



Preparing for Winter

MIT International Students Office





New England weather

“If you don’t like the weather, just wait a minute.”



Sunny



Partly Sunny



Partly Cloudy



Sun & Rain



Raining



Thunderstorms



Snowing



Cloudy



Windy



Rainbow



Tornados / Hurricanes



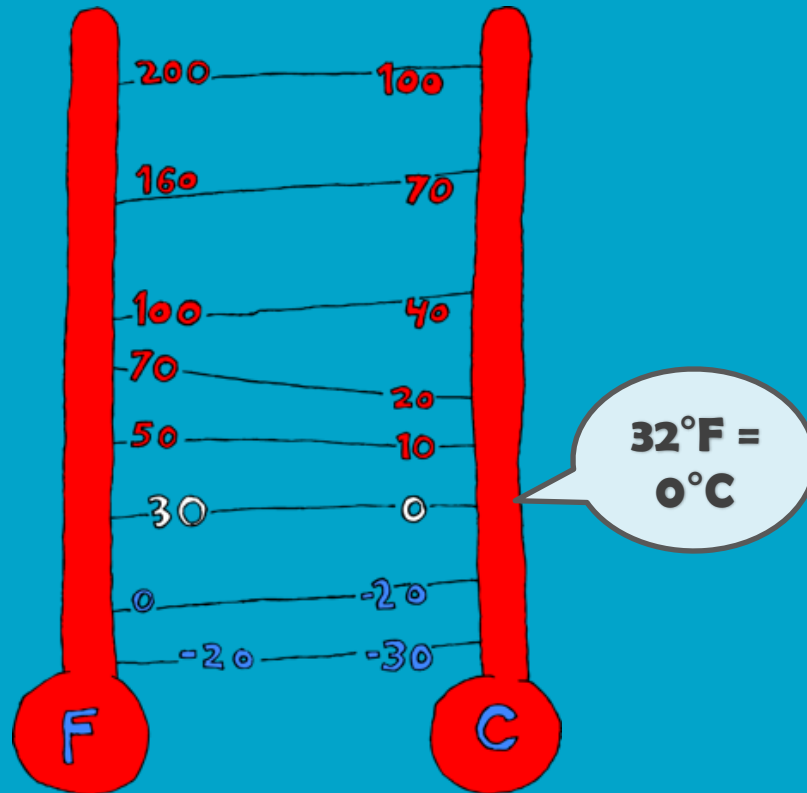
Clear





Fahrenheit (°F) and Celsius (°C)

The United States is one of a few countries in the world that uses Fahrenheit (°F).





Boston temperatures during year

Fall: Mid-September to November
8 to 15 °C (46 to 60 °F)

Winter: November to mid-March
-17 to 3 °C (0 to 37 °F); **NOTE:** It can also be -5 °F but feel more like -10 or -15 °F



Spring: Mid-March to May
3 to 15 °C (37 to 60 °F)

Summer: June to mid-September
15 to 35 °C (60 to 95 °F)

NOTE: These are just estimates...every year is different, so pay attention to the forecasted temperatures. These can change dramatically from day to day and even hour to hour sometimes!





Pay Attention to the Temperature and the “Real Feel”

It could be 30 Degrees Fahrenheit and really feel like 20.



32°F =
0°C

HUMIDITY

SUNLIGHT



Try to Get Outside in the Morning When There is the Most Sun

Take a walk outside, even if it's cold! Best time is
before 2 pm

SUNLIGHT?
WHO NEEDS SUNLIGHT.



BUT I GET DEPRESSED
SOMETIMES
I DON'T KNOW WHY...



