

# **Society for Human Resource Management (SHRM)**

## **City by City Guide for J-1 Exchange Visitors**

*Updated Fall 2018*

On the following pages, the Society for Human Resource Management (SHRM) has compiled a listing of various potential cultural activities in key cities across the United States. This list is for informational purposes only and is not an exhaustive list of available activities in a particular city. We recommend also contacting your local Visitors Bureau to discover additional activities or resources that might be of particular interest to you. Also, please note that resource URLs may change so if a link does not work properly utilize an internet search engine to find the correct link for the item you are looking for.

If you don't see your city listed or would like SHRM to help you find resources in your community, please email us at [EVP@shrm.org](mailto:EVP@shrm.org).



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## [Atlanta, GA \(aka: The Big Peach\)](#)

### **Destination Spotlight (November 2016 Newsletter)**

If your training or internship program has you in Atlanta, you're probably already familiar with the bustling cultural scene this Southern city has to offer. But if you would like to broaden your horizons or are looking for a weekend (or week-long) getaway, make sure to check out some of the sites we've pulled together for you.

#### **Arts and Culture**

- Learn more about one of the world's best known products by touring [The World of Coca-Cola](#) in downtown Atlanta. At the end of the tour, you'll have the opportunity to sample a wide range of Coca-Cola beverages from all over the world.
- The [Georgia Aquarium](#), which is the largest aquarium in the Western hemisphere and home to thousands of different species of animals, happens to be located next door to The World of Coca-Cola. Timing your visit in order to enjoy both venues can make for a fun and family-friendly afternoon outing.
- [Martin Luther King, Jr. National Historic Sites](#): Learn about the life and legacy of civil rights leader Dr. Martin Luther King, Jr. by visiting his birth home, the historic Ebenezer Baptist Church (where Dr. King was pastor until his death in 1968), and his burial crypt at the King Center.
- Fun fact - the global news outlet CNN was founded in and still has its global headquarters in Atlanta. CNN offers [tours](#) of its headquarters, which provide a unique opportunity to learn about CNN's global operations and the process of creating and broadcasting news.
- While it might seem like an odd place to visit, [Oakland Cemetery](#) offers tours and regularly sponsors events. It is an excellent example of a Victorian-era cemetery and is the final resting place of a number of individuals important to Atlanta and the American South—including Margaret Mitchell, the author of the American classic *Gone with the Wind*.
- Atlanta also plays host to a variety of festival throughout the year including [Music Midtown](#), [Streets Alive](#), [Cabbagetown Chomp and Stomp](#), and [Sweetwater 420](#).

#### **Sports**

- For many Americans, fall means one thing—(American) football. If you have plans to visit Atlanta in the near future, be sure to check out an [Atlanta Falcons](#) game.
- If you prefer to watch a soccer match, Atlanta's [Silverbacks](#) can entertain you for at least 90 minutes.

#### **Weekend or Day Trips**

- Numerous natural parks and tourist sites are located within two hours of Atlanta. Recent places visited by SHRM trainees and interns include [Toccoa Falls](#), the scenic mountain town of [Helen](#), [Stone Mountain Park](#), and the shops at the [Mall of Georgia](#).

**Restaurant recommendations** – Atlanta's food scene has grown and matured significantly over the last several years. While one might assume that fried chicken and cast-iron cornbread is all that can be found in this southern city, Atlanta's restaurant scene has recently become more diversified and is coming into its own. If you're in the area, don't miss your chance to enjoy some of the best food that the South has to offer.

- For over 70 years, [Mary Mac's Tea Room](#) has been serving the finest of Southern cuisine. From the fried chicken to the turnip greens, you have a range of delicious options. Make sure you're hungry when you visit this Atlanta institution and leave room for some peach cobbler for dessert.

- Serving hungry Atlantans since 1928, [The Varsity](#) is the world's largest drive-in restaurant and is well known for its chili and hot dog combinations and for its fried pies.
- Located on the 72<sup>nd</sup> floor atop the Westin Hotel in downtown Atlanta, the [Sundial Restaurant and Bar](#) is the perfect location to enjoy a birds-eye view of the city. Sit at one of the sections that complete a 360 degree rotation in order to take in all of the different parts of Atlanta while enjoying your meal or drink.
- One of Atlanta's newest food scenes is [Krog Street Market](#)– a former warehouse turned food hall in the heart of Atlanta's Inman Park neighborhood. With over a dozen dining options (covering everything from burgers and barbeque to French cuisine) and numerous other shops, the market has become one of the busiest locations for Atlantans looking for a fun evening or weekend out.



## **Cultural & Tourism Links**

[Atlanta Visitor Guide](#)

[Atlanta Events](#)

[Atlanta Public Transit](#)

[Atlanta PBS](#)

[Atlanta NPR](#)

[Atlanta History Center](#)

[Georgia State Capitol](#)

[Martin Luther King, Jr. National Historic Site](#)

[Atlanta Visual Arts](#)

[Atlanta Theatre & Dance](#)

[The Woodruff Art Center](#)

[Atlanta Symphony Orchestra](#)

[Atlanta Zoo](#)

[Georgia Aquarium](#)

[Inside CNN Studio Tour](#)

[Stone Mountain Park](#)

[The King Center](#)

[Atlanta Botanical Garden](#)

[The Fernback Museum of Natural History](#)

[The Breman Jewish Heritage & Holocaust Museum](#)

[National Center for Civil & Human Rights](#)

[World of Coca-Cola](#)

[Atlanta Cyclorama & Civil War Museum](#)

[Millennium Gate Museum](#)

[CDC Museum](#)

[Delta Flight Museum](#)

[High Museum of Art - Atlanta](#)

[Jimmy Carter Presidential Library & Museum](#)

[Margaret Mitchell House](#)

[Centennial Olympic Park](#)

[Underground Atlanta](#)

[The Varsity, Inc.](#)

[The Atlanta Braves \(MLB\)](#)

[The Atlanta Falcons \(NFL\)](#)

[The Atlanta Hawks \(NBA\)](#)

## **Austin, TX (aka: *The Live Music Capital of the World*) Cultural & Tourism Links**

[Austin Visitor Guide](#)

[Austin Walking Tours](#)

[Austin American Statesman](#)

[Austin NBC](#)

[Texas Hill Country Visitor Guide](#)

[Lady Bird Johnson Wildflower Center](#)

[Austin Music Schedule](#)

[South by Southwest Interactive, Film, and Music Festival](#)

[Austin City Limits Music Festival](#)

[Mexic Arte Museum](#)

[Blanton Museum of Art](#)

[Harry Ransom Center](#)

[Mondo Gallery](#)

[Bullock Texas History Museum](#)

[Yard Dog Art Gallery](#)

[LBJ Library and Museum](#)

[Umlauf Sculpture Garden](#)

[Shakespeare in the Park](#) (Summer)

[Barton Springs](#)

[Deep Eddy Pool](#)

[Austin Parks and Hiking Trails](#)

[Congress Avenue Bat Bridge](#)

## **Birmingham, AL Cultural, Tourism Links**

[City of Birmingham](#)

[Birmingham Visitors Guide](#)

[Railroad Park](#)

[Barons Minor League Baseball](#)

[Iron City Music Hall](#)

[Red Mountain Park](#)

[McWane Science Center](#)

[Ruffner Mountain Nature Preserve](#)

[Oak Mountain State Park](#)

[Alabama Theater](#)

[Cahaba River Park and Activites](#)

[Pepper Place Market](#)

[Birmingham Museum of Art](#)

[Virginia Samford Theatre](#)

[Moss Rock Preserve](#)

[Birmingham Civil Rights Institute](#)

[Birmingham Botanical Gardens](#)

[Birmingham's Color Tunnel](#)

## **Boston, MA (aka: *Beantown* or *The Cradle of Liberty*) Cultural & Tourism Links:**

[Boston Visitor Guide](#)

[Boston Events](#)

[Boston Public Transit](#)

[Boston PBS](#)

[Boston NPR](#)

[Massachusetts State Capitol](#)

[Boston History](#)

[Boston Philharmonic Orchestra](#)

[Boston Center for the Arts](#)

[Citi Performing Arts Center](#)

[Boston Public Art Walk](#)

[Franklin Park Zoo](#)

[Boston Museum of Science](#)

[The Rose Kennedy Greenway](#)

[Adams National Historic Park](#)

[Salem Witch Museum](#)

[USS Constitution Museum](#)

[Waterworks Museum](#)

[Freedom Trail Attractions](#)

[Boston National Historic Park](#)

[Boston Tea Party Ships & Museum](#)

[Commonwealth Museum](#)

[New England Holocaust Memorial](#)



[The Freedom Trail Foundation](#)

[Harvard Museum of Natural History](#)

[Historic New England](#)

[John F. Kennedy Presidential Library & Museum](#)

[Museum of African American History –  
Boston/Nantucket](#)

[New England Aquarium](#)

[Old South Meeting House](#)

[Old Sturbridge Village](#)

[The Paul Revere House](#)

[Plimouth Plantation](#)

[RevolutionaryBoston at the Old State House](#)

[Boston Celtics \(NBA\)](#)

[Boston Red Sox \(MLB\)](#)

## **Buffalo, NY (aka: Birthplace of the Buffalo Chicken Wing) Cultural & Tourism Links**

[Visit Buffalo/Niagara](#)

[Buffalo Events](#)

[Buffalo Visitor Center](#)

[Buffalo Public Transit](#)

[Buffalo PBS/NPR](#)

[Buffalo-Niagara Falls Border Crossings](#)

[Teddy Roosevelt Inaugural Site](#)

[Buffalo Philharmonic Orchestra](#)

[Performing Arts Center at Buffalo State](#)

[The Buffalo History Museum](#)

[Holocaust Resource Center of Buffalo](#)

[Jell-O Gallery Museum](#)

[President Millard Fillmore](#)

[Presidential Site](#)

[Buffalo Public Art](#)

[Old Fort Niagara](#)

[Freedom Crossing: The  
Underground Railroad in  
Greater Niagara](#)

[Buffalo Zoo](#)

[Aquarium of Niagara](#)

[Murphy Orchards](#)

[Seneca-Iroquois National Museum](#)

[Albright-Knox Art Gallery](#)

[Niagara Falls](#)

[Journey Behind the Falls](#)

[White Water Walk](#)

[Erie Canal](#)

[Buffalo Bills \(NFL\)](#)

[Buffalo Sabres \(NHL\)](#)







## **Charlotte, NC (aka: *Queen City*) Cultural & Tourism Links:**

[Charlotte Visitors Guide](#)

[Charlotte Events](#)

[Charlotte Public Transit](#)

[Charlotte PBS](#)

[Charlotte NPR](#)

[The Charlotte Museum of History](#)

[WFCS Holocaust Museum](#)

[Harvey B. Gantt Center for African-American Arts + Culture](#)

[Historic Latta Plantation](#)

[Levine Museum of the New South](#)

[Charlotte Performing Arts Center](#)

[Charlotte Symphony](#)

[Levine Center for the Arts](#)

[NASCAR Hall of Fame](#)

[President James K. Polk State Historic Site](#)

[Reed Gold Mine Historic State Site](#)

[Daniel Stowe Botanical Garden](#)

[North Carolina Music Hall of Fame](#)

[Sea Life Aquarium](#)

[North Carolina Zoo](#)

[Carolina Raptor Center](#)

[Biltmore Estate](#)

[Historic Rosedale Plantation](#)

[Guilford Courthouse National Military Park](#)

[Blue Ridge Parkway](#)

[Carl Sandburg Home National Historic Site](#)

[Charleston, SC](#)

[Fort Sumter National Monument, SC](#)

[Charlotte Panthers \(NFL\)](#)

[Charlotte Hornets \(NBA\)](#)



## Charleston, SC (aka: Queen City) Cultural & Tourism Links:

### **Destination Spotlight – December 2017**

Charleston has been named the #1 city in the United States by [Travel and Leisure magazine](#) for the past five years, and we happen to agree! Whether you're a history buff, a food lover, a shopaholic, a beach bum, a boater, a fisher, or just someone that likes to relax, Charleston has something for you. You should not leave the United States without visiting this little piece of heaven. And if you need help planning your trip, reach out to SHRM's j-visa guru and Charleston native, [Katie Rudolph](#).

