Duquesne University
Mandela Washington Fellowship for Young African Leaders
Logistical Information

TRAVEL INFORMATION

Your international travel will be booked by IREX and they will provide your flight information directly to you in early June. A representative of Duquesne will meet you at the airport to ensure that you are transported from the airport to the Institute. As the arrival date approaches, we will share the names and contact information of Institute representatives in case you have questions or emergencies during your travel.

Also, in the unlikely event that your flight has been delayed or there have been some last minute changes in your arrival plans, please be sure to inform us as soon as possible so that we can make arrangements for you to be picked up by one of our Institute staff members. We will also provide all of you with our mobile phone numbers in future communication should you need to contact us while you are traveling.

During the Institute

We will be traveling as a group to many of the events during the Institute in large 15-passenger vans. At other times you will be traveling around the city on your own utilizing our local public transportation system called PAT (Port Authority of Allegheny County) (http://www.portauthority.org). You will be provided with prepaid bus cards to help you get around the city; however, if you have a need to increase the amount of funds on the prepaid card for personal interests, we can provide you with assistance to do so.

HOUSING AND MEAL INFORMATION

Accommodations and Facilities

You will stay in split-suites on campus in Vickroy Hall. For some of you, this may be your first time staying in a university residence hall, so we have included some tips to make your stay comfortable.

Vickroy Hall is a “suite style” residence hall as there are two bedrooms per suite, with a shared en-suite bathroom. Each suite
will be single gender. Duquesne will provide the bedsheets, pillows and towels; however, if you think you may require more towels or your own pillow while here, please feel free to bring your own. Also, be sure to bring the necessary toiletries (bathroom supplies such as soap, shampoo, etc.) that you would normally use when traveling, since these will not be available in the residence hall. Of course, we will be going on shopping excursions nearby so that you can purchase what you want during your planning.

We plan to accommodate all of our Fellows to two gender-specific floors. Vickroy Hall is staffed with a full-time resident director throughout the summer, and the program will provide two “Resident Assistants” who will live in Vickroy Hall to assist you with any issues that may arise while you are staying on campus. You will also be issued an identification card that will grant you access to the many services on campus, including the residence hall.

Free laundry services are also available in the residence halls. Fellows will be able to purchase soap and other washing products once they are here in Pittsburgh.

Vickroy Hall is proud to offer a brand new kitchen facility on the first floor. Fellows will have access to a kitchen featuring: two electric stoves with ovens, two full-size refrigerators with ice and water dispensers in door, Keurig Coffee Machine, an island-style countertop with double bowl sinks, under-counter microwave, bar height counter and stools, and pots, pans, plates, silverware etc.

Fellows will also have access to the Power Center, an on-campus, full service fitness center open throughout the summer. Your ID card will give you access to these facilities.

**Meals**

All of your meals will be provided during the program, including meals during your arrival weekend and a Welcome Dinner the evening of Sunday, June 19. Many of your meals will be accommodated in our buffet-style dining halls (http://www.duq.edu/life-at-duquesne/dining) that remain open during the summer months, and will provide a variety of options. We are also working with our Dining Services to ensure that there are certain options that will be appealing to many of you as well as those options that are needed to accommodate religious observances, etc. The new kitchen facility in Vickroy Hall will allow you to cook/prepare any meals throughout the program, as the schedule permits. As the kitchen is open at all times, you are free to use the facility, instead of the Duquesne dining options, at your convenience.

Each week, you will enjoy a meal within the homes of host families, and other meals will be provided by some of our hosts at the site visits and other official events. You will also be free to use the kitchen facilities in Vickroy Hall at any point.

Please be sure to inform us if you have any dietary restrictions when communicating with IREX and the State Department. We are certainly aware of the various dietary restrictions and
religious observances that may exist for some Fellows, so we will make every effort to accommodate all of you during your time here.

WEATHER AND PACKING INFORMATION

Pittsburgh weather

In June and July Pittsburgh is generally hot and somewhat humid, but temperatures can range from 62°F to 85°F (17°C to 30°C). Temperatures can sometimes drop in the nighttime, but rise dramatically during the day. June and July tend to be dry, but there is always a possibility of rain, so consider bringing a small travel umbrella with you as well. We recommend that you pack clothing for warm weather with the potential for rain. As is the case for most of the northeastern United States, weather can be somewhat unpredictable.

You should plan on packing clothes that are considered “smart casual” (casual business dress) for most programs, site visits, and mentorships and one to two formal business outfits for other events. “Professional casual” does not mean that you must wear a suit and tie or dress, but rather something that you might wear to a special event that doesn’t require formal attire. Also, be sure to bring comfortable walking shoes, as we will be on the move quite a bit.

