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*Fig. 4 – Return to Table of Contents*
INTRODUCTION

*If the school does nothing else except give an opportunity to one student to fulfill his dreams, our work will not have been in vain...*

-Dr. Samuel Belkin, President of Yeshiva University (1943-1976)

### The History

The Second World War left the United States with a need for more medical schools and physicians. Leaders in the Jewish community and of Yeshiva University in New York felt that a Jewish sponsored medical school could serve as an answer to the atrocities of World War II and would help to repair the racial and cultural divides that existed in the United States. The medical college would not discriminate against any student on the basis of race, religion, creed, color, national origin, sex, age, disability, veteran or disabled veteran status, marital status, sexual orientation, or citizenship status. Upon hearing of this, Albert Einstein wrote a letter to the President of Yeshiva University at the time, Dr. Samuel Belkin. He said, in part:

*I have learned to my great satisfaction that Yeshiva University is planning to establish a medical school...[it] will be unique, in that, while it will bear the imprint of a Jewish University devoted to the Arts and Sciences and will represent a collective effort by our people to make its contribution to medical science, it will welcome students of all creeds and races. I hope that you will find full understanding and support for this worthy cause.*

- Albert Einstein, 1951

Later on his 74th birthday, March 14, 1953, Albert Einstein agreed to lend his name to the medical school, the only institution that was ever granted this privilege.

### The Present

Since its inauguration in 1953, Einstein has developed into an increasingly strong and vibrant academic institution. Clinical opportunities for students have grown from the original Bronx Municipal Hospital complex (Jacobi Hospital) to encompass most of the large health care centers in the Bronx, including the University Hospital Montefiore Medical Center, and Bronx Lebanon Hospital Center. Additionally, Long Island Jewish Hospital, Maimonides Medical Center and St. Barnabas Hospital are important teaching hospitals within the Einstein system. As a student you will have the opportunity to train at all of these centers, as well as in community health care centers and private practices throughout the area.

The medical college’s setting in the Bronx has provided students with a unique opportunity to gain an appreciation for the social and economic factors that contribute to a community’s health. A large percentage of the students choose to do community service in the disadvantaged areas of New York City, providing a healthy balance to the rigor of medical school. Today Einstein continues to grow, with the addition of expanded areas of research, improved community medical services, capital enhancements, new educational facilities, and an historic partnership with Montefiore Medical Center in September 2015. If you are interested in learning more about the history of Einstein, visit [http://www.einstein.yu.edu/home/overview.asp](http://www.einstein.yu.edu/home/overview.asp).

As the Einstein community welcomes new members, there are a number of ceremonial procedures to commemorate the transition from student to physician such as the On Becoming a Physician Ceremony, sponsored by the Einstein Alumni Association, during which students receive their White Coats. The alumni association also provides items such as stethoscopes, scrubs, and other tools crucial on the journey of becoming a physician.
ACADEMICS

Big Picture, MS1 and MS2

The first two years consist of a basic science course load focused on lectures, small-group case conferences, and weekly trips to the clinics and hospitals in the Bronx & the greater New York City area. You will learn everything from the Genetics, Immunology, and Biochemistry to the human physiology and pathology of each individual organ system. As part of Introduction to Clinical Medicine, you will gradually learn how to interact with and examine patients while developing the skills of taking a medical history and performing a physical exam. Exams and courses during the first two years are strictly Pass/Fail and small-group case conferences are mandatory.

Students are required to complete comprehensive course evaluations in order to receive their exam grades. Several offices are available should you find yourself struggling including the Office of Academic Support and Counseling and the Office of Student Affairs. Deans Ludwig, Baum, and Nosanchuck always have time for students and encourage those who need help to visit the office. Approximate academic schedules and short descriptions of individual courses are detailed below.

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**Bioethics 1**

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**Introduction to Clinical Medicine: Clinical Examination**

**Epidemiology, Population Health & Evidence-Based Medicine**

**Bioethics II**

### An Important Word of Advice

Many Students tend to have well-developed study habits before coming to medical school. While those techniques may have been successful in undergrad, they may or may not be useful for upcoming courses, and are seldom useful in their application to all courses. Be flexible and adaptive in your study methodology, consult with other students, speak to professors, form study groups. Take advantage of the P/F system to try new methods and find what works best in this new environment. Consult with upperclassman as needed but be mindful that the course may have changed significantly since the previous year.
First Year

Histology and Cell Structure

The Medical Histology and Cell Structure course provides students with a strong foundation of knowledge in the microscopic anatomy of cells, tissues, and organs with an emphasis on relationships between structure and function. The course also seeks to provide an understanding of molecular anatomy, a rapidly evolving field resulting from the integration of new technologies in imaging and molecular biology. Finally, the course introduces clinical topics and disease mechanisms so students may begin to integrate diverse sources of information to understand disease etiology and therapy.

The core of knowledge developed in the Medical Histology and Cell Structure course will serve as a primer for first year courses in Clinical and Developmental Anatomy, Molecular and Chemical Foundations of Medicine, and Disease Mechanisms, and for the second year courses in organ systems. In addition, students will develop important skills for comprehending and critically evaluating the primary literature in medical journals.

Molecular and Cellular Foundations of Medicine

MCFM is an integrated basic science course taught by basic scientists, clinician scientists, and clinicians. It covers the genetic, immunological, cell growth, and metabolic principles that underlie clinical medicine. The goal of MCFM is to promote critical thinking, problem solving, and interpersonal skills relevant to clinical decision-making.

The course is divided into individual units. These include Genetics, Genomics and Gene Expression; Immunology; Cell Growth and Cancer; Metabolic Energy: Generation and Regulation; Glucose Metabolism and Homeostasis; Lipid Metabolism and Transport; Nitrogen and Amino Acid Metabolism; and Integration of Basic Science with Disease.

Clinical and Developmental Anatomy

Human anatomy is one of the fundamental courses in the medical school curriculum. The course is organized to provide students with a thorough introduction to the characteristics, development, gross structure, and clinical significance of the human body. Students will begin to learn the vocabulary of anatomy and become fluent in its language, an essential part of one's medical training that will soon be part of daily conversations. This working knowledge of anatomical nomenclature equips students with the tools needed to fully utilize the plethora of medical references at their disposal.

Disease Mechanisms

This course introduces students to the basic pathological processes, covering molecular mechanisms and pathways of abnormal function and cell death. Topics include inflammation, neoplasia, and forensic pathology. This course sets the stage for the pathologies seen in each organ system, and integrated into those systems courses beginning at the end of first year and continuing through all of second year.

General and Cardiovascular Physiology

The CV course has two main objectives. The first is to introduce and thoroughly cover basic physiology. This includes membrane structure and function, basic principles of membrane electrophysiology, synaptic transmission, general physiology of skeletal and smooth muscle, introduction to cardiac muscle structure and function, and an introduction to the autonomic nervous system. The second is to provide students with a solid foundation of basic cardiovascular physiology on which the second year component of the course, Cardiovascular Medicine, is dependent. Using aerobic exercise as a paradigm, cardiovascular adaptations in response to changing physiologic demands and needs are studied. Finally, these physiologic principles are applied to understand the pathophysiology of disease states including electrophysiologic abnormalities, valvular dysfunction, and coronary artery obstruction with loss of myocardium.

Principles of Pharmacology

Pharmacology in the pre-clerkship years is unique; rather than studying all of pharmacology in isolation, students are introduced to the basic principles that apply to most drugs and later study drugs in the framework of their therapeutic applications in each of the systems courses. During first year it is this course that thoroughly covers the basic principles of pharmacology. These include drug disposition, receptors, target systems, specificity and toxicities. Additionally, the pharmacology course covers drug classes that do not fit well into specific systems courses including cancer drugs. Using this first year course as a foundation, each second year systems course covers the relevant drugs as they relate to specific diseases that pertain to that system. Drugs are studied in the context of infectious disease, cardiovascular pathology, gastroenterology, parasitology, pulmonary pathology, hematology, rheumatology, the nervous system and human behavior.
Early in the course students learn the normal physiologic role of the kidney and begin to learn some of the pathology that can develop as renal function fails, including disorders of body water balance, edema states, acid-base disorders, and electrolyte disorders. In the second part of this course, directly following the first part, you will learn the specific diseases of the kidney from their pathologic basis to their clinical constellations. This course will serve as the first introduction to the systems approach to learning clinical science.

The Introduction to Clinical Medicine (ICM) Program at the Albert Einstein College of Medicine teaches medical students basic skills that are utilized in clinical encounters with patients. These include interviewing, relationship building, interpretation and synthesis of patient data, oral case presentations and case write-ups. In addition, the program promotes a whole patient or bio-psychosocial approach to patient care by examining principles of bioethics, and helping students identify the personal and social attitudes and values that influence optimal patient management. Furthermore, the course covers content areas that appear on the USMLE Step 1 and 2.

