OIA HANDBOOK
FOR INTERNATIONAL AFFILIATES

2015-2016
ACADEMIC YEAR
Opening Doors to the Best in Medical Education

The Office of International Affairs at Tufts University School of Medicine (TUSM) is a resource – abroad and here at home – to bring together our world-class educators and aspiring international professionals committed to improving patient care and the health care systems in their home countries.

We work through affiliated government, institutional and medical school sponsors abroad to place candidates from their countries in a diverse range of research, residency, fellowship and training programs at TUSM and our training hospitals. In addition, we offer Masters and PhD programs in health, science and affiliated professions at TUSM and the Sackler School of Graduate Biomedical Sciences.

Our staff is well versed in the legal and administrative complexities of visa, testing and procedural issues facing international candidates throughout their journey to Tufts and during their stay in the United States. Each of us takes particular pride in providing knowledgeable, efficient and courteous guidance and problem-solving service to our international colleagues. We also are there to help with the difficulties of life in a new, foreign city – Boston.
Dear residents and students,

I welcome you to Tufts University School of Medicine, and our Tufts affiliated teaching hospitals.

Tufts University is a leader in global education, with a multitude of international students and programs, and the School of Medicine reaches beyond United States borders to promote global diversity in our programs for medical graduates, students and aspiring health care professionals.

We welcome international applicants that come to us through established sponsor organizations seeking residency placements and fellowships, as well as medical student observerships, and electives. In addition, Tufts has a robust clinical research program that enables perspective medical and surgical residents to spend a year in the Tufts family, in anticipation of residency placement through the MATCH in the following year. And finally, we offer public health and professional advanced degrees, as well as basic sciences doctoral degree programs, research and training.

Our mission at the Office of International Affairs is to help you find the programs that fit your educational and medical career goals, we will provide mentorship and assistance in order for you to successfully complete the application and requirements process, and we will make every effort – given the considerable competition – to place you in an appropriate program.

Once you have been accepted in a program here at Tufts, my office will provide the services and guidance to help make your education successful and rewarding. And once you arrive here in Boston, we will assist you in all that will be needed to provide you with a supportive and comfortable environment.

Once you have settled in, my office will provide you with all of the tools that you will need to enjoy academic success, including help with English skills, and a formal program in USMLE board preparation and interviewing techniques.

I look forward to meeting you, and to establish a meaningful and successful relationship.

Richard M. Dupee, MD, FACP, AGSF
Dear Residents, Researchers and Students,

As you begin your newest journey here at Tufts University School of Medicine, I hope you will come to see the Office of International Affairs as your home away from home. It is our goal to provide you with guidance and support throughout your time at Tufts to augment the academic training you will gain in your programs. Please keep us informed of your endeavors and let us know of your experiences and feedback.

In addition to the OIA as a base resource, we hope that you will find support and mentors among each other as well. We encourage you to befriend your peers and learn from them. We aim to host several events which will allow you the chance to socialize and get to know one another outside your academic setting.

I look forward to meeting with you in the coming months; remember, the OIA is here to support you, so please stop by and see us!

Best wishes,

Ghenwa Hakim, JD
Director, International Affairs
Tufts University School of Medicine
**TUSM-Affiliated Hospitals**

