

An aerial photograph of Seattle, Washington, featuring the Space Needle in the foreground. The city's skyline is visible in the background, with various skyscrapers and buildings. The Space Needle's observation deck is prominent, showing people looking out over the city. The sky is overcast with some light clouds.

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J-1 Guide

Seattle, Washington

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

Transportation

- Seattle offers many different modes of transportation throughout the city.
- One option is the Light Link Rail which offers different lines throughout the city and doesn't deal with traffic. The Link Light goes through the city but doesn't touch a lot of outlying neighborhoods. The passes are also fairly cheap for day to day commutes.
- There are also public buses to bring people in from different areas around the city. Look at route maps to see if there's a convenient stop or route near you.
- Seattle also offers Streetcars, which take you to popular areas within Seattle. One option is South Lake Union, which is home to tons of shopping and restaurants, as well as Amazon's headquarters.
- Seattle is also a bike and walking friendly city. 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.

Neighborhoods & Hostels For Housing:

- Ballard is a safe neighborhood that offers a mix of apartments and single family homes. It is 10 minutes away from Downtown Seattle, and there are many different options for both food and entertainment. It's close to the water and offers a variety of green spaces as well.
- South Lake Union is also a good area to live in. This area is great if you're working in tech, as it houses many different offices and headquarters for companies. It also offers a variety of green spaces and is close to the water.
- First Hill is a good affordable neighborhood with lots of rental options. The population in First Hill is dense which means that there's many people around and lots of apartments. It is great socially, as there are many bars and restaurants with great food and music.
- If you arrive still looking for housing, there are a few hostels in Seattle where you can stay while you search for permanent housing. HI Seattle Hostel at the American Hotel and Green Tortoise Hostel are both close to the city center.

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.

- University of Washington Medical Center
- Virginia Mason Medical Center
- Providence Regional Medical Center
- Seattle offers many different services if you are ever in need of mental health services. [Here](#) is a website detailing different services and ways to get help.
- National Suicide Prevention number: 988
- National Emergency Number: 911

What to do upon arrival?

Things to Do/Places to Go:

- Pioneer Square - an old neighborhood with amazing architecture and food
- Visit the Space Needle which is an iconic part of Seattle's skyline
- Pike Place Market is one of the most popular attractions of Seattle. The market is filled with tons of food options that are some of the most popular in Seattle.
- Seward Park is 300 acres and offers a complete escape from the city. It is a 20 minute drive but completely worth it for a day trip.
- Museum of Pop Culture
- Seattle Great Wheel
- Henry Art Gallery
- Seattle Art Museum
- Olympic Sculpture Park
- Take a Washington State Ferry to a nearby island

Sports:

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

- Seattle Seahawks (football)
- Seattle Kraken (hockey)
- Seattle Mariners (baseball)
- Seattle Sounders FC (soccer)

Seattle has a GAA that is very active. It combines the sport with social activities and actively recruits new members. The team is called the Seattle Gaels. The team is co-ed and is a great social and athletic experience. Seattle also has a rugby club where you can watch or join in. They also offer teams for both men and women. Look them up at Seattle.rugby. Seattle's major league rugby team is the Seawolves, and they also play regular games to watch.

Exercise

Seattle has a variety of gyms and fitness plans to choose from, especially as it is regularly ranked one of the healthiest places in the country. Even head outside to one of the city's or county's parks to get a workout and some outside time in.

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!

Important Things about Seattle:

Always make sure to stay alert in larger American cities, especially at night. Keep your eyes out for pick pocketers as well.

Keep your DS-2019 and passport in a safe place at all times throughout your time in the United States. Remember that 911 is the emergency number in case you need any urgent help (fire, police, ambulance, etc).