Welcome, Our Hosts & Moderators
Tonight Include:

Stephanie Kessler - Director of Student Engagement & Leadership

Nick Yando - Assistant Director of Student Engagement & Leadership

Jedrek Dineros - Assistant Dean of Student Affairs & College House Dean of Brooks House
Topics & Presenters for the Evening

**Dining Services (Sodexo):** Erik Kessler, Operations Manager; **Susan Hurd,** RDN LDN Regional Dietitian

**Transportation:** Chelsea Sabol, Director of Auxiliary Services

**Public Safety:** Bill Applegate, Public Safety Police Officer, Field Training Officer, Ware College House Liaison

**Housing:** Lori N. Foust, Director of Housing; Lorelei Byer, Housing Specialist
Dining

First-year meal plan

- All-Access Plan with 200 Flex Points
- Unlimited access to the dining hall during service hours.
- 14 meal exchanges for use in retail locations per week (Friday-Thursday)
- First-year students are required to purchase a meal plan (unless a commuter).
- **Flex Points:** in addition to meal swipes, usable as needed for meals or smaller snacks. Unused Fall flex carries over to the Spring semester.
Dining

• **Ben’s Bucks**: Ben’s Bucks are not the same as Flex Points, and are unrelated to your meal plan. Ben’s Bucks is a prepaid spending account on your F&M ID Card offering a safe and convenient way to make purchases on and off campus, including all on-campus eateries.

• **Dip Deals!** A meal with a side and drink combo that you can purchase for a single meal swipe at retail locations

*Retail Locations:*

1) Steinman College Center: 3 dining stations: Grill off the Green, Mein Bowl, and Handcrafted
2) Flavors at LS&P: Coffee and lite fare; located in the Barshinger Life Sciences & Philosophy Building’s Atrium
3) The Diplomatic Cafe: Coffee and lite fare; located at Distler House, next to the Campus Bookstore
Dining

How to Access Your Meal Plan

- **Meal plans are attached directly to F&M student ID card** - swipe your card in the dining hall and our retail locations* to use a “meal swipe” or “Flex points”
  - Check your plan status at [https://fandm.campuscardcenter.com](https://fandm.campuscardcenter.com)

- The Restaurants at Ben Franklin menus are available through the year online and through our mobile app, **Everyday**. Retail location menus and online ordering will also be available through this app.
  - Access the link at [https://everyday.sodexo.com/](https://everyday.sodexo.com/)
Dining

● **Allergies & Dining Accommodations for Medical Reasons:**
  ○ *Simple Servings* safely prepares & serves without 8 of the 9 top major allergens and gluten
    ■ Offers Halal-friendly proteins
  ○ Dining hall is a peanut & tree-nut safe environment
  ○ Gluten-safe options available in resident dining & retail locations
  ○ Collaboration with the Office of Student Accessibility Services

● **Other Non-Medical Dietary Restrictions (religious, lifestyle, other, etc.)**
  ○ **KIVO**: *Kosher, International, Vegan, and Organic*
    ■ Star K certified kosher dining facility
    ■ Home to Trellis one of our plant-based dining options
    ■ Is also a Halal certified dining facility.
  ○ *Plant-based & Mindful* options available throughout campus
  ○ **Religious Accommodations** coordinated with the Office of Faith & Meaning
Dining

- Dining Accommodation Information: [https://www.fandm.edu/office-of-student-accessibility-services/dining-accommodations](https://www.fandm.edu/office-of-student-accessibility-services/dining-accommodations)
- KIVO Information: [https://fandmdining.sodexomyway.com/dining-near-me/kivo](https://fandmdining.sodexomyway.com/dining-near-me/kivo)
- Other Information: [https://fandmdining.sodexomyway.com/my-meal-plan/welcome_class](https://fandmdining.sodexomyway.com/my-meal-plan/welcome_class)
- Gluten-Safe Dining Information: [https://content-service.sodexomyway.com/media/GlutenFreeRackCard_tcm365-172227.pdf](https://content-service.sodexomyway.com/media/GlutenFreeRackCard_tcm365-172227.pdf)
- Ben’s Bucks: [https://fandmbensbucks.com/](https://fandmbensbucks.com/)
- Specific questions: drew.niemann@sodexo.com; erik.kessler@sodexo.com; susan.hurd@sodexo.com
Transportation on Campus/Lancaster Community

- **Nightly Shuttle:** Transport students to on-campus libraries, residence halls and off campus housing along West James Street, Frederick Street and Charlotte Street.
  - Sunday – Thursday: 9:00 p.m. - 1:00 a.m.
  - Friday and Saturday: 10:00 p.m. - 2:00 a.m.

- **Lancaster Loop:** Free and convenient access to the community. Designated stops: Wegman’s, Target, Walmart, Park City Mall, Lancaster Central Market, Asian Supermarket, Giant
  - Fridays: 5:00 p.m. - 10:00 p.m.
  - Saturdays: 10:00 a.m. – 3:00 p.m.
Break Shuttle Services

F&M offers shuttles to and from Baltimore Washington International (BWI) Airport and Philadelphia International Airport (PHL) during the semester and holiday breaks.

