



# LiveNFK

## Norfolk's Summer Career Launch 2016



# welcome to LiveNFK

LiveNFK is a program designed to bring together corporate interns and seasonal associates to network and experience what it's like to live, work and play in Norfolk and the region.

As part of an ongoing effort to attract and retain talented young professionals to Norfolk and the region, the City of Norfolk, Downtown Norfolk Council and Greater Norfolk Corporation are collaborating to provide a variety of events over the summer for LiveNFK participants to interact with one another and better understand what makes Norfolk a great place to live, work, and play.



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work

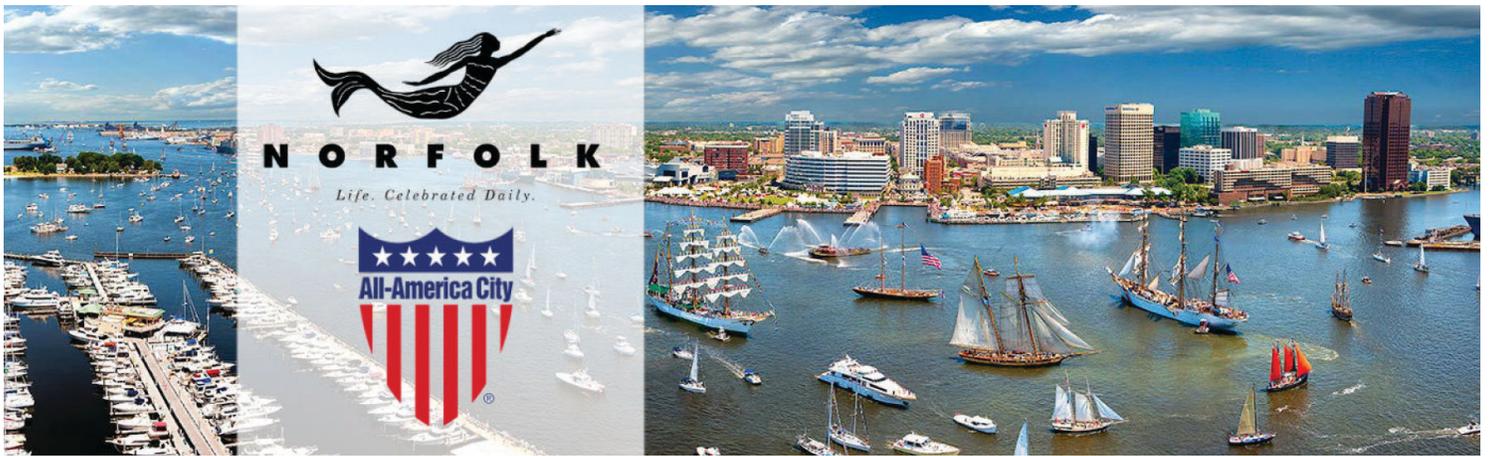
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# about NORFOLK

**NORFOLK, VA** Located in the heart of Hampton Roads, Norfolk, Virginia, borders the Chesapeake Bay and Elizabeth River and has long been known as home of the world's largest naval base. Norfolk is now rapidly emerging as an ideal location for private-sector businesses to thrive. In the last year alone, close to 3,000 new jobs were announced. Norfolk offers the opportunity for young professionals to both work and play without stepping foot in a car, with a mix of commercial and residential buildings in the downtown area. Or, if you prefer to keep your work and personal life separate, there are many beautiful places to live outside of downtown, from beachfront properties in the Ocean View neighborhood to historic streets in the Ghent and Chelsea areas of town. The City of Norfolk is continuing to undergo extensive revitalization efforts, and is gaining popularity among businesses looking to relocate or expand, as well as young professionals seeking to advance their careers.



Norfolk is a truly unique city offering many diverse activities and attractions to suit the interests of individuals. Whether you prefer to enjoy the outdoors while sailing or kayaking on the Chesapeake Bay or biking on the Elizabeth River Trail, immerse yourself in culture by visiting museums like Nauticus or the Chrysler Museum of Art, or enjoy a night out on the town at a trendy restaurant or lounge, Norfolk can fit most any lifestyle. And you won't have to break the bank to enjoy everything Norfolk has to offer. Compared to other metropolitan areas, Norfolk has a very reasonable cost of living and is considered one of the safest cities in the country as well. The diversity Norfolk has to offer makes it the ideal city for young professionals looking to meet new people as well as those desiring a welcoming and safe place to raise a family.



# LiveNFK | schedule of events

**June 9th**

12:00 - 1:00 pm

## WELCOME LUNCH WITH CITY MANAGER

Pick up your keys to the city! City Manager Marcus Jones will officially welcome you to Norfolk and over lunch share his insight into what makes Norfolk an award-winning city.



**June 14th**

12:00 - 1:00 pm

## HELLO MY NAME IS... NETWORKING

Learn the steps to make meaningful connections from Paul Ariola, Dale Carnegie Training of Eastern Virginia. As a young networker, create your own personal value proposition and spark a passion in others.



**June 15th**

5:30 - 7:00 pm

## LAUNCH PARTY @ WORK | RELEASE

Let loose with your fellow summer associates at NEON District hot spot Work | Release. Mingle with key downtowners in this ever-evolving urban arts center and start to experience the dynamic culture of Norfolk.



**June 22nd**

5:30 pm Tailgate | 7:05 pm Game

## NORFOLK TIDES BASEBALL GAME & TAILGATE

Have a ball as LIVENFK serves up baseball on the river along with a taste of urban living and southern hospitality. Tailgate downtown and then hop on the light rail to Harbor Park, home of Norfolk's Triple-A affiliate, the Tides.