### **To Do and See**

- [History of Charleston Walking Tour](#) – Take a lovely walk through the back alleys and secret passageways of the Holy City with guides who are native Charlestonians. They are knowledgeable and their stories are wonderful!
- [Fort Sumter](#) and [Fort Moultrie](#) – If you want to spend some time on the water but also want a little piece of history, consider visiting one of the two famous forts near Charleston.
- [Mepkin Abbey](#) – Take a walk in the gardens or have a guided tour of the abbey. The Creche Festival in November is a favorite time to visit.
- Just outside Charleston, there are an abundance of old, beautiful plantations. A few of our favorites: [Magnolia Plantation](#), [Middleton Place](#), [Drayton Hall](#), [Boone Hall](#).
- [Charleston Farmers Market](#) Visit the market any Saturday from 8-12. It's a great place to get breakfast and gifts for friends and family at home. Charleston Bene Wafers and Cheese Straws make great gifts!
- [Saltwater Charters LLC](#) – Get out and go fishing!
- [Charleston Tea Plantation](#) – Are you a tea lover? Visit the only tea plantation located in North America, located on Wadmalaw Island, 30 minutes from downtown Charleston.

**Restaurant and food recommendations** – There are SO many good restaurants and so much delicious food! A few of Katie's favorites are below. And one piece of advice – don't go to anywhere you see on a billboard.

- [The Wreck](#) – It's in the neighborhood where Katie grew up and her sister (Anne Ravenel) still works there! It has the best, freshest seafood around. And you won't find a more local feel. For gorgeous views of the city, be sure to visit the [Old Bridge Park at the end of Pitt Street](#) before dinner.
- [Callie's Hot Little Biscuit](#) – Amazing place for breakfast or lunch. Mouthwatering biscuits!
- [Monza](#) – Upscale pizza in the heart of the city. Be sure to try the Butter Bean Salad – it's amazing!
- [Jestine's Kitchen](#) – Yummy place – "southern food with lots of soul"! Great lunch spot.
- [Fleet Landing](#) – For waterfront dining, try this spot!
- For upscale dining, try [The Ordinary](#), [Fig](#), or [Fulton Five](#).
- A few southern dishes that are worth trying while you're there: red rice, she-crab soup, boiled peanuts, pecan pie, pralines, shrimp and grits.

**Sports** – If we're honest, one thing Charleston is lacking is professional sports teams. However, there are *some* options for the sports lovers.

- [South Carolina Stingrays](#) – Ice Hockey fan? You can watch Charleston's minor league team at the North Charleston Coliseum from October through April.
- [College of Charleston Basketball](#) – There's no national or minor league basketball team in Charleston, but the College of Charleston has a great team and there's a whole lot of spirit (sometimes more than at a pro game!).
- [Riverdogs Baseball](#) – From April through October, you can watch Charleston's minor league baseball team behind the beautiful back drop of the Ashley River. I'd say it's a win-win!

## Chicago, IL (aka: Windy City; Chi-Town) Cultural & Tourism Links

### Destination Spotlight

Whether you're living in Chicago or just visiting, the city plays host to a vast array of activities and events that you can enjoy year round. We've compiled a short list of ideas to get you started on your adventure in the "Windy City."

### Arts and Culture

- [Museum of Science and Industry](#) – Visit one of the largest museums in the world dedicated to science. The hands-on exhibits are fun and interesting for all ages!
- [Fredrick C. Robie House](#) – If you're an architecture buff, this is a must! Frank Lloyd Wright's Robie House, an example of the Prairie style of architecture, is right in the middle of the University of Chicago campus in downtown Chicago.
- [Chicago Temple](#) – Another, albeit very different, example of beautiful architecture with rich history.
- The [Art Institute of Chicago](#) is one of the most famous museums in the United States with over 300,000 works of art in its collection (including one of the most famous pieces of American art, Grant Wood's "American Gothic.") Located in [Grant Park](#) adjacent to Lake Michigan, enjoying the museum and the park can make for a fun day in the city.
- [Millennium Park and the Bean](#) – There's still time to catch a free concert at Millennium Park! From May through September, the park hosts hundreds of free events. Pack a picnic, grab some friends and enjoy the Chicago weather before it gets too chilly! And don't miss the 38<sup>th</sup> Annual [Jazz Festival](#) Labor Day Weekend! While in Millennium Park – don't miss seeing the Cloud Gate sculpture. Commonly known as "The Bean," it has become one of the most visited and photographed attractions in Chicago.
- [Lincoln Park](#) – Explore this beautiful, historic Chicago neighborhood – see the gorgeous mansions, visit the [zoo](#) (free), or do your shopping at the [Lincoln Park farmer's market](#).

**Sports** – When it comes to sports, Chicago has one of the largest assortment of teams in the country. While autumn in the U.S. is known for football, don't miss the chance to see the Chicago Cubs at the renowned [Wrigley Field](#). When it comes to baseball, this is one of the all-time greatest stadiums and the second oldest in the United States.

- Baseball – [Chicago Cubs](#) and the [Chicago White Sox](#) (currently in season)
- Basketball – [Chicago Bulls](#) (season starts in late-October)
- Football – [Chicago Bears](#) (season starts late-August)
- Ice Hockey – [Chicago Blackhawks](#) (season starts late-September)
- Soccer – [Chicago Fire](#) (currently in season)

**Restaurant recommendations** – Chicago is known for its deep dish pizza, and you can't leave the Windy City without trying it. [Giordano's](#), [Lou Malnati's](#), and [Gino's East](#) are three options with locations throughout the Chicago area. Below are several other restaurant and entertainment spots.

- If you're in Chicago, but you'd rather be in Texas – try [Big Star](#) for delicious tacos and margaritas. They have a taco bar, folks. *Olé, Olé!*
- [Green Mill Lounge and Jazz Club](#) features regular music performances hosted within one of the most infamous locations in Chicago. During the 1920s Prohibition era the lounge was a speakeasy and gangster hangout (including for Chicago's most notorious gangster, Al Capone). Today, it is a Chicago music institution that retains its 1920s and 30s charm. Note - must be 21 or older to enter.
- While the weather's still nice, be sure to go to [Handlebar](#) for brunch and request to sit outside on the back patio. They have wonderful options for vegetarian, vegan, and seafood lovers.
- [Purple Pig](#) in the Loop has won numerous awards and the chef won the James Beard, Rising Star Chef award and comes highly recommended by Chicago natives and SHRM tourists.
- Looking for an upscale experience for a special occasion? [The Signature Room](#) on the 95<sup>th</sup> Floor of the John Hancock Tower provides some of the best views of the city while enjoying drinks and lighter fare in the lounge

or a full meal in the restaurant. Or if you just want to just enjoy the views, the John Hancock Tower's observation deck (known as [360 Chicago](#)) can allow you to enjoy the same views for just the cost of admission.

- Head to [Jerry's Sandwiches](#) on Wicker Square for probably the best sandwich you will ever taste.

### Day trips and weekend getaways

- [Starved Rock State Park](#) – About a two-hour drive from Chicago, in Starved Rock State Park, are beautiful canyons and waterfalls and 13 miles of walking trails. There are also opportunities for fishing and boating, if you prefer. Go for a day trip or stay the night – there's camping as well as accommodations at the [Starved Rock Lodge](#).
- [Red Arrow Country, MI](#) – Plan an autumn trip to see the beautiful fall foliage, visit vineyards, and go apple picking.

**Chicago book suggestion** – [Devil in the White City](#), by Erik Larson, tells the incredible, and often disturbing, stories of two very different men leading separate lives in Chicago during the 1893 World's Fair. If you love the book, there's even a Devil & the White City Tour offered by [Weird Chicago Tours](#).

### Cultural & Tourism Links

[Chicago Visitors Guide](#)

[Chicago Events](#)

[Chicago Public Transit](#)

[Chicago PBS](#)

[Chicago NPR](#)

[Chicago History Museum](#)

[Chicago Symphony Orchestra](#)

[Theater & Performing Arts](#)

[Lincoln Park Zoo](#)

[Shedd Aquarium](#)

[Clarke House Museum \(Oldest House in Chicago – 175 Years Old\)](#)

[A. Phillip Randolph – Pullman Porter Museum](#)

[Illinois Holocaust Museum & Education Center](#)

[The DuSable of African American History](#)

[Institute of Puerto Rican Arts & Culture](#)

[Swedish American Museum](#)

[Museum of Broadcast Communications](#)

[Museum of Science & Industry](#)

[Ukrainian National Museum of Chicago](#)

[Adler Planetarium](#)

[The Art Institute of Chicago](#)

[Millennium Park](#)

[Chicago Sports Museum](#)

[The Field Museum](#)

[Lincoln Home National Historic Site](#)

[Navy Pier](#)

[Public Art](#)

[Grant Park](#)

[Beaches](#)

[Chicago Neighborhoods](#)

[Chicago Cubs \(MLB\)](#)

[Chicago Bears \(NFL\)](#)

[Chicago Bulls \(NBA\)](#)

[Chicago Blackhawks \(NHL\)](#)

## **Cincinnati, OH (aka: Cincy or Cinci) Cultural & Tourism Links**

[Cincinnati Travel Guide](#)

[Cincinnatihttp://local.cincinnati.com/calendar/calendar.asp Events](http://local.cincinnati.com/calendar/calendar.asp)

[Cincinnati Public Transit](#)

[Cincinnati PBS](#)

[Cincinnati NPR](#)

[Cincinnati Museum Center @ Union Terminal](#)

[Center for Holocaust Education & Humanity](#)

[Cincinnati Observatory](#)

[Cincinnati Arts Association](#)

[Cincinnati Art Museum](#)

[Cincinnati Zoo & Botanical Gardens](#)

[Cincinnati Public Art](#)

[Newport Aquarium](#)

[Heritage Village Museum](#)

[Fort Ancient State Memorial](#)

[German Heritage Museum](#)

[National Underground Railroad Freedom Center](#)

[The Betts House](#)

[The Purple People Bridge](#)

[American Sign Museum](#)

[U.S. Grant Birthplace & Historic Site](#)

[Kaleidoscope Stained Glass](#)

[William Henry Harrison Tomb Historic Site](#)

[Fountain Square](#)

[Sawyer Point Park & Yeatman's Cove](#)

[Roebling Museum](#)

[Roebling Suspension Bridge](#)

[BB Riverboats](#)

[Harriett Beecher Stowe House](#)

[James A. Ramage Civil War Museum](#)

[Cincinnati Reds Hall of Fame & Museum](#)



## [Cleveland, OH \(aka: “Cleveland Rocks”\) Cultural and Tourism Links](#)

[Cleveland Visitors Guide](#)

[Cleveland Events](#)

[Cleveland Public Transit](#)

[Cleveland PBS/NPR](#)

[Cleveland Museum of Natural History](#)

[Western Reserve Historical Society](#)

[Cleveland Zoo](#)

[Cleveland Orchestra](#)

[Cleveland Performing Arts Center](#)

[The Cleveland Museum of Art](#)

[James Garfield National Historic Site](#)

[Perry’s Victory & International Peace Memorial](#)

[Maltz Museum of Jewish Heritage/Museum of Diversity  
& Tolerance](#)

[Cleveland Hungarian Museum](#)

[Fallen Timbers Battlefield/Fort Miamis National Historic  
Site](#)

[Soldiers and Sailors Monument](#)

[Federal Reserve Bank of Cleveland](#)

[Cuyahoga Valley National Park](#)

[A Christmas Story House and Museum](#)

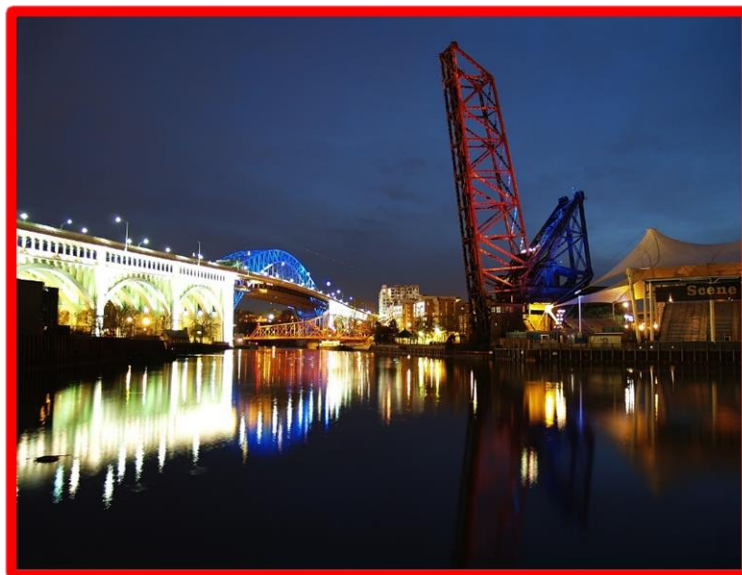
[Pro Football Hall of Fame](#)

[Rock & Roll Hall of Fame](#)

