

Moving to New York

PRE-DEPARTURE PREPARATION:

- Research job opportunities through various employment websites and prepare a U.S. style resume to e-mail to prospective employers/hiring companies. Go to <http://globalgateway.monster.com/employmentissues/resumes/6937/> for guidance on preparing a resume. If your career is in the hospitality sector, and you are interested in gaining experience or employment in the U.S. (East Coast), check out www.irishbusinesssolutions.net.
- Please refer to www.migrantproject.ie for detailed information on immigrating to the U.S.
- Research work visa options/sponsorship – go to www.uscis.gov and www.travel.state.gov/visa for details on various work visas and the qualifying criteria. If necessary, consult an immigration attorney in Ireland or here in the U.S. to establish your options. E-mail us for contact details of attorneys in New York.
- If necessary, take a short trip to New York to submit resumes and undertake interviews with prospective employers in advance of making a long term or permanent move.
- If you have friends or relatives living here, contact them for any job leads.
- For families with young children immigrating here, a move to New York will most likely revolve around the school year with most families arriving during the summer months. It is very important to enroll your children in a school prior to or immediately upon arrival. The school will advise what documentation it requires to consider your application for enrollment. Call into the center if you have any questions on residency requirements for local schools. Please also note that the New York State Department of Education makes it very clear that schools cannot request documentation of parents' immigration status as a prerequisite to enrolling a child in school. Undocumented children have the same right to a free public education as other children.
- Establish job networking opportunities in advance through various Irish clubs, organizations and websites, e.g.

www.aislingcenter.org

www.irishnetwork-nyc.com

www.failte32.com

www.meetup.com/NYirish

www.rendezvous353.com

www.ibo-ny.com

www.irishbusinesssolutions.net

- Look up NY based Irish papers online for job vacancies:
www.irishvoice.com
www.irishcentral.com
www.irishecho.com
www.irishemigrant.com
www.irishexaminerusa.com
- Ensure you have sufficient money saved up to cover set up costs and food/living expenses for the first month at least (\$3,500 minimum) with access to your savings in Ireland should you fail to secure work within the first month.

EMPLOYMENT:

Check job postings daily at the Aisling Center and let staff know how you are getting on with regard to work and accommodation.

We also have on file a directory of construction companies and bars/restaurants to assist people who are looking for work in these sectors.

Make sure to contact any friends or relatives you may have living here in the U.S. to see if they can assist with your job search. It is very important also to network and establish new contacts as soon as you get here to increase job prospects.

Below are some web sites and phone numbers where jobs can be researched:

WWW.FAILTE32.COM

WWW.NBPJOBS.ORG

WWW.MONSTER.COM

WWW.JOBSONLINE.COM

WWW.GOJOBS.COM

WWW.CAREER.COM

WWW.JOB.COM

WWW.NEWYORK.CRAIGSLIST.ORG

WWW.JOBMARKET.NYTIMES.COM

WWW.NYJOBSOURCE.COM

You should also contact the other Irish centers in NY for any job vacancies they may have:

Emerald Isle Immigration Center, 4275 Katonah Ave, Bronx, NY 10470 (718-324-3039)

Emerald Isle Immigration Center, 59-26 Woodside Ave, Woodside, NY 11377 (718-478-5502)

www.eiic.org

New York Irish Center, 10-40 Jackson Ave., Long Island City, NY 11101 (718-482-0909)

www.newyorkirishcenter.org

Again, check the weekly NY based Irish papers and networking websites/organizations (already listed) for possible leads.

Be flexible about where you are willing to live in the New York area since you may need to be close to where you find employment.

ACCOMMODATION:

Apartments in New York are generally rented unfurnished. It is important to remember that you will have to secure furniture, beds, TV, lockers, air conditioners, etc. for your apartment upon arrival at a minimum total cost of \$1,000. Here is a breakdown and average cost of essential items:

Full size bed	\$300
Futon/Sofa	\$200
TV/DVD	\$200
Dresser/Nightstand	\$100
Kitchen equipment	\$100
Air Conditioner	\$150

It is a standard requirement to pay the first month’s rent and a month’s deposit in advance. The average total rent for a 2 bedroom apartment is \$1,200 per month (\$600 per room/per person) and \$1,500 per month for a 3 bedroom apartment (\$500 per room/per person).

Set up costs (first month’s rent and security deposit, furniture, etc) and living expenses for one month for an individual coming to New York will add up to at least \$3,500. If you are traveling with somebody, the initial outlay of furnishing an apartment will be shared.

Check the Accommodation notice board in the Aisling Center on a daily basis for accommodation in Yonkers and the Bronx, as well as local delis, shops, and laundrettes.

Utility bills (electric, phone & internet, cable TV) are usually not included in the stated rent. Depending on how many people you share the apartment with; utilities can cost an additional \$120-200 per month.

