Dear Visitor,

I am delighted that you have decided to visit the Cummings School of Veterinary Medicine at Tufts University. We are committed to making your experience a positive one.

The Cummings School is proud to be a leader in global One Health and values its many partnerships with veterinary, medical, public health and environmental colleagues around the world. We feel that international visitors enrich the educational experience of our academic community, increase our global awareness, and provide valuable cross-cultural interactions. We are committed to expanding our perspectives on global One Health in order to enhance the health and well-being of animals, humans and the environment worldwide.

I encourage you to take advantage of all we offer; attend campus events, meet new people, ask questions and, if time permits, explore the surrounding cities both near and far: Worcester, Boston, New York City, Washington D.C. and Providence.

We are pleased that you will be joining us and look forward to welcoming you to Cummings School.

Sincerely,

Deborah T. Kochevar, DVM, PhD
Dean and Henry and Lois Foster Professor
Cummings School of Veterinary Medicine
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# Table of Contents

**INTRODUCTION** ........................................................................................................... 7  
**WEATHER & LOCATION** ................................................................................................. 8  
  - Where is New England? ......................................................................................... 8  
  - Climate .................................................................................................................. 8  
**HELPFUL CONTACTS** .................................................................................................. 9  
  - In Case of an Emergency ....................................................................................... 9  
**CAMPUS MAP & PARKING MAP** ................................................................................ 10  
**HOUSING** ..................................................................................................................... 11  
  - Hosting International Visitors ............................................................................. 11  
  - Local Hotels, Inns and Bed & Breakfasts ............................................................ 11  
  - Other Accommodations Close to the Grafton Campus ........................................ 11  
  - Accommodations Close to Tufts VETS – Walpole, MA ........................................ 13  
  - Apartment Hunting ............................................................................................. 14  
**TRANSPORTATION** ...................................................................................................... 15  
  - Directions to the Grafton Campus ....................................................................... 15  
  - Traveling from the Airport to Tufts University .................................................. 15  
  - Airports ............................................................................................................... 15  
  - Airport Shuttles .................................................................................................... 15  
  - MBTA Subway and Commuter Rail ..................................................................... 16  
  - Car Rental Information ....................................................................................... 16  
  - Local Transportation ........................................................................................... 16  
  - Other Regional Transportation .......................................................................... 17  
**WHAT TO PACK** ............................................................................................................ 17  
**DRESS CODES BY DEPARTMENT** ............................................................................. 18  
  - Tufts Ambulatory Service ................................................................................... 18  
  - Foster Hospital for Small Animals ..................................................................... 19  
  - Large Animal Hospital ........................................................................................ 19  
  - Tufts at Tech Rotation, Worcester, MA ............................................................... 19  
**HEALTH CARE** ............................................................................................................... 20  
  - Scholar Health Insurance ................................................................................... 20  
  - Immunizations ..................................................................................................... 21  
  - Emergency Rooms: ............................................................................................. 21  
  - Urgent Care......................................................................................................... 22  
**LIBRARY ACCESS** ......................................................................................................... 23  
  - Webster Library at Cummings School of Veterinary Medicine at Tufts University 23
Introduction

The International Visitor Handbook is designed to help you learn more about the Cummings School and what you can expect when you arrive. It contains information about the climate, geographic location of the campus, a packing item checklist, dress code guidelines, a list of housing and transportation accommodations, shopping & entertainment and more!

The handbook was established by Cummings Hosts International (CHI), a group of student, faculty and staff members committed to making the Cummings School a welcoming place for international visitors. Our goal is to create resources that support the global initiatives of the international visitor program. We hope that our visitors have an enriching social and educational experience!

For more information about the efforts of CHI or to become involved in this group while here, please contact Ms. Suzanne Ukpong, International Visitor Coordinator at suzanne.ukpong@tufts.edu.
Weather & Location

Where is New England?

The Cummings School of Veterinary Medicine at Tufts University is located at 200 Westboro Road (along Route 30) in North Grafton, Massachusetts. This is considered central Massachusetts and part of New England, a region located in the northeast corner of the USA. The region is made up of six diverse U.S. states: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont.

Please keep in mind that Cummings School is associated with several locations in addition to our major hospitals located in North Grafton, Massachusetts. Tufts Ambulatory Service is located in Woodstock, Connecticut and is comprised of several mobile veterinarians who travel between Massachusetts, Connecticut and Rhode Island to treat large animals. Tufts VETS (Veterinary Emergency Treatment and Specialties) is located in Walpole, Massachusetts. This location is staffed by several doctors who share their time with the North Grafton campus and many recent Cummings School graduates. Tufts at Tech is located in Worcester, Massachusetts and is a student-run veterinary clinic that provides low-cost care for families in Central Massachusetts. Your time here at Cummings School may be expanded to any one of our additional facilities beyond the Grafton campus.

Climate

New England has four distant seasons, which is enjoyed by many of the residents in New England.

Summer (Late June, July, August)
- Average temperature: 80-85 degrees Fahrenheit (26-29 degrees Celsius)
- Nighttime air is sometimes cooler – bring a sweatshirt!

Fall (September through early November)
- Average temperature: 45-50 degrees Fahrenheit (7-10 degrees Celsius)
- Fall air is crisp and cool. This is great traveling weather.
- Peak foliage season is typically early to mid-October. Fall color starts in the north in September and works its way south to Massachusetts/Connecticut.

Winter (mid-November through the end of March)
- Average temperature: 25 degrees Fahrenheit (-3 Celsius)
- Snowfall: Southern New England snowfall averages around 35 inches per year while the upper mountainous regions often receive over 100 inches annually – to the delight of skiers and snowboarders.

Spring (April, May, early June)
- Temperatures: 40-60 degrees Fahrenheit (4-15.5 degrees Celsius)
- Tip: bring a raincoat, just in case.
In Case of an Emergency

- **Dial 911**: This can be used either on or off-campus. This number allows you connect directly to the police and health services to get immediate help in an emergency.
- **Campus Police**: (508) 887-4900 for non-emergency, (508) 839-5303 for emergency; We have several officers on campus during all hours of the day.
- **Campus Escort**: A police officer would be happy to escort you on campus if you feel unsafe while walking alone. Just call the above non-emergency number for the campus police.
- **Blue Boxes**: Seen throughout campus are telephones with a blue light on the top of them. These are a direct line to the campus security office and will allow you to talk directly to the police if you have an emergency.
The above map can be accessed online:

Parking Rules and Other information can be accessed online:
http://publicsafety.tufts.edu/adminsvc/boston-campus-parking-services-63/

Any questions can be direct to the Grafton Campus Police Department (508-887-4900)
Housing

Hosting International Visitors

The international visitor coordinator maintains a list of faculty and staff who are interested in hosting international visitors. The coordinator will work with you to find you a host. The housing accommodations vary in space and fees. Visitors are encouraged to rent a car because housing accommodations are generally not within walking distance of campus.

Local Hotels, Inns and Bed & Breakfasts

As an alternative to staying with a faculty, staff or student, you may stay at a local hotel, inn or bed & breakfast. Many of our guests who stayed at the Westborough Inn provided positive feedback about their experience. The Inn provides the following accommodations:

- A welcoming place and friendly environment
- Breakfast is included and common spaces are available to guests for socializing
- Stores, restaurants, and grocery stores are within walking distance
- Guests have access to a fully stacked kitchen for cooking and storing food
- Located about 4.5 miles from campus

Other Accommodations Close to the Grafton Campus

Some of the accommodations listed below offer special rates to Cummings School guests. Be sure to mention your affiliation when you book your reservation!

