Living and Surviving in Tampa!

Living Essentials

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Welcome to Moffitt! You’ve completed all of your paperwork and you are almost ready to come to the United States. The most important task you have now is to find an apartment, house, or other lodging for you and your family!

You should first look at the city of Tampa and determine what area you might want to live. You can find a great map at: [https://www.mapquest.com/us/fl/tampa-282039845](https://www.mapquest.com/us/fl/tampa-282039845) Tampa is located in Hillsborough County and as you can see it is quite spread out and has lots of different small towns and communities. There are three major interstates running through and around Tampa which include I-275, I-4, and I-75.

The zip code for Moffitt Cancer Center is 33612. Using the map below, put in the zip code 33612 to see this area in Tampa and what places are nearby.

[http://zipmap.net/Florida/Hillsborough_County/Tampa.htm](http://zipmap.net/Florida/Hillsborough_County/Tampa.htm)

**Apartment or house?** If you wish to rent an apartment in the Tampa area, you can get professional assistance at no cost by contacting Amy Reinhart with Apartment Hunters by phone at 813-769-5518 or by email at amy@apartmenthunters.com. She can guide you to communities or areas closest to Moffitt or neighborhoods which may be of interest to you. You can also search [www.apartmentguide.com](http://www.apartmentguide.com) where you can see photos of the apartments, the community, the prices, office hours and the apartment website.
Do you need Renters Insurance? The majority of apartment complexes in and around Tampa now require their tenants to have renters insurance before you move in. Renters insurance covers your personal possessions in the event that they are ever damaged or stolen. Your property will be protected outside your home, while traveling, or in your car against losses due to fire, smoke, lightning, theft, explosion, windstorm, and water damage. This insurance also provides coverage in case a visitor is injured while on your premises or by you, a family member, or pet while off your premises. This insurance is very affordable and you should look around for the best deal. Some sample policies are listed below, along with their website.

Geico
https://homeowners.geico.com/SalesHISS/Landing?lob=Renters&soa=02147&43700003471975775&p3471975775&gclid=CMzA5czT6MwCFQ5bhgodu_gDuw&gclsrc=aw.ds&dclid=CMmxkc3T6MwCFUcUhwod5ygD7Q

List of Renters Insurance Policies www.affordable-home-insurance.org

Wells Fargo Renters Insurance  https://www.wellsfargo.com/jump/insurance/renters

Cornerstone Renters Insurance  http://www.livecovered.com/renters-insurance-tampa/

Esurance  https://www.esurance.com/insurance/renters


List of Tampa Renters Insurance Companies   http://www.rentersinsurance.net/tampa.html

If you decide that you absolutely LOVE Tampa and would love to buy a house or property here, you should check out the list of real estate companies listed with the Better Business Bureau at http://www.bbb.org/west-florida/accredited-business-directory/real-estate This list is of reputable companies in the area. You can search for property in Tampa, FL at www.realtor.com This website will list the real estate agent which you should contact about the property that you like.

Utilities in Tampa

<table>
<thead>
<tr>
<th>Tampa Electric Company</th>
<th>You can start service and stop service online by going to: <a href="http://www.tampaelectric.com/">http://www.tampaelectric.com/</a> If you wish to call them, their number is 813-223-0800</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peoples Gas</td>
<td>To start and stop service, go online to: <a href="http://www.peoplesgas.com/">http://www.peoplesgas.com/</a> or call them at 813-275-3700</td>
</tr>
<tr>
<td>City of Tampa Water Service</td>
<td>To start and stop service go on online at: <a href="http://apps.tampagov.net/appl_customer_service_center/dept_services.asp?Group=water">http://apps.tampagov.net/appl_customer_service_center/dept_services.asp?Group=water</a> Or call 813-274-8811, Option #3</td>
</tr>
</tbody>
</table>
Telephone/Internet/Cable Providers

Like all of us, we know you need to have your devices connected, internet up and running, and your television programmed.

The first place to start if you already know the address of your new home or apartment, is go to: www.allconnect.com/lp-MovingTo/tampa-florida.html and see what providers are available in your area. If you decide that you want a landline telephone, many of these providers will have packages which include telephone and you can get international plans with this package.

The best place to determine the internet service which is best for you is to review the Best Internet Service Providers in Tampa listed online at: www.yelp.com/search?cflt=isps&find_loc=Tampa%2C&Fl

For Wireless Internet Providers, please see: www.yellowpages.com/tampa-fl/wireless-internet-providers

There are many options and plans for cellular phones in the U.S. To compare plans, please review: www.whistleout.com/cellphones?

To review the cell phone companies and service providers in Tampa, FL, please review: www.yellowpages.com/tampa-fl/cell-phone-companies-services You should inquire about calling plans with international provisions also.
Auto Rentals in Tampa

Rates are based on availability, on city location, dates, and length of time you will need a car, size of car, and discounts. Most companies require drivers to be 25 years or older, with a major credit card in their name. Most companies allow you to book car rentals on their Internet websites, often at slightly lower rates.

