



2018

## J-1 Program Orientation Guide: Appendices



*Exchange. Culture. Training.*

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The materials available in the appendices of this orientation guide are for informational purposes only and not for the purpose of providing legal advice. You should seek independent counsel to obtain advice with respect to any particular issue or problems.

## [Appendices: Table of Contents](#)

*These appendices provide transportation and accommodation information as well as local resources for specific large cities in the United States where many of the FACC’s J-1 Exchange Visitors are located. Remember to contact your local chapter of the FACC for any questions about local events and for information on integrating into your new city.*

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# APPENDIX: BOSTON



*Ever heard of the “Curse of the Bambino”? Learn more about Boston’s most famous superstition (and about baseball rivalries) [here](#).*

## TRANSPORTATION

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**Boston has an extensive transportation system, including the subway, commuter trains, and buses.**

Visit the [MBTA](#) website to learn more about routes and fares for the subway (called the T), the bus, commuter rail, and boat systems. Taxis and Ubers are available as well.

If you live in the suburbs of Boston, you may need to purchase a car. Search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](#) website for travel to cities outside of the Boston area. [Megabus](#), [Greyhound](#), [BoltBus](#) and many other bus lines are good options as well. Renting a car is another option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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J-1 Exchange Visitors should expect to pay between \$750 and \$1,250 per month on rent when living with one or more roommates. J-1 Exchange Visitors can expect to pay considerably more if they choose to live alone.

Consider living in the suburbs of Boston, in areas like Cambridge or Somerville. Consider living in areas where many of Boston’s universities (Harvard, Boston University, MIT, etc.) are located – it’s a great way to meet young Americans!

Boston is a very safe city, but it is recommended that you avoid living in the neighborhoods of Dorchester, Mattapan, and Chelsea for safety reasons. Learn more [here](#) and [here](#) and with the [Boston Police Department](#).

## LOCAL RESOURCES

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[boston.com](#): news and information on entertainment, nightlife, restaurants, etc.

[TimeOut Boston](#): information on events, restaurants, nightlife, etc.

[Official website of the city of Boston](#): information on city news, safety, and living in Boston

[Official website of the state of Massachusetts](#): consider visiting small towns outside of Boston during your weekends!

## LOCAL FACC CONTACT

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The FACC of New England has an active Young Professionals Club, and you are encouraged to join! Please contact the FACC-New England for more information: [contact@faccne.org](mailto:contact@faccne.org)

# APPENDIX: CHICAGO



*Did you know that Chicago is often called the “Windy City”? Many believe this name comes from the weather, but there are several [theories](#) about its origin.*

## TRANSPORTATION

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**Chicago has an extensive transportation system, including the subway, commuter trains, and buses.**

Visit the [CTA](#) website to learn more about routes and fares for the subway and bus systems. Taxis and Ubers are available as well. Visit the [Metra](#) website for information about the commuter train systems servicing nearby areas.

If you live in the suburbs of Chicago, you may need to purchase a car. Search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](#) website for travel to cities outside of the Chicago area. [Megabus](#), [Greyhound](#) and many other bus lines are good options as well. Renting a car is also an option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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J-1 Exchange Visitors should expect to pay between \$800 and \$1,250 per month on rent when living with one or more roommates. J-1 Exchange Visitors can expect to pay considerably more if they choose to live alone.

Don’t limit your search to one area. Check out several neighborhoods while searching for an apartment. [Curbed](#) has great information about [rent costs](#). Remember to use sites like [Craigslist](#), [apartments.com](#), and [Zumper](#), among others.

While the city is generally very safe, it is recommended that you avoid living on the south side of Chicago due to higher rates of crime in certain neighborhoods. Learn more about crime in Chicago [here](#) with the [Chicago Police Department](#).

## LOCAL RESOURCES

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[Choose Chicago](#): tourism website of the city of Chicago

[TimeOut Chicago](#): information on events, restaurants, nightlife, etc.