ICM is comprised of three modules, integrated throughout first & second year, each interdependent on the other. The Communications Module takes place at the medical school on Wednesday afternoons from 1:30 PM to 4:00 PM beginning in September through March of first year. Over thirty cross-departmental clinical faculty members teach in this part of ICM. The companion course during first year is The Clinical Skills Module, which takes place on Monday afternoons beginning October through February. For this part, students each have a unique assignment and are placed at various clinical sites throughout the Einstein affiliate network. The Clinical Skills Module is where that students have opportunities to practice the medical interviewing, relationship building, and the physical exam introduced in other sessions. The last component is the Physical Exam Module, which teaches physical examination skills and extends the students’ experience with medical interviewing.

The bioethics education program is longitudinal in nature, so you will be learning about this subject throughout your four years of medical school. Since the practice of medicine is an intrinsically ethical field, and ethics is integral to Einstein’s mission, bioethics is a core component of the medical school’s curriculum. Whenever possible, bioethics topics that are covered in years one and two are linked to related basic science sessions. In this way, students have the opportunity to identify and learn about the many ethical issues that relate to topics covered in the basic science curriculum. Sessions consist of a lecture followed by small group discussions.

While not technically part of your academic experience at Einstein, there are many academic and extracurricular opportunities available for students to participate in during this 10-week summer break. Many students utilize the generous and easily accessible funding for a wide range of summer projects. Some students opt for a low-key local project, others pick research positions in or near their hometowns, and yet others choose destinations like Peru, India, Uganda, Israel, and Thailand to name just a few.

Third year rotations begin almost immediately upon completion of second year in June, and third year runs right into fourth, meaning this could be your only free summer in medical school, so make the most of it! If getting some solid research done is the goal, you can make your dream project at about any institution a reality, and if adventure is what you seek, the world is your oyster. Best of all, you can get it funded!
Second Year

Endocrine System

The Endocrine System course provides an integrated learning experience in normal and abnormal organ system structure and function. As such, it includes the study of the biochemistry, physiology, pathophysiology, pathology and pharmacology of a system that itself influences function of virtually every cell and organ in the body.

Hormones that affect growth, development, and function of reproductive organs are considered in this course, but the major study of reproductive endocrinology will not occur until the Reproductive System course that immediately follows. Thus, your “complete” study of endocrinology encompasses two successive courses.

Nervous System and Human Behavior

The neurology course has three parts: Part A is an introduction to neuroanatomy and neurophysiology, with ties to sensory systems – it includes the two gross brain demonstrations, the brain dissection laboratory, and four clinical conferences. Part B focuses on neurodevelopment and neurologic disorders – it includes the first two clinical case reviews and four clinical conferences. Part C covers psychiatric and neurobehavioral issues, as well as higher cognitive functions – it includes two small group cases, a “forum” on eating disorders, a full day devoted to various aspects of substance abuse, and four clinical conferences.

Reproductive System and Human Sexuality

The overall objective of the course is to present the student with a general overview of the normal function and common disorders of the human reproductive systems. There are three interrelated topics addressed by the course: physiology/pathophysiology, human sexuality and pathology.

Cardiovascular Medicine

The course has three objectives. First, students learn to recognize pathological states and identify treatment options for the many pathophysiologic and pathologic expressions of major categories of cardiac disease. These include coronary artery disease, myocardial infarctions, hypertension, congestive heart failure, arrhythmias, valvular heart disease, pericardial disease, pulmonary hypertension and congenital heart disease.

Second, students learn to identify, evaluate, and discuss treatment for the important risk factors for coronary artery disease and congestive heart failure. Finally, students develop skills required for recognition and treatment of common cardiovascular diseases and their common presentations, including developing appropriate differential diagnoses.

Pulmonary System

The first part of the course identifies the anatomy of the lung responsible for the aspects of physiology under discussion. You will also apply the proper equations to solve and identify the appropriate physiologic principles. Additionally, you will interpret blood gases, pulmonary function tests, and exercise tests to identify the physiologic processes and to grade the severity of the physiologic abnormalities. The second part of this course utilizes the skills from the first part to focus more on the pathology of specific lung diseases and their treatment options.

Infectious Diseases

This course introduces students to basic concepts in Microbiology, Microbial Pathogenesis and Infectious Diseases. The course covers bacteriology, mycology and virology and then looks at antimicrobial, antifungal and antiviral therapies. The main focus is on medically important bacteria, fungi and viruses and the infectious diseases they cause. The conceptual underpinnings of the course are based on the tenets that both the host and the microbe contribute to microbial virulence and pathogenicity and that infectious diseases only occur in susceptible hosts. As such, the lectures, laboratory sessions and case-based learning sessions will discuss both host and microbial features that influence the outcome of microbial infection.

Gastrointestinal System and Liver Pathology

This course presents students with a general overview of the normal function and common disorders of the human gastrointestinal and biliary systems. The three interrelated topics addressed by the course are physiology/pathophysiology, nutrition, and pathology.

Parasitology and Global Health

This course is a whirlwind tour of parasites found across the globe. Einstein is unique in its focus on parasitology, primarily due to its connections to a well-known clinic staffed by excellent parasitologists. You will see incredible images of worms that will make you afraid to eat again. Ever.
Academics

Hematology

The objectives of this course include understanding normal hematopoiesis and regulation of blood cell production, understanding the functions of blood cells and how changes in production results in disease. You will also learn how abnormalities in hematopoiesis result in specific hematologic disorders.

Finally, you will learn about normal and pathologic hemostasis as well as clot formation.

Musculoskeletal System (a.k.a. Rheumatology)

This course focuses on the physiology and pathophysiology of all connective tissues, including skin, bone, cartilage, and muscle. You will learn about the normal functioning and pathological states of these tissues, as well as treatment options.

Big Picture, MS-3 and MS-4

Welcome to third year of medical school! Unlike first and second years throughout which you saw patients only once a week, you will be dressed up, donning your white coat and participating in patient care on most days. While all students complete the same required clerkships, the order and placement varies. During third year each student completes rotations in Medicine, Psychiatry, OB/GYN, Surgery, Pediatrics, Geriatrics, Family Medicine and Radiology, and has a total of four 1-week vacations, typically following the longer rotations. You will receive lots of support making this transition. Students are also required to complete evaluations in all required rotations.

In addition to rotations, the Patients, Doctors, and Communities course runs through all of third year. PDC is similar to ICM; through small group based conferences, PDC provides students with opportunities to reflect on experiences, helps ensure smooth transitions throughout the year, and generates discussion about prevention, ethics, and professionalism.

Fourth year is much more flexible with only three required rotations — neurology, ambulatory care, and a sub-internship. If a student postpones geriatrics to fourth year, a 2-week rotation or a 4-week elective must also be completed. Students take different electives, apply and interview for residencies, and have a one month vacation. They might also work on their scholarly project and paper, a graduation requirement that others meet with a first year summer research. Then, congratulations — you graduate and begin even more training!

Many Einstein students, however, are not quite ready to say goodbye after four years. They devote a fifth year of study (usually between the third and fourth years), with no extra tuition cost, to projects in research, global health, health policy or public health. Some enroll in MPH programs in schools of public health. Others enroll in programs leading to the MS degree in clinical research methods or Bioethics. Students accepted into any of the foregoing programs are eligible for Einstein fellowships, and they also compete successfully in national fellowship programs such as those sponsored by the Howard Hughes Medical Institute or NIH.

After graduation, you will spend one year as an intern (e.g., Surgery, Medicine, or Transitional Year), followed by Step 3 of the USMLE. You then begin residency, which ranges from two to seven years depending on specialty. Some may decide to specialize further and apply for fellowships that can range from 1-3 years.
USMLE—The Boards

The Boards are the national licensing exams taken by every medical student across the country. There are three steps: Step 1 is taken after second year, just before rotations begin. It covers the principles and mechanisms of physiology and pathophysiology and pretty much everything else taught (and not taught) during first and second years. Step 2 is divided into two parts, clinical knowledge (CK) and clinical skills (CS) and is taken after third year. Step 3 is taken after internship year and assesses comprehension of basic and biomedical science and application of medical knowledge and is essentially designed to determine whether or not students are prepared to practice general medicine without direct and constant supervision. Practicing medicine in the US is contingent upon passing all three board exams within seven years.

Many students like to get some of the review books for Step 1 in their first and second years to help them learn the material the first time around. A good place to start is First Aid for the USMLE Step 1. This book includes study strategies, a detailed list of high-yield facts that frequently appear on the exams, and handy evaluations of most of the board review books on the market, including a letter grade and student feedback for each. In addition to your class material & First Aid, many use the BRS review series, Pathoma and Golijan rapid reviews, Lipponcott’s illustrated review series, and Sketchy Medicine, a website with useful videos detailing microbiology and pharmacology. Many students also use Anki and Quizlet to create flashcards to study for exams. These can be very helpful when reviewing material for your boards.

