

# 2024 J-1 Trainee 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



2024

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 you with an Internship in the United States and specifically Pittsburgh, enhance your professional and personal development skills and enable you to experience US Culture.

Included in this packet is information about the J-1 Trainee Program 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 65 Wider Horizons Groups, 14 Walsh Visa Groups, 17 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 Summer Work Travel, J1 Irish Work & Travel, and J1 Intern 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.



## J-1 Trainee Visa

The primary component of the J1 Trainee Program will be a structured and guided work-based learning program as set forth in an individualized Training/Internship Placement Plan (T/IPP). Recognizing the need for work-based experience the program will provide participants with on-the-job knowledge of American work practices, culture and society. The specific objective of the trainee program is to provide exposure to U.S. culture and to receive training in U.S. business practices in their chosen occupational field. This program will serve to bridge the gap between formal education and practical work experience and help our participants to gain substantive cross-cultural experience. The J-1 Trainee Visa shall be issued for the maximum duration of 18 months. Participants source their own training experience and accommodation (if coming to Pittsburgh, the Ireland Institute of Pittsburgh can provide assistance). Training programs must be in place in advance of a participant arriving in the US.

The purpose of the program is to offer applicants exposure to U.S. culture and to receive training in U.S. business practices in their chosen occupational field. The primary component of the J1 Trainee Program will be a training experience in the US in which you will secure a training opportunity with a business or organization. Under the guidance of a mentor in the workplace, you will gain valuable, hands-on experience and a new understanding for your field of interest. Your respective training program provider will determine the rate of compensation for your training program.

### Form DS-7002

In conjunction with your Training provider, you will develop a Training/Internship Placement Plan (T/IPP) that will formalize the training offered and provide a learning structure – providing you with a more focused experience. The T/IPP identifies the skills or experience the trainee will learn and must be signed by you, your training program provider, and the Ireland Institute of Pittsburgh (RO/ARO) – before a sponsor may issue Form DS-2019. You will take this form (along with Form DS-2019 - actual Visa application) to the embassy or consulate for your interview. Form DS-2019 will not be issued without completion of DS-7002.

## J-1 APPLICATION SELECTION & ELIGIBILITY

Eligible program participants on the Trainee program have a degree or professional certificate from a foreign post-secondary academic institution and at least one year of prior related work experience in his or her occupational field outside the United States; or

Have five years of work experience outside the United States in the occupational field in which they are seeking training.

All applicants must first have sufficient knowledge of the English language to be able to live and complete their training program in the United States. Participants must also possess a desire to learn about the culture and institutions of the United States.

Completed applications will be reviewed by Ireland Institute of Pittsburgh staff. Each applicant must provide the following:

- 1.) Written Application: personal contact information, work and education background, and a written statement describing your interest in the program and why you feel you would be successful;
- 2.) References: verifiable work-related and personal references from individuals in good standing in your home communities, who can attest to your character and to your ability to successfully complete an Internship program in the United States.
- 3.) Documentation: passport (must be valid through the entire internship period); proof of degree or professional certificate and/or or proof of employment as outlined on application form).
- 4.) Financial Documentation: applicants must provide evidence (a copy of a bank statement or letter from a financial institution) demonstrating that they have sufficient funds to support themselves (not less than \$1,500). \*See the last section on the following page for further details.

*Please note: The IIP will not issue visas to interested participants who expect to travel to the US with dependents.*

## 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 Internship begins and during your time in the USA. Once your internship begins, your internship provider will pay you a living wage that should be sufficient to cover living expenses from that point onward. In order to engage in your training program in the US, each trainee must acquire a Social Security number and card. IIP staff will assist each J1 Trainee with getting their 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.

## IRELAND INSTITUTE OF PITTSBURGH J-1 TRAINEE VISA COSTS

**Program Administration Fee** (payable to J1 Ireland ) € 1799  
(includes Admin costs, other social services, and the cost of a site visit, if needed)

**Sevis Fee** (payable to the US State Department)\* € 200

\*SEVIS is a State Department Internet-based system that provides tracking and monitoring of exchange visitors,

**Change of Internship Fee:** Should you request a change of Traineeship, and can provide a valid reason there is a change fee of \$250. If that change requires a site visit, there will be an additional charge of \$75.

