

BOSTON SURVIVAL GUIDE

FOR

NEPALESE



Message from the President -



The population of Nepalese in Massachusetts has increased significantly over the last few years. Many of us come to Massachusetts without ideas on how to get started. Where do we find housing? Where do we get groceries for cheap? Where can we find a job? Where do we go to school? Will I be able to work while in school? All these are questions that we newcomers have.

To cater to this need of newcomer Nepalese, the GBNC Executive Committee 2003-2004 decided to produce a Boston Survival Guide for Nepalese. Four dedicated members spent countless hours on this effort for over two months. What you read in this manual is the effort of their hard work. So on behalf of the Greater Boston Nepali Community, I would like to personally thank Deepti Bhattarai, Ishwar Khatiwada and Niva Shrestha for their dedication and hard work in producing this manual.

The manual has information on health, education, entertainment, immigration, shopping, outdoor activities, and much much more. We are confident that newcomer Nepalese will find the information on this manual very useful to adjust to life in Boston. We understand that you might want a lot more information than this. So please do share your thoughts on what could be added to this on the next edition.

Thank you very much.

Prasanna Dhungel
GBNC President 2003-2004

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About GBNC

The Greater Boston Nepali Community (GBNC) is a thriving association of Nepalese and friends of Nepal living in and around the Boston area. Over 3,000 people comprised of students, professionals, families and workers constitute this group.

GBNC organizes social, informational and cultural programs almost every month. It is comprised of a President, Vice President, Chief Financial Officer and a dozen other executive members. The council holds a meeting once every six weeks where all members are invited. If you are interested in joining GBNC or would like more information, please write to president@gbnc.org. You can get more info on GBNC activities, its executive members and all the happenings of Nepalese Community at www.gbnc.org.



History of Boston

- **Welcome to Boston.** Known to locals as the "Hub of the Universe," Boston offers some of the most sophisticated cultural, educational, social, and business opportunities available anywhere in the United States. Across the Charles River from Boston is Cambridge. Despite its rich history, Boston remains a youthful city, and a center of contemporary culture. Is it the combination of skyscrapers in the financial district with brick row houses in the Back Bay to its trendy shopping on Newbury Street and bustling ethnic neighborhoods such as the Italian North End and Chinatown.

Boston has countless historic sites (many connected by the "Freedom Trail" in the center of the city) and world-class cultural institutions such as the Museum of Fine Arts, the John F. Kennedy Library, and the Boston Symphony Orchestra. Those in search of nightlife can visit the many clubs scattered throughout the city. And for sports fans, Boston has the baseball, the 2004

World champions, GO RED
attend professional
America's greatest teams.



SOX! football, basketball, soccer and hockey. They can
basketball, hockey, and baseball games involving some of
Football fans can enjoy professional games or college-level
ball at many of Boston's dozens of colleges and universities. And Lastly, Enjoy your stay in this lovely
city.

Temperature- Locals sometimes say that if you don't like the weather in Boston, just wait a few minutes and it will change! <http://www.weather.com/weather/local/USMA0046>

Your journey starts here-



Housing

a. **Irish Hostel, The Prescott International Hostel, YMCA**- These Youth Hotels in Boston, offers nightly downtown accommodation at very affordable rates. It is conveniently located in the centre of the historic and beautiful city of Boston. Boston Garden (Fleet Centre) is nearby and Faneuil Hall Market Place and Downtown Boston are only a 5 minute walk away. <http://www.youth-hostels-in.com/boston-hostels.htm>

b. **Real Estate Agents**- If you are looking for an apartment, [Craig's list](#), would not be a bad start. You can also sublet an apartment or find a temporary one. Click on the following site, it will give you a chance of filling in detail information of the type of house you are looking for. http://www.offcampusnetwork.com/boston_apartments.asp
<http://re.boston.com/Rentals/searchindex.asp>



c. **Helpful Websites of Boston**

<http://www.cityofboston.gov/>
<http://www.boston-online.com/>
<http://www.searchboston.com/>
<http://www.mbta.com/>
<http://www.boston.com/>



d. **Buying basic things for affordable price**

All the necessary items you need for your kitchen (cookware, dishes, utensils, etc.) bathroom (towels, rugs, bathroom accessories, etc.) and other rooms may be purchased at discount prices at several chain

stores. Area discount chain stores include: **Best Buy, Building #19, K-Mart, Target, and Wal-Mart.** Check in the Yellow Pages under "Department Stores" for store locations and telephone numbers.

Buying these items is very expensive in Harvard Square; shopping in Central Square is general cheaper. The two malls in Watertown are accessible by bus and the selection is much wider. Downtown Crossing is accessible only by the MBTA. There are many thrift shops and used furniture/antique shops that sell household items more inexpensively. Yard sales are another good bet.

Building # 19

Address: 133 Middlesex Ave,
Somerville, MA
02145

810 Lynnway,
Lynn, MA
01905

e. **Cable, DSL, and Phone-** For cable and telephone lines you have variety of choices starting ranging from Comcast, Verizon, RCI. Before picking any cable, it would be best if you check all the available deals.

Couple of important things to keep in mind about Housing:-

i. TYPES OF TENANCY

A **tenant "at will"** is one who occupies an apartment without a written contract, but still pays rent-usually monthly. Either the landlord or the tenant may end this arrangement with no explanation. A warning of 30 days should be given prior to moving out.

