



CDS International, Inc.
440 Park Avenue South, 2nd Fl.
New York, NY 10016
Tel +1.212.497.3500
Fax +1.212.497.3535

Washington, DC
Ann Arbor, MI
Berlin, Germany
www.cdsintl.org

CDS INTERNATIONAL'S GUIDE TO LIVING IN NEW YORK

FOOD & NECESSITIES

DINING OUT

New York City boasts some of the best cuisine in the world from all different ethnic backgrounds. For locations, reviews, and menus, you can use these popular resources:

- *New York Magazine* – <http://nymag.com/restaurants/>
- *Yelp!* – <http://www.yelp.com/nyc>
- *Menu Pages* – <http://www.menupages.com/>

GROCERY STORES

- *Greenmarket Farmer's Market* – <http://www.cenyc.org/greenmarket>
- *Whole Foods* – <http://www.wholefoodsmarket.com/stores/index.html>
A very popular (but pricier) market that sells all organic products and produce.
- *Trader Joe's* – <http://www.traderjoes.com/locations.asp>
Sells many specialty and international foods at discounted prices; especially good for finding pre-made meals as well as affordable wines and cheeses.
- *Morton Williams* – <http://www.mortonwilliams.com/>
- *Associated* – <http://www.associatedsupermarkets.com/>
- *Gristede's* – <http://www.gristedes.com/>
- *Food Emporium* – <http://www.foodemporium.com/>
- Listing of gourmet and specialty grocers – <http://www.ny.com/dining/gourmet.html>

PHARMACIES

Many items can be easily purchased at pharmacies and drug stores, which are located across the city and often open 24 hours:

- *Duane Reade* – <http://www.duanereade.com/>
- *Rite Aid* – <http://www.riteaid.com/>
- *Walgreen's* – <http://www.walgreens.com/>
- *CVS* – <http://www.cvs.com>

TRANSPORTATION

Google Maps (<http://maps.google.com/>) and *HopStop* (<http://www.hopstop.com/>) are both very good resources for getting around New York by walking, driving, or public transit.

SUBWAY

At 656 miles long, the New York City Subway, run by the Metropolitan Transportation Authority (MTA) is the world's largest public transit system. Each subway line is named with either a letter or number and most operate 24 hours a day throughout Manhattan, Brooklyn, Queens, and the Bronx. Subway maps are available free of charge at all stations.

» Subway Map – <http://www.mta.info/nyct/maps/submap.htm>

BUS

Approximately 4500 MTA busses run 24 hours a day throughout New York's five boroughs. In some areas where subways are less accessible, the bus can be a much faster mode of transportation.

» Bus Routes – <http://www.mta.info/nyct/maps/>

METROCARD

The MetroCard is the current payment method for the New York City subway and bus system and can be purchased at any station on a pay-per-ride basis (\$2.25 per ride as of June 28, 2009) or an unlimited ride basis. A monthly MetroCard card costs \$89.00, and allows you to ride the subway and bus an unlimited number of times within a 30-day period.

» More information – <http://www.mta.info/metrocard/>

TAXI

Hailing a taxicab is a rite of passage for getting from one place to another in New York City where there are over 10,000 yellow cabs! A taxi is available only if the numbers on top of the cab are lit.

All taxicabs accept cash and most now accept credit card payments as well. Taxis can be useful if you are traveling with a lot of luggage or as a cheap means of transportation with 3 or more riders.

Typical rates for taxicabs are \$2.50 for initial fare, plus \$0.40 for each 1/5 mile (4 blocks) traveled. Peak and overnight charges are also applied if you are riding during these times. If you are traveling outside the city limits, or to the airport, you will most likely pay a flat rate. Tolls have to be paid extra and additional riders are free.

» More information – http://www.nyc.gov/html/tlc/html/passenger/taxicab_rate.shtml

SHARED CAR SERVICES

Zipcar – <http://www.zipcar.com/index>

Provides shared car services to subscribing members in the New York City area

More information about car rental agencies:

» <http://www.ny.com/transportation/automobiles/renting.html>

TRAVEL OUTSIDE OF NEW YORK CITY

BY TRAIN

- *MetroNorth* – <http://www.mta.info/mnr/index.html>
A subsidiary of New York State’s Metropolitan Transportation Authority that provides train services from Grand Central Station to New York City suburbs in northern New York and Connecticut.
- *Amtrak* – <http://www.amtrak.com/>
Provides passenger train services across the United States and select cities in Canada.
- *Acela Express*
Amtrak also operates a high speed train service between Washington, D.C., and Boston via Baltimore, Philadelphia, and New York called the Acela.

BY BUS

Many companies operate inexpensive bus services from New York to nearby cities such as Boston, Washington, D.C., and Philadelphia.