<table>
<thead>
<tr>
<th>Hospital Name</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tufts Medical Center</td>
<td>downtown Boston</td>
<td>is Tufts University School of Medicine’s (TUSM) principal teaching hospital and one of the nation’s top-ranked institutions for patient care. The Medical Center’s Floating Hospital for Children is TUSM’s principal pediatric teaching affiliate.</td>
</tr>
<tr>
<td>Baystate Medical Center</td>
<td>Springfield, MA</td>
<td>is an academic, research and teaching hospital that serves as TUSM’s western Massachusetts campus. (More information on the Graduate Medical Education program)</td>
</tr>
<tr>
<td>Lahey Clinic</td>
<td>12 miles northwest of Boston, MA</td>
<td>is a physician-led tertiary care hospital and TUSM affiliate treating patients in 39 specialties, as well as in 30 multispecialty centers.</td>
</tr>
<tr>
<td>North Shore Medical Center</td>
<td>17 miles north of Boston, MA</td>
<td>is a community teaching hospital offering adult and pediatric services, and the area’s only comprehensive heart center.</td>
</tr>
<tr>
<td>Roger Williams Medical Center</td>
<td>Providence, RI</td>
<td>is a community hospital known for its cancer care and academic research.</td>
</tr>
<tr>
<td>St. Elizabeth’s Medical Center</td>
<td>Brighton neighborhood of Boston</td>
<td>is a community hospital and TUSM affiliate located in the Brighton neighborhood of Boston, provides comprehensive care to women, men and families.</td>
</tr>
<tr>
<td>St. Vincent Hospital</td>
<td>Worcester, MA</td>
<td>is a top-ranked hospital with multiple specialty centers and a reputation for outstanding cardiovascular care.</td>
</tr>
</tbody>
</table>
On the next page, please find Housing Resources. There are tips to consider when apartment hunting in Boston including the cost range of apartments, the commute and where to find apartments based on personal budget.

On the following page, please find information on the most popular cities in the Metro Boston Neighborhoods. The page lists information on the commute and the cultural environment of the neighborhoods.

*Please see the next pages for information on neighborhood information in the Boston Metro area and a guide to apartment costs*
METRO BOSTON NEIGHBORHOODS

Allston / Brighton
Allston’s buzz of activity and Brighton’s residential atmosphere complement each other nicely to give this area a somewhat suburban feel within Boston city limits. The area contains dozens of parks and other open spaces and has one of the lowest median age levels in Boston. With highly diverse demographics, a wide selection of shops and restaurants, and a large student population from the nearby Boston University and Boston College campuses, Allston is the “funkier” of the two neighborhoods. In exchange for shops and services, Brighton offers parks and open space, tree-lined streets, and a more family-oriented, “community” feel. Both are approximately 30-45 minutes away from campus by the “B” Green Line and various bus routes.

Back Bay
The Back Bay is a neighborhood where old Boston charm blends with the latest in style and entertainment. Bordering the Charles River from the Public Gardens to Massachusetts Avenue, the Back Bay offers a wealth of culture and shopping. Neighborhood jewels include the Commonwealth Avenue Mall, a beautiful grassy strip running the length of the street; the Public Gardens and lagoon, the Boston Public Library, the Mall at Copley Place, the Prudential Center plaza, the Esplanade park adjacent Charles River, and Newbury Street, where brownstone apartment buildings perch above trendy shops, galleries, and boutiques. Perhaps the most desirable neighborhood in Boston, it tends to be pricier than most other neighborhoods; however, all of the Back Bay is walking or easy T-ride distance to campus.

Beacon Hill
Generally regarded as the most prestigious of Boston neighborhoods, Beacon Hill is conveniently located near the downtown shopping district and the Boston Common, the neighborhood also embraces the Massachusetts State House and Charles Street, the main commercial area on the Hill. The neighborhood enjoys access to community sailing on and spectacular views of the adjacent Charles River. This is financially the most exclusive neighborhood in Boston, but it is mostly within walking distance of campus.

Charlestown
Rich with history, Charlestown is home to such landmarks as the Bunker Hill Monument, the Phipps Street Burying Ground, and the U.S.S. Constitution, the oldest commissioned ship in the U.S. navy. Charlestown also boasts unique architecture, safe streets, and a quick commute to downtown by car, bus, or water taxi. In addition to a number of beautiful old homes, the Charlestown Navy Yard has been restored in recent years to include new condominiums, restaurants, and offices, with a superb view of the Boston skyline.

Fenway / Kenmore
With a large student population from nearby Boston University, Northeastern University, Emmanuel College, Simmons College and Wheelock College, the shops and services of Kenmore Square and the Fenway area cater primarily to a younger crowd. Kenmore Square tends to be dominated by the nearby Boston University campus and its students. From Fenway Park to the nightclubs of Landsdowne Street to the restaurants and stores of Kenmore Square, the neighborhood is a busy one. It offers a 10-15 minute commute to campus via the Green Line subway.

