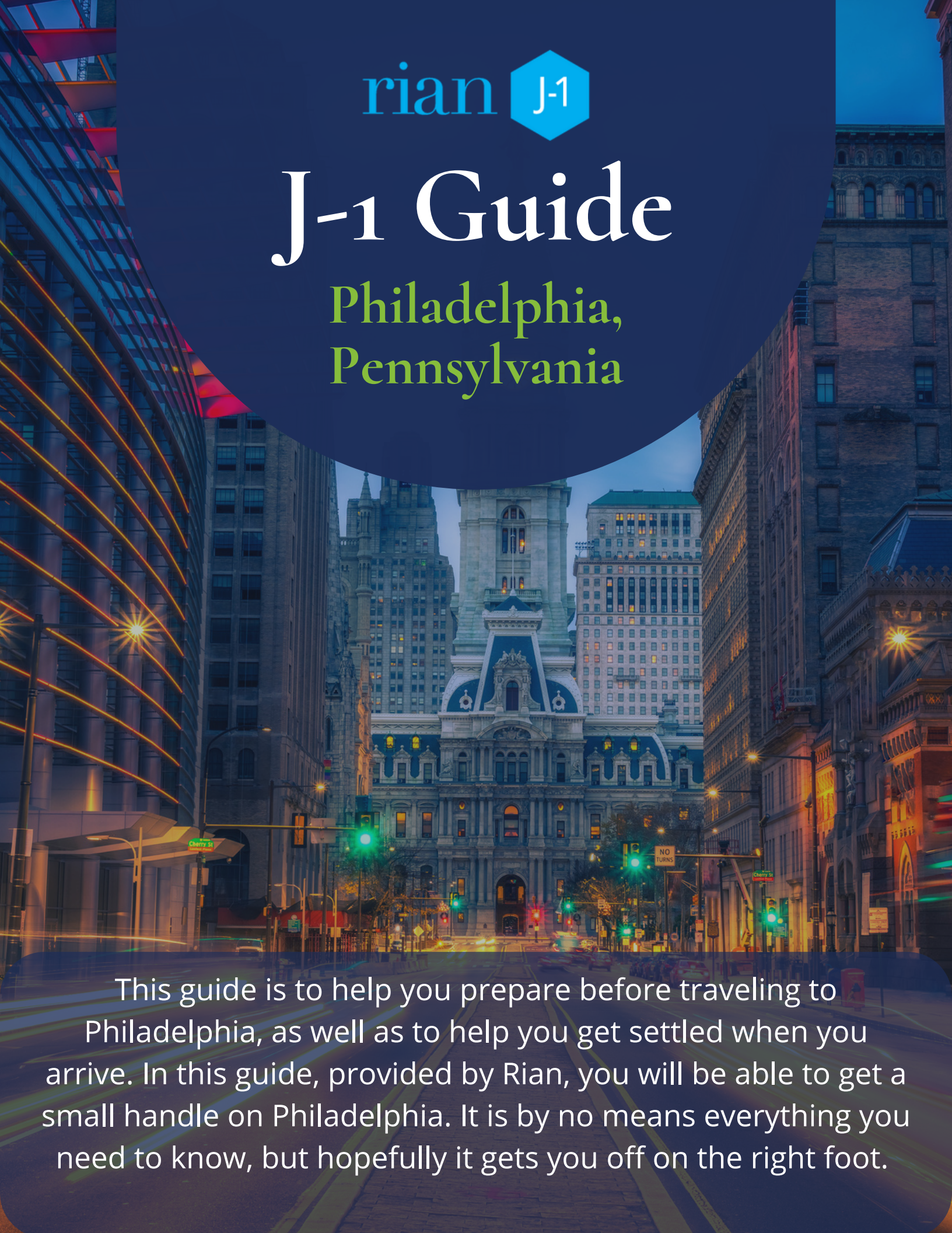


The logo for Rian J-1, featuring the word "rian" in a light blue, lowercase, sans-serif font, followed by a blue hexagon containing the white text "J-1".

rian J-1

J-1 Guide

Philadelphia,
Pennsylvania

A long-exposure photograph of a city street at night, likely in Philadelphia. The street is illuminated by streetlights, and the buildings on either side are lit up. In the background, the Philadelphia City Hall is visible, illuminated with blue and white lights. The street is lined with buildings, and there are traffic lights and street signs visible. The overall scene is a vibrant, urban night scene.