[Cleveland Browns \(NFL\)](#)

[Cleveland Cavaliers \(NBA\)](#)

[Cleveland Indians \(MLB\)](#)





## **Columbus, OH (aka: *The Buckeye City*) Cultural & Tourism Links:**

[Columbus Visitor's Guide](#)

[Columbus Events](#)

[Columbus Public Transit](#)

[Columbus PBS/NPR](#)

[Ohio State Capitol](#)

[Columbus Historical Society](#)

[Ohio History Center](#)

[Columbus Symphony Orchestra](#)

[Columbus Associate for the Performing Arts](#)

[Columbus Arts Community](#)

[Columbus Zoo & Aquarium](#)

[Columbus Museum of Art](#)

[Franklin Park Conservatory & Botanical Gardens](#)

[Jack Nicklaus Museum](#)

[Columbus Graeter's](#)

[Motorcycle Hall of Fame Museum](#)

[COSI \(Center of Science & Industry\)](#)

[Historic Roscoe Village](#)

[Anthony-Thomas Candy Company](#)

[German Village](#)

[Velvet Ice Cream Company](#)

[Columbus Commons](#)

[Grange Insurance Audubon Center](#)

[Ohio State Buckeyes](#)

[Columbus Park of Roses](#)

[Krema Nut Company](#)







## **[Corning NY Cultural & Tourism Links](#)**

[Visit Corning](#)

[Corning Events](#)

[Benjamin Patterson Inn Museum](#)

[Corning Transit System](#)

[Corning NY PBS](#)

[Corning NY NPR](#)

[Corning Museum of Glass](#)

[The Rockwell Museum](#)

[Mark Twain Country](#)

[Arts & Entertainment](#)

[Plan Your Visit](#)

[Finger Lakes Wine Country](#)

[Erie Depot Museum](#)

[Bath VA & National Cemetery](#)

## [Dallas, TX \(aka: \*The Big "D"\*\) Cultural & Tourism Links](#)

[Dallas Visitors Guide](#)

[Dallas Events](#)

[Dallas Public Transit](#)

[Dallas PBS/NPR](#)

[Dallas City Tour](#)

[Old Red Museum of Dallas County History & Culture](#)

[Sixth Floor Museum @ Dealey Plaza](#)

[John F. Kennedy Memorial](#)

[George W. Bush Presidential Center](#)

[The Dallas Symphony Dallas Heritage Village](#)

[Dallas Holocaust Museum Center for Education & Tolerance](#)

[Dallas West End](#)

[Fair Park Dallas](#)

[Museums at Fair Park](#)

[The Dallas Arts District](#)

[Dallas Museum of Art](#)

[Ripley's Believe it or Not](#)

[Nasher Sculpture Center](#)

[Deep Ellum](#)

[Reunion Tower](#)

[Dallas Public Art](#)

[Klyde Warren Park](#)

[Dallas World Aquarium](#)

[AT&T Performing Arts Center](#)



[John Neely Bryan Cabin](#)

[Perot Museum of Nature & Science](#)

[Crow Collection of Asian Art](#)

[Thanksgiving Square](#)

[Dallas Farmers Market](#)

[Southfork Ranch](#)

[Dallas Arboretum & Botanical Gardens](#)

[International Museum of Cultures](#)

[Dallas by Chocolate](#)

[Entertainment Districts](#)

[Dallas Cowboys \(NFL\)](#)

[Dallas Mavericks \(NBA\)](#)

[Texas Rangers \(MLB\)](#)

[Dallas Stars \(NHL\)](#)

[Dallas Zoo](#)

## Denver, CO (aka: *The Mile High City*)

### **Destination Spotlight – Denver (August Newsletter 2015)**

One of the top-10 fastest-growing metropolitan areas in the United States, and 5th on the list of its 20 healthiest cities, Denver is known for its active lifestyle, buzzing arts, culture and food scene, and close proximity to one of the country's most naturally beautiful regions, the Rocky Mountains. Get out and experience some of what the Mile High City has to offer in summer and early autumn:

**Sports** – Denver hosts all five American major-league sports:

- [Colorado Rockies](#) baseball - Watch the sun set over the mountains at the recently renovated Coors Field, in the heart of Denver's trendy Lower Downtown (LoDo) neighborhood.
- [Colorado Rapids](#) soccer - Games run into October.
- [Denver Broncos](#) football - If you think the often-expensive tickets are too pricey for your budget, watch the home team at a local sports bar and [tour Mile High Field](#) on a non-game day.
- [Colorado Avalanche](#) hockey - Season begins in early October.
- While Denver does have a basketball team ([Denver Nuggets](#)), the season doesn't start until late October.
- Denver is also a host city for the [USA Pro Cycling Challenge](#).

#### **Arts and Culture**

- [Denver Art Museum](#) - Known for its innovative ways of encouraging visitors to interact with the collection.
- [Denver Botanic Gardens](#) - A blooming oasis in the city, this is the most visited public garden in North America.
- [Denver Center for the Performing Arts](#) - Enjoy musicals, drama, comedy and special events.
- Live Music - Check out the weekly city guide [Westword](#) for listings of the hundreds of musicians who play to Denver audiences each year, whether at the intimate [Fillmore Auditorium](#), the 20,000-seat [Pepsi Center](#) or the breathtaking [Red Rocks Amphitheater](#).

#### **Active Urban Lifestyle**

- [B-Cycle](#) - Use Denver's bike-sharing program to access more than [85 miles of paved trails](#) (must use a credit or debit card).
- Yoga - Yoga is hugely popular in Denver. Locally based [CorePower Yoga](#) and [Kindness Yoga](#) both offer free classes for beginners. You can even take [morning](#) and [evening](#) yoga classes at the Denver Botanic Gardens.
- [City Parks and Trails](#) - Denver is home to more than 200 parks and 100 trails. The popular Washington and City Parks have paddle boats on lakes; Cheesman is a favorite for a sunny picnic.

#### **Weekend or Day Trips**

- [Boulder](#) - Just 25 miles northwest of Denver, nestled at the base of dramatic sandstone formations called the Flatirons, this foothills town has been called the Happiest Place in the U.S. and is one of its healthiest and most environmentally responsible communities. Be sure to hike at least a few of the hundreds of miles of [hiking trails](#). Boulder is also home to the [University of Colorado](#), the [National Oceanic & Atmospheric Administration](#) and the [National Center for Atmospheric Research](#), all of which welcome visitors.
- [Rocky Mountain National Park](#) - Only about an hour and a half from Denver lies one of the nation's treasures, full of stunning natural beauty, one of Colorado's 14,000-foot peaks (Long's Peak) and countless opportunities for hiking. Mid-September to mid-October is elk bugling season, when visitors may see/hear male elk calling to their mates.
- [Red Rocks Park and Amphitheater](#) - A National Historic Landmark, the 300-foot sandstone rock formations give this awe-inspiring hiking park, concert venue and museum its name. A must-see!
- [Colorado Springs](#) - Visit the [Air Force Academy](#) or the stunning [Garden of the Gods](#).

**Food and Drink** – Denver's restaurant scene is one of the most vibrant and foodie-focused in the country. A few ideas:

- [The Kitchen](#) - Located in a historic building downtown, offering simple but refined lunch, dinner and brunch, using locally sourced ingredients. Community Hour offers great deals.
- [Union Station](#) - Choose from 10 bars and restaurants at the newly renovated historic train station, from casual burgers and ice cream to upscale dining.
- [Root Down](#) - Housed in a former gas station, the chef is known for his fun twists on American favorites, with farm-fresh ingredients.
- [Civic Center Eats](#) - Find every kind of lunch option imaginable at this gathering of 30 food trucks in downtown's Civic Center Park (Tuesdays and Thursdays through October 8).
- [Chipotle](#) - The now-international, build-your-own-burrito chain started in Denver in 1993 and uses only non-GMO ingredients.
- Craft Breweries - Beer is a big deal in Colorado (and we don't mean Coors). Check out this [guide to more than 20 of Denver's craft breweries](#) for tours and tastes of the best brews.
- [Fresh Markets](#) - Pick up farm-fresh produce, handmade products or artisan baked goods at any of these weekly open-air markets.



## Cultural & Tourism Links

[Denver Visitors Guide](#)

[Denver Events](#)

[Denver Public Transit](#)

[Denver PBS](#)

[Denver NPR](#)

[History Colorado Center](#)

[Colorado State Capitol](#)

[Denver Museum of Nature & Science](#)

[Colorado Symphony](#)

[Denver Center for the Performing Arts](#)

[American Museum of Western Art](#)

[Denver Art Museum](#)

[Denver Public Art](#)

[Garden of the Gods](#)

[Black American West Museum & Culture Center](#)

[Denver Indian Center](#)

[Babi Yar Park](#)

[The Denver Mint](#)

[Denver Art Districts](#)

[16<sup>th</sup> Street Mall](#)

[Denver Zoo](#)

[Denver Botanic Gardens](#)

[Red Rocks Park & Amphitheatre](#)

[Denver Neighborhoods](#)

[Buffalo Bill Museum & Grave](#)

[Four Mile Historic Park](#)

[Rocky Mountain Arsenal & Wildlife Refuge](#)

[Downtown Aquarium](#)

[Mantiou Cliff Dwellings Museum](#)

[Molly Brown House Museum](#)

[The Flatirons](#)

[Tesoro Cultural Center](#)

[Byers-Evans Museum](#)

[Air Force Academy](#)

[Ute Indian Museum](#)

[Heritage Square Family Entertainment Village](#)

[Day Trips & Around Colorado](#)

[Colorado's National Monuments & Historic Sites](#)

[Four Corners \(The Only Place in the US that four states intersect at one point\)](#)

[Mizel Museum](#)

[National Western Stock Show](#)

[Colorado Sports Hall of Fame](#)

[Denver Broncos \(NFL\)](#)

[Colorado Rockies \(MLB\)](#)

[Colorado Avalanche \(NHL\)](#)

[Denver Nuggets \(NBA\)](#)

## **[Des Moines, IA \(aka: \*Hartford of the West\*\) Cultural and Tourism Links](#)**

[Des Moines Visitors & Convention Center](#)

[Des Moines Events](#)

[Des Moines Public Transit](#)

[Iowa Public Television](#)

[Iowa Public Radio](#)

[Iowa State Capitol Building](#)

[Arts & Culture](#)

[Museums and Cultural Attractions](#)

[Des Moines Public Art](#)

[Des Moines Historical Society](#)

[State Historical Society of Iowa](#)

[Des Moines Art Center](#)

[Des Moines Performing Arts Center](#)

[Des Moines Symphony](#)

[Blank Park Zoo](#)

[Science Center of Iowa](#)

[Herbert Hoover National Historic Site](#)

[John Wayne Birthplace](#)

## [Detroit, MI \(aka: \*The Motor City\*\) Cultural & Tourism Links](#)

[Visit Detroit](#)

[Detroit Events](#)

[Detroit Public Transit](#)

[Detroit History Museum](#)

[Detroit PBS](#)

[Detroit NPR](#)

[Albert L. Lorenzo Cultural Center](#)

[Anna Scripps Whitcomb Conservatory](#)

[Detroit Symphony Orchestra](#)

[Music Hall Center for the Performing Arts](#)

[Detroit Zoo](#)

[Westview Orchards & Adventure Farm](#)

[Holocaust Memorial Center](#)

[Automotive Hall of Fame](#)

[Arab American National Museum](#)

[Museum of African American Studies](#)

[Detroit Public Art](#)

[John Freeman Walls Historic Site](#)

[The Henry Ford](#)

[Polish Art Center](#)

[Walter P. Chrysler Museum](#)

[Motown Museum](#)

[Michigan Science Center](#)

[Canadian Border Crossing](#)

[Detroit Institute of Arts](#)

[River Raisin National Battlefield](#)

[Motor Cities National Heritage Area](#)

[Fort Wayne](#)

[Detroit Lions \(NFL\)](#)

[Detroit Pistons \(NBA\)](#)

[Detroit Red Wings \(NHL\)](#)

[Detroit Tigers \(MLB\)](#)





## Houston, TX (aka: Space City or “H” Town)

### Destination spotlight – Houston, TX (March Newsletter 2015)

Houston plays host to a vast array of activities and events that you can take part in during the winter/spring.

**Sports** – Houston hosts every major league sport except hockey!

- It's basketball season, so get your [Houston Rockets](#) ticket now!
- [Houston Astros](#) – Baseball is the great American past time and a wonderful cultural experience for all international visitors. Mark your calendar for the home opening game April 6!
- For soccer fans, there's [Houston Dynamo](#), the men's team, and [Houston Dash](#), the professional women's team. Their seasons begin in March and April, respectively.
- [Houston Texans](#) – While Houston does have an American football team, you'll have to wait until August for the season to start.



