Project Waves
A Brief Introduction
Table of Contents

Introductory Letter 3
Mission, Vision, Goals 4
Program Overview 5
Sample Daily Schedule 6
Gear List 7
Frequently Asked Questions 13
Contact Information 15
Dear Project Waves participants, parents, and guardians,

Congratulations! We are thrilled to have you as part of the Project Waves family. Project Waves (PWaves) is a 7-day program designed to acclimate first-year students to Duke prior to the start of Orientation Week. While the program is centered around fun in the outdoors, its true impact goes far beyond 7 awesome days. Rather, PWaves is meant to form a foundation of friendship and support that will last throughout the Duke experience and far beyond it. When first-year students arrive for Orientation Week following the program, our hope is that they will be more confident and comfortable at Duke than they were when they rolled into PWaves.

To all parents and guardians, first and foremost, thank you for allowing your student to leave home 7 days earlier to come join our program. Our staff members can attest to how grateful we are that our parents made the same decision, as our Duke experience would have been fundamentally different without PWaves. When we design the program and train our staff members, your student’s safety and enjoyment is paramount. The success of our program is entirely based on the experience of the first-year students that participate, so, when you send your student to PWaves on August 9th, know that they are in good hands. Even though it means 7 fewer days with your student, we promise that it will be worth both their time and yours!

Upon completion of their first year, many students cite PWaves as one of their favorite experiences. Our staff has put in countless hours to make this program a success, and we are thrilled that PWaves 2021 is just around the corner. Use this packet to help answer any questions that you may have, and, if some remain, please feel free to email us at project_waves@duke.edu. And once again, welcome!

Much love and good vibes only,

Kate Straneva and Brandon Lindsey
Project Waves Program Directors, 2021
Mission, Vision, Goals

Mission
The mission of Project Waves to provide spaces for first-year students to connect to one another in a safe, fun, and encouraging environment. We will foster these connections through attention toward first-year student experience and the unwavering commitment to providing an incredible start to a student’s time at Duke University. While on the program, there is one phrase that we strive for all staff members and participants to follow: good vibes only.

Vision
The vision of Project Waves is to create an inclusive community, supporting those of all backgrounds as they enter Duke. Such a community encourages its participants to be more confident, vulnerable, and compassionate both during the program and long after. Moreover, our vision is that first-year students will leave Project Waves more excited about their Duke experience than they were when they entered the program.

Goals
Project Waves has a few overall goals:

• 100% of students leave PWaves feeling more confident and more vulnerable than when they entered the program.
• 100% of students would participate in the program again given the opportunity.
• Create a community of students and staff that is representative of Duke in its demographic, socioeconomic, and social factors.
• After their first year, students still find the program invaluable to their transition and development at Duke.
• Throughout their entire Duke experience, program participants can return to the relationships that they formed on PWaves for support, guidance, and friendship.
**Program Overview**

Project Waves is made up of 80 first-year Duke students and approximately 40 older Duke students (staff members). All staff members previously participated in PWaves when they were a first-year student, and we use their experiences to continue improving the program year after year. The first-year students are randomly selected from around the country, with the goal of creating a community that will engage all facets of the Duke experience.

On the first day of the program, first-year students are divided into “crews” of 8 students, and 5 crews will make up an “armada.” Every crew will be assigned two crew leaders, one kayak leader, and one senior staff member. First-year students will also spend a great deal of time with staff members that are not assigned to their crew.

Each crew will split time between Duke’s campus and Falls Lake. At Duke, the program will be more structured with activities such as exploring the Duke Forest, Duke Campus farm, and other excursions. At Falls Lake, first year students will spend time kayaking, camping, and paddle boarding. At the lake, the days are almost entirely up to the discretion of the crews, and staff and crew members alike will quickly become accustomed to the laid-back lifestyle. Students will also travel to Wrightsville beach for a day. Both facets of the program are unique, and students should look forward to engaging in both.

**Arrival Information:**

All students need to complete an entry test when they arrive at Duke. Entry tests will be done on West Campus at Penn Pavillion. We expect the testing process to be a smooth and quick one and it should take less than thirty minutes - hopefully closer to ten.