Since the weather can sometimes be unpredictable, locals will frequently suggest that you dress in layers so that you can stay warm or cool as much as possible. U.S. Americans are also very fond of air conditioning in the summer months, which means that you can be moving from very hot outdoor temperatures to very cool indoor temperatures rather frequently. Dressing in layers, or bringing a light sweater or jacket, can certainly help you acclimatize to these differences in temperatures.

We will indicate on our final schedule what the dress code for each day and event will be. Of course, we encourage you to bring along some traditional/national fashions and clothing from your own local culture for our special events and other photo opportunities.

OUR COMMUNITY

Pittsburgh is a wonderfully accessible city that has been home to various cultures throughout the 20th century. As a result, there are many opportunities to taste a variety of foods, take cultural excursions, and observe various forms of worship each week. We will provide a list of locations with this communication, but we will also
continue to update this information as we finalize details for the Institute.

For our Roman Catholic Fellows, Mass is offered every day at 7am and 12pm and on Sundays at 11am and 7pm; the chapel is open throughout the day from 8:30am to 4:30pm for personal meditation. For our Muslim Fellows, we have newly renovated Prayers Rooms for Fellows to utilize whenever you wish. We also provide a non-denominational Meditation Room that is open from 8:30am to 4:30pm Monday-Friday.

**COMMUNICATION**

IREX will provide all Fellows with a smartphone that can be used for calling and texting within the United States and an international calling card with a limited amount of minutes for you to call home to let your family know you have arrived safely. You will receive these when you arrive at your Institute. If you have an unlocked smartphone you may want to consider bringing it and purchasing a SIM card in the United States. All data charges in the United States will be at your own expense; we encourage you to use Wi-Fi whenever it is available.

Wi-Fi is widely available throughout our campus, and as a guest on our campus, you will be provided with an account that will provide you with unlimited access to Wi-Fi. There are no landline phones or televisions in the rooms; however, there are lounges on each floor that have televisions and there are public phones on campus.

Ethernet connections and Wi-Fi are available in each dorm room should you bring your own laptop and/or tablet. You will also have access to a 24-hour computer lab in St. Martin’s Living-Learning Center (just a short walk from your residence hall) with Internet access.

**CASH AND MONEY MATTERS**

Although most of your expenses will be covered as a Mandela Washington Fellow, and you will receive a stipend for incidentals and book and cultural allowance, you may want to consider bringing some U.S. dollars or an accessible Automatic Teller Machine (ATM) Card with you should you wish to buy any extras while you are here. Credit cards also work very well in the United States. Keep in mind that you will receive the best possible exchange rate when you use an ATM card or a credit card. You may want to check the exchange rate for the US dollar before you leave.
ONLINE RESOURCES

As you prepare for your experience in Pittsburgh, we invite you to take a closer look at Duquesne by going to www.duq.edu. The Duquesne University Mandela Washington 2017 Website (www.duq.com/mandelafellows), will provide access to various documents, logistical details, and other information about the Duquesne University, Civic Leadership Program. We have also set up a private Facebook group for the Duquesne Fellows (Duquesne Mandela Fellows 2017), which we will use for regular communications and sharing photos and videos throughout the program. The university Facebook page (@duquesneuniversityoftheholyspirit) will be the main source for all official social media announcements during the program. Please like/follow the Duquesne University of The Holy Spirit Facebook page now, to see a bit of the community culture and environment that you will become a part of soon!

BRING SOMETHING FUN FROM HOME!

We would like to ask each of you to bring a few special, inexpensive artifacts that represent your culture to present to your mentors as well as the host families with whom you will share a meal each week.
Suggestions on what to pack for your visit

**Clothing**
- Casual attire for day program (temperatures tend to be quite warm, but it can also vary mid-summer)
- Business/professional attire (for some of our more formal visits)
- Light jacket
- Poncho/rain jacket
- Comfortable shoes
- Dress shoes
- Umbrella
- Hat
- An extra change of clothes for your carry-on
- Extra towel for the dormitory room (one will be provided in room)
- Wash cloths (one will be provided in room)

**Personal Hygiene**
- Shampoo/Conditioner
- Hair products
- Comb/Brush
- Favorite soap
- Tooth brush/Tooth paste/Dental floss
- Small packs of tissues
- Deodorant

**Health and Safety Items**
- Sunscreen
- Extra pair of eyeglasses and/or contact lenses (and your lens prescriptions)
- Extra contact lens solution
- Any necessary medications that you must take while away from home in their original packing or vials

**Documents and Information**
- Passport
- Visa (if required from your country)
- Copies of your passport and visa stored in a separate place
- Airplane tickets
- A copy of your program acceptance letters and communication from Duquesne and the Mandela Washington Program
- Health Insurance information
Money (for personal purchases/needs)
- Money-belt or neck wallet
- Cash
- ATM card (the exchange rate will be best when using an ATM card)
- Credit cards (most cards widely used for routine purchases in the U.S.)
- Traveler’s checks (a bit outdated, but sometimes useful)