[Official website of the city of Chicago](#): information on city news, safety, and living in Chicago

[Chicagoist](#): information and news on local events

## LOCAL FACC CONTACT

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Please reach out to the Chicago Chapter of the FACC for more information on local events and for information on integrating into the city. [information@facc-chicago.com](mailto:information@facc-chicago.com) or 312-578-0444

# APPENDIX: DALLAS/FORT WORTH



***Did you know that Dallas/Fort Worth International Airport is the third busiest airport in the world and is bigger than the island of Manhattan?***

## TRANSPORTATION

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If you are located in Grand Prairie, Arlington, or Irving, you will be in the Dallas/Fort Worth Area. While it will usually be necessary to travel by car, you will have access to public transportation while in the major cities. Please factor in these transportation costs when planning for your internship in the United States.

If you need to purchase a car, search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first. If you are in the U.S. for less than six months, you may consider renting a car instead of purchasing one; look for “long-term car rentals.”

Visit the [Amtrak](#) website for travel to cities outside of the DFW area. [Megabus](#), [Greyhound](#) and many other bus lines are good options as well. Renting a car is also an option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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**J-1 Exchange Visitors should consider living with a roommate to reduce rent costs in Dallas/Fort Worth.**

J-1 Exchange Visitors should expect to pay between \$500 and \$1,000 per month on rent when living with one or more roommates. If a J-1 Exchange Visitor wants to live alone, rent will typically be \$1,000+ per month.

If you are able to travel by car, you may consider living in Dallas or Fort Worth to benefit from living in the downtown areas. Remember to factor in commute times when choosing an apartment. Plan to keep your commute to 40-60 minutes maximum.

## LOCAL RESOURCES

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[Visit Dallas](#): travel website for the city of Dallas

[TimeOut Dallas](#): information on events, restaurants, nightlife, etc.

[Dallas, Fort Worth & Beyond](#): tourism website for the Dallas/Fort Worth area

Official websites of [Dallas](#) and [Fort Worth](#)

## LOCAL FACC CONTACT

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Please contact the Dallas/Fort Worth Chapter of the FACC for more information about local events and about integrating into the area: [info@faccdallas.com](mailto:info@faccdallas.com) or 972-241-0111

# APPENDIX: DENVER



*Denver is known as the Mile High City – and the city really is one mile above sea level!*

## TRANSPORTATION

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Denver has a light rail and a bus system, however you may be more often traveling by foot, bike, or car.

Learn more about the [RTD website](#) to learn more about routes, fares, and schedules in the Denver area.

For ease of travel, you may need to purchase a car. Search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first. Also use this website to learn about getting around [without a car](#).

Visit the [Amtrak](#) website for travel to cities outside of the Denver area. [Greyhound](#), and many other bus lines are good options as well. Renting a car is another option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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J-1 Exchange Visitors should expect to pay between \$500 and \$1,000 when living with one or more roommates. Exchange Visitors should expect to pay more than \$1,000 if they choose to live alone.

Learn more about the neighborhoods of Denver [here](#). You can also check out this [neighborhood guide](#) to get more ideas about where you might live to live.

If you choose to live outside of downtown Denver or plan on traveling by car, remember to factor in your commute (aim for no more than 40-60 minutes) and the cost of car insurance.

## LOCAL RESOURCES

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[denver.org](#): tourism website for Denver

[denver.com](#): tourism website for Denver

[TimeOut Denver](#): information on restaurants, events, nightlife, etc.

[Official website of the City and County of Denver](#)

## LOCAL FACC CONTACT

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Please contact the Denver Chapter of the FACC for more information about local events and about integrating into the area: [info@rmfacc.org](mailto:info@rmfacc.org) or 303-695-7818

# APPENDIX: DETROIT



***Detroit is home to the only floating post office in the United States, the J.W. Westcott II. It even has its own ZIP code, the only floating ZIP code in the world!***

## TRANSPORTATION

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**Detroit has a limited public transportation system and it may be necessary to travel by car.**

Visit the [SMART](#) and [DDOT](#) websites for more information on bus system schedules, fares, and routes.