Fenway is one of the smallest neighborhoods in Boston, yet also one of the most densely populated, the area is also home to the Museum of Fine Arts, as well as the Isabella Stewart Gardner Museum. Contrasting with the bustle of Kenmore Square, the beautiful Back Bay Fens, part of the Emerald Necklace string of city parks, provide a quiet refuge from the urban din.

Jamaica Plain
Sometimes referred to as America’s “most integrated neighborhood,” JP’s racial, ethnic, and socio-economic diversity is unmatched in metro Boston. An eclectic collection of restaurants and shops on Centre Street, quiet residential neighborhoods, and the beautiful Jamaica Pond and Arnold Arboretum, make JP a great place for students to live. Commute to campus is by the “E” Green Line or the Orange Line.

North End
Decidedly Italian in flavor and atmosphere, Boston’s North End maintains an antiquated neighborhood charm despite a steady influx of tourism and commercialism. The neighborhood enjoys a location convenient to the Faneuil Hall Marketplace, Haymarket and downtown Boston. While already blessed with ten City-owned parks, recreational facilities and wharfs with marvelous harbor views, the area will be the recipient in coming years of an extensive new Rose Kennedy Park system. In addition to scores of local shops and restaurants, the Waterfront area is also home to the New England Aquarium, the Children’s Museum and the Computer Museum.

South Boston
Primarily a residential, heavily Irish neighborhood, South Boston enjoys a substantial amount of ocean frontage of which facilities such as Castle Island Park, Carson Beach and the L Street Bathhouse make full use. Very much part of a “neighborhood” atmosphere, South Boston’s population consists of many families. Although close to downtown Boston, the neighborhood will augment its existing shopping facilities in the near future with the construction of a new mall off Route 93.

East Boston
Located in the shadow of Logan International Airport, East Boston (which is actually located north of central Boston) is another waterfront, primarily residential community. The neighborhood, whose median age is among the highest in Boston, centers on the shops and services of Central, Day, and Maverick Squares. The Callahan and Sumner Tunnels under Boston Harbor provide access to and from Boston. Commute to campus is via the Blue Line subway and varies in length.
South End
With the distinctive charm of Victorian row houses and tree-lined streets, the South End is a beautiful neighborhood with reasonable prices. One of Boston’s most racially and ethnically diverse neighborhoods, the South End’s demographics includes young professionals, the elderly, and students. The area has seen a renaissance of sorts in recent years, with new housing and commercial initiatives, and is one of the most convenient areas of the city for Tufts students to live.

Brookline
Located minutes from downtown Boston by car or T, the Town of Brookline has a distinctively suburban feel, but with the convenience of a city. Excellent schools, exceedingly safe streets, a strong sense of community, and proximity to Boston make Brookline one of the more desirable towns in the Boston area. The town revolves around the shops and commercial areas of several bustling neighborhoods, of which Brookline Village and Coolidge Corner are the most notable, while a number of parks, tot lots, and a public swimming pool provide ample recreational space. Commute to campus from Brookline is on the “B”, “C”, or “D” trains of the Green Line T, and varies depending on distance from campus.

Cambridge / Somerville
Home to the world-renowned intelligentsia of Harvard University and MIT, the City of Cambridge is also a stimulating collection of neighborhood and ethnic sights and sounds. Cambridge is an eminently diverse and student-friendly community. The Fresh Pond area offers parks, tennis courts and a golf course, while community boating is available on the Charles River. Commute to campus varies depending on location, but is easily accessible via the Red Line subway.

The most densely populated community in the entire U.S., Somerville provides a more affordable alternative to living in Cambridge while still being located close to downtown. It is almost exclusively residential, but has a lot to offer in terms of culture, cuisine, and lifestyle, especially in the Davis Square area. It is a very student-friendly community and is about 45 minutes away on the Red Line.

Newton
Despite proximity to Route 128 and the Mass Pike as well as extensive shopping facilities, Newton contains a number of quiet, residential neighborhoods, along with excellent schools and recreational facilities and a safe, suburban feel within 30 minutes of Boston. Parts of Newton are close to the “D” Green Line subway, with an approximately 45 minutes commute to campus.

Arlington / Medford/ Malden
Arlington offers a town beach, sailing on Spy Pond, and a number of parks and bike trails at Menotomy Park. A recent influx of professionals in recent years has fostered a strong cultural awakening to the arts through its Center for the Arts, which provides classes, poetry readings, open studios, and other activities.