**Theatre** – Check out [The Hobby Center](#) for a list of upcoming Broadway productions.

**Weekend or Day Trip** – Austin, San Antonio and the [Texas Hill Country](#) are only a few hours' drive and well worth the visit. You can find history, natural beauty, and lots and lots of Texas culture. There's something for everyone!

**Restaurant recommendations** – Houston has a variety of different cuisines. Some of our favorite restaurants are:

- [Hearsay Houston](#) - Upscale American
- [Bombay Pizza Co.](#) – An Indian-Italian pizzeria
- [Chuy's](#) – Tex Mex
- [Whataburger](#) – American hamburger chain that was started nearby in Corpus Christi, Texas.

**Urban dictionary** – [Y'all](#) is a word that is used in Texas and other southern states as an abbreviated way to say “you all.” Give it a try, y'all!

### Links to Cultural Activities and Tourism

[Houston Visitor Guide](#)

[Houston Events](#)

[Houston Public Transit](#)

[Houston PBS/NPR](#)

[Performing Arts in Houston](#)

[Houston Symphony](#)

[The Heritage Society at Sam Houston Park](#)

[Houston Zoo](#)

[Houston Museum District](#)

[Houston Museum of Natural Science](#)

[Arab American Cultural & Community Center](#)

[Asia Society Texas Center](#)

[Battleship Texas State Historic Site](#)

[The Museum of Fine Arts, Houston](#)

[Houston Rockets \(NBA\)](#)

[Houston Texans \(NFL\)](#)

[Houston Public Art](#)

[Buffalo Soldiers National Museum](#)

[Czech Center Museum Houston](#)

[Holocaust Museum Houston](#)

[Houston Museum of African American Culture](#)

[John C. Freeman Weather Museum](#)

[Museum of American Architecture & Decorative Arts](#)

[1940 Air Terminal Museum](#)

[BAPS Shri Swaminarayan Mandir - Houston](#)

[Bishop's Place - Galveston](#)

[Moody Gardens – Galveston](#)

[Galveston Island Beaches](#)

[The Printing Museum](#)

[Museum of Southern History](#)

[Space Center Houston](#)

[San Jacinto Battleground State Historic Site](#)

[Russian Cultural Center](#)

[San Jacinto Museum](#)

[The African American Library at the Gregory School](#)

[George Ranch Historic Park](#)

[The Strand Historic District - Galveston](#)

[Hindu Worship Society](#)

[Clayton Library Center for Genealogy Research](#)

[Houston Astros \(MLB\)](#)



## [Indianapolis, IN \(aka: \*Indy\*\) Cultural and Tourism Links](#)

[Visit Indianapolis](#)

[Indianapolis Events](#)

[Indy Public Transit](#)

[Indiana Historical Society](#)

[Indiana State Capitol](#)

[Indianapolis PBS/NPR](#)

[Indianapolis Symphony Orchestra](#)

[The Center for the Performing Arts](#)

[CANDLES Holocaust Museum & Education Center](#)

[Eiteljorg Museum of American Indians & Western Art  
located in White River State Park](#)

[Indianapolis Zoo](#)

[Indianapolis Museum of Art](#)

[Indianapolis Motor Speedway](#)

[Indiana State Museum](#)

[Indy Public Art](#)

[George Rogers Clark National Historic Park](#)

[Mass Avenue Arts District](#)

[Indian Dunes National Lakeshore](#)

[Lincoln Boyhood National Memorial](#)

[NCAA Hall of Champions](#)

[Go Ape \(Zip Line and Treetop Adventure\)](#)

[Indiana War Memorial](#)

[Benjamin Harrison Presidential Site](#)

[Indianapolis Colts \(NFL\)](#)

[Indianapolis Pacers \(NBA\)](#)



## **Jacksonville, FL Cultural and Tourism Links**

[Visit Jacksonville](#)

[The Florida Times-Union](#)

[Museum of Science and History](#)

[Cummer Art Museum and Gardens](#)

[Museum of Contemporary Art](#)

[Jacksonville Aquarium – Coral Logic](#)

[Jacksonville Zoo and Gardens](#)

[Little Talbot Island State Park](#)

[The Florida Theatre](#)

[Kingsley Plantation](#)

[Jacksonville-Baldwin Rail-Trail](#)

[Timucuan Ecological and Historic Preserve](#)

[Jacksonville Jaguars](#)

## **Kansas City, MO Cultural and Tourism Links**

[Visit Kansas City](#)

[Kansas City Star](#)

[Country Club Plaza](#)

[Nelson-Atkins Museum of Art](#)

[National WWI Museum and Memorial](#)

[Worlds of Fun/Oceans of Fun](#)

[Kansas City Zoo](#)

[Negro Leagues Baseball Museum](#)

[Kemper Museum of Contemporary Art](#)

[Sprint Center](#)

[Airline History Museum](#)

[Swope Park](#)

[American Jazz Museum](#)

[Wornall House](#)

[Harry S. Truman National Historic Site](#)

[Kansas City Chiefs](#) (Football)

[Kansas City Royals](#) (Baseball)

## [Knoxville, TN Cultural and Tourism Links](#)

[Visit Knoxville](#)

[Knoxville Events](#)

[Knoxville Public Transit](#)

[Knoxville PBS](#)

[The Parthenon](#)

[Cheekwood Botanical Garden & Art Museum](#)

[Tennessee Titans \(NFL\)](#)

[Tennessee Predators \(NHL\)](#)

[Knoxville NPR](#)

[East Tennessee Historical Society](#)

[The Sunsphere](#)

[Tennessee's Woman's Suffrage Memorial](#)

[Knoxville Zoo](#)

[Knoxville Symphony Orchestra](#)

[Clayton Center for the Arts](#)

[Knoxville Museum of Art](#)

[East Tennessee Veterans Memorial](#)

[James White's Fort \(Founder of Knoxville\)](#)

[Great Smoky Mountains National Park](#)

[Alex Haley Heritage Square \(Author of "Roots"\)](#)

[Children's Holocaust Memorial](#)

[Blount Mansion](#)

[Knoxville Civil War Gateway](#)

[Women's Basketball Hall of Fame](#)

[NavCal River Rides](#)

[Great Smoky Mountains National Park](#)

[McClung Museum of Natural History and Culture](#)

[Beck Cultural Exchange Center](#)

[Chickamauga/Chattanooga National Military Park](#)

[Volunteer Landing](#)

[Tennessee Riverboat Company](#)



## Los Angeles, CA (aka: City of Angels & Tinseltown)

### Destination Spotlight (March 2017 Newsletter)

If your training or internship program has you in Los Angeles, you're probably already familiar with the bustling cultural scene this Southern California city has to offer. But if you would like to escape the "City of Angels," or even just explore the broader LA area (it's huge and very spread out!), check out some of the adventures we've noted below.

#### Arts and Culture

- [Los Angeles County Museum of Art](#) – One of Los Angeles' cultural gems, LACMA is home to an extensive art collection and hosts special events and concerts throughout the year.
- [The Getty Museum](#) – Located in the Santa Monica hills overlooking Los Angeles, the Getty boasts an impressive art collection and some of the best views in Los Angeles.
- [Walt Disney Concert Hall](#) – You can walk around and check out the beautiful building designed by the renowned architect Frank Gehry. And if you are able to catch a concert at the Hall be prepared for an amazing acoustic experience!
- [The Last Bookstore](#) – California's largest used and new book and record store.
- [The Library Tower \(the US Bank Tower\)](#) – They recently opened an observation deck that has a clear glass slide. Holy moly, this looks fun, even if a wee bit scary.
- [Queen Mary](#) – Take a trip to Long Beach to see the magnificent ocean liner – take a tour, see a show, or even stay the night!
- [Disneyland Park](#) – Plan a visit to see Mickey and Minnie and don't miss the [Main Street Electrical Parade](#) (only through June 18, 2017).

#### Sports

- Soccer fans, you're in luck – one of the best teams in the United States is the [LA Galaxy](#) which is also David Beckham's former team (2007-2012).
- With baseball season right around the corner, you have two MLB teams to choose from – the lesser known [LA Angels](#) or the famous [LA Dodgers](#).
- Basketball lovers have two options too! The [LA Lakers](#) or the [LA Clippers](#). Three actually, the [LA Sparks](#) is the women's NBA team!
- And so do folks wanting to learn check out American Football – [LA Chargers](#) or the [LA Rams](#)
- And for that matter, so do hockey fans!! [Anaheim Ducks](#) or the [LA Kings](#)

#### LA-area Outdoor Adventures

- [1,000 steps beach](#) – Take a day trip to Laguna Beach for a fun filled day at a lesser known beach. It make look familiar as scenes from MTV's Laguna Beach were filmed here. You can even see Lauren Conrad's house from the beach! Pack a lunch, sunscreen and some water as the access to the beach is by a staircase with what seems like a 1,000 steps- note the name.
- [Point Dume](#) – Want to see sea lions, dolphins and possibly whales migrating for the season? Head to Malibu to Point Dume. From the parking lot, hike up the big cliff and walk around the circumference of the cliff to find sea lions barking and playing in the water. Walk a little farther to a little look out point with benches and look down below for possible whales! They often come here to play and teach their offspring how to swim. End this trip with a refreshing drink and fish Taco's at [Duke's](#)! Try to snag a window seat or belly up to the bar, you'll know for sure when sea life passes by as the bartender will ring a bell and yell "WHALE!"
- [Malibu Creek State Park](#) – Remember the old show MASH or Planet of The Apes? Check out Malibu Creek State Park where you can uncover old TV and movie sets and scenes left for hikers to discover. The land once belonged to 20th Century Fox and was later donated.
- [Monarch Butterfly Grove](#) – Have some time to take a day trip or weekend trip? Head up to Pismo Beach to the Monarch Butterfly Grove where every year the Monarch butterflies migrate to California. Up to 20,000 Monarchs can be seen. If you really want to make it an amazing weekend, camp out!

- [Catalina Island](#) – Take the ferry over to the island or charter a boat from Marina Del Rey to take you over and explore Catalina. There's hiking, diving, great restaurants, hotels, campsites. It's like the Nantucket of the West Coast... except with a Zipline!
- [El Matador Beach](#) – This is one of the most photographed / filmed beaches in California for all of the different rock formations. Great spot for Selfies in caves and on top of boulders.
- [Venice Beach](#) – Commonly known as "Muscle Beach," Venice's Boardwalk has become one of the most frequented tourist spots in LA. When in Venice, grab a meal at [The Sidewalk Café](#), which is located on the Boardwalk and is well-known by locals looking to grab brunch before a weekend afternoon out in the sun and surf.