<table>
<thead>
<tr>
<th>Hotel/Inn</th>
<th>Address/Location</th>
<th>Contact Information</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beechwood Hotel</td>
<td>363 Plantation Street Worcester, MA 01605</td>
<td>508-754-5789</td>
<td>7 miles/17 minutes</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.beechwoodhotel.com">http://www.beechwoodhotel.com</a></td>
<td></td>
</tr>
<tr>
<td>Courtyard Boston Westborough</td>
<td>3 Technology Drive Westborough, MA 01581</td>
<td>508-836-4800</td>
<td>7 miles/17 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.marriott.com">http://www.marriott.com</a></td>
<td></td>
</tr>
<tr>
<td>Days Inn Shrewsbury - Worcester</td>
<td>889 Boston Turnpike Shrewsbury, MA 01545</td>
<td>508-842-8800</td>
<td>5 miles/9 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.daysinn.com">http://www.daysinn.com</a></td>
<td></td>
</tr>
<tr>
<td>Hotel Name</td>
<td>Address</td>
<td>Contact Details</td>
<td>Distance</td>
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<tr>
<td>Doubletree Hotel Boston/Westborough</td>
<td>5400 Computer Drive</td>
<td>508-366-5511</td>
<td>7 miles/16 minutes</td>
</tr>
<tr>
<td></td>
<td>Westborough, MA 01581</td>
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<td></td>
<td></td>
<td><a href="http://doubletree3.hilton.com">http://doubletree3.hilton.com</a></td>
<td></td>
</tr>
<tr>
<td>Econo Lodge Inn &amp; Suites – Northborough</td>
<td>380 Southwest Cutoff</td>
<td>508-842-8941</td>
<td>3 miles/7 minutes</td>
</tr>
<tr>
<td></td>
<td>Northborough, MA 01532</td>
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<td></td>
<td><a href="http://www.econolodge.com">http://www.econolodge.com</a></td>
<td></td>
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<tr>
<td>Embassy Suites Boston – Marlborough</td>
<td>123 Boston Post Road West</td>
<td>508-485-5900</td>
<td>10 miles/20 minutes</td>
</tr>
<tr>
<td></td>
<td>Marlborough, MA 01752</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extended Stay America</td>
<td>180 East Main Street</td>
<td>508-616-9213</td>
<td>5.82 miles/11 minutes</td>
</tr>
<tr>
<td></td>
<td>Westborough, MA 01581</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>19 Connector Rd.</td>
<td>508-616-0155</td>
<td>6.59 miles/12 minutes</td>
</tr>
<tr>
<td></td>
<td>Westborough, MA 01581</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1800 Computer Drive</td>
<td>508-366-6100</td>
<td>6.94 miles/14 minutes</td>
</tr>
<tr>
<td></td>
<td>Westborough, MA 01581</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.extendedstayamerica.com">http://www.extendedstayamerica.com</a></td>
<td></td>
</tr>
<tr>
<td>The Grafton Inn</td>
<td>25 Grafton Common</td>
<td>508-839-5931</td>
<td>3 miles/5 minutes</td>
</tr>
<tr>
<td></td>
<td>Grafton, MA 01536</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.grafton-inn.com/inn.htm">http://www.grafton-inn.com/inn.htm</a></td>
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</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:info@grafton-inn.com">info@grafton-inn.com</a></td>
<td></td>
</tr>
<tr>
<td>Hilton Garden Inn Worcester</td>
<td>35 Major Taylor Boulevard</td>
<td>508-753-5700</td>
<td>9 miles/22 minutes</td>
</tr>
<tr>
<td></td>
<td>Worcester, MA 01608</td>
<td></td>
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</tr>
<tr>
<td>Motel 6 – Westborough</td>
<td>399 Turnpike Road</td>
<td>508-366-0202</td>
<td>5 miles/10 minutes</td>
</tr>
<tr>
<td></td>
<td>Westborough, MA 01581</td>
<td></td>
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</tr>
<tr>
<td>Red Roof Inn Boston - Southborough</td>
<td>367 Turnpike Road</td>
<td>508-481-3904</td>
<td>9 miles/17 minutes</td>
</tr>
<tr>
<td></td>
<td>Southborough, MA 01772</td>
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<td></td>
<td></td>
<td><a href="https://www.redroof.com">https://www.redroof.com</a></td>
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</tbody>
</table>
Accommodations Close to Tufts VETS – Walpole, MA

Tufts VETS is conveniently located with easy access to Highways 95, 495, and 295, and routes 1, 1A, and 27. The facility is located at 525 South Street in Walpole MA in a beautiful new 15,000-square-foot pet health care center.

<table>
<thead>
<tr>
<th>Accommodation</th>
<th>Address</th>
<th>Phone</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleigh Maker Inn Bed and Breakfast</td>
<td>87 West Main Street Westborough, MA 01581</td>
<td>508-836-5546</td>
<td>4 miles / 8 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.sleighmakerinn.com">http://www.sleighmakerinn.com</a></td>
<td></td>
</tr>
<tr>
<td>Westborough Inn</td>
<td>4 Boardman Street Westborough, MA 01581</td>
<td>508-836-1900</td>
<td>4.37 miles / 7 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://westboroughinn.com">http://westboroughinn.com</a></td>
<td></td>
</tr>
</tbody>
</table>

**Best Western – Sharon**
395 Old Post Road
Sharon, MA 02067
781-784-1000
[http://www.bestwestern.com](http://www.bestwestern.com)
2.63 miles / 5 minutes

**Econo Lodge**
775 Providence Hwy
Sharon, MA 0267
781-784-5800
[http://www.econolodge.com](http://www.econolodge.com)
2.69 miles / 5 minutes

**Extended Stay America Boston – Braintree**
20 Rockdale Street
Braintree, MA 02184
781-356-8333
[http://www.extendedstayamerica.com](http://www.extendedstayamerica.com)
16.09 miles / 19 minutes

**Four Points by Sheraton – Norwood**
1125 Boston Providence Tpke.
Norwood, MA 02062
781-769-7900
[www.starwoodhotels.com](http://www.starwoodhotels.com)
5.52 miles / 11 minutes
Apartment Hunting

During the summer, there is a housing listing website that operates out of the Student Affairs Office. This website only runs during the summer months for incoming students and is managed by a veterinary student. The website is [http://vet.tufts.edu/education/student-life/](http://vet.tufts.edu/education/student-life/). You may contact the international visitor coordinator for login information.

In addition, the Student Affairs Office maintains a binder with housing listings which is updated year round. Listings are also posted on the bulletin boards located in the Administration Building, 1st floor; Lowe Center, Student Lounge; and FSHA, Student Lounge.

To gain a sense of housing costs in the area, you may look at apartment listings in the online version of the [Worcester Telegram and Gazette](http://www.telegram.com), and the [MetroWest Daily News](http://www.metrowestdailytimes.com).

The following is a list of agencies or people who can assist in the search for an apartment. Please note: Tufts University does not endorse any particular agency. Some or all of these places may charge a fee for service.

- **Century 21** (1106 Pleasant St, Worcester, MA 01602; (508) 752-7591)
- **Coldwell Bank** (2 Maple Ave, Shrewsbury, MA 01545; (508) 845-1077)
- **Re/Max Executive Realty** (100 Worcester St, North Grafton, MA 01536)

Also, you may use these online apartment search services to find an apartment:

- [www.apartmentList.com](http://www.apartmentList.com)
- [www.craiglist.com](http://www.craiglist.com)
- [www.homefind.com](http://www.homefind.com)
- [www.myapartmentmap.com](http://www.myapartmentmap.com)
- [www.rent.com](http://www.rent.com)
Transportation

Directions to the Grafton Campus

The Cummings School of Veterinary Medicine is located at 200 Westboro Road (along Route 30) in North Grafton, Massachusetts. Driving directions to our campus and a campus map are available online. Directions can also be found using the following websites:

- MapQuest
- Google Maps

Traveling from the Airport to Tufts University

If you will be coming straight from the airport to the Grafton campus, you are encouraged to either rent a car (see “Car Rental Information” below), or use either Worcester Airport Limousine or Knight’s Airport Limousine Service (see information below under “Airport Shuttles”). If you are flying in to Boston Logan International Airport, a less expensive (approximately $5 per person), yet time-consuming, option is to take the MBTA subway from the airport to the MBTA Commuter Rail (Framingham/Worcester Line) at South Station and exit at the Grafton Station.

Airports

Cummings School of Veterinary Medicine is located within driving distance from Logan International Airport in Boston, T.F. Green Airport in Providence, RI, Bradley International Airport in Hartford, CT, and Manchester Airport in Manchester, NH.

Airport Shuttles

- Worcester Airport Limousine (1-800-660-0992) – they offer a special rate for students of Tufts University Cummings School of Veterinary Medicine (approximately $45 for one person and $65 for two)
- Knight’s Airport Limousine Service (1-800-822-5456) provide transportation to and from Logan Airport and T.F. Green Airport – their rates are approximately $55 for one person and $75 for two. Visit their websites for current rates and reservations.
**MBTA Subway and Commuter Rail**

The Cummings School is within a 7-minute walk of the [Grafton Station](http://www.mbta.com) on the [MBTA Framingham/Worcester Line Commuter Rail](http://www.mbta.com). Exit the parking lot and take a right onto Pine Street and a left onto Route 30 (Westboro Road). The Cummings School campus is just up the road. For fare information, maps, and schedules, visit [www.mbta.com](http://www.mbta.com) or call 1-617-222-3200.

**Car Rental Information**

You may choose to rent a car at the airport. For information on reserving a vehicle at the airport, click on the appropriate link below:

- [Logan International (Boston)](http://www.enterprise.com)
- [T.F. Green (Providence)](http://www.budget.com)
- [Bradley International (Hartford)](https://www.hertz.com)

The following is a list of car rental services close to the Grafton Campus. Please note: Tufts University does not endorse any particular agency.

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<tr>
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</thead>
<tbody>
<tr>
<td>Budget Rent A Car</td>
<td>1500 W Park Dr. Westborough, MA</td>
<td>508-839-7500</td>
<td><a href="http://www.budget.com">http://www.budget.com</a></td>
</tr>
<tr>
<td>Hertz Rent A Car</td>
<td>5400 Computer Dr. Westborough, MA</td>
<td>508-229-2756</td>
<td><a href="https://www.hertz.com">https://www.hertz.com</a></td>
</tr>
</tbody>
</table>

**Local Transportation**


As the second largest regional transit authority in Massachusetts, the WRTA serves 35 communities with its fleet of buses which includes 4 clean diesel-electric hybrid buses. The WRTA now offers two bus routes which stop in [Grafton]:

**Route A:** [Route A – Northbridge Walmart – Shoppes at Blackstone Valley via Fisherville](http://www.therta.com/)

**Route B:** [Route B – New Village – Rockdale – Stop & Stop- Grafton MBTA Station](http://www.therta.com/)
Other Regional Transportation

**Union Station** - 2 Washington Square, Worcester, MA 01604
Union Station is an intermodal transportation station servicing the MBTA/Boston, Amtrak, intercity regional buses, interstate and New England bus lines. Interested in traveling to other cities? You can take the Greyhound bus to cities such as New York City, Philadelphia, Washington D.C., and much more! Greyhound buses leave from Union Station in Worcester and South Station in Boston.