Another form of tenancy arrangement involves a document called a **lease**. Renting an apartment usually involves signing a contract or lease for one year. The duration of occupancy can be negotiated for lesser periods of time. If you leave before the full term of the contract expires, you will be held responsible for the remainder of the term. Before signing the lease read it **very carefully** to understand all its conditions. When signing a lease you will probably be asked to pay in advance the first and last months' rent, as well as a security deposit equal to one month's rent. The security deposit is held by the landlord to be returned to you after you leave if it is determined that the property has not been damaged. It is wise to get a written, signed statement from the landlord as to the condition of the apartment before you move in so that you will not be charged for damages for which you are not responsible.

Subletting an apartment means that the tenant leases the apartment to another tenant. Read your lease to see if it has a clause that prohibits this arrangement. Apartments are often subletted during summer vacation.



ii. UTILITIES

The rent of an apartment often will not include the cost of utilities. With the current cost of energy, it is important to determine what heat, hot water and electricity will mean in terms of additional expense.

Your heating system will probably use gas or fuel oil and may be rather expensive during winter months. The price range varies from \$ 50 during summer to \$ 400 in winter. If you are single person, then you will usually divide amongst your roommate. However, if you are with a family, the best suggestions would be to look for apartment that has its utilities fees included in the apartment rent. You should know what these financial responsibilities will entail when choosing an apartment.

When you decide to take an apartment, you will need to contact the appropriate utility providers to have services turned on in your name. Your future landlord will know which utility company to call and services should be connected a week after your request by phone. You will probably be billed every month, and the charges will depend on your use of the services.

When you want to **terminate** service be sure to notify the companies in advance of your departure so that you will not be billed for service that the next tenants use.



Groceries

Market Basket-This is one of the popular grocery stores amongst the Nepalese in Boston. You will find all the groceries in pretty reasonable price. **Food Master** is also not a bad choice if you cannot shop at Market Basket.

The other main grocery store chains around Boston are **Shaw's**, **Victory**, **Star Market** and **Stop & Shop**. Smaller markets can sometimes be more expensive but are convenient.

Open Air Produce Markets

If you want great deals on fruits, vegetables, cheeses, fish and meat, try the **Haymarket**, an open-air market that operates on Fridays all day and Saturdays until late afternoon. Prices are reduced the closer it gets to closing time on Saturday. It is beside the Faneuil Hall Marketplace and adjacent to the North End, Boston's Italian neighborhood. It is only a short walk from the Government Center station on the Green and Blue lines, or the Haymarket station on the orange line.

Every Sunday afternoon from mid-June though mid-November, the **Charles Square Farmer's Market** is open at noon in the courtyard in front of the Charles Hotel (next to KSG's Taubman building.) Massachusetts farmers set up stands to sell their seasonal produce. (Check for occasional openings on Friday afternoons as well.)

There is a weekly **Saturday Farmer's Market** in Cambridgeport, at the intersection of Magazine St. and Memorial Drive in the Morse School parking lot. Fruits, vegetables, and flowers are available. It is open Saturdays from 9:30 a.m. to 4:00 p.m. through October. There is also a **Central Square Market** on municipal parking lot #5 at the corner of Bishop Allen Drive and Columbia Street, open

Mondays from noon to 6:00. **Russo**, located in Waltham also has varieties of vegetables in reasonable price.

Indian Store- If you are looking for some Masala's and Daals and other Indian sweets, hit the Indian store anywhere in Somerville and Waltham.



Getting around Boston



a) **MBTA**- Public transportation, bus and T allows you to reach most parts of the city. Visit their site for bus schedules and more detailed information. www.mbta.com

b) **Buying a car**- If you are trying to buy an affordable car for a day to day uses, you can start your search from Craigs list. Sajha.com also could be another start, if you trying to buy a car from fellow Nepalese. **Car Dealers** - <http://boston.craigslislist.org/>

c) **Rental** - within to be sure reserve Boston:



Enterprise, U-Haul- c. Rental - As in most cities, rental agencies Boston have very limited rental fleets, so you need to reserve early you will have transportation. You also usually get a better deal if you early. Here are some phone numbers of rental car companies serving

Here are some important numbers:

Alamo (800) 327-9633
Avis (800) 331-1212
Budget (800) 527-0700
Dollar Rent-a-Car (800) 800-4000
Hertz (800) 654-3131
National (800) 227-7368



Education

ABCS of American Educational System

Primary, Secondary, and High School

The U.S. has both private and public high schools. Education in public high school is free. The U.S. has compulsory school attendance laws, i.e., children ages 5 to 16 must attend school. Most American children are in school for 12 years. Your children will be placed in a class (called a "grade") based on their age and how much previous education they have. Sometimes a school may give your child a test to decide what grade they should be in. The school year begins in August or September and ends in May or June. Call or visit your local school district's main office to find out which school your child should attend. What documents are needed to enroll your kids in school? You need your child's medical records and proof that they have certain immunizations (also called "shots") to protect them from disease. You also may need proof that you live in the same community as the school. Public schools usually provide free text books.



U.S. College/University

The U.S. students are required to "complete"¹ 12 years of primary and secondary schooling (high school) in order to enroll in the post-secondary education, i.e., college or university education. The U.S. college education is classified into:

Undergraduate- a post secondary education pursuing a Bachelor's degree.

Graduate/post graduate- post Bachelor's education pursuing Master's or Ph.D. or other advanced degree.

Colleges/Universities in Massachusetts

Massachusetts has a large number of good-ranking colleges and universities in the U.S. Boston is often called "College Town". There are a total of 126 two-year and four-year colleges and universities in Massachusetts. Among 126 colleges and universities, 94 or 75% are private colleges/universities, 18 or 14% are community colleges, and remaining 14 or 11% are state colleges/universities. (Please see **Appendix B** for complete listings of colleges and universities in Massachusetts). Freshmen students are enrolled in the fall (September); however, graduate students are enrolled in the Fall as well as in the Winter (January) and the Spring (April). The admission criterion differs in each of these college and universities.