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# LiveNFK | schedule of events

**June 24th**

12:00 - 1:00 pm

## ART OF THE DEAL WITH BUDDY GADAMS & VINCE MASTRACCO

How do you shape an industry? Learn the business secrets that helped catapult two of downtown's most formidable entrepreneurs to the top of their fields, real estate developer Buddy Gadams and business attorney Vince Mastracco.



**June 30th**

6:00 pm Board | 6:30 - 8:30 pm Cruise

## EVENING CRUISE ON THE AMERICAN ROVER

Set your sails for an authentic boat trip on the American Rover schooner down Norfolk's crown jewel, the Elizabeth River. There's no better way to see downtown than from the deck of a tall ship as the sun sinks behind the waterfront.



**July 12th**

5:30 - 7:30 pm

## SAIL NORFOLK @ SAIL NAUTICUS CENTER

Norfolk's bay front and waterways are one of the best kept secrets of the region. Experience the beautiful Elizabeth River first hand through an evening sailing with instructors from Sail Nauticus, a nonprofit sailing school and community center.

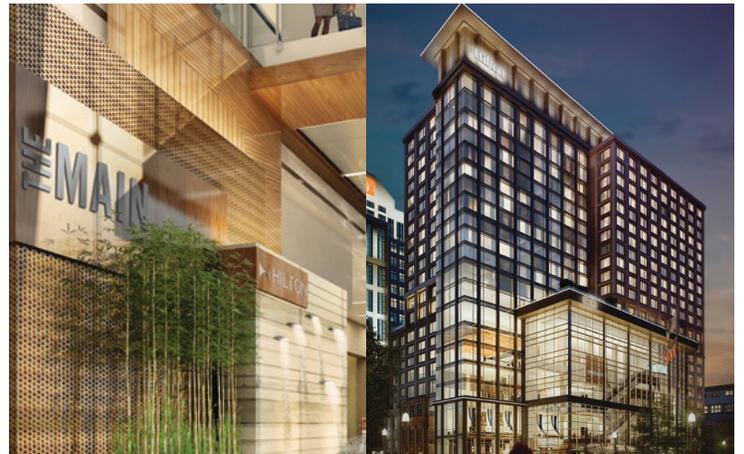


**July 14th**

12:00 - 1:30 pm

## HARD HAT TOUR OF THE MAIN WITH KURT KRAUSE

Get a behind the scenes look at one of Norfolk's newest developments. General Manager of The Main, Kurt Krause, will lead a private tour of Gold Key|PHR's latest project, a \$126 million, 20 story luxury Hilton Hotel and state of the art convention center.



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**July 19th**

12:00 - 1:00 pm

## DEFINING YOUR LEADERSHIP VISION

Step into the vision of one of downtown's most influential people and bring out your inner leader. Hear how digital marketing whiz Drew Ungvasky has wielded his business and civic influence to create a vibrant and authentic downtown.



**July 20th**

5:30 - 7:00 pm

## OWNING YOUR CRAFT @ O'CONNOR BREWING CO.

Tap into the latest scenes to re-energize Norfolk: local art and craft beer. Enjoy the mighty yet humble brews of O'Connor Brewing Co. while local artist Christopher Revels leads a painting workshop to recreate his original downtown mural.



**July 26th**

12:00 - 1:00 pm

## UBS FINANCIAL PLANNING SEMINAR

What's next in your financial future? Paul Newman from UBS Financial Services will bring you the tools to prepare and manage your finances, create a retirement action plan and ensure your time and investments are valued.



**July 28th**

5:30 - 7:00 pm

## EXPLORE THE ELIZABETH RIVER TRAIL BY BIKE

Hop out of the office and onto the nine-mile Elizabeth River Trail, a walk and bike trail connecting downtown to western Norfolk. After an evening ride, stop for a cold one at Smartmouth Brewing Co. in the up and coming area of Chelsea along the trail.



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# LiveNFK | schedule of events

**August 2nd**

5:30 - 7:00 pm

## END OF SUMMER ROOFTOP BLAST @ THE WAINWRIGHT

You made it! Celebrate your summer of professional accomplishments and unique Norfolk experiences at the Wainwright Downtown's rooftop bash. Look out from the unique sky lounge at a city offering you culture, professional advancement and waterfront community.



## COME EXPLORE NORFOLK

As you can see, Norfolk has a wide range of leisurely activities and networking opportunities to enjoy. You can start the day by exploring the trails along the Elizabeth River by bike, grab lunch at one of the many chef-driven restaurants on Granby Street, and end the day relaxing at a Tides baseball game or enjoying a craft beer at one of the local breweries.

Moving around town is never difficult in Norfolk because of the many different transportation options. The Tide, Norfolk's light rail train, extends more than seven miles through downtown Norfolk and to Virginia Beach. Downtown Norfolk is bike and pedestrian friendly, and driving your own vehicle is always an option, as traffic is relatively light and there is ample parking.

A young professional's money can go far here in Norfolk; the low cost of living means you can enjoy dining and playing while still saving a good portion of your income. There is a thriving environment of civic involvement, with many professional and volunteer organizations where you can meet other like-minded individuals. Start your career in a growing, exciting, and beautiful city. Come see what Norfolk has to offer!



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# LiveNFK | thank you to our sponsors



learn more at [downtownnorfolk.org/business/livenfkcareerlaunch](https://downtownnorfolk.org/business/livenfkcareerlaunch)



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