

Southbridge: Executive Management Training Center (EMTC)

Weather

- Click the link below to see the projected weather:
 - <http://www.weather.com/weather/today/Southbridge+MA+USMA0401:1:US>

Location

- Address:
 - Southbridge Hotel and Conference Center,
 - 14 Mechanic Street, Southbridge, MA 01550,
 - Phone: (508) 765-8000
- Southbridge, Massachusetts is located with an hour's drive of both Boston and Hartford
- Town of Southbridge website: <http://www.ci.southbridge.ma.us/>

Facility and Accommodations

- The conference center has wireless high speed internet access in the meeting rooms
- During the meetings, the conference center provides pitchers of ice water and bowls of hard candy
- Rooms can be chilly so layered clothing is recommended
- Guest rooms also include wireless high speed internet access as well as a refrigerator, coffee maker, hairdryer, iron/ironing board, cable TV and Bath and Body Works amenities
- There is a small alcove near the front desk that sells batteries, toiletries, some snacks, etc. and items can be charged to your room (they request a personal credit card upon check-in for incidentals)

Refreshments

- Suggestion: bring an insulated travel coffee mug with you so you can bring coffee from the restaurant which is only open for breakfast and lunch
- There are no coffee shops nearby
- Breakfast and lunch are buffets with open seating
- Suggestion: stop on the way from the airport to pick up bottled water and snacks for your room
- Nearest grocery store is approximately 5 minutes from the hotel
 - **Big Y**, 505 E Main Street, Southbridge, MA 01550, (860) 764-6213

Restaurants

- Trip Advisor rated restaurants:
http://www.tripadvisor.com/Restaurants-g41844-Southbridge_Massachusetts.html

On-site Food Options

- The facility includes a bar with pool tables and dart boards and casual fare is available through the Shades Lounge; the food is very good so there is no need to leave the facility in inclement weather

Exercise

- The Conference Center has their own Focus Fitness Center equipped with a heated indoor pool, hot tub, sauna and steam rooms, two racquetball courts, and basketball court
- Use is free to hotel guest and towels are provided

Sightseeing/Entertainment

- The conference center is located near Old Sturbridge Village, an 1830s New England Living History Museum
- For more information, go to <http://www.osv.org>
- There is an eight cinema movie theater located at The Center at Hobbs Brook Plaza, 100 Charlton Road, Sturbridge, MA

Shopping

- There is a Wal-Mart located approximately 15 minutes from the hotel: 100 Charlton Road, Sturbridge, MA 01566, (508) 347-4993; Hours are 0700 to 2200 daily
- According to the hotel, this shopping plaza also includes a pizza place, Marshalls, Pier 1, as well as various other clothing and shoe stores
- The nearest shopping mall is approximately ½ hour away

Department of Defense

EMTC Executive Management Training Center

Southbridge, Massachusetts

Free for DoD Agencies for Official Functions

- No lodging or room rental fees
- Free group shuttle between EMTC and Airport
- Chef prepared buffet breakfast and lunch daily

Residential Conference Center

- 65,000 square feet of meeting space
- 250-seat tiered auditorium
- 4,508 square foot Grand Ballroom
- 216-seat separate dining room
- 195 deluxe guest rooms
- Free parking
- Fitness Center with pool, racquetball, and gym

Private Location

- Peaceful New England town where attendees can focus on learning
- One hour from Boston, Massachusetts or Hartford, Connecticut