**Amtrak (Train)** - 2 Washington Square, Worcester, MA 01604 - 800-872-7245
Amtrak serves 500 destinations in 46 states and Canada. Enjoy the journey!

What to Pack

A travel packing list is useful in preparing for your visit. There are many lists available on the internet; find the best resource list that meets your needs. Besides packing clothing, toiletries and your electronics, it is important to pack the essential items listed below.

- Passport/Visa
- Copy of CV
- Copies of Passport
- Driver's License
- Itinerary
- Maps & Directions
- Travel Confirmation
- Language Guide
- Copies of Travel Documents
- Credit Card & Cash
- Copies of Credit Cards
- Emergency Contact Info.
- Medical Insurance Card
- Travel Insurance
- Vaccination Card
- Emergency phone numbers
- Rental car confirmation

Also, you should refer to the Professional Dress for Veterinarians and Students detailed below for an overview of professional approved apparel.

Dress Codes by Department

As a teaching hospital for Tufts University, clients need to have a good impression of who we are and what we do. All healthcare providers, staff, and students are expected to dress according to the professional apparel approved by the hospital. Professional image, through attention to detail, instills confidence in our clients, ensuring that we will provide the same careful attention to their animals. Professional dress can enhance or detract from business operations.

Tufts Ambulatory Service

- Wear a name tag on the upper right lapel, at all times, while at ambulatory. The coordinator will provide you with a name tag to wear.
- Clothing of good repair/quality for use in outdoor activities is acceptable
- Scrubs, with or without a lab coat, are acceptable; scrubs or other clothing should not have the name of any other institution embroidered or displayed on them
- Ties for men are optional; shirts should be tucked in and look neat; no tank tops; skin at the midriff should be covered; shorts are permitted for travelling and facility use, but should be covered with coveralls during client/patient interactions
- Closed-toed shoes only (no sandals or beachwear) – OSHA regulation
- Personal protective clothing should always be worn when working with patients and during procedures; two pair of coveralls should be available daily, or a washable bib apron; over the shoe pull-on boots recommended.
- Hats and bandanas are permitted
- Body jewelry should reflect the professional image; earrings and small nose studs are acceptable, as well as other small, discrete piercings; piercings should not be distracting to others; all jewelry should be small, avoiding long necklaces and dangling earrings which could become entangled by animals or equipment; rings are discouraged
- All tattoos need to be covered by clothing
- Long hair should be kept neat and tied back; loose hair can become entangled and should be avoided; hair coloring should not detract from your professional appearance
- More restrictive policies may be instituted within sections, based upon safety needs
- The Medical Director will mediate any disagreements concerning appropriate dress
Foster Hospital for Small Animals

- A name tag must always be worn on the upper right lapel
- Business casual is acceptable (no denim), with a lab coat or jacket
- Scrubs, with or without a lab coat, are acceptable; scrubs or other clothing should not have the name of any other institution embroidered or displayed on them
- Ties for men are optional; shirts should be tucked in and look neat; no T-shirts or tank tops; skin at the midriff should be covered; shorts are not permitted
- Closed-toed shoes only (no sandals/beachwear) per OSHA regulation
- Protective eyewear is required when working with chemicals
- Personal protective clothing should always be worn with patients and during procedures
- Hats and bandanas are not permitted
- Body jewelry should reflect the professional image; earrings and small nose studs are acceptable, as well as other small, discrete piercings; piercings should not be distracting to others; all jewelry should be small, avoiding long necklaces and dangling earrings which could become entangled by animals or equipment
- All tattoos need to be covered by clothing
- Long hair should be kept neat and tied back; loose hair can become entangled and should be avoided; hair coloring should not detract from your professional appearance
- More restrictive policies may be instituted within sections, based upon safety needs
- The Medical Director will mediate any disagreements concerning appropriate dress
- Please be mindful of these additional points for Hospital for Large Animals, Tufts at Tech, Worcester, MA, TuftsVETS, Walpole, MA and Ambulatory Clinic, Woodstock, CT

Large Animal Hospital

- All students should have stethoscopes and bandage scissors. Students are advised to bring with them any relevant class materials, handouts, lectures, notes, etc. Name tags should be worn and be visible at all times.
- Khaki-like pants and a tuck-in shirt with a collar are the required dress for students while working in the clinic (shorts, halters, briefs, jeans and T-shirts are not acceptable attire).
- Appropriate shoes should be worn in the clinic to afford proper foot protection. It is best to have a dedicated pair of shoes to leave in the hospital at the end of the day.
- If scrubs are worn during surgery days, you need to use a different set for O.R. We recommend removing facial piercings, large earrings and rings - working with large animals is hazardous and jewelry is lost easily - moreover, facial piercings and large earrings are perceived by many HLA clients to be non-professional. The winter months will be colder than normal standard working conditions, so we suggest that you wear layered clothing.

Tufts at Tech Rotation, Worcester, MA

- Clothes should be casual/professional with a white consultation coat
- Please bring a pair of scrubs and comfortable shoes
Health Care

The Commonwealth of Massachusetts and Tufts University require international visitors to have health insurance coverage. Visitors must seek private coverage that meets or exceeds the minimum state requirements set forth by the Commonwealth.

A J-1 visa holder may be eligible for health benefits through Tufts University, if he/she works a minimum of 17.5 hours per week. The information below only pertains to J-1 visa holders.

Scholar Health Insurance

**J-1 Postdoctoral Scholars & Fellows**

J-1 Exchange Visitors are required, as a condition of their J-1 status, to carry health insurance for themselves and their accompanying J-2 family members. The insurance policy held by a J-1 person and his/her dependents must meet minimum criteria as established by the U.S. Department of State.

The sponsoring department will schedule an orientation with the Human Resources Department immediately upon arrival. The Benefits Office is located at 200 Boston Avenue, Tufts University, and Medford Campus. They can be reached at 617-627-3270.

Postdoctoral Associates & Postdoctoral Fellows are offered a separate health benefit package. For questions on this type of package, contact Cynthia Linton at 617-636-2701.

J-1 visa holders may choose to purchase private health insurance coverage that meets the J-1 visa requirements. The International Center offers a list of insurance companies that meet these requirements.

All Benefits Eligible & Non-Benefits Eligible J-1 Research Scholars must complete the “Health Insurance Agreement Form” and return it to the International Center. The department will arrange for the J-1 visa holder to register with the International Center within two weeks of their arrival in order to complete their immigration record. The International Center will review the passport, visa document and I-94 Arrival-Departure Record.

The immigration status will not be considered complete until the International Center has received the Health Insurance Agreement form to verify compliance with the J-1 insurance requirements.

**Alternate Insurance – Waiver Form and Proof of Coverage**

A benefit eligible individual may choose to waive health coverage offered by Tufts University provided that the person has an alternate qualifying plan that can be used in Massachusetts. The person may need to complete a health insurance waiver form and will need to provide proof of the alternate coverage. Proof of coverage may include a copy of the insurance card or policy.
Immunizations

You must provide proof of all appropriate immunizations. Please check with the department in which you are visiting for a list of required immunizations. In general, the following immunizations are required by the Commonwealth of Massachusetts and Tufts University:

• Tdap vaccine if Td booster is older than two years
• Two doses of MMR vaccine, or positive antibody titers for immunity
• Three doses of Hepatitis B vaccine, or positive antibody titer for immunity
• Varicella (chickenpox): physician verification of year of disease, positive antibody titer for immunity, or documentation of two doses of vaccine
• Meningococcal: one dose of vaccine dated from within five years prior to starting at Tufts University, or a signed and completed State Waiver Form
• Rabies vaccine: required for students with animal contact or who work with the rabies virus—testing for immunity is required every two years post-vaccination

Please Remember…

Arranging and paying for medical care is your responsibility. The best way to meet this responsibility is to obtain comprehensive health insurance coverage to protect you (and your family) against exorbitant costs.

Emergency Rooms:

• **UMass Memorial Medical Center** (119 Belmont St, Worcester, MA 01605): Emergency Services; specialties including cardiology, orthopedics, cancer, surgery, women’s health, children’s medical services
• **St. Vincent Hospital** (123 Summer St, Worcester, MA 01608): Emergency services; specialty services include cardiovascular, orthopedics, women and children, cancer
Urgent Care

**ReadyMed**

There are walk-in care clinics within a short drive from campus. These clinics are appropriate for minor illnesses and injuries that require medical attention but are not life threatening. Each offers access to physicians, specialists, nursing care, laboratory and x-ray services. The website allows you to see estimated wait periods at all of their locations.