College Tuition and Cost

The college tuitions and fees also vary from college to college. For example, tuition and fees in Quincy College is under \$200 per credit, whereas in Boston University, per credit tuition is in the range of \$700-\$800. There are separate fees structure for in-state, for out-of-state, and for international students in public universities. Out-of-state and international students in public colleges and universities are charged higher tuition and fees than their in-state counterparts. Generally, private

¹ "Complete" here refers to attaining diploma or certificate.

universities are extremely expensive. The annual costs of attending a private college or university in Massachusetts is around \$30,000-\$40,000 per year. Even public universities, such as University of Massachusetts, recently has increased its tuitions and fees that almost matches costs of attending private colleges and universities.



Making a College Goal

Before enrolling into college, we recommend students to make a career goal first: what exactly you want to do after graduating from college? What are your strengths and weaknesses? After initial assessment of strength and weakness, student should strategize two-year and four year goal in college. Two year college goal is to finish general classes in two-year College that are absolutely transferable to four-year College. It is

Often seen among some students that while in two-year College, they tend to lose focus on college study and career goal. This is true when students in two-year College start making money by working part-time and focus less on school, and eventually drop out of college. We suggest students to focus on college education goal (by making educational goal higher priority than immediate financial needs). We strongly recommend students to take language classes in college. In the globalized job market, you will be in a merit position if you know other languages such as French or Spanish.

Transition from Two-Year to Four-Year College

While transferring to four-year College, make a personal visit to your four-year college and explore if there are any scholarships, financial aids, and jobs available in college. You should also explore what a university has to offer you while planning for job market. Some university, such as, Northeastern has renowned coop program which places students in related career jobs as a part of regular course requirement for a period of one year (or more if needed). This gives students tremendous opportunity in career job fields before graduation. We also recommend students to take full advantage of career services in college in writing resume, cover letter, and finding a job. Students also should attend maximum career fairs, both inside and outside colleges, to be acquainted with current labor market skill needs, potential employers, and other useful career information



Surviving in College Financially

Given the higher costs of college education, it is very important for parents or students to chart a viable financial plan for college. In the absence of scholarships or financial aids, it is very difficult to survive financially in the college. In such scenario, first two year education in community colleges that offers reasonably affordable tuition and fees is the best option. There are many partial scholarship funds available in universities for their students. Everyone should consult with Department head and other internal offices for more "inside stuff". These partial scholarships at least cover 50

percent costs of tuition in college. There are also many benefits from working in college. For example, working in college is not only less stressful, but also a good opportunity for networking, research and a career job search.

Another important aspect in student life is making a good credit history. At hard times, if you have good credit history, you can pay your college tuition by credit card or bank loans that are offered at

low interest rates. There are some credit agencies in colleges that offer loan services at no interest rate, but with minimum one time transaction fee. We strongly suggest students with financial needs to look for these services available in colleges. What do you need and where will you obtain college loan?

1. Co-sign with green card holder or a U.S. citizen.
2. Many colleges under Academic Management Services (AMS) offer student loan at zero interest rate, but with some transaction fees.
3. There are many credit agencies such as Edupass, Norwest Bank etc. willing to provide students loan to needy international students.

Curricular Practical Training (CPT) and Optional Practical Training (OPT)

If you are burnt up financially in college, you always have option of getting help from Retention Services Office and applying for Curricular Practical Training (CPT) from your college. CPT is an option for employment in RELATED field of your education authorized by your college. How does this work? First you need to find a job that is related to your field of study and your employer should be willing to hire you. The greatest source for job/internship listing is the school's career service office. Take full advantage of their resources. When your employer agrees for employment, then, talk with concerned administration in the college to grant CPT authorization. CPT can be applied only after your 2nd semesters in college. Be careful, using CPT for more than a year will annul chance of getting Optional Practical Training (OPT). However, if you work less than 360 days on CPT, you are ineligible for OPT. You can also try to obtain part-time employment in college or university you are attending.



Finding Employment

Each of us aspire for a good career job after graduation or upon entering the U.S. that offers good salary as well as benefits of all types ranging from health insurance to college tuition reimbursement. A good career job requires college education and well developed basic skills such as English speaking proficiency, writing skills, and other set of skills required to perform a job. Without these skills, you will not be in a better position in the U.S. For students, as mentioned above, the best way to find employment is through colleges before graduation. Almost every good colleges/universities offers career services to their students. These services include helping students to write resume, cover letter and also find a job in related field of study.

Colleges/universities also hosts job fairs where a large number of companies participate in order to look for a perspective employee. We strongly suggest students to take full advantage of career services and job fairs in colleges. Do not miss alumni gatherings organized by your college as alumni could be very helpful in connecting you in a career job. While in college, look for an internship in a related field of study. After graduation, if you already have some job experience while in college, your odds for obtaining employment in related field of study is higher than your peers with no job

experience in related field of study while in college. As mentioned in the above section, CPT and OPT are the best bet in entering the U.S. job market for F-1 students.

For those folks other than students working in the food service industry looking for a career change, we strongly recommend you to look for other employment option that offers good salary and various benefits for your families. GBNC has initiated Professional Development Network (PDN) to create a network of professionals to explore opportunities for business or professional needs. PDN will also organize workshops to help individuals in low paying labor intensive sector looking for a career change. We suggest everyone to participate in PDN's programs for more information on these opportunities. Besides, there are many federal/state sponsored career training programs such as Adult Basic Education (ABE), Apprenticeship Training Programs etc. to help individuals in need for better career option.