**Enterprise**
13424 North Nebraska Ave  
Tampa, FL 33612-2637  
(813)972-0082  
[www.enterprise.com](http://www.enterprise.com)

101 E. Fletcher Ave  
Tampa, FL 33612-3404  
(813) 960-3139

**Avis**
Sears Auto Center-  
University Square Mall  
2266 East Fowler Ave  
Tampa, FL 33612  
(813) 910-4127  
[www.avis.com](http://www.avis.com)
Wingate Hotel - Tampa North  
17301 Dona Michelle Drive,  
Tampa, FL 33647  
(813) 866-1567

Budget  
6936 E Fowler Ave  
Tampa, FL 33617  
www.budget.com  
(813) 972-1852

15625 N Dale Mabry Pep Boys  
Tampa, FL 33618  
(813) 265-4411

Hertz  
5503 West Spruce Street  
www.hertz.com

National Car Rental  
Tampa International Airport  
5111 W. Spruce Street  
Tampa, FL 33607  
www.nationalcar.com  
(813) 396-4140

Thrifty  
Tampa International Airport  
Tampa, FL 33607  
www.thrifty.com  
(813) 348-0607

OTHER TRAVEL OPTIONS IN TAMPA

Hartline Bus Information  
HART operates approximately 50 bus routes providing local fixed route, express, limited express, circulators and shuttle bus services. For more information on routes and schedules call the HARTinfo Line or visit Route Information on our website [http://www.hartline.org](http://www.hartline.org). Residents or visitors to Hillsborough County can learn how to ride the bus by taking advantage of HART’s Travel Training Program. Call (813) 623-5835, extensions 1105 or 1229 and ask for the Travel Training Coordinator.
HART's Operations Facility
4305 E. 21st Avenue
(813) 623-5835

Marion Transit Center
1211 N. Marion Street
(813) 229-2986
Monday – Friday 6:00 a.m. to 6:00 p.m.
Saturday 7:00 a.m. to 5:00 p.m.

HART's Transit Center on Franklin
403 N. Franklin
(813) 225-1629
Monday – Friday 10:00 a.m. to 2:00 p.m.

University Area Transit Center
13110 N. 27th Street
(813) 558-9030
Monday – Friday 6:00 a.m. to 6:00 p.m.
Saturday 7:00 a.m. to 5:00 p.m.

Taxicab Services in the Moffitt area
A-1 Taxi    (813) 964-8000
Checkered Cab   (813) 229-1888
United Cab Company    (813) 661-9100
Yellow Cab   (813) 253-0121
Cab Plus   (813) 288-8888

USF Bullrunner Shuttle Service
All USF students, faculty, visitors and staff can ride the BullRunner fare-free. Moffitt employees can ride the BullRunner if they board the shuttle on campus, however USF ID must be presented when boarding the shuttle from off-campus locations. Moffitt employees may be issued with a courtesy USF ID, please let us know if you are interested in this option and we will provide detailed information on applying for this. Route maps and schedules for the BullRunner can be found at the following website:
http://www.usfbullrunner.com/
Want to purchase a new or certified used car? Before you purchase a new or certified used car, check out https://www.truecar.com. You can find the best rates on vehicles in the Tampa area, usually well below the MSRP price. The best prices will have the dealership listed who offers that price.

If you purchase a vehicle while in Florida, make sure that you get automobile insurance coverage that meets the provisions required by Florida law. See http://www.dmvflorida.org/auto-insurance.shtml
Florida Driver’s License/ID Cards

For those who wish to drive in Florida, you will need to obtain a Florida driver’s license from the Florida Department of Motor Vehicles (DMV). To review the DMV Guide, please see: http://www.dmvflorida.org

To find the nearest DMV office, please locate by going to: www.dmvflorida.org/dmv-offices.shtml
Please note that Tampa is in Hillsborough County.

If you are a non-US citizen who is trying to obtain a driver’s license, please review the guide at: www.dmvFlorida.org/drivers-license-nc.shtml

For those of you who don’t wish to drive in the U.S., you can also obtain a Florida Identification (ID) card in lieu of carrying around your immigration documents with you constantly. To see how to apply for an ID card, please review: http://www.dmv.org/fl-florida/id-cards.php
Cultural Adjustment

“Recognize yourself in he and she who are not like you and me.”
— Carlos Fuentes

You’re in a new country, new city, and new work environment. After the first day, you wonder, “Am I ever going to fit in here?” Don’t worry as we have all felt like this at one time, even citizens born in the United States. We are proud to have you here at Moffitt Cancer Center and you, along with the other 5000 employees, will play a major part in Moffitt’s main mission “to contribute to the prevention and cure of cancer.” “Each and every one of us makes a difference.”

What are American holidays? What should I wear to my new job? How should I act in my new job? How much of my money from home equals a U.S. dollar? What is a U.S. dollar?