RESEARCH OPPORTUNITIES

Ellie Schoenbaum, M.D., is the Director of Medical Student Research at Einstein. She is currently a Professor of Epidemiology & Population Health. Dr. Schoenbaum has over 20 years of clinical research experience at Montefiore. She also directed the Clinical Research Training Program and developed a Ph.D program in Clinical Investigation. She is in an excellent position to direct medical student research. Her guidance and knowledge will continue to enrich Einstein students in clinical investigations.

Research Opportunities

All Einstein medical students must submit a Scholarly Paper in order to graduate. The College offers a broad range of research and service opportunities that allow students to pursue their interests. These opportunities allow Einstein medical students to enhance their education beyond the required curriculum. It is through these experiences that students develop their ideas for a scholarly project and a plan for the project to evolve into Scholarly Paper. Working with a mentor to guide and support the students, these experiences can have a substantial effect on the professional development and career choice.

Research opportunities exist to work with Einstein faculty, participate in international programs, and to enroll in Master’s degree-granting programs in clinical research training, public health and bioethics. Einstein offers stipends in the form a various fellowships. These include stipends for the summer after the first year, for research electives in the fourth year and other 12month fellowships for a “pull-out year” after the third year. We encourage students to pursue their interests with a view that can be broadly related to health and medicine and align these interests with the focus of their Scholarly Paper. The Medical Student Research Office is poised to help you accomplish this.

For more information about the Scholarly Paper or any of the programs described below contact Ellie Schoenbaum Director of Medical Student Research at ellie.schoenbaum@einstein.yu.edu.
MD.- MSc. in Clinical Research

The Clinical Research Training Program provides a foundation for a career as a physician-scientist. Students learn clinical research methods and complete an original research project under the guidance of mentor. Students dedicate a year after their clerkships and some elective time in the senior year to the program. They complete courses in epidemiology, biostatistics, research ethics and data analysis. They learn the rudiments of study design, they analyze their data and write their own papers. The program culminates in the thesis, which is an original manuscript suitable for publication. Students graduate with an MD. MSc. after five years.

Master of Science in Bioethics (MBE)

The Einstein-Cardozo Master of Science in Bioethics focuses on translational work in bioethics, adapting theory to build practical knowledge and skills that help professionals improve care and communication. We specialize in clinical bioethics consultation, research involving human subjects and healthcare ethics policy. Our innovative program examines how moral, ethical and religious values affect medical decisions and healthcare policy. We assess how both emotions and reason shape the choices of patients, doctors, family members and even judicial decisions and laws. We integrate educational approaches from narrative medicine and legal scholarship to offer our students the broadest possible understanding of bioethics.

Key issues include medical choices at the end of life, the allocation of scarce healthcare resources, protections for human research subjects, the privacy of medical information and the role of race, class and ethnicity in health outcomes and access to care. Medical students can complete some requirements for the MBE during the summer after first year or in elective time during fourth year. To complete the MBE, students spend a year in which they focus on bioethics, completing course work and their capstone project under the supervision of the bioethics faculty.

Einstein Online Curriculum and Resources

The Office of Medical Education is joining the rest of the College's efforts in going green by replacing the traditional paper syllabi with electronic versions available online via the Canvas learning management system. Nearly all course resources are accessible on Einstein's page of the Canvas learning management system, including syllabi, lecture notes, lecture audio & visual recordings as well as course evaluations and discussion boards.

Questions? Contact: Terence Ma, Ph.D., Assistant Dean for Education Informatics

terence.ma@einstein.yu.edu, (718) 430-2669
How do I take notes?

With the transition to a fully digital curriculum most students have adapted their studying/note-taking techniques in a variety of ways. Most take notes on laptops during class, though there are some that use iPads and yet others that still print out hardcopies of the PowerPoint slides or take notes by hand in a notebook. All lectures are live streamed & video/audio recorded for repeat viewing and reviewing. The easiest (and most common) application used for note-taking is PowerPoint since most presentations are provided in the .ppt format and usable by both Macs and PCs. Other applications used however include those such as Preview, OneNote, Keynote, Evernote, etc. There are certainly pros and cons to every technique (including printing out slides) but you alone recognize the key features necessary for your own success. The moral of the story is: try, try again until you find something that works for you.

eiShare.com is THE place for Einstein students to share their study materials and collaborate without the distractions of Facebook or other social media sites. Students can upload study guides, lecture notes, flashcard decks, images and helpful links to other resources. Students can also start discussions about class topics, either for clarification or for an academic discussion of the topic at hand. Students can then ‘upvote’ the best resources and ensure a streamlined studying process. Best of all, the site comes with the best-rated resources from previous years – think of it like a “care package” from the classes above you.

eiShare is also useful during third and fourth year. In MS3, there are reviews of each rotation site – the best attendings, the best residents, how to impress them, and comments on perks & cons. For MS4, the ‘reviews’ are extended to interview sites across the country. There is invaluable information from past students on the interview day, what to expect, and some have volunteered as mentors for those who would like to follow in their footsteps.

eiShare.com was built by Einstein students – for Einstein students. It was built with the vision that it would perfectly supplement the medical school experience, make the path less ambiguous, and make better doctors who are more prepared for what’s ahead of them.
Student Support

Office of Academic Support and Counseling (OASC)

Starting graduate school is a large transition. It is not uncommon for students to face unexpected challenges, both academically and personally. The Office of Academic Support and Counseling works with many other offices to provide assistance or guidance wherever needed.

**Peer tutoring**—Available to all Einstein students, and free of charge! The tutors are M.D. or MSTP students in at least their second year of schooling. They are chosen as tutors because they excelled in the course. It is a great opportunity to get individualized attention from upperclassmen who were in your shoes just a year or two before. They are great, not only to help reinforce the course material, but also may have helpful study tips or other useful resources.

**Peer mentoring**—Also available to all Einstein students, these mentors are here for both academic and personal support. Time management, family issues, loneliness, or just to chat, a peer mentor is there to advocate for your well being. Most importantly, peer mentors provide judgement free and confidential settings for students to address concerns.

In addition to these and many other resources offered by the OASC, they provide one-on-one consultation with their faculty. Addressing anything from academic to personal concerns, the office is incredibly welcoming if you have concerns you wish to address or just need a place to relax!

To check out what else they offer, or to make an appointment, go to [https://www.einstein.yu.edu/education/student-affairs/academic-support-counseling/academic-support/](https://www.einstein.yu.edu/education/student-affairs/academic-support-counseling/academic-support/)

Mary S. Kelly, Ph.D, Director, Office of Academic Support and Counseling

As the director of OASC, Dr. Kelly and her office provide one on one consultation with students on their academics, and is in charge of academic accommodations in conjunction with the Office of Student Affairs. OASC also fills an important role in USMLE board exam advising for students. Questions and concerns can be directed to Dr. Kelly at mary.kelly@einstein.yu.edu or via phone at (718-430-3154).
WHERE DO I STUDY?

D. Samuel Gottesman Library

The D. Samuel Gottesman Library provides medical textbooks (from reserves), study rooms (possible to reserve), a general silent study room, computers, printers, and multiple desks equipped with power outlets and Internet connections. The library has a full subscription to most medical journals, either electronically or in print, as well as many general newspapers and magazines. Many textbooks are available with online access. If the library lacks an item that you require, you can request it through the inter-library loan service.

Location: 1st Floor Forchheimer

Sabbath: Library services are closed during the Jewish Sabbath from Friday night through Saturday, however the reading and quiet room in the library remain open for study.

Extended Study Hours: During heavy exam periods of the year the administration frequently extends library study hours past midnight.

Beren Study Center

The Beren Study Center, located immediately adjacent to the library is open 7 days a week for 24 hours each day. It offers multiple tables, study booths, and printers that can be accessed with a prepaid account.

Belfer Study Rooms

Several classrooms and labs on Belfer Floors 4-8 have been designated as student study areas and are furnished with tables, comfortable chairs, and one or two computers. Some rooms may be reserved for classes or meetings, but this can easily be checked at https://einstein.yu.edu/administration/auxiliary-services/audio-visual/room-reservations.aspx. Study rooms are always accessible whereas the administrative offices will be locked. Riklis is sometimes also opened for after-hours study.

Contact Information

Reference Desk: askref@einstein.yu.edu
Circ. Desk: circdesk@einstein.yu.edu
Website: http://library.einstein.yu.edu

Remote Access:
http://elibrary.einstein.yu.edu/login
To access online resources. Your User ID is the 10-digit barcode number on your Einstein ID card. Your password is your last name.

Library Hours
Monday - Thursday 8:30am - Midnight
Friday (Circ. Desk) 8:30am - 5pm
Friday (Study Only) 5pm - Midnight
Saturday (Study Only) 10am - 5pm
Sunday 10:30am - 10:30pm
Additional On-Campus Spaces

Upper & Lower Education Centers — Forcheimer Building

Newly renovated in 2015, the Education center at Einstein is home to both learning facilities and top-notch study spaces for students. The Upper Education Center includes interactive classrooms and small private desks for study, while the Lower Ed Center includes over 40 tables for students to take over with interactive SmartBoards at each table. Each space is ideal for studying but beware of disruptions during the week by the rest of the Einstein community.