## [Cultural & Tourism Links](#)

[Los Angeles Visitors Guide](#)

[Los Angeles Events](#)

[Los Angeles Public Transit](#)

[Los Angeles PBS](#)

[Los Angeles NPR](#)

[Regions of LA](#)

[Natural History Museum of Los Angeles County](#)

[LA Phil \(Los Angeles Philharmonic\)](#)

[Music Center – Los Angeles Performing Arts Center](#)

[The Los Angeles County Museum of Art](#)

[Academy of Motion Pictures & Sciences](#)

[Aquarium of the Pacific](#)

[Los Angeles Zoo & Botanical Gardens](#)

[Complete List of Los Angeles Theaters](#)

[Complete List of Art Museums in Los Angeles](#)

[Museum of Latin America Art](#)

[Chinese American Museum](#)

[Craft & Folk Art Museum](#)

[Los Angeles Museum of the Holocaust](#)

[Korean American Museum](#)

[Museum of African American Art](#)

[Page Museum at the La Brea Tar Pits](#)

[The Hollywood Museum](#)

[Santa Monica Pier](#)

[Hollywood Walk of Fame](#)

[Catalina Island](#)

[Rodeo Drive](#)

[Beverly Hills](#)

[Museum of Tolerance](#)

[Griffith Observatory](#)

[Point Vicente Lighthouse](#)

[Malibu](#)

[Anaheim Ducks \(NHL\)](#)

[LA Clippers \(NBA\)](#)

[LA Dodgers \(MLB\)](#)

[LA Lakers \(NBA\)](#)

[LA Kings \(NHL\)](#)



## **Marshalltown, IA Cultural & Tourism Links**

[Marshalltown Convention & Visitors Bureau](#)

[Marshalltown Events](#)

[Marshalltown Municipal Transit](#)

[Heart of Iowa Wine Trail](#)

[Central Iowa Tourism Region](#)

[Marshall County History Museum](#)

[Lincoln Highway Association](#)

[Live on Stage Marshalltown](#)

[Marshalltown Community Theatre](#)



## **Memphis, TN (aka: Birthplace of Rock & Roll; Home of the Blues) Cultural and Tourism Links**

[Memphis Travel Guide](#)

[Memphis Events](#)

[Memphis Public Transit](#)

[Memphis PBS](#)

[Memphis NPR](#)

[Memphis Symphony Orchestra](#)

[Cannon Center for Performing Arts](#)

[Memphis Zoo](#)

[West Tennessee Historical Society](#)

[Graceland](#)

[Beale Street](#)

[Shiloh National Military Park](#)

[C. H. Nash Museum at Chucalissa](#)

[Center for Southern Folklore](#)

[Cotton Museum at the Memphis Cotton Exchange](#)

[Pink Palace Family of Museums](#)

[Memphis Rock & Soul Museum](#)

[Shelby Farms Park Conservancy](#)

[Stax Museum](#)

[Sun Studio](#)

[West Tennessee Delta Heritage Center](#)

[Woodruff-Fontaine House](#)

[Memphis Brooks Museum of Art](#)

[National Civil Rights Museum at the Lorraine Hotel](#)

[Belz Museum of Asian & Judaic Art](#)

[Memphis Botanic Garden](#)

[Delta Blues Museum](#)

[Public Earthquake Resource Center](#)

[Southern Tenant Farmers Museum](#)

[BB King Museum & Delta Interpretative Center](#)

[Memphis Grizzlies \(NBA\)](#)

[America Queen Steamboat Company](#)





## **Miami, FL (aka: *The Magic City*) Cultural & Tourism Links**

[Miami Visitor Guide](#)

[Miami Events](#)

[Miami Public Transit](#)

[Miami PBS](#)

[Miami NPR](#)

[Miami History](#)

[Biscayne National Park](#)

[Everglades National Park](#)

[Haitian Heritage Museum](#)

[Holocaust Memorial Miami Beach](#)

[Miccosukee Indian Village](#)

[Miami Zoo](#)

[Miami Art Galleries](#)

[Everglades Alligator Farm](#)

[Miami Neighborhoods](#)

[Florida Pioneer Museum](#)

[Big Cypress National Preserve](#)

[Adrienne Arsht Center for the Performing Arts](#)

[The Miami Symphony Orchestra](#)

[Perez Art Museum Miami](#)

[Vizcaya Museum & Gardens](#)

[Desoto National Memorial](#)

[Dry Tortugas National Park](#)

[Beaches](#)

[South Beach](#)

[Miami Seaquarium](#)

[Miami Heat \(NBA\)](#)

[Miami Dolphins \(NFL\)](#)

[Miami Marlins \(MLB\)](#)



## [Minneapolis/St. Paul, MN \(aka: \*The Twin Cities\*\) Cultural & Tourism Links](#)



[Official Visitors Guide to Minneapolis St. Paul](#)

[Twin Cities Calendar of Events](#)

[Minneapolis/St. Paul Public Transit](#)

[Minnesota Historical Society](#)

[Twin Cities PBS](#)

[Minnesota NPR](#)

[Minnesota State Capitol](#)

[Minnesota Orchestra](#)

[Ordway Center for the Performing Arts](#)

[Minnesota Zoo](#)

[Minneapolis Art Museum](#)

[Stone Arch Bridge](#)

[Minnesota Science Museum](#)

[Chain of Lakes](#)

[Minneapolis Sea Life Aquarium](#)

[Mall of America](#)

[Minneapolis Riverfront](#)

[Minnesota Vikings \(NFL\)](#)

[Minnesota Twins \(MLB\)](#)

[Minnesota Timberwolves \(NBA\)](#)

[Grand Portage National Monument](#)

[Mississippi National River and Recreation Area](#)

[Pipestone National Monument](#)

[Saint Croix National Scenic Riverway](#)

[Voyageurs National Park](#)

## [Nashville, TN \(aka: \*Music City\*\) Cultural & Tourism Links](#)

[Nashville Visitors Guide](#)

[Nashville Events](#)

[Nashville Public Transit](#)

[Nashville PBS](#)

[Nashville NPR](#)

[Nashville Neighborhoods](#)

[Tennessee State Museum](#)

[Tennessee State Capitol](#)

[Tennessee Performing Arts Center \(TPAC\)](#)

[The Grand Ole Opry](#)

[Nashville Symphony](#)

[Nashville Zoo](#)

[Nashville Art Galleries](#)

[Lotz House Civil War Museum](#)

[Nashville Holocaust Memorial](#)

[Fort Donelson National Battlefield](#)

[Country Music Hall of Fame](#)

[National Museum of African American Music](#)

[Tennessee Sports Hall of Fame](#)

[The Hermitage \(Home of President Andrew Jackson\)](#)

[Musicians Hall of Fame & Museum](#)

[Travellers Rest Plantation & Museum](#)



## New Orleans (aka The Big Easy)

### Destination Spotlight (July 2017 Newsletter)

Everybody should visit New Orleans once in their life! Whether you're living there or just visiting, the city plays host to a vast array of activities and events that you can enjoy year-round. We've compiled a short list of ideas to get you started on your adventure in the "Big Easy" or the "Crescent City."

#### Arts and Culture

- **Frenchman's Street:** New Orleans is known as America's hub for jazz music, and a visit to the city is not complete without taking in some live music. **Frenchman's Street** is the center of the New Orleans jazz scene and clubs such as The Spotted Cat, D.B.A., Three Muses, and Café Negril have live musical acts performing throughout the week.
- **Bourbon Street:** New Orleans' best known street runs through the heart of the Vieux Carre (or French Quarter) and is full of historic buildings, restaurants, bars, and music establishments. The revelry continues on Bourbon Street late into the night and is known as a place to "laissez les bons temps rouler." (Let the good times roll).
- **Jackson Square:** When exploring the French Quarter, historic Jackson Square is a can't miss. One of the most historic locations in the city (and named after former US President Andrew Jackson), the square is home to the 200+ year old **St.**
- **Louis Cathedral** and the historic
- **Cabildo** building. Also, don't miss the numerous artists that frequent the sidewalks around Jackson Square daily.
- **Garden District and Uptown:** Don't miss the chance to view some of New Orleans' most historic homes and gardens by visiting the city's historic Garden District and Uptown neighborhood. The best way to visit is via **New Orleans famous streetcar system** (use the St. Charles line). Stop and walk along the way to take in the scenic tree-line streets. And don't miss some of the unique institutions in the Garden District and Uptown, including **Lafayette Cemetery # 1** and **Audubon Park**.
- **National World War II Museum:** The National World War II Museum highlights the U.S. involvement in World War II and brings together a vast collection of artifacts and stories from veterans of the European and Pacific campaigns. Even if you are not a history buff, the museum's interactive exhibits and collections of vintage tanks and military equipment make for a fascinating family-friendly afternoon.
- **Preservation Hall:** Another jazz institution is **Preservation Hall** and its jazz band, which has brought jazz to the heart of the French Quarter since 1961. Today, Preservation Hall is dedicated to protecting and promoting the field of jazz and proceeds from the performances are used to support educational and outreach activities.
- **Tipitinas:** Named for one of New Orleans' own – pianist Professor Longhair and his song, Tipitina. Longhair fused together rhumba, boogie-woogie, blues and southern R&B, and today you can still see a lot of this same type of music and so much more. The city's most beloved artists can always be seen here.

#### Day Trips

- **Swamp Tours:** Louisiana is known for its vast bayous and tours offer half or full-day trips on airboats or flatboats that visit these unique ecological habitats. These tours are a great way to learn about the plants and animals that inhabit the Louisiana coastline (and maybe see an alligator or two). Numerous tours are available, but one recommended by locals is **Big City Swamp Adventures**.
- **NASA Stennis Space Center and Infinity Science Center:** Located less than an hour from New Orleans, the **Stennis Space Center** is one of NASA's 10 research centers located across the United States and a must visit for individuals interested in space. The Infinity Science Center has science, earth, and space-related exhibits throughout the year and bus tours of the space center depart during the day from the Infinity Science Center.
- **Grand Isle:** Located two hours from New Orleans, Grand Isle is a barrier island located on the Gulf of Mexico. Known for its scenic coastline and home to the only state beach in Louisiana, Grand Isle is a popular summer getaway if you are interested in swimming, fishing, or relaxing on the beach.

## Sports

- New Orleans is the home of several professional and college sports teams, including the Super Bowl winning [New Orleans Saints](#) football team and the [New Orleans Pelicans](#) basketball team. In addition, New Orleans hosts the [Sugar Bowl](#) college football game every New Year's Day and the game is part of the NCAA college football playoff series.

## Restaurants

- [Commanders Palace](#): As the grand dame of the New Orleans food scene, Commanders Palace has been serving world-famous creole cuisine to guests since 1893. The turtle soup and bread pudding soufflé are popular choices on the menu.
- [Café du Monde](#): It would be a sin to go to New Orleans and not visit this Crescent City establishment for their famous beignets and chicory coffee. Like most of the French Quarter, it's open 24 hours a day, 7 days a week!
- [Columns Hotel](#): Located in the upper Garden District and easily accessible by streetcar, this old hotel is away from the craziness of the French Quarter and is wonderful place to go for a meal and listen to a little jazz.
- [Majoria's Commerce Restaurant](#): Located in the Central Business District, the restaurant is known for having one of the best breakfasts in the city (the best known option being its Commerce Breakfast Biscuit).
- [Cane and Table](#): A great place to get Caribbean food and tiki-inspired drinks with an amazing atmosphere. It's also owned by one of our old friends!
- [Ruby Slipper](#): If you would like something other than beignets, this is a great place for breakfast!
- [Mother's](#): Hands down the best place for Po Boys! But don't miss some of their other delights – fried chicken, crawfish etouffee, red beans and rice – all New Orleans favorites (and ours too!).
- [Royal House](#): For traditional New Orleans-y, Cajun food, there are a ton of choices, but we think the Royal House is one of the best!

## Cultural & Tourism Links

[Visit New Orleans](#)

[Confederate Memorial Hall](#)

[New Orleans Jazz Festival](#)

[Jean Lafitte National Historical Park and Preserve](#)

[Confederate Memorial Hall](#)

[Backstreet Cultural Museum](#)

[Pontchartrain Basin](#)

[Museum at the Old Ursuline Convent](#)

[The Hermann-Grima House](#)

[Ogden Museum of Southern Art](#)

[St. Louis Cemetery](#)

[Carusel Gardens Amusement Park](#)

[Longue Vue House and Gardens](#)

[Audubon Nature Institute](#)

[Preservation Hall](#)

[The Historic New Orleans Collection](#)

[French Quarter](#)

[Gallier Hall](#)

[Mardi Gras](#)



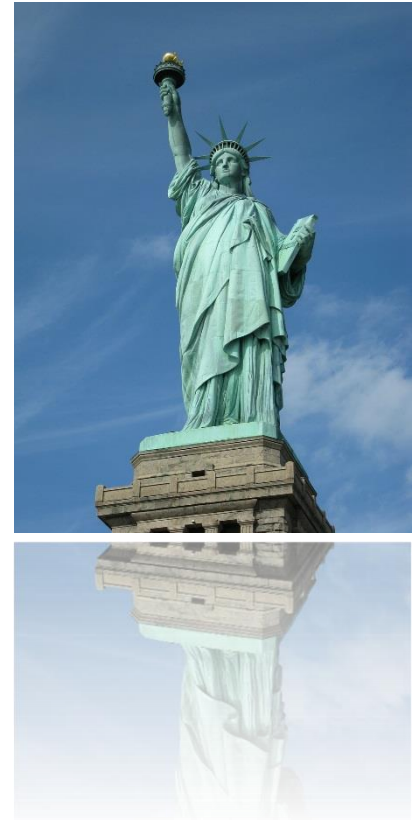
## New York, NY (aka: *The Big Apple*; *The City Never Sleeps*)

### Destination Spotlight – New York City (October 2014 and August 2018)

New York City plays host to a vast array of activities and events that you can take part in during the fall.