To review social customs of the U.S. and cultural differences, please review: www.edupass.org/culture

A great and useful guide to Living in the USA can be found at www.edupass.org/living/

Spiritual and Religious Resources
Some of us enjoy being with others to find comfort in our spiritual and religious lives. The US Constitution guarantees religious freedom for all faiths. You will almost certainly be able to find a church, synagogue, temple, or mosque near Moffitt Cancer Center for people of your faith or beliefs. Below please find some resources you can begin with to assist you in your journey.

http://www.yellowpages.com/tampa-fl/international-churches

http://www.suncoastcenterforspiritualliving.com/
Buddhism
http://www.yelp.com/search?cflt=buddhist_temples&find_loc=Tampa%2C+FL

Synagogues

Christian Churches

Churches in Tampa by denomination
http://www.churchangel.com/WEBFL/tampa.htm
http://www.churchangel.com/topdenominations.htm

Mosques

http://www.yelp.com/search?cflt=mosques&find_loc=Tampa%2C+FL

Spiritual Healing
Taoism
http://www.interfaithsustain.com/daoist-faith-statement-on-the-environment/
http://www.taoist.org/
http://www.daoistcenter.org/organizations.pdf

Hinduism
http://www.yelp.com/search?cflt=hindu_temple&find_loc=Tampa%2C+FL
http://www.htfl.org/

Shintoism
www.tsubakishrine.org
https://en.wikipedia.org/wiki/List_of_Shinto_shrines_in_the_United_States

New Age Religion

Non-Denominational

Interfaith
https://www.google.com/search?q=non+denominational+churches+tampa+florida&sourceid=ie7&rls=com.microsoft:en-US:IE-SearchBox&ie=&oe=&gws_rd=ssl#q=interfaith+churches+tampa+florida

Sikhism

Shamanism
www.shamanism.org/resources/services-find.php?usastate=FL
https://www.shamanlinks.net/locate-shamans/

Greek Orthodox
http://www.yellowpages.com/tampa-fl/churches-greek-orthodox

Russian Orthodox
Counseling Services
Perhaps you are having trouble adjusting to life in the U.S., your new job, or your family is experiencing difficulties managing their new life. You should look for behavioral health professionals in this area that can help you through this difficult period. Insurance plans include behavioral health treatment so you should look through your list of Specialty Providers. For a comprehensive list of counseling services in Tampa, Florida, please see:


The Florida Department of Children and Families also offers behavioral health services. Please review: http://www.myflfamilies.com/service-programs/mental-health They offer outstanding behavioral treatment programs for adults, children and families.
Guidance Resources Program at Moffitt Cancer Center
There are times in our lives that are particularly stressful and challenging. Personal issues, planning for life events or simply managing daily life can affect your work, health and family. ComPsych Guidance Resources provides support, resources and information for personal and work-life issues. Guidance Resources is company-sponsored, confidential and provided at no charge to you and your dependents.

CALL ANYTIME
Call: 888.808.1884
TDD: 800.697.0353
Online: guidanceresources.com
Your company Web ID: Moffitt

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Children & Family

While you’re here in the U.S., you want to make sure your children are well taken care of so that they can fully enjoy their exchange visit to the United States!

If your child is under the age of 5, you will need to place your child in a Child Care Center. It is critical to find a Child Care Center that is accredited and licensed by the State of Florida. The first Center that you should investigate is the **Moffitt Child Development Center**. This Center is located on the campus of the University of South Florida, very near where Moffitt Cancer Center and Stabile Research Center and other Moffitt buildings are located. You can reach them by phone at 813-745-8836 or on their website at: [www.brighthorizons.com/moffitt](http://www.brighthorizons.com/moffitt). Another daycare center on the USF campus is listed below:

- **USF Family Center**  
  3125 USF Banyan Circle  
  Tampa, FL  
  813-974-8500  

Several other well-respected child care centers are listed below:

- **Primrose Schools**  
  [www.primroseschools.com](http://www.primroseschools.com)
- **The Goddard School**  
  [www.goddardschool.com](http://www.goddardschool.com)
- **Montessori Academy of Carrollwood**  
  [www.montessoritampa.com](http://www.montessoritampa.com)

To help you choose a quality Child Care Center, please review the following websites before visiting any Center:

- [http://www.myflfamilies.com/service-programs/child-care/parent-resources](http://www.myflfamilies.com/service-programs/child-care/parent-resources)
- [www.naeyc.org/families/search](http://www.naeyc.org/families/search)
- [http://hillsboroughaeyc.org/accredited-centers.html](http://hillsboroughaeyc.org/accredited-centers.html)
- [http://childcarecenter.us/florida/tampa_fl_childcare](http://childcarecenter.us/florida/tampa_fl_childcare)
- [www.myflfamilies.com/service-programs/child-care/gold-seal-map](http://www.myflfamilies.com/service-programs/child-care/gold-seal-map)
- [www.faccm.org/faccm-member-directory](http://www.faccm.org/faccm-member-directory)  
  Put in Tampa for the city and SEARCH
Tampa has a great system of public schools from Kindergarten through grade 12. Exchange students that are age 18 or older must convert their visa to an F-1 visa as a student to complete grade 12 in the U.S. and/or to attend a degree granting institution or school.