Students should sign up for an appointment on August 3 using the following link: [https://outlook.office365.com/owa/calendar/StudentEntryTesting@ProdDuke.onmicrosoft.com/bookings/](https://outlook.office365.com/owa/calendar/StudentEntryTesting@ProdDuke.onmicrosoft.com/bookings/)

After completing their entry test, students can check in with East Campus Housing to move in. You will be able to change your appointment date and time if needed. A parking pass will be sent to you shortly before your appointment date.
## Sample Daily Schedule*

**Dates:** Project Waves will take place from Monday, August 9th until Sunday August 15th.

<table>
<thead>
<tr>
<th>Rough Time (see FAQs)</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Sometime after the sun rises</em></td>
<td>Wake-up</td>
</tr>
<tr>
<td><em>A little longer after the sun rises</em></td>
<td>Breakfast</td>
</tr>
<tr>
<td><em>Morning-ish</em></td>
<td>Crews split up to go kayaking, hiking, engage in shenanigans, or explore.</td>
</tr>
</tbody>
</table>

| The middle of the day                        | Everyone returns to campsite or hub location for lunch.                  |
| The afternoon                                | Crews split up again to go do a different activity from the one that they did that morning |
| Evening sort of                              | Dinner                                                                   |
| *After we are done with the eating part*     | Full armada activity                                                    |
| *After that activity*                        | Crew time                                                                |

*This schedule represents a typical day while students are on the program. And why don’t we provide exact times on this schedule? Check the FAQs.*
Ye Olde Gear List 2021

**You can pack all your belongings on the list below into one bag but make sure you have the ability to pull the Camping portion items aside when that part of the trip comes**

Below you will find a list of the gear you’ll need on Project Waves. As you are deciding what to bring on the trip, keep these things in mind:

- Unfortunately, we do not have the capacity to store all of your college clothes/gear/supplies/furniture/goldfish/etc. **so please only bring the items mentioned on this list.** In past years, students have had parents meet them on move-in day with all their college belongings, or otherwise have used a variety of reliable shipping companies (check out College Boxes or University Shipping) to get their stuff down to Duke.
- Your clothes **will** get dirty and sandy, so don’t bring anything you’re too attached to; bring clothes (and shoes) that you would be willing to sacrifice to mud and sand.
- You will need to bring 2 pairs of closed toed shoes: one for the kayaking portion (that can get wet) and one for the Duke (good for running)
- **You will** get wet on Project Waves. For this reason, good rain gear and anor-cotton jacket are **mandated**, and synthetic, quick-drying T-shirts (such as Under Armour and Capilene, although cheaper versions can be found at Target, etc.) are suggested. Even a light rain poncho would be a great addition to your packing list.
- If you don’t know where to get some of this stuff, check out campmor.com, REI, or Wal-Mart / Target.
- We recommend a **buff** to cover your face while you sleep.
- Imagine spending almost all of your time outdoors with the summer sun on you for 7 consecutive days. That is PWaves. **Bring Sunscreen.**
Camping Portion: Required Items

We would recommend separating your camping items and campus item separately (remember less is more)

- **One pair of close-toed shoes**: This is very important. An old pair of sneakers works quite well, but don’t plan on wearing them after the trip.
- **At least 2 liters of water carrying capacity**: Water bottles such as Nalgenes work though Camelbacks and hydration bladders (pictured below) are also easily collapsible when empty. While it may be possible to refill water during kayaking, the majority of your water will be carried with you at all times, and we require that you have at least 2 liters. All participants will be receiving one Project Waves custom Nalgene (1 liter) so you are responsible for bringing the second water bottle/hydration bladder.
- **Toiletries**: Bring travel size items when possible, because space will be very limited. Anything scented will tend to attract bugs to you, so try to get thingsthat are unscented. Remember to bring glasses / contact solution; this is commonly forgotten.
- **Two towels**: Again, smaller is better. Recommend one quick drying towel for camping and one regular towel for Duke.
- **Bug spray**: Use your judgement as to what works best for you. If you’ve never used 100% DEET before, don’t start now – the stuff burns wildly and is pretty toxic. The most effective way to prevent bug bites is wearing a lot of clothing. Long pants, long sleeves, and socks will all help prevent getting eaten alive.
- **Itch cream**: Something to lather yourself with if when you get bitten by mosquitoes and the like.
- **Sunscreen**: We know you want to get tan and all, but speaking from experience, we recommend bringing an SPF that is larger than what you usually use. By day 3, your first bottle will be empty- especially if you choose the spray on sunscreens! You have 7 days. Bring two bottles, maybe 3.
- **Medication you are on**: If you take something for a medical condition with acute onset, make sure you pack an extra few doses.
- **Epi-pen**: If you have serious allergies, please bring an epi-pen in case you are exposed to your allergen.
Duke Portion: Required Items

These items will be stored with you in your dorm room. You will have no access to washing your clothes during the trip.