When you buy a car, search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first. Don’t forget to ask colleagues for advice!

Visit the [Amtrak](#) website for travel to areas outside Philly. [Megabus](#), [Greyhound](#) and many other bus lines are also good options. Renting a car is also possible, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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**As rental rates are lower in Detroit and surrounding areas, J-1 Exchange Visitors may plan on living alone.**

J-1 Exchange Visitors should expect to pay between \$500 and \$1,000 per month on rent when living alone. Rents may be further reduced if an Exchange Visitor chooses to live with one or more roommates.

If you’re living in Detroit, consider areas like downtown, midtown, and Corktown. If you plan on living outside Detroit, consider areas like Hamtramck, Ferndale, and Royal Oak.

Many Exchange Visitors’ host companies may be in the nearby cities of Ann Arbor or Auburn Hills. If you choose to live in Detroit or the Detroit suburbs, remember to keep your commute to 40-60 minutes maximum if possible.

## LOCAL RESOURCES

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[Visit Detroit](#): Detroit’s official tourism site

[TimeOut Detroit](#): information on events, restaurants, nightlife, etc.

[Official website of the city of Detroit](#)

[Detroit News](#): local newspaper for Detroit and surrounding areas

## LOCAL FACC CONTACT

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Please contact the Michigan Chapter of the FACC for more information about local events and about integrating into the area: [info@faccmi.org](mailto:info@faccmi.org) or 248-936-9473

# APPENDIX: HOUSTON



***“Texas has yet to learn submission to any oppression, come from what source it may.” – Sam Houston, American politician and namesake of the city of Houston***

## TRANSPORTATION

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**While within city limits, you will have access to public transportation. You should also plan on traveling by car when outside of the city center. Houston is a large city and most people travel by car – plan accordingly!**

Visit the [METRO](#) website to learn more about the fares and schedules for the Metro tramway and bus systems.

If you'll be in the U.S. for an extended time and need to buy a car, search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](#) website for travel to cities outside of the Houston area. [Megabus](#), [Greyhound](#) and many other bus lines are good options as well. Renting a car is also an option, but rental rates will be higher if you're under age 25.

## ACCOMMODATIONS

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**J-1 Exchange Visitors should consider living with a roommate to reduce rent costs in Houston.**

J-1 Exchange Visitors should expect to pay between \$500 and \$1,000 per month on rent when living with one or more roommates. If a J-1 Exchange Visitor wants to live alone, rent will typically be \$1,000+ per month.

Consider using websites like [Craigslist](#), [apartments.com](#), and [Zillow](#) when searching for apartments. Make sure to check out the area and visit the apartment before deciding to rent.

## LOCAL RESOURCES

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[Visit Houston, Texas](#): The Official Visitors Site for Houston

[Thrillist: Things to Do in Houston](#): Free things to do in Houston!

[365 Things in Houston](#): information on events, restaurants, nightlife, etc.

[Official Website of the City of Houston](#): information on city news, safety, and living in Houston

## LOCAL FACC CONTACT

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Please contact the Houston Chapter of the FACC for more information about local events and about integrating into the area: [info@facchouston.org](mailto:info@facchouston.org) or 713-985-3280

# APPENDIX: LOS ANGELES



*Did you know that Los Angeles has an average of 292 sunny days per year?*



## TRANSPORTATION

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**L.A. is a very large, sprawling city and has a limited public transportation system. Plan to travel by car or bus!**

Visit the [Metro](#) website for more information about the Metro Rail and the Metro Bus systems. Uber, Lyft, and taxi services will also be available for transportation.

