

2020 J-1 Summer Work Travel Visa Information Pack

Special Interest Articles:

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What can you expect if you go to Pittsburgh on the J-1 Visa Program? Know before you go!

A Message From The Ireland Institute of Pittsburgh



2020

Dear interested applicant,

The Ireland Institute of Pittsburgh is very proud to be able to offer to you the opportunity to participate in an exciting program designed to provide bona fide foreign post-secondary students an opportunity to become directly involved in the daily life of the people of the United States through travel and temporary work for a period up to four months during your summer vacation.

Included in this packet is information about the J-1 Summer Work Travel Visa along with details to assist you in choosing accommodation and housing.

We look forward to embarking on this journey with you and pledge to each of you our commitment to make your experience in Pittsburgh as rich and rewarding as possible.

We wish you great personal and professional success.

Sincerely,

James J. Lamb
President

About the Ireland Institute of Pittsburgh

The Pittsburgh J-1 Program is managed by the Ireland Institute of Pittsburgh (IIP). We were selected for this task because of our long experience in facilitating many Non Immigrant Visa Programs from Ireland.

Since 1989, the IIP has facilitated 53 Wider Horizons Groups, 14 Walsh Visa Groups, 25 Rooney Fellows, 70 US Trade Delegates, The

Trade and Investment Conference on Northern Ireland and Border Counties in 1996 and many other projects. Over 2000 young people from Ireland and Northern Ireland have participated in IIP programs over the past 30 years. The IIP also offers the J1 Irish Work & Travel, J1 Intern, and J1 Trainee Programs. We also engage

with Irish and UK governmental and educational institutions on a wide variety of programming as well as working in the private sector on various business opportunities. The IIP is committed to offering quality programming designed to enhance applicant's employability and cultural awareness.



Discover Pittsburgh

J-1 Summer Work Travel Visa

The J-1 Summer Work Travel Visa shall be issued for 4 months during educational institutions' official summer holidays to successful applicants. Participants should plan on having pre-arranged employment and housing prior to arrival – it will make the transition from Ireland to the US easier.

The purpose of the program is to provide bona fide foreign post-secondary students, enrolled in and actively pursuing a degree or a full-time course of study at an accredited educational institution an opportunity to become directly involved in the daily life of the people of the United States through temporary work for a period up to four months during their summer vacation in Pittsburgh and travel within the United States:

1. Employment: The primary component of the Exchange Visitor Program will be a work experience in the US in which participants will secure a position with a business or organization. Under the guidance of a mentor in the workplace, participants will gain valuable, hands-on experience and a new understanding for their field of interest. Each participant's respective employer will determine the rate of compensation for the work completed by the participant during the work experience. Employment must be in place and approved before the visa is issued.

Note: Irrespective of where you are based, any change to your employment must be approved by Ireland Institute of Pittsburgh staff prior to commencement. All job changes require you to work two weeks notice with your current approved employer. Failure to do so could lead to program termination and affect your future travel to the US.

2. Travel: We encourage students to base themselves in Pittsburgh for their summer – but you don't have to. If you do, you should know that, Pittsburgh is within 500 miles of half of the population in the U.S., and has an easily accessible International Airport, within 90 minutes of flying time from 20 states and Canada. Many destinations are within a day's driving distance: New York City, Washington, D.C., the Jersey shore, Gettysburg, Philadelphia, Chicago, as well as many points of interest in Western Pennsylvania. Pittsburgh is a great spot to start a regional or national exploration of the United States. Pittsburgh offers many recreational opportunities, such as hiking, biking, boating, camping, an amusement park, shopping centers, movie theaters, three national sports teams, and a thriving arts scene.

J-1 APPLICATION SELECTION & ELIGIBILITY

Eligible program participants on the Summer Work Travel Program are bona fide post-secondary school students actively pursuing a degree or a full-time course of study at an accredited educational institution. Students that have completed their degree are no longer bona fide students. All applicants must first have sufficient knowledge of the English language to be able to live, work, and complete classroom work in the United States. Furthermore, individuals selected for the program will demonstrate an interest in and commitment to achieving personal growth and developing professional abilities. Participants must also possess a desire to learn about the culture and institutions of the United States. Participants will complete an application that includes personal contact information, work and education background, and a written statement describing their interest in the program and why they feel they would be successful. In addition to the written application, program applicants must provide verifiable work-related and personal references from individuals in good standing in their home communities, such as church leaders, teachers, attorneys, or work supervisors. Ireland Institute of Pittsburgh staff will review submitted applications to determine whether applicants will be accepted or rejected for the program.

