

# WELCOME TO THE BOSTON CHILDREN'S HOSPITAL OBSERVERSHIP PROGRAM !

## *INTERNATIONAL HEALTH EDUCATION*



2022-2023 EDITION

A GUIDE TO BOSTON

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Boston Children's Hospital is one of the largest pediatric hospitals in the United States and a major teaching facility of Harvard Medical School. Founded in 1869 as a 20-bed hospital for children, it is now a comprehensive medical center for pediatric and adolescent health care, dedicated to excellence in patient care, teaching, and research.

There are 404 inpatient beds distributed on five floors in the Main hospital building, Main South, and the state-of-the-art Mandell building. The hospital contains a 29-bed multidisciplinary intensive care unit, 16-bed medical intensive care unit, 24-bed neonatal intensive care unit, 29-bed cardiac intensive care unit, 12-bed intermediate care unit, 14-bed bone marrow transplantation unit and 6-bed clinical research center.



There are more than 100 outpatient programs ranging from primary care to a wide variety of specialty programs. Outpatient facilities include an 11-story building for ambulatory services, the Adolescent and Young Adult Program, Boston Children's Primary Care at Longwood, and Martha Eliot Health Center (an affiliated neighborhood health center). In addition, outpatient services are provided at Boston Children's satellite centers or physician offices in Brockton, Lexington, Milford, North Dartmouth, Peabody, Waltham, Weymouth, and Worcester Massachusetts.

**Statistics**

- 405 beds (~ 50% Medical)
  - > 29 bed multidisciplinary ICU
  - > 29 bed cardiac ICU
  - >24 bed neonatal ICU
  - >16 bed medicine ICU
  - >12 bed intermediate care ICU
  - >14 bed stem cell transplantation unit
  - >6 bed clinical research center
- 25,000 inpatient admissions
- 26,500 surgical procedures
  - >2,000 cardiac procedures
- 610,000 outpatient visits
  - > 258 specialized clinical programs
  - > 60,000 emergency department visits
- 1,129 active medical and dental staff
- 1,250 adjunct, affiliated and scientific staff
- 2,100 nurses





**CARE** Provide the highest value health care to children



**RESEARCH** Be the leading source of research and discovery



**EDUCATION** Educate the next generation of leaders in healthcare



**COMMUNITY** Enhance the health and well-being of our local communities

## 1869 – 1881

Soon after the Civil War, in 1869, Dr. Francis Henry Brown organized a small group of Harvard Medical School graduates joined by Boston's civic leaders to establish a 20 bed Children's Hospital in a townhouse on Rutland Street in Boston's South End. The hospital treated just 30 patients that first year. One year later the Children's Hospital relocated to a larger building on the same street. The patients were predominately Irish immigrants and many had traumatic injuries or infectious diseases. Philanthropy completely supported the new hospital. Sister Theresa and the Anglican Order of the Sisters of St. Margaret oversaw the nursing care of the children for the first 45 years of the hospital's existence.

*For more information on the History of Boston Children's Hospital:*  
<https://bcrcp.childrenshospital.org/history/boston-childrens-hospital/>

## 1892–1913

By 1882 having outgrown its current structure, the hospital was moved to Huntington Avenue near the current Symphony Hall. This larger building was designed especially for children's needs. As the range of illnesses grew, so did the professional staff. Between the years 1882 and 1914 the practice of pediatrics was recognized as a specialty and Harvard Medical School made its first appointment of a physician devoted solely to the care of children. The first medical house officers (interns and externs) were appointed and a nursing school was opened to educate nurses. Children's Hospital's neighbors were far different in 1914 than today.



## 1914–1945

In the early 1900s, Harvard Medical School moved to the former Ebenezer Francis Farm, its current site, and in 1914 the Children's Hospital relocated to its current address on Longwood Avenue immediately adjacent to the Medical School. During this era, the Hunnewell building housed the children until a series of "cottages" were built in an effort to prevent the spread of infection. These "cottages" housed medical, surgical, and orthopedic patients. Surgeons developed new techniques for repairing congenital abnormalities. The field of cardiac surgery was begun and the iron lung for polio victims was developed by physicians at Children's Hospital and the Harvard School of Public Health. Harvard medical students began to learn pediatrics at the Children's Hospital. The house staff grew from 3-4 in 1900 to over 30 in the early 40s. Women became residents when men left to serve in World War II. The Medical and Nursing Alumni Associations were established. During this period, Children's Hospital forged strong bonds with other institutions including the House of the Good Samaritan (for rheumatic fever patients), the Sarah Fuller School (for deaf children), the Judge Baker Children's Center (for psychiatric illness), and the Sharon Sanatorium.