Shrewsbury: 222 Boston Turnpike (Route 9 East), Shrewsbury, MA 01545  
Phone: 508-595-2700  
Northborough: 333 Southwest Cutoff, Northborough, MA  
Phone: 508-466-8677  
Auburn: 460 Southbridge Street (Route 12), Auburn, MA 01501  
Phone: 508-595-2700

**CVS Minute Clinic**

MinuteClinic® walk-in medical clinics are staffed by nurse practitioners and physician assistants* who specialize in family health care. We care for children and adults, every day with no appointment needed.

Country Plaza, 100 Worcester St, Grafton, MA 01536  
Phone: (866) 389-2727  
Website: [http://www.cvs.com/minuteclinic/clinic-locator/clinicdetails.jsp?storeId=2172&tab=as](http://www.cvs.com/minuteclinic/clinic-locator/clinicdetails.jsp?storeId=2172&tab=as)

44 W Boylston St, Worcester, MA 01608  
(866) 389-2727  

Website offers more information, clinic hours, and services provided at each location
The library is a safe, clean, staffed place where visitors are welcome during off-hours. Library opens at 8AM all weekdays and is open till 11PM most weeknights during the school year, 6PM in the summer. (Exact hours are posted at http://www.library.tufts.edu/vet/)

**In library access to all services:** Including journals, e-journals, database searches, internet access, staff assistance, and other resources, such as, sample surgical instructions, knot tying kits, instructional DVDs, etc.

**Scanning, printing and photocopying.**
- Scanning and creating a PDF is free.
- B&W printing costs are 10 cents single side/ 15 cents double side.
- Color printing costs are 30 cents single side/ 45 cents double side.
- Photocopying is 10 cents a copy.

**Special user card:** Allows visitors to borrow books from stacks and leisure collections (no reserve books). Application forms available at the library.

**Laptops:** Can be borrowed for use by international visitors by a Tufts ID holder.

**Library Staff:**
- Betsy Like, Library Manager, Betsy.Like@tufts.edu
- Suzanne Duncan, Library Assistant III, Suzanne.Duncan@tufts.edu
- Nancy Meyer, Library Assistant I, Nancy.Meyer@tufts.edu
Campus Events and Lectures

We would like to encourage all of our visitors to attend campus events held throughout the year. There are often lunch time talks, evening talks, and other events on the weekend spanning a number of different topics.

A calendar of campus-wide events can be accessed online at [http://vet.tufts.edu/cvmc/faculty-and-staff-gateway/campus-calendar/](http://vet.tufts.edu/cvmc/faculty-and-staff-gateway/campus-calendar/).

Cummings Hosts International (CHI) is a group established in January 2014 of students, staff, and faculty who are dedicated to making international visitors feel welcomed and excited about their visit to Cummings School of Veterinary Medicine at Tufts University. They aim to assist international visitors in any way possible to enrich the educational and social experience of all who visit. For more information about CHI, contact Suzanne Ukpong at suzanne.ukpong@tufts.edu.

In addition to campus-wide events, student clubs often have lunch talks and other activities in many areas of veterinary medicine. A list of student organization and a description about the clubs can be found at [http://vetsites.tufts.edu/scavma/about-us/student-organizations/](http://vetsites.tufts.edu/scavma/about-us/student-organizations/). We encourage you to reach out to the student organizations, or directly to SCAVMA ([tuftsscavma@gmail.com](mailto:tuftsscavma@gmail.com)) to inquire about any upcoming lunch talks, wet labs, or other activities. Often wet labs are reserved for students, but lunch time and evening talks are open to guests.

Your faculty mentor can also be a great resource to direct you to things on campus to get involved!

International Center at Tufts University

The [International Center](http://vetsites.tufts.edu/scavma/about-us/student-organizations/) is located at 20 Sawyer Avenue on the Medford Campus. The Center’s staff works to raise intercultural awareness, to increase the knowledge of immigration laws affecting the Tufts international community, and to advocate a campus climate that respects cultural differences.

The Center coordinates a number of events throughout the year such as a Thanksgiving Dinner and apple-picking trip. You are welcome to attend these outings. Feel free to contact Mr. Patrick Himes at [Patrick.Himes@tufts.edu](mailto:Patrick.Himes@tufts.edu) about the resources offered by the International Center.
Food, Groceries, and Restaurants

New England offers diverse cuisines and rich regional produce. There’s nothing quite like an apple cider during the fall, pancakes with real maple syrup, a clambake on the beach or a barbecue on the back porch. Think of blueberries, cranberries and lobster. Then there are clams, the vital ingredient for New England clam chowder. Fresh organic fruit and produce grown on family farms is used to make pumpkin, peach and apple pies, spinach soufflés or corn and crabmeat bisque. A wide variety of artisan cheeses and breads are available, and there are also a number of breweries and vineyards to be explored throughout the region.

Places frequently open and close, so it is advisable to search online or call a location to assure they are still open. A search online often provides a preview of the menu and reviews of restaurants and other locations.

Bars

- **The Boynton**: —The Boynton includes a restaurant and multiple TVs tuned to sports stations. Get a booth in the back where it’s quieter if you want to have a conversation. Located at 117 Highland St., Worcester
- **Funky Murphy's**: A sort-of trendy bar that tries to be a small club on the weekends, but still a good time. Located at 305 Shrewsbury St Worcester MA 01604
- **The Grafton Inn**: Offers pretty good food with good happy hour deals and a nice outdoor patio. Trivia on Tuesdays. The locals are usually trying to make friends and love to get chatty with you. Located at 25 Grafton Common, Grafton, MA 01519
- **Hotel Vernon**: $1 drafts and the occasional live music, and make sure to check out the back room that is shaped like the inside of a boat! Located at 16 Kelley Square, Worcester
- **Jillian’s**: A smaller version of the Jillian’s in Boston. The large bar area is surrounded by 30 pool tables; if pool’s not your thing, you can play video games, foosball, ping-pong, or darts. Look for special appearances by radio stations and bands. You may have to wait for a table on weekends. Located at Grove St. and Park Ave., Worcester; 508-793-0900
- **JJ’s Bar and Grill**. A fun place to go watch a game, drink some beer, play some trivia, and eat yummy bar food. Located at 380 Southwest Cutoff, Northborough;
- **Nick’s**: A great bar! It’s designed to look like a speakeasy. One side is a full bar, with limited seating. The other has a side for tables and a tiny stage. Make reservations on a Friday or Saturday night to enjoy the live music. Located at 124 Millbury Street, Worcester
- **The Perfect Game**: Karaoke one day during the week and a club like bar on the weekends with music and dancing. Located at 124 Millbury Street, Worcester
- **The Post Office Pub**: The closest bar to campus. There’s usually free happy-hour food until 5 PM or so. Karaoke every weekend, free popcorn, great place to grab a beer. Located at Main St in North Grafton.
- **Williker’s Tex-Mex & BBQ**: This place has great food and an interesting bar. Located at 896 Hartford Tpke., Shrewsbury
**Grocery Stores**

- **Community Supported Agriculture (CSA) Farms:** You can find several of these in the area via the CSA web site (http://www.nal.usda.gov/afsic/csa/). The owners are doing great things, the produce is fabulous, and you get to support small, local, organic producers!
- **Ed Hyder’s Mediterranean Market:** Great jerk seasoning and olives! Oh, and cheese! And you can get Ed to make you kabobs if you order them a day in advance. Yum. Located at 408 Pleasant St., Worcester
- **The Living Earth:** A natural- and organic-foods store. Located at the corner of Park St. and Chandler St., Worcester
- **Price Chopper:** Many locations, competitive prices. Shop here for fuel discounts.
- **Roche Brothers:** Lots of prepared foods and good produce. Located in Westborough
- **Shaw’s:** Has a decent natural-foods section. Located in the White City Plaza, Shrewsbury
- **Stop and Shop:** Several locations nearby. Great for everyday groceries. One location located at 100 Worcester Street, North Grafton
- **Super Stop and Shop:** Two locations in Westborough: 32 Lyman St. and 290 Boston Tpke. (Rte. 9). Many Worcester locations including Grafton Street, Worcester.
- **Trader Joe’s:** Natural foods, household products, cheap frozen foods, you name it. Plus, free tasty samples! Located at Rte. 9, Shrewsbury (across from White City Plaza).
- **Wegmans:** Great selection for any shopper, with competitive prices for produce and specialty foods. Located at 9102 Shops Way, Northborough
- **Whole Foods:** Lots of organic foods & produce, bulk nuts and beans, etc. A big more expensive as far as grocery stores go. Located at 575 Rte. 9, Framingham; 508-628-9525