Miscellaneous
- Laptop Computer
- Tablet
- Phone/Tablet Chargers
- Camera
- Journal to write about experiences
- Portable music players
- Ziploc plastic bags (to keep things dry)

IMPORTANT!
- Gifts from your home country
- Battery-operated alarm clock
International Grocery Stores in Pittsburgh

Salem's Halal Meats & Groceries
2923 Penn Ave.
Pittsburgh, PA 15201
412-235-7828

Pitaland Mediterranean Bakery and Grocery
620 Brookline Blvd.
Pittsburgh, PA 15226-2004
P: 412-531-5040

Salim's - Middle Eastern Grocery and Take-out Food
4705 Centre Ave.
Pittsburgh, PA 15213
P: 412-621-8110

Bombay Food Mart
4605 Centre Ave,
Pittsburgh, PA. 15213
P: 412 687 7100

Kohli’s Indian Imports
319 South Craig Street
Pittsburgh, PA 15213
P: 412-621-1800

New Sambok Oriental Foods
1735 Penn Avenue
Pittsburgh, PA 15222
P: 412-261-9377

Young’s Oriental Grocery Store
5813 Forward Ave
Pittsburgh, PA 15217
P: 412-422-0559

Tokyo Japanese Food Store
5855 Ellsworth Ave
Pittsburgh, PA 15232
P: 412-661-3777

Ethnic Foods, Taste of Europe
4374 Murray Ave.
Pittsburgh, PA 15217
P: 412-421-6708

Kiev (Eastern European / Russian)
4223 Murray Ave
Pittsburgh, PA 15217
P: 412-521-4303

Reyna Foods Mexican Grocery –
2031 Penn Ave
Pittsburgh, PA 15222
P: 412-261-2606

Las Palmas Carniceria y Supermercado
700 Brookline Blvd
Pittsburgh, PA 15226
P: 412-344-1131
International Restaurants in Pittsburgh

**American**

Hard Rock Cafe
230 W. Station Square Drive,
Pittsburgh, PA 15219
(412) 481-7625

Max & Erma's
130 Andrew Drive
Pittsburgh, PA 15275
(412) 787-7000

Houlihan's Restaurant and Bar
125 W. Station Square Drive,
Pittsburgh, PA 15219
Telephone: (412) 232-0302

Primanti Brothers
2 South Market Square
Pittsburgh, PA 15222
(412) 261-1599

**Caribbean**

Fireside Caribbean Restaurant
796 Penn Ave.
Pittsburgh, PA 15221
(412) 243-6344

**Ethiopian**

Tana Ethiopian Cuisine
5929 Baum Blvd
Pittsburgh, PA 15206
(412) 665-2770

**Chinese**

Mandarin Gourmet
305 Wood Street
Pittsburgh, PA 15222
(412) 261-6151

Sesame Inn
715 Washington Road
Pittsburgh, PA 15228
Telephone: (412) 341-2555

Golden Palace Buffet
3607 Forbes Ave.
Pittsburgh, PA 15222
Telephone: (412) 687-2288

China Palace
5440 Walnut St.
Pittsburgh, PA 15232
412-687-7423

**Greek**

Christos Mediterranean Grill
130 6th St.
Pittsburgh, PA 15222
(412) 261-6442

Salonika Gyros,
133 6th St.
Pittsburgh, PA 15222
(412) 261-4770

**Indian**

Sree's Foods
2103 Murray Avenue
Pittsburgh, PA 15217
(412) 860-9181

India Palace Cuisine
137 6th St., Roosevelt Building
Pittsburgh, PA 15222
(412) 471-0660

**Irish**

Mullaney’s Harp and Fiddle
2329 Penn Ave.
Pittsburgh, PA 15222
(412) 642-6622

McFadden’s
211 North Shore Drive
Pittsburgh, PA 15212
(412) 322-3470

**Italian**

Buca di Beppo
3 Station Square Drive,
Pittsburgh, PA 15219
(412) 471-9463

**Japanese**

Sushi Kim
1241 Penn Avenue,
Pittsburgh, PA 15222
(412) 281-9956

Sushi and Rolls
One Oxford Centre, #3
301 Grant Street, Plaza Level
Pittsburgh, PA 15219
(412) 255-0520

