Woods Hole Resource Map

- Requests for BIPOC Resources at WHOI
  - 5 Woods Hole scientific institutions working together to generate affinity groups
  - Continuing support for online communities for people of color (e.g. GeoLatinas)
  - DEI office - institutionalized (could be shared across institutions but prefer one specifically at WHOI)
  - Ombudsman - essential point of contact for support for all WHOI personnel/students
  - Having a detailed resource about safe places, opportunities for marginalized groups

- Mentoring that is available (Structures in place for working with new hires/Expected evaluations)
  - Scientist:
    - Mentoring committee provided in each department. Usually 2-3 members, including one outside the department.
    - Annual review followed by a peel-away meeting where higher ‘ranks’ provide feedback on/to lower ‘ranks’
  - Post Doc:
    - Bi-annual mentoring meeting with Postdoc Mentoring Committee (MC&G)
    - Informal peer-to-peer mentoring through the Postdoc Association
  - JP Student:
    - EAPS Mentors: Pre-generals EAPS students are paired with post-generals EAPS students and have a funded meal twice a semester.
    - Faculty Mentors: Pre-generals MC&G students have two faculty members that advise on generals exams.

- Core work resources (Code of conduct/Reporting policies/Equipment resources (e.g. bikes/cruise and field work equipment?)/Funding opportunities (e.g. funds for conferences, work equipment)
  - General:
  - Scientist:
    - Start-up funds, including small amount for technician support to start lab
    - Competitive internal awards
    - Departmental funds - use of these depends on department (and Chair). In MC&G these are frequently used to help young scientists travel for conferences, meeting with program managers, or non-research needs
  - Post Doc:
    - Funds are dependent on postdoc position. Postdoc scholars receive a small stipend for research/resources. Resources available to postdoc investigators and fellows are dependent on funding mechanism (grant, fellowship resources).
  - JP Student:
Funding
- Houghton Fund (http://paocweb.mit.edu/resources/houghton-fund)
- MIT-WHOI Student Assistance Fund
  (https://mit.whoi.edu/admissions/funding/mit-student-assistance-fund/)
- Conference Travel Fund
  (https://mit.whoi.edu/academics/policies/conference-travel-funding/)

Recreational
- JP Kayak Rental

Community resources: (Resources for housing, moving expenses, assistance/Mental health resources/Spiritual organizations/Hobbies)
  - General:
    - WHOI used to have an ombudsman but doesn’t anymore - this has been brought up frequently as something we need.
    - HR is willing to help locate resources
  - Scientist:
    - Moving expenses paid when get position
    - Dependent care fund to help defray some of these costs
    - Medical insurance includes mental health resources; covers cost of 52 counseling appointments per year (I think?)
  - Post Doc: Medical insurance and housing stipend depending on position and funding mechanism.
  - JP Student: JP and EAPS REFS (resources for easing stress and friction) - post generals (usually) graduate students that are confidential? For discussing issues between advisors and students, general mental health, study strategies, etc.; almost like voluntary peer mentors.

Professional development resources: (Resources for proposal writing, public speaking, networking, media training, teaching/List of fellowships, internships, summer experiences/Departmental, regional seminars, presentation opportunities):
  - General: access to numerous seminars throughout the Institution, including some panels, workshops on various topics such as Matlab, patenting ideas/technologies
  - Scientist:
    - Few professional development resources for faculty, besides some that are typically offered for students but faculty can ‘crash’ (e.g., Matlab trainings)
    - Scientists rely on each other for help with proposal writing, networking etc. Mentors help mentees with this.
  - Post Doc:
    - Proposal writing course
    - Other panels/workshops organized by the Postdoc Association
  - JP Student:
    - Proposal writing course (Mahadevan/Gast?)
- MIT Toastmasters
- Outreach and DEI resources
  - General:
  - Education outreach
    - Broader Impacts Group organizes outreach to K-12 and runs outreach training workshops for scientists. If you are interested in doing outreach (i.e. getting on their email list to do outreach) or participating in the leadership team to run outreach, email: Big_Leadership@mit.edu
  - Committee for Diversity and Inclusion includes working groups for many different subjects at WHOI related to increasing diversity and inclusion. If you are interested in joining a working group, email: cdi@whoi.edu
    - Resources & Metrics Group
    - Community Building Group
    - Academic Recruitment Group
    - Messaging & Implementation Group
    - Room Naming Working Group
    - Events Group
  - Safe spaces for URM: Likely to contact Adam Subas, diversity faculty: asubhas@whoi.edu
    - Listening sessions
    - Slack Channel

Outside of work resources: available to everyone!
Outdoor activities:
- Take a walk to the Knob: https://saltpondsanctuaries.org/the-knob/
  - The Knob is a great place for a walk, swim, fishing/spearfishing, quahog-ing, and doggy playdates.
- Beebe woods
  - Great for 1-4 mile hikes, WATCH FOR TICKS
  - Nice pond/lake swimming, spots for BBQs
  - There are sheep at Peterson Farm you can visit
- Beach bonfire at Shore Lab
  - +1 this is really nice
- Clamming!
  - You need a clamming rake, gauge, basket, and permit. I (Katie, kahallor@mit.edu) am happy to take anybody who’s interested
  - Noah is also very into this. He and Katie are fully equipped and willing to take people.
- Kayaking / Paddleboarding
  - The JP has kayaks and blow-up paddleboards that are easy to access. They are on Eel Pond and you can take them out to the Elizabethan Islands.
The WHOI Sustainability Task Force has this helpful link with people to contact about various outdoor activities. I’m not sure how many of these activities are still happening during the pandemic: https://intranet.whoi.edu/aroundwhoi/whoi-recreation/

