



**UNITED AMBASSADORS  
MUN4UN YOUTH ASSEMBLY  
UNITED NATIONS HEADQUARTERS, NEW YORK  
AUGUST 23-26, 2016**

**PRE-ARRIVAL GUIDE**



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## A) CONFERENCE VENUE

### New York City

The first ever United Ambassadors Youth Assembly will take place in New York, a lively and vibrant city full of opportunities, diversity and history. As one of its main historical landmarks, New York City hosts the Headquarters of the United Nations, which will be the official venue for the MUN4UN Youth Assembly. New York City was selected as the Headquarters of the United Nations by the United States Congress in December 1945, and thereafter the decision was ratified by the UN General Assembly at its first session in London in February 1945.



Picture: TripAdvisor

### United Nations Headquarters

The United Nations was born after the end of World War II in 1945, in the city of San Francisco during the United Nations Conference on International Organization, in which 50 States gathered to find a way to prevent war from continuing to devastate humanity as it had done since 1914 with the break of World War I.



Picture: United Nations

All of the buildings composing the UN Headquarters complex are International Territory, meaning that it is protected by International Law through a Headquarters Agreement signed with the United States, and also bound to prevent its facilities from being used to avoid federal prosecution in the host country.

The UN Headquarters, on 405 East 42<sup>nd</sup> Street stands where there once where light industry buildings and slaughterhouses, and consists of four major buildings: The General Assembly Building, the Secretariat, the Conference Area Building, which includes the Council rooms, and the Library.

As MUN Leaders, you will have the opportunity to work in the Conference Area Building during the MUN4UN 2016 Youth Assembly, and attend the Closing Ceremony at the General Assembly Hall. The Conference Area Building connects the General Assembly Building with the Secretariat Buildings, and is home to the Security Council, the Trusteeship Council, and the Economic and Social Council Chambers, which will be the main facility used during the Assembly.



## The ECOSOC Chamber

Photo: United Nations



The ECOSOC Building was designed and given as a gift to the United Nations by the Kingdom of Sweden. The building contains the Economic and Social Council Chamber, a large Delegate Lounge, and three large Conference Rooms.

## The UN General Assembly Hall

Photo: United Nations.



The closing ceremony and final day of the United Ambassadors MUN4UN 2016 Youth Assembly will be held entirely in the United Nations newly renovated General Assembly Hall. Where major UN resolutions are adopted. Where the UN 2030 Agenda on Sustainable Development was unanimously adopted in September 2016. Where the General Assembly holds its annual high level meeting that hosts heads of state and Ambassadors. Where history is made. This is the final conference venue of the United Ambassadors 2016 Youth Assembly.



## **B) GETTING THERE**

### **Conference Venue: United Nations Headquarters**

**Address: 45<sup>th</sup> Street and 1<sup>st</sup> Avenue, New York, NY 10017, United States.**

Getting to the United Nations Head Quarters in New York is very easy and straightforward. Depending on where your hotel is, you may be within walking distance to the conference venue. If your hotel is far you will have to use the bus or call for a Taxi. Be sure to ask how far your hotel is from United Nations Headquarters at the Hotel Reception.

### **Important Notice:**

Delegates are advised to decide ahead of time exactly what mode of transportation (on foot, by Taxi or by Rail) to use in getting to the conference venue.

Delegates may also look up the directions using Google maps from their current location. Google maps includes the best routes possible and the estimated time of arrival. Please note that trains may sometimes also be delayed.

Delegates who arrive a day or two earlier may also 'walk the route' getting to the conference venue to get familiar with the area and avoid being late.

Whatever mode of transportation you decide to use, the following directions and maps from specific locations should help you get to the conference venue. Also, many alternative routes may take you to the venue, however, the routes indicated below, we believe, are the most popularly used routes.

### **Getting There from Grand Central:**

The Subway system may be used to get there. Take the subway trains (4, 5, 6, or 7) to Grand Central Station. You can either take the bus or walk 15 – 20 mins East on 42<sup>nd</sup> Street to 1st Ave. While you will be already in front of the UN, you will be then need to go to the security checkpoint located on the 45<sup>th</sup> Street.



Picture: Grand Central Station, Front View.



