Let's Get Involved!

There are many opportunities for you at UAlbany!

We will introduce some ways to help you to find clubs, organizations, and events that will help you to get to know other people and become more involved at UAlbany.

If you would like to learn more about various club activities, organizations, and events... You can go to the "Myinvolvement" page! Additionally, you can check the page from your campus life section on the "Myualbany" page. Here, you can see many groups and upcoming events.

- If you want to know what kind of club activities or organization are available at UAlbany... There is Podium Series!! Many club activities and organizations gather in a place, and you will be able to find information on what types of clubs/organizations are out there. If you find some groups which you are interested in, you can talk with them. This is a good opportunity to learn about UAlbany and communicate with a lot of people in person. The FIRST Podium is September 7th (Wednesday) at Campus Center Fountain!

- If you are interested in community services... There are lot of opportunities for you!! Actually, you can earn credit hours for service by signing up through the Community and Public Service Program (CPSP). Also, if you look for one-time service opportunities, you can visit the Volunteer UAlbany page on MyInvolvement.

- If you are interested in some organizations which are related in academic life... You can go to the "myinvolvement" page and discover many clubs, fraternities and sororities. For example, there is an organization called Albany Business Leaders Emerging(ABLE).
This is one of the biggest organization at UAlbany. In this organization, you can express your leadership qualities, teamwork skills and professional abilities by being positive role models within the community.

- If you are interested in sports....
You have many opportunities here, too. There are a lot of sports clubs!! You can find them in Podium, or you can simply search for them on UAlbany page or the "Myinvolvement" page!

- If you like to do exercise with others....
There is group exercise!! In group exercise, you can experience and learn YOGA, BOOT CAMP, IRX and more. You can do this for fun! If you want to do a certain exercise, you are more than welcome to go! It might be stressful being stuck in your room or library for studying, so you can exercise whenever you want to take a break from your studies. You can find more information about program information and class description available at ALBANY.EDU/REC

-TTL Maria

Important Reminders

- If you're coming from a Community College, come to our Luncheon Wednesday 8/31 11:30-1pm in the Transfer/Commuter Lounge!
- Thursday 9/1 is our Non-Traditional Student Coffee Hour 8:30-10am in the Transfer/Commuter Lounge!
- **Friday 9/2** Join us for our Mentee - Mentor Mixer 2-3pm in the Transfer/Commuter Lounge!

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Save The Date!

**EVENT CALENDAR FOR AUGUST 29TH- SEPTEMBER 11TH**

**MONDAY AUGUST 29TH**
- **WELCOME TENTS (9AM-11AM)**
- **TRANSFER MEET 'N' MINGLE (11AM- 1PM TRANSFER/COMMUTER LOUNGE)**
- **GREAT DANE WELCOME AT YOUR LIBRARY (1:30PM- PODIUM)**

**TUESDAY AUGUST 30TH**
- **WELCOME TENTS (9AM-11AM)**
- **TRANSFER MEET 'N' MINGLE (11AM- 1PM TRANSFER/COMMUTER LOUNGE)**
- **“BOARD GAME CONNECTION” (2PM- 4PM TRANSFER/COMMUTER LOUNGE) COME CONNECT WITH YOUR FELLOW COMMUTERS AND TRANSFERS WHILE PLAYING BOARD GAMES! (REFRESHMENTS WILL BE PROVIDED)**
- **ERICA MINA HYPNOTIST (8PM- PAC)**

**WEDNESDAY AUGUST 31ST**
- **WELCOME TENTS (9AM-11AM)**
- **TRANSFER MEET 'N' MINGLE (11AM- 1PM TRANSFER/COMMUTER LOUNGE)**
- **PODIUM SERIES (12- 4 PM CC FOUNTAIN)**
- **EQUALOGY (7 AND 9PM- PAC)**

**THURSDAY SEPTEMBER 1ST**
- **NON TRADITIONAL STUDENT COFFEE HOUR (8:30AM- 10AM TRANSFER/COMMUTER LOUNGE)**
- **“VOLLEYBALL ON DUTCH QUAD” (4PM-5PM) COME & ENJOY A FUN GAME OF VOLLEYBALL WITH YOUR FELLOW COMMUTERS AND TRANSFERS! (REFRESHMENTS WILL BE PROVIDED)**