J-1 FINANCIAL SUPPORT

In addition to the application and program fees paid by participants, you will also be responsible for all living expenses and other associated costs that are incurred before your employment begins and during your time in the USA. Once your employment begins, your employer must pay you a living wage that should be sufficient to cover living expenses from that point onward. In order to work in the US, each employee must acquire a Social Security number and card. However, you should be aware that it can take up to 3 weeks for the Social Security Card to arrive. Given this we recommend that you bring sufficient funds to cover your expenses during this time. Further details are available from the IIP.

Before the application can be approved, each applicant must submit evidence (a copy of a bank statement, or letter from an Irish or Northern Irish financial institution) demonstrating that the applicant has access to at least \$1500.

J-1 SUMMER WORK TRAVEL VISA COSTS

Program Administration Fee (early bird) €579
(includes Sevis charge, Health Insurance, admin costs, social services as provided by case manager)

Other non-IIP Fees

Embassy/Consular Fees: The application fee at the Embassy in Dublin/ Consulate in Belfast is **\$160.00 (USD) or approx. €141**. This is paid to the Embassy/Consulate when completing their online interview request.

Additional Information

Host Family accommodation (if coming to Pittsburgh) can be purchased by participants who have not sourced accommodation prior to arrival. The rate shall be \$25 per night up to a maximum of \$150 per week.

Payment schedule

First Payment:	A non-refundable deposit of €100 will be payable to secure your application.
Second Payment:	Second payment of €150 is due within 30 days of submitting application
Final Payment:	Final payment is due when your application and your employer job offer have been approved by the J-1 Sponsor. Post payment your DS 2019 visa request paperwork is ready to be issued and mailed.

Cancellation and refund

Cancel after deposit paid and before 2 nd payment:	Forfeit €100
Cancel after 2 nd payment but before submitting Job Offer to the US Sponsor:	Forfeit €250
Cancel after your Job Offer has been vetted & approved by US Sponsor:	Forfeit €250
Cancel after full payment has been made and DS-2019 has been issued:	Forfeit Full Program Fee

Visa Denial Policy

50% of program fee will be refunded if my visa is denied and I can demonstrate such denial

Other Costs you will incur: Travel Costs (see Travel Section on Page 10), Housing Costs: Many landlords want a deposit of 1 month's rent along with first month's rent from a new tenant, & Additional Living Costs (see Section on Page 7)

Employment Assistance

We will offer all students (who come to Pittsburgh) the following services in an effort to ensure that they arrive in the US with pre-arranged summer employment:

- hold regular one-on-one meetings with you via telephone, Skype and other internet communication methods
- direct you to local Pittsburgh area websites such as those listed in the enclosed Employment Seeking Information sheets (if coming to Pittsburgh)
- co-ordinate interviews between you and local Pittsburgh area employers via phone and/or internet communication methods (if coming to Pittsburgh)
- facilitate the generation of an offer letter/contractual obligation document which will be forwarded to you
- **Note: Irrespective of where you are based, your employment must be approved by Ireland Institute of Pittsburgh staff**

GENERAL REQUIREMENTS

There are a number of requirements that need to be fulfilled in order to be eligible for the J-1 Summer Work Travel Visa Program:

- Health Insurance Requirement
- Home Country Physical Requirement

The above requirements are explained on page four.

In addition, a student must be currently enrolled in and actively pursuing a degree or a full-time course of study at an accredited educational institution. Thus, if a final year student applied for the program prior to earning his/her degree, they are eligible to participate in the program. Additionally, an individual must have completed at least the first year of post-secondary education to be eligible for participation in this program.

HEALTH INSURANCE REQUIREMENT

The Ireland Institute of Pittsburgh and J-1 Visa requires all program participants to maintain adequate medical and life insurance coverage for the duration of their time in the United States. Participants who fail to do so will be discharged from the exchange program and sent home. All participants must submit a signed copy of this form and proof of adequate insurance coverage to the Ireland Institute of Pittsburgh as part of their application materials.