### Getting there on foot (best suggested option);

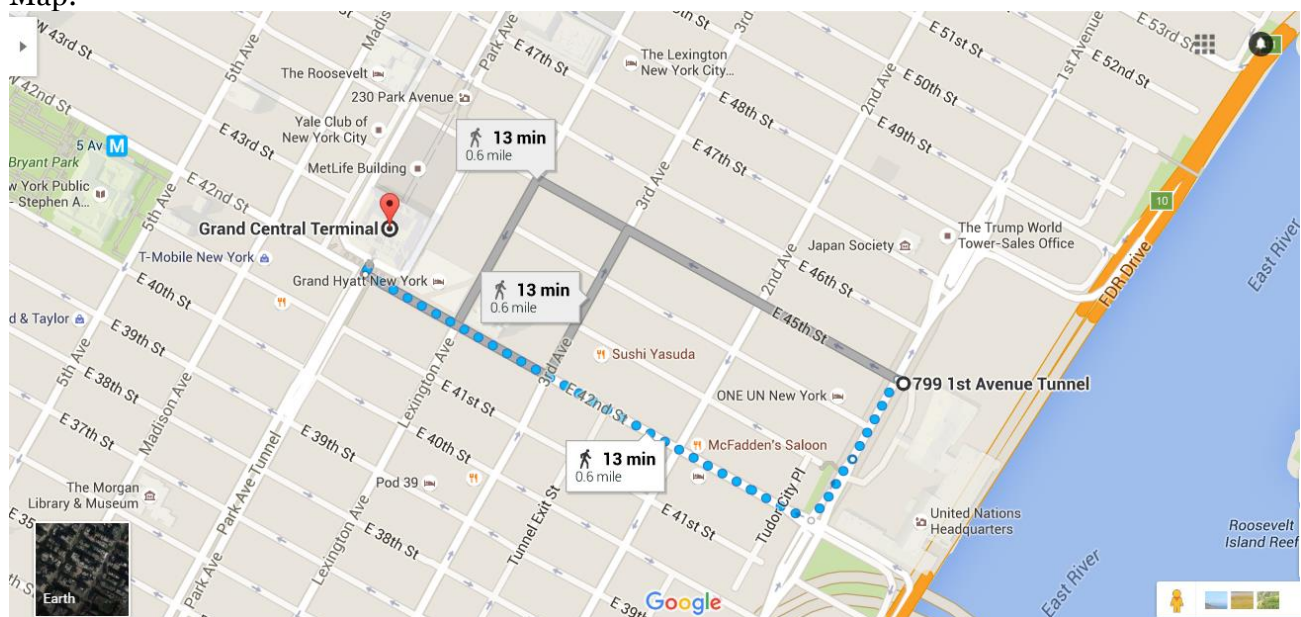
**From: Grand Central Station** (89 East 42<sup>nd</sup> Street, NY 10017, USA)

- Head Southwest toward E 42nd St
- Turn Left onto E 42nd St
  - Landmarks to look out for; Grand Hyatt New York, Chrysler Building, Sushi Yasuda, McFadden's Saloon and the Ralph Bunche Park.
- Turn left onto 1<sup>st</sup> Avenue/United Nations Plaza
- Turn Right onto 45<sup>rd</sup> St.
  - NB: It's a partially restricted usage road. You will need to go to the Security Checkpoint on 45<sup>th</sup> St.

**To: United Nations Head Quarters** (NY 10017, USA)

Time: Approximately 13 minutes

Map:



(Source: Google Maps)

### Important Note:

Delegates may take a taxi from the Grand Central Station to the United Nations Headquarters or via the same routes as outlined above or use the **M24** Bus as indicated below;

### Getting there by Bus (alternative);

**From: Grand Central Station** (89 East 42<sup>nd</sup> Street, NY 10017, USA)

- Walk for about 3 min to
- E 42 St/Park Av
- Take the **M24** Un – 1 Av Crosstown (Bus) get off at
  - Take note the bus makes 4 stops
- E 42 St /1 Av
- Walk about one minute to E 45 St.

**To: United Nations Headquarters** (NY 10017, USA)

### Getting there from the Airport:

If you are coming directly from the airport, (there are 3 Airports in New York; John F Kennedy International Airport, LaGuardia Airport, and Newark Liberty International Airport) you will be able to get a Taxi to the conference venue. You may also use the subway to the conference venue.