Off-Campus

Fordham University Library

Bus: Take the Bx12 bus west on Pelham Parkway to the Fordham stop.
Car: Go west on Pelham Parkway, past the Bronx River Parkway, and north on Southern Boulevard. The library is on the left, and parking is $4. Alternatively, you can continue along Pelham (Fordham Road at this point) and park along the street across from the library (often manageable).

Many students find Fordham’s Library to be a haven during peak study periods, with both quiet study spaces and group study rooms available. Students have access to the university libraries, with their Einstein ID though internet access is not available to Einstein students at this time. Bringing a sweater and snacks is recommended.

Benjamin Cardozo School of Law

Bus: 55 5th Avenue between 12th and 13th Streets. Take the Express Bus down 5th and walk the last ten blocks or take the 4/5/6 train to Union Square.

Yeshiva University’s law school, The Benjamin Cardozo School of Law, is another welcoming study space. It is located downtown close to Union Square and accessible via public transport and by car, although parking in the city can be difficult. Your Einstein ID is required to access the main building and the library is on the 7th floor. During the academic year, the library is open until midnight on Sundays through Thursdays and closed at sunset on Fridays and all day on Saturday.

New York Public Library, Starbucks, etc.

Some students take the express bus to the stop on 42nd and Fifth, which has a beautiful reading room and many locations for lunch nearby. In addition, the nearby Bryant Park is an excellent warm weather study location. Another branch of the public library, the business and science branch is located at Madison and 34th. Known for its ergonomic chairs and quiet study areas, this branch is also known for its stringent rules and may not be recommended for those who desire a more relaxed study atmosphere. (on foot). Take the opportunity to discover a favorite study spot in the Bronx or Manhattan and ask upperclassmen for tips!
Einstein Student Café

Looking for a fun way to make a couple of bucks? Work a shift at the Einstein Café! You will be given a debit card issued by Student Activities to receive payment. After your shift the payment will be placed on your card (Please be aware that this income will be taxed once you make more than $600 with us). The monthly schedule is opened on the 15th of each month. Each student is allowed to work up to 4 times a month. The café is in the Max and Sadie Lounge located between the Forchheimer and Chanin buildings.

This is quite possibly the easiest job ever, so shifts go fast. The schedule is organized every month and sign ups are posted online on the 15th. You can sign up for shifts at http://einsteincafe.youcanbook.me.

Skit Night, Ice Skating and other Fun Events

Skit Night is a tremendous tradition that is taken seriously at Einstein and put on annually by the first and second year class. It is a time for creativity, mockery, and friendly jesting. The second years perform for first years in February and first years host about one month later.

For a preview, search “Einstein skit night” on YouTube!

Einstein students also enjoy Around the World (ask second years about this and get excited!), post-exam parties, Apple Picking, annual Halloween parties, an annual powder-puff football game, Homecoming dance, Formal, Ice-Skating and Fun Day in October featuring outdoor games, barbecues, music, cotton candy, tee shirts, and more. Finally, be sure to mark your calendars for the student-organized events!
Community Based Service Learning Program (CBSL)

Einstein Community Action Network

CBSL oversees Einstein’s Community Action Network (CAN), a collaboration of Einstein medical students, faculty and communities in the Bronx. Einstein CAN groups promote services and provide advocacy for vulnerable populations in the Bronx. We support students who want to make a difference in the community by serving as a clearinghouse for information and opportunities, providing guidance, assisting with logistical issues, and offering training, workshops and seminars to develop leadership and other skills necessary for community engagement. Our mission is to provide our students with opportunities in which to engage with the Bronx community concerns and have an impact on health and social justice issues. Students will learn, share, and nurture the skills needed for their roles as future physicians and compassionate professionals needed to work in our ever expanding communities in the Bronx, across the country and abroad. All members of Einstein CAN Groups are offered opportunities to receive training, attend conferences, workshops and seminars to enhance their leadership, outreach, and community engagement skills.

Contact: Maria Marzan, maria.marzan@einstein.yu.edu

E-CAN Groups

**BODY** – Bronx Obesity Diabetes and You — exercise and nutrition with elementary school children at P.S. 89; a community garden at the Jack D. Weiler Hospital; and engaging Bronx community leaders through grassroots outreach to effect educational efforts that can help change attitudes and improve health.

**Einstein Buddies** — Students work with people with mental and physical disabilities early on in their medical careers. Partnering with Einstein’s Children’s Evaluation and Rehabilitation Center, a multidisciplinary center targeted at treating and serving children with various disabilities, students will have the opportunity to act as mentors, tutors, and help with various occupational therapies.

**EiSci** – The EiSci High School Mentoring Program focuses on mentoring and exposing Bronx high school students at a young age to careers in science and medicine. Einstein medical and graduate students meet with high school students in a bi-monthly after school program. Consistent mentoring groups are established to foster connections between students in the program and Einstein students.
HEART – HIV Education and Rapid Testing — In partnership with the Adolescent AIDS Program at Montefiore, HEART provides weekly HIV testing at Bronx Community College and Lehman College. HEART also holds bi-weekly STD seminars at Horizon Juvenile Detention Center and offers sex education at neighboring middle and high schools throughout the Bronx. More recently HEART has joined with Project brief at Jacobi Medical Center, where members conduct rapid HIV testing to patients in the Emergency Department and at community pharmacies. HEART members receive training from AAP and Jacobi on HIV testing, peer education, sexual history taking, and sexual health counseling, as well as Point-of-Care certification. http://www.einstein-heart.org

H4H- Hoops for Health Working with students at area PAL (Police Athletic League) and with Doctors for a Healthier Bronx, HOOPS exposes the youth community to science and medicine and emphasizes the importance of staying physically active and healthy.

HOPE – Homeless Outreach Project at Einstein — HOPE seeks to provide educational and health resources to the homeless and high-risk populations of the Bronx. By volunteering at the Living Room, a homeless safe haven in Hunts Point, and a syringe-exchange site run by New York Harm Education Educators (NYHRE), members seek to provide resources that are often too inaccessible in these communities. HOPE also involves the entire Einstein community in our outreach efforts to bring attention to the significant social and medical issues that these communities face.

PACT- Patient Advocate Connection — focuses on the experience of patients and their families coping with chronic illness and their interactions with the healthcare system.

SPHERE - Space in Prison for Health Education for Re-Entry - provides health education at the Edgecombe correctional facility in Washington Heights. Einstein students in SPHERE collaborate with Social Medicine residents at Montefiore to design and lead health workshops directly relevant to the inmate population, including HIV prevention, Hepatitis C awareness, nutrition, and how to navigate the healthcare system in New York. Ultimately, we aim to be positive health advocates that empower the inmates with knowledge and resources to successfully reintegrate into the healthcare system upon release.

START— Students, Teachers and Researchers Teach – This new program aims to stimulate public students to become interested in science and technology. Einstein students design and implement 45-minute interactive sessions in Bronx elementary schools.

TEACH — Together Educating All Children in Hospitals – provide experiential education to children in hospitals with a multi-faceted goal in mind: bonding time, play time, and learning time. TEACH aims to transform the hospital playrooms in which we teach into areas of recreation, friendship, and discovery in learning.
Other On-Campus Community Organizations

Einstein Community Health Outreach (ECHO)

The Einstein Community Health Outreach (ECHO) Free Clinic is an Einstein student-organized free health clinic located at the Walton Clinic in the Morris Heights neighborhood near the South Bronx. Its mission is to provide free, high-quality, comprehensive healthcare to the uninsured population in the Bronx and surrounding communities. The clinic is open on Saturdays throughout the year, and students at all levels of medical education may volunteer to assist in patient care. For more information, see page 20.

Website: [http://www.echoclinic.org](http://www.echoclinic.org)

Einstein Hepatitis B Vaccination Project

The Einstein Hep B project is a nationally recognized program established in 1997 to educate and vaccinate 5th graders in a local Bronx school against hepatitis B. Medical students volunteer to educate students, parents, school administrators and faculty about the disease and hold four vaccination days on which they actually vaccinate the young students.

Jacobi Kids

Jacobi Kids is a Volunteer Program through the Pediatrics Interest Group. Volunteers spend time with patients and their siblings in the pediatrics playroom at Jacobi hospital approximately once per month. The playroom is a nice place where patients can meet other children at Jacobi, and have fun even while they are in the hospital.

Project Kindness

The Office of Student Activities has launched Project Kindness Connecting with Patients, a new initiative, established jointly with Weiler Hospital, a division of Montefiore Medical Center, and Einstein’s University Hospital. Framed specifically around patient visitation, the program is designed to offer medical students a new way to engage with elderly inpatients. Our mission is to help medical students nurture their humanistic qualities through a volunteer in-patient visitation program. Project Kindness is an outgrowth of change, it is to rekindle those stars in upper classmen’s eyes while keeping those stars shining for lowerclassmen. If you are interested in volunteering please visit [www.einsteinprojectkindness.com](http://www.einsteinprojectkindness.com) or email [projectkindness@einstein.yu.edu](mailto:projectkindness@einstein.yu.edu) and see page 21.