**Arts and Culture** – There are so many museums in NYC so we've just listed a few that you might not have explored.

- [The Museum of the City of New York](#) – A wonderful gem on the upper East side that explores the past, present and future of the Big Apple. It's small enough so you don't feel overwhelmed and the exhibits are fabulous! Currently they are exhibiting Stanley Kubrick photos from the 1950s and Rebel Women, both of which we've seen and loved. Also, don't miss their gift shop!
- [The Tenement Museum](#) – Visit the Tenement Museum on the Lower East Side and see how working-class immigrants to the New York lived between the 19<sup>th</sup> and 21<sup>st</sup> centuries.
- [The International Center of Photography Museum](#) – Don't miss the last chance to view two amazing exhibits – Henri Cartier-Bresson: The Decisive Moment and Elliott Erwitt: Pittsburgh 1950, two of the best 20<sup>th</sup> century photographers. Both close on September 2.
- [Intrepid Sea, Air and Space Museum](#) – Explore the World War II aircraft carrier which fought in the Pacific and the military aircraft on deck. You can also see the space shuttle Enterprise and a British Airways Concorde.
- **Broadway Shows** – There are so many great Broadway shows – both plays and musicals – it's hard to know which to choose. Here's a great New York Times [article](#) to help guide you. It also includes ideas on how to get cheap tickets and places to eat in the Theater District. (We love [Le Rivage](#)!) The article doesn't mention [The Waitress](#), but that's at the top of our list!



**Get Outside** – While the weather is still nice, spend some time outside!

- **Fall colors**—Central Park is likely the best-known area of the city in which to do some leaf-spotting this fall, but there are several other parks that offer beautiful views of the many changing colors of the season. New York Botanical Garden, Prospect Park, Greenbelt, Wave Hill, Van Cortlandt Park, and Alley Pond Park all offer great opportunities to take in the vivid foliage of fall.
- **Halloween**—There are numerous opportunities to take part in Halloween celebrations in New York City. Here are a few parades, festivals, and activities that you might enjoy taking part in:
  - Halloween Murder Mystery at Mount Vernon Hotel Museum and Garden
  - Halloween Parade and Pumpkin Sail at Washington Market Park
  - Village Halloween Parade on Sixth Avenue from Spring Street to 16<sup>th</sup> Street
- **Ice skating**—One of the most iconic fall and winter activities in New York City is ice skating at Rockefeller Center. This ice rink opens in October, and you can check out the daily schedule online. But be prepared for a long wait in line for your turn to take a spin around the rink!
- **Walking Tours** – We love [Big Onion Walking Tours](#)! We thoroughly enjoyed the Multi-Ethnic Eating Tour as well as the tour of Greenwich Village and can't wait to get back for another adventure!
- 

**Restaurant recommendations**— New York is famous for its varied cuisine and there are thousands of restaurants. We've listed some of our favorites, but please share some of yours (evp@shrm.org)!

- [Frank Restaurant](#) - Italian, East Village. The best burrata outside of Italy!
- [Shake Shack](#) – American, multiple locations. Burgers are great, custard is better!
- [Freemans](#) – American, East Village. The vibe at this restaurant is super cozy, and it doesn't hurt that the food is delicious.
- [Isabellas](#) – Mediterranean, Upper West Side. Great place for brunch but make reservations.
- [Westville](#) – American, multiple locations. Amazing salads and sandwiches.
- [The Little Beet](#) – American, multiple locations (also in DC). The Yuzu Poke Bowl is to die for!
- [Serendipity 3](#) – American, midtown. Really, you can say you're going for lunch, but this is one of those places that you have dessert first! It's known for its frozen hot chocolate.
- [The Little Pie Company](#) – American, Hell's Kitchen. Key Lime, Pecan, Peach, Apple, Cheesecake, Mississippi Mud – you choose.
- <http://www.frankrestaurant.com/> - Italian, East Village
- <http://www.shakeshack.com/> - American, multiple locations
- <http://www.freemansrestaurant.com/> - American, East Village
- <http://www.isabellas.com/> - Mediterranean, Upper West Side

## Links to Cultural Activities and Tourism

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[47<sup>th</sup> Street – Diamond District](#)

[New York Botanical Garden](#)

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## Orlando, FL (aka: *The City Beautiful*) Cultural & Tourism Links:



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[Orlando Museum of Art](#)

[Dr. Phillips Center for the Performing Arts](#)

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## Phoenix, AZ (aka: *The Valley of the Sun*) Cultural and Tourism Links



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[Sunset Crater Volcano National Monument](#)

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[Out of Africa Wildlife Park](#)

[Hot Air Expeditions](#)

[Grand Canyon National Park](#)

[Saguaro National Park](#)

[Arizona Cardinals \(NFL\)](#)

[Phoenix Suns \(NBA\)](#)

[Arizona Diamondbacks \(MLB\)](#)

[Phoenix Coyotes \(NHL\)](#)

## Philadelphia, PA (aka: Philly; The City of Brotherly Love) Cultural & Tourism Links:

### Destination Spotlight – February 2018

Philadelphia (Philly) is the largest city in Pennsylvania, and the sixth largest in the nation! Whether you're working in the city, or just visiting, Philly caters to all kinds of interests. While home to many national historical sites (67 in fact!), it also hosts plenty of art galleries and museums and is said to have more public art than any other city in the US. Don't forget to pick up the famous Philly cheesesteak sandwich or the popular hoagie while in town!

### Arts and Culture

- [The Barnes Foundation](#) Amazing art collection and arboretum so good for either rain or shine. Also, the restaurant there is supposed to be really yummy (which is not something you get at every museum)!
- [Reading Terminal Market](#) – Whether you're doing your grocery shopping or picking up a gift for a friend back home, this historic market has you covered (literally, it's a covered market). You can even order online and pick it up, but why would you want to do that – the shopping experience is the best part of visiting. There are also at least 25 different restaurants!
- [Historic Downtown](#) – There's no way to visit all the historic landmarks and museums in one day. But the good news is that most of them are in one central location. You can find the [Liberty Bell](#) (free), [Constitution Center](#), [Independence Hall](#) (free), [Betsy Ross House](#) (she made the first American flag, and you know we love our flag!), [The Franklin Institute](#) (my childhood favorite, expensive but worth it), and much much more within a four-block radius.
- [Rocky Balboa in Philly](#) – Are you a Rocky fan? You too can run the steps and take your picture with Rocky. You might even visit the amazing [Philadelphia Art Museum](#) while you're there! [In case you missed it](#) and have no idea what I'm talking about.



### Sports

Philadelphia has some great sports teams – actually the professional football team is currently the best in the country – the [Philadelphia Eagles](#)! They just beat the New

England Patriots in the 2018 Super Bowl. Next up is the [Phillies](#) for baseball and [Union](#) for soccer. The season opener for the Philadelphia Union is March 3, and the Philadelphia Phillies is March 29.

### Day trips from Philly

- [Valley Forge](#) – Only a short drive from Philadelphia, this Revolutionary War historical landmark, is the site of encampment of General George Washington's troops during the harsh winter of 1777-78. *"Few places evoke the spirit of patriotism and independence, represent individual and collective sacrifice, or demonstrate the resolve, tenacity and determination of the people of the United States to be free as does Valley Forge."* If you don't have a car, you can join a tour, take public transportation, or if you're really ambitious, bike the [Schuylkill River Trail](#).
- [Longwood Gardens](#) – Located 30 miles south of Philadelphia, these gardens are worth the visit. The Spring Blooms season begins March 31 and goes

through April. Call in advance to make sure their stunning fountains are on (they turn them off during the winter months).

- [Lancaster County/Amish Country](#) – Step back in time and visit America’s oldest Amish settlement. You can take a tour of the countryside on horse and buggy, shop for Amish crafts, and eat authentic Amish cuisine.

**Restaurant recommendations** – divided into the only two categories that exist for Philadelphia eateries – cheesesteak and non-cheesesteak.

Philadelphia Cheesesteaks (because that’s what you really want, right?)

- [Woodrow’s Sandwich Shop](#) – While their cheesesteak isn’t perfectly traditional, the name, Woodrow’s Whiz Wir, has me intrigued (and truly it sounds delicious).
- [Geno’s Steaks](#) – One of the most well-known cheese steaks, and maybe because of that, not always the best. Apparently, it’s their hot sauce that has folks coming back for more.
- [Pat’s King of Steaks](#) – Right next to Geno’s and also a Philly favorite.
- [Sonny’s Cheesesteaks](#) – Some of the folks I polled that used to go to Geno’s now go to Sonny’s.

Non-cheesesteak suggestions

- [Vetri](#) – Upscale Italian. Philadelphia has a large Italian community so you can trust that it’s going to be good. Note that they also have cooking classes for those of you who want to take a little piece of Vetri home.
- [Zahav](#) – Modern Israeli. The chef has won several James Beard Awards. I’ve never been to his restaurant, but I’ve tried some of the desserts from his cookbook, and OMG – so delicious! If you can’t visit the restaurant, you can always get his [cookbook](#).

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[National Museum of Jewish American History](#)

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[Top 10 Spots for Authentic Philly Cheesesteaks](#)

## [Pittsburgh, PA \(aka: \*The Steel City\*\) Cultural and Tourism Links:](#)

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[Free \(almost free\) Things to Do](#)

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[Rivers of Steel National Heritage Area](#)

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[Nationality Rooms](#)

[Pittsburgh Steelers \(NFL\)](#)

[Pittsburgh Pirates \(MLB\)](#)

[Pittsburgh Penguins \(NHL\)](#)



## Portland, OR (aka: City of Roses) Cultural & Tourism Links:

### Destination Spotlight – October 2017

An up and coming novelty city, Portland caters to a wide variety of adventurers. With its location in the Columbia River Gorge, which provides ample opportunity for hiking or skiing, and its love for all things quirky and weird (the city motto is even “Keep Portland Weird!”), Portland is quickly making its way as becoming one of the best cities to live in. We’ve compiled a short list of ideas to get you started on your adventure in the “Rose City.”

### Arts and Culture

- [Portland Japanese Garden](#) and [International Rose Test Garden](#)– Located in Washington Park, these two gardens go hand in hand. Portland is known as the “Rose City”, so the Rose Test Garden is a must see. The Japanese Garden, designed in 1963, sits on 12 acres and includes an authentic Tea House and a view of Mount Hood.
- [Pioneer Courthouse Square](#)- Known as “Portland’s Living Room”, Pioneer Courthouse Square was opened in 1984 to create a large public space for the city. With shops and restaurants nearby, the Square hosts a variety of public events, including concerts, expos, markets, and community activities. You can also get information about public transportation, copies of city maps, a calendar of events, and much more at the Visitor Information Center or the city’s own Travel Portland information center.
- [Portland Saturday Market](#) – Held from March until December, the Portland Saturday Market is a large open-air marketplace with over 350 members. Food stalls line the walkways and vendors sell all kinds of homemade goodies. You can buy soaps, jewelry, artwork, clothing, and even wooden furniture. All items are sold by those who make them, so you can talk directly to the vendor.
- [Oregon Museum of Science and Industry \(OMSI\)](#)- Though originally founded to showcase science and technology innovations, this 219,000 square-foot museum now hosts a variety of exhibitions in different disciplines. OMIS has five exhibit halls with hundreds of

interactive exhibits. The museum also contains a planetarium and a [submarine exhibit](#).

- [The Freakybuttrue Peculiarium and Museum](#)- No other museum encompasses the weird spirit of Portland like the Freakybuttrue Peculiarium and Museum. Though not recommended for children, this museum (if you want to call it that) is likely to entice visitors of all ages. The gift shop is a great place to stop if you want some strange gifts for friends, but the Peculiarium is the true show that you’ll just have to see to believe.

**Sports** – While the Pacific Northwest, in general, is not well-known for sports, Portland has three popular teams.

- [Portland Trailblazers](#): The Trailblazers, or just Blazers, compete in the Western Conference Northwest Conference Division of the NBA. Home games are played at the Moda Center (previously known as the Rose Garden). The Blazers are now the only NBA team based out of the Pacific Northwest.
- [Portland Timbers](#): Founded in 2008 as an MLS expansion team, the Timbers have gained renown through their fans. The Timbers Army, as they are known, are a loud and rambunctious group. Home games are *always* sold out and every time the Timbers score, the mascot, Timber Joey, cuts a slice of wood from a large log. Season tickets are capped at around 15,000 with a waitlist at over 10,000. Get to see the 2015 MLS Cup trophy holders while tickets last.
- [Portland Thorns](#): A member of the National Women’s Soccer League (NWSL), the Thorns won the NWSL Championship in 2013 and 2017 and the 2016 NWSL Shield after a 12-game unbeaten streak. Famous US Women’s National Team players that play (or have played) for the Thorns include Tobin Heath, Allie Long, and Alex Morgan. The season is April to October.

### Weekend or Day Trips

- [Fort Vancouver](#)- Just across the Columbia River, in Vancouver, Washington is the historic site of Fort Vancouver. Built by the Hudson’s Bay Company in 1825, the fort was the center of

trade, industry, and law in the Pacific Northwest in the 19<sup>th</sup> century. The McLoughlin House, located on the grounds of Fort Vancouver, is one of the first national historic sites in the west.