Conveniently located on Route 93, Medford features such diverse offerings as the sprawling Middlesex Falls Reservation, two malls, Tufts University, swimming for residents in Wrights Pond, and numerous parks scattered throughout the city. Commuters may take bus routes, commuter rail or the Red Line to the Boston campus, which will vary in time depending on location.

Malden offers considerable shopping facilities, a diverse ethnic makeup contrasting a strong suburban feel, numerous town squares, and TUSM’s Sharewood Clinic. Malden is a 20 minute commute by car or a 30-45 minute commute via the Orange line to campus.

Watertown / Belmont
Watertown and Belmont are suburban towns along the Charles River outside of Boston. They offer many recreational facilities, excellent shopping in the Arsenal Mall. Access to Route 2 and the Mass Pike is easy, making commute to campus best accomplished by car (about 30-35 minutes), but there are trolley lines that bring commuters to Harvard square, and to the Red Line T.

West of Boston
Cities such as Framingham and Natick are approximately 20 miles west of Boston. Both offer easy access to the area’s main highways including the Massachusetts Turnpike, Route 9, and Route 30, as well easy access to the commuter rail train.
THINGS TO CONSIDER WHEN APARTMENT HUNTING IN BOSTON

Visit
We strongly recommended that you come to Boston to search for an apartment in-person. It is not a good idea to rent an apartment without seeing it first. Most apartments become available 30 to 45 days before the date you are looking to move in, so plan your visit accordingly. Contact at least 2 or 3 rental agents or landlords a few days before you arrive to set up appointments to see apartments. Be persistent and try not to get discouraged! You will find something you like if you keep trying!

Cost
How much are you willing to pay in rent per month? (See below for price ranges) Living in Boston can be expensive. You will pay for location as well as convenience. Note: These ranges are only approximations, and a number of these areas might fall under two or more of the specific ranges.

**HIGHER PRICED apartments**
- STUDIOS $1200-1600+ per month
- 1 BR $1600-2200+ per month
- 2 BR $2200-2400+ per month
- 3 BR $2600-3000+ per month

*Beacon Hill, Back Bay, Bay Village, South End, Cambridge*

**MODERATELY PRICED apartments**
- STUDIOS $1000-1400+ per month
- 1 BR $1600-2000+ per month
- 2 BR $2200-2400+ per month
- 3 BR $2600-3200+ per month

*Brookline, Medford, Fenway / Kenmore, North End, Charlestown, Somerville, Allston / Brighton*

**LOWER PRICED apartments**
- STUDIOS $800-1000+ per month
- 1 BR $1200-1600+ per month
- 2 BR $2000-2200+ per month
- 3 BR $2400-3000+ per month

*South Boston, Malden, Jamaica Plain, Quincy, East Boston*

Commute
Do you want to walk to school, use public transportation, or drive to school?
- **Walking** – Beacon Hill, Back Bay, the South End, and parts of South Boston are considered walking distance to campus.
- **Driving** – See “Having a Car in Boston”
- **Public Transportation** – The Massachusetts Bay Transportation Authority (MBTA), better known as “the T,” operates the public transportation system in Boston and the surrounding communities. Options include buses, subway, and commuter rail trains. Commutes via public transportation vary depending on place of origin. Discounted monthly T passes are available at the Bursar’s Office. For more T info, check their website at [http://www.mbta.com](http://www.mbta.com).
  - Bus routes 9, 11, 43, and the Silver Line all stop in front of Tufts Medical Center.
  - The 4 subway lines in Boston (Orange, Red, Green, and Blue) all have stops within walking distance of school, though Blue line commuters find it easiest to change to the Orange line instead of walking to campus.
  - The commuter rail serves communities outside of the immediate Boston area. These trains run on specific daily schedules arrive at various subway stations within the city. Check the MBTA website for more information.

