

INFORMATION ABOUT NEW YORK CITY 8.10.23

NYC is large and Manhattan can be very crowded but it is generally a friendly city. There are 8.5 million residents and during the day the population goes up to 15 million. The majority of the residents are PGMs, 39% are foreign born and 1.9 million people are not proficient in English. We have over 200 languages spoken in NYC. We also have a very big and visible indigenous population. It's a wonderfully diverse city. There is a very big income disparity among our population and racial segregation by neighborhoods is prevalent.

TRANSPORTATION:

The public transportation system is extensive and mostly reliable. Subway and buses run 24 hours per day/ 7 days per week. There are lots of people on the subway at all hours and they are quite safe to ride, but always be aware. NYC Subway (Download the MYmta app for [iOS](#) or [Android](#).), Google maps, MTA Trip Planner and the MTA's Weekender website can be very useful since the trains often deviate from their usual operations in the late evenings and on weekends.

You will need a Metrocard or any credit card for the subways. A single ride on the subway or bus costs \$2.90 as of August 20. OMNI card readers are at all subway and bus entrances. Metrocards will be provided in case you don't have a credit card you can use. You will be able to add money to the Metrocards at machines at any subway station. New cards cost \$1.00 for the card itself. Some stations have clerks that sell Metrocards, can answer questions, and have free paper subway maps if you want one. Buses take Metrocards, credit cards or coins (not bills), but you can only buy Metrocards in the subway. Some buses are "Select buses" and you have to buy a card at the bus stop. Some are Limited" and you'll need to check if it stops at your stop.

Most subway stations are not accessible. There are some elevators and escalators, but flights of stairs are most common. Information on accessible stations is available on the MTA website and may have up-to-date information on whether the elevators or escalators are actually working. Buses are all accessible.

NYC also has an abundance of yellow metered taxis, Ubers, and Lyfts. There is also a bicycle share program called Citibike. They have daily rates and single ride rates, though rides are always for 30 minutes only and then have to be returned to a dock or additional charges apply. Bikes are docked in banks of bike stations throughout most of Manhattan and some parts of the other boroughs. Their website is

<https://www.citibikenyc.com/> <<https://www.citibikenyc.com/>>. Know that they do not provide helmets, so if you intend to use these you should bring one. There is very heavy traffic with trucks, buses, cars, electric bicycles, pedaled bicycles, construction work and pedestrians competing for the roads. Some roads have bike lanes that are shared with the rest of the vehicles and many less have proprietary bike lanes. Ride with caution following all rules of the road.

HEALTH AND EMERGENCIES:

There is a chain of urgent care facilities throughout NYC called City MD. They each have different hours, but are generally open at least 12 hours per day and take walk-in patients for any minor emergency. For serious health issues there are numerous hospital emergency rooms throughout NYC. For serious emergencies of any kind you can call 911 for ambulance, fire or police.

FOOD:

All types of international foods are plentiful in NYC. Restaurants in Manhattan can be delicious but very pricey. Grocery stores and delis often sell sandwiches, salads and some fruit. NYC pizza and bagels are everywhere, less pricey and pretty uniformly good. Relatively healthy options near 12

East 41st Street include Le Pain Quotidien at 16 E 44th Street, Pret a Manger at 11 W. 42nd Street, and Panera Bread at 452 5th Avenue (between 39th and 40th Streets), in addition to other options listed on our delegation webpage.

NYC boasts one of the cleanest drinking water systems in the country, but many people still filter their water to rid it of chlorine used in purifying it and other elements.

DRESS:

Please bring a SAL t-shirt if you have one. Otherwise you will be receiving a SAL t-shirt to wear during our events. In addition to that, we recommend low-key comfortable clothing that is neither dressy nor worn. Very comfortable shoes or sneakers are a must! NYC has been known to see many heat-waves in September, so keep track of the predicted weather before the Climate Week.

SAFETY:

You need to be street smart and aware of your surroundings. Watch your valuables at all times. Wallets should be kept in inside pockets of purses or backpacks and never left unattended. NYC is both very wealthy and there are also many poor people. Homelessness and begging are common on the streets and in the subway. There are also some talented people performing on the street or in the subway and asking for money. This is all totally optional and up to you to think about.

The NYC Police Department will be on high alert during the UN General Assembly. They are responsible for keeping the head of nations safe. Many streets will be closed off, so we will need to follow their orders and not try to negotiate for our individual needs. Our police department, like most, can be oppressive (racist and sexist) and violent actions towards PGMs. Be alert during the demonstrations.