There are 2 schools on the campus of the University of South Florida. These 2 are listed below:

- **Pizzo Elementary**
  11701 USF Bull Run Dr.
  Tampa, FL

- **USF Patel Partnership Elementary School**
  11801 USF Bull Run Dr.

The Hillsborough County Public Schools website can be viewed at: [www.sdhc.k12.fl.us/](http://www.sdhc.k12.fl.us/)

Admission and Enrollment Requirements can be found at: [http://www.sdhc.k12.fl.us/departments/155](http://www.sdhc.k12.fl.us/departments/155)

When you come to the U.S. with children, please ensure that you bring the following items so that they are able to enroll in public school:

- Previous School records for 4 years, if applicable
- Passport
- Original Birth certificate
- Immunization Records

To check on the reputation and quality of the school you choose for your child, please go online at review:

- [www.greatschools.org/florida/tampa](http://www.greatschools.org/florida/tampa)

- To see the Best Schools in Tampa, go to: [www.zillow.com/tampa-fl/schools](http://www.zillow.com/tampa-fl/schools)
Banking

In the United States, banks are a business with the goal of making money. Bank regulations in the United States are highly fragmented compared with other G10 countries. While most of these countries have only one bank regulator, in the U.S., banking is regulated at both the federal and state level. Depending on its type of charter and organizational structure, a banking organization may be subject to numerous federal and state banking regulations. Unlike Japan and the United Kingdom (where regulatory authority over the banking, securities and insurance industries is combined into one single financial-service agency), the U.S. maintains separate securities, commodities, and insurance regulatory agencies—separate from the bank regulatory agencies—at the federal and state level.

You will find it essential to have a bank account in the United States unless you are only here for a short period of time.

To open an account at a bank or credit union, you should bring the following items:

- Passport & Visa
- Immigration Document such as DS-2019 form, I-797 Approval Notice from the USCIS
- At least $25 to deposit (cash, check, traveler’s check)
- US Address
- You will be asked for your social security number, but you do not need this number to open up your account. Tell the bank that you have applied for your social security card and you will provide them the number once you receive it.
- You will be asked to fill out a Form called W-8 BEN. The purpose of this form is to state that you are receiving non-service income and wish to claim exemption from taxes. (Please see the section on taxes further down in this brochure.) Everyone who does not have a social security number must fill out this form. Once you receive your social security number, inform your bank of this number.
- Banks are not open on Sundays or American holidays. Some banks are open on Saturdays, but you will need to check the hours of the bank that you choose.
**Checking Account**—you will need a checking account to pay bills such as rent, utilities, and child care. You can withdraw money from your account by writing a check or using a debit/check card. The check is a negotiable order of withdrawal that tells the bank to pay the money to the payee by withdrawing the money from your account. Upon opening your initial checking account, the bank will provide you with an initial set of checks with your address and name on the top of the check. For more information about writing checks, please see: [http://www.edupass.org/living/money.phtml](http://www.edupass.org/living/money.phtml)

**Debit/Check Cards** are an alternative to paying cash. Nearly all debit cards link directly to your checking account and allow you to spend money in your account by having your debit card swiped at automatic teller machines, stores, restaurants, gas stations, etc. **Please be aware that you can only use up to the amount that you have in your checking account. If you use more than the amount included in your account, you will be charged overdraft fees from your bank.** Please ask your bank about overdraft protection. You may also use your debit card to withdraw cash from an ATM machine. If you use an ATM machine that is not connected to your bank, be prepared to pay a $2-$3 user fee.

When you are issued a debit/check card, it will come with a **Personal Identification Number (PIN).** You should keep this number safe and not write it on the card.

**Credit Card**—you will need a social security number to apply for a credit card, but even that is not a guarantee that you will qualify for a credit card. You must prove to the bank that you have the ability to pay back any debts. If denied, you may ask for a **secured credit card.** You should apply for credit cards that have the **lowest** interest rates such as those offered by credit unions.

**Wire Transfers**—Most banks allow you to transfer money in to the U.S. and transfer out of the U.S. There is usually a small fee.