Program Disclaimer: Tufts University and the Health Sciences Schools do not endorse or guarantee in any manner the service or quality of service offered by any landlord, management company, realtor, or individual who lists with the Off Campus Housing program. Students are under no obligation to utilize the Off Campus Housing program's services or to rent from companies or individuals in its listings.
THINGS TO CONSIDER WHEN APARTMENT HUNTING IN BOSTON

Fees/Cost to Sign a Lease
Many apartments are listed with realtors who charge a standard fee equal to one month’s rent if you rent an apartment they showed you. It is possible to find apartments without a fee. These are usually listed directly with the realtor or management company.

Be sure to ask the realtor or landlord if anything is included with the rent. If the current tenants are available, ask them how much they typically spend on utilities each month to help you estimate your budget.

You can expect to pay a small application fee to apply for an apartment you like. It will usually take one month’s rent as a deposit to have the realtor de-list the apartment. This should generally be refundable if you choose not to sign, but make sure to ask first before giving them a check. At least two additional months’ rent will be due at lease signing; all together, you will pay first month’s rent, last month’s rent, and security deposit, (three months’ rent at signing). The security deposit is returned to you at lease end, less assessment of apartment damage. Some realtors also charge a key deposit, which is a small fee returned to you at lease end when the keys are turned in.

Roommates
The decision to have a roommate should be based on how willing you are to share your space with another person and how much you are willing to spend on the apartment. Living alone, without sharing costs, can be an expensive proposition. With increasing numbers of roommates, costs go down. On the other hand, more roommates can lead to conflicting schedules, lifestyles, and personalities. We urge you to carefully consider roommate prospects before signing a lease.

Apartment Hunting
If you decide to find a vacant apartment either for yourself or for you and a roommate, there are a few ways to go about this:

• Check out JumpOffCampus:
  Tufts University School of Medicine has partnered with JumpOffCampus, a new online housing resource available to all medical students. The site offers a variety of features to assist you with searching available apartment listings, search and post sublets, and offers a Marketplace for you to advertise furniture, electronics, etc. that you are trying to sell.
  
• Students most commonly use on-line resources such as www.boston.com, www.craigslist.org, etc. These are good place to start, as you can get a general sense as to cost, location, and amenities available in different areas. On the other hand, many of these apartments are listed through realtors and will charge a fee, usually equal to one month’s rent, to sign a lease. Also, contacting a rental agent on a specific listing may induce them to try and sell you other listings that may not be right for you. Your best judgment will serve you well while using online resources.

• Trustworthy, no-fee realtors are available in Boston. However, it is a good idea to contact more than one as each realtor has different listings. With a realtor, you tell them what you are looking for (i.e., how much you are willing to spend, number of bedrooms, amenities, etc.) They will often have a good idea if their listings can match your needs, but it is not uncommon that they will take your contact information to get back to you if they find something later on. Your best chance to see multiple units on one visit will happen while using a realtor. They will also drive you to each unit, which cuts down on your stress level and travel time.

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THINGS TO CONSIDER WHEN APARTMENT HUNTING IN BOSTON

Do’s and Dont’s

• DON’T put down a deposit on an apartment unless you are really sure you want it. If you are interested in an apartment but still want to see others, you should only fill out an application.

• DON’T let the realtor pressure you into making any commitment you are not ready to make. YOU control this process, not the realtor. But on the other hand…

• DON’T wait too long for the perfect apartment – there is no perfect apartment! A really good one you saw but waited too long for could end up rented by someone else!

• DO bring references with you. The rental application will ask for past landlords, employers, credit information, and sometimes personal references. Feel free to use the Tufts University School of Medicine Office of Admissions as a reference to verify your acceptance to the MD program - please note that the Admissions Office will only be able to verify your acceptance because until you matriculate you cannot be considered an enrolled student. You can also use a copy of your acceptance letter for this purpose.

• DO bring a few checks with you – if you find a place you really like and wish to rent you can fill out the application and leave a deposit. Once a deposit has been made, the realtor will take the apartment off the market while a background check is done and the landlord reviews your application.

• DO read the lease before signing it. While Massachusetts requires all rental agencies to use a standardized form (called the “RHA lease”) for apartments, you should still familiarize yourself with the contents of the lease to know your rights. If you should do an unofficial rental contract, say with someone who is renting their condo to you; make sure that you are protected legally in the contract if something should go wrong.