The following are the job search methods

1. Visiting job fairs
2. Looking at help wanted section in the news papers
3. Visiting temporary agency that helps individuals find jobs
4. Using job search engines such as www.mostertrak.com, www.careerbuilder.com, www.bostonworks.com, www.boston.craigslist.org, www.hotjobs.com,
5. Harvard/MIT job guide
6. Personal connection (it really works!)



English Language Help: English for Speakers of Other Languages (ESOL) in Massachusetts

New immigrants limited English proficiency is the greatest obstacle in obtaining well paying jobs in the U.S. ESOL is federal/state funded program designed to help adult new immigrant individuals to speak, read, and write English as another language. This program is offered free of costs or at very low costs in many community colleges, community organizations, libraries, and or religious groups in Massachusetts. Individuals interested in enrolling in ESOL program, please visit or contact following location offering ESOL program.

Please see the attached Appendix A for more information

Listings of Colleges and Universities in Massachusetts by Type and by City

Please see the attached Appendix B for detailed information



Library

Every town has a public library that is open to everyone. You can become a member for free and rent books, tapes and movies. You can also find any information you want by asking the reference librarian. If you don't have access to the internet, you can do so at the libraries' PCs. A listing of Massachusetts public libraries is available at http://sunsite.berkeley.edu/Libweb/Public_MA.html



Important Support Organizations

Asian Task Force Against Domestic Violence

P.O Box 120108
Boston, MA 02112

Phone: 617-338-2350
Fax: 617-338-2354
Email: asiandv@atask.org
Website: www.atask.org

Description: The Asian Task Force Against Domestic Violence was founded to achieve the need for multicultural and multilingual resources for Asian families facing domestic violence. They have staff who can also speak English, Nepali and Hindi.

Legal Services

Greater Boston Legal Services- Asian Outreach Program

197 Friend Street
Boston, MA 02114
Hours: 9 AM - 5 PM

Phone: 617-371-1234 Fax: 617-371-1222
Toll-Free: 1-800-323-3205
Website: <http://www.qbls.org>

Description: GBLS is a non-profit organization that provides free legal services to low-income individuals in Greater Boston. The Asian Outreach Unit provides outreach, community legal education, and direct services to Asian immigrants in GBLS' service area in order to overcome linguistics and

cultural barriers. AOU conducts intake, advice and referrals for all substantive law areas handled by GBLs, and represents eligible clients in the areas like housing, domestic violence and family, employment, benefits, immigration issues. Interpreter services are available as needed.

In addition, their Cambridge and Somerville Legal Services office (CASLS) offers legal assistance in all of the above mentioned service areas to the residents of Cambridge, Somerville and surrounding towns.

Cambridge/Somerville Office: 60 Gore St., Suite 3, Cambridge, MA 02141

Phone: 617-603-2700

Fax: 617-494-8222

Massachusetts Bar Association-Lawyer Referral Service

20 West Street

Boston, MA 02111

Phone no: 617-654-0400

Fax: 617-338-0603

Email: LRS@massbar.org

Website: <http://www.masslawhelp.com>

Description: The Lawyer Referral Service is a public service program of the Massachusetts Bar Association. It provides assistance in finding the available resources to help solve your legal problems.

Websites like <http://www.murthy.com> or <http://www.shusterman.com> are also helpful for immigration updates.



Health

Cambridge Health Alliance

230 Highland Ave

Phone: 617-591-6920

Fax: 617-591-6946

Community Affairs

Somerville, MA 02143

Cambridge Health Alliance's **Health Access and Outreach Program** reaches out to the immigrant communities by linking people to primary care services and educate on the benefits of primary care and preventive health care. They also provide assistance in connecting people to free care, Medicaid, Network Health and other service programs. Interpreter services are available for scheduled appointments.

See website for additional information: <http://www.challiance.org/commconn/healthaccess.htm>

Financial Assistance/Free Care Office



Cambridge Hospital:

Location: Main lobby next to the information Desk
Phone: 617-665-1046

Somerville Hospital:

Location: On the first floor, inside the admitting department area
Phone: 617-591-4407

Widden Memorial Hospital:

Location: Level A near Admitting department area
Phone: 617-389-6270 Ext 2162

See website for additional information: <http://www.challiance.org/patientsvisitors/financial.htm>

Mental Health

Asian Mental Health Program

(Cambridge Health Alliance Department of Psychiatry)

Central Street Health Center

26 Central Street, Somerville, MA 02143

Phone: 617-591-6420 or call Central Intake at 617-591-6033

Description: The Asian Mental Health Program is a community based service that provides care to people of Asian decent. Staff can speak several Indian dialects and interpreters are available when needed. Services are available to adults, children, couples and families. The common problems addressed may be depression, anxiety, trauma, cultural adaptation/generational issues, immigration issues, family violence, chronic mental illness, stress management, grief/loss, marriage/couple issues, sexual orientation issues (cited from the brochure)



Women, Infants and Children Program (WIC)

Main Office: 366 Broadway, Suite 102

Somerville, MA 02145

Phone: 617-666-5059

To find other WIC locations close to your home call at 617-666-5059

See website for additional information: <http://www.challiance.org/commconn/wic.htm>



Religion

For Hindus, a Laxmi temple is located at 117, [Waverly Street](#), Ashland, MA about 45 minutes drive from downtown Boston. More information on this temple is available at <http://www.nehti.org/>. International Society for Krishna Consciousness has a Krishna temple at 72 Commonwealth Avenue, Boston. More info on their programs is available at <http://www.iskconboston.org/> There are many churches for various sects in and around Boston.