### **Cancelled/Unsuccessful application**

Deposit forfeiture: if application cancelled after first payment of €200 has been paid and following 14-day cooling off period € 200

Final Payment forfeiture: if application cancelled after full program fee of €1799.00 has been paid and DS-2019 issuance € 500

Final Payment forfeiture: if application cancelled after visa issuance by Embassy/Consulate €1799

### **Visa Denial & Force Majeure Cancellation Policy**

Forfeiture: if visa is denied and exchange visitor can demonstrate such denial or there is a Cancellation for reason of Force Majeure € 500

## ADDITIONAL COSTS

A J-1 Intern can expect to incur the following additional costs:

- **Embassy/Consular Fees:** The application fee at the U.S. Embassy in Dublin or the U.S. Consulate in Belfast is **\$161.00 (USD) or €151**
- **Insurance Costs:** All participants on the J-1 Trainee Visa should maintain Insurance during their stay in the US
- **Travel Costs:** See Travel Section on Page 10 for websites of major airlines flying to the US and Pittsburgh. Average prices for June travel from Dublin to Pittsburgh \$800-\$1200.
- **Housing Costs:** Average accommodation costs \$400-\$750 per month. Many landlords want a deposit of 1 month's rent along with the actual first month's rent from a new tenant
- **Additional Living Costs:** See Section on Page 7

## EVIDENCE OF FINANCIAL SUPPORT REQUIREMENT

Applicants must prove that they have sufficient finances to support themselves for their entire stay in the United States, including housing and living expenses. 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.

## GENERAL REQUIREMENTS

You should note the following:

- The J1 Trainee Program must not be used as substitutes for ordinary employment or work purposes; nor may they be used under any circumstances to displace American workers.

The Ireland Institute of Pittsburgh will ensure that trainees have verifiable English language skills sufficient to function on a day-to-day basis in their training environment. This will be ensured by virtue of an Ireland staff member interviewing each potential candidate either in-person, by videoconference, or by web camera

## HOME-COUNTRY PHYSICAL PRESENCE REQUIREMENT

You should note the following: Acceptance of a J-1 Trainee Visa obliges each participant to reside in and be physically present in their country of nationality or last legal permanent residence for a total of at least two years following departure from the U.S. before being eligible to apply for an immigrant visa or permanent residence, a nonimmigrant H visa as a temporary worker or trainee, 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 on this requirement contact the Ireland Institute of Pittsburgh.

## 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.
5. **Note: In the rare event that the IIP supports a J2 spouse/dependent visa – they must also be covered for the entire period of their stay on that J2 Visa**

## PRIVATE SECTOR PROGRAMS DIVISION

The J1 Trainee Program is administered by the US Department of State. For additional information:

U.S. Department of State Office of Designation Private Sector Programs Division ECA/EC/D/PS - SA-4E  
Room E-B001 2430 E Street, SW Washington, DC 20037  
Phone: (844) 300-1824

# Discover Pittsburgh



## General Information

### 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)*
- The Dark Knight Returns (2012)*
- Warrior (2011)*
- Won't Back Down (2012)*
- One Shot (2013)*
- Into The Furnace (2014)*
- Foxcatcher (2015)*
- The Fault In Our Stars (2015)*
- Concussion (2015)*
- Southpaw 2015*
- Fences (2017)*
- I'm Your Woman (2019)*
- Ma Rainey's Black Bottom (2020)*
- American Rust (2021)*
- Anything's Possible (2022)*

Situated in the southwest of Pennsylvania, Pittsburgh is a modern city with a population of 302,000 but with a metropolitan population of 2,362,453. 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.

Monthly Averages												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>High Temp ( F / C )</b>	34/1	37/3	49/9	60/16	71/21	79/26	83/28	81/27	74/24	62/17	50/10	39/4
<b>Low Temp ( F / C )</b>	18/-8	20/-6	30/-1	39/4	48/9	57/14	62/16	60/16	53/12	42/6	34/1	24/-4
<b>Precipitation ( in / mm )</b>	3/64	2/61	3/87	3/80	4/91	4/94	4/95	3/82	3/75	2/60	3/72	3/74
<b>Snow ( in / cm )</b>	11/29	7/ 19	7/19	1/2	0/0	0/0	0/0	0/0	0/0	trace/ 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**  
**West Penn Allegheny Health System**  
**University of Pittsburgh**  
**PNC Financial Services**  
**Mellon Financial Corp.**

United States Steel Corp, with 27,500 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 Bayer, Mylan, Thermos Fisher Scientific, Merck, GlaxoSmithKline, AstraZeneca, and Pfizer. 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 19<sup>th</sup> 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 Internship 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 Internship.**

## Tax Information & Minimum Wage

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.)

State Tax: 3%

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 \$7.25/hr for covered non-exempt employees. An employer of a tipped employee, in PA, is only required to pay \$2.83 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 photocopied and carefully kept at all times. (The replacement cost is also provided).

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

**Other Important Documents:**

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

# 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

## Housing



Upon arrival in Pittsburgh, you could stay with a host family until you have found accommodation. We encourage you to begin the search for housing before you arrive. Pittsburgh fortunately has an abundance of affordable, safe and quality housing. A single bedroom apartment 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 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 circa \$400 per month for reasonable accommodations, utilities most often are not included and are paid separately.

Individual Expenses	
<u>Monthly:</u>	\$
Rent	400
Gas	20
Electric	20
Water	15
Sewage	15
Mobile	50
Cable / Internet	35
Zone 1 Bus Pass	98
Food	300
Entertainment	400
<b>Total:</b>	<b>\$1353</b>
Based on survey of 3 people sharing accommodation.	

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 rent and a security deposit, usually equal to one months 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.