• DO ask if the above can be done through the mail if you must leave Boston before finalizing your apartment. While the preliminary agreement process can be done by phone/fax, originals are required for formal lease signing. Most agencies are willing to accommodate mail business.

• DO ask your parents to co-sign the lease if required. Many landlords are reluctant to rent to students because they do not have a source of income. They will, however, rent to students if someone else cosigns, and the landlord has the right to demand this before entering into a lease. The cosigner will pick up the payments if you are unable to make them.

• DO ask for an explanation if you are not accepted for an apartment you applied for, as it will help you in your future search. If this happens, you should get your deposit back.

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Housing and School Resources

The apartments are listed by their proximity to Tufts affiliated hospitals. These apartment complexes are options, residents and researchers can reside in their personal preferred locations.

St- Vincent Hospital

Fairway Apartments
200 E Mountain St
Worcester, MA 01606
844-505-2783
www.thefairways-apartments.com

The Commons at Haynes Farms
100 Arbor Drive
Shrewsbury, MA 01545

Wexford Village Apartment Homes
29 Duncannon Ave
Worcester 01604
877-234-1484

Ashford Crossing
22 Yorkshire Terrace
Shrewsbury 01545
855-877-8689

For more Housing Resources please visit the link below:
http://www.apartments.com/apartments/worcester-ma/?frontend=google&gclid=Cj0KEQjw0fOoBRDn88Pol8bqhN0BElQARGVJKtyKo-WqKvLaDo2pUzyXiepuPQaxq_Xf3d9TPe0LjWsaAnNv8P8HAQ

Links for Schools in Worcester and Shrewsbury

http://worcesterschools.org/

http://schools.shrewsbury-ma.gov/
Bay State Medical Center

Stockbridge Court
45 Willow Street,
Springfield, MA 01103
866.933.7175
http://www.stockbridgecourt.com/

Devonshire Place Apartments
50 Holy Family Road
Holyoke, MA 01040
413.534.0097
http://www.devonshireplaceapartments.com/

Villages at Hospital Hill
51 Village Hill Road
Northampton, MA 01060
413-586-5065
http://www.thevillagesathospitalhill.com/

Hathaway Farms
73 Barrett Street Suite 2000
Northampton, MA 01060
(413) 586-1405
http://www.hathawayfarmstownhomes.com/

Laurel Ridge Apartments
328-380 Hatfield St
Northampton, MA 01060
888-304-3329
http://www.apartments.com/laurel-ridge-northampton-ma/p9htt6v/

Bigelow Commons
55 Main Street
Enfield, CT 06082
888-705-0172
http://www.bigelowcommonsapartments.com/

For more Housing Resources please visit the links below:

k gogginsrealestate.com
mprealty@aol.com
http://www.rentnoho.com/
http://www.rent.com/massachusetts/northampton-apartments/2-16081
Lahey Clinic

Towns surrounding Burlington (01803) are Woburn, Winchester, Wilmington, Stoneham, Lexington, and Arlington. These are links to the most popular (all within 1-2 miles of Lahey) in Burlington/Woburn.

Arboretum
1 Arboretum Way
Burlington, MA
www.arboretumburlington.com/

Arborpoint
17 Springs Lane
Burlington, MA
www.arborpoint.com

Beacon Village
26 Beacon Street
Burlington, MA
http://www.beaconvillageapartments.com/

Kimball Towers
8 Kimball Court
Burlington, MA
www.corcoranapts.com/

Stone Brook Farms
1 Farms Drive
Burlington, MA
www.stonebrookfarmsapartments.com

Heritage at Stone Ridge Apartments
2 Littles Brook Court
Burlington, MA
http://www.equityapartments.com/massachusetts/boston-apartments.aspx

For some if they are spending only one year in Massachusetts they may want to live in/near Boston for the experience. Towns close to Boston would be Cambridge, Arlington, and Charlestown.