**Mexican**

Cuzamal
2109 Murray Ave
Pittsburgh, PA 15217
(412) 521-3250

Qdoba Mexican Grill
601 Grant Street
Pittsburgh, PA 15219
(412) 281-3143

Peruvian
La Feria
5527 Walnut St
Pittsburgh, PA 15232
(412) 682-4501

Middle Eastern
Aladdin's

5878 Forbes Ave
Pittsburgh, PA 15217
(412) 421-5100

Ali Baba
404 S Craig St
Pittsburgh, PA 15213
(412) 682-2829

Spanish
Mallorca
2228 East Carson Street
Pittsburgh, PA 15203
(412) 488-1818

Thai
Silk Elephant
1712 Murray Ave
Pittsburgh, PA 15217
(412) 421 8801

Bangkok Balcony
5846 Forbes Ave
Pittsburgh, PA 15217
(412) 521 0728

Thai Place
5528 Walnut Street
Pittsburgh, PA 15232
(412) 687-8586

Turkish
Istanbul Grille
600 Grant St,
Pittsburgh, PA 15219
(412) 999-0841
Places of Worship in Pittsburgh

**Christianity**

Pittsburgh Chinese Church Oakland
134 North Dithridge Street
Pittsburgh, PA 15213
P: 412-687-3060
W: http://www.pccoakland.org

Korean Central Church of Pittsburgh
821 South Aiken Avenue,
Pittsburgh, P: 412-687-7775
W: http://www.mykccp.org

Mt. Zion Korean Presbyterian Church
2500 McCrady Road,
Pittsburgh, PA 15235
W: http://www.sungsanchurch.org

Korean United Presbyterian Church of Pittsburgh
7600 Ross Park Dr.,
Pittsburgh, PA 15237
P: 412-369-9470
W: http://www.pittsburgh-korean-church.org

Our Lady of Victory Maronite Church
1000 Lindsay Rd.,
Carnegie, PA 15106
P: 412-278-0841

St. George Cathedral (Antioch)
3400 Dawson St.
Pittsburgh, PA 15213
P: 412-681-2988
W: http://sgcoakland.org

Asian Indian Christian Church of Pittsburgh
1630 Greentree Rd.
Pittsburgh, PA 15221
P: 412-372-1703

St. Vladimir Church (Ukrainian)
73 S. 18th St.
Pittsburgh, PA 15203
P: 412-431-9758

St. John the Baptist Orthodox Church of Northside
2688 California Ave.
Pittsburgh, PA 15212
P: 412-766-4691

Holy Trinity Cathedral (Serbian)
450 Maxwell Drive
Pittsburgh, PA 15236

St. Nicholas Cathedral (Greek)
419 South Dithridge Street
Pittsburgh, PA 15213
P: 412-682-3866

First Baptist Church of Pittsburgh
159 North Bellefield Avenue
Pittsburgh, PA 15213
P: 412-621-0500

East Liberty Presbyterian Church
116 South Highland Avenue
Pittsburgh, PA 15206
P: 412-441-3800
W: http://www.cathedralofhope.org

Cathedral of Saint Paul in Pittsburgh
108 North Dithridge Street, Pittsburgh, PA 15213
P: 412-621-4951
**Islam**
Attawheed Center
401 Washington Ave
Carnegie, PA 15106
P: 412-344-4404

Islamic Center of Pittsburgh
4100 Bigelow Boulevard
Pittsburgh, PA 15213-1408
P: 412-682-5555
W: icp-pgh.org

Imamia Organization of Pittsburgh
351 Old Haymaker Rd.
Monroeville, PA 15146
E: imamiaorganization@gmail.com

Muslim Community Center of Greater Pittsburgh
233 Seaman Lane,
Monroeville, PA 15146
P: 412-373-0101
E: mccgpinfo@gmail.com

**Sikhism**
Pittsburgh Sikh Gurdwara
4407 McKenzie Drive, Monroeville, PA 15146
P: 412-372-8890
E: contact@pittsburghsikh.org
W: http://www.pittsburghsikh.org

**Buddhism**
Pittsburgh Buddhist Center
111, Route 908
Natrona Heights, PA 15065
P: 724-295-2525
P: 412-741-1262
info@pittsburghbuddhistcenter.org
http://www.pittsburghbuddhistcenter.org

Zen Center of Pittsburgh
124 Willow Ridge Road
Sewickley, PA 15143
E: kyoki@prairiewindzen.org
http://www.deepspringzen.org

**Hinduism**
Sri Venkateswara Temple
1230 S. McCully Dr.
Pittsburgh, PA 15235
P: 412-373-3380
W: http://www.svtemple.org

Hindu Jain Temple
615 Illini Drive,
Monroeville, PA 15146
P: 724-325-2054
E: info@hindujaintemple.org
W: http://www.hindujaintemple.org

**Judaism**
Temple Sinai
5505 Forbes Avenue, Pittsburgh, PA 15217
P: 412-421-9715
E: office@templesinaipgh.org
W: http://www.templesinaipgh.org

Tree of Life Congregation
5898 Wilkins Ave
Pittsburgh, PA 15217
P: 412-521-6788
E: tolpgh@aol.com
W: www.tolpgh.org