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Travel to Lancaster from Airports

The Lancaster Amtrak train station is less than one mile from campus, offering service to Philadelphia, New York, Baltimore, Washington, Harrisburg, and Pittsburgh. ([https://www.amtrak.com/stations/lnc](https://www.amtrak.com/stations/lnc))

- EWR (Newark) = 151 miles/243 km (3 - 3.5 hour drive)
- JFK (NY) = 167 miles/ 269 km (3.5 - 4 hour drive)
  - Amtrak Trains run from New York & Newark to Lancaster
- BWI (Baltimore) = 88 miles/ 142 km to Lancaster (1.5 - 2 hour drive)
- PHL (Philadelphia) = 86 miles/ 138 km to Lancaster (1.5 -2 hour drive)
  - An Amtrak Train runs from Philadelphia to Lancaster
Break Information/ Shuttle Service

Welcome email to be sent out at the beginning of the Fall Semester includes:

• Nightly Shuttle Route:
  http://www.fandm.edu/nightly-shuttle

• Lancaster Loop Schedule/Pick Up Information:
  http://www.fandm.edu/loop

• How to schedule break shuttles:
  http://www.fandm.edu/administrative-services/break-shuttles-and-transportation

Additional Questions: csabol@fandm.edu
F&M Department of Public Safety (PSafe/DPS)
Overview of Services

- *State Accredited Police Department*; offering the following services:
  - Lock outs, walking escorts, safety talks
  - Ask the Chief
  - SAFE training, TIPS training
  - CCTV monitoring
  - Crime Prevention programs
  - COPS/House Liaison Program
  - Stay Safe programs
  - Fingerprinting, bicycle registration
F&M Department of Public Safety Resources

- The following safety communications are critical to making your student’s college experience safe:
  - **LiveSafe**: Safety, crime prevention, crime reporting App
  - **GPS Insight**: Shuttle tracking App (shuttles will *not* be available for arrival)
  - **RAVE**: emergency communications system including siren system with voice message, email alerts, and text alerts.

*Sign up on the website:*

[https://www.fandm.edu/emergency-alert](https://www.fandm.edu/emergency-alert)

- **Contact**: psdispatch@fandm.edu
F&M Department of Public Safety Partner

- Franklin & Marshall Emergency Medical Service (EMS) is a Basic Life Support unit licensed by the Pennsylvania Department of Health.
- It provides emergency response to the members of F&M and the surrounding Lancaster City community.
- F&M EMS is staffed entirely by current students and recent alumni.
- F&M EMS responds to 400+ emergency calls each academic year, dispatched both internally and via 911.
- If you have questions or comments or would like to join, contact ems@fandm.edu.
Housing

- **Roommate & College House Assignments:**
  - First week of August

- **Move-In:**
  - Friday 8/25, 8:30 a.m. - 11:30 a.m.
  - Look for a Sign-Up Genius email to select a move-in time *(sent after Roommate & College Housing Assignments are released)*

- **Public Spaces:**
  - Male, Female, and Gender Neutral bathrooms
  - Co-ed floors/Single gender rooms
  - Gender Neutral Requests on case-by-case basis
Housing

- **Furniture Specs:**
  - [www.fandm.edu/campus-life/housing-dining/residential-facilities](http://www.fandm.edu/campus-life/housing-dining/residential-facilities)
  - Residence Hall floor plans may only be viewed by enrolled students

- **What to Bring:**
  - [www.fandm.edu/campus-life/housing-dining/what-to-bring](http://www.fandm.edu/campus-life/housing-dining/what-to-bring)
Housing

Property Insurance

- Students encouraged to purchase personal property insurance from our partner, GradGuard or a company of their choosing.
- *GradGuard* provides affordable personal property insurance ($5,000 personal property - $300,000 liability)
  - [www.fandm.edu/campus-life/housing-dining/renter-s-insurance](http://www.fandm.edu/campus-life/housing-dining/renter-s-insurance)

Four Year Residency Policy

- [https://www.fandm.edu/campus-life/housing-dining/residency-policy](https://www.fandm.edu/campus-life/housing-dining/residency-policy)
- Students are required to select housing within the College’s portfolio of options all four years

For more information or specific housing concerns contact: [housing@fandm.edu](mailto:housing@fandm.edu)
Roommates

F&M views the roommate experience as an integral part of your education

- Provides the opportunity for skill development
  - Communication
  - Cooperation
  - Self-awareness
  - Conflict resolutions skills
- Offers many benefits
  - Social connections
  - Emotional support
  - Shared experiences
  - Opportunity to learn and grow
Roommates

Keys to building a great roommate relationship

- Go into the relationship with a sense of adventure
- Keep an open mind
- Start communicating as soon as you receive your roommate notification
- Assumptions based on social media are often inaccurate
- Look for things you have in common and ways to connect
- Celebrate differences-be curious
- You don’t have to be best friends
- A little respect goes a long way
Communal Residence Hall spaces

- Shared bathrooms – leave no trace
- Laundry Facilities – keep track of your time
- Lounges – places to build community
- Hallways – not for storage!
- Trash Rooms – designated spaces in each building

Please remember to respect the people who you live with, and our campus partners who maintain the spaces.
And now for Q&A!

If you have any questions, send them in the Q&A chat.
Please don't hesitate to reach out to orientationteam@fandm.edu if you think of any more questions!

Save the date for our next webinar: 
**Living On Campus, Part 2:**
**College Houses, Move-In, Orientation Overview**
Thur. Aug 10th @ 5:30 p.m.