If you need to purchase a car, search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](#) website for travel to cities outside of Los Angeles. [Megabus](#), [Greyhound](#), [BoltBus](#) and many other bus lines are good options as well. Renting a car is another option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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**Los Angeles can be an expensive city: plan accordingly! Expect to live with a roommate and be prepared to pay a security deposit and the first month’s rent upfront.**

J-1 Exchange Visitors should expect to pay between \$850 and \$1,350 per month on rent when living with one or more roommates. If a J-1 Exchange Visitor wants to live alone, rent will typically be \$1,350+ per month. L.A. is huge—make sure to check out lots of neighborhoods to find the best price and best location for you!

While the city is generally safe, it is recommended that you avoid living in areas of South Campton and downtown for safety reasons. Learn more about crimes rates and staying safe [here](#) and with the L.A. [Police](#) & [Sheriff’s](#) Departments.

## LOCAL RESOURCES

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[Discover Los Angeles](#): travel and tourism website for the city of Los Angeles

[TimeOut Los Angeles](#): information on events, restaurants, nightlife, etc.

[InterNations](#): a guide to living in Los Angeles created by expats living in the city

[Website of the city of Los Angeles](#): information on city news, safety, and living in L.A.

## LOCAL FACC CONTACT

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Please contact the Los Angeles Chapter of the FACC for more information about local events and about integrating into the area: by [e-mail](#) or by phone at 657-206-7891

# APPENDIX: MIAMI



*“Miami is one of the greatest cultural melting pots in the world.”*  
– David Caruso, actor

## TRANSPORTATION

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The public transportation system in Miami is not extensive, and it may be necessary to travel by car or bike.

Visit the [Miami Dade transit](#) website to learn more about routes and fares for the rail and bus systems in the city.

If you live in the suburbs of Miami, you may need to purchase a car. Search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](#) website for travel to cities outside of the Miami area. [Megabus](#), [Greyhound](#) and many other bus lines are good options as well. Renting a car is also an option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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J-1 Exchange Visitors should expect to pay between \$750 and \$1,250 per month on rent when living with one or more roommates **outside of the center of Miami**. J-1 Exchange Visitors can expect to pay \$1,250+ if they choose to live alone or inside the center of the city.

Remember to factor in transportation costs if you live outside Miami. Keep your commute to 40-60 minutes maximum.

While Miami is generally very safe, it is recommended that you avoid living in the north district of Miami due to higher crime rates. Learn more about crime rates and safety in Miami [here](#) and with the [Miami Police Department](#).

## LOCAL RESOURCES

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[Miami & The Beaches](#): tourism website for Miami and the surrounding areas

[TimeOut Miami](#): information on events, restaurants, nightlife, etc.

[National Park Service, The Everglades](#): consider visiting the nearby Everglades, a famous US site

[Official website of the city of Miami](#)

## LOCAL FACC CONTACT

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Please reach out to the Miami Chapter of the FACC for information on local events and integrating into the area: [contact@faccmiami.com](mailto:contact@faccmiami.com) or 305-374-5000

# APPENDIX: NEW YORK



*“One belongs to New York instantly;  
one belongs to it as much in five  
minutes as in five years.”*

– Thomas Wolfe, author

## TRANSPORTATION

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**New York City has an extensive transportation system, including the subway, commuter trains, and buses.**

Visit the [MTA](#) website to learn more about routes and fares for the subway, the bus, the Long Island Rail Road, the Metro-North Railroad, and the Staten Island Railway systems.

Visit the [Port Authority](#) website to learn more about the PATH train to New Jersey and buses to nearby cities.

Visit the [New Jersey Transit](#) website and the [Amtrak](#) website for information on travel to areas outside NYC. [Megabus](#), [Greyhound](#), [BoltBus](#) and many other bus lines are good options as well.

## ACCOMMODATIONS

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**New York City is the most expensive city in the United States: plan accordingly!** Expect to live with a roommate and be prepared to pay a security deposit and the first month’s rent upfront. You may also be asked to pay last month’s rent upfront as well. Be prepared to pay a significant broker’s fee if you use a real estate agent.

J-1 Exchange Visitors should expect to pay between \$1,000 and \$1,500 per month on rent when living with one or more roommates. If a J-1 Exchange Visitor wants to live alone, rent will typically be \$1,500+ per month.

