



Local Information

To help with everyday needs such as food, photocopying, and currency exchange, the Harkness Center has put together a list of local services convenient to the course location.

Included in this document are:

- **Restaurants**
- **Photocopying/Printing Services**
- **Foreign Currency Exchange**

Services

Food

The Harkness Center will provide snacks and beverages for the morning and afternoon sessions, but lunch is to be the responsibility of the participants. For your convenience a list of nearby restaurants and deli's are listed below:

- **Tortilla Grill** – 2nd Avenue between 31st and 32nd Streets - Mexican
- **Profit** – 2nd Avenue & 30th Streets - Chinese
- **Pizza Restaurant** – 2nd Avenue & 30th Streets – Slices and Calzones
- **La Bella** - 2nd Avenue & 32nd Street - Pizza
- **East** – 3rd Avenue & 27th Street - Sushi
- **Sunflower Diner** – 3rd Avenue & 28th Street - Variety
- **Big City** – 3rd Avenue & 26th Street - Organic, salads and soups
- **Guy & Gallard** – Lexington Avenue & 34th Street – Coffee, gourmet sandwiches
- **Penelope** – Lexington Avenue & 30th Street – Café/ Bakery
- **Sarge's Deli** – 3rd Avenue between 36th and 37th Streets –Deli
- **Todaro** – 555 2nd Avenue between 31st and 32nd Streets- Italian grocer and deli
- **Patsy's Pizzeria** – 509 3rd Avenue between 34th & 35th Streets – Pizza and pasta – cash only
- **Mee Noodle Shop** – 547 2nd Avenue between 30th & 31st Streets – Chinese
- **L'Annam** – 28th Street & 3rd Avenue – Vietnamese
- **Jai Ya Thai** –396 3rd Avenue between 28th & 29th Streets – Thai, spicy



- **Turkish Kitchen** – 386 3rd Avenue at 29th and 28th Streets – Lunch specials
- **Starbucks** – 2nd Avenue at 32 Street
- **Paddy Reilly's Irish Pub** – 29th Street and 2nd Avenue – Irish food
- **Waterfront Ale House** – 2nd Avenue & 30th Street – Bar food
- **Café Indulge** – 2nd Avenue and 32nd Street – Gourmet diner, variety

Photocopying/Printing

For course attendees needing photocopying services, there are a few nearby copy centers. Their locations are:

- ◆ FedEx Kinko's 257 Park Avenue S. (between 20th and 21st Streets)
- ◆ Mail Boxes Etc. 303 Park Avenue S. (at 23rd Street)
- ◆ Copy Comp 234 E. 23rd St. (between 2nd and 3rd Avenues)

Foreign Currency Exchange

We recommend a number of places to exchange foreign currency to U.S. dollars. Credit cards give the best exchange rates and most ATM machines accept CIRRUS cards.

- ◆ **Currency Exchange Counters**
Located at all the NYC Airports: LaGuardia, JFK and Newark
- ◆ **American Express Travel Office**
295 Park Ave. S (23rd and Park)
(212) 691-9797
Mon-Fri 9am-6pm, Sat 10am-4pm
- ◆ **Empire State Building**
350-5th Avenue @ 33rd Street
(212) 268-4525
Hours: Mon-Fri 9am-6pm; Sat & Sun 10am-6pm
- ◆ **Grand Central Terminal**
Park Avenue @42nd Street
(212) 661-7600
Mon-Fri 7am-9pm; Sat 9am-9m, Sun 10am-6pm