Recovered Medical Equipment for Developing Nations (REMEDY)

The REMEDY program collects medical supplies and equipment that is otherwise discarded and donates them to communities in desperate need. Perfectly usable materials are often replaced for newer and less worn versions of the same product. REMEDY finds institutions and practices making these changes and efficiently recycles the goods.
Einstein Community Health Outreach (ECHO)

About the ECHO Free Clinic

The Einstein Community Health Outreach (ECHO) Free Clinic is an Einstein student-organized free health clinic located at the Walton Clinic in the Morris Heights neighborhood near the South Bronx. The clinic is open to patients every Saturday morning throughout the year. We offer adult routine medical exams, physicals, vaccinations, prescriptions, women’s health visits (including gynecology exams and Pap smears), social services, and counseling. Working side by side, our physician and student volunteers are able to treat about 25 - 35 patients each weekend.

Our Mission

The mission of ECHO is to provide free, high-quality, comprehensive healthcare to the uninsured population in the Bronx and surrounding communities. The ECHO Free Clinic embraces the spirit of volunteerism and service embodied in our health care professional and medical student volunteers.

Our History

In 1999, a handful of students at the Albert Einstein College of Medicine concerned about the health care crisis for uninsured Americans decided to launch a free clinic to provide care to uninsured residents of the Bronx. The Institute for Family Health operating a network of federally-qualified community health centers throughout New York State, collaborated with them to launch the Einstein Community Health Outreach (ECHO) Free Clinic, the first clinic of its kind in New York City. Staffed by physician and medical student volunteers, the ECHO Free Clinic nowadays provides high quality primary health services to uninsured adults. Each year, more than 400 Einstein students volunteer alongside licensed physicians to receive more than 1000 medical care, health education, and social service visits from uninsured New Yorkers. We have also helped students at other medical schools launch free clinics of their own.

Opportunities to get involved:

The ECHO free clinic is staffed by medical students with 2 – 3 attending physicians each week. Clinical teams are composed of either third year medical students, as part of their Family Health clerkship, or fourth year volunteers. First and second year medical students volunteer as indispensable pre-clinical staff, without whom the clinic would not function. Some of these positions include: front desk staff, referrals volunteer, labs assistant, patient advocate, HIV counselor, women’s health advocate, and research/quality improvement volunteer. ECHO provides these pre-clinical volunteers the opportunity to practice essential physician skills including patient interviewing, taking vital signs, and drawing blood. Additionally, to serve our multilingual community, each week two or three students serve as Spanish-speaking interpreters at the clinic.

Students are also involved in community outreach programs outside of the clinic setting. We present workshops (such as nutrition, diabetes, asthma, AIDS/HIV and heart disease) for adults and parents at various centers in the community, as well as provide health education lessons for children at a local Bronx public school. Through these workshops, health fairs, and presentations, we hope to raise the awareness of healthy lifestyles and improve overall health in the Bronx.

Contact Info:

Website: echoclinic.org
Email: echoprojectdirector@gmail.com
Project Kindness: Student-Patient Visitation Program

Offering students an opportunity to enter the hospital from the start of medical school and to encounter patients in a non-medical context.

Project Kindness was established jointly with Weiler Hospital, a division of Montefiore Medical Center, and Einstein's University Hospital. Framed specifically around patient visitation, the program is designed to offer medical students a new way to engage with inpatients.

It is a faculty-mentored program that allows unlimited access for Einstein medical students to visit patients at Weiler Hospital. From the minute students walk into medical school (after a training session) they can sign up to make “citizen” visits. This program was created by students for students—with an advisory panel of students active in decision making.

Project Kindness is a prophylactic coat of armor to ensure students keep the passion they walked into real life. It provides students the opportunities to see patients as people with stories and families of their own. One of the most important characteristics of a quality physician is good communicator—Project Kindness visits enable students to hone their communication skills in a no pressure environment.

Benefits of Being a Project Kindness Volunteer

- Opportunities to develop and practice communication skills
- Learn the art of connecting with patients and enabling patients to open up
- Understand the patient experience
- A no pressure environment to meet with patients—no preceptor or critiquing
- Maintain the passion for patients that students brought with them to medical school
- Receive quality advice from actual patients
- A sense of goodwill helping a patient for altruistic reasons

With no time commitment for the students, you can make the program work for you. You fit the visits into your schedule and are able to sign up with just 24 hours notice. The program is all about making it work for the students and for the benefit of the students.

Our mission is to help medical students nurture their humanistic qualities through a volunteer in-patient visitation program. Project Kindness is an outgrowth of change; it is to rekindle those stars in upper classmen’s eyes while keeping those stars shining for lowerclassmen. If you are interested visit our website at www.einsteinprojectkindness.com
Einstein has an extensive list of extracurricular activities covering a broad spectrum of interests. Students can get involved with clubs, organizations, and interest groups. While your free time as a medical student is at a premium, these activities allow students to better themselves and community, while also having some fun and connecting with students that have shared interests, especially people in different classes or programs. Events are regularly publicized via email listservs, signs and posters, and postings on the Einstein Social Calendar: [http://go.activecalendar.com/einstein](http://go.activecalendar.com/einstein). The calendar requires you to create a login using your Einstein email, which allows you to add events and download the calendar to your specific scheduling program.

In the first month of school, Einstein has a Club Fair, where extracurricular groups introduce themselves to the student body. Representatives from many clubs and organizations, usually second-year students that were involved during their first year, have a small station where students can ask questions, collect information and brochures, sign up for emails, activities or raffles, and get some freebies. Additional introductory events throughout the first few weeks of the year sponsored by different student clubs and interest groups. In the past these have included barbecues, suturing workshops and more.

### Office of Student Activities

The Office of Student Activities is the go-to department for nearly all things non-academic including orientation, graduation, social events and student-run organizations. Visit the office’s website ([http://www.einstein.yu.edu/education/student-affairs/student-activities](http://www.einstein.yu.edu/education/student-affairs/student-activities)) for a list and pictures of events it helps to put together.

The office currently supports initiatives to improve quality of life at Einstein by offering student passes to the Central Park Zoo, Botanical Gardens, Metropolitan Opera, occasional sporting events and various activities around the city! In addition to assisting clubs and organizing events around campus, the Office of Student Activities works closely with the Student Government and individual students to advocate for non-academic concerns. The office is a guaranteed stop for friendly visits and good chocolate!

When it comes time to deciding what clubs to be involved in, stopping by the Office of Student Activities can help. They have a list of all student clubs available for you to see. In addition, if you are already a member of a club, Office of Student Activities is where you schedule events, reserve space on campus and organize funding. All events happening on campus must be booked through this office. To inquire about room or space reservations, you can email: student-activities@einstein.yu.edu.
Student Government

Students from each major academic program (MD, MSTP, PhD) have the opportunity to take an active role in shaping their education and experience at Einstein through involvement in student government. As such, there are three student councils:

- Medical Student Council (MDSC)
- MSTP Student Council (MSC)
- Graduate Student Council (GSC)

There is also a central Student Governing Board (SGB) comprised of representatives from each of the three councils. The board serves as a liaison between the entire student body and administrators, thereby facilitating communication between the two. Additionally, SGB provides oversight and allocates funds to all organized student clubs and professional interest groups at Einstein.

Early in the school year the current student government will organize elections for the first year class. For MD students, all positions are four-year terms though most of the involvement is during the first and second years. Descriptions of the government positions that students can run for will be provided as nomination and election dates approach. Before elections, the MS2 representatives act in the interests of both classes, so make sure to learn who the upperclassmen representatives are so you can go them with any questions or concerns about issues occurring on campus.

Einstein Clubs & Interest Groups

For a more comprehensive and up-to-date list of Einstein Clubs and Organizations, visit the Office of Student Activities, Student Clubs website at [http://einstein.yu.edu/education/student-affairs/student-activities/involvement](http://einstein.yu.edu/education/student-affairs/student-activities/involvement). If you have an idea for a club or interest group that you think will be of interest to other students, contact student-activities@einstein.yu.edu or the Class Representatives who can help you get started in organizing your club or group.
IN THE NEIGHBORHOOD

Banking

There are several full service banks within a ten-minute walk of campus. Citibank is on the corner of Morris Park and Williamsbridge near the local post office, a CVS and several restaurants. ATMs are located in the 1925-1935 lobby and on the first floor of Forchheimer just past the building entrance, both with a $1.00 surcharge for any withdrawal.

Chase
1068 Morris Park Ave, Bronx, NY 10461
(718) 824-3000
https://www.chase.com

Citibank
1800 Williamsbridge Rd
Bronx, NY 10461
800-627-3999
http://www.citibank.com

TD Bank
1864 Williamsbridge Rd
Bronx, NY 10461
718-409-1268
http://www.tdbank.com

Parking

A parking garage is located beneath the apartment buildings and parking spots are available for $90 per month. The garage is accessible 24 hours a day.