1. From: **LaGuardia Airport**, NY 11371
  - Get on Grand Central Parkway
  - Continue on Grand Central Parkway. Take Brooklyn Queens Expy E, I-278 W, I-495 W and Queens Midtown Tunnel to Tunnel Exit St in Manhattan. Exit from I495 W
 Follow Tunnel Exit St and E 40<sup>th</sup> St to 1<sup>st</sup> Avenue/United Nations Plaza



Picture: La Guardia Airport (Getty Images)

To: **United Nations Headquarters**, NY 10017, USA

NB. It takes approximately 25 minutes (without traffic) to get to the conference venue by taxi as compared to roughly an hour and 10 minutes (1hr 10mins) by train.

2. From: **John F Kennedy Airport**, NY 11430, USA
  - Get on I-678 from 130<sup>th</sup> PI and Bregen Rd
  - Continue on I678 N. Take Grand Central Pkwy, I-495 W and Queens Midtown Tunnel to Tunnel Exit St in Manhattan. Exit from I-495 W
  - Follow E 38<sup>th</sup> St to 1st Avenue/United Nations Plaza



To: **United Nations Headquarters**, NY 10017, USA

Picture: John F Kennedy Airport

NB. It takes approximately 27 minutes (without traffic) to get to the conference venue by taxi as compared to roughly an hour and 14 minutes (1hr 14mins) by train.



3. **From: Newark Liberty International Airport, NJ 07114, USA**

- Get on I 78 Express  
E/Phillipsburg – Newark  
Expy from Express Rd
- Follow I – 78 to Laight St in  
Manhattan, New York.  
Take Exit 1 from I – 78 E
- Continue to battery Park  
Underpass
- Take FDR Drive to 1 st  
Avenue/United nations  
Plaza Take exit 9 from FDR  
Drive



**To: United Nations Headquarters, NY 10017, USA**

Picture: Newark Liberty International Airport, View from AirTrain (<http://www.panynj.gov/airports/ewr-to-from.html>)

NB. It takes approximately 37 minutes (without traffic) to get to the conference venue by taxi as compared to roughly 58 minutes by rail.

### C) REGISTRATION

The on-site registration process will take place in front of the UN Headquarters Guest Entrance on Day 1 (August 23rd) between 8 AM and 9 AM, where delegates will receive the UN Security Passes before getting to the Security Checkpoint. (Check schedule – Exact location of UN pass and Lanyard Handout to be confirmed via email).

The UN Security Passes will last for the whole 4 days, and would allow them to move through the UN facilities **only from the entrance and directly to the room the event is held at each day** (NOT freely within any section of UN HQ), for the duration of the Assembly (until Friday August 26<sup>th</sup>, 6 PM)

**DISCLAIMER: SECURITY PASSES WILL BE VALID FOR ALL 4 DAYS. IF\*\* SECURITY PASS IS LOST OR MISPLACED, DELEGATE WILL NOT BE ALLOWED BACK INTO UN HQ, OR BACK INTO ANY OF THE EVENT CONFERENCE ROOMS (ECOSOC, GA or Conference Rooms 11,12, B-E). UNITED AMBASSADORS CAN AND WILL NOT REPLACE LOST OR MISPLACED UN SECURITY PASSES, AT ANY RATE.**

After delegates have received their UN Security passes and successfully walked into the UN Headquarters, the remainder of the on-site registration process will be held during the conference itself, inside of the UN Headquarters: Either in at the ECOSOC Chamber, or in the Conference Rooms the event will be held in, where delegates will be officially registered as participants of the Assembly and receive their **Conference Packet**.



#### **D) UNITED NATIONS HEADQUARTERS, IMPORTANT SECURITY INFORMATION.**

**Disclaimer:** Given the fact that the Assembly will take place at the UN Headquarters, where Diplomats and Government Officials from the 194 Member States come to debate, negotiate and work for the betterment of societies around the world, **security requirements are very strict for both employees and guests.**



Picture: TripAdvisor

As noted before, delegates will be given a Un Security Pass and United Ambassador Lanyard and Event Tag identifying them as participants of the MUN4UN Youth Assembly and granting them permission to move inside the UN Headquarters **directly from the UN entrance to the room where the event is being held every day.**

**UN Passes - Disclaimer:** Delegates must wear their UN Security Passes or keep them in hand at all times, and be mindful of their whereabouts. Delegates may not lose or misplace their UN Security Pass. In case a delegate loses or misplaces their UN security pass, he/she will not be allowed to enter the UN Headquarters anymore for the remainder of the conference, and United Ambassadors is unable to replace it, with no exceptions. Do not walk out of the conference room (ECOSOC, GA or conference rooms B-E, 11,12) example: to the bathroom, without the UN Security Pass, as you will NOT be allowed back into the conference room by UN Security without your pass, EVEN if you are already inside the UN HQ. United Ambassadors CANNOT and WILL NOT be held responsible for the loss or misplacement of a UN security pass, and is UNABLE to replace them in case such event occurs.