Lahey is on the corner of Route 128 (I-95) and I-93, traffic is bumper to bumper from 7:00am - 9:00am and 4:00pm - 6:00pm
Boston is 14 miles away but the commute can take 30-60 minutes.
Tufts Medical Center & St Elizabeth

660 Washington Apartments
660 Washington St.
Boston MA 02111
(844) 253-8379

Walden Park Apartments
205 Walden St
Cambridge MA 02140
(844) 712-3197

Emerson Place Apartments
72 Staniford Street
Boston MA 02114
(866) 995-0063

Union Square Apartments
1101 Commonwealth Avenue
Boston, MA 02215
617-254-2787

Brighton Ave Apartments
1101A Commonwealth Ave
Boston, MA 02215
info@brightonapts.com

Continuum
199 N Harvard St
Allston MA 02134
(617) 299-8725

CHR Brookline Properties
Brookline, MA 02446
617-202-3603
Activities

**Museums**

**Fogg Art Museum**
32 Quincy St  
Cambridge, MA (Harvard Square T-stop – Red Line)  
(617) 495-9400

**Isabella Stewart Gardner Museum**
280 The Fenway, Boston (Ruggles T-stop – Orange Line; Museum T-stop – E Green Line)  
(617) 566-1401

**Museum of Fine Arts**
465 Huntington Avenue, Boston (Ruggles T-stop – Orange Line; Museum T-stop – E Green Line)  
Free with Tufts I.D.  
(617) 267-9300

**The Institute of Contemporary Art**
100 Northern Ave, Boston  
(617) 478-3100  
Free on Thursday nights from 5-9pm

**Museum of Science**
1 Science Park, Boston  
(617) 723-2500  [information@mos.org](mailto:information@mos.org)
Symphony and Concerts

The Boston Symphony Orchestra has regular weekly concerts at Symphony Hall in Boston. A popular option for students is the open rehearsals which cost $11 for open seating. For more information, please call (617) 266-2378.

Music concerts are held at large and small music venues around Boston and surrounding suburbs. Check with Ticketmaster to find upcoming concerts and tickets at www.ticketmaster.com or call them at 1-800-745-3000. Some of the venues are:

- TD Garden (Boston)
- The Paradise (Boston)
- House of Blues (Boston)
- The Orpheum (Boston)
- Comcast Center (Mansfield, MA)

Shopping Centers

Wrentham Village Premium Outlets
1 Premium Outlet Blvd, Wrentham, MA 02093
(508) 384-0600

Natick Mall
1245 Worcester St, Natick, MA 01760
(508) 655-4800

Holyoke Mall
50 Holyoke Street
Holyoke, MA 01040
413-536-1441

This is a website that provides all the different activities offered in Western Mass (Springfield, Holyoke, and Amherst)
**Food markets**

There are a variety of restaurants, specialty food shops, supermarkets and farm stands located throughout the city and the surrounding suburbs. *Specialty* food stores generally carry higher priced items and a more limited selection of products.

One of the most well-known **open-air markets** in the city is located at Haymarket/Faneuil Hall (Green or Orange Line– Haymarket stop on the MBTA). The market is open Fridays and Saturdays all year round. There are several other fruit and vegetable stands throughout the city, such as Washington St.—Downtown Crossing and Copley Square Market—Seasonal.

Many of the area **supermarkets** are open 24 hours and carry a large selection of products at competitive prices. Below is a list of Middle Eastern Groceries/Markets.

Syrian Grocery Importing Company  
270 Shawmut Ave, Boston, MA 02118  
Phone :( 617) 426-1458

Alhoda Market  
304 Prospect St, Cambridge, MA 02139  
(617) 441-7854

Safy Market  
691 Broadway, Revere, MA 02151  
(781) 284-0761

Arax Market
*By planning ahead and comparing prices, you can significantly economize your food budget. Below is a small sampling of the cuisine in Boston.