There is also street parking available along Eastchester Road and Morris Park Avenue, but spots are hard to come by during normal business hours. Alternate street parking rules only pertain to spots on Eastchester Road and only apply on Wednesday mornings.

Tolls (E-ZPass)

Having an E-ZPass will save you both time and money. Getting one is simple, requiring only online registration. When you get to New York, be sure to join at www.ezpassny.com or your respective state.

Zipcar

There is a Zipcar location on Eastchester Road between Loomis Street and Morris Park Ave. Visit the website at http://www.zipcar.com for more information and to register. Remember to use the Albert Einstein College of Medicine discount.

Gas Stations

BP
1500 Williamsbridge Road
Bronx, NY 10461
718-822-1760

Valero
2007 Williamsbridge Road
Bronx, NY 10461
718-828-0726

Shell
2100 Williamsbridge Road
Bronx, NY 10461
718-822-8925

Mobil
2090 Bronxdale Ave
Bronx, NY 10462
718-828-4500

Tolls (E-ZPass)

Having an E-ZPass will save you both time and money. Getting one is simple, requiring only online registration. When you get to New York, be sure to join at www.ezpassny.com or your respective state.

Zipcar

There is a Zipcar location on Eastchester Road between Loomis Street and Morris Park Ave. Visit the website at http://www.zipcar.com for more information and to register. Remember to use the Albert Einstein College of Medicine discount.

Department of Motor Vehicles

http://www.nydmv.state.ny.us

Bronx
696 East Fordham Road
Bronx, New York 10458
718-966-6155

No original license, permit or non-driver photo ID transactions

Bronx Licensing Center
1350 Commerce Avenue
Bronx NY 10461
718-966-6155

Service for license or non-driver ID only.

Car Care

Pelham Car Wash and Auto
1826 Eastchester Rd
Bronx, NY 10461
718-904-0303

The car wash is open 24/7 and is 1/2 price (exterior wash only) from 7 pm to 7 am. Complimentary car wash included with oil changes.

Jerry and Son Auto Service
1602 Bronxdale Ave
Bronx, NY 10461
718-395-2068

Family owned business for repair jobs and tire rotations. Open 7:30am-5pm.

Budget Muffler & Breaks Center
870 Eastchester Road
Bronx, NY 10461
718-828-4113

Conveniently located diagonally across from the housing complex. Wide variety of services including state inspections.
Furniture

Sleepy’s
http://www.sleepys.com
Sleepy’s is a large chain with many showrooms along the East Coast. Below, you will find info on the showrooms closest to the campus. Keep in mind that you can order a mattress at a location close to ‘home’ and have it delivered to your apartment. For more locations visit Sleepy’s on the web or call 1-800-SLEEPYS.

Another competitive mattress discount seller is 1-800-MATTRESS http://www.1800mattress.com.

<table>
<thead>
<tr>
<th>Showroom</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>Sleepy’s Edson</td>
<td>2829 + 2875 Edson Ave, Bronx, NY 10469</td>
<td>718-379-6373</td>
<td>10am—9pm</td>
</tr>
<tr>
<td>Sleepy’s Parkchester</td>
<td>1400 East Ave, Bronx, NY 10462</td>
<td>718-947-1487</td>
<td>10am—9pm</td>
</tr>
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Target
Target offers reasonably priced furniture or anything else you might need for your apartment. Order online or drive to either of the nearby shops.

<table>
<thead>
<tr>
<th>Store</th>
<th>Address</th>
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<tbody>
<tr>
<td>Target</td>
<td>815 E Hutchinson River Pkwy, Bronx, NY 10465</td>
<td>718-536-2689</td>
<td>8AM — 11 PM</td>
</tr>
<tr>
<td>Target</td>
<td>500 E Sandford Blvd, Mt Vernon, NY 10550</td>
<td>914-530-3000</td>
<td>8 AM — 12 AM</td>
</tr>
</tbody>
</table>

Ikea
http://www.ikea.com
The Swedish furniture company makes everything to furnish your apartment and all you need is some basic tools. Furniture is affordable and of decent quality and can be delivered to campus.

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<tr>
<th>Store</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Ikea Paramus</td>
<td>100 IKEA Dr., Paramus, NJ 07652</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ikea Elizabeth</td>
<td>1000 Ikea Drive, Elizabeth, NJ 07201</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ikea Hicksville (Long Island)</td>
<td>1100 Broadway Mall, Hicksville, NY 11801</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ikea Brooklyn</td>
<td>1 Beard Street, Brooklyn, NY 11231</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Moving Sales
There are frequent moving sales at Einstein. Look out for emails and signs posted in the elevators and around campus for deals. Also keep an eye on the AECOM marketplace Facebook page.

Photo by Julia Manzerova
Supermarkets

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Grocery and Deli</td>
<td>2034 Eastchester Road</td>
<td>(718) 823-6724</td>
</tr>
<tr>
<td>BJ's Wholesale Club</td>
<td>825 Pelham Parkway</td>
<td>(914) 632-1547</td>
</tr>
<tr>
<td>Super Stop &amp; Shop</td>
<td>691 Co Op City Boulevard</td>
<td>(718) 862-2809</td>
</tr>
<tr>
<td>Trader Joes</td>
<td>1260 Boston Post Road</td>
<td>(914) 833-9110</td>
</tr>
<tr>
<td>Fairway</td>
<td>Post Road Plaza</td>
<td>(914) 712-0011</td>
</tr>
<tr>
<td>Stop &amp; Shop</td>
<td>1720 Eastchester Road</td>
<td>(718) 823-6068</td>
</tr>
</tbody>
</table>

Also, for online shopping & grocery delivery, visit: http://www.peapod.com

Membership is required and starts at $50/year.

Healthcare

Emergency
If you have an emergency, the Jacobi and Weiler ER's are down the street in either direction. If you need urgent help, ask the security officer in your building or call 911.

Urgent Care Services
Montefiore Medical Group has an urgent care facility that accepts Einstein student health insurance. When you need more than a first aid kit, but less than an emergency room, Montefiore Urgent Care provides high quality care for nonlife threatening illness or injuries. Montefiore Urgent Care is open 7 days a week, including most holidays, and provides prompt medical attention.

Montefiore Urgent Care
2300 Westchester Avenue
Bronx, New York 10462
718-409-8888

Finding a physician
All students can go to the student health services, which has designated walk-in hours, and can be referred to physicians within the Einstein/Montefiore Health network.

Appointments can also be made by calling:

Montefiore Medical Center
866-633-8255
Hours: 8:30 AM and 5:00PM M-F

Identify yourself as an Einstein Med student or Grad student and every attempt will be made to see you in an expedited fashion.

Occupational Health Services
The Einstein Occupational Health Services provides Einstein employees and students with services relating to their occupational health needs including necessary immunization and health clearance. Anyone that sustains a hazardous occupational exposure may call Einstein OHS during hours of operation for information on post exposure procedures. Students or employees that sustain an occupational exposure after hours should contact the 24/7 Exposure Hotline at (347)380-0049 for post exposure procedures and evaluations when necessary. The back-up number is (917) 729-0438. The pager number is (917) 956-7754 Note that since this is a beeper number, after the beep you need to enter your phone number followed by the pound sign.

Occupational Health Services
Mazer Building
Room 219
718-430-3141
Laundry, Dry-Cleaning, and Tailoring

The Low (Eastchester) Housing buildings each have their own laundry facilities in the basement or on the first floor. Washing cycles take about 38 minutes and cost $1.25 per load, and dryers cost $1.25 for 45 minutes with the option of paying for additional 5-minute increments. Note that this option is only available while the machine is still running. The machines accept payment with "Smartcards" that may be purchased from the Housing Office in 1935 and refilled in each laundry room after online code purchasing.

There are several dry cleaners on Morris Park Avenue. The closest is Auring’s Dry Cleaners. Other dry cleaners can be found further down Morris Park.

Auring’s Dry Cleaners
1129 Morris Park Ave
718-824-5502.

Drug Stores

<table>
<thead>
<tr>
<th>CVS</th>
<th>Rite Aid</th>
<th>Walgreens</th>
</tr>
</thead>
</table>

Haircuts

Local
There are many “unisex” inexpensive haircutting salons in the neighborhood. Unfortunately, they go in and out of business too often to list them here by name.

Check with current students for current barber shops and salons in the area. There are several others on Williamsbridge approaching Pelham Parkway from Morris Park. Prices vary so shopping around might save you a couple of bucks.

Manhattan
Astor Place Hairstylist, Inc.
2 Astor Place (just off Broadway) 212-475-9854

Dramatics
www.dramaticsny.com
Locations throughout the city

Mud Honey
148 Sullivan St New York, NY 10012 212-533-1160

Miwa Alex
24 E 22nd St 212-228-4422

Liquor Stores

Supermarkets sell beer and wine, but hard liquor can only be purchased at liquor stores. All liquor stores in New York are closed on Sundays. Discount beer can be purchased at the Gun Hill Beer Distributor (go north on Eastchester Rd and turn right at Gun Hill Road) where they sell both kegs and cases.