- [Columbia River Gorge](#) and the [Vista House](#)- The Columbia River George is a national scenic area that cuts through the Cascade Mountain Range. It features hiking trails, beautiful waterfalls, and the popular Vista House. The Vista House, located at the top of rocky point overlooking the Gorge and the Columbia River, is listed on the National Register of Historic Places and is free to visit.
- [Lewis and Clark National and State Historical Parks](#)- The Pacific Northwest is known for its beautiful mountains and abundant state and national parks. The park system spans over 3,300 acres, starting from the mouth of the Columbia River in both Oregon and Washington. Entrance fees to the parks are required and are paid on a park-by-park basis, but the annual pass is only \$20 and covers the passholder and three other adults.
- [Mount Hood](#)- Mount Hood, a dormant volcano surrounded by glaciers, is the highest mountain in Oregon and one of the tallest in the nation. Beautiful both in the summer and in the winter, the mountain is a destination for skiers and hikers alike. Timberline Lodge, built as a part of President Franklin Roosevelt's Works Progress Administration, is a National Historic Landmark and the exterior was even [used in the film \*The Shining\*](#)!
- Pacific Coast- If you're looking for a fun weekend getaway, look no further than [Astoria](#). Located on the coast of the Pacific Ocean, Astoria was founded around Fort Astoria in 1811 and is the first permanent US settlement on the Pacific Coast. Though still primarily a logging and fishing community, Astoria hosts many art galleries and historic museums and was the site of the 1985 movie, *The Goonies*.

#### Restaurant recommendations –

- [Mi Mero Mole](#) – This Mexican restaurant serves authentic guisados, or cooked dishes like stews and stir-fries. Guisados are a popular street food in Mexico City and Mi Mero Mole brings

the taste of traditional home cooking to the streets of Portland.

- [Nong's Khao Man Gai](#) – A Thai and chicken sit-down shop, this cheap eats place has gained renown in *The Washington Post*, *The New York Times*, and even *Chopped*. And now you can get it [delivered](#)!
- [MÅURICE](#) – Located near the famous Powell's Books and self-described as a "modern pastry luncheonette", MÅURICE's is perfect if you're in the mood for sweet or savory brunch items. The menu changes daily and no reservation is required.
- [Kim Jong Grillin](#) – Portland loves its food trucks and one of the best ones out there is Kim Jong Grillin. You choose your charred Korean meat and enjoy it with potato noodles, rice, kimchi, and a fried egg.



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[Hellenic-American Cultural Center & Museum of Oregon & SW Washington](#)

[OMSI \(Oregon Museum of Science & Industry\)](#)

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[The Museum at Warm Springs \(Native American Culture\)](#)

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## **Providence, RI (aka: *Beehive of Industry*) Cultural, Tourism Links**

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[Brightleaf Square \(Durham\)](#)

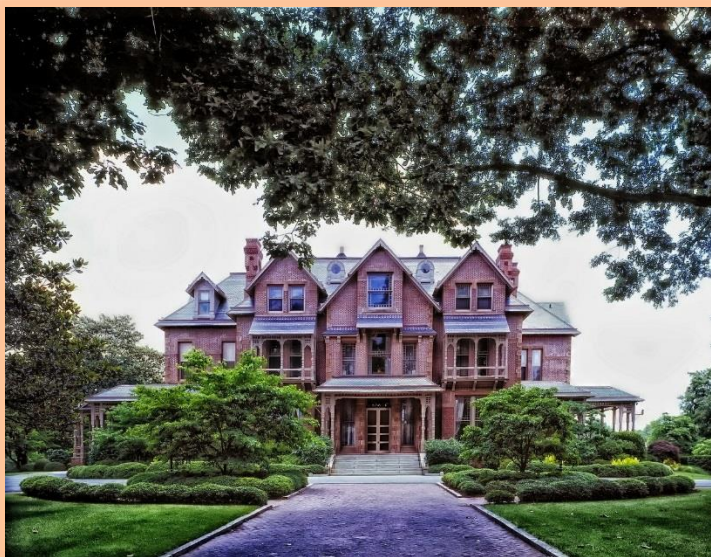
[Bennett Place State Historic Site \(Durham\)](#)

[Duke Basketball Museum & Hall of Fame \(Durham\)](#)

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## **San Antonio, TX (aka: *The Alamo City*) Cultural & Tourism Links:**

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[Louis Tussaud's Wax Works, Ripley's Believe It or Not! & Ripley's Moving Theater 4D](#)

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[SegCity Tours](#)

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[San Diego Chinese Historical Museum](#)

[WorldBeat Center](#)

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[San Diego Museum of Man](#)

[SeaWorld San Diego](#)

[Balboa Park](#)

[USS Midway Museum](#)

[California Surf Museum](#)

[Beaches](#)

[Birch Aquarium @ Scripps Institute of Oceanography](#)

[Women's Museum of California](#)

[Coronado](#)

[San Diego Missions](#)

[San Diego Whale Watching](#)

[San Diego Padres \(MLB\)](#)

[San Diego Chargers \(NFL\)](#)

## San Francisco, CA (aka: San Fran)



### Destination Spotlight – San Francisco, CA

Whether you're living in San Francisco or just visiting, the city plays host to a vast array of activities and events that you can enjoy year round. We've compiled a short list of ideas to get you started on your adventure in the "Golden City."

#### Arts and Culture

- [Golden Gate Bridge](#) – Walk or bike across the most famous bridge in the United States. Or take a picnic to [Chrissy Field](#) for a great view!
- [Alcatraz](#) – A former U.S. prison located on an island in San Francisco bay, Alcatraz used to be home to many of America's most notorious criminals. Today,

it's a popular tourist attraction and a great opportunity to see San Francisco from the heart of the bay.

- [Coit Tower](#) – Take the [Filbert Street Steps](#) up Telegraph Hill to get to the base of the tower to get a cool peek at secret gardens of incredible houses.
- [MoMA](#) – When you can't deal with the weather, go check out the impressive collection of art at the San Francisco Museum of Modern Art.
- Walking Tours – There are many different companies that offer walking tours of the Bay Area. It's a great way to learn about the city and its surroundings. [Wild San Francisco Walking Tours](#) offers tours throughout the city and looks especially cool to us!
- [The Fillmore](#) – If you like live music, or really, if you just like music, go to the Fillmore. Few places in the United States boast the music history of the Fillmore, especially during the 1960s.

**Sports** – The [San Francisco Giants](#) start their season in early March and what's more American than baseball? And if you're not into the game, you can eat a hot dog and enjoy the view of the bay!

#### Weekend or Day Trips

- Wine country – Just outside of San Francisco are some of our country's best vineyards. [Napa Valley](#), [Sonoma County](#), and others are within a short drive from the city. From San Francisco, you can drive, join a tour, or even hire a personal driver. Just, whatever you do, please don't drink and drive!
- The Redwood Forest and the [Muir Woods National Monument](#) – There are [tour operators](#) that leave the San Francisco area year round. Unfortunately, there is no public transportation during the winter and spring months.

**Restaurant recommendations** – San Francisco has a variety of different cuisines and is well known for Chinatown and Asian restaurants. Check out North Beach for Italian. Below are some of our favorites. A general note: the restaurants are really tiny (b/c real estate is so expensive) which means that it is VERY much a reservations town (like NYC).

- [Slanted Door](#) – San Francisco institution right on the water in the Ferry Building serving modern Asian fusion. Everyone loves it and you can tell by the crowds!
- [Leopold's](#) – This is a no reservation Austrian/German joint. It's loud and lively and the food is surprisingly good. They also text you when your table is up so you walk around a bit while you wait!
- [La Taqueria](#) (Mission and 25th) – the city's best carne asada burritos--a total dive but incredible food!
- [Zuni Café](#) – Another classic San Francisco place, made famous by its roasted chicken over croutons.
- [In and Out Burger](#) – A California MUST if you like a good and fast burger! [Even Adele \(the Adele!\) loves it!](#)

### Cultural and Tourism Links

[Visit SF Bay Area](#)

[San Francisco Events](#)



[San Francisco Public Transit](#)

[San Francisco PBS/NPR](#)

[San Francisco Museum & Historical Society](#)

[Golden Gate Bridge](#)

[Golden Gate National Recreation Area](#)

[Tauber Holocaust Library & Education Program](#)

[Alcatraz Island](#)

[San Francisco Symphony](#)

[San Francisco Zoo](#)

[Aquarium of the Bay](#)

[San Francisco Performing Arts](#)

[Fine Arts Museums of San Francisco](#)

[Asian Art Museum](#)

[Oakland Museum of California](#)

[Armstrong Redwoods State Nature Reserve](#)

[SF Public Art](#)

[Chinatown](#)

[Fisherman's Wharf](#)

[San Francisco Cable Car](#)

[Ghirardelli Square](#)

[Fort Point National Historic Site](#)

[Old Faithful Geyser of California](#)

[Port Reyes Lighthouse](#)

[Yosemite National Park](#)

[San Francisco Maritime National Historic Park](#)

[Napa Valley](#)

[Presidio of San Francisco](#)

[The Walt Disney Family Museum](#)

[John Muir National Historic Site](#)

[San Francisco 49ers \(NFL\)](#)

[Golden State Warriors \(NBA\)](#)

[San Francisco Giants \(MLB\)](#)

## **San Jose, CA (aka: *The Capital of Silicon Valley*) Cultural & Tourism Links:**



[San Jose Visitors Guide](#)

[San Jose Events](#)

[San Jose Public Transit](#)

[San Jose PBS/NPR](#)

[San Jose Theaters](#)

[Symphony Silicon Valley](#)

[Happy Hollow Park & Zoo](#)

[History/San Jose](#)

[San Jose Museum of Quilts & Textiles](#)

[San Jose Museum of Art](#)

[Rosicrucian Egyptian Museum](#)

[Winchester Mystery House](#)

## Seattle, WA (aka: *Coffee Capital of the World*) Cultural & Tourism Links

### Destination Spotlight – Seattle, WA

Whether you're living in Seattle or just visiting, the city plays host to a vast array of activities and events that you can enjoy year round. We've compiled a short list of ideas to get you started on your adventure in Seattle and Puget Sound.

#### Arts and Culture

- Visit the iconic [Space Needle](#) for amazing panoramic views of the city and Puget Sound.
- Just next to the Space Needle, is [Chihuly Garden and Glass](#). Check out towering sculptures in a life-like glass garden. They also offer live music, yoga classes, and a delicious cafe featuring quirky collector's items.
- [Ballard Locks](#) is a must if you want to see the famous salmon ladders, where salmon migrate back up the waters toward their spawning grounds. Watch out for seals at play here too while everything from massive vessels to tiny kayaks float through the stair-stepped lock system.
- Want to relax on a beach while taking in beautiful views of the Olympic Mountains and Puget Sound? Pack and picnic and go to [Golden Gardens Park](#).
- Through the summer months, Seattle hosts a multitude of events. See the list [here](#). Starting with Memorial Day weekend's [Folklife Festival](#) through Labor Day weekend's [Bumbershoot](#) music fest (featuring Grammy-award-winning artists Macklemore and Ryan Lewis), there's always something going on.

#### Sports

- [The Seattle Mariners](#) (baseball) started their season in early March and what's more American than baseball? And if you're not into the game, you can get a hot dog and some cracker jacks and enjoy the experience.
- In the fall, get your tickets to see the 2014 Super Bowl champs, the [Seattle Seahawks](#) (American football).

#### Weekend or Day Trips

- [Ashael Curtis Nature Trail](#) – Only about 30 minutes outside of Seattle but feels a world away. There are gorgeous bridges and boardwalks and trees are labeled along the path.
- [Mt. Rainier National Park](#) – Under two hours from Seattle, you can drive or join a tour group. Plan your visit in July or August to discover the amazing [wildflowers](#). Or just go for a hike – but we don't suggest hiking Mt. Rainier itself (14,411 ft)! A former SHRM J-1 participant suggests the [Burroughs Trail](#), a long but moderate hike with rewarding views of Rainier and the Cascades.
- Island hopping, anyone? - The downtown ferry docks can take you to picturesque [Bainbridge](#), [Bremerton](#) or [Vashon Island](#). Further north of the city, you can catch a ferry at Mukilteo to the scenic and laid-back lifestyle of [Whidbey Island](#). On island life, slow down and take it easy with boating, fishing, crabbing, bird watching and more.
- [Wine country](#) – For those of you over the age of 21 and interested in wine, just outside of Seattle (and Portland, OR) are some of our country's best vineyards. From the city, you can drive, join a tour, or even hire a personal driver. Just, whatever you do, please don't drink and drive!