This guide is to help you prepare before traveling to Philadelphia, 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 Philadelphia. It is by no means everything you need to know, but hopefully it gets you off on the right foot.

Transportation

- Philadelphia offers many different modes of transportation throughout the city.
- Philadelphia has a subway system. It consists of two main lines, the Market-Frankford Line (MFL) and Broad Street Line (BSL). Both of the lines run 24/7, and the line is sometimes elevated which eliminates the worry of delay for traffic.
- Philadelphia also has trolley lines which can connect different transit lines and to popular tourist destinations.
- There are also many bus lines. Almost all of the buses also run 24 hours a day.
- Philadelphia is also a bike and walking friendly city when the weather allows for it. There are designated bike lanes on many major roads, and it's easy to find bikes through [Lime](#) for as little as a dollar.
- Ubers, Lyfts and Taxis are also available throughout the city if you need to go somewhere without trains or buses nearby.
- If you're looking to go into different parts of Pennsylvania and Delaware, there's also the Norristown High-Speed line which brings you to the country.

Neighborhoods & Hostels For Housing:

- Philadelphia houses many colleges. Cedar Park is filled with undergraduate and graduate students who can quickly commute to school. This means that the rent is cheaper and there's a college town vibe. It's also close to the subway system.
- If you want a cozier neighborhood, Fishtown is a great neighborhood with lots of coffee shops, bars and music venues. This neighborhood is rising in popularity, which means that the rent is still fairly cheap.
- Washington Square West is located extremely close to the center of the city. It's very walkable and has great apartments available for rent. There are always lots of events going on in Washington Square West as well.
- If you arrive still looking for housing, there are a few hostels in Philadelphia where you can stay while you search for permanent housing. Apple Hostels of Philadelphia and Sonder at Sixteen Hundred.

What to do upon arrival?

Things to Do/Places to Go:

- Visit Independence Hall, where the Liberty Bell is. This is the birthplace of the U.S. and was where the nation was founded!
- Enjoy an authentic Philly cheesesteak! A good place to do this is the intersection of South 9th Street and Passyunk Avenue. Here, you'll find Geno's Steaks and Pat's King of Steaks which are rivals!
- Visit LOVE Park, which is home to a famous LOVE statue.
- Visit one of the oldest farmers markets - Reading Terminal Market!
- Visit the Philadelphia Museum of Art, the Franklin Institute and the Barnes Foundation on Benjamin Franklin Parkway.
- Visit Spruce Street Harbor Park and Schuylkill Banks and Schuylkill Banks Boardwalk for some outdoor time!

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.

- Hospitals of the University of Pennsylvania-Penn Presbyterian
- Jefferson Health - Thomas Jefferson University Hospitals
- Main Line Health Lankenau Medical Center
- If you're in need of mental health care, visit pmhccares.org to find the right form of care for you.
- National Suicide Prevention number: 988
- National Emergency Number: 911

Important Things About Philadelphia:

Philly is a historic city as the nation's birthplace, but also offers an urban center with an abundance of things to do, eat, visit, and see. It's a temperate mid-Atlantic city, with summers that are hot and muggy and winters that are moderately cold. Commuting around Philly is pretty easy and convenient compared to other northeast cities.

Sports

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

- Philadelphia Eagles (football)
- Philadelphia Flyers (hockey)
- Philadelphia Phillies (baseball)
- Philadelphia 76ers (basketball)
- Philadelphia Union (soccer)

Philadelphia has a GAA with many different teams in both football, hurling and camogie. These teams are both social and great exercise. Go to philadelphiagaa.com to find a team that is right for you!

Philadelphia also has a rugby club. They compete regularly and are always looking for new recruits. Visit pwrfc.com/recruiting to find out more!

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! The Irish Network of Philadelphia offers a good social and business group in the states! Meetup.com also has lots of networking opportunities.

Exercise

Philadelphia has a variety of options for exercising that includes engaging instruction, unique class types, and multi-sensory immersion. Some examples of workout classes include: yoga and water fitness, dance, immersive cycling, and boxing training,

Business Networking:

- Some networking organizations:
 - The Flow
 - The Walnut Club
 - Urban Philly Professional Network
 - IBA ConnX
 - Techstars
 - Chamber of Commerce for Greater Philadelphia
 - REC Philly
 - ImpactPHL
- 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. You can always reach out to Ellie Carver, ecarver@riancenter.org and + (617) 542-7654 Ext. 20

The Irish Consulate also has an office at 535 Boylston St #502. Their phone number is +1 (617) 267 9330