Landfall Dock
- It’s a public dock! They can’t kick you off. Walk around the side of Landfall and you should see a small white gate you can walk through. Personally, I like getting Coffee O and then sitting contemplatively on the dock thinking about my life’s mistakes.
- You can also get takeout mozzarella sticks from Landfall! and eat them on the dock

Good outdoor stress relief (especially after meetings with your advisors), head on down to Shore Lab where the beach is more rock than sand, and throw all the big ones into the ocean. Screaming into the tides is optional.

Spohr Gardens is right next to OP and nice to wander around. Also has nice places to sit on Oyster Pond.

Sledding at the golf course, if we ever get enough snow!

Sports and exercise:
- Fitness classes at 241 Fitness! They have a variety of classes like zumba, cardio dance, free weight classes, aerobic classes, barre, etc. Right now they are doing both in studio (with masks on) and Zoom classes. I’ve taken a lot of the classes so email me (Lydia, lydiaba@mit.edu) if you have questions!
- Shawnee (shawnee@mit.edu) has a slack line and is happy to share it when she’s around
- Youtube fitness is pretty good - yoga with Adriene, Pamela Reif, etc.
- Lunchtime soccer (contact soccer@whoi.edu)
  - They are doing one-touch soccer, which is supposed to be socially distant. However, do this at your own comfort/peril.

Good running routes:
- Shining Sea Bikeway
- Beebe woods
- Long Pond
- WHOI fitness trail

Good hiking routes:
- Anna Gordon moraine trail
- South Cape Beach state park
- If you’re up for a drive, Fort Hill in Orleans is beautiful. More of a gentle nature walk than a hike though, as is everything on the Cape
- Mashpee National Wildlife Refuge
- Frances Crane Wildlife Management Area
• Off Cape (Plymouth) Myles Standish State Forest - lots of space, forest, trails, bike paths - largest state forest or park in Massachusetts (I think?).

Good biking routes:
• Martha’s Vineyard
  ○ Has lots of bike paths, you can bike the perimeter of the island. Take the ferry and make a day trip out of it!
• Cape Cod Rail Trail
  ○ A bit of a drive from Woods Hole, but is a very beautiful path. Lots of hiking offshoots off this path as well.

Good beaches:
• South Cape Beach
• Chappaquoit beach
• Woodneck beach
• Stony Beach -- in the village. Good sunset spot!
• Little Island in North Falmouth. The sandy beach is private, but there’s a gorgeous rocky beach through a little patch of woods. Another great sunset spot.
• Lawrence Island in Cataumet. Super nice sandy beach that is never busy, even during peak season. Once the weather is nice, I recommend biking to Somerset Creamery, eating lots of ice cream to regain your strength after a ~10 mile ride from OP, then head to Lawrence Island for a few hours.

Indoor crafts/activities:
• Falmouth Arts Center Pottery: https://falmouthart.org/product-category/adult-classes/clay/
• Music Classes at Falmouth Conservatory: https://www.artscapecod.org/venue/cape-conservatory-falmouth-campus/
• Improv classes! Lots are online now (e.g., Second City) and it’s a fun way to improve public speaking skills/comfort.
• Gardening - seedlings can be started indoors soonish and many herbs and other plants can be indoor year-round
  ○ You can apply for a WHOI garden plot
• Improve your sewing and/or embroidering skills by mending old clothing. Look into visible mending and sashiko for inspiration. Lots of guides online.

Good Take-Out:
• Moto Pizza
• Wicked n’ Wood (BBQ foodtruck) - YESTHIS!
• Golden Swan
• Thai Kitchen (they have bubble tea)
• Devour (the Betty is a good sandwich!)
• Bowl House (In Liam Mcguire’s Kitchen the salmon bowl is good!!)
- Woods Hole Coffee O Breakfast Sandwiches
- Osteria LaCivetta
- Anejo’s Taco Tuesdays
- Cape Cod Bagel
- North Falmouth Cheese Shop
- Estia
- Peel Pizza - thin crust - lots of topping varieties
- Water Street Kitchen

Online stuff you can do through MIT for JP students:
- IAP fun course offerings (things like a workshop on “Fermentation of food”): [http://student.mit.edu/iap/nctoc.html](http://student.mit.edu/iap/nctoc.html)
- Foreign language practice: [http://student.mit.edu/searchiap/iap-9289afed754ffdd4701764dc606c00559.html](http://student.mit.edu/searchiap/iap-9289afed754ffdd4701764dc606c00559.html)

Are there any foreign language groups that operate - for folks wanting to practice and learn a foreign language?