Adequate medical insurance coverage will meet the following conditions:

1. Medical benefits of at least \$100,000 per accident or illness;
2. Repatriation of remains in the amount of \$25,000;
3. Expenses associated with the medical evacuation of the exchange visitor to his or her home country in the amount of \$50,000;
4. A deductible not to exceed \$500 per accident or illness.

Please be aware that an insurance policy secured to fulfill the above requirements:

1. May require a waiting period for pre-existing conditions which is reasonable as determined by current industry standards;
2. May include provision for co-insurance under the terms of which the exchange visitor may be required to pay up to 25% of the covered benefits per accident or illness; and
3. Shall not unreasonably exclude coverage for perils inherent to the activities of the exchange program in which the exchange visitor participates.

Any policy, plan, or contract secured to fill the above requirements must, at a minimum, be:

1. Underwritten by an insurance corporation having and A.M. Best rating of "A-" or above, an Insurance Solvency International, Ltd. (ISI) rating of "A-I" or above, a Standard & Poor Claims-paying Ability rating of "A-" or above, a Weiss Research, Inc. rating of B+ or above, or such other rating as the Department of State may from time to time specify; or
2. Backed by the full faith and credit of the government of the exchange visitor's home country; or
3. Part of a health benefits program offered on a group basis to employees or enrolled students by a designated sponsor; or
4. Offered through of underwritten by a federally qualified Health Maintenance Organization (HMO) or eligible Competitive Medical Plan (CMP) as determined by the Health Care Financing Administration of the U.S. Department of Health and Human Services.

HOME COUNTRY PHYSICAL REQUIREMENT

This requirement means that an exchange visitor on the J-1 Summer Work Travel Program must reside and be physically present in the country of Nationality or last legal permanent residence for an aggregate of at least two years following departure from the United States before the exchange visitor is eligible to apply for an immigrant visa or permanent residence, a nonimmigrant H visa as a temporary worker or trainee, or a nonimmigrant L visa as an intra-company transferee, or a nonimmigrant H or L visa as the spouse or minor child of a person who is a temporary worker or trainee or an intra-company transferee. For more information, contact the Ireland Institute. Check with your local US Embassy to see if the 2-year rule applies to you.

PRIVATE SECTOR PROGRAMS DIVISION

This J1 Summer Work Travel Program is administered by the US Dept of State. For additional info:

U.S. Department of State Office of Designation Private Sector Programs Division ECA/EC/D/PS - SA-44
 Room 668 301 4th Street, SW Washington, DC 20547
 Phone: (844) 300-1824
 FAX: (202) 203-7779

Discover Pittsburgh



General Information

Situated in the southwest of Pennsylvania, Pittsburgh is a modern city with a population of 369,879 but with a metropolitan population of 2,358,695. Three rivers, the Monongahela, Allegheny and Ohio, merge together at Point State Park and have made the city a major trading center. Allegheny County has more than 1,700 bridges, 720 within city limits, and 15 major bridges crossing downtown Pittsburgh alone.

The city has developed into a major cultural center with a wide variety of attractions. The Carnegie, which houses the art and natural history museums and the music hall, hosts internationally renowned exhibits and features many museums, attractions and musical performances, which are all located in a large cultural complex. Visitors who are intrigued by modern art are sure to enjoy the Andy Warhol museum.

Post-Gazette Pavilion at Star-Lake where popular concerts are held.

The city is also the home of three leading universities and various colleges. Pittsburgh is the corporate headquarters for such companies as USX Corporation, Alcoa, Heinz, and PPG. A sports town, Pittsburgh supports teams in hockey (the Penguins), football (the Steelers), baseball (the Pirates), and most recently, soccer (the Riverhounds).

During the last two centuries the city has played a major role in the industrial development of the USA and was nicknamed the Steel City. This popular city is recognized today for its corporate, financial, health and educational centers.