Consider areas like Queens, Hoboken, the Lower East Side, and west Harlem if you’re looking for less expensive rents.

## LOCAL ATTRACTIONS & RESOURCES

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[NYCgo](#): New York City’s official tourism site

[TimeOut New York](#): information on events, restaurants, nightlife, etc.

[NYC Insider Guide](#): information on housing, events, and news in the city

[Official Website of New York City](#)

## LOCAL FACC CONTACT

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Please contact [icdp@faccnyc.org](mailto:icdp@faccnyc.org) for any questions regarding your visa or adjusting to life in the U.S. The FACC can also provide the names of several real estate brokers who are familiar with J-1 Exchange Visitors and their budgets.

# APPENDIX: ORLANDO



*Before being known by its current name, Orlando was called Jernigan after the first permanent settler in the area.*

## TRANSPORTATION

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**Orlando has an extensive bus system in the downtown area.**

Visit the [Lynx](#) website to learn more about bus schedules, routes, and fares.

If you live in the suburbs of Orlando or wish to have more freedom when you travel, you may need to purchase a car. Search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](#) website for travel to cities outside of the Orlando area. [Megabus](#), [Greyhound](#), and many other bus lines are good options as well. Renting a car is another option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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J-1 Exchange Visitors should expect to pay between \$1,000 and \$1,500 if they choose to live alone in Orlando. Rents will be considerably cheaper if you choose to live with a roommate.

You can also consider the [suburbs and other smaller towns](#) outside of Orlando where you may find less expensive rents. Check out websites like [apartmentfinder](#), [apartmentguide](#), and others for more ideas.

If you choose to live outside of downtown Orlando or plan on traveling by car, remember to factor in your commute (aim for no more than 40-60 minutes) and the cost of car insurance.

## LOCAL RESOURCES

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[cityoforlando.net](#): official website of city of Orlando

[Visit Orlando](#): tourism website for Orlando

[Universal Studios](#): one of the biggest tourist attractions in Florida

[Disney World](#): the “Happiest Place on Earth”

## LOCAL FACC CONTACT

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The French-American Business Council of Orlando is part of the national FACC network and will gladly help you with adjusting to the area: [info@fabco.us](mailto:info@fabco.us) or <http://www.fabco.us/>

# APPENDIX: PHILADELPHIA



***Did you know that Philadelphia was once the capital of the United States? It's also where the Declaration of Independence was signed!***

## TRANSPORTATION

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**Philadelphia has a limited subway system and a much more extensive bus system.**

Visit the [SEPTA](#) website to learn more about routes and fares for the subway, the bus, and the regional rail systems. Many residents of Philadelphia use Uber and cabs to get around.

If you live in the suburbs of Philly, you may need to purchase a car. Search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](#) website for travel to areas outside Philly. [Megabus](#), [Greyhound](#), [BoltBus](#) and many other bus lines are also good options. Renting a car is also an option, but rental rates will be higher if you're under age 25.

## ACCOMMODATIONS

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**J-1 Exchange Visitors should consider living with a roommate to reduce rent costs in Philadelphia.**

J-1 Exchange Visitors should expect to pay between \$500 and \$1,000 per month on rent when living with one or more roommates. If a J-1 Exchange Visitor wants to live alone, rent will typically be \$1,000+ per month.

Housing websites: [Craigslist](#), [ihousephilly](#), [Zillow](#), [trulia](#), [centercityhomefinder](#), [prudentialproperties](#), [centercityteam](#)

While Philly is generally safe, avoid living in areas north of Spring Garden, west of 40<sup>th</sup> Street, and south of Washington Street for safety reasons. Learn more about crime rates and safety [here](#) and with the [Philadelphia Police Department](#).

## LOCAL RESOURCES

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[Visit Philly](#): Philadelphia's official tourism site

[TimeOut Philadelphia](#): information on events, restaurants, nightlife, etc.