**Breakfast, Baked Goods, Sandwiches and Diners**

- **Bagel Bistro:** Yummy homemade sandwiches.Located at 72 Main Street, Westborough (Rt. 30)
- **Bagel Time:** Don’t miss it! You may think that good bagels aren’t available outside of Montreal and the NYC metro area, but they are! Plus, good coffee, local organic milk, knishes, and good lox. Located at 194 Park Ave., Worcester
- **Billy Goat Beanery:** VERY good coffee, baked goods, great sandwiches (lots of options for vegetarians), and a really, really nice owner. Located at 895 Millbury St., Worcester
- **Boulevard Diner:** A real, old-fashioned diner car. Open 24 hours. This is where the Worcester Police go for shift changes, so you know it’s good. Located at 155 Shrewsbury St., Worcester
- **Breakfast at Stephanies:** A lot of food for a little price! Yummy specials. Located at 156 Main St., Grafton
- **Brody’s Diner:** Awesome diner! Great atmosphere! Located at 308 Hartford Turnpike, Shrewsbury
- **Christina’s Café:** —Awesome omelets! Located at 20 South St., Westborough
- **Donut Star**: Delicious, affordable diner food. Located at 204 Worcester Street, North Grafton
- **Harry's Diner**: Some of the best sandwiches in the area and open until 2 AM on weekends; Located in Westborough, Rt. 9 W (508) 366-8302
- **Kenmore Diner**: This diner was destroyed in a warehouse fire, but it's been rebuilt and is just as good as ever! Located at 250 Franklin St., Worcester
- **Lalajava**: Claims to be the best coffee shop on the northeast! It's great! Really good coffee and sandwiches. Located at 290 West Main Street, Northboro, MA. [http://www.lalajava.com/](http://www.lalajava.com/).
- **Mac's Diner**: A bit bigger than the Boulevard Diner. Everything here is homemade, and you'll take quite a bit of your dinner home, too. 188 Shrewsbury St., Worcester
- **Panera Breads**: Good coffee and baked goods as well as lots of sandwiches. Bay Commons Shopping Plaza, Westborough Ctr. / White City Plaza, 20 Boston Tpke. (Rte. 9), Shrewsbury, and The Shoppes at Blackstone Valley, Millbury.
- **Red Barn Coffee House**: Yummy pastries, muffin tops and bagels to go with your coffee, tea or chai. If you become a regular, the ladies warm up to you. Located at 17 South St., Westborough rotary.
- **South Street Diner**: The best diner around! On Sunday mornings there is always a line, but the owner gets people seated fast and do not rush you out. Located at 40 South Street, Westborough
- **Wholly Canolli**: WOW! So good! Delicious sandwiches and pastries. A must visit when you’re in the mood for a delicious lunch and dessert! Coffee too! Located at 490 Grafton Street, Worcester

**Italian**

- **Amici**: 582 Main St, Shrewsbury; 508-842-7800, [www.amicitattoria.com](http://www.amicitattoria.com)
- **Café Espresso Trattoria**: Excellent homemade cavitelli, among other wonderful entrees. Located at 19 Wall St. (off Grafton Hill), Worcester
- **Ciao Bella**: Try their gourmet pizzas. Located at 402 Grove St., Worcester
- **Dino’s**: Be prepared to get two or three meals out of each entrée (given the huge basket of bread, plate of olives, and huge salads that come with them!). Located at 13 Lord St., Worcester
- **Mediterranean Café**: Breakfast (great pancakes, really good home fries), lunch (oh, the sandwiches!), and dinner (including a $7 piece of lasagna that's bigger than your head!). Located on Millbury St., Worcester
- **Piccolo’s**: Excellent home-cooked Italian food. Located on Shrewsbury St., Worcester
- **Tomasso**: Check out [www.tomassotrattoria.com](http://www.tomassotrattoria.com) for food and wine menus. Located at 154 Rte. 9, Southborough; 508-481-8484

**Asian**

- **Bollywood Grill**: Has a lot of Americanized Indian dishes, and a great lunch buffet! Located at 97 Boston Turnpike Road, Shrewsbury
- **Chef Sun**: (Chinese/Thai): Affordable and yummy Thai and Chinese with lots of veggie options.
Located at 30 Lyman St., Shrewsbury

- **Da Lat Restaurant** (Vietnamese): Fresh, very tasty, inexpensive, vegetarian-friendly. Located at 425 Park Ave., Worcester
- **Hisa** (Japanese): Quite good. Located at 21 South St., Westborough
- **House of India**: Tasty food options. Located at 439 Park Ave., Worcester
- **India Café**: The best Indian food around town! (However, word is that it is closed...) Super spicy, great service! Located at White City Plaza, 20 Boston Tpke. (Rte. 9), Shrewsbury
- **King Chef** (Chinese): The food is yummy and affordable. 205 Chandler St., Worcester
- **Korean BBQ**: Affordable, family-run and friendly! Very delicious Korean food! Located at 7 East Main Street, Westborough, MA 01581. 508-366-8898
- **Loving Hut**: Vegan Vietnamese food. They also carry various fake-meat products in their freezer case in the back of the restaurant. Located at 56 Hamilton Street, Worcester
- **Mandarin Westboro** (Chinese): Located at 57 Main St., Westborough
- **Nancy Chang** (Chinese/Thai): Healthy and delicious food with lots of vegetarian options even has a separate vegan menu. Located at 372 Chandler St., Worcester
- **Osaka** (Japanese): Located at White City Plaza, 20 Boston Tpke. (Rte. 9) Shrewsbury
- **Pearl Cafe**: Chinese food near school. Huge portions. Located at 198 Worcester St, North Grafton
- **Racha Thai**: Low-key restaurant, fabulous food. Located on SW Cutoff, Worcester
- **Sake Hana**: Great sushi and fun desserts like mochi ice cream and tempura cheesecake. Located at 21 South St, Westborough, MA 01581 (508) 898-9262
- **Sakura Tokyo**: Really nice teppanyaki grill in Worcester that has live bands on the weekends. Located at 640 Park Ave Worcester MA (508) 792-1078
- **Sapporo**: Sushi restaurant in Westborough that has a great lunch buffet on weekdays. Located at 50 E Main Street, Westborough MA; (508) 898-1880
- **Surya Indian Cuisine**: Tasty and affordable! Located at 299 Shrewsbury St., Worcester
- **Seoul Leecci** (Japanese/Korean): The best sushi around, and affordable too! Enjoy the karaoke and come on a regular basis—they’ll give you free sushi. Located at 385 Main St., Worcester
- **Star India**: Located on Route 9 in White City; great tasting food, quiet atmosphere
- **Thai Time**: Best Thai food in the area. Located at 15 Lakeview Ave., Shrewsbury
- **Thai Place**: Great Thai food, and great location, in the White City Plaza! Located at 50 Boston Turnpike, Shrewsbury
- **Udupi Bhavan**: Vegetarian southern Indian food with take out or eat in. Cheap and delicious!
  Located at 378 Maple Ave, Shrewsbury
- **Wasabi** (Japanese): Awesome sushi, beautiful presentation. Located at 1060 Worcester Rd., Framingham
- **Westborough Korean Restaurant**: Affordable Korean BBQ. Located at 7 E Main St. Westborough (rotary)
- **Yama Zakura**: Great Asian fusion food and sushi. Located at369 W Main St., Northborough MA 01532
Mexican

- **Cancun’s**: Best Mexican restaurant in the area. Great Margaritas, Piña Coladas, and Daquiris. Awesome on Cinco de Mayo and really anytime! Located at 75 Worcester St., North Grafton.
- **Mezcal Cantina**: Great guacamole and huge portions. Located at 30 Major Taylor Blvd., Worcester, MA.
- **Moe’s**: You’ll know it well from on-campus lunches. Located at 61 Boston Tpke (Rt. 9) Shrewsbury.
- **Taco’s Acapulco**: About as authentic as you’re going to get when it comes to Mexican food in the area. Locate at 344 Boston Turnpike Road, Shrewsbury. Affordable! Huge portions! Family run!
- **Tortilla Sam’s**: Eat in, or take out. More Tex than Mex. Lots of options for vegetarians. Located at 107 Highland St., Worcester.

Middle Eastern

- **El Basha** (242 Belmont St., Worcester) and El Basha West (256 Park Ave., Worcester): Nice atmosphere, good food, fun bar.
- **Sahara**: Great atmosphere and sometimes has live music. Located at 143 Highland St., Worcester.
- **Pomir Grill**: Delicious Afghani home cooking in Worcester. Slow service since it’s run by a small family, but the wait is worth it. Located at 119 Shrewsbury Street, Worcester.

Pizza

- **2 Ovens**: Located at White City Plaza, Shrewsbury.
- **Bertucci’s**: Yummy! Located on Rte. 9, Westborough. Classy pizza (and other things like pasta).
- **Golden Pizza**: Good menu and delivers. Located on Rte. 122, Worcester; 508-752-8907.
- **Golden Pizza II**: Open until 3am on weekends, 2am on weekdays; cheap subs and pizza. Located at 1137 Grafton St., Worcester; 508-770-1533.
- **Grafton Pizza**: Located on Rte. 140, Grafton; 509-839-5821.
- **Lakeview House of Pizza**: Located at 78 Worcester St, North Grafton, 508-839-7040.
- **Papa Gino’s**: Located on Rte. 140, Grafton; 508-366-4680.
- **Pepperoni Express**: Possibly 2 miles from school. They have very inventive (delicious) pizzas, subs, wraps, and salads. Located on Rte. 140, Grafton; 508-839-6040.
- **Rotary Pizza & Grille**: Really good pizza made with Real Italian accents! Not too greasy, crisp crust and tasty toppings! Located at 1 West Main Street, Westborough. 508-389-9300.
- **Tas T Pizza**: Located in Grafton across from the Stop ‘n Shop. The pizza is fabulous- 66+ specialty pizzas under $20! (and lots of them are veggie).