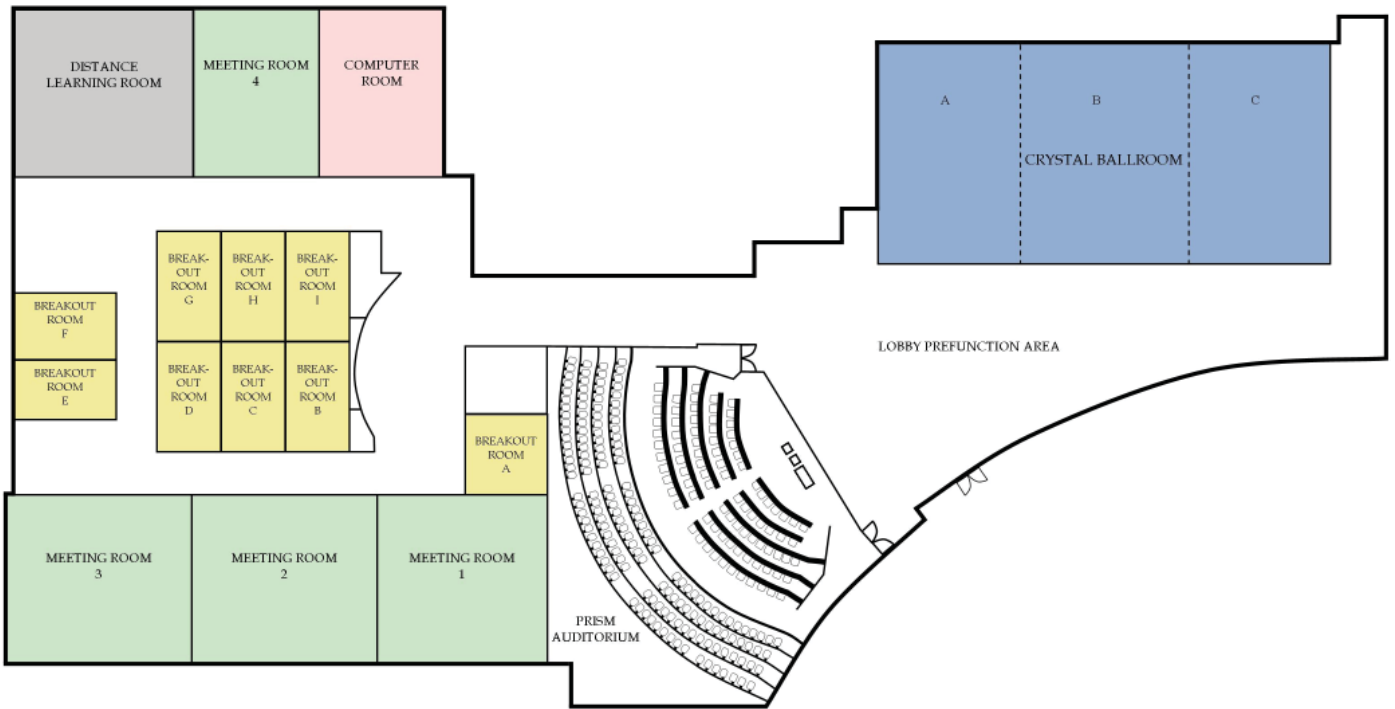
State of the Art Technology

- Complimentary internet in all meeting and guest rooms
- Smart boards in most rooms
- VTC capability
- LCD projectors
- Wireless microphones



Professional Setting. Exceptional Value.

First Floor Conference Space



Second Floor Conference Space



Department of Defense
EMTC
 Southbridge, Massachusetts

14 Mechanic Street
 Southbridge, MA 01550
 (508) 765-6333
 emtc@cpms.osd.mil

Directions to:
Executive Management Training Center
Located in the Southbridge Hotel and Conference Center
14 Mechanic Street
Southbridge, Massachusetts
(508) 765-8000



From Boston:
60 miles, 1 hr 10 min

- Take I-90 (Mass Pike) West
- Follow for approx. 55 miles
- Take exit 9 (Sturbridge)
- After toll, merge onto I-84 West
- Take first Right Exit 3B onto Rte. 20 West
- Turn Left at First stoplight onto Rte. 131
- Follow Rte. 131 for approx. 4 miles into Southbridge
- Continue to rotary halfway around onto Mechanic Street
- The entrance to the Southbridge Hotel & Conference Center is less than 100 yards on your Right



From Hartford:
59 miles, 1 hr 9 min

- Start out going East on Schoephoester Rd. towards Postal Rd.
- Turn Right onto CT-75/Turnpike Rd.
- Merge onto CT-20 E toward I-91/Hartford/Springfield
- Merge onto I-91 S toward Hartford
- Merge onto I-291 E via exit 35A toward Manchester
- Merge onto I-84 E
- Take exit 3B onto Rte. 20 West
- Take first Right Exit 3B onto Rte. 20 West
- Turn Left at first stoplight onto Rte. 131
- Follow Rte. 131 for approx. 4 miles into Southbridge
- Continue to rotary halfway around onto Mechanic Street
- The entrance to the Southbridge Hotel & Conference Center is less than 100 yards on your Right

**From Providence:
55 miles, 1 hr 5 min**



- Take RI-146 N
- Take the US-20 ext toward Auburn/Northboro/I-90/Boston/Springfield
- Take the US-20 W ramp towards Auburn.
- Turn Left onto MA-169/Southbridge Rd.
- Follow approx. 5 miles into Southbridge
- Turn Left onto Mechanic St.
- Continue through one stop light, the entrance to the Southbridge Hotel & Conference Center is approx. 300 yards on your

**From Springfield:
30 miles, 40 min**



- Take I-291 E. ramp toward US-20 E/Mass Pike/Boston
- Merge onto I-291 N
- Merge onto I-90 E/Mass Pike via exit 7
- Merge onto I-84 W/Wilbur Cross Hwy via exit 9 toward Sturbridge/Hartford
- After toll, merge onto I-84 West
- Take First Right Exit 3B onto Rte. 20 West
- Turn Left at First Stoplight onto Route 131
- Follow Rte. 131 for approx. 4 miles into Southbridge
- Continue to rotary halfway around onto Mechanic Street
- The entrance to the Southbridge Hotel & Conference Center is less than 100 yards on your Right

**From Worcester:
20 miles, 30 min**



- Take I-290 W towards Auburn
- Take exit number 8 toward RT-12 S/Webster
- Turn Left onto Oxford St N
- Turn Right onto Southbridge St/MA-12
- Turn slight Right onto US-20/Southbridge Rd.
- Turn Left onto US-20/Southbridge Rd.
- Turn Left onto MA-169/Southbridge Rd.
- Follow approx. 5 miles into Southbridge
- Turn Left onto Mechanic St.
- Continue through one stop light, the entrance to the Southbridge Hotel & Conference Center is approx. 300 yards on your Left