[Official website of the city of Philadelphia](#)

[Philadelphia Official Visitors Guide](#)

## LOCAL FACC CONTACT

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Please contact the Philadelphia Chapter of the FACC for more information about local events and about integrating into the area: [info@faccphila.org](mailto:info@faccphila.org) or 215-716-1996

# APPENDIX: SAN DIEGO



*The average yearly temperature in San Diego is 70 °F and there are 70 miles of beaches within city limits.*

## TRANSPORTATION

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San Diego has a transportation system including trains, trolleys, buses, and shuttles. You may also want to consider renting or buying a car.

Visit the [511](#) or [sandiego.org](#) website to learn more about routes and fares for the subway and bus systems. Taxis and Ubers are available as well. The [Coaster](#) and [Sprinter](#) trains will take you to areas outside of downtown.

If you live in the suburbs of San Diego, you may need to buy a car. Search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](#) website for travel to cities outside of San Diego. [Greyhound](#) and many other bus lines are good options as well. Renting a car is also an option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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J-1 Exchange Visitors should expect to pay between \$500 and \$1,000 per month on rent when living with one or more roommates. J-1 Exchange Visitors can expect to pay considerably more if they choose to live alone.

Don’t limit your search to one area. Check out several neighborhoods while searching for an apartment. Sites like [apartments.com](#), [Craigslist](#), and [Zillow](#) are great resources.

Check out San Diego Magazine’s [breakdown](#) of areas to live in the city, depending on what you like to do and what you’re looking for in your neighborhood. The article also includes great information on rent and walk-ability.

## LOCAL RESOURCES

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[Sandiego.org](#): tourism website of the city of San Diego

[San Diego Magazine](#): information on events, restaurants, nightlife, etc.

[Official website of the city of San Diego](#): information on city news, safety, and living in San Diego

[San Diego Zoo](#): one of the biggest tourist attractions in the city and one of the most famous zoos in America!

## LOCAL FACC CONTACT

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Please reach out to the San Diego Chapter of the FACC for more information on local events and for information on integrating into the city. [info@france-sandiego.org](mailto:info@france-sandiego.org) or 619-230-5257

# APPENDIX: SAN FRANCISCO



*“One day if I go to heaven...I’ll look around and say, ‘It ain’t bad, but it ain’t San Francisco.’”*

– Herb Caen, journalist

## TRANSPORTATION

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San Francisco is serviced by several forms of public transportation, including buses, trams, and the subway.

Visit the [SFMTA](#) website to learn more about getting around the city and surrounding area using public transportation. San Francisco is also a very walk-able city!

The [CalTrain](#) website provides information about the commuter train serving San Francisco and areas south. Many interns and trainees may be able to use the CalTrain for transportation to and from their training locations.

Visit the [Amtrak](#) website for travel to areas outside of San Francisco. [Megabus](#), [Greyhound](#), [BoltBus](#) and many other bus lines are good options as well. Renting a car is also an option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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San Francisco is the [most expensive](#) city in the United States in terms of rent: **plan accordingly!** Expect to live with a roommate and be prepared to pay a security deposit and the first month’s rent upfront.

J-1 Exchange Visitors should expect to pay between \$1,500 and \$2,300 per month on rent **when living with one or more roommates inside of San Francisco**. Consider living in areas outside of San Francisco center, like Oakland or East Bay; rent will be considerably cheaper if you choose to live [outside the center](#) of San Francisco.

While San Francisco is very safe, avoid living in areas like the Tenderloin and Western Addition for safety reasons. Learn more about crime rates and safety in San Francisco [here](#) and with the [San Francisco Police Department](#).

## LOCAL RESOURCES

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[San Francisco Travel](#): travel website for the city of San Francisco

[TimeOut San Francisco](#): information on events, restaurants, nightlife, etc.