**Anthony’s Coal Fired Pizza**: Located at 10002 Shops Way, Northborough, MA 01532. 508-466-2050.
### American

- **Armadiillo Depot**: Great place to get BBQ sandwiches for lunch: Located at 413 Park Ave Worcester MA, 508-752-7427
- **Brew City**: Good burgers and sandwiches, lots of beer! Good happy hour deals on wings, beer, and meals. Located at 142 Shrewsbury St., Worcester
- **The Boynton**: Pizzas, burgers, sandwiches, pasta dishes. Lots of big TVs with good reception for those big Sox games! Located at 117 Highland St., Worcester
- **Cactus Pete's**: One of the better steaks and burgers in town at a price that's affordable. Located at 400 Park Ave, Worcester; 508-752-3038
- **Flying Rhino**: Sort of hard to describe; eclectic menu, all great tasting. Located at 278 Shrewsbury St., Worcester
- **Know Fats Lifestyle Grille**: Healthy fast food. Really good fries! White City Plaza, Located at 20 Boston Tpke. (Rt. 9), Shrewsbury
- **TGI Friday’s, Applebee's, Pizzeria Uno, Longhorn Steakhouse**: The Shoppes at Blackstone Valley, Rte. 146, Millbury
  
### Other Restaurants

- **Belmont Vegetarian**: Vegan soul food. This is a great place! The BBQ here is some of the best you’ll ever have! The owner is a gem, too! Located at 157 Belmont Street, Worcester
- **Deja Brew**: Not really a bar: they provide the recipes, ingredients, and brewing kettles to make your own beer or wine. They offer over 65 beer and 12 wine recipes, and cater to both experienced and inexperienced brewers. Located on Rte. 9, Shrewsbury
- **EVO**: Several vegan and vegetarian options at this restaurant attached to The Living Earth health food grocery store. Lunch and dinner Tues – Sun; breakfast on weekends. Located on the corner of Park and Chandler Sts., Worcester. [http://www.evodining.com/](http://www.evodining.com/)
- **Houlden Farms** - Practically right next to campus, just go all the way to the end of Willard St. and take a left. They have a little farm stand in a stone cottage. Affordable fresh fruits and veggies.
- **Nourse Farm**: On Route 30 next to campus – excellent ice cream, homemade pies, fresh veggies and fruit off the farm. You can pick-your-own seasonally. They have a Community Sponsored Agriculture (CSA) program, a buy-in for the summer months in exchange for several pounds of fresh food each week. [http://oldenoursefarmgourmet.com](http://oldenoursefarmgourmet.com)
- **Pecorino Country Cheese Shop**: Really delicious, local cheeses.
- **Red Rock Grill and Bar**: Casual restaurant with great but inexpensive American food. Located at 66 West Main St., Upton MA 01568
• **Ya Mon**: Awesome Jamaican place in Worcester. Delicious jerk chicken! Shopping and Services

**Malls**

- **Greendale Mall**: Anchor stores are Best Buy, TJ Maxx, and Marshalls. 7 Neponset St., Worcester; 508-856-9400
- **Natick Mall**: Has a lot more stores than the malls closer to Tufts. Anchor stores are Macy’s, Lord and Taylor, Sears, Nordstrom's, and Neiman Marcus. Rte. 9, Natick (off of the Mass Pike, Exit 13)
- **The Shoppes at Blackstone Valley**: Lots of big box stores like TARGET, but also has a new movie theater. 70 Worcester-Providence Tpke. (Rte. 146), Millbury
- **The Shrewsbury Commons**: Includes Christmas Tree Shop, Jo-Ann Fabrics, Sears Outlet, etc. Between Rtes 9 & 20 right around the Shrewsbury/Northborough line
- **Solomon Pond Mall**: Includes a JC Penney. 573 Donald Lynch Blvd, Marlborough, MA 01752, off I-290 exit 25B
- **Wrentham Village Premium Outlets**: Lots of outlet stores, including Banana Republic, Gap, J.Crew, Adidas, and more. 1 Premium Outlet Blvd, Wrentham. (508) 384-0600
- **Target**: 338 Turnpike Road, Westborough. 508-366-1426
- **Walmart**: 200 Otis Street, Northborough. 508-393-4385

**Pet Stores**

- **Dogfather Bakery**: Pet accessories, beds, furnishings, and fresh-baked dog and cat treats. Main St. (Rte. 30), Westborough; 508-839-5200
- **Especially for Pets**: 153 Rte. 9, Westborough 508-366-9696
- **Pet Barn**: Excellent pet store with an awesome owner! All Natura coupons accepted. 1393 Grafton St #B, Worcester; 508-752-0544
- **Petco**: 87 Boston Tpke. (Rte. 9), Shrewsbury; 508-831-1116
- **Petsmart**: 6106 Shops Way, Northborough, MA 01531; 508-351-6085
- **Westboro Pet**: 18 Lyman St, Westborough

**Banks**

- **Bank of America**: Various locations around the Grafton/Westborough/Shrewsbury area. ATM located in the Foster Hospital lobby; 800-841-4000
- **BankNorth**: 200 Boston Tpke. (Rte. 9), Shrewsbury; 508-793-4200; also has several locations in Worcester
- **Citizens Bank**: Various locations, including the Stop & Shop in Grafton; 800-922-9999
- **Savers Bank (Co-op)**: Grafton branch at 96 Worcester St.; 508-839-6901
- **Commerce Bank and Trust**: 993 Grafton St Worcester MA; 508-797-6955
• **TD Bank**: 200 Boston Tpke., Shrewsbury, 508-793-4200. Open late during the weekdays and open on the weekends

**Hair Salons/Barbers/Spas**

- **Gentlemen's Headquarters**: 1149 Grafton St Worcester MA; 508-363-2420
- **Salon Sogno**: 307 Grafton St, Shrewsbury; 508-841-4121
- **Bellissimo European Day Spa**: A full-service day spa. Treat yourself to a massage! 372 Chandler St., Worcester; 508-799-7767
- **Paul Conzo Day Spa and Hair Salon**: Voted Best Day Spa eight years in a row. 490 Shrewsbury St., Worcester; 508-754-5418
- **Scizzorz**: This place gives you a massage before your haircut! Located at 196 Boston Tpke., Shrewsbury, 508-752-5555. [http://www.scizzors.com/](http://www.scizzors.com/)
- **Studio 79**: 79 Worcester St Grafton; 508-839-5958- very friendly, they take many Tufts students and faculty!

**Health Clubs and Gyms**

- **Tufts Grafton Campus Gym** – located here on campus and free access 24/7
- **Anytime Fitness**: 100 Worcester Street, Grafton (next to Stop&Shop). Open 24 hours a day!
- **Central Rock Climbing Gym**: Fun new indoor climbing gym. Check out discounts on college night and ladies' night! 299 Barber Ave, Worcester; [www.centralrockgym.com](http://www.centralrockgym.com)
- **YMCA Westborough**: About a 5 minute drive from Tufts. For students: low monthly fee, no initiation fee, and can join month-to-month. Classes, rock climbing wall, pool, and exercise equipment. 4 Valente Drive, Westborough; 508-870-1320, [http://www.ymcaworcester.org/pages/14_facility_information.cfm](http://www.ymcaworcester.org/pages/14_facility_information.cfm)

**Pharmacies/Medical Needs**

- **Brooks Pharmacy**: 217 Worcester St., North Grafton; 508-839-5118
- **CVS**: 100 Worcester St., Grafton, 508-839-2042; 74 East Main St., Westborough; 508- 366- 0670; Rt 9 in Shrewsbury
- **Walgreens ReadyMED**: Non-emergency medical services, 222 Boston Turnpike (Route 9 East) Shrewsbury, MA 01545 (508) 595-2700  * Pharmacies are also located in Stop and Shop and Shaw’s supermarkets.
Places to Visit/Entertainment

Bowling

- **AMF Town and Country Lanes**: Big-ball bowling about 10 minutes from campus; has a lot of lanes, and sometimes gets pretty crowded. You can order food at the snack shop. 405 Boston Tpke. (Rte. 9), Shrewsbury; 508-754-7050

Golfing and Driving Ranges

- **East Coast Golf Academy**: A nice, but expensive range. However, it is close to campus and very easy to get to. Rte. 20, Northborough; 508-842-3311
- **Westborough Rotary Club**: This place is a little cheaper than East Coast. Rte. 9, Westborough; 508-366-5327

Movie Theatres

- **Blackstone Valley 14: Cinema de Lux**: 70 Worcester Providence Tpke, Millbury
- **Elm Draughthouse Cinema**: 35 Elm St., Millbury; 508-365-2850
- **Hoyt Cinemas 12**: 233 Boston Tpke. (Rte. 9), Westborough; 508-366-7479, 508-366-3694
- **Rustic Tri-View Drive-In Theatre**: Rte. 146, Smithfield, RI; 401-769-7601
- **West Boylston Cinema**: Discount, second-run movies. 101 Boylston St. (Rte. 12), West Boylston; 508-835-8888; [http://www.westboylstoncinema.com](http://www.westboylstoncinema.com)
- **Showcase Cinemas Worcester North**: 135 Brooks St., Worcester; 508-853-4000

Outdoor Recreation

- **Ashland State Park**: Within 30 minutes of campus, Ashland offers swimming, picnicking, boating, fishing, cycling, cross-country skiing, and hiking.
- **Blackstone River and Canal Heritage State Park**: Also close by, with canoeing and hiking. 287 Oak St., Uxbridge; 508 278-7604
- **Callahan State Park**: A favorite for mountain biking, Callahan is located in Framingham, off Rte. 9. Also has horseback-riding trails and is very dog-friendly.
- **Davis’ Megamaze**: A huge corn maze that’s more fun than you think it will be. 145 Redstone Hill, Sterling; 978-422-8888; [http://www.davisfarmland.com/megamaze](http://www.davisfarmland.com/megamaze)
- **Hopkinton State Park**: Located about 25 minutes from campus, this park offers canoe rentals,
miles of hiking trails, swimming, cycling, cross-country skiing, and fishing.