Within the Cultural District you will find the Pittsburgh Opera, Pittsburgh Ballet Theatre, Civic Light Opera, and Pittsburgh Dance Council. Other attractions include the PPG Paints Arena, Stage AE and

Location and Climate

Pittsburgh is the second largest city in Pennsylvania, located at the confluence of three rivers: the Allegheny, the Monongahela and the Ohio. While offering all the opportunities of a large metropolitan area, Pittsburgh retains a small-town friendliness, a contributing factor in its honor as one of the most livable cities in the country.

Pittsburgh is within 500 miles of more than half the U.S. population, and the city is less than 90 minutes flying time from 20 states and Canada. Driving times to: Niagara 3 ½ hours, New York City 6 hours, Philadelphia 5 hours, Washington DC 4 hours, Chicago 7 hours, Detroit 4 ½ hours, and Boston 9 hours.



Made in Pittsburgh!

- Night of the Living Dead* (1968)
- The Deer Hunter* (1978)
- Flashdance* (1983)
- Robocop* (1987)
- Silence of the Lambs* (1991)
- Hoffa* (1992)
- Sudden Death* (1995)
- Inspector Gadget* (1999)
- Mothman Prophecies* (2002)
- Zack & Miri* (2008)
- Adventureland* (2009)
- Unstoppable* (2010)
- The Next Three Days* (2010)
- Love and Other Drugs* (2010)
- She's out Of My League* (2010)
- Warrior* (2011)
- Abduction* (2011)
- The Dark Knight Rises* (2012)
- Won't Back Down* (2012)
- One Shot* (2012)
- Promised Land* (2013)
- Into The Furnace* (2014)
- Foxcatcher* (2015)
- The Fault In Our Stars* (2015)
- Concussion* (2015)
- Southpaw* (2015)
- American Pastoral* (2016)
- Fences* (2017)

Monthly Averages

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High Temp (F / C)	34/1	37/3	49/9	60/16	71/21	79/26	83/28	81/27	74/24	62/17	50/10	39/4
Low Temp (F / C)	18/-8	20/-6	30/-1	39/4	48/9	57/14	62/16	60/16	53/12	42/6	34/1	24/-4
Precipitation (in / mm)	3/64	2/61	3/87	3/80	4/91	4/94	4/95	3/82	3/75	2/60	3/72	3/74
Snow (in / cm)	11/29	7/19	7/19	1/2	0/0	0/0	0/0	0/0	0/0	trace	2/5	8/20



Welcome to the
City of Pittsburgh
www.cityofpittsburgh.net



Economy

The Pittsburgh region has been a business leader for generations. First, it was coal, steel and glass. Then it was chemical, financial and health services. Now it's nanotechnology, tissue engineering, automation and other advanced technologies that are redefining business.

Pittsburgh is home to six Fortune 500 companies, HJ Heinz, PNC Financial Services Group, PPG Industries, United States Steel Corp., Mellon Financial Group and Wesco International.

Today the largest employers in Pittsburgh are service industry companies, including:

UPMC – 26,664 employees
West Penn Allegheny Health System – 10,753
University of Pittsburgh – 10,133
PNC Financial Services – 6,895
Mellon Financial Corp. – 6,125

United States Steel Corp, with 5,000 employees, is the largest manufacturing employer along with Westinghouse Electric (3,000), PPG Industries (2,800) and Alcoa (1,800).

The largest Biotechnology Companies are Medrad Inc (1120), Respiroics Inc (539), McKesson Automated Healthcare (500), Biotronics Inc (176). The biotechnology companies began from the technological advances within the many local universities, hospitals and colleges.

EMPLOYMENT

Pittsburgh was the nation's foremost industrial city of the 19th century and was famous for its steel production. Beginning in the 1970s it underwent severe de-industrialization as its massive steel complexes began to close. Pittsburgh developed initially as a commercial city because of its location west of the Allegheny Mountains at the headwaters of the Ohio River, a major transportation route.

Pittsburgh had many immigrants from Britain, Ireland, and Germany through the first century or so of its existence. Later the nationalities of those arriving shifted to Poles, Hungarians, Serbs, Croatians, Italians and Russian Jews. These emigrants came to America with the hope of economic prosperity and realized this with jobs in the mills, railroads and coalmines.