**Major Banks in the Area**

<table>
<thead>
<tr>
<th>Bank</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PNC Bank</strong></td>
<td>USF Holly Drive, Tampa, FL 33613</td>
<td>(813) 615-2150</td>
</tr>
<tr>
<td></td>
<td>2009 E. Fowler Ave, Tampa, FL</td>
<td></td>
</tr>
<tr>
<td><strong>USF Federal Credit Union</strong></td>
<td>13302 USF Palm Dr. Tampa, FL 33612</td>
<td>(813) 569-2000</td>
</tr>
<tr>
<td><strong>Regions Bank</strong></td>
<td>11804 Bruce B. Downs Blvd, Tampa, FL 33612</td>
<td>800-734-4667</td>
</tr>
</tbody>
</table>

[https://apps.pnc.com/locator/](https://apps.pnc.com/locator/)

[www.regions.com](http://www.regions.com)
**Chase Bank**  
University Plaza  
2802 E. Fletcher Ave.  
Tampa, FL  
(813) 866-0499  
[www.chase.com](http://www.chase.com)

**Pilot Bank**  
5140 E. Fowler Ave.  
Tampa, FL  
(813) 349-4530  
[www.pilotbank.com](http://www.pilotbank.com)

**Fifth Third Bank**  
2206 E. Fowler Ave.  
Tampa, FL  
(813) 421-6593  
[www.53.com](http://www.53.com)

**Wells Fargo Bank**  
13304 Bruce B. Downs Blvd.  
Tampa, FL  
(813) 903-8990  
[www.wellsfargo.com](http://www.wellsfargo.com)

**Suntrust Bank**  
Tampa Palms  
16102 Bruce B. Downs Blvd.  
Tampa, FL  
(813) 424-3258  
[www.suntrust.com](http://www.suntrust.com)

**Bank of America**  
1720 E. Fowler Avenue  
Tampa, FL 33612  
(813) 971-5088  
[www.bankofamerica.com](http://www.bankofamerica.com)
Dining

Tampa is a diverse community, with many groceries and restaurants offering food items that cater to specific ethnic and cultural groups. Here is a listing of some of the areas international food stores – more can be found in the yellow pages of the phone directory or by searching the web based on your location. Also, please call before heading to these places to make certain they are still in business.

**International Markets**

- Asian Spicy Food Inc – 5025 E Fowler Ave, Tampa – (813) 989-9892
- Bombay Market Inc – 1749 State Road 60 E, Valrico – (813) 681-4884
- Caribbean Delites – 2116 W Busch Boulevard, Tampa – (813) 936-2029
- Chicho’s Latin Market – 3023 W Waters Avenue, Tampa – (813) 933-5152
- Din Ho Market – 8502 N Armenia Avenue, Tampa – (813) 933-7230
- Ebere Afrik Marke – 5810 N 40th Street, Tampa – (813) 231-2516
- Europa by Selver Alimanovic – 4202 E Busch Boulevard, Tampa – (813) 987-9818
- The First Oriental Market – 4205 W Waters Avenue, Tampa – (813) 882-4668
- Ganesh Grocery – 11620 N 22nd Street, Tampa – (813) 975-1400
- H & L Mexican American Store – 4514 Coronet Road, Plant City – (813) 759-0818
- Indian Bazaar – 4023 W Waters Avenue, Tampa – (813) 885-9551
- MD Oriental Market – 1106 East Fowler Ave, Tampa, FL 33612
Kim Brothers Oriental – 4021 W Hillsborough Avenue, Tampa – (813) 886-8989
Kiran Indian Grocers – 5691 E Fowler Avenue, Tampa – (813) 980-1184
Sinbad Mediterranean Foods – 4914 E Busch Boulevard, Tampa – (813) 989-3612
Taj Mahal Grocery – 4936 E Busch Boulevard, Tampa – (813) 987-9755
Vietnam Market – 4807 S Himes Avenue, Tampa – (813) 832-8316
Vinh Hung Market – 705 W Waters Avenue, Tampa – (813) 932-6831

International Restaurants
Angithi Indian Cuisine – 2047 E Fowler Ave, Tampa – (813) 979-4889
Byblos Café (Lebanese food) – 2832 S Macdill Ave, Tampa – (813) 805-7977
Cafe Don Jose (Spanish) – 11009 N 56th Street, Tampa – (813) 988-8339
Caribbean Delites – 2116 W Bush Blvd, Tampa – (813) 936-2029
Casa Brasil/Café Latino – http://www.casabrasilcafelatino.com/index.html
Ceviche Tapas Bar & Restaurant – 2109 Bayshore Blvd, Tampa – (813) 250-0203
China Buffet – 1245 E Fowler Ave, Tampa – (813) 615-1310
Chinese Seafood Restaurant - 2705 54th Ave N. #3, St. Petersburg
Ichiban Japanese Cuisine – 2786 E Fowler Ave, Tampa – (813) 978-8095
Pho Quyen Vietnamese Cuisine – 2740 E Fowler Ave, Tampa – (813) 632-3444
Savino’s La Vera Cucino Napolitana – 4929 Bruce B Downs Blvd, Tampa – (813) 972-7979
Shiso’s Sushi Bar – 2634 E Fowler Ave, Tampa, FL 33612 – (813) 514-4100
Spain Restaurant & Tapas Bar – 513 N Tampa St, Tampa, FL 33602 – (813) 223-2831
Sukhothai Restaurant – 8201 N Dale Mabry Hwy # A, Tampa, FL 33614 – (813) 933-7990
Taj Indian Cuisine – 2734 E Fowler Ave, Tampa – (813) 971-8483
Thai Ruby Inc – 15319 Amberly Dr, Tampa, FL 33647 – (813) 558-0570
Zaeem Palace (Middle Eastern) – 3333 S. Westshore Blvd, Tampa – (813) 832-1188
Employment Options for Spouse

After your spouse applies for an Employment Authorization card and receives the approved card which authorizes work, he/she can then apply for a social security number/card with the Social Security Administration. (See the Immigration section on J-2 visa and Work Authorization). Now you’re ready to work. Where should you look for jobs in Tampa?