- **Purgatory Chasm**: Great for rock-climbing. Purgatory Rd., Sutton; 508 234-3733
- **Quinsigamond State Park**: Just off Rte. 9 in Worcester; the field is used for some rec-league games. 10 North Lake Ave., 508 755-6880
- **Upton State Forest**. Westboro Road, Upton. A great place for trail running! A hot spot for nice, woodsy walks.

## Parent’s Corner

### Family Friendly Activities and Attractions

- **Davis Family Farm Adventures**: 3 Great Farm Parks: Davis Farmland, Davis Outdoor Laser Tag and Davis Mega Maze.  [www.DavisFarmland.com](http://www.DavisFarmland.com), 978-422-MOOO (6666), Sterling, MA
- **Eco Tarium**: Explore nature, hands-on exhibits, nature trails, planetarium, tree canopy walkway and wildlife. Visit [www.ecotarium.org](http://www.ecotarium.org) for information. 222 Harrington Way, Worcester, MA
- **The Hanover Theatre**: Enjoy live theatre with the whole family! Experience one of Pollstar’s top 50 theatres in the world! For tickets call 877-571-SHOW (7469) or visit [www.TheHanoverTheatre.org](http://www.TheHanoverTheatre.org). 2 Southbridge Street, Worcester, MA
- **LEGOLAND Discovery Center**: Indoor family attraction with 2 LEGO rides, Model Builder Academy and MINILAND. Visit [www.legolanddiscoverycenter.com/Boston](http://www.legolanddiscoverycenter.com/Boston) for information.
- **Tougas Family Farm**: Family farmyard fun with a barnyard, playground, and farm kitchen, as well as family friendly activities. [http://www.tougasfarm.com/](http://www.tougasfarm.com/)
- **Boston Duck Tours**: See Boston from a unique WWII style amphibious landing vehicle, with historic commentary around the city then it’s into the Charles River! [http://www.bostonducktours.com/](http://www.bostonducktours.com/)
- **Boston Pizza Tours**: History and food in one with these historic Boston Pizza Tours! These educational walking tours are a great way to experience the city’s culture, history and food. A hit with kids! Meet your tour guide near Boxer’s stature, at the intersection of Hanover St. & Cross Street in Boston. [https://www.bostonpizzatours.com/](https://www.bostonpizzatours.com/)
- **Wachusett Mountain**: Provides seasonal fun for the whole family. In the fall, they offer a variety of fun activities including a scenic skyride, pony rides, moonbounces, magic shows and face painting. In the winter months, you can go skiing, snowboarding and snow tubing! For details and tickets visit [www.wachusett.com](http://www.wachusett.com) or call 978-464-2300.
### Indoor Play

- **Jump Nation**: The center is filled to the brim with fun inflatables that kids can bounce, crawl, and see if they can go higher than they ever have before. Visit [http://www.jumpnationparty.com/](http://www.jumpnationparty.com/) for open play times.

- **Build Me Up**: Creative play and learning center featuring LEGO bricks and more fun building toys! It is located in Leicester, Massachusetts. [www.buildmeup-playcenter.com](http://www.buildmeup-playcenter.com)

- **Hop N Jump Indoor Playground**: An indoor space with three rooms. The first room houses an inflatable menagerie for kids to climb, jump and enjoy. The second room is filled with toys galore and the third room is designed to bring out a child’s creative side with ceramic painting. [http://www.hopnjumpindoorplayground.com/](http://www.hopnjumpindoorplayground.com/)

- **Chuck E. Cheese's**: A fun and safe environment to play. It offers a variety of games and activities for kids of all ages. Located at 50 Southwest Cutoff, Worcester, MA, 508-754-5151. [http://www.chuckecheese.com/](http://www.chuckecheese.com/)

### Zoos


- **Southwick’s Zoo**: Prepare to be amazed viewing giraffes, lions, tigers, white rhino's and chimpanzees in our beautiful 200 acres of naturalistic habitats. [www.southwickszoo.com](http://www.southwickszoo.com)

- **Roger Williams Zoo**: One of the oldest zoos in the country. It is located in Providence, RI amid a beautiful, 40 acre park setting. [http://www.rwpzoo.org/](http://www.rwpzoo.org/)

### Museums

- **Harvard Museum of Natural History**: Explore dinosaurs, hundreds of animals from around the world, rare minerals and meteorites. Check out the 42 ft. Kronosaurus, whale skeletons, and Harvard's world famous Blaschka ‘Glass Flowers’. [http://hmnh.harvard.edu/exhibitions](http://hmnh.harvard.edu/exhibitions)

- **Boston Children’s Museum**: Loads of great hand-on exhibits to keep kids entertained in Boston – which focus on science, culture, environmental awareness, health and fitness and the arts. [http://www.bostonchildrensmuseum.org/](http://www.bostonchildrensmuseum.org/)

- **Old Sturbridge Village**: An 1830's New England Living History Museum located in Sturbridge, Massachusetts. [www.osv.org](http://www.osv.org)

- **Worcester Art Museum**: World-renowned for its 35,000 piece collection of paintings, sculpture, decorative arts, photography, prints, drawings and new media. [www.worcesterart.org](http://www.worcesterart.org)

- **Cape Cod Children’s Museum**: A place where families and children can learn and play together. The museum features lots of hand on exhibits such as: A Pirate Ship, A Plantarium, the Puppet Theatre and Toddler Play Area. [http://capecodchildrensmuseum.org/](http://capecodchildrensmuseum.org/)
Parks

- **Elm Park**: Positioned in the center of Park Avenue, Highland, Russell and Elm Streets. Facilities include a playground and winter skating. There are numerous picnic areas and hiking trails.
- **Dean Park**: Located on Main Street in Shrewsbury. It features a playground, tennis courts, basketball courts, hiking trails and a variety of picnic areas. Click here for additional information about parks & recreation facilities in the town of Shrewsbury: [http://www.shrewsbury-ma.gov/](http://www.shrewsbury-ma.gov/).

Parent Magazine

**Baystateparent**: Massachusetts’ Premier Magazine for Families. It offers information about parenting, education and health & fitness, as well as a monthly calendar of family events. [www.baystateparent.com](http://www.baystateparent.com)

Local Attractions and Entertainment

Groups on Campus

- **Tufts Running Group** ([tuftsrun@elist.tufts.edu](mailto:tuftsrun@elist.tufts.edu)): Weekly runs are held depending on interest and availability. All levels of runners are welcome to attend. Please send a message to the Tuftsrun email address above to inquire about group runs or to ask any other running related questions or give announcements.

Local organizations

- **Grafton Land Trust**: The Grafton Land Trust’s mission is to preserve Grafton’s open spaces. There are many local Grafton Land Trust properties that provide wonderful opportunities for seasonal outdoor recreation. Visit [www.graftonland.org](http://www.graftonland.org) for more information. Trail maps can be downloaded from the website to assist you in your activities.
- **Grafton Community Harvest Project** ([www.community-harvest.org](http://www.community-harvest.org)): The Community Harvest Project is a local farm whose mission is to build an engaged and healthier community by bringing volunteers together to grow fresh fruits and vegetables for hunger relief. Volunteers are welcome help with planting, harvesting and other farm activities.
- **Westboro Land Trust** ([http://westboroughlandtrust.org/](http://westboroughlandtrust.org/)): The Westboro Land Trust is similar to the Grafton Land Trust, except it's in Westboro. Enjoy hiking, trail running, mountain biking, snowshoeing and cross country skiing on the network of trails in the Westboro Charm Bracelet.

- **Upton State Forest** ([http://www.mass.gov/eea/agencies/dcr/massparks/region-central/upton-state-forest.html](http://www.mass.gov/eea/agencies/dcr/massparks/region-central/upton-state-forest.html)): This 2660-acre forest offers visitors a natural diversity of flora and fauna accented with historically significant contributions of the Civilian Conservation Corps (CCC). The focal point of the forest is located at 205 Westboro Road in Upton, where visitor parking, the main trail head and park information is available. Trail users can enjoy numerous recreational opportunities for hiking, casual walking, horseback riding, cross country skiing and snowmobiling.