For Mosque, the closet location in Boston is at Cambridge. Please visit the site for more information <http://www.isboston.org/v3.1/default.asp>.

For more information on Buddhist temples please visit the following site <http://www.nichiren-shu.org/boston/>



Entertainment

a. Renting and watching movies

You can rent movies at BlockBuster and other local movie rental places. You can watch unlimited movies by subscribing to Netflix.com. Boston has many movies theater at every locality. <http://www.bostonmovietimes.com/> has info on movie theaters in each town and what is showing. Allston Theaters and Somerville Theaters show Hindi movies occasionally. You can get the schedule at www.aapkamanoranj.com.



b. **Shopping** - Clothing - Like to dress up? You'll find high fashion on high-end Newbury Street, bargains at Filene's Basement in Downtown Crossing and everything in between at the Cambridge Side Galleria, Copley Plaza and Prudential Mall. Pick up some necessities for your apartment, hours from Bed, Bath and Beyond, Staples, or Best Buy in the Landmark Center. Don't forget to check out the boutiques in Boston's diverse neighborhoods.

Cambridge side Galleria This is a large mall that has Sears and Filene's department stores, Best Buy, and many smaller stores. The Galleria is located at the Lechmere Station on the Green Line subway; or you may take the #69 bus from Harvard Square. There is also a shuttle to the mall from the Kendall Square (MIT) station on the Red Line.

Filene's (617) 621-3800

Women's, Men's & Children's Clothing

Best Buy (617) 577-8866

Carries large and small electrical appliances, cameras, CD's, videos, etc.

Sears (617) 252-3500

Sears carries almost everything in housewares and appliances.



BOSTON (Downtown Crossing)

Filene's, 426 Washington Street (617) 357-2100

A large department store with mostly clothing and some household goods.

Filene's Basement, Washington & Summer Streets (617) 542-2011

Two floors beneath Filene's Department Store in downtown Boston. It is a true adventure! Although it is somewhat chaotic, they have fantastic discounts on men's, women's and children's clothing and accessories, including coats and shoes. There are also great bed and bath items highly discounted. You have to love a bargain to love the Basement.

Marshall's, 350 Washington Street (617) 338-6205

Women's, men's, and children's clothing; some linens and housewares.

Macy's, 450 Washington Street, (617) 357-3000

A large department store with clothing, furniture, household goods, etc.

Directions: Downtown Crossing, Boston

Take the Red line of the "T" to the Downtown Crossing station.

For more shopping information-

<http://www.boston.worldweb.com/Shopping/>

<http://boston.about.com/od/clothesaccessory/>

c. Bowling, Ice Skating, Skiing

There are various entertainment venues throughout Boston. There is a nice affordable bowling alley at the junction of Rt. 2 and Rt. 16 in Alewife, Cambridge.



Ice Skating venues are also available in many places. Every town has an ice skating rink. Metropolitan District Commission has ice skating rinks where you can skate at no cost. A listing of the venues is available at

<http://www.bostonapartments.com/skating.htm>

Massachusetts Department of Conservation and Recreation also has an activity guide that has various things you can do at <http://www.mass.gov/mdc/activ.htm>

New England is famed for its skiing trails. One hour west of Boston is a big trail called Waschusettt Ski Resort. Within three hours you can get to the popular resorts in Vermont and New Hampshire.

<http://www.bostonapartments.com/skiing.htm> has info on ski-trials around Boston.



c. YMCA, Gold's Gym

YMCA is an affordable gym with weights, cardiac machines, swimming pools and other sporting facilities for families. It is located throughout Boston and membership in one grants you membership in many other YMCA's.

Gold's Gym is another popular gym with weights and cardio machines. It also has locations throughout Boston.



Around town

In order to find out the happenings of the city this would be the best resources-

Improper Bostonian- This free magazine which comes out at the beginning of each month is a best way to keep track of all the happenings in Boston. Improper Bostonian can be usually found in a magazine stall in the footpath of a busy intersection.



- This free newspaper provides brief local, regional, and world news. It can be usually found in booth located near a T- Station, in major intersection or a friendly person will handing you.



Looking to kill time?

Suggestions -----GO rowing on the Charles River • Rollerblading on the Esplanade • See and be seen on fashionable Newbury Street • Dance all night on Lansdowne Street • Shoot some pool or shoot some hoops • Figure skate on Frog Pond • Hop the "T" to Wonderland and back • Catch a movie at Landmark Center • Explore history at Faneuil Hall • Howl at The Comedy Connection • Score student tickets to Red Sox games •

Linger over linguine in the North End • Do dim sum in Chinatown • Run the Boston Marathon • Stroll down to the Gardner Museum , the Museum of Fine Arts or the Museum of Science • See your favorite band up close at the Orpheum • Sing along with the Boston Pops • Or hop a train to Singing Beach.



Weekends Gateways

Want to get away from Boston for the weekend. Not a problem. Boston, being closer to New York city is one of the biggest advantages for the outgoing Bostonians. If you are tired of NY, be patient because there are other beautiful states you can explore. Don't have a car and can't find a ride....AGAIN! Not a problem. **VOILA!!!** Here is the solution.



Chinatown bus- This bus has two in one benefit. Get service with affordable price. Don't be surprised if you get to NY in 4 hours. Thanks to the Chinese drivers who knows every secret route for over passing the heavy traffic. The price range is from \$10-\$15 one way. You can purchase the ticket on-line at <http://www.ivymedia.com/bravotravel/bus/>. They have recently also opened their own booth at South Station where you can directly purchase the ticket.