Before purchasing furniture, check notices boards in your area for any “free furniture” ads. People also throw out furniture in the garbage, some of which can be in great condition. So, keep your eyes on the sidewalks for any unwanted pieces of furniture or electronics!

Furniture stores (Bronx/Yonkers):

Bob’s Discount Furniture 2500 Central Avenue Yonkers, NY (check out clearance pit) Check delivery charge	Discount Furniture Warehouse 52-21 Broadway Bronx, NY (between 225 th – 228 th Street) Delivery charge only \$20	National Wholesale Liquidators Cross County Mall Yonkers, NY No delivery service
Target 40 West 225 th Street Bronx, NY Check website or store for delivery charge	Cross County Shopping Mall Yonkers, NY	Walmart 275 Main St., White Plains (accessible on Metro North) Check website or store for delivery charge

Other accommodation websites in NY:

www.hostels.com

www.apartments.com

www.craigslist.org

Local Guest Accommodation	McKeons	914-530-2386	996 McLean Ave., Yonkers
	Galvins	914-237-9496	Hyatt Ave., Yonkers
	St James Guest House	914-588-9200	Crestmont Ave., Yonkers
	Eileen's self catering apt.	914-588-3567	Lincoln Park, Yonkers
	Apartment/self catering	917-362-6745	Just off McLean Ave., Yonkers
	Self-Catering 2 bedroom apt	914-964-5965	Lee Ave., Yonkers
Hotels	Ramada Inn	914-476-3800	Tuckahoe Road, Yonkers
	Royal Regency	914-476-6200	Tuckahoe Road, Yonkers
	Hampton Inn & Suites	914-377-1144	160 Corporate Boulevard, Yonkers, NY
	Marriott Residence Inn	914-476-4600	7 Executive Boulevard, Yonkers, NY

The above listing is for information purposes only and should not be taken as an endorsement of any of the accommodations listed.

GENERAL/EMERGENCY INFORMATION:

Consulate General of Ireland

212-319-2556

345 Park Avenue, NY 10154 17th fl (51st Street)

Hours: 10am – 3pm Mon to Fri

1) Photo I.D. cards are available at the Aisling Irish Center

Cost: \$20 valid for 1 year or \$30 valid for 2 years. By law, you are obliged to carry photo I.D. with you at all times. It might also be helpful to have the phone number and address of the Aisling Irish Community Center, 990 McLean Avenue, Yonkers, New York 10704. Phone number: 914-237-5121.

2) Our Internet facility is open during the following hours:

Monday – Friday 9am – 5pm

3) Medical/Emergency phone numbers/information:

Medical:

Montefiore Hospital, 600 E 233rd St, Bronx

718-920-9000

DOCS Medical Center, 471 Central Park Ave, Yonkers
 914-964-0220
 Dr Ward, 204th St/Broadway
 212-942-3369
 Dr Caridad Fresneda
 Dr Johnny Kovoov
 McLean Ave, Yonkers
 914-237-8282
 Yonkers Community Health Center (sliding scale fees)
 30 S Broadway, Ste # 2, Yonkers, NY 10701
 914-968-4898
 Dr Edwin Pan/OBGYN
 914-668-5585
 Women's Health Center
 914-961-1204

Dental:

Dr Trang Nguyen, 453 Kimball Ave, Yonkers
 914-237-0300
 Dr. Paul Klein, 928 McLean Ave, Yonkers
 914-237-1922
 Montefiore Dental Care
 347-341-4330
 Yonkers Community Health Center (sliding scale fees)
 30 S Broadway, Ste # 2, Yonkers, NY 10701
 914-968-4898

Police:

In case of emergency	911
Yonkers Police 2 nd Precinct, 441 Central Ave, Yonkers	914 377 7452
Yonkers Police, Central Headquarters	914-377-7900
Bronx Cops, 47 th Precinct, Bronx	718-920-1200

SPORT/EXERCISE IN NEW YORK:

Weekly Exercise classes at Aisling Irish Community Center:

Kickboxing/Boot camp	Call Frank @ 1914-490-7058 for details of weekly classes	Frank 914-490-7058
Yoga	Tuesday @ 7:30pm	Megan
Yoga	Wednesday @ 6:30pm	Deirdre 914-494-4981
Pilates	Thursday @ 6:30pm	Deirdre
Yoga	Friday @ 9:30am	Deirdre

*The following are some contact names, phone numbers and websites for both Men's and Ladies G.A.A. so if any of you would like to play football or hurling you can get in touch with these people. It is a great way to make friends and sometimes they may be able to help you with your search for a job.