- **River Bend Farm, Uxbridge** ([http://www.centralmass.org/members/river-bend-farm-and-visitors-center](http://www.centralmass.org/members/river-bend-farm-and-visitors-center)): River Bend Farm is a recreation area, Visitor’s center with an interpretive history exhibition, as well as a Heritage State Park, created out of the former Voss farm. Located at 287 Oak Street, Uxbridge, River Bend Farm has trails, picnic areas, canoe access, watchable wildlife, interpretive tours, special programs and even Sunday summer concerts. The Visitor Center is open daily during daylight hours offering tourism literature and often, a park ranger. There are very special events that take place at River Bend during the year, Maple sugaring in March, the Greenway Challenge, the Colonial Muster weekend in October and much more. River Bend Farm is a great place to roam/kayak/hike and view the scenic confluence of the old Blackstone Canal, the old arch bridge, the Rice City Pond and the old Stanley Woolen Mill down the canal path.

**Cultural Experiences**

- **Worcester Art Museum** ([http://www.worcesterart.org/](http://www.worcesterart.org/)): Considered a “classic American museum,” the Worcester Art Museum has built a 35,000-piece collection that spans over fifty centuries. Since less than 5 percent of its permanent collection is on display, the Museum organizes temporary exhibitions in three major areas: Contemporary, Asian and Prints, Drawings and Photographs (PDP). These exhibits allow visitors to experience more of the permanent collection as well as to view important works on loan.

- **Hanover Theatre** ([http://thehanovertheatre.org](http://thehanovertheatre.org)): The mission of the Hanover Theatre is to foster a love and appreciation for the performing arts in audiences of today and tomorrow.
Cultural Adjustment

Culture shock is a period of ups and downs typically experienced when moving to a new culture. The process is different for each individual and can vary in onset, length, sequence and severity. It helps to be familiar with the stages of culture shock since knowing about it can ease the process.

Typical symptoms may include physical and emotional changes such as:
- Homesickness
- Feeling like a child
- Disliking the new culture
- Stress
- Frequent crying, or feeling like crying
- Changes in appetite or energy levels
- Sleeplessness
- Lasting feeling of sadness
- Headaches or stomachaches

Over time the feelings and symptoms will dissipate, but there are a number of tips and tricks for hastening the adjustment process.

- Be proactive in getting to know your new environment.
- Be willing to step outside of your comfort zone and try something new whenever you have the opportunity.
- Keep an open mind and a healthy sense of adventure.
- If you find yourself in a low place where you are having difficulty coping, or you are experiencing severe symptoms of culture shock, seek counseling immediately.

In U.S. culture where individuals often live apart from the social support network of family and friends, it is normal to seek counseling in times of emotional distress. There are many caring, qualified professionals such as social workers (M.S.W.), psychologists (Ph.D. or Psy.D.) or psychiatrists (M.S. in psychiatry) who can listen and provide the support you need to help you.

Daylight Saving Time

Most of the United States observes Daylight Saving Time, between the second Sunday in March and the first Sunday in November, to allow for daylight to extend further into the evening during the spring and summer. Observing daylight saving time involves moving one’s clocks ahead by one hour. People then move their clocks back an hour in the beginning of November to revert to standard time. Check online for the exact dates of the year’s daylight saving time for the Eastern Time Zone.
US Holidays

- **New Year's Day, Jan. 1.** Celebration of New Year's Day usually occurs the night before, on New Year's Eve, when it is common for groups of people to have a party to celebrate the coming of the New Year. Alcoholic beverages are usually served. It is customary to make loud noises at midnight, when the new year officially arrives; embracing or kissing others at midnight is also customary. A legal and business holiday.

- **Dr. Martin Luther King Jr.’s Birthday, Jan. 15** (but celebrated the third Monday in January), a legal holiday in many states, including Indiana.

- **Abraham Lincoln’s Birthday, Feb. 12** (or nearest Monday). See Presidents Day.

- **St. Valentine’s Day, Feb. 14.** Usually simply called Valentine’s Day. A day for lovers to exchange cards and/or gifts. Children in primary school usually exchange “valentine cards” with classmates, and it has become common for relatives and friends to exchange cards and tokens.

- **George Washington’s Birthday, Feb. 22** (or nearest Monday). See Presidents Day.


- **St. Patrick’s Day, March 17.** A day dedicated to the patron saint of Ireland. Many people wear something green on this day. Parades are popular! Many bars sell green-colored beer.

- **Good Friday, the Friday just before Easter,** a day on which Christians remember Jesus' crucifixion. Some businesses are closed on this day.

- **Easter, 46 days after Ash Wednesday,** date varies based on moon cycles, falling on a Sunday between late March and late April. Christians celebrate their belief in the resurrection of Jesus Christ on this day. For children, baskets of candy and dyed, hard-boiled eggs are given or sometimes are hidden by a mythical Easter Rabbit or Easter Bunny. The children seek out the hidden eggs on Easter egg hunts. Many businesses close early or do not open at all.

- **Mother’s Day, the second Sunday in May.** Gifts, cards, and/or special attention are given to mothers and grandmothers.

- **Memorial Day, (observed the last Monday in May).** A legal and business holiday on which homage is paid to U.S. soldiers who have died in wars.

- **Passover** is a Jewish holiday and festival. It commemorates the story of the Exodus, in which the ancient Israelites were freed from slavery in Egypt. Passover begins on the 15th day of the month of Nisan in the Jewish calendar, which is in spring in the Northern Hemisphere, and is celebrated for seven or eight days. It is one of the most widely observed Jewish holidays.

- **Father’s Day, the third Sunday in June.** Gifts, cards, and/or special attention are given to fathers and grandfathers.

- **Independence Day (usually termed the Fourth of July), July 4.** Parades, fireworks, and flags celebrate the signing of the U.S. Declaration of Independence from Great Britain. A legal and business holiday. (Note: Some types of fireworks are for sale to consumers around this time of the year. They all can be dangerous, and some are legal in certain cities and states but illegal in others. Check with local law enforcement agencies regarding local laws. A few types of fireworks, especially very large firecrackers, are illegal everywhere in the United States.)
• **Labor Day, the first Monday of September.** A legal and business holiday noting the importance of workers and labor organizations.

• **Rosh Hashanah**, the Jewish New Year, and **Yom Kippur**, the Jewish Day of Atonement. The principal Jewish holidays. Both are celebrated on varying dates in September or October, based on fixed dates on the Jewish calendar that vary from year to year from the Gregorian calendar commonly used in the Western world.

• **Columbus Day, Oct. 12 (or nearest Monday).** Commemorates the landing of Italian explorer Christopher Columbus on the shores of North America. A legal holiday.

• **Halloween, Oct. 31.** From All Hallow’s Eve, the evening before the Christian celebration of All Saints’ Day. Halloween is a children’s holiday, associated with carving faces on pumpkins called jack-o’-lanterns and making witches, cats, and ghosts for decorations. Children often go to parties in costumes or go trick-or-treating. Trick-or-treating means putting on a costume, carrying a bag, and going door-to-door in a neighborhood saying “trick or treat,” and being given a piece of candy by the occupant of the house or apartment. Young children should be accompanied by an adult when trick-or-treating.

• **Veterans Day is celebrated November 11.** A legal holiday honoring veterans of armed service.

• **Thanksgiving Day, the fourth Thursday in November.** A harvest celebration, stemming from harvest-time festivities in the original American colonies. A legal and business holiday when families gather to eat a meal that includes turkey, stuffing, mashed potatoes, and pumpkin pie.

• **Hanukkah/Chanukah**, celebrated in late November or (usually) December, based on fixed dates on the Jewish calendar that vary from year to year from the Gregorian calendar. An eight-day Jewish holiday marking the rededication of the Second Temple in Jerusalem.

• **Christmas, Dec. 25**, a legal and business holiday. The major U.S. holiday. It began as a Christian celebration of the birth of Jesus Christ but is now also a widely celebrated day of feasting and giftgiving. Preparations, including the buying of gifts and decoration of homes and public places, begin as early as Thanksgiving. Santa Claus, a mythical figure, is said to visit the homes of children on the night of Dec. 24 (Christmas Eve) and leave gifts for them while they sleep. Many people send Christmas cards to their friends. Both home and office Christmas parties are quite common and take place throughout the month of December, a time that is frequently called the “holiday season” because several other holidays are celebrated during this time as well.

• **Kwanzaa, Dec. 26 to Jan. 1.** For seven days some African Americans observe Kwanzaa, a Swahili word for “the first,” or “the first fruits of the harvest.” It is a cultural holiday, celebrating African-American heritage.

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**International Visitor Survey**

Be sure to complete the [International Visitor Survey](#) before your departure! We want to hear all about your visit to the Cummings School. Your feedback is valued and will help us to evaluate the services and programs offered to international visitors. It should take you about ten minutes to complete the survey. Thank you in advance!