Greyhound- Got to go to NY, all the tickets sold at Chinatown bus. HELP! Not to worry, there still is a Greyhound. The price range is bit high, sometimes \$10-\$15 but with Chinatown bus as their competition, their weekend deal also ranges from \$10-\$15 one way. Visit the site for more detailed Information. www.greyhound.com



Amtrak- If you want to enjoy train ride with a beautiful view then this is definitely worth it! The price is high, but it surly is worth it. They have Hot deals as well. <http://www.amtrak.com>

On-line tickets- You will also be able to find good weekend deals if your timing is right. Here are the following links for on-line purchase.

www.expedia.com

www.cheaptickets.com

www.priceline.com

www.southwest.com



——— **Logan Airport** - Need to fly somewhere? Need to pick some one from the Airport?
For detailed information about airport <http://www.massport.com/>



Wine and Dine

Café Momo- If you are craving for some MoMo's then this is the Right place!! This Nepalese restaurant features traditional and delicious Nepalese dishes ranging from momo, chewela, khasi ko mausi. etc... Even though this is located in NH, bit far from Boston, but the DRIVE is sure WORTH it!!



INDIAN

Shalimar India Food and Spices

571 Massachusetts Ave., Cambridge (617) 868-8311 (Central Sq.)

Here are the lists of some other popular Indian Restaurants

Bombay Club (Harvard Square)

Kashmir (Newbury Street)

Café of India (Harvard Square)

Punjabi Dhabai (Inman Square)- Excellent Pujabi food in thalis.

Little India Groceries

77 Bow Street, Somerville (617) 623-1786

ASIAN

CWH Company 55 Beach Street, Boston (617) 426-3619

Carries ingredients for Chinese cooking.

Jin Mi Oriental Food 313 Walnut Street, Newton (617) 964-2668

Chinese, Japanese, Korean, Thai, Filipino, and Vietnamese foods and spices.

Kotobukiya 1815 Massachusetts Avenue, (617) 354-6914 Cambridge
Japanese groceries

Reliable Market Union Square, Somerville (617) 623-9620

Korean, Japanese and other Asian foods and spices, including fresh produce and prepared foods. Wide selection.

Yoshinoya 36 Prospect Street, Cambridge (617) 491-8221
Japanese groceries.

LATINO

RR Foods Market 121 Hampshire Street, Cambridge (617) 864-2450
Spanish groceries and some American food.

El Coloso Market 102 Colombia St., Cambridge (617) 491-1361
In Central Square; Spanish-American foods and tropical products

MIDDLE EASTERN

In Brookline, on Harvard Street between Coolidge Corner and Commonwealth Ave, there are several Jewish bakeries, bagel shops, kosher markets and restaurants.

In Watertown, on Mt. Auburn St., there are many shops selling Middle Eastern groceries, delicacies, and baked goods. These are accessible by Bus #71 ("Watertown Square").

MEXICAN

Anna Taqueria - this is one of the most popular Mexican take out restaurants. The food is delicious yet affordable. There are branches in Porter Square, Davis Square and Brookline.

Enjoy the Lovely meal!



Please feel free to contact any of the GBNC members if you have any questions or concerns AND Have a Wonderful Stay in Boston!