New York Men's G.A.A. www.ny-gaa.org
Larry McCarthy, Secretary: mccartla@shu.edu

New York Ladies G.A.A. www.nyladiesgaa.com
Margaret Kelly, Secretary: secretary@nyladiesgaa.com
Mary Murphy, PRO pro@nyladiesgaa.com

Curves (women's fitness center)
www.curves.com
750 McLean Avenue
Yonkers, NY 10704
(914) 237-4233

www.powerhousegym.com
914) 423-8669
Cross County Shopping Mall
Yonkers, NY 10704
(Membership not required)

www.weightwatchers.com – Meeting at Aisling Center every Tuesday evening at 6:30pm

TRANSPORTATION:

Subway, train and bus information: <http://www.mta.info>

Bus Information

Fares – Metro Card is accepted for all buses and can be purchased locally in some delis or at the subway station. The fare for the subway or bus is \$2.25 as at 03/31/10. The express bus fare is \$5.50. All buses accept exact fare in coins only. Dollar bills, pennies, and half-dollar coins are not accepted. Free Transfers – Metro Card allows one free transfer of equal or lesser value if you complete your transfer within two hours of the time you pay your full fare with the same Metro Card. If you pay your local bus fare with coins, ask for a free electronic paper transfer to use on another local bus. Children - up to three children, 44 inches tall and under are allowed to ride free on subways and local buses when accompanied by an adult paying full fare. Infants (under two) are allowed to ride free on the express bus if the child sits on the lap of the accompanying adult.

Metro Cards can be purchased at:

Tri-Edy's Deli, 4345 Katonah Avenue, Bronx
Woodlawn Gift Shop, 4309 Katonah Avenue, Bronx
Mourad Deli and Grocery, 4201 Onieda Avenue, Bronx
Deli-Citi, 645 McLean Avenue, Yonkers
McLean Pharmacy, 642 McLean Ave, Yonkers

If living in Woodlawn or Yonkers, you can connect to the Woodlawn subway station by taking the # 34 bus (various stops along Katonah Ave) or the # 16 bus at the end of Katonah Ave., on E 233rd St. Pay with your metro card on the bus and you can then transfer free of charge to the subway train.

Bx34 - Local service from Woodlawn to Fordham Road (stops at Woodlawn subway station).

Bx16 - Service between Norwood and Eastchester - stops at Webster/McLean Ave and E233rd St (end of Katonah Ave) and also at Woodlawn subway station

Bx25 – Goes from McLean Ave/Woodlawn Ave to Cross County Mall and onwards to Getty Square

Express Bus Service (BxM4B): <http://www.mta.info/busco/schedules/bxm4cur.pdf>

This bus picks up at certain stops on Katonah Ave and East 233rd St and drops off at various stops along Fifth Ave., Manhattan - check schedule for route. Note: The express bus returns from Manhattan via Madison Ave NOT Fifth Ave to Woodlawn.

METRO NORTH TRAIN: The Metro North train from Manhattan (Grand Central) to Woodlawn is on the Harlem line. Check http://as0.mta.info/mnr/schedules/sched_form.cfm for schedule. Tickets for the metro north train should be purchased in advance of boarding the train at the ticket machine.

NOTE: You need to be in the front 4 carriages of some metro north trains when going from Grand Central to Woodlawn! Listen out for announcements made before the train departs.

TAXI PHONE NUMBERS

Break to the Border	1-914-964-9300	www.breaktotheborder.net
Home & Away	1-914-964-9300	
New Style	1-888-725-7433	
Millennium	1-888-368-8386	

CHURCHES

St. Barnabas Church 409 East 241 st Street Bronx, NY 10470 Phone: 718-324-1478 www.stbarnabasbronx.org	St. Paul's Church 602 McLean Avenue Yonkers, NY 10705 Phone: 914-963-7330	St. John's Church 670 Yonkers Avenue Yonkers, NY Phone 914-375-1115
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HINTS & TIPS:

- Health Insurance – ensure you have adequate health cover in place for the duration of your stay here.
- Tipping – it is customary (and expected) to tip staff 15–20% in restaurants, bars, taxis, hair and beauty salons, etc.
- Don't be afraid to ask people no matter how stupid you think the question sounds, and always be willing to help other people!
- When socializing with friends, do not walk home alone. Given increasing crime in all communities, always get a taxi no matter how close you live by.

- Research and compare all the cell phone, cable TV and internet providers before committing to a particular company. There are some good deals out there, but once you commit to a provider, you are locked in!
- Ensure you have access to funds in your main bank account in Ireland via ATM card, with a back up source of funds transferable via online banking or available on a credit card.
- When opening a bank account, you will need 2 forms of ID, for example, passport with a valid work or residency visa or Green Card, driver's license, credit cards etc (at least one has to be picture ID). You will also need proof of address - utility bills in your name or a lease/rent receipt. You may also be asked for your social security number. It is advisable to open an account near to where you live or work.

A move to a new country, far away from family and friends can be quite daunting and overwhelming. If you are having difficulty settling into a new life here, please talk to a social worker here at the Aisling Center or talk to a friend/family member.

Please refer to our booklet "Mind Yourself" which is a guide for Irish immigrants living in New York. The online version is available at www.mindyourself.org or through our main website www.aislingcenter.org.

Mind Yourself!

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