**Sunlight
boosts
your mind!**



Getting around in winter

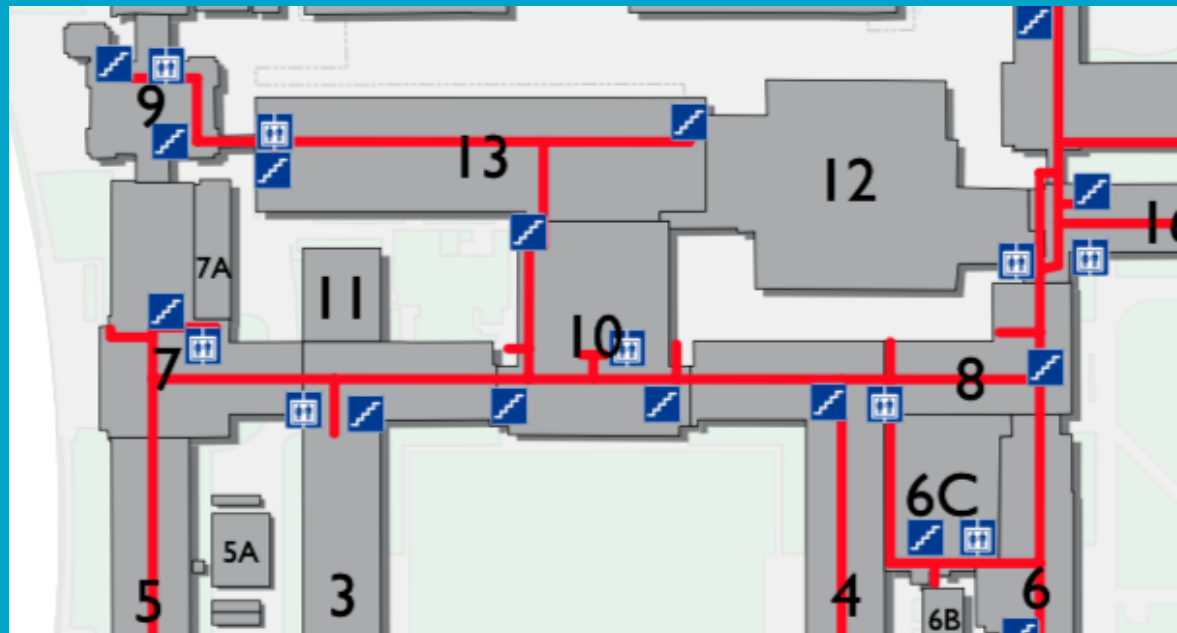
Uber/Lyft

Blue Bikes

Walk outside for at least 15 or 20 minutes per day

MIT Tunnels: walk underground to stay warm!

https://web.mit.edu/facilities/maps/mit_Tunnel_map.pdf



Be aware of Seasonal Affective Disorder (SAD)



If depression persists, talk to someone about it.



**Do physical activities
or regular exercise**



**Sit near windows
when you are indoors**



**Find time each day
to go outside**



Eat a well-balanced diet





Always Wear Lots of Layers

If you keep your head and feet warm, the rest of your body will feel warmer; don't forget a scarf, vest, and leggings for extra warmth!

Cold



Frigid



Extreme





Fall Wear

October until late November



Windproof jackets



Pea coats



Boots and Rainboots



Uggs are also OK!



Winter Wear

Late November until mid-March



Sample Brands:
Sorel
Columbia
North Face
Timberland



Waterproof snow boots with rubber soles/shell

Water-resistant coat with hood
Shell: Nylon
Fill: Down & water fowl feathers

Warm socks, hats, gloves, and scarf

NO Uggs!!