APPENDIX A: Listings of ESL/ESOL Centers

Jones Library

43 Amity Street, Amherst, MA 01002

Phone: (413) 256-4090 Ext. 29

Email: joneslibraryesl@hotmail.com

Dudley Literacy Center

65 Warren St.

Roxbury, MA 02119

Phone: 617-536-5400

Cambridge Public Library, Central Square Branch

45 Pearl Street Cambridge, MA 02139

Phone: (617) 349-4013

Email: aayre@ci.cambridge.ma.us

Fitchburg Public Library, Literacy Volunteers of Montachusets Area

610 Main Street, Fitchburg, MA 01420

Phone: (978) 343-8184

Fitchburg Public Library, Project FLASH

610 Main Street, Fitchburg, MA 01420

Phone: (978) 345-9638

Framingham Public Library, Literacy Unlimited

49 Lexington Street, Framingham, MA 01701

Phone: (508) 879-3570 x 214

Email: literacy_unlimited@mfn.lib.ma.us

Sawyer Free Library

2 Dale Avenue, Gloucester, MA 01930

Phone: (978) 281-9763

Email: sflib@sawyerfreelibrary.org

Haverhill Public Library

99 Main Street, Haverhill, MA 01830

Phone:(978) 373-1586 x623

Email: apowell@mailserv.mvlc.lib.ma.us

Ipswich Public Library

25 North Main Street, Ipswich, MA 01938

Phone: (978)356-6648

Email: pgrillo@mailserv.mvlc.lib.ma.us

Lee Library Association, Southern Berkshire Literacy Council

100 Main Street, Lee, MA 01238

Phone: (413) 243-0471

Samuel S. Pollard Memorial Library

401 Merrimack Street, Lowell, MA 01852

Phone: (978) 446-7276

Email: jiatron@mailserv.mvlc.lib.ma.us

Melrose Public Library

69 West Emerson St., Melrose, MA 02176

Phone: (781) 665-2313

Email: mmcniff@aol.com

Milford Town Library

80 Spruce Street, Milford, MA 01757

Phone: (508) 473-2145

Email: aberard@cwmarssmail.cwmars.org

Newton Free Public Library

330 Homer Street, Newton Center, MA 02459

Phone: (617) 552-7145

Email: legacyforliteracy@yahoo.com

North Adams Public Library, Adult Education Program

Church Street, North Adams, MA 02147

Phone: (413) 664-0078

Morrill Memorial Library

33 Walpole Street, P.O. Box 220,

Norwood, MA 02062

Phone: (781) 769-4599

Palmer Public Library

1445 North Main Street, Palmer, MA 01069

Phone: (413) 283-2329

Email: mboyko@palmer.lib.ma.us

Berkshire Athenaeum, Literacy Volunteers of Berkshire County

1 Wendell Avenue

Pittsfield, MA 01201

Phone: (413) 499-9487

Email: lvbc@bcn.net

Plymouth Public Library

132 South St., Plymouth, MA 02360

Phone: (508) 830-4260

Email: plymouthlit@adelphia.net

Thomas Crane Public Library

40 Washington Street, Quincy, MA 02169

Phone: (617) 376-1314

Email: ekline@ci.quincy.ma.us

Jacob Edwards Memorial Library, Literacy Volunteers of the Tri-Community

236 Main Street Southbridge, MA 01550

Phone: (508)765-3880

Email: Lvtricom@aol.com

Springfield City Library, Mason Square Branch

READ/WRITE/NOW

765 State Street, Springfield, MA 01109

Phone: (413) 263-6839

Email: info@readwritenow.org

LVA Stoughton - Stoughton Public Library

84 Park St., Stoughton, MA 02072

Phone: (781)344-2603

Email: stlva@ocln.org

Taunton Public Library

12 Pleasant Street, Taunton, MA 02780

Phone: (508) 822-2828

Watertown Free Public Library

123 Main Street Watertown, MA 02472

Phone: (617) 924-8797

Email: sfviskin@ci.watertown.ma.us

Wayland Public Library

5 Concord Road

Wayland, MA 01778

Phone: (508) 358-2311

West Springfield Public Library

200 Park Street

W. Springfield, MA 01089

Phone: (413) 736-4561

Vineyard Haven Public Library, Martha's Vineyard Literacy Program

200 Main Street RFD Box 139A,
Vineyard Haven, MA 02568
Phone: (508)696-4211

J.V. Fletcher Library

50 Main Street,
Westford, MA 01886
Phone: (978)692-4608

David and Joyce Milne Public Library

1095 Main Street, Williamstown, MA 01267
Phone: (413) 458-5369

Other Literacy Numbers

Eastern Massachusetts Literacy Council
400 High Street
Medford, MA 02155
Phone: (781) 395-2374
Email: volunteer@emlc.org

Literacy Volunteers of Massachusetts

15 Court Square, Suite 540, Boston, MA 02108
Phone: (617) 367-1313
Email: KathrynPL@aol.com

Massachusetts Coalition for Adult Education

50 Miles Street
Greenfield, MA 01301
Phone: (800) 339-2498
Email: info@mcae.net

Massachusetts Adult Literacy Hotline

SABES, World Education
44 Farnsworth St,
Boston, MA 02210
Phone: 800-447-8844
Email: imorales@worldded.org

Massachusetts Family Literacy Consortium

Massachusetts Department of Education
350 Main St.
Malden, MA 02148
Phone: (781) 338-3846
Email: krodriguez@doe.mass.edu, apark@doe.mass.edu

SABES Regional Support Centers

44 Farnsworth St

Boston, MA 02210

Phone: (617) 482-9485

Email: sabes@theworld.com

For more information on library-based programs contact:

Shelley Quezada, Program Consultant

Massachusetts Board of Library Commissioners

648 Beacon Street

Boston, MA 02215

(617) 267-9400

800-952-7403

email: shelley.quezada@state.ma.us

Appendix B: Listings of Colleges and Universities in Massachusetts

University Name (Featured Universities)	University City	University Type
<u>American International College</u>	Springfield	Private
<u>Amherst College</u>	Amherst	Private
<u>Andover Newton Theological School</u>	Newton Centre	Private
<u>Anna Maria College</u>	Paxton	Private
<u>Art Institute of Boston</u>	Boston	Private
<u>Assumption College</u>	Worcester	Private
<u>Atlantic Union College</u>	South Lancaster	Private
<u>Babson College</u>	Babson Park	Private
<u>Bay Path College</u>	Longmeadow	Private
<u>Becker College</u>	Worcester	Private
<u>Benjamin Franklin Institute of Technology</u>	Boston	Private
<u>Bentley College</u>	Waltham	Private
<u>Berklee College of Music</u>	Boston	Private
<u>Berkshire Community College</u>	Pittsfield	Community College
<u>Blessed John XXIII National Seminary</u>	Westo	Private
<u>Boston Architectural Center, The</u>	Boston	Private
<u>Boston College</u>	Chestnut Hill	Private
<u>Boston Conservatory</u>	Boston	Private
<u>Boston University</u>	Multiple Campuses	Private
<u>Boston University</u>	Boston	Private
<u>Brandeis University</u>	Waltham	Private
<u>Branford Hall Career Institute</u>	Springfield	Private
<u>Bridgewater State College</u>	Bridgewater	Public
<u>Bristol Community College</u>	Fall River	Community College
<u>Bryman Institute</u>	Multiple Campuses	Private
<u>Bunker Hill Community College</u>	Boston	Community College
<u>Cambridge College</u>	Cambridge	Private
<u>Cape Cod Community College</u>	West Barnstable	Community College
<u>Clark University</u>	Worcester	Private
<u>Clark University Computer Career Institute</u>	Boston	Private
<u>College of the Holy Cross</u>	Worcester	Private
<u>Computer-Ed Institute</u>	Multiple Campuses	Private
<u>Curry College</u>	Milton	Private
<u>Dean College</u>	Franklin	Private
<u>East Coast Aero Tech</u>	Bedford	Private
<u>Eastern Nazarene College</u>	Quincy	Private
<u>Elms College</u>	Chicopee	Private
<u>Emerson College</u>	Boston	Private
<u>Emmanuel College</u>	Boston	Private
<u>Endicott College</u>	Beverly	Private
<u>Episcopal Divinity School</u>	Cambridge	Private
<u>Fisher College</u>	Boston	Private
<u>Fitchburg State College</u>	Fitchburg	Public