- *Greyhound* – <http://www.greyhound.com/home/>
- *Megabus* – <http://www.megabus.com/us/>
- *Bolt Bus* – <https://www.boltbus.com/default.aspx>

AIRPORTS

New York City has three major airports operated by the Port Authority of New York and New Jersey (<http://www.panynj.gov/>) which are all accessible by public transportation.

- *John F. Kennedy International Airport (JFK)*
By Public Transportation – AirTrain JFK provides rail service to JFK via transfer from two separate subway stations (Jamaica and Howard Beach)
» More information: <http://www.mta.info/nyct/service/airport.htm>
- *LaGuardia (LGA)*
By Public Transportation – The M60 bus provides transportation to all terminals at LaGuardia from the West Side, the East Side or Astoria (Queens).
» More information: <http://www.mta.info/nyct/service/airport.htm>
- *Newark Liberty (EWR)*
By Public Transportation – NJ TRANSIT or Amtrak trains run from New York Penn Station and stop at the Newark Liberty International Airport Station, where you can transfer to AirTrain Newark, which travels between the airline terminals.
» More Information: <http://www.panynj.gov/airtrainnewark/>

You can also travel to all the area airports via various private bus services, most notably the *New York Airport Service*, which usually departs from major transit centers, like New York Penn Station (at 33th Street between 7th and 8th Avenue), Grand Central Terminal (at 42nd Street between Lexington Avenue and Vanderbilt Avenue) and the Port Authority Bus Terminal (at 8th Avenue between 40th and 41st Street).

New York City’s yellow cabs offer a flat rate service from Manhattan to all airports, excluding tips and tolls.

INTERNATIONAL VISITORS' RESOURCES

CONSULATES

If you would like to visit any of the hundreds of foreign consulates in New York City, you must contact the Consulates directly.

» Directory of foreign consulates in New York:

http://www.nyc.gov/html/uncccp/html/consular/nyc_list.shtml

HOSPITALS

In case of emergency it is also good to know where the nearby hospitals are.

» Directory of hospitals in New York: <http://www.nyc.gov/html/hhc/html/facilities/directory.shtml>

FINANCIAL SERVICES

- *Bank of America* – <https://www.bankofamerica.com/index.jsp>
- *Chase Bank* – <https://www.chase.com/>
- *Citibank* – <http://www.citibank.com/us>
- *TD Bank* – <http://www.tdbank.com/>
- *Washington Mutual* – <https://www.wamu.com/personal/default.asp>

TAXES AND TIPPING

In New York City, total sales tax is 8.375%. There is no New York City sales tax imposed on the purchase of clothing and footwear regardless of the amount. There are also some items that are exempt from sales tax such as groceries and prescription and non-prescription drugs.

Tips are given on a voluntary basis, but are expected at most establishments. Gratuities are not automatically added to the bill, unless specified, and are typically added for larger groups.

Here are a few tipping guidelines:

- Waitstaff: 15 - 20% of the bill
- Bartenders: \$1 per drink
- Taxi drivers: 15% of the fare
- Doormen and porters: \$1 per bag
- Salon, spa, & nail technicians: 15% of the bill

SOCIAL NETWORKING

- *Facebook* – <http://www.facebook.com>
The most popular social networking site in the U.S. with over 200 million active users worldwide.
- *ZogSports* – <http://www.zogsports.org/>
A charity-focused, co-ed, social sports club that promotes charity and social action amongst young professionals in New York.
- *Meetup* – <http://www.meetup.com/>
Join or organize a group of New Yorkers who share your interests in anything from sports to computers.

FITNESS CENTERS

- *New York Sports Club* – <http://www.mysportsclubs.com/regions/NYSC.htm>
- *Crunch Fitness* – <http://www.crunch.com/>
- *YMCA of Greater New York* – <http://www.ymcanyc.org/>

SIGHTSEEING

MUSEUMS

- *American Museum of Natural History* – <http://www.amnh.org/>
- *Museum of Modern Art (MoMA)* – <http://www.moma.org/>
- *Metropolitan Museum of Art* – <http://www.metmuseum.org/>
- *Guggenheim Museum* – <http://www.guggenheim.org/>
- *Whitney Museum of American Art* – <http://whitney.org/index.php>
- *New Museum* – <http://www.newmuseum.org/>

» Comprehensive list of museums in New York City – <http://www.ny.com/museums/all.museums.html>

ZOOS & AQUARIUMS

- *Bronx Zoo* – <http://www.bronxzoo.com/>
- *Central Park Zoo* – <http://www.centralparkzoo.com/>
- *New York Aquarium* – <http://www.nyaquarium.com/>
- *Prospect Park Zoo* – <http://www.prospectparkzoo.com/>

PARKS & BOTANICAL GARDENS

- *Central Park* – <http://www.centralparknyc.org/>
- *Prospect Park* – <http://www.prospectpark.org/>
- *Bryant Park* – <http://www.bryantpark.org/>