The first place you should look is through Employ Florida, the Employment Agency for the State of Florida. Their website is: https://www.employflorida.com/vosnet/Default.aspx You can register, get assistance, and can search for available jobs.

Other places to look for employment or open jobs include:

www.indeed.com
www.monster.com
https://jobs.myflorida.com
https://peoplefirst.myflorida.com
http://federalgovernmentjobs.us/job-location/florida-fl.html
www.govtjobs.com/states/florida-government-jobs
www.stateofflorida.com/job-seekers.aspx
www.americajobs.com/federal/l-florida/

And, don’t forget......
https://moffitt.org/careers-education/
Perhaps you and your spouse and even children need to practice English a little bit and get some tutoring now that you are in the U.S. See below for some resources to assist you outside of the workplace.

http://www.floridaliteracy.org/flc_landing.html?gclid=CLba5cr78MwCFVZghgod39oKfA

http://hillsboroughliteracy.org/learn/learn-english/

http://patch.com/florida/westchase/county-offers-free-english-language-classes-at-the-nob41be43ca0

http://floridaliteracy.org/search/search.php?type=services&county=Hillsborough
In the event of an emergency including fire, medical, or police, you should call 911 or dial “0,” ask for Tampa, FL and asked to be connected to fire, hospital, or police.

If you are at Moffitt and have an emergency, please dial 44.

The major hospitals in Tampa include the following:

Shriners Hospitals for Children-Tampa
12502 USF Pine Drive
Tampa, FL 33612
(813) 972-2250
http://www.shrinershospitalsforchildren.org/locations/tampa

Memorial Hospital of Tampa
2901 Swann Ave.
Tampa, FL 33609
Tel: (813) 873-6400
http://memorialhospitaltampa.com

Florida Hospital-Tampa
3100 East Fletcher Avenue
Tampa, Florida 33613
Phone: (813) 971-6000
https://www.floridahospital.com/tampa/emergency-services

Florida Hospital-Wesley Chapel
2600 Bruce B. Downs Blvd.
Wesley Chapel, FL 33544
Main Phone: (813) 929-5000
https://www.floridahospital.com/wesley-chapel

Tampa General Hospital
Different locations throughout Tampa
https://www.tgh.org/locations
(813) 844-7000

St. Joseph’s Children Hospital
3001 W. Dr. Martin Luther King Jr. Blvd.
Tampa, FL 33607
(813) 554-8500
https://baycare.org/sjch
MOFFITT’S ACUTE CARE CLINIC

What services will be provided:

- Care for personal illnesses that require medical attention.
- Initial treatment and management of chronic illness and referral.
- Lab Work
- Personal consultation regarding a medical question that an employee may need guidance with.
- Disease education.
- Smoking Cessation Counseling and prescriptions.

How to make an appointment with the Acute Clinic:

- Call Employee Health Services at ext 6899.
- Acute Clinic visits are scheduled Monday - Friday, 8 am - 4:30 pm
- Appointments can be scheduled in advance or same day if there is availability.
- Walk-ins will be seen based on acuity (the severity of the illness) and availability of appointment times.

What to bring with you:

- Employee Moffitt ID.
- Health Insurance card
- Adult Health History form completed.

Where the clinic is located:

The Employee Acute Care Clinic is located on the first floor of the Moffitt Research Building (MRC). Take the first hallway on left past Dominic’s Deli.

Cost to the employee:

- There will be no cost for the Acute Clinic office visit with the Employee Health ARNP.

Lab work or radiology testing the ARNP orders will require a copy of your insurance card for processing through your insurance company.
**Urgent Care Centers**

In the event that you do not wish to go to the Emergency Room of a large Hospital in Tampa for a non-serious medical emergency, you and your family can go to a local Urgent Care Center. These Centers are usually open 7 days per week and long hours each day. You can also make appointments at these Centers.