**On UN Security - Disclaimer:** Please listen very carefully to any and all orders given to you by any member of UN Security at any point in time. UN Security Officers are entrusted with maintaining the safety of the United Nations, its staff and International Diplomats. Any and all orders by UN Security at any point in time are to be treated with paramount respect, consideration and attentiveness. In the unlikely case a delegate is requested to leave the premises by a member if UN security due to failure to comply with a direct order, United Ambassadors CANNOT interfere on this delegates behalf, with no exceptions.



### E) SAFETY RECOMMENDATIONS IN NEW YORK CITY

We want all of our participating delegates and staff to have the best time in New York City, which is why we are providing you with safety tips to bear in mind while you explore the city.

- **Be mindful of your belongings:** do not leave your baggage, handbags, cameras, laptops and other belongings unattended. Be mindful of potential theft, especially on public transportation. Always pay close attention to your belongings and where exactly they are (whether in pockets, purses, or handbags).
- **Be aware of your surroundings:** pay attention to any potential threats and try, to the best of your ability, to get yourself out of the situation. If you are ever in a situation that involves criminal activity or robbery, do not confront your attacker in any way.



- **Always look for the closest NYPD Officer:** It is very useful to always remember where you last saw a Police Officer. In New York City, especially Manhattan and the area surrounding the United Nations, you are likely to find a member of the NY State Police Department very frequently. They are entrusted with the task of maintaining the safety of pedestrians, civilians and anyone in New York. If you ever run into an issue, ***calmly and quietly*** approach a Police Officer and report it. Ask for their help, and always know they are there to support you. Always comply with any direct request or order (in case it is ever given) of any police officer, at any point in time.
- **When moving around New York City,** walk in well-lit and populated areas, be mindful of your surroundings, and if you feel you are being followed, enter into the closest populated store, police station, etc. to get out of harm's way
- **ATM:** Avoid using street ATMs as a rule of thumb. Instead choose ATMS located inside a bank branch that has **security cameras, and security guards**. When withdrawing money from ATMs, pay close attention to the ATM machine, the amount you withdrew, and any other individuals in the vicinity at the time of the withdrawal.



- **Respect Transit regulations:** you do not want to get in trouble or have an accident, so be very careful when crossing streets, driving cars, and/or bicycles. The State of New York has strict pedestrian and vehicle safety laws. Please **DO NOT CROSS THE STREET** unless the **GREEN** pedestrian sign is lit. Below you will see on the left: **DO NOT WALK**, and on the right: **WALK**.



www.shutterstock.com · 335698208

- **Do not drink alcoholic beverages on the street.** It is reported to be illegal in the United States.
- **EMERGENCY CONTACT:** In case of an emergency (Medical, Fire, Accidents of any type, Crime or violent behavior etc.), please immediately dial: **911**