**Restaurant recommendations** – Seattle is a locavore food lover's haven - from the famous Pike Place Market to the first Starbucks coffee. But moreover, check out local farmers markets all over town, local farm to table restaurants, or locally producing coffee roasters and beer brewers. Below are some of our favorites.

- [Pink Door](#) – Delicious Italian with outside seating and amazing views right down town. And at night they have eclectic (and free!) entertainment.
- [Grateful Bread Bakery and Café](#) – A local institution with yummy pies, rolls and award winning challah – not to mention their local organic coffee.
- [The Wandering Goose](#) – A little piece of the American South in Seattle. They serve breakfast, lunch and dinner but are known for their biscuits and fried chicken.
- [Tilth](#) – Organic, American, farm-to-table, award winning restaurant – is that enough to get you there? Okay, the chef was also on the show [Iron Chef](#)!

- [Bedlam Coffee](#) and [Street Bean Coffee](#) – Two Seattle coffee roasters suggested by former Seattle-based SHRM J-1 participant. “Awesome people, awesome coffee, awesome vibes.”

## Cultural & Tourism Links

[Visit Seattle](#)

[Seattle Calendar of Events](#)

[Seattle Public Transit](#)

[Passport and Canadian Border Information](#)

[Seattle PBS](#)

[Seattle NPR](#)

[Seattle Symphony](#)

[Kirkland Performing Arts Center](#)

[Woodland Park Zoo](#)

[Seattle Space Needle](#)

[Historic Seattle](#)

[Washington State Holocaust Education Resource Center](#)

[Pike Place Market](#)

[Seattle Aquarium](#)

[Seattle Art Museum](#)

[Seattle Visitor & Concierge Services](#)

[Lewis & Clark National Historic Park](#)

[Olympic National Park](#)

[Mount Rainer National Park](#)

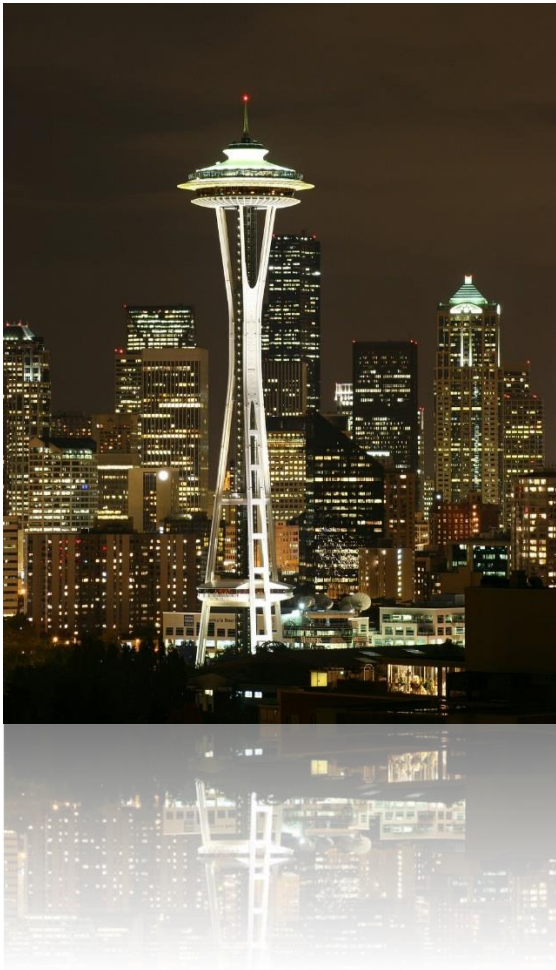
[Mount St. Helens](#)

[Klondike Gold Rush Historic Park](#)

[Lake Roosevelt National Recreation Area](#)

[Seattle Seahawks \(NFL\)](#)

[Seattle Mariners \(MLB\)](#)



## **St. Louis, MO (aka: *The Gateway to the West*) Cultural and Tourism Links:**

[St. Louis Travel Guide](#)

[St. Louis Events](#)

[St. Louis Public Transit](#)

[St. Louis PBS](#)

[St. Louis NPR](#)

[The Gateway Arch](#)

[Museum of Westward Expansion/Old Courthouse](#)

[St. Louis Zoo](#)

[STL Symphony](#)

[Missouri Botanical Garden](#)

[Fabulous Fox Theatre](#)

[Holocaust Museum & Learning Center](#)

[Blueberry Hill/Chuck Berry Statue](#)

[St. Louis Walk of Fame](#)

[St. Louis Public Art](#)

[St. Louis Neighborhoods](#)

[Cahokia Mounds](#)

[Missouri History Museum](#)

[St. Louis Latino History](#)

[St. Louis Native American History](#)

[St. Louis African American History](#)

[Mastodon State Historic Site](#)

[American Kennel Club Museum of the Dog](#)

[International Photography Hall of Fame & Museum](#)

[Kemp Auto Museum](#)

[Laumeier Sculpture Park](#)

[Missouri Civil War Museum](#)

[St. Louis Blues \(NHL\)](#)

[St. Louis Cardinals \(MLB\)](#)

[St. Louis Rams \(NFL\)](#)



## Washington, DC (aka: Nation's Capitol)

### **Destination spotlight – Washington, D.C.**

The Nation's capital is not only home to the president and the U.S. government, it's also home to dozens of museums, great (and some, not-so-great) sports teams, amazing American and international cuisine, beautiful parks, and perhaps most importantly – the Society for Human Resource Management (well, we're in Alexandria, VA, but it's close enough!). Whether DC is your host city or you are just visiting, we'd love to see you!

**Sports** – Washington hosts all five American major-league sports, however only football, hockey and basketball are winter sports. If the tickets are a little too pricey, catch the game at a local sports pub!

- [Washington Redskins](#) football – Season begins in September and goes through January.
- [Washington Capitals](#) hockey - Season begins in early October and goes through April.
- [Washington Wizards](#) basketball – Season begins in late October and goes through April.

### **Arts and Culture**

- [Smithsonian Museums and Zoo](#) – The Smithsonian Institution is made up of 19 museums and galleries as well as the National Zoo. And the best part – they're all FREE! Most of the museums are accessible from the National Mall in downtown DC. Our favorites are the [Air and Space Museum](#), the [National Gallery](#), and the [American History Museum](#). The Holocaust Museum is incredibly powerful and well done, however be prepared for a somber experience.
- [Movies at the Smithsonian Air and Space Museum](#) – Spend a night at the Air and Space Museums in DC or Chantilly, VA to see the newest big budget and documentary film releases on their IMAX screens.
- [Eastern Market](#) – For nearly 150 years, this DC landmark has been an active market place. From Tuesday – Sunday, the indoor market is open, selling meat, fish, pasta, vegetables, bread and sweets. Saturday and Sunday, the outdoor market is open with farm stands and a flea market. If you're there Saturday morning before 11:00a, be sure to grab a plate of pancakes!
- [Newseum](#) – A museum all about news coverage – from Saturday Night Live's Weekend Update to global press freedom, this museum has it all. Our favorite part is the Pulitzer Prize winning photo gallery. The pictures can make you laugh or cry on the turn of a dime. The museum is expensive (\$20/person) but worth it!

### **Active Urban Lifestyle**

- [Capital Bike Share](#) – Use DC's bike-sharing program to explore the city (must use a credit or debit card). You can even find bike depots in neighboring Alexandria and Arlington!
- [City Parks and Trails](#) – Washington, DC is home to dozens of parks and over 25 miles of hiking trails. Within the city limits, there's [Rock Creek Park](#) trails for hiking and the C&O Canal Trail for biking or running. The [C&O Canal Trail](#) stretches 180 miles all the way to West Virginia (for those of you feeling ambitious).
- [Walking Tours](#) – Check out [DC by Foot](#) for a list of free walking tours. At the end of the tour, you decide how much the tour was worth! They offer something for everyone, from history buffs to food lovers.

### **Weekend or Day Trips**

- [Annapolis, MD](#) - Just 25 miles northeast of Washington, DC, and located on the Chesapeake Bay, Annapolis is charming town, home to West Point Military Academy. The state of Maryland is known for its delicious blue crabs, and Annapolis is no exception. We recommend [Cantler's](#) restaurant for your crab picking feast. (be prepared to get dirty, though bibs will be available)
- [Shenandoah National Park](#) – About 1.5 hours from DC is Shenandoah National Park, which is part of the Appalachian Mountain chain that stretches from Georgia to Maine. There are hundreds of hikes with spectacular views. Two of our favorites are [Whiteoak Canyon](#) and [Keyser Run](#). We also love Old Rag but it's currently closed. Nearby, you can also find great fly fishing, skiing, and rafting in the summertime. The Virginia wine country is also easily accessible.



- [Great Falls National Park](#) – If you're interested in hiking but you don't want to go as far as Shenandoah, check out Great Falls. You can access it from both the Virginia and the Maryland side of the Potomac River, but we recommend the Maryland side. The scenic overlooks of the falls are beautiful, and the [Billy Goat Trail](#) is great for hikes. If you would just like to stroll or you would prefer to bike, you can access the [C&O Canal](#) Trail and go for miles, either south to DC or north to West Virginia (see above).

**Food and Drink** – Washington, DC has a vibrant restaurant scene

- [Bistro du Coin](#) – Casual French bistro with a lively atmosphere near DuPont Circle. We recommend the mussels and the poulet roti!
- [Farmers Fishers Bakers](#) – Situated on the Georgetown waterfront, this farm-to-table restaurant is nice escape after a day of visiting museums or shopping in Georgetown.
- [Union Market](#) – If you're looking for variety, this is the place for you. There's something for everyone at this year-round indoor market that features 40 local artisans.
- [Old Ebbitt Grill](#) – Founded in 1856, this DC institution is located only one block from the White House and has long been a favorite of those who live and work at 1600 Pennsylvania Avenue. Old Ebbitt is best known for its American fare cuisine and its oyster bar, and this restaurant is a perfect place to relax after a long day of sightseeing.
- [Gordon Biersch](#) – A national chain, the downtown DC location is close to the Verizon Center, the Shakespeare Theater, the National Spy Museum, and the National Portrait Gallery. Go watch your favorite sports team on their large screen TVs and enjoy their Southwest Egg Rolls, a fresh-made burger, or a side of their famous garlic fries.



## Cultural & Tourism Links

[DC Visitor Guide](#)

[DC Events](#)

[DC Public Transit](#)

[DC PBS](#)

[DC NPR](#)

[US Capitol & US Capitol Visitor Center](#)

[The Kennedy Center for the Performing Arts](#)

[Smithsonian's National Zoo](#)

[National Symphony Orchestra](#)

[National Mall & Memorial Parks \(The Nation's Front Yard\)](#)

[Library of Congress](#)

[African American Civil War Memorial & Museum](#)

[Air Force Memorial](#)

[Anacostia Community Museum](#)

[Arlington House, Robert E. Lee Memorial](#)

[Arlington National Cemetery](#)

[Decatur House on Lafayette Square](#)

[Folger Shakespeare Library](#)

[Frederick Douglass National Historic Site](#)

[George Washington's Mount Vernon](#)

[German-American Heritage Museum](#)

[International Spy Museum](#)

[US Marine Corps Memorial](#)

[Lincoln Park](#)

[President Lincoln's Cottage at the Soldier's Home](#)

[Manassas National Battlefield Park](#)

[Mexican Cultural Institute Washington DC](#)

[National Air & Space Museum](#)



[National Archives & Records Administration](#)

[National Building Museum](#)

[National Firearms Museum](#)

[National Geographic Museum](#)

[National Guard Memorial Museum](#)

[National Law Enforcement Officers Memorial](#)

[National Museum of African American History & Culture](#)

[National Museum of American History](#)

[National Museum of Natural History](#)

[National Museum of the American Indian](#)

[National Portrait Gallery](#)

[National Postal Museum](#)

[Newseum](#)

[Old Stone House](#)

[The National 9/11 Pentagon Memorial](#)

[The Pentagon](#)

[Smithsonian Arts & Industries Building](#)

[Supreme Court of the United States](#)

[Textile Museum](#)

[Theodore Roosevelt Island](#)

[Union Station](#)

[US Capitol Historical Society](#)

[US Navy Museum](#)

[Watermark](#)

[White House & White House Visitor's Center \(President's Park\)](#)

[Women in Military Service for America](#)

[Woodrow Wilson House](#)

[Fort Ward Museum & Historic Park](#)

[Freedom House Museum](#)

[Gadby's Tavern Museum](#)