Some Tips on Buying Winter Wear

1. Buying off-season is the cheapest way (next January or spring)

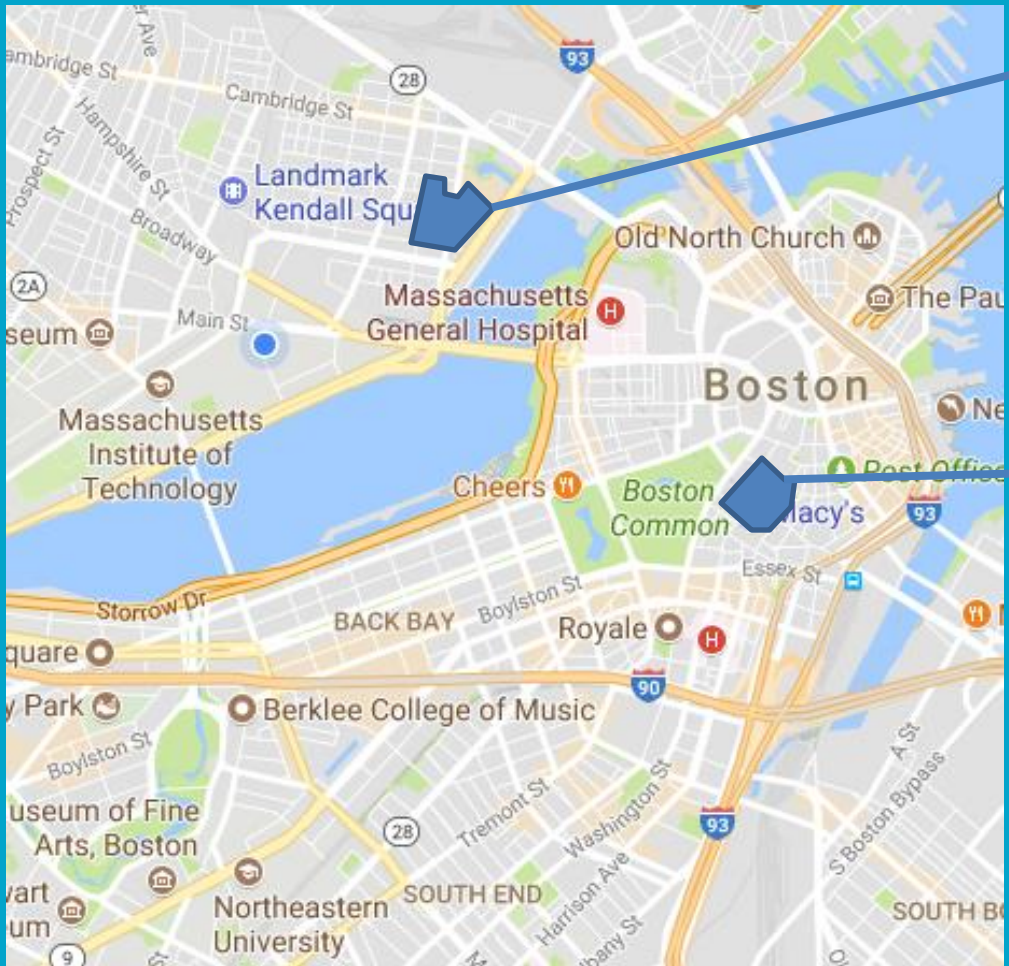


2. You can always go to used clothing shops



...and Buffalo Exchange and Garment District

Where to Buy NEW Winter Clothing/Socks/Mittens/Gloves



CambridgeSide Galleria Mall



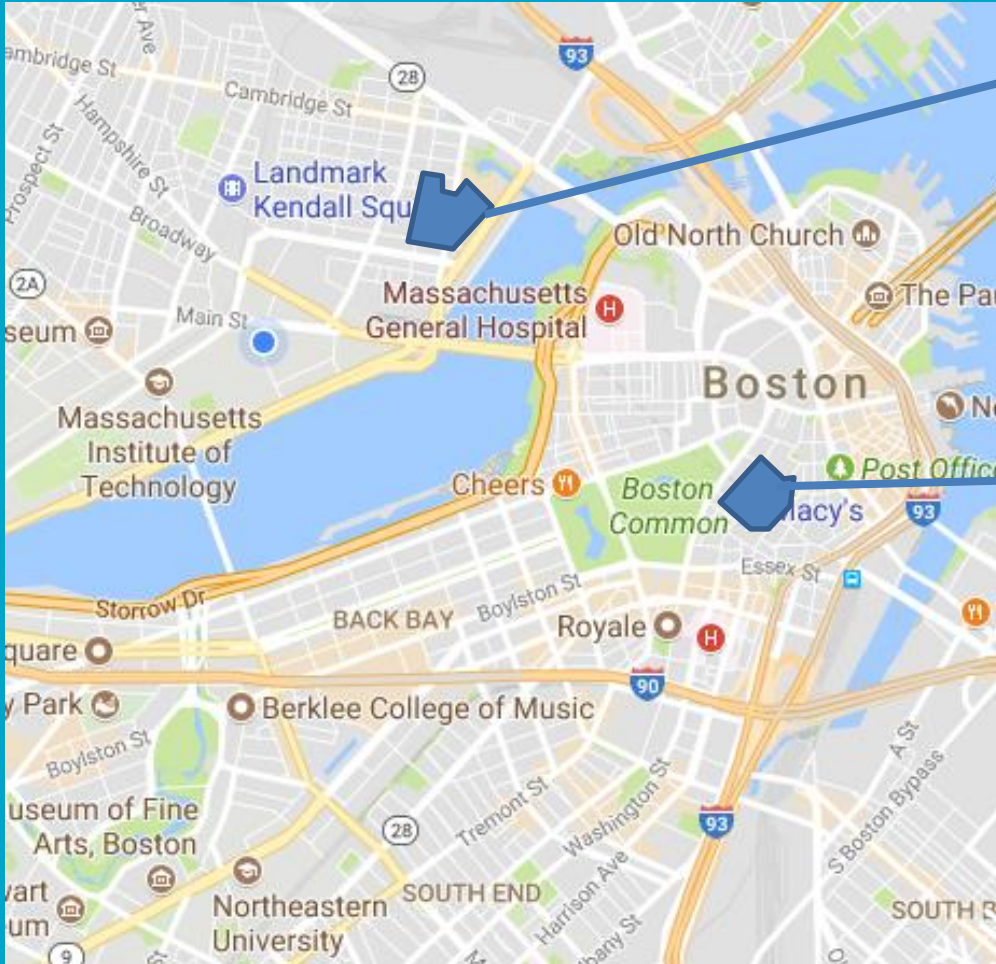
Downtown Crossing



Assembly Row Outlets (orange line)



Where to Buy NEW Winter Shoes/Boots



CambridgeSide Galleria Mall



Downtown Crossing



Assembly Row Outlets (orange line)



Resources



If you need assistance accessing warm clothes for winter or other necessities, Accessing Resources at MIT (ARM Coalition) helps undergraduate students alleviate financial hardship by connecting them to student resources.

<https://doingwell.mit.edu/armcoalition/>

For emergency financial support for grad students, please contact OGE Grad Support:

gradsupport@mit.edu



How to survive winter?

Set a routine to connect with friends

Weekly coffee/tea chats

Movie nights

Cook meals together





Discover a new hobby

Cooking

Working out/Exercise

Reading something non-academic just for fun

Something you've always wanted to try but have been putting off...





**Stay warm
and stay connected!**