<u>Forsyth Institute, The</u>	Boston	Private
<u>Framingham State College</u>	Framingham	Public
<u>Gibbs College</u>	Boston	Private
<u>Gordon College</u>	Wenham	Private
<u>Gordon-Conwell Theological Seminary</u>	South Hamilton	Private
<u>Greenfield Community College</u>	Greenfield	Community College
<u>Hampshire College</u>	Amherst	Private
<u>Hands On Technology Transfer, Inc</u>	Chelmsford	Private
<u>Harvard University</u>	Cambridge	Private
<u>Hebrew College</u>	Newton Centre	Private
<u>Hellenic College/Holy Cross Greek Orthodox School of Theology</u>	Brookline	Private
<u>Holyoke Community College</u>	Holyoke	Community College
<u>Hult International Business School</u>	Cambridge	Private
<u>ITT Technical Institute</u>	Multiple Campuses	Private
<u>Laboure College</u>	Boston	Private
<u>Lasell College</u>	Newton	Private
<u>Lesley University</u>	Cambridge	Private
<u>Longy School of Music</u>	Cambridge	Private
<u>Massachusetts Bay Community College</u>	Wellesley	Community College
<u>Massachusetts College of Art</u>	Boston	Public
<u>Massachusetts College of Liberal Arts</u>	North Adams	Public
<u>Massachusetts College of Pharmacy & Health Sciences</u>	Boston	Private
<u>Massachusetts Institute of Technology</u>	Cambridge	Private
<u>Massachusetts Maritime Academy</u>	Buzzards Bay	Public
<u>Massachusetts School of Law</u>	Andover	Private
<u>Massasoit Community College</u>	Brockton	Community College
<u>Merrimack College</u>	North Andover	Private
<u>MGH Institute of Health Professions</u>	Boston	Private
<u>Middlesex Community College</u>	Lowell	Community College
<u>Montserrat College of Art</u>	Beverly	Private
<u>Mount Holyoke College</u>	South Hadley	Private
<u>Mount Ida College</u>	Newton Centre	Private
<u>Mount Wachusett Community College</u>	Gardner	Community College
<u>New England College of Optometry</u>	Boston	Private
<u>New England Conservatory of Music</u>	Boston	Private
<u>New England Institute of Art & Communications</u>	Brookline	Private
<u>New England School of Acupuncture</u>	Watertown	Private
<u>New England School of Law</u>	Boston	Private
<u>Newbury College</u>	Brookline	Private
<u>Nichols College</u>	Dudley	Private
<u>North Shore Community College</u>	Danvers	Community College
<u>Northeastern University</u>	Boston	Private
<u>Northern Essex Community College</u>	Haverhill	Community College
<u>Olin College</u>	Needham	Private

<u>Pine Manor College</u>	Chestnut Hill	Private
<u>Porter & Chester Institute</u>	Chicopee	Private
<u>Quincy College</u>	Quincy	Community College
<u>Quinsigamond Community College</u>	Worcester	Community College
<u>Regis College</u>	Weston	Private
<u>RETS Technical Center</u>	Boston	Private
<u>RETS Technical Center</u>	Boston	Community College
<u>Roxbury Community College</u>	Roxbury Crossing	Community College
<u>Saint John's Seminary</u>	Brighton	Private
<u>Salem State College</u>	Salem	Public
<u>Sanford-Brown Institute</u>	Springfield	Private
<u>Simmons College</u>	Boston	Private
<u>Simon's Rock College of Bard</u>	Great Barrington	Private
<u>Smith College</u>	Northampton	Private
<u>Southern New England School of Law</u>	North Dartmouth	Private
<u>Springfield College</u>	Springfield	Private
<u>Springfield Technical Community College</u>	Springfield	Community College
<u>Stonehill College</u>	Easton	Private
<u>Suffolk University</u>	Boston	Private
<u>The New England Institute of Art</u>	Brookline	Private
<u>The Salter School</u>	Multiple Campuses	Private
<u>Tufts University</u>	Medford	Private
<u>University of Massachusetts - Amherst</u>	Amherst	Public
<u>University of Massachusetts - Boston</u>	Boston	Public
<u>University of Massachusetts - Dartmouth</u>	Dartmouth	Public
<u>University of Massachusetts - Lowell</u>	Lowell	Public
<u>University of Massachusetts Medical School</u>	Worcester	Public
<u>University of Phoenix</u>	Multiple Campuses	Private
<u>Urban College of Boston</u>	Boston	Community College
<u>Wellesley College</u>	Wellesley	Private
<u>Wentworth Institute of Technology</u>	Boston	Private
<u>Western New England College</u>	Springfield	Private
<u>Westfield State College</u>	Westfield	Public
<u>Weston Jesuit School of Theology</u>	Cambridge	Private
<u>Wheaton College</u>	Norton	Private
<u>Wheelock College</u>	Boston	Private
<u>Williams College</u>	Williamstown	Private
<u>Worcester Polytechnic Institute</u>	Worcester	Private
<u>Worcester State College</u>	Worcester	Public