## F) CONFERENCE SCHEDULE/ PROGRAM OF EVENTS – PART 1

<b>Document:</b>	<b>UNITED AMBASSADORS MUN4UN 2016 YOUTH ASSEMBLY UN HQ NYC – DETAILED PROGRAM OF EVENTS – PART 1</b>		
<b>Purpose:</b>	<b>Highlight Daily Schedule to Participants (Delegates).</b>		
<b>Day 1 Tuesday 23rd August, 2016</b>	UN HQ Visitors Entrance	<b>8:45 AM - 10:00 AM</b>	<p><i>Delegate Check-in (receive UN pass in front of UN Security Checkpoint, then proceed to ECOSOC Chamber).</i></p> <p><i>Note: Delegates start walking into UN every day at 9:00 AM. <b>Early arrival recommended due to long lines.</b></i></p> <p><b>9:00 AM – 10:00 AM: UN Tours (Part of Prepaid Social Package).</b></p>
	ECOSOC Chamber, UN Headquarters	<b>11:00 AM - 1:00 PM</b>	<p><i>MUN4UN 2016 Opening Ceremony</i></p> <p><i>Preselected MUN4UN speakers (Delegates) deliver opening speeches in ECOSOC</i></p>
	Outside of UN HQ	<b>1:00 PM - 2:30 PM</b>	<i>Lunch Break</i>
	ECOSOC Chamber, UN Headquarters	<b>2:30 PM - 6:00 PM</b>	<i>Guest Speakers &amp; United Ambassadors Staff (Short Expert Briefings/ Presentations)</i>
			<i>Panel Discussion - The Road Ahead</i>
			<p><i>Speeches by Any &amp; All MUN4UN Delegates.</i></p> <p><b>Dinner in Times Square (Optional - not included in prepaid social package. Organized by UA Staff).</b></p>
<b>Day 2 Wednesday 24th August, 2016</b>	UN HQ Visitors Entrance	<b>8:45 AM - 9:30 AM</b>	<i>Delegate Check in - Arrive to Conference Rooms B, C, D, E,11,12</i>
	UN HQ Conference Rooms B, C, D, E,11,12	<b>10:00 AM - 1:00 PM</b>	<i>Guest Speakers &amp; United Ambassadors Staff (Short Expert Briefings/ Presentations)</i>
			<i>Committee Sessions (Formal Debate/ Moderated Caucus/ Unmoderated Caucus).</i>
	Outside of UN HQ	<b>1:00 PM - 2:30 PM</b>	<i>Lunch Break</i>
	UN HQ Conference Rooms B, C, D, E,11,12	<b>2:30 PM - 6:00 PM</b>	<i>Committee Sessions (Moderated/ Unmoderated Caucus).</i>
			<i>Finalize &amp; Pass Committee Partial (Draft) Resolutions.</i>

*Disclaimer: The Schedule in this document is the latest version and may include slight variations from previous versions OR the version on the website. United Ambassadors Staff reserve the right to make minor changes to this Schedule before, or during the conference and any and all (if any) changes shall be announced to delegates vis email, or the Facebook page, or via United Ambassadors staff on site while in New York or inside the UN Headquarters.*



## F) CONFERENCE SCHEDULE/ PROGRAM OF EVENTS – PART 2

<b>Document:</b>	<b>UNITED AMBASSADORS MUN4UN 2016 YOUTH ASSEMBLY UN HQ NYC – DETAILED PROGRAM OF EVENTS – PART 2</b>		
<b>Purpose:</b>	<b>Highlight Daily Schedule to Participants (Delegates).</b>		
<b>Day 3 Thursday 25th August, 2016</b>	UN HQ Visitors Entrance	<b>8:45 AM - 9:45 AM</b>	<i>Delegate Check in - Make Way to ECOSOC</i>
	ECOSOC Chamber, UN Headquarters	<b>10:00 AM - 1:00 PM</b>	<i>Draft Resolution Presented to All Delegates.</i>
			<i>Academic Committee Panelists present the work of the committees - Explain Draft Resolution</i>
			<i>Moderated Caucus - Panel Discussion Amendments Proposed by Delegates.</i>
			<i>Moderated/ Possibly: Optional Unmoderated Caucus Discuss Proposed Amendments in ECOSOC.</i>
	Outside of UN HQ	<b>1:00 PM - 2:30 PM</b>	<i>Lunch Break</i>
	ECOSOC Chamber, UN Headquarters	<b>2:30 PM - 6:00 PM</b>	<i>Resume Moderated Caucus/ Complete Amendments Review</i>
			<i>Adopt Amended Draft Resolution. Clapping is in order.</i>
			<b>Final Panel Discussion CAN MUN CHANGE THE WORLD?</b>
	Optional Social – Broadway Evening Show in NYC.	<b>6:50 PM - 11:00 PM</b>	<i>6:50 PM: Meetup in front of UN HQ - Guided Groups Walk to Transportation</i>
			<b>8:00 PM: Optional Broadway Show (NOT included in prepaid social package).</b>