- *Brooklyn Botanic Garden* – <http://www.bbg.org/>
- *New York Botanical Garden* – <http://www.nybg.org/>

» Comprehensive list of parks in New York City – <http://www.nycgovparks.org/>

ADDITIONAL ATTRACTIONS

- *Empire State Building* – <http://www.esbnyc.com/>
- *Statue of Liberty* – <http://www.nps.gov/stli/>
- *Rockefeller Center* – <http://www.rockefellercenter.com/>
- *Times Square* – <http://www.timessquarenyc.org/>
- *United Nations* – <http://www.un.org/>

EVENTS

As New York City is home to so many cultures, it boasts a wide array of parades and street fairs as well as seasonal and holiday celebrations each year.

- *St. Patrick's Day Parade* – <http://nyc-st-patrick-day-parade.org/>
- *Thanksgiving Day Parade* – <http://www.macys.com/campaign/parade/parade.jsp>
- *Radio City Christmas Spectacular* – <http://www.radiocitychristmas.com//>

Summer Events:

- *Fourth of July Fireworks* – <http://www.macys.com/fireworks>
- *Summer Stage in Central Park* – <http://www.summerstage.org>
- *Metropolitan Opera in the Park* – <http://www.metoperafamily.org>
- *Shakespeare in the Park* – <http://www.publictheater.org>

NIGHTLIFE & LIFESTYLE

New York City offers a huge variety of bars and clubs from jazz to dance to comedy, so you'll always be able to find something that suits your mood.

For current listings of events in the local area, you can use these popular resources:

- *Time Out New York* – <http://www.timeout.com/newyork/>
- *New York Magazine* – <http://nymag.com/>
- *FreeNYC* – <http://freenyc.net/>

MOVIES

New York City is home to many movies theatres, from small independent theatres to ones showing big-screen blockbusters. Many theatres have discounts on certain days of the week or for matinee shows.

- *Angelika Film Center* – <http://angelikafilmcenter.com/angelika>
- *Film Forum* – <http://www.filmforum.org/>
- *Landmark's Sunshine Cinema* – <http://www.landmarktheatres.com/market/NewYork/>
- *AMC Loews Theatres* – <http://www.amctheatres.com/>
- *Regal Cinemas* – <http://www.regmovies.com/>

Local movie theatre listings and show times can be found at:

- *Fandango* – <http://www.fandango.com/>
- *Moviefone* – <http://www.moviefone.com/>

SPORTS

New York and New Jersey are home to many different professional teams and sporting events. Schedules, locations, and ticket information can be found on the official sites below:

Football

- *New York Giants* – <http://www.giants.com/>
- *New York Jets* – <http://www.newyorkjets.com/>

Baseball

- *New York Yankees* – <http://newyork.yankees.mlb.com/>
- *New York Mets* – <http://newyork.mets.mlb.com/>

Basketball

- *New York Knicks* – <http://www.nba.com/knicks/>
- *New Jersey Nets* – <http://www.nba.com/nets/>
- *New York Liberty* – <http://www.wnba.com/liberty/>

Hockey

- *New York Rangers* – <http://rangers.nhl.com/>
- *New York Islanders* – <http://islanders.nhl.com/>
- *New Jersey Devils* – <http://devils.nhl.com/>

Other

- *ING New York City Marathon* – <http://www.nycmarathon.org/>
- *U.S. Open (Tennis)* – <http://www.usopen.org/>

SHOPPING

New York City has some of the greatest shopping in the world. Fifth Avenue and Madison Avenue are home to upscale shops like Tiffany and Co. and the Giorgio Armani Boutique, while 34th street is home to Macy's, the world's largest department store. Of course there is a plethora of malls and shopping centers in the New York City area.

» More information about shopping districts in the New York Area: <http://www.ny.com/shopping/malls/>

Woodbury Common Premium Outlets – <http://www.premiumoutlets.com/outlets/outlet.asp?id=7>

A large outlet mall located north of the New York City in Central Valley, NY that is great for shopping for discounted name-brand merchandise.

NEWSPAPERS

- *The New York Times* – <http://www.nytimes.com/>
- *Wall Street Journal* – <http://www.wsj.com/>
- *New York Post* – <http://www.nypost.com/>
- *New York Daily News* – <http://www.nydailynews.com/>

New York City also has two free daily news publications:

- *am New York*: <http://www.amny.com/>
- *Metro NY*: <http://ny.metro.us/>

Important: *The information contained in this Participant Guide is intended as a helpful starting point and should not be considered an all-inclusive, authoritative resource for your stay in the New York City area. Information is subject to change, and CDS will make every effort to provide regular updates. We welcome your feedback and suggestions for improvement!*