**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 breathtaking 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.

**RENTAL ACCOMMODATION LINKS**

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

[www.pittsburghmoves.com](http://www.pittsburghmoves.com)

[www.pghcitypaper.com](http://www.pghcitypaper.com)

[craigslist: pittsburgh jobs, apartments, for sale, services, community, and events](#)

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 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.

**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, Croats, 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. Best local breakfast buffet every Sunday!

***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:**

802 Bean – Brookline

Adda Coffee & Tea House – Shadyside

Commonplace Coffee – Squirrel Hill

Fort Pitt Coffee – Downtown

Coffee Lab – East Liberty

Redhawk Coffee – Sharpsburg

Quiet Storm – East Liberty

### **Art Galleries:**

Andy Warhol Museum – North Side

Concept – Regent Square

Frick Art Museum – Point Breeze

Garfield Artworks – Garfield

Mattress Factory – North Side

Silver Eye Center for Photography – S'side

Space – Downtown

Wood Street Galleries – Downtown

Zenith – South Side

### **Shopping:**

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



### **Irish Pubs:**

Riley's Pour House – Carnegie

Harp & Fiddle – Strip District

Piper's Pub – South Side

### **Concert Venues:**

Mr. Smalls – Millvale

Club Café – South Side

Enclave Theatre – South Side

Stage AE – Northside

Post-Gazette Pavilion – Burgettstown

PPG Paints Arena – Downtown

### **Theatres**

Benedum – Downtown

South Park Theatre – South Park

Byham Theater – Downtown

Heinz Hall – Downtown

O'Reilly Theater - Downtown

## 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 6-time 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 OhioPyle 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.pittsburgh.net](http://www.pittsburgh.net)  
[www.post-gazette.com](http://www.post-gazette.com)  
[www.triblive.com](http://www.triblive.com)  
[www.portauthority.org](http://www.portauthority.org)  
[www.pghcitypaper.com](http://www.pghcitypaper.com)  
[www.wyep.org](http://www.wyep.org)  
[www.ticketmaster.com](http://www.ticketmaster.com)

## Sports teams in Pittsburgh

[www.pittsburghgaa.org](http://www.pittsburghgaa.org)  
[www.pghsports.com](http://www.pghsports.com)  
[www.steelers.com](http://www.steelers.com)  
[www.pittsburghpirates.mlb.com](http://www.pittsburghpirates.mlb.com)  
[www.pittsburghpenguins.com](http://www.pittsburghpenguins.com)  
[www.riverhounds.com](http://www.riverhounds.com)  
[www.pittsburghgaa.com](http://www.pittsburghgaa.com)  
[www.pawest-soccer.org](http://www.pawest-soccer.org)  
[www.pittsburghharlequins.org](http://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 Rib

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 \$1.75 one way, \$2.25 for a transfer back.

**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 &

take you to your destination with the tap of a button on your phone - and they'll arrive within minutes.

### Average costs:

From Downtown to Airport: \$40  
From Dormont to Southside: \$15

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



## Traveling to the United States and 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  
 United Airlines  
 Southwest Airlines  
 Delta Airlines  
 Jet Blue  
 Aer Lingus  
 British Airways

[www.aa.com](http://www.aa.com)  
[www.united.com](http://www.united.com)  
[www.southwest.com](http://www.southwest.com)  
[www.delta.com](http://www.delta.com)  
[www.jetblue.com](http://www.jetblue.com)  
[www.flyaerlingus.com](http://www.flyaerlingus.com)  
[www.britishairways.com](http://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 ARE THE NEXT STEPS?

- Review Information Package
- Complete Application Form, submitting all relevant supporting documentation (proof of Financial support, proof of eligibility, etc.)
- Upon approval of application the Ireland Institute of Pittsburgh Case Manager will contact you and, if successful, the IIP will help you develop Training Internship Placement Plan (T/IPP) with Internship Provider (Form DS-7002). Upon completion and issuance of Form DS-7002, the IIP will issue your DS-2019 Visa Request Form. At this point you pay the visa cost
- Arrange & Attend Interview at US Consulate or US Embassy. You will need Forms DS-2019 and Form DS-7002, along with other supporting documentation (which the IIP will brief you on prior to scheduling your interview)
- Upon approval of Visa by US Embassy or US Consulate, book flights – forwarding the IIP evidence of the flight booking
- Obtain Insurance Coverage (Health insurance is necessary to cover you until you begin your training program – it is important to note that not all internship providers offer Insurance – if your training program doesn't, you will need to purchase Insurance Coverage. You must maintain Insurance on the program, forwarding to the IIP evidence of insurance coverage
- Commence J1 Trainee Program in the US (maybe...Pittsburgh!)

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

- Hard-working
- Interested in enhancing your employment skills in the United States
  - Eager to live and work in a multicultural environment
  - Adaptable to a new and exciting city

**See you in the US (maybe Pittsburgh)!**



**Ireland Institute of Pittsburgh  
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