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## F) CONFERENCE SCHEDULE/ PROGRAM OF EVENTS – PART 3

<b>Document:</b>	<b>UNITED AMBASSADORS MUN4UN 2016 YOUTH ASSEMBLY UN HQ NYC – DETAILED PROGRAM OF EVENTS – PART 3</b>		
<b>Purpose:</b>	<b>Highlight Daily Schedule to Participants (Delegates).</b>		
<b>Day 4 Friday 26th August, 2016</b>	UN Headquarters	<b>9:00 AM - 10:00 AM</b>	<i>Delegate Walk into UN – General Assembly Hall</i>
	General Assembly Hall, UN Headquarters	<b>10:00 AM - 11:00 AM</b>	<i>Delegates &amp; Guests Seated in General Assembly Hall.</i>
	General Assembly Hall, UN Headquarters	<b>11:00 AM – 2:00 PM</b>	<b>**THE MUN4UN 2016 CLOSING CEREMONY**</b> <i>Resolution Presented by MUN4UN President to all Guests &amp; Participants Speeches by Key Guests &amp; Panel Discussion. Optional Speeches by UA Staff/ Selected Delegates: Upon discretion of Moderator: Youth Assembly President.</i>
	General Assembly Hall, UN Headquarters		<i>Remain inside UN HQ – optional picture time.</i>
	General Assembly Hall, UN Headquarters	<b>2:30 PM – 5:45 PM</b>	<i>Speeches by MUN4UN Seniors Speeches by MUN4UN Pre-Selected Delegates Present Awards Final Group Photo</i>
	<b>Official Final Conference Evening Social Event</b>	<b>8:30 PM - 10:30 PM</b>	<b>Official Evening Social Event &amp; Dinner.</b> <b>Venue: Penthouse 808 Rooftop (Included in Prepaid Social Package)</b>
<b>Day 5 Saturday 27th August, 2016</b>	<b>Statue of Liberty - NYC Morning Tour (Partially Included in Prepaid Social Package).</b>	<b>7:00 AM - 1:30 PM</b>	<ul style="list-style-type: none"> <li>- Meetup at 7 AM in front of UN HQ, and take transportation</li> <li>- Statue of Liberty Cruise (prepaid).</li> <li>- Optional: Fifth Avenue Visit and Option of taking ticket to Empire State Building Observatory.</li> <li>- Optional: Final Drop off in Times Square at 1 PM for individual activities.</li> </ul>

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### **G) SOCIAL EVENTS PACKAGE (Prepaid)**

We are super excited to welcome to the first ever MUN4UN Youth Assembly! We also hope that you are excited of coming to NYC, to our assembly at the UN Headquarters, and to meet new people and make new friends! In order to facilitate your time in NYC, we are preparing amazing social events that will allow you to know more about the UN, New York City and make friends! The Social Events Package costs only... and includes the following:

#### ***UN Tour (Tuesday August 23<sup>rd</sup>, 9 AM)***

A guided tour through the facilities of the United Nations Headquarters will take place on Tuesday August 23<sup>rd</sup>, just before the opening ceremony. Get ready to know more about the history of the UN organization, the Headquarters, and of course take lots of pictures! The guide tour will take you to the newly renovated General Assembly Hall, the Security Council Chamber, the Trusteeship Council Chamber, and the Economic and Social Council (ECOSOC) Chamber in the renovated Conference Building.

#### ***Evening social at Penthouse808 (Friday August 26<sup>th</sup>, starts 8:00 PM)***

An awesome way to say good bye to your fellow delegates is to simply enjoy a stylish dinner at a stylish rooftop with an amazing view of Roosevelt Island, Manhattan, and the place where you debated for the last few days; the UN Headquarters! For more information regarding location and menu, please visit [www.penthouse808rooftop.com](http://www.penthouse808rooftop.com)



Photo: Penthouse808 Rooftop

***New York City Tour (Saturday August 27<sup>th</sup>)***

In this tour, we will bring you to NYC's most iconic sites: Statue of Liberty National Monument, the Empire State Building Observation Deck, and with a final drop off at Times Square!



Photo: Business Insider



The Empire State Building. Note: Additional Ticket Price for Access to the ESB observatory is not included in prepaid social package.



**OPTIONAL EVENTS (not included in Prepaid Package):**

***Dinner in Times Square (Tuesday August 23<sup>rd</sup>, 7:30 PM)***

After an arduous first day, we will meet at 7:30 PM in front of the UN Visitors' Entrance and bring you -by public transportation- to Times Square, where in groups of max 20 people, we will take you to different restaurants -top recommendations by local New Yorkers! After dinner, you will have free time to hang out and enjoy what Times Square is about! Price range, to be paid individually, is 30-45 dollars per person.