• **One warm non-cotton upper-body layer**: Cotton doesn’t keep you warm when wet, so bring a fleece or something else.
• **One rain jacket or poncho**: It might rain.
• Two or three **bathing suits** (for kayaking and beach)
• One or two pairs of **athletic** or **quick-drying shorts**
• Four or five **short-sleeved shirts**: Some of these can be synthetic so they can dry faster.
• **A hat**: The larger the better, especially for use during kayaking. Don’t be afraid to look ridiculous; we might laugh at you a bit, but you’ll be laughing all the way to the aloe store when we all get violently sunburned and you don’t.
• **One long-sleeved shirt**: This is to limit sun exposure and protect you from bugs at night. Highly recommended!
• **One pair of long pants**: This is to keep you warm and protect you from bugs. Highly recommended!
• **One pair of tennis shoes** that you can run around in.
• **Socks** and **underwear**: We’ll leave the exact numbers up to you, but you’ll be spending a few days living/dressing normally and another few days camping. Make a judgement call based on how you think you might dress in these conditions.
• **One casual, normal-looking outfit**: We will go to dinner one night. Nothing fancy, but look...presentable.
• **Pillow**: Definitely want something to support your head when you’re sleeping at. You can store this pillow while you go camping.
• **Spending/meal money**: This must be in cash. Most meals are included, but students are responsible for one restaurant dinner. Additionally, staff can make last-minute runs to Target for you on arrival day if you forgot anything important, and you can use this cash to pay them back. We recommend bringing $40 - $50 to cover these costs.
Optional Equipment

- **Flip flops**: the floppy kind
- **Buff (listed as optional but highly recommended aka get it)**: We know the name is pretty ridiculous, but it is extremely effective in keeping bugs off of your neck and face. You wear it around your neck and can even pull it up to cover your mouth and ears if necessary. Easily found in camping stores. (You don’t have to get this gorgeous printed one...)

![Buff Image]

- **Camera**: Remember that things might get ruined, but if you’re smart about it this might be something nice to have. (Think the Disposable or water-resistant)
- **Rashguard**: Especially useful for guys during surfing.

Gear We Provide

- Stand Up Paddle Board
- Kayaks
- Tents
- Sleeping Bags
- Eating utensils
- Headlamps
- Stoves and fuel
- **Food** and cookware to prepare it
- **Life Jackets**
Please DO NOT Bring

- **Food / Snacks**: We provide all the food you could **ever** want.
- **iPods / MP3 players**: Again, if you want this for your journey over here, that’s fine, but we’re taking them away on the first day and giving them back once you get back to Duke. You’re coming to meet people, right?
- **Cigarettes, Juuls** (and other tobacco products), **alcohol**, or any other **illicit substances/medication** not prescribed by your doctor: PWaves has a strict policy that prohibits sex, drugs, and rock ‘n’ roll.

**T-Shirt Size/Gear Form**

https://airtable.com/shrbVtWWFkoLj2R1S

Please fill out the above form no later than 4PM EST on July 20th, 2021.

As always, if you have any questions, feel free to email project_waves@duke.edu).
FAQs

**When should I arrive to Duke on August 9th?**
You should arrive at RDU (if flying) or East Campus Bus Stop between 8 a.m. and noon on Monday, August 9th.

**How will I get to Duke from RDU on August 9th?**
If you arrive to RDU between 8 a.m. and noon on August 9th we will have shuttles coming to pick you up! If you are arriving outside of that time range are still looking to be picked up, send us an email and we will assist you to the best of our ability!

**What if I live on the west coast/overseas and won’t be able to make it to Duke by noon on August 9th if I leave that morning?**
Many students that live far away will stay in a Durham hotel the night before the program begins. The closest hotel in terms of proximity is the Hilton Garden Inn on Main Street, but generally any option in the Durham area works. If you opt to stay near the airport, email us and we will provide you a shuttle to Duke on Monday morning.

**Can I bring all my stuff for move-in?**
Unfortunately, you can only bring the items that you need for the program, as we don’t have the ability to ship or store your items during the program. Most students have their parents or guardians bring their items to campus at the beginning of orientation week.

**What should I pack?**
See the packing list above! If you have any questions about specific items, feel free to send us an email and we will provide the best guidance that we can.

**Will I be able to talk to my parents and home friends everyday?**
One of the best aspects of Project Waves is that it is a chance to unplug. During the day, students will not have their phone, but students will get the opportunity to use their phones once a day. Not to worry – we provide contact information in case of emergency (see the next page).

**Why didn’t you provide exact times on the sample schedule?**
PWaves operates on a pretty loose schedule! We have found that students are better at connecting to those around them when they are not concerned with time or schedule, so they can leave that (and their watches) to the staff members for the duration of the program.
Contact Information

If you have any questions prior to the program, please feel free to e-mail us at project_waves@duke.edu. During the program, one of us (Kate or Brandon) will always be “on call” in case of emergency, and you can find our phone numbers below to be used if you need to contact your student during the program.

Kate Straneva, Program Director
• Email: project_waves@duke.edu or
• Phone: 480-652-122

Brandon Lindsey, Program Director
• Email: project_waves@duke.edu
• Phone: 970-692-9015

New Student Programs
• Email: studentorientation@duke.edu
• Phone: 919-684-3511

Emergency Phone Numbers
• Duke University Dean on Call: 919-970-4169
• Duke University Police Department: 919-684-2444