The following are weblinks to local Urgent Care Centers:

- [https://www.medexpress.com/local-centers/florida.aspx](https://www.medexpress.com/local-centers/florida.aspx)
- [www.urgentcarelocations.com/fl/tampa/tampa-urgent-care](www.urgentcarelocations.com/fl/tampa/tampa-urgent-care)

Unlike other countries, the United States does not provide socialized, government paid healthcare. Because medical care can be very expensive, it is important to have health insurance. Before you go to any of the medical providers listed above, please ensure that the medical provider(s) is covered by your insurance policy.
GROCERY STORES – GENERAL

Winn Dixie
2770 Fowler Ave.
Tampa, FL 33612
(813) 972-4504
www.winndixie.com

Publix
Terrace Ridge Plaza
11502 N 53rd St
Temple Terrace, FL 33617
(813) 988-1980
www.publix.com

Aldi
13514 University Plaza
Tampa, FL 33613
www.aldifoods.com

General Department Stores

Target
13658 University Plaza St.
Tampa, FL 33613
(813) 972-3396
www.target.com

Wal-Mart Stores (Open 24 hours)
2701 East Fletcher Ave.
Tampa, FL 33612
(813) 558-0994
www.walmart.com
**Shopping Malls**

**International Plaza and Bay Street**  
2223 N West Shore Blvd, Tampa  
(813) 342-3790  

**University Square Mall**  
2200 E Fowler Ave, Tampa  
(813) 971-3465  

**Westshore Plaza Mall**  
250 Westshore Plaza, Tampa  
(813) 286-0790  

**Tampa Premium Outlets**  
2300 Grand Cypress Dr, Lutz, FL 33559  
(813) 909-8716  

**The Shops at Wiregrass**  
28211 Paseo Drive, Wesley Chapel  
(813) 994-2242  
Shopping for a good Mattress?
You will most likely need a good mattress upon your arrival in the U.S. Check out the following list of stores who sell mattresses.

http://www.yellowpages.com/tampa-fl/mattress-stores

Need furniture?
For new furniture, see the list of stores in Tampa at:
http://www.yelp.com/search?cflt=furniture&find_loc=Tampa%2CFL

Want to buy gently used furniture?
Check out the Consignment shops in Tampa that sell previously owned furniture.

Rent furniture?
It may be a great idea to rent furniture for the time that you are in the U.S. However, be cautious as the monthly rental costs may be higher than purchasing the furniture as you are paying for the convenience of using the furniture and then returning the furniture once you leave the U.S.

See:

Travel

International Airports in Florida

Tampa International Airport
www.tampaairport.com

List of Airlines that fly to and out of
Tampa International Airport
www.tampaairport.com/airlines-tpa

Sarasota-Bradenton International Airport
www.Srq-airport.com

Daytona Beach International Airport
http://airport-authority.com/DAB

Fort Lauderdale/Hollywood International Airport
http://airport-authority.com/FLL

Southwest Florida/Fort Myers International Airport
http://airport-authority.com/RSW

Jacksonville International Airport
http://airport-authority.com/JAX

Melbourne International Airport
http://airport-authority.com/MLB

Miami International Airport
http://airport-authority.com/MIA

Orlando International Airport
http://airport-authority.com/MCO

Palm Beach International Airport
http://airport-authority.com/PBI
Things to Do in Tampa!

There is something to do in Tampa for everybody, young or old, couch potato or active! Below please find a wide variety of activities and places to see when you’re in Tampa. Don’t miss a thing......

**Busch Gardens Tampa Bay**
Amusement Park & Zoo

**Florida Aquarium**
[http://www.flaquarium.org](http://www.flaquarium.org)

**Lowry Park Zoo**
[www.lowryparkzoo.org/visit/zoo-info](http://www.lowryparkzoo.org/visit/zoo-info)

**Museum of Science & Industry**
[www.mosi.org](http://www.mosi.org)

**Amalie Arena**
Professional hockey, other sports and concerts held here
[www.amaliearena.com](http://www.amaliearena.com)

**Big Cat Rescue**
[www.bigcatrescue.org](http://www.bigcatrescue.org)

**Adventure Island Water Park**
[www.adventureisland.com](http://www.adventureisland.com)

**Harry B. Plant Museum**
[www.plantmuseum.com](http://www.plantmuseum.com)
Glazer Children’s Museum
http://glazermuseum.org

Raymond James Stadium
Where the Tampa Bay Buccaneers
Play professional football
http://raymondjamesstadium.com

Dinosaur World
http://dinosaurworld.com

SS American Victory Ship Mariners Museum
www.americanvictory.org

Tampa Museum of Art
www.tampamuseum.org

University of South Florida Botanical Gardens
http://gardens.usf.edu
Want to Find the Closest Beach Around Tampa?

If you love the warm blue ocean, sand, and balmy breezes, there are many choices of beaches around Tampa for you to choose from! Go put your toes in the ocean and relax!