Photo: Shizuo.cc

***Broadway show (Thursday August 25<sup>th</sup>, 7:15 PM)***

Just after draft resolutions were amended, we will meet again at 7:15 PM in front of the UN Visitors' Entrance and bring you -by public transportation- to Broadway, where you will have the opportunity to enjoy glamorous, exclusive shows. If you are in NYC, you can't miss this! Price, to be paid onsite and depending on sitting sectors availability- is around 150-250 dollars per person.



Photo: Illustrative (Bloomberg)

## H) GETTING AROUND NEW YORK!

### Where to eat?

Wondering where to have a great lunch? The section gives great examples of places to have a great meal. While this list is not exhaustive of all the possible places to eat lunch during conference, these are suggestions that have been put together for delegates to explore. All information from this section is sourced from Trip Advisor and other sources.

- **Comme Ci Comme Ca**
  - Food Category: Moroccan
  - Price Range: Under \$ 10
  - Telephone: (347) 935 – 9807
  - Address & Location: Midtown East, Murray Hill
  - Distance from UN, HQ: about 4 mins
- **Herbs Thai Bistro**
  - Food Category: Thai
  - Price Range: Under \$ 11.00 – 30.00
  - Telephone: (212) 808 – 9388
  - Address & Location: b/t 3rd Ave & 2nd Ave
  - Distance from UN, HQ: about 4 mins
- **Matisse**
  - Food Category: French
  - Price Range: Under \$ 11.00 – 30.00
  - Telephone: (212) 808 – 9388
  - Address & Location: 924 2<sup>nd</sup> Ave, b/t 50th St & 49<sup>th</sup> St
  - Distance from UN, HQ: about 4 mins
- **KarouMC**
  - Food Category: Japanese, Seafood
  - Price Range: \$11.00 – \$30.00
  - Telephone: (212) 867 – 0874
  - Address & Location: 306 E 46<sup>th</sup> St, Midtown East
  - Distance from UN, HQ: about 4 mins
- **Pickler & Co**
  - Food Category: Delis, Coffee & Tea Sandwiches
  - Price Range: Under \$10
  - Telephone: (646) 869 – 9026
  - Address & Location: 216 E 45<sup>th</sup> St, Midtown East
- **Sons of Thunder**
  - Food Category: Hawaiian, Hot Dogs, Live/Raw Food.
  - Price Range: \$ 11.00 – 30.00
  - Telephone: (646) 863-2212
  - Address & Location: 204 E 38thSt Midtown East,
  - Distance from UN, HQ: about 6mins





- **Luke's Lobster**
  - Food Category: Seafood
  - Price Range: \$ 11.00 - 13.00
  - Telephone: (646) 657 – 0066
  - Address & Location: b/t 3<sup>rd</sup> Ave & 2<sup>nd</sup> Ave, Midtown East
  - Distance from UN, HQ: about 7 mins
- **Tacos Grand Central**
  - Food Category: Mexican
  - Price Range: Under \$ 10.00
  - Telephone: (212) 867 – 5545
  - Address & Location: 153 E 43<sup>rd</sup> St
  - Distance from UN, HQ: about 9 mins
- **Shih Lee Food Eats**
  - Food Category: Chinese
  - Price Range: Under \$ 10.00
  - Telephone: (212) 867 – 0318
  - Address & Location: 311 E 45th St
  - Distance from UN, HQ: about 9 mins
- **Roti Mediterranean Grill**
  - Food Category: Mediterranean
  - Price Range: Under \$ 10.00
  - Telephone: (646) 494 -3359
  - Address & Location: 142 E 43<sup>rd</sup> St, Midtown East
  - Distance from UN, HQ: about 9 mins



## Grocery Stores

Delegates who may need to visit a grocery store during lunch hours at conference may consider the options as suggested below. Whereas these options are not exhaustive of all Grocery stores in New York, delegates may enquire at their hotels for alternatives.



- **Amish Market**
  - Address: 240 East 45th St, NY
  - Distance from UN, HQ: about 6 mins by foot.
- **Sunrise Mart**
  - Address: 12 E 41 St, NY
  - Distance from UN, HQ: about 16 min by foot.
- **Whole Foods Market**
  - Address: 226 East 57 St, NY
  - Distance from UN,HQ: about 18 min by foot.

## Where to sleep?

Here is a list of 4 hotels Delegates may consider. These hotels are chosen randomly based on proximity to the conference venue, and not any other criteria such as price or quality of service provided. Delegates are free to choose any of these or consider any other Hotel of their choice.