## 1946 – 1990

During the year 1946 to 1990, the Children's Hospital was well-positioned to take a leadership role in pediatric health. Experienced physicians returned from military service. The National Institutes of Health (NIH) established programs to support academic research. The Children's Hospital organized itself into the Children's Hospital Medical Center. The hospital endorsed specialized pediatric care and began the construction of new buildings: the Farley inpatient building (in 1956), the Fegan outpatient building (in 1967), the Martha Eliot Health Center (in 1967), and the Enders research building (1970) named for Dr. John Enders, recipient of the Nobel Prize for his work with poliovirus. In 1987 a new inpatient facility was built bringing the number of inpatient beds to 330. Old diseases such as polio, measles, pertussis, meningitis, pneumonia, and epiglottitis decreased in prevalence because of vaccines, and new antibiotics, only to be replaced by new diseases like HIV, Kawasaki's, substance abuse, and the autism spectrum disorders. The faculty in all departments grew rapidly. The medical house staff by 1990 numbered over 86 residents. All subspecialties had developed outstanding fellowships. The hospital was now a primary education site for Harvard medical students and elective students from throughout the US, and Children's Hospital enjoyed both a national and international reputation.



## 1990–Present

The years since 1990 have seen increasing excellence in patient care, great research productivity, new medical innovations, and remarkable contributions to pediatric medical education. Children's Hospital clinicians have pioneered lung, liver, and multiple organ transplants, innovative procedures for the short gut syndrome, surgery using robotics and lasers, the development of tissue-engineered organs, the use of small devices to repair holes in the heart, hydroxyurea to treat sickle cell disease, gene therapy, novel treatments for vascular malformations, and fetal intervention for hypoplastic left heart syndrome, among others. Children's researchers have developed treatments for blood disorders, regenerated damaged nerves, identified genes associated with specific diseases, developed new vaccines for serious illnesses, created disease-specific human stem cells, invented genomic tools to classify tumors and identify new drug therapies, and developed whole new fields, such as angiogenesis.

## HARVARD MEDICAL HUB

### CENTRALLY LOCATED

BCH is the only stand alone pediatric hospital in the Longwood Medical Area

### PARTNERSHIPS

Collaborative relationships with Brigham and Women's Hospital and Dana Farber Cancer Institute

Boston Children's Main Campus is located at 300 Longwood Avenue, Boston, MA 02115. Our location in Boston's Longwood Medical Area makes us a part of one of the world's leading networks of medical care, education, and research.

Boston Children's is the primary pediatric program of Harvard Medical School, which is located next to the hospital. All faculty hold academic appointments at the medical school. There are more than 3,000 Harvard Medical School faculty affiliated with Boston Children's. Harvard Medical School and Boston Children's are part of a larger, roughly 20 square block campus called the Longwood Medical Area. Boston Children's sits in the center of this area, next to the Brigham and Women's Hospital, Beth Israel Deaconess Medical Center, and the Dana Farber Cancer Institute, and within a block of the Joslin Diabetes Center, the Massachusetts College of Pharmacy, the Harvard School of Public Health, and the Harvard School of Dental Medicine. Some members of the staff are also members at other of these neighboring institutions.

Boston Children's participates in numerous cooperative programs. It is a partner in Neonatology with Brigham and Women's Hospital and Beth Israel Deaconess Medical Center. It is the headquarters of the New England Regional Infant Cardiac Program, the site of the Massachusetts Poison Control System, a partner in the Dana-Farber/Boston Children's Cancer and Blood Disorders Center with Dana-Farber Cancer Institute, and a partner in the Joint Program in Gastroenterology and Nutrition with Massachusetts General Hospital across town. Several surgical departments are joint programs with the Brigham and Women's Hospital.



*When you get to Boston Children's, there are several ways to make sure you are headed in the right direction.*

**Information Desk:** You can ask questions at our information desk in the Main Lobby where our staff will answer your questions and point you in the right direction.

### Follow the Symbols

The symbols seen throughout the hallways can help you find where you need to go. Just follow:

- the *boat* to Bader
- the *moon* to Berthiaume Family Building
- the *flower* to Farley/Pavilion
- the *fish* to Fegan
- the *hat* to Hunnewell



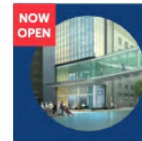


## Arriving at Boston Children's Longwood Campus