True wine connoisseurs will find greater selections and better prices in Brooklyn and Manhattan. Popular stores include P J Liquor Warehouse in Manhattan at 4898 Broadway, and Red, White and Bubbly in Brooklyn at 211 5th AVE).

Liquor Warehouse
Next to Stop & Shop on Eastchester Road. Excellent prices.

Surin Discount Liquor
2444 Eastchester Road 718-655-8797

Williamsbridge Wine and Liquor
2011 Williamsbridge Road (near Carvel) 718-828-4560

Movie Theaters

Regal New Roc Stadium & IMAX
33 Le Count Place New Rochelle, NY 10801 844-462-7342 ext.27

AMC Bay Plaza Cinemas
2210 Bartow Ave. Bronx, NY 10475 718-320-1659

AMC Empire 25 Theaters
234 West 42nd Street New York, NY 10036 212-398-2597

Drug Stores

Drug Stores

Haircuts

Haircuts

Liquor Stores

Liquor Stores

Movie Theaters

Movie Theaters
Quick Eats —On Campus

The places listed below are recommended by students for a quick, local bite.

Mainstreet Cafe
Einstein’s own Kosher cafe (no meat-dairy combos, i.e. no cheeseburgers) has a salad bar, pre-made sandwiches, soup and a couple of hot meal options each day. Menus are updated regularly. (breakfast & lunch only, open until 5:30 PM)

Weiler Hospital Cafeteria
(4th floor of the hospital)
Kosher with dairy meals on Wednesdays. More extensive options than the Mainstreet Cafe.

Food trucks and Au Bon Pain
If you opt for the quick-pick-me-up type meals, there are also several food trucks in front of Weiler and Jacobi. Additionally, there is also an Au Bon Pain in the Jacobi basement where students can purchase coffee, breads, sandwiches, soups, and pastries—a great sugary pick-me-up.

Vending Machines
If you are in the library studying and you really need something to hold you over until dinner, the vending machines just behind the Main Street Cafe on the ground floor of Forchheimer just might hit the spot. There you will find a hot drinks machine, a standard snacks machine, and a real food machine with muffins, yogurts, and cereals among other things.

Einstein Student Cafe
If you get hungry between 4:30pm and 10:30pm (Mon-Thur), you can visit the Einstein Cafe, run exclusively by students, in the Max and Sadie Lounge. They have recently revamped their menu and offer different types of Italian foods & salads. Check it out for weekly menu changes!

Quick Eats —Off Campus

Breakfast and Coffee
Liberty Coffee and Donut Shop is a hole-in-the-wall spot on the corner of Williamsbridge and Lydig Ave that serves a variety of breakfast and lunch items.

There is a newly opened Dunkin Donuts across the street from the 1925 housing building that also serves Baskin Robbins ice cream & associated cakes.

There is a Starbucks at 1728 Eastchester Rd, right next to Stop & Shop a short walk from campus. A new Starbucks will open in the old Chase bank building next to the DD and include a drive through with cafe seating.

For your all-out breakfast, take the Hutch north to the Boston Rd exit south for IHOP or walk down Morris Park Ave. to the Golden Eagle Restaurant & Diner (great breakfast & hangover meals).

Delis
The highly recommended Ann Clair’s (up Morris Park just past Williamsbridge on the left, 718-409-1171) has great bread and good meats and cheeses.

Hardware Stores

New Eljam Products
2925 E. Tremont Ave.
(718) 792-8800

A reasonably priced lumber-only store that will help you plan a do-it-yourself bookcase and will cut boards to size as per your request.

Home Depot
1806 E. Gun Hill Road
(past A&P supermarket)

Van Nest Hardware, Inc.
669 Morris Park Ave.
718-829-2338

Al Jampol Paint and Hardware
678 Morris Park Avenue
718-829-0866

Monte Market Grab & Go on Eastchester across from Weiler is also a frequented spot. They have a huge selection of deli sandwiches and a nice hot bar for lunch.

Scaglione (718) 892-1736 is a little further up on Morris Park, but their Cuban sandwich is worth the extra 2 minute walk. Also, this mom-and-pop gem has an in-store bakery!

M&R Deli (corner of Morris Park and Tenbroeck Ave across from the Jacobi bus stop) is a regular favorite and sandwich staple. It is also one of the few spots open on Sundays.
Mexican

Try Estrellita Poblano IV, (45 Westchester Sq., (718) 239-8290) for delicious Mexican. Get your Mexican food fix delivered until midnight or take a 10-15 minute walk to the actual restaurant.

Taqueria Tlaxcalli (2103 Starling Ave, Bronx, NY 10462 (347) 851-3085) is known throughout NYC and beyond for its authentic fare and award winning burritos.

Pizza

Emilio’s Pizza (across from campus at 2020 Eastchester Rd 718-684-4928 and at 1051 Morris Park, 718-822-6758) and Sorrento’s Pizzeria (2004 Williamsbridge Road, 718-828-7810), voted best pizza in the Bronx, are two great options a few steps farther from campus.

Italian

Good 2 Go is another favorite for lunch, dinner, and drinks located right across campus at 1894 Eastchester Rd. And don’t forget to check out happy hour from 5-7!

Fast food

McDonald’s McCafe is at 1820 Eastchester Rd. Dunkin Donuts is across the street from the apartments at 1888 Eastchester Rd.

Kosher

There are numerous kosher restaurants in Riverdale and New Rochelle. Delicious on Leydig is a local spot in our area of the Bronx.

Thai

Tana Thai across from the apartments (1890 Eastchester Rd (718)684-1900) offers fast Thai for carry out or delivery. Honey’s Thai Pavilion also offers Thai and Chinese food at reasonable prices. (718-792-2803, 3036 Westchester Ave)

Chinese

Several frequented Chinese restaurants are Mr. Q’s Gourmet Chinese Restaurant (2115 Williamsbridge, 718-823-2424), China Pavilion (2102 Eastchester Rd 718-828-3841) and Hong Kong (1811 Williamsbridge Rd 718-409-6100). There are many that aren’t listed here, but you will likely find their menus around housing.

American

Applebee’s (1776 Eastchester Rd) behind the Residence Inn is a great place to grab a drink and watch the game.

Upscale Restaurants

Pine Bar & Grill is a reliable favorite close by for your more upscale needs. It is within walking distance and has a refreshing rooftop terrace and a good happy hour.

Patricia’s at 1082 Morris Park, (718) 409-9069, is the most upscale restaurant close to campus. The food is great, the prices reasonable and they have a large full bar. Delivery is also possible.

If you’re looking for a great Italian meal and want to get to know the local neighborhoods, visit Arthur Avenue – the “Little Italy” of the Bronx. It’s just 5 miles away off of East 180th Street and easy to get to via the Bx12 running west along Pelham Parkway.

Mario’s is great (2342 Arthur Ave, 718-584-1188), as is Dominick’s (2335 Arthur Ave, 718-773-2807). The latter is cash only so plan ahead.

Zero Otto Nove (2357 Arthur Ave, (718) 220-1027) is another favorite, with delicious food and a date-worthy ambiance.

In The Neighborhood

Another great food spot a bit farther from campus is City Island. Catch the Bx29 on Pelham Parkway and check out this gem, reminiscent of a New England fishing village.

Eat at Lobster Box (34 City Island Ave, 718-885-1952) or Le Refuge Inn (620 City Island Ave, 718-885-2478) or any of the other restaurants on the main strip. Make a day trip out of it!

Ice Cream

Local ice cream options include Carvel on Williamsbridge Road, just across from Sorrento’s Pizzeria or Baskin Robbins in the same building as the Dunkin Donuts across from the apartments on Eastchester.

Pastries

There are many bakeries around. A good one is Steve and Maria’s Pastry Shop (1946 Williamsbridge, 718-892-9125). They have great canolis, cheesecakes, cookies, and other tasty snacks.

Others include Enrico’s Pastry Shop (1057 Morris Park, 718-823-7207) and Morris Park Bake Shop (1007 Morris Park, 718-892-4968).

Further up Morris Park past Bronxdale you will find Conti’s Bakery. Conti’s is an old-fashioned parlor style bakeshop founded in the 1920’s, known extensively for its infamous Boston cream pie.
NYC is one in one of the most heavily trafficked areas in the world. It can be overwhelming, frustrating, and sometimes scary if you aren't prepared, but manageable with some key resources that include simply knowing what you're up against. Please consider this seriously, plan ahead and take necessary precautions. Taking this approach you are sure to stay efficient and optimize your transportation experience.

Public Transportation

The MTA provides the buses and trains that serve as public transportation in NYC and some surrounding areas. Although coins can be used to pay for all buses, the MetroCard is the preferred method for payment as it may be used for subways, may be used for multiple fares and carries up to four transfers (from bus to bus, Subway to bus, or bus to Subway), an option not available when using coins, not to mention that it spares the need to keep heavy change on hand.