Please see the following for a list of beaches in the Tampa Bay area:

www.visittampabay.com/things-to-do/tampa-beaches/

www.tampabaybeaches.com/our-beaches.html

Parks

Do you like to walk, run, ride your bicycle, and just generally be outside in a cool, calm place? Tampa has many wonderful parks that are wooded and shaded with trails winding through them. Some are even located by the Tampa Bay. Please review the websites below and find your favorite park!

www.hillsboroughcounty.org/Parks

http://www.tampagov.net/parks-and-recreation
Currency Converters

Need to find out how much of your money makes up a U.S. Dollar? Check out the Currency Converters below when you need help.

https://finance.yahoo.com/currency-converter/

www.xe.com
Love to read books, different magazines & newspapers? Find some really great libraries in the Tampa area. They are listed below:

Hillsborough County Public Library Cooperative
www.hcplc.org

Florida Public Libraries
www.publiclibraries.com/florida.htm
The United States Postal Service (USPS) is a very efficient way to send letters and packages locally, nationally, and internationally. Their costs are reasonable and you can get extra services for your letters and packages including expediting the time for delivery, signature requirement, insurance, tracking services, and others. You can also get stamps from the Post Office to mail your letters. To find local offices close to you, please review: https://tools.usps.com/go/POLocatorAction.action Put in Tampa, FL and you will find local offices near you.

Federal Express (Fed Ex) is a local, national, and international package delivery service that is very costly but will get your package to its location exactly when you want it delivered. You can track your package and be notified when it has been delivered and you can make the recipient sign for the package. Look for local services at http://local.fedex.com/fl/tampa

United Parcel Service (UPS) is a local, national, and international package delivery service that is similar in price to Federal Express. However, UPS does not deliver to as many areas internationally as Federal Express. You can also track your package and be notified when it has been delivered. To find stores that ship UPS packages, please see: www.theupsstore.com/tools/find-a-store

DHL is a logistics and parcel international and national delivery service that is similar in price to the other two package delivery options. To locate a DHL store, please see: http://www.dhl.com/en/express.html
During your stay in the United States, there may be certain government agencies that you will need to contact. Below is a list of those agencies, with their website link.

Social Security Administration
https://www.ssa.gov/people/immigrants/

United States Citizenship and Immigration Services
www.uscis.gov

Customs and Border Patrol
www.cbp.gov

U.S Department of State
www.state.gov

Department of Homeland Security
www.dhs.gov

US Embassies and Consulates around the World
http://www.usembassy.gov/

U.S. Inspection and Custom Enforcement
www.ice.gov

Internal Revenue Service
www.irs.gov
There may come a time while you’re in the United States that you may need the services of a reputable and qualified immigration lawyer. The best place to find a good lawyer is from a referral from a previous client.

If you do not know anybody who has used an immigration lawyer, the next best place to find a qualified immigration lawyer, is to find the list of lawyers in your state that are members of the American Immigration Lawyers Association (AILA). This is the largest organization in the U.S. that is strictly limited to the practice of immigration. You can locate a lawyer by reviewing: http://www.ailalawyer.org/
Tampa’s Weather

The Tampa Bay area has a humid subtropical climate (Köppen Cfa), with warm and humid summers with frequent thunderstorms and drier winters with freezing temperatures occurring every 2–3 years. The area experiences a significant summer wet season, as nearly two-thirds of the annual precipitation falls in the months of June through September. Spring in the Tampa area is usually mild and dry, with highs in the 70s (around 25 C) and lows in the 50s (around 13 C). However, the calm is occasionally disturbed by the arrival of late-season cold fronts. In the summer, temperatures are hot from around mid-May through mid-October, which coincides approximately with the rainy season. Summertime weather is very consistent, with highs in the low 90s °F (around 32 °C), lows in the mid-70s °F (around 24 °C), accompanied by high humidity and an almost daily chance of afternoon thundershowers.

In the autumn, both the temperature and the average rainfall decline as September turns to October. Highs moderate into the 80s, and the lessening heat leads to lower humidity and fewer generated thundershowers, which are unusual after around mid-October.

Winters in the Tampa Bay Area are generally dry and mild; highs during the season average near 70 °F (21 °C) with mostly sunny skies. The occasional cold front will bring rain followed by a few days of cooler temperatures. Lows rarely drop below freezing 32 °F (0 °C), an occurrence which happens, on average, once every other year.

June through November is hurricane season in the Atlantic Basin and Caribbean Sea, with the most tropical activity occurring between mid-August to mid-October. The area feels some effect from passing tropical systems almost every year, but direct hits are uncommon. Tampa Bay has not seen the landfall of any hurricane since 1946, and has not taken a hit from a major hurricane since 1921.

The best place to find out the current, upcoming, and future weather patterns for the Tampa Bay area is on The Weather Channel which is a cable-tv station but also available online at: https://weather.com

Local news about the weather can be found at www.theweathernetwork.com and www.baynews9.com/Weather.html
Need to Renew your Passport?

You can renew your passport in the United States at your country’s Embassy. Most major countries have an Embassy in Miami, Florida which is about 204 miles from Tampa.

Review your country’s Embassy website below and find out the location of the Embassies throughout the U.S.

Please review:
www.state.gov/s/cpr/rls/dpl/32122.htm