**Restaurants and Eateries**

Au Bon Pain: 750 Washington St across the street from TMC orange line stop. Offers a selection of coffee, juices croissants, sandwiches, soups and salads. (617) 338-4981


Hard Rock Café: 22-24 Clinton St, Boston. Offers lunch and dinner, a bar. Casual attire. (617) 424-7625

Apollo Grill: 84 Harrison Ave, Boston. Lunch and dinner. (617) 423-3888

Museum of Fine Arts Restaurant: 465 Huntington Ave, Museum T-stop (E train). Lunch and dinner. (617) 267-9300

**Asian Food**

Kyoto: Corner of Stuart St. and South Charles St. Lunch, dinner and a bar. Japanese American Steak House, sushi bar, authentic Japanese food. (617) 542-1168

Montien: 63 Stuart St, Boston. Adjacent to the corner of Tremont and Stuart St. Thai food, lunch, dinner and bar. (617) 338-5600

Peneng: 685 Washington St, Boston. Malaysian food. Lunch and dinner. (617) 451-6373
Formal Dining
Café Budapest: 90 Exeter St, Prudential T-stop. Continental and Hungarian dishes. (617) 333-388

Four Seasons Restaurant: 200 Boylston St, Arlington T-stop. Breakfast, lunch and dinner. (617) 338-4400

Legal Seafood Restaurant:
100 Huntington Ave, Boston, Copley Place (617) 266-7775
800 Boylston St, Boston, the Prudential Center (617) 266-6800
26 Park Plaza, Boston, Park Square (617) 426-4444

Ethiopian
Addis Red Sea: 544 Tremont St, Back Bay T-stop. Lunch and dinner. (617) 426-8727

French
Du Barry Restaurant Francais: 159 Newbury St, Copley T-stop. Lunch and dinner. (617) 262-2445

Indian
Akbar India: 1250 Cambridge St, Cambridge. (617) 497-6548

Bombay Club: 1415 Washington St, Boston. (617) 247-2500

Oh Calcutta: 468 Mass Ave, Cambridge. (617) 576-2111

Punjab Palace: 109 Brighton Ave, Allston. (617) 254-1500

Kashmir: 279 Newbury St, Boston. (617) 536-1695
Indian Pavilion: 17 Central Square (on Western Ave.), Cambridge. (617) 547-7463

**Italian**

Villa Francesca: 150 Richmond St, North End, Haymarket T-stop. Lunch and dinner. (617) 367-2948

The Daily Catch: 323 Hanover St, Haymarket T-stop. Lunch and dinner. (617) 523-8567

**Mexican**

The Border Café: 32 Church St, Cambridge, Harvard T-stop (Red Line). Lunch and dinner. (617) 864-6100

Fajitas and Rita’s: 25 West St, Park St T-stop. Quick and casual service. (617) 426-1222

**Middle Eastern**

Sultan’s Kitchen: 72 Broad St, Aquarium T-stop. Turkish and Middle Eastern Cuisine. Lunch and dinner. (617) 570-9009

Café Jaffa: 48 Gloucester St, Boston, MA 02115. 617-536-0230.

Al Wadi: 1249 Veterans of Foreign Wars Pkwy, West Roxbury, MA 02132. 617-325-3254.

Ramis: 324 Harvard St, Brookline, MA 02446. 617-738-3577.

Boston Shawarma: 315 Huntington Ave, Boston, MA 02115. 617-670-0460.

Molana Restaurant: 5 Spring St, Watertown, MA 02472. 617-923-2554.

Café Barada: 2269 Massachusetts Ave, Cambridge, MA 02140. 617-354-4446

Aceituna Café: 605 E Kendall St, Cambridge, MA 02142 617-252-0707

Garlic and Lemons: 133 Harvard Ave, Allston, MA 02134 617-783-8100

Falafel King: 48 Winter St, Boston, MA 02108 617-338-8355

Pita Thyme: 102 Water St, Boston, MA 02109 617-742-7482

Shawarma King: 1383 Beacon St, Brookline, MA 02446 617-731-6035
Boston transit

Boston’s transit system is quite extensive, including the subway (commonly known as the “T”), a commuter rail (serving outer suburbs), as well as the public bus service. This entire transportation system is called the MBTA (Massachusetts Bay Transportation Authority). At larger T stops, such as Park St., Harvard, South Station and North Station, you can pick up any of the bus schedules, and weekly/monthly bus and subway passes. It is the same cost to travel on any of the train lines. The subway runs every few minutes throughout Boston, including to Logan International Airport, and many of the surrounding towns. Although the public transportation in Boston is generally safe, it is always safer to travel with another person. If you use the bus regularly, use a route schedule to minimize the length of time you have to wait at the bus stop.