MetroCards function like debit cards. You can buy and refill them at all subway stations. The Office of Student Activities also sells MetroCards! They may also be purchased in a number of stores, including the Checks Cashed store just up Morris Park Ave by Best Bagel. When purchasing a MetroCard anyplace other than an MTA vending machine, make sure it is wrapped and sealed in a transparent plastic that is labeled with the prepaid card value. When purchased at an MTA vending machine, customers receive one free ride for every five purchased. If you do not have a MetroCard to refill, you will pay an extra dollar for a new card.

Unlimited weekly, monthly and Express Bus MetroCards are also available for purchase and mostly used by commuter students. Fare prices tend to increase in small increments every couple of years. As of July 2013, one MTA Subway or bus fare is $2.75 and includes unlimited transfers for two hours when using a MetroCard, one Express Bus fare is $6.50. At Einstein you can buy a MetroCard in the convenience store with the yellow awning across the street on Eastchester Rd (Star Deli).

MTA Smartphone Apps (Free)

Those with smartphones are encouraged to download free transportation apps including NYCmate for MTA bus and Subway maps and schedules, and Einstein Bus for specific Einstein transportation maps and schedules.

MetroCard Standard Usage

With a MetroCard, you receive one free transfer from subway to bus, bus to subway, or bus to bus within two hours of the start of your first ride (when transferring from subway or city bus to the express bus, your transfer is worth $3.50 off the regular $6.50 fare). To transfer, simply insert the MetroCard as you would to pay the regular fare.

Check the schedule MTA Schedule online at http://www.mta.info/busco/schedules/index.html

Multiple People on One Metro Card

To pay for more than one person on the same MetroCard, dip/slide the MetroCard once for each person on the first ride, and then dip/slide it a single time for everyone when you transfer. Note that you cannot use the free transfer for a round trip or to switch between buses that run along the same line. Also note that when used for multiple riders, one card will only hold four transfers. Larger groups are therefore advised to have at least one card for every four riders.

Easy Pay Xpress Pay-Per Ride MetroCard

With this special MetroCard, you never have to worry about your card expiring or running out of funds. The card can be used for regular and Express MTA busses as well as the Subway. Consumers link this card with a credit card and refill it at their convenience with a 7% bonus added with each payment. Finally, the card can be set to automatically refill when the balance dips too low. Just go online to order the card from MTA and it will be mailed to you within a couple of weeks.
The Hospitals

Walking Distance
(Weiler, Van Etten, Jacobi Medical Center, Calvary Hospital, Montefiore Medical Park)

Einstein has many affiliate hospitals, some of which are in walking distance. Weiler (Einstein Hospital) is located on Eastchester Road, right behind the Forchheimer building. Van Etten is across Morris Park Avenue (behind the Price Building), and Jacobi Medical Center is behind that on Pelham Parkway. You cannot miss it.

When walking away from Pelham Parkway toward Starbucks and Stop & Shop on Eastchester Road, Calvary Hospital is on your left. Continuing past the Stop & Shop and taking the first left, Bronx State Psychiatric will be on your left. Continuing on Eastchester instead of turning after Stop & Shop, you will see a “green glass building” which is Montefiore Medical Park further down Eastchester on your right.

Shuttle and Taxi
(Montefiore, LIJ, North Central Bronx, Bronx Lebanon)

The Einstein shuttles are recommended for transportation to Montefiore, LIJ, or North Central Bronx. The shuttles stop in front of the Belfer Building and schedules are available at the security desks in both the Forchheimer and Belfer buildings. For more complete shuttle information visit: http://www.einstein.yu.edu/uploadedfiles/administration/auxiliary-services/shuttle-schedule.pdf

Alternatively, if you need transportation outside of shuttle hours or to a different clinic, you can call the Einstein Security Office at (718) 430-2180 and they will call Vital cab company for an immediate or scheduled pick up. Cabs are for official business and need to be pre-approved.

Transportation Tips

◊ Carry enough money for a cab ride home, about $50, just in case you get lost and aren’t comfortable braving it on unfamiliar train and bus lines, or waiting for familiar ones very late at night in unfamiliar neighborhoods.

◊ Check the MTA’s homepage before heading out to confirm that trains and buses are running on their normal schedules, especially on weekends and holidays, and if your travel plans include very early morning or late night hours.

◊ Buy a MetroCard and refill your card regularly. Once in the station, you can transfer from one Subway to another as many times as you’d like, and with busses have two hours of unlimited transfers, but both require a MetroCard.

◊ Green globes outside a subway entrance mean the entrance is open 24 hours a day; red globes mean the entrance is sometimes closed.

◊ To ride the bus, use your MetroCard or exact change (currently $2.75, no pennies or dollar bills) and place into the fare box.

◊ If you are paying with coins on the bus, ask the driver for a transfer when you board the bus.

◊ Uber and Lyft are great alternatives to yellow cabs. Check them out online.
Manhattan

Manhattan is huge and can be confusing, so having a map handy is helpful. Those with smart phones are encouraged to download the NYC Mate app or Google Maps which is a GOD SEND. Once downloaded, the app can be used even when service is limited.

The East Side

The Bx21 stops right in front of the housing complex on Morris Park and has a stop at the E 180th Street Station. There you can hop on the 2 or the 5 trains to Manhattan. Take the 5 train, which runs along the city's east side.

Taking the Bx21 OR Bx31 in the other direction, you can get off at Westchester Square and from there, take the 6 train downtown for local east side service. At the 125th Street Subway station you can transfer to the 4 or 5 trains for express service.

The Pelham Parkway Subway station is a 10-15 minute walk from campus. Walk on Pelham Parkway toward Williamsbridge and White Plains Roads on the right side of the street. At this station you can get the 5 train.

Alternatively, you can pick up the BxM10 express bus downtown at the Bx21 stop on Morris Park. The BxM10 stops in Manhattan along the east side. This is a great option for late night travel, as it does not require a Subway transfer. Keep in mind that this bus stops running past midnight, generally runs less frequently than does the regular busses, and that bus fare is $5.50.

Travel time will depend on your particular destination and varies with time of day. Rush hour travel is crowded, but also faster. Getting to downtown Manhattan usually takes between 40-60 minutes.

The West Side

The Bx21 stops right in front of the housing complex on Morris Park and has a stop at the E 180th Street Station. There you can hop on the 2 or 5 trains to Manhattan. Take the 2 train, which runs along the west side.

The following two alternative routes are utilized as a last resort option, as when 2 trains are out of service, since they are time consuming and require more than one transfer:

1. Take the Bx31 to Westchester Square, then the 6 train to 125th street. From there:
   a) Either catch the M60 bus to the 1/2/3 or A/B/C/D Subway lines.
   b) Or transfer to the uptown 4 train to Yankee Stadium, and there catch the downtown D train.

2. Take the Bx21 to E180th Street, then take the 5 train to the east side and once there take a cross town bus.

For more info on cross town busses, consult with the MTA website or phone app.

Flushing

Take Bx12 Bus to Pelham Bay Park one of the 6 train terminals. Transfer to the QBx1 bus which will take you across the White Stone Bridge and all the way to Main Street in Flushing, Queens.

Bay Plaza

(Large Shopping Center in Co-Op City)
Take the Bx12 Limited east on Pelham Parkway. This will take you to Co-Op City and the Bay Plaza shopping center. Note that Bx12 eastbound service extends to Orchard Beach during the summertime.

For service to Fordham Center, Fordham University, the Bronx Zoo and Little Italy on Arthur Ave, take the Bx12 westbound.

Airports

You can take a shuttle service, taxi, MTA public transportation, or drive to all NYC airports. Besides MTA ($2.75 to LGA in about an hour and $7 to JFK in about 1.5 hours), National Mountain Line Inc. (718-884-9400) is likely the cheapest shuttle service at about $25 each way. You must call at least one day in advance to schedule a pick-up. Plaza Cab (718) TU1-1111 is another option and charges about $45 to La Guardia and $55 to JFK.
CAMPUS DIRECTORY

Admissions, Noreen Kerrigan, Belfer 206 ................................................................. 430-2106
Alumni and Development Office, Emily Snyder .................................................... 430-2922
Book Service Forchheimer Ground ................................................................... 430-3071
Computers, Belfer Ground Floor B10A ................................................................. 430-2331
Dean's Office, Allen Spiegel, MD Belfer 312 ...................................................... 430-2801
Assistant Dean for Faculty Development, Christina M Coyle, MD Belfer 407A ........ 430-3525
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Jacobi Hospital .................................................................................................. 931-5000
Library, Forch 1st Flr ...................................................................................... 430-3104
Lubin Dining Hall, James Cohen, Mazer 1st Flr .................................................. 430-2131
Mailroom, Belfer B01 ....................................................................................... 430-2298
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Parking Garage .................................................................................................. 430-7021
Registrar, Julie Schneider, Belfer 210 .................................................................. 430-2102
Security, Assistant Director of Security, Neil Kaplan .......................................... 430-2019
Forchheimer Lobby ........................................................................................... 430-3066
1925/35 Lobby .................................................................................................... 430-3375
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