The economy of Pittsburgh is now based on services rather than manufacturing. The region's largest employer is the University of Pittsburgh, especially the University Medical Center. Pittsburgh also serves as the United States center for a number of foreign corporations including Bayer, the German pharmaceuticals manufacturer. The region's high-technology sector has grown, as has the number of firms involved either in environmental cleanup, the manufacture of pollution control equipment and biotechnology. Today the number of workers in service jobs far exceeds those in manufacturing.

We trust that you have made the best decision in your choice of employment on the J-1 program and want to re-iterate our commitment to working with you in the future to ensuring you get the best experience and skills from your employment.

EMPLOYMENT LINKS Tax Information & Minimum Wage

<http://www.pittsburghjobs.com>
<http://www.workpittsburgh.com/>
<http://pittsburgh.preferredjobs.com/>
<http://www.pgh-job-index.com/>
<http://pittsburgh.employmentguide.com/>
<http://pajobmatch.com>
<http://jobs.careerbuilder.com>
<http://pittsburgh.bizjournals.com/pittsburgh>
<http://www.wpxi.com/employment/index.html>
<http://www.monster.com/keywordjobsearch/>
<http://www.pittsburghpennysaver.com/>
<http://classified.post-gazette.com/jobs/>

While people in Ireland average approximately 50 cents on the Euro in total taxes, Americans average approximately 33 cents on the dollar. However, taxation in the United States is a complicated process and so the IIP will provide help.

You are responsible for your own tax return!

Federal Tax: 15% (approx.)

PA State Tax: 3.07%

Local Tax: 1% (depending on borough where you work)

Sales Tax: 7%

- Exempt from Social Security and Medicare tax
- Exempt from Local School Taxes
- Seminars and help will be provided

The Federal Minimum Wage is currently set at \$5.85/hr for covered non-exempt employees. An employer of a tipped employee is only required to pay \$2.13 an hour in direct wages if that amount plus the tips received equals at least the federal minimum wage

Participants should keep all tax information, in order to file their taxes upon return to their home country. For more information, visit <http://www.taxback.com>

Important Documents

The following is a list of documents that should be carefully kept at all times. (The replacement cost is also provided).

Passport - \$104
 Visa - \$130
 I94 - \$150
 Social Security Card - Free



Other Important Documents:

- Long Form Birth Certificate
- Drivers License from Home Country
- Record of Insurance

To obtain a Pennsylvania Drivers License or state ID Card, you will need to provide the following information:

Passport, Visa, I94, 2 proofs of residency (ex: utility bills or lease with your name on it) and written verification showing proof of employment (preferably a pay stub). Upon successful completion of the multiple choice computerized test, a Learners permit is available for \$38. An appointment must be made for the actual road test.

Monthly Living Expenses

Living expenses are related to lifestyle choices. Eating out or going to bars everyday, getting expanded cable service, or getting an apartment by yourself, all increase the cost of living.

Participants can easily find good quality and safe accommodation for less than \$400 per month. The first month rent and a deposit equal to one month's rent are required. Unless specifically stating otherwise, rent does NOT include utilities, namely

gas, electric, water and sewage. These are billed according to usage and tend to vary seasonally, gas highest in winter due to heating, electricity highest in summer due to air conditioners.

A Zone One bus pass covers Pittsburgh and neighboring suburbs and can be used any time during month. Zone 2 passes are higher but extend beyond the Greater Pittsburgh Area.

A basic cable service costs \$49 per month, but premium movie channels, On Demand, PPV,

internet and other service increase the cost significantly.

Cellphone services include monthly fees with free calls built-in for local and national. You can expect to pay a higher rate for a plan that might include the same for overseas.

Individual Expenses

<u>Monthly:</u>	<u>\$</u>
Rent	400
Gas	30
Electric	20
Water	15
Sewage	15
Mobile	55
Cable / Internet	35
Zone 1 Bus Pass	98
Food	300
Entertainment	400
Total:	\$1368

Based on survey of 3 people sharing accommodation.

Housing



offers privacy & independence, but costs around \$400 per month.

A two-bedroom apartment at \$600 per month offers shared costs. However, while the bedroom offers privacy and your own space, common areas such as bathrooms, kitchen, dining and living rooms require shared responsibility.

Similarly, a shared three-bedroom house for \$900 per month makes housing more affordable, but increases shared responsibility.

Participants need to be careful in choosing roommates.

