



FISU
WORLD
UNIVERSITY
GAMES
WINTER

**WELCOME TO
NORTHWOOD
SCHOOL (VNS)**

WELCOME

Welcome to Northwood School, the Village for Alpine Skiing. We are excited to have you staying with us!

HELP DESKS

Information desks are located in the lobby immediately on your left after walking through the main entrance. Representatives from Resident Services, Delegation Services, Sport and Transportation will be available to answer questions and provide necessary updates.

Below are the scheduled desk times.

- Resident Services: 07:00 - 21:00
- Delegation Services: 07:00 - 19:00
- Sport: 07:00 - 19:00
- Transportation: 07:00 – Last Vehicle

EMERGENCY CONTACTS

In case of an emergency, call 911. The Village Manager is available by phone at (518) 637-4173.

MEDICAL SERVICES

Medical services are on site at all venues and will be provided at the Main Medical Center located at 208 Old Military Rd. Lake Placid, NY 12946.

Shuttles to the Main Medical Center are available from OCN Lot 1 on Main Street between the hours of 09:00 and 19:00.

WAX CABINS

Wax cabins are located in the Northwood School field house behind the main building with space for ski storage. There is signage within the main building that leads to the field house. Batteries are supplied within each wax cabin and will be charged overnight. Each wax cabin is labeled by their respective countries and will be locked with a combination lock overnight between the hours of 20:00 and 07:00. Combinations to unlock the wax cabins will be handed out with room keys.

FITNESS CENTER

Delegates have accessed Northwood School's fitness center throughout the Lake Placid 2023 FISU Games. The fitness center is located past the wax cabins in the Northwood School field house. There is a doorway on the back wall across from the entrance to the field house.

The fitness center will be open at all hours during the Lake Placid 2023 FISU Games. We ask that you treat the equipment with care and be kind to others that may be using the fitness center as well.

RELIGIOUS CENTER

The Religious Center is on the fourth (4th) floor of the Hampton Inn Hotel (801 Mirror Lake Drive, Lake Placid, NY 12946). A chapel representative will be available throughout the Lake Placid 2023 FISU Games for help and support. If you'd like to book the room for personal use, you can do so using this link:

VHI: Religious Center

Operating Hours: 10:00 to 18:00

MEETING SPACES

Bookable meeting spaces are available at Northwood School. The meeting spaces are located in the Uihlein Building, a separate building across from the rear entrance to the main building. There are three (3) classrooms available (205, 208, 211). The links to book these meeting spaces are listed below:

[VNS: Meeting Room 205](#)

[VNS: Meeting Room 208](#)

[VNS: Meeting Room 211](#)

[VNS: Lecture Hall](#)

[VNS: Infirmary room 1](#)

*Please see the Resident Services Desk with any questions or assistance.

LAUNDRY SERVICES

Laundry at Northwood School will be self-service for all delegates. There are three (3) laundry rooms available on campus for personal use:

- Room 107 located on the west first (1st) floor
- Room 256E located on the east second (2nd) floor
- Bottom floor of Bergamini

Laundry rooms will be stocked with single load liquid laundry detergent daily by staff. Please visit the Resident Services Desk in the main lobby if detergent isn't found in the laundry room.

FOOD & BEVERAGE

Northwood School's dining hall is located on the main level to the right of the main entrance. Mealtimes are below:

- Breakfast: 05:30-9:30
- Lunch: 11:00-14:00 for a full menu and 14:00-16:00 for soup & sandwiches
- Dinner: 17:00-20:00
- Late Snack: 20:00-21:30

Late night snacks will be available in the same location from 20:00-21:30.

DELEGATE LOUNGE

Located on the west ground floor. Hours: 15:00-21:00 daily. Kick back and relax with friends. Board games, pool, ping pong and a Nintendo Switch will be available in the lounge nightly.

QUIET HOURS

Quiet hours in the Village are from 22:00 to 05:00. Please be respectful of noise levels during this time.