- **One UN New York**
  - Address: 1 United Nations Plaza, NY
  - Phone: +1 212 – 758 – 1234
- **The Westin New York**
  - Address: 212 E 42<sup>nd</sup> St, NY 10017
  - Phone: +1 212 – 490 - 8900
- **Hampton Inn Manhattan**
  - Address: 231 E 43<sup>rd</sup> St, NY 10017
  - Phone: +1 212 – 897 – 3385
- **Hilton Manhattan East**
  - Address: 304 E 42<sup>nd</sup> St, NY, 10017
  - Phone: +1 212 – 986 – 8800

## I) DRESSCODE

The required dress code for the MUN4UN Youth Assembly is

### **FORMAL WESTERN BUSINESS ATTIRE.**

#### **For Young Women:**

Here are some suggestions of how you might wear it:

A dress of standard length for business attires, (you might also want to wear pantyhose or tights with it), blazers, and formal pants. Wearing high heels is advised but completely optional.



Picture: Western Business Attire for Women

#### **For Young Men:**

Western Business Attire for men most often entails wearing a suit, which may be composed by two or three pieces: trousers, a matching jacket, a button down shirt and a tie, and a vest (optional). You should also consider pairing your suit with modest, conservative dress shoes and socks.



Picture: Western Business Attire for Men

**Important:** If you would like to dress in your national/folk costumes, we strongly suggest you only do so on Day 1 (August 23rd), particularly for the Opening Ceremony.

For other days, please follow the Dress code suggested above.

**NOTE: DRESS CODE IN THE GENERAL ASSEMBLY HALL OF THE UNITED NATIONS HEADQUARTERS IS FORMAL WESTERN BUSINESS ATTIRE.**



## **J) TRAVEL CHECKLIST / WHAT TO BRING?**

We want you to have the best experience possible during the MUN4UN Youth Assembly, so come prepared. We have prepared a complete travel checklist for you to consider while packing for your trip to New York City.

### **Clothing**

- Western Business Attire outfits
- Casual clothing for exploring the city
- Comfortable shoes
- Cocktail dress/outfit for social events
- Sufficient Underwear
- Socks/pantyhose/tights
- Accessories
- WBA appropriate shoes

### **Documents**

- Passport & visa
- Copy of your flight itinerary
- Copy of your International Travel Insurance
- Address/Directions to your Hotel/Hostel/Airbnb

### **Toiletries**

- Shampoo and Conditioner
- Lotion
- Perfume
- Deodorant
- Facial Moisturizer
- Razor
- Sunscreen
- Toothbrush and toothpaste
- Hair brushes
- Hair dryer/ Straightener (if you use it)
- Prescription Medicine
- Ibuprofen pills
- Stomach relief medication
- Travel sickness medication
- Band-Aids

### **Carry On Baggage**

- Laptop
- Cellphone
- Chargers and USB cables
- Headphones
- Pen and notepad
- Wallet
- Documents bag
- Plug adapters

## K) TIPS ON TRANSPORTATION SECURITY ADMINISTRATION (TSA) REGULATIONS

If you are traveling with only a carry-on bag, keep these tips in mind:

- 3-1-1 Liquids rule: You are allowed to bring a quart-sized bag of liquids, aerosols, gels, creams and pastes through the checkpoint. These are limited to 3.4 ounces (100 milliliters) or less per item. This is also known as the 3-1-1 liquids rule. (TSA, 2016)
- To avoid making your security check procedure longer, avoid wearing excessive jewelry, jackets, and belts, and try to wear simple clothing, and slip-on shoes
- If you are making a connection at a different airport in the United States before arriving to New York City, remember you always have to pick up your baggage, and re-check it for your next destination. Avoid getting your luggage lost or confiscated for not picking it up at the appropriate time
- Do not bring explosives, and avoid, to the best of your ability, traveling with dairy or any other animal products as they may be double screened or confiscated by TSA officials
- Check the TSA website prior to your trip to solve any further questions you may have.

<https://www.tsa.gov/>



Picture: Luggage PROs



***On behalf of the entire United Ambassadors  
21016 Youth Assembly Secretariat,  
We hope you have a safe trip to NYC, and a  
wonderful stay in New York.  
We look forward to meeting you at the United  
Nations Headquarters very soon!  
Let's make MUN History!***

***Sincerely,  
MUN4UN 2016 Youth Assembly Secretariat.***