Sharing responsibility requires cooperation in paying rent on time, paying their share of utilities promptly, cleaning up after themselves and helping keep common areas clean. Also, be

sure your roommate intends to stay for the duration of the lease.

Furthermore, participants need to ensure that housing is conveniently located to their workplace and/or Public Transport. Walking a mile to a bus stop in summer may be pleasant, but in winter it can be miserable.

Participants in the past have tended to seek permanent accommodation along the T Line, as it offers reliable, frequent, and extended services to Downtown and the south suburbs.

Although participants can expect to pay less than \$400 per month for good accommodations, utilities most often are not included and are paid separately.

Tenants must sign a lease, usually for one year. for all the rent and utilities.

If you decide to leave early, the other renters are still responsible

Landlords usually require the first month's rent and a security deposit, usually equal to one month's rent. This security deposit is used towards any damage or repairs needed caused by the tenant and is refundable at end of lease. You should inspect the accommodation with the Landlord before signing.

Participants should source accommodation before arriving. Pittsburgh has an abundance of affordable, safe and quality housing. Temporary housing will be available for participants who have not found housing prior to arriving in the US. IIP staff will be available to assist participants in their search. Upon arrival in Pittsburgh, you could stay with a host family until you have found accommodation. A single bedroom apartment

T Line Neighborhoods*Mount Washington**Beechview**Dormont**Mount Lebanon***Northside***Bellevue**Ben Avon**Etna***West Busway***Greentree**Crafton**Carnegie***East***Oakland**Squirrel Hill**Shadyside**Bloomfield**Lawrenceville***South***South Side**Southside Slopes**Carrick**Brentwood***Pittsburgh Neighborhoods**

"Cultural and ethnic diversity, renowned educational institutions, world-class medical facilities, short commutes and a low cost of living combine to create one of the most livable communities in America. Add to this mix the region's breath-taking urban and rural landscapes, an abundance of outdoor activities, professional sports and a thriving nightlife and you can see why Southwestern Pennsylvania is such a desirable place to live, work and play." - *Pittsburgh Post Gazette*

Pittsburgh is comprised of a variety of diverse neighborhoods such as:

North Side – Home to Heinz Field and PNC Park, this area offers numerous excursions to the Allegheny Conservatory, Andy Warhol Museum, Carnegie Science Center, Penn Brewery and National Aviary.

South Side – A vibrant area with endless activities filled with great restaurants, cafes and a busy nightlife.

Squirrel Hill – filled with a variety of ethnic restaurants,

delis, bakeries, trendy boutiques, chic cafes, and close distance to Frick Park and Schenley Park.

Shadyside – Unique neighborhood of young professionals that offers shops, eateries, and cafes.

Oakland – Contained by the University of Pittsburgh's campus, this area never sleeps. Offers museums, galleries, shows, and much more!

Bloomfield – Business district along Liberty Ave. and deeply rooted community.

Pittsburgh Firsts!

1845: First Wire Cable Suspension Bridge.

1850s: First Successful Petroleum Refinery.

1888: First Production of Commercial Aluminum.

1893: Ferris Wheel invented by George W. Ferris.

1904: Banana Split invented by Dr. David Strickler.

1905: First Motion Picture Theater.

1920: First Commercial Radio Broadcast.

1920s: Bingo invented by Hugh Ward.

1953: Polio Vaccine invented by Jonas E. Salk.

1957: First Full-scale Atomic-Powered Plant for Production of Electricity.

1962: Pull Tabs on Cans invented by Alcoa.

1967: McDonald's Big Mac invented by Jim Delligatti.

1989: First Simultaneous Heart, Liver and Kidney Transplant in UPMC Presbyterian.

RENTAL ACCOMMODATION LINKS

The following are various links to rental companies and newspapers in the Pittsburgh area that feature appropriate accommodation:

www.rent.com

www.rent.net

www.pittsburghmoves.com

www.postgazette.com

www.pittsburghhousing.com

www.pgcitypaper.com

www.pittsburghapartmentsforrent.com

The Ireland Institute of Pittsburgh has developed contacts with various landlords throughout the area and can forward you further contact details as you begin your search

Pittsburgh Ethnic Neighborhoods

Pittsburgh had many immigrants from Britain, Ireland, and Germany for the first century or so of its existence. Later the nationalities of those arriving shifted to Poles, Hungarians, Serbs, Croatsians, Italians, and Russian Jews. Most emigration to the city halted at the outbreak of World War I in 1914. Since then,

relatively few people have come to Pittsburgh from other countries, even though the nation as a whole has seen a large increase in Hispanic and Asian immigration.

