



NCURA REGION V · AM68

New York City Survival Guide

Everything you need to get around, stay safe, eat well,
and make the most of the Annual Meeting in NYC.

Tips, links, and recommendations shared by Region V colleagues

Compiled from the pre-meeting information session

Turn the page for the full guide ›

**01**

Getting Around the City

The Hilton is your home base — here's how to move around it.

Subway: tap and ride

You no longer need to buy a subway ticket. At the turnstile, simply tap your own contactless credit/debit card or smart device. Use the **same** card or device for both legs of a trip and your transfer is free. [MTA tap-and-ride details](#)

Uber Airport Shuttle (low-cost shared ride)

- Newark (EWR) → Hilton
- LaGuardia (LGA) → Hilton
- JFK → Hilton

Taxis & orientation

- Taking a yellow cab? Know the route you want — otherwise you may get taken the long way.
- Avenues (6th, 7th, 8th) run long; numbered cross-streets (42nd, 43rd...) are short hops.
- **Uptown = North, Downtown = South.**

02

Staying Safe

- There's safety in numbers — explore with a buddy or group when you can.
- Keep your wallet, phone, and purse secure against pickpockets.
- Grab a hotel business card. If you end up somewhere alone with a dead phone, you'll still have the address handy. (*Old-fashioned, but it works.*)

03

The Meeting & the App

- [Conference program](#) — window-shop your sessions block by block; it's half the fun.
- **The NCURA App:** search “NCURA” in your app store. The Annual Meeting schedule typically goes live one to two weeks before the meeting — you'll get an email from the national office when it's active.
- [Annual Meeting FAQs](#) (includes guidance on using the app).
- [Certificate Program](#) and the [Research Administrators Certification Council](#).
- [Accessibility & Inclusion](#) — accessibility commitments for the meeting.
- Connect with other attendees through the app and, for members, [NCURA Collaborate](#).

**04**

Where to Eat

Restaurants near Times Square suggested by the group:

- [Sardi's](#)
- [Joe Allen](#)
- [Mermaid Oyster Bar](#)
- [La Grande Boucherie](#)
- [Nobu Fifty-Seven](#)
- [Carmine's \(Times Square\)](#) — delicious, and served family-style.

Heads up: two of the “dinner time” options on Aug. 1 and Aug. 3 are **not** actual sit-down meals — plan accordingly. Steak in NYC tends to be pricey, so set expectations there.

Want a fun splurge? You can have breakfast or high tea at [The Blue Box Cafe at Tiffany's](#) — reserve well in advance.

Prefer company? Join a [Dinner Group](#) — a great way to explore the city “in numbers,” try something new (someone's first Ethiopian meal happened this way!), and maybe meet a buddy.

05

Things to Do (Free or Low Cost)

Central Park — 2 blocks from the Hilton

- [Bethesda Terrace](#)
- [Bow Bridge](#)
- [Strawberry Fields memorial](#)
- [Central Park Zoo entrance](#)

Museum of Modern Art (MoMA) — 5 minutes away

Open until 5:30 p.m. daily and 8:30 p.m. on Fridays. Admission ~\$25. Look for Van Gogh's *Starry Night*, plus Picasso and Warhol.

More within walking distance

- **Fifth Avenue window shopping:** Saks Fifth Avenue, Bergdorf Goodman, Apple Fifth Avenue.
- **Rockefeller Center:** Atlas statue photo, Channel Gardens, NBC Studios, and the Top of the Rock observation deck.
- **St. Patrick's Cathedral** — one of NYC's most beautiful landmarks, free to visit.
- **The Metropolitan Museum of Art.**
- **Times Square at night** — it never really sleeps.
- **Harbor Lights Cruise** — skyline views by night (an Aug. 1 option on the NCURA site).



06

Get Involved

- **Volunteer with Region V:** [sign up here](#). The easiest first-timer role is helping at the registration desk.
- **Meeting Mentor Program:** an easy lift for mentors and a great way to connect across NCURA — sign up as a mentor or mentee.
- **Ice Cream Social:** doesn't conflict with any conference activities — a relaxed way to meet colleagues from Texas and Oklahoma institutions. All are welcome.

07

Who to Contact

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“Thanks for all the great info — see y'all in NYC!” Whether it's your first work conference or your twentieth, the Region V team is glad you're coming.