

An aerial photograph of the Miami skyline at dusk. The city is illuminated with warm lights, and the water in the foreground reflects the city lights. The sky is a deep blue, and the overall atmosphere is serene and modern.

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J-1

# J-1 Guide

Miami, Florida

This guide is to help you prepare before traveling to Miami, as well as to help you get settled when you arrive. In this guide, provided by Rian, you will be able to get a small handle on Miami. It is by no means everything you need to know, but hopefully it gets you off on the right foot.

## Transportation

- Miami has a lot of bus routes, but the city itself admits that sometimes the buses can be very delayed. Buses are best when you don't need to transfer between different stations and when the route you want to take is popular.
- Miami also has the Metrorail which is the city's above ground subway. It has a fair amount of stops through some of the city's most popular areas. The Metrorail is helpful because it avoids traffic and the trains come frequently.
- For getting around different hotspots, the city offers Trolleys. These are free but offer fewer stops than the Metrorail and buses.
- Miami also has taxis and rideshare programs, which are obviously more expensive.

## Neighborhoods & Hostels For Housing:

- Brickell is a vibrant neighborhood with many younger workers. The neighborhood also offers easier commutes. There are many public transportation options and the neighborhood is close enough to walk/bike to many office areas. There are also tons of restaurant options with different types of food to try. Brickell is also extremely cheap.
- Wynwood is Miami's arts district but offers affordable real estate with apartments and condos. It's close to Downtown Miami as well. There's always an art exhibit around, but also great food options to explore as well.
- Downtown Miami is slightly more pricey but is the most central location. This area might be more convenient if your internship is nearby. There are tons of public transportation options and there is great food around as well.
- If you arrive in Miami still looking for housing, here are some hostels to stay in while you get started. Generator Miami in Miami Beach, Freehand Miami and Miami Beach International Hostel.

## Health Resources:

Note: It's important to check with your insurance provider to see what your coverage is before making any non-emergent trips to the doctor or urgent care.

- Cleveland Clinic Weston
- Baptist Health Baptist Hospital
- University of Miami Hospital
- Mount Sinai Medical Center
- Thriving Mind offers free Mental Health resources in the Miami area.
- Anxiety and Depression Association number: 240-485-1001
- National Suicide Prevention number: 988
- National Emergency Number: 911

## Important Things About Miami:

Miami is a coastal metropolis in Southern Florida that is known for its beautiful beaches, lively nightlife scene, and a variety of some of the most gorgeous real estate in the United States. Many call it the "Magic City" considering its vast array of food options, art, and homes. Expect heat and humidity as well, since the area is a part of a tropical monsoon climate.

## What to do upon arrival?

### Things to Do/Places to Go:

- One of the most obvious things to do in Miami is enjoy the beaches. Here are some of the best beaches: Lummus Park in South Beach, Bal Harbour, South Beach, Crandon Park (quiet and more laid-back) and 21st to 45th St Beach.
- Find the best art scenes, including some street art, at Wynwood Walls.
- Visit the Vizcaya Museum and Gardens, which is a massive old home.
- Dolphin Mall is one of the best and biggest shopping malls in Miami.
- Walk around Miami Design District
- Go shopping and eat at Bayside Marketplace, which has a great view of Miami's skyscrapers
- Little Havana is a historic neighborhood with Latin roots and great food.

## Socializing & Networking

Rian has a sheet with many different networking options in a variety of cities. Use [this link](#) to get to the sheet and find out more about different opportunities in your city!

## Sports:

Miami has quite a few major league teams that you can go watch. Here are a few of the biggest ones:

- Miami Heat (Basketball)
- Miami Dolphins (Football)
- Miami Marlins (Baseball)
- Florida Panthers (Hockey)

Miami has a GAA that is very active. It combines the sport with social activities and actively recruits new members. Look at the team's Facebook, which is @SouthFloridaGAA. The team is co-ed. Miami also has a rugby club where you can watch or join in. They practice twice a week, and they say "if you practice, you play." They compete against other Southern rugby teams. Go to [miamirugby.com](http://miamirugby.com) to find out more.

## Exercise

From marathons to yoga to diving to beach volleyball, Miami has something for every type of person who wants to exercise. Whether you join a gym or ride your bike in one of the many city, county, or state parks, be sure to take in the unique views Miami has to offer.

## Business Networking:

- Check out Eventbrite to see local networking events
- The Greater Miami Chamber of Commerce also hosts many events & programs
- Remember to utilize Rian's alumni network through their LinkedIn or Facebook. These alumni might know professionals to meet or just have helpful general tips

As always, Rian is always a support system for you whenever you need it. Both the LEP and RSS team are available if you have any questions or troubles. Sarah Bayer is the director of the RSS office, and you can reach her at +1 (617) 542-7654 Ext.14 and [sbayer@riancenter.org](mailto:sbayer@riancenter.org). You can always reach out to Ellie Carver, [ecarver@riancenter.org](mailto:ecarver@riancenter.org) and + (617) 542-7654 Ext. 20

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