Many neighborhoods have a clear ethnic identity, such as Bloomfield (Italian), the South Side (South East Europe), Polish Hill (Polish),

Deutschtown (German), Castle Shannon (Irish) and Squirrel Hill (Jewish).

Local town names include Derry, Armagh, Wexford, Donegal, Strabane and Sligo. Pittsburgh has a large African American Population, approximately 18%, who also tend to live in concentrated areas of the Hill District, Manchester and Homewood.

Things to Do

Resources for activities in the Pittsburgh area are virtually limitless. Here are a few ideas.

Budget Restaurants:

Eat 'N Park – Open 24 hours, with a reasonable and tasty buffet for \$5.95, any time of the day

Tom's Diner - Open 24 hours, located in Dormont, South Side and Homestead.

Deluca's – Located on Penn Ave. in the Strip District, offers cheap food, quick service and a great crowd.

Primanti Bros. – Most famous sandwich shop in the 'Burgh!! With shops Downtown, South Side, the Strip, PNC Park and Heinz Field. Everyone must try this local favorite! Most sandwiches are under \$5.

Coffee Houses:

Beehive – South Side
Kiva Han – Oakland
Coffee Tree Roasters – Shadyside
Quiet Storm – East Liberty

Art Galleries:

Frick Art Museum – Point Breeze
Zenith – South Side
Mattress Factory – North Side
Andy Warhol Museum – North Side
Brew House – South Side
Garfield Artworks – Garfield

Shopping:

Some local shopping areas in Pittsburgh are the Waterfront in Homestead, Shadyside and Robinson, which are a relatively close distance from downtown.

Clubs:

Most nightclubs are located in the Strip District including Bash, Dejavu Lounge, H2O and Sanctuary, to name a few.



Irish Pubs:

The Claddagh Irish Pub – Southside
Riley's Pour House – Carnegie
Harp & Fiddle – Strip District
Piper's Pub – South Side

Concert Venues:

Mr. Smalls – Millvale
Club Café – South Side
Rex Theatre – South Side
PPG Paints Arena

Sports and Recreation

Pittsburgh is known, by the locals, as the City of Champions. It is home to three professional sports teams who have all won their respective championships. The teams play in Black and Gold, the City's official colors.

The current Superbowl Champion Pittsburgh Steelers are the hometown football team and probably the most popular and passionate sport in Pittsburgh. The Pittsburgh Pirates is the baseball team and the Pittsburgh Penguins, the ice hockey team. All three stadiums where they play are within walking distance of Downtown Pittsburgh.

College sports, both male and female, are also very popular in Pittsburgh and with the many universities and colleges in the city, there are many opportunities to see a lacrosse or basketball game.

Traditional Irish and British sports are also available on an amateur basis. The Riverhounds are the local semi-professional soccer team. The WPA

Soccer Association offer amateur soccer facilities, leagues and competitions.

The Pittsburgh Celtics and the Pittsburgh Banshees are the local Gaelic football teams. The Pittsburgh Rugby Club, the Pittsburgh Harlequins and Pittsburgh Angels Women's Rugby Club are the local rugby teams.

Seven Springs, less than 1 hour away, is the popular venue for winter sports, such as skiing, snow tubing and snowboarding. Close by is Ohioyle for summer activities of whitewater rafting, hiking and camping. Less sophisticated facilities are also available in and around the city.

Boyce Park has an artificial ski slope. Snozone is a snowboard and tubing park. Venture Outdoors offers canoeing, kayaking, river tubing, fishing, cycling, hiking and many other outdoor summer activities within walking distance of Downtown Pittsburgh. For fun there is also Kennywood Amusement Park and Sandcastle Water Park.



