Welcome to the Tufts F.I.T. Pre-Orientation program. Included below are important reminders and contact information. Please also read and share the F.I.T. Brochure with your family as you make your journey to Medford, Massachusetts.

**F.I.T. Registration**
Key Pick-Up and F.I.T Registration will take place *Saturday August 29, 11:30-3:30pm* at the Tisch Sports & Fitness Center, 161 College Avenue, Medford. You will not have access to your dorm prior to 11:30am on 8/29.

**Residence Hall Room Move-In**
Please note that the dormitories will be relatively empty and quiet when you move in. The Residence Hall staff and Orientation Leaders will be aware of your presence in the dorm and can assist you if needed. The peer leaders will also know where you are staying.

**Health Records**
F.I.T. participants must have all health records submitted to Health Services in order to participate in F.I.T. Contact Health Services directly with any questions (617) 627-3350.

**Yoga Mat**
You will need a Yoga mat for F.I.T. and will be on sale for $20-25 during F.I.T. Registration. You can also bring your own mat. Tufts yoga mats = $25, non-branded Yoga Mats = $20.

**Assistance with Transfers from Logan Airport**
If you are traveling alone, need overnight accommodations and/or a ride from the airport on Friday August 22 or Saturday August 30 (morning only), F.I.T. peer leaders will be able to pick you up at the airport. Email your *flight itinerary by 8/15 to FIT@Tufts.edu*.

**F.I.T. Participants are expected to participate fully in the program.**
Peer leaders will provide program support needed for you to have a fun, safe and memorable experience. F.I.T. participants must participate in all scheduled events.

**F.I.T. Community Service Project**
F.I.T will be partnering with local schools to help them with educational supplies for their students. Please make a contribution if you can. Collection boxes will be available during registration or you can give any donation to your peer leader.

**Tufts Mail Room**
The Tufts mail room, located in the basement of Hill Hall, will be open:
- **Sunday August 30** 9:00am - 5:00pm
- **Monday – Friday** 7:30am - 5:30pm (during Orientation week).

Go JUMBOS! Enjoy the rest of the summer!
F.I.T. Class of 2019 Contact & Travel Information

http://ase.tufts.edu/physed/fit/freshmenInfo.asp

Program Director: Branwen Smith-King
Office Phone: (617) 627-3782
Mobile: (617) 763-8149
branwen.smith-king@tufts.edu

Athletic Department: (617) 627-3232 (M-F 9-5)

Head Peer Leaders: Kris Hoglund (650) 380-4018
Julia Miller (908) 812-5888
Speros Varinos (978) 882-2778

Registration/Key Pick-Up for F.I.T. – Saturday, August 29

11:30-3:30 pm Tisch Sports & Fitness Center, 161 College Avenue (see directions)
4:00 pm “F.I.T. Welcome” for participants and parents.
Cohen Auditorium, 40 Talbot Ave.
4:30 pm Parents leave
4:45 pm F.I.T. Group meetings with Peer Leaders
5:30 pm Dinner

Directions to Tufts

http://www.tufts.edu/home/maps

From Rt 95/128 to Tufts
Take I-95 (128) to 93 South to Exit 32, Medford Square.
Proceed to the center of the square, turn left onto Main Street. Follow Main Street for approximately 3/10 of a mile, keeping to the right of the Mobil gas station. Turn right onto George Street, then left onto College Avenue. The Tisch & Sports & Fitness Center will be 100 yards on your right.

From Logan Airport/Mass Pike (90) to Tufts
From the airport, follow signs to Route 93 via the Sumner Tunnel. Take Route 93 north to Exit 32. Follow the exit ramp to Medford Square. At the blinker at the end of the ramp, turn left onto Main Street. Follow Main Street for approximately 3/10 of a mile, keeping to the right of the Mobil gas station. Turn right onto George Street, then left onto College Avenue. The Tisch & Sports & Fitness Center will be 100 yards on your right.