**FRIDAY SEPTEMBER 2ND**
MENTOR/MENTEE MIXER (2PM-3PM TRANSFER/COMMUTER LOUNGE)***

“ICE CREAM SOCIAL” (1-2:30PM TRANSFER/COMMUTER LOUNGE) COME ENJOY SOME ICE CREAM & CONNECT WITH YOUR FELLOW TRANSFERS AND COMMUTERS!***

UALBANY NIGHT AT LUCKY STRIKE (5PM- CAMPUS CENTER)

**SATURDAY SEPTEMBER 3RD**

PODIUM PANDEMONIUM (12PM- PODIUM)

**SUNDAY SEPTEMBER 4TH**

OUTDOOR MOVIE (8PM- COLLIN CIRCLE)

**MONDAY SEPTEMBER 5TH**

NO CLASSES

**TUESDAY SEPTEMBER 6TH**

TRANSFER STUDENT SPEED DATING (7PM ALDEN HALL BASEMENT)

**WEDNESDAY SEPTEMBER 7TH**

PODIUM SERIES (12-4PM CAMPUS CENTER FOUNTAIN)

**THURSDAY SEPTEMBER 8TH**

PEP RALLY (TIME/LOCATION TBD)

**FRIDAY SEPTEMBER 9TH**

FALL FRIDAY (2:45PM- LC 1)

**SATURDAY SEPTEMBER 10TH**

ALL WORLD SERVICE EVENT (9AM-1PM)

CLASH OF THE QUADS (2-5PM SEFCU ARENA)

**SUNDAY SEPTEMBER 11TH**

ALL WORLD SERVICE EVENT (11AM-4PM)

***TRANSFER/COMMUTER SPECIFIC EVENTS (OTHERWISE THE EVENT IS CAMPUS WIDE)

- TTL Dakayla
## Best Food Near UALBANY

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Minimum Delivery</th>
<th>Bus</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Eat There or Delivery</td>
<td>La Fiesta</td>
<td>1610 Central Ave</td>
<td>518-482-3940</td>
<td>$10</td>
<td>N</td>
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<tr>
<td>Eat There or Delivery</td>
<td>Shogun</td>
<td>457 Madison Ave</td>
<td>518-545-3238</td>
<td>$15</td>
<td>From main route 12 or 1 Walk down</td>
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<tr>
<td>Eat There or Delivery</td>
<td>Sushi Tei</td>
<td>1800 Western Ave</td>
<td>518-417-4703</td>
<td>$15</td>
<td>1</td>
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<td>Eat There or Delivery</td>
<td>Pepper Jacks</td>
<td>192 N Allen St</td>
<td>518-545-3234</td>
<td>$15</td>
<td>From main route 12 Washington Allen St, Wal Alle</td>
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<tr>
<td>Eat There or Delivery</td>
<td>Bombers Burrito</td>
<td>258 Lark St</td>
<td>518-463-9636</td>
<td>$20</td>
<td>From main route 12 or 1 Walk down</td>
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<tr>
<td>Eat There</td>
<td>Gateway Diner</td>
<td>899 Central Ave</td>
<td>518-482-7557</td>
<td>-</td>
<td>7</td>
</tr>
<tr>
<td>Eat There</td>
<td>Ben &amp; Jerry's</td>
<td>467 Madison Ave</td>
<td>518-599-5508</td>
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<td>From main route 12 or 1 Walk down</td>
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<tr>
<td>Eat There</td>
<td>Stuyvesant Plaza</td>
<td>1475 Western Ave</td>
<td>-</td>
<td>114</td>
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Great websites for food suggestions; [www.albany.edu/~dilafo/transfer/eat_list.html](http://www.albany.edu/~dilafo/transfer/eat_list.html)

- TTL Katje

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Stay In Touch with Student Engagement & The Transfer Transition Leaders!
E-mail: studentengagement@albany.edu
Visit: Office of Undergraduate Education, LC 31
8:30 AM - 5:00 PM, Monday through Friday
Call: 518.442.5333

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