Useful websites

www.walshvisa.net
www.pittsburgh.net
www.post-gazette.com
www.pittsburghlive.com
www.pittsburgh-cvb.org
www.portauthority.org
www.pghcitypaper.com
www.wyep.org
www.pittsburghpennysaver.com
www.pghevents.com
www.ticketmaster.com

Sports teams in Pittsburgh

www.pghsports.com
www.steelers.com
www.pittsburghpirates.mlb.com
www.pittsburghpenguins.com
www.riverhounds.com
www.PittsburghGAA.com
www.pawest-soccer.org
www.pghrugby.com
www.pittsburghharlequins.org

Cultural Events

Pittsburgh has a wide assortment of cultural activities, ranging from the classics to the contemporary.

The Pittsburgh Cultural District is defined by Heinz Hall, Benedum Center, the Byham Theater, the Harris Theater, the O'Reilly Theater, the Pittsburgh Opera and the Pittsburgh Symphony Orchestra.

Throughout the year many of the local neighborhoods support an array of ethnic fairs and events, while the Southside and Strip District are filled with a variety of restaurants, bars and nightclubs.

Pittsburgh plays host to events such as the Pittsburgh International Auto Show, the Pittsburgh Folk Festival, Three Rivers Arts Festival, Rib America Festival, Three

Rivers Regatta, Wings over Pittsburgh Air Show and the Pittsburgh Irish Festival. Most events are free, but not all.

During the summer months, free concerts are held at Point State Park while free movies are played in Schenley Park every Friday night. For more information on local events, visit the *Useful Websites* provided.

Public Transportation

Pittsburgh international Airport: no longer an International airport, it does provide flights to most major cities in the USA.

Amtrak: limited and slow rail service to Chicago and Philadelphia daily.

Greyhound: Operates a 24-hour bus service to most cities in the US.

Port Authority of Allegheny County: operates public transportation in Pittsburgh and Suburbs. Most suburban services travel through

Downtown. PAT operates the T System, an integrated tram service linking downtown with the Southern suburbs. Easily accessible and frequent operations. Also operates the two inclines between Downtown and Mount Washington as integrated service. Zone 1 fares \$2.50 one way, \$3.75 for a Zone 2.

Uber: A location-based app that makes hiring an on-demand private driver...easy. For riders, **Uber** is a convenient,

inexpensive and safe taxi service. Hire a private driver to pick you up the airport. Call (412) 321-8100 for more information.

Average costs:

From Downtown to Airport: \$28
From Dormont to Southside: \$15

Cycling and walking outside Downtown Pittsburgh is difficult due to hills and tunnels.



Traveling to the United States and Arrival in Pittsburgh

The Pittsburgh J-1 Visa program mandates that you must book your arrival flight with final destination Pittsburgh. Each participant must also attend the Orientation phase of the program. Following are a list of Airlines that service the city:

American Airways	www.aa.com
United Airlines	www.united.com
Southwest Airlines	www.southwest.com
Delta Airlines	www.delta.com
Jet Blue	www.jetblue.com
Aer Lingus	www.flyaerlingus.com
British Airways	www.britishairways.com



If coming to Pittsburgh: Before you arrive, you must forward to the IIP your flight details. An IIP representative will collect you at the Airport (if desired) and bring you to your accommodation. The following day you will be brought to the IIP offices for an Orientation session.

WHAT IS THE NEXT STEP?

- Review Information Package
- Complete Application Form and submit all other relevant requested documentation to our agent J1 Ireland (info@J1Ireland.com)
- Upon approval of application J1 Ireland will forward your application package to the Ireland Institute of Pittsburgh for review.
- An IIP case manager will hold a skype meeting with you prior to issuance of documentation
- Pay visa fees
- Attend Interview at US Consulate or US Embassy
- Upon approval of Visa by US Embassy or US Consulate, book Flights – inform IIP of arrival date and show evidence of return date
- Obtain Health Insurance Coverage. You must maintain Health Insurance on the program
- Forward to the IIP evidence of insurance coverage
- Arrive in the US and check-in with the IIP
- Apply for Social Security card/number
- Commence J-1 Summer Work Travel Visa Program in the US!

Consider the J-1 Visa Program in the US (or Pittsburgh!) if you:

- **Want to have an enjoyable summer away from home!**
- **Are interested in Working and Traveling in the United States!**
- **Are eager to live and work in a multicultural environment!**

See you in the US (or Pittsburgh)!



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