[Lost in SF](#): website run by two French expatriates about the ins and outs of San Francisco

[Official Website of the city of San Francisco](#)

## LOCAL FACC CONTACT

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Please contact the San Francisco Chapter of the FACC for more information about local events and about integrating into the area: [info@faccsf.com](mailto:info@faccsf.com) or 415-442-4717

# APPENDIX: SEATTLE



There are two official slogans of the city of Seattle: *The City of Flowers* and *The City of Goodwill*

## TRANSPORTATION

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The public transportation system in Seattle includes buses, ferries, and commuter trains. Many people in Seattle choose to travel by foot or by bike.

Visit the [Seattle government website](#) to learn more about routes and fares for the rail, bus, and ferry systems in the city.

If you live in the suburbs of Seattle, you may need to purchase a car. Search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](#) website for travel to cities outside of the Seattle area. [Greyhound](#) and many other bus lines are good options as well. Renting a car is also an option, but rental rates will be higher if you’re under age 25.

## ACCOMMODATIONS

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J-1 Exchange Visitors should expect to pay between \$500 and \$1,000 per month on rent when living with one or more roommates. J-1 Exchange Visitors can expect to pay \$1,000+ if they choose to live alone.

For less expensive rents, consider looking in the suburbs. Safe options include Everett, Redmond, and Tacoma. Remember that public transportation will be less accessible, so you will need to travel by car if you live in the suburbs.

Try to keep your commute to 40-60 minutes maximum if you choose to live in the suburbs. Please see our Orientation Guide for resources to help you in finding an apartment or house.

## LOCAL RESOURCES

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[Visit Seattle](#): tourism website for the city of Seattle

[TimeOut Seattle](#): information on events, restaurants, nightlife, etc.

[Thrillist Seattle](#): information on events, restaurants, nightlife, etc.

[Official website of the city of Seattle](#)

## LOCAL FACC CONTACT

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Please reach out to the Pacific Northwest Chapter of the FACC for information on local events and integrating into the area: [info@faccpnw.org](mailto:info@faccpnw.org) or 206-443-4703

# APPENDIX: WASHINGTON, DC



***Did you know that Washington, DC was planned and designed by the French-born architect, Pierre Charles L'Enfant?***

## TRANSPORTATION

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**Washington, DC is serviced by several forms of public transportation.**

Visit the [WMATA](http://wmata.com) website to learn more about the Metro and bus systems. Ubers and taxis are also available.

If you live in the suburbs of DC in Maryland or Virginia you may need to purchase a car. Search for “used car dealerships” in your area to find safe and reliable options. If you purchase from an individual, make sure the car is inspected by a professional first.

Visit the [Amtrak](http://amtrak.com) website for travel to cities outside of the DC-area. [Megabus](http://megabus.com), [Greyhound](http://greyhound.com), [BoltBus](http://boltbus.com) and many other bus lines are good options as well. Renting a car is also an option, but rental rates will be higher if you're under age 25.

## ACCOMMODATIONS

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**Rents in Washington, DC can be very expensive: plan accordingly! Expect to live with a roommate.**

J-1 Exchange Visitors should expect to pay between \$1,000 and \$1,500 per month on rent when living with one or more roommates. If a J-1 Exchange Visitor wants to live alone, rent will typically be \$1,500+ per month.

Consider looking for apartments in Arlington, VA; Bethesda, MD; or other suburbs – you may find cheaper rents and still be located close to the Metro. While DC is generally very safe, it is recommended that you avoid living in the Southeast and Anacostia areas of DC. Learn more about crime and safety [here](#) and with the [DC Police Department](http://dcpolice.org).

## LOCAL RESOURCES

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[washington.org](http://washington.org): Washington, DC's official tourism website

[TimeOut Washington, DC](http://timeout.com): information on events, restaurants, nightlife, etc.

[Thrillist Washington, DC](http://thrillist.com): information on events, restaurants, nightlife, etc.

[Official Website of Washington, DC](http://dc.gov)

## LOCAL FACC CONTACT

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Please contact the Washington, DC Chapter of the FACC for more information about local events and about integrating into the area: [info@faccwdc.org](mailto:info@faccwdc.org) or 202.640.1806