the scientific presentations). Apart from these activities, you can do everything or do absolutely nothing.

18. **Who can present at the retreat?** All MD-PhD students are encouraged to give an oral or poster presentation at the cruise retreat. Those who will defend in 2010-2011 are required to give an oral presentation. Students in year 5+, who have not presented in past retreats, are required to give either an oral or poster presentation at the cruise retreat.

19. **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.

20. **Is there a charge for entertainment?** Never. 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.

21. **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.

22. **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.

23. **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!
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, these 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. Help in finding a roommate: Marie Tran mat2035@med.cornell.edu
   c. Information regarding poster presentations:
      Megan Riddle mer2020@med.cornell.edu
   d. Information regarding oral presentations:
      Paul Furlow paf2014@med.cornell.edu and Jeff Russ jer2018@med.cornell.edu
   e. Request to be excused from the retreat: Dr. Olaf Andersen sparre@med.cornell.edu

32. Important Dates
   a. March 1, 2010 – deadline to request to be excused from the retreat (email Dr. Andersen with your request) sparre@med.cornell.edu
   b. May 3, 2010 – deadline to register for the retreat and reserve your room (limited number of upgrades are available).