

Day 1 | Rose Hill and Lincoln Center

Wednesday, August 19th, 2026

Welcome to the Urban Plunge Family! Today, Rose Hill and Lincoln Center students are welcomed onto their home campuses with their families and loved ones.

9:00 AM - 1:00 PM | Freshman Move-In for Residential Students

📍 Lincoln Center: McKeon Hall | 📍 Rose Hill: Assigned Dorm

- Plungers will be assigned move-in slots to help optimize the move-in process.
- Our Student Leaders are on hand to help move you into your residence halls. Finished early? Check in with leaders for local shopping guides or optional local neighborhood tours!

12:00 PM | Commuter Students Welcome!

📍 Lincoln Center: McKeon Hall | 📍 Rose Hill: O'Hare Lawn

- If you're a Commuter Student, please feel free to come to campus to check in for Plunge at this time!

1:00 PM - 3:00 PM | Welcome Fair for Plungers & Loved Ones!

📍 Lincoln Center: The Plaza (Rain: McNally/Platt) | 📍 Rose Hill: Martyr's Lawn (Rain: Lombardi Field House)

- Enjoy a boxed lunch (provided by Urban Plunge), DJs, lawn games, photo booths, local community vendors, raffle prizes, and the Wall of Well Wishes, where Plungers' loved ones can leave them a note!
- Plunge Group Competition will start here! Stay tuned for more details.

3:00 PM - 4:00 PM | Commissioning for Plungers & Loved Ones!

📍 Lincoln Center: Platt/McNally | 📍 Rose Hill: University Church

- The official welcome ceremony to Fordham and Urban Plunge for students and families, featuring reflections and the UP Pledge.
- Note: Families say goodbye to their Plungers at the conclusion of the ceremony.

4:00 PM - 5:30 PM | Group Introductions & Icebreakers

📍 Lincoln Center: Platt/McNally Classrooms | 📍 Rose Hill: Keating Hall (3rd Floor Classrooms)

- Meet your upperclassmen leaders and fellow Plungers for team icebreakers!

5:30 PM - 6:30 PM | Dinner

📍 Lincoln Center: LL Cafeteria Atrium | 📍 Rose Hill: Rose Hill Main Cafeteria

- Get your first taste of dining hall food with your Plunge groups!

6:30 PM - 8:00 PM | Campus Scavenger Hunt & Game Night

📍 Lincoln Center: Campus-Wide | 📍 Rose Hill: Campus-Wide

- Race across campus solving clues, taking on mini-challenges run by Captains, and competing for the ultimate Day 1 victory!

Tips for Plungers: Keep this schedule handy on your phone, bring a water bottle, and get ready for an amazing week!

Tips for Families: Bring water bottles, sunscreen, and love for your student! Be ready to say goodbye to them at 4:00 PM.

Day 2 | Manhattan Day

Thursday, August 20, 2026

Today, both campuses come together at the Lincoln Center campus to dive into the history, culture, and vibrant community work of Manhattan. Get ready to explore, connect, and keep earning points for your Plunge Group Competition!

8:00 AM – 9:00 AM | Morning Reflection & Commute

- 📍 *LC Students: On-campus | 📍 RH Students: Commute via subway!*
- LC Students will kick off the day with a captain-led movement activity, a Central Park walk, or arts & crafts!
- RH Students will hop on the train to head down to Manhattan.

9:00 AM – 10:30 AM | Breakfast & Small Group Reflections

- 📍 *LC Campus, Plaza and Pope Auditorium*
- Fuel up with breakfast while discussing the week ahead with your Plunge Captains and fellow Plungers.

10:30 AM – 11:30 AM | Getting Ready to Engage

- 📍 *LC Campus, Pope Auditorium*
- An interactive session learning about Manhattan's history, local culture, and best practices for meaningful community engagement, solidarity, and partnership.

11:30 AM – 12:30 PM | Commute to Engagement Sites

- 📍 *LC Campus and the Borough of Manhattan!*
- Pick up your boxed lunch and head out with your leaders to your Manhattan-based community engagement sites! You'll take public transportation to get to your destination.

12:30 PM – 4:30 PM | Community Engagement

- 📍 *All Over the Borough of Manhattan!*
- Spend the afternoon working directly with local partners across Manhattan. You'll be matched to a site that aligns with your interests! You'll have time to eat lunch while you're at your engagement.

4:30 PM – 5:30 PM | Commute Back to Lincoln Center

- 📍 *LC Campus*
- Travel back to campus with your group via public transportation, and catch up on the day's events.

5:30 PM – 6:30 PM | Dinner

- 📍 *LC Campus, Plaza*
- Get a chance to mingle with other Plunge groups over dinner.

6:30 PM – 8:00 PM | Movie & Wellness Night

- 📍 *LC Campus, Pope Auditorium*
- Unwind with an NYC-themed movie night, complete with a care package sponsored by the Office of Military and Veteran Services!

8:00 PM – 9:00 PM | Dismissal & Evening Commute

- 📍 *LC Campus, Pope Auditorium*
- LC Students will head to bed!
- RH Students will commute back to the Bronx on the subway!

Tips for Plungers: Wear comfortable walking shoes, caffeinate in the morning, dress for the weather at your host site, and keep your phone charged for photos and bucket list challenges! (And text your loved ones!)

Day 3 | Bronx Day

Friday, August 21, 2026

Today, we head to the Bronx! Both campuses gather at Rose Hill to dive into Bronx history and culture, work alongside local community partners, and celebrate the conclusion of Urban Plunge with our final competition rounds and closing ceremony!

8:00 AM – 9:00 AM | Morning Movement & Commute

- 📍 *LC Students: Commute via subway! | 📍 RH Students: On-campus.*
- LC Students will hop on the subway and head up to the Bronx!
- RH Students will kick off the day with yoga, a ghost tour, movement games, or dorm crafts!

9:00 AM – 10:30 AM | Breakfast & Small Group Reflections

- 📍 *RH Campus, Main Cafeteria*
- Enjoy breakfast with your small group while reflecting on your experience so far with your UPAs.

10:30 AM – 11:30 AM | Getting Ready to Engage

- 📍 *RH Campus, Keating Hall (1st Floor)*
- An interactive session exploring Bronx history and how to practice asset-based, respectful community engagement.

11:30 AM – 12:30 PM | Lunch & Commute to Sites

- 📍 *RH Campus and the Borough of the Bronx!*
- Pick up your boxed lunch and head out with your leaders to your Bronx-based community engagement sites! You'll take public transportation to get to your destination.

12:30 PM – 4:30 PM | Community Engagement

- 📍 *All Over the Borough of the Bronx!*
- Spend the afternoon working directly with local partners across the Bronx. You'll be matched to a site that aligns with your interests! You'll have time to eat lunch while you're at your engagement.

4:30 PM – 5:30 PM | Commute Back to Rose Hill

- 📍 *RH Campus*
- Travel back to campus with your group via public transportation, and get ready for the final night of Plunge.

5:30 PM – 7:30 PM | Picnic Dinner & Bingo Night

- 📍 *RH Campus, Martyr's Lawn (Rain: Lombardi Field House)*
- Enjoy a picnic dinner on the lawn with Bingo and awesome prizes!

7:30 PM – 8:30 PM | Closing Ceremony & Final Competition Winner Reveal!

- 📍 *RH Campus, Martyr's Lawn (Rain: Lombardi Field House)*
- Final small group reflections, tokens of appreciation from your leaders, and a last chance to be crowned the Plunge Group Competition Champion!

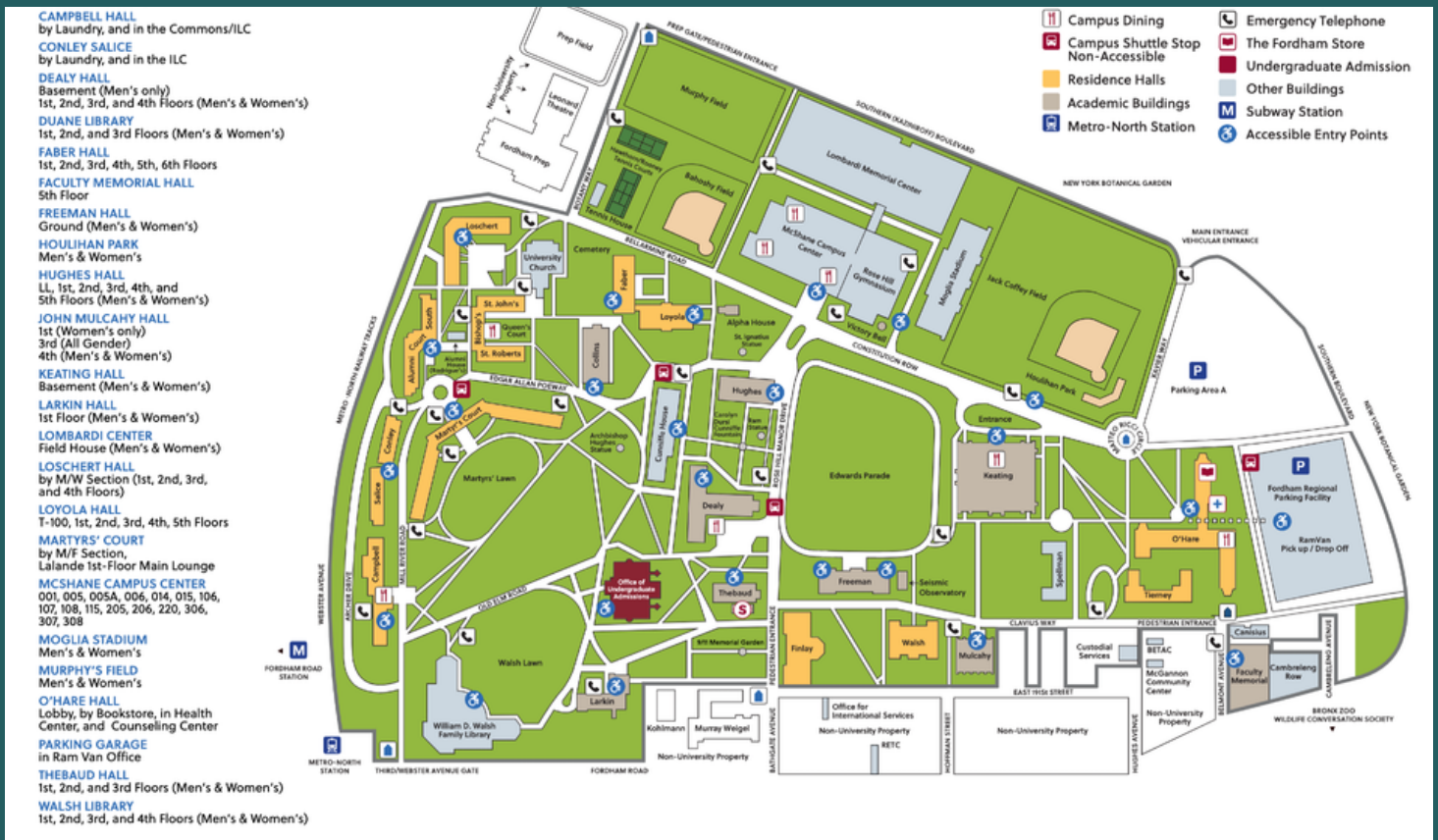
8:30 PM – 9:00 PM | Commute & Wrap-Up

- 📍 *RH Campus, Martyr's Lawn (Rain: Lombardi Field House)*
- LC Students will commute back to Manhattan on the subway!
- RH Students will head to bed!

Tips for Plungers: Bring energy for the final group challenge, wear comfy shoes, and get ready to celebrate an incredible week!

Campus Maps

Rose Hill



Lincoln Center

Accessible Restroom Locations

LEON LOWENSTEIN CENTER
2nd, 3rd, 6th and 12th Floors
Accessible Elevator on Lobby Level to Plaza Level

MARTINO HALL
1st Floor

MCKEON HALL
22nd Floor

MCAHON FLOOR
2nd Floor

SCHOOL OF LAW
LL, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th and 9th Floors

140 WEST
Garden Level, 1st, 2nd, 3rd, 4th Floors

Legend

- Parking
- Accessible Entry Points
- Bus Stop
- Ram Van Stop
- Subway Station
- Campus Buildings
- Health Center
- Public Safety Office
- Emergency Telephone
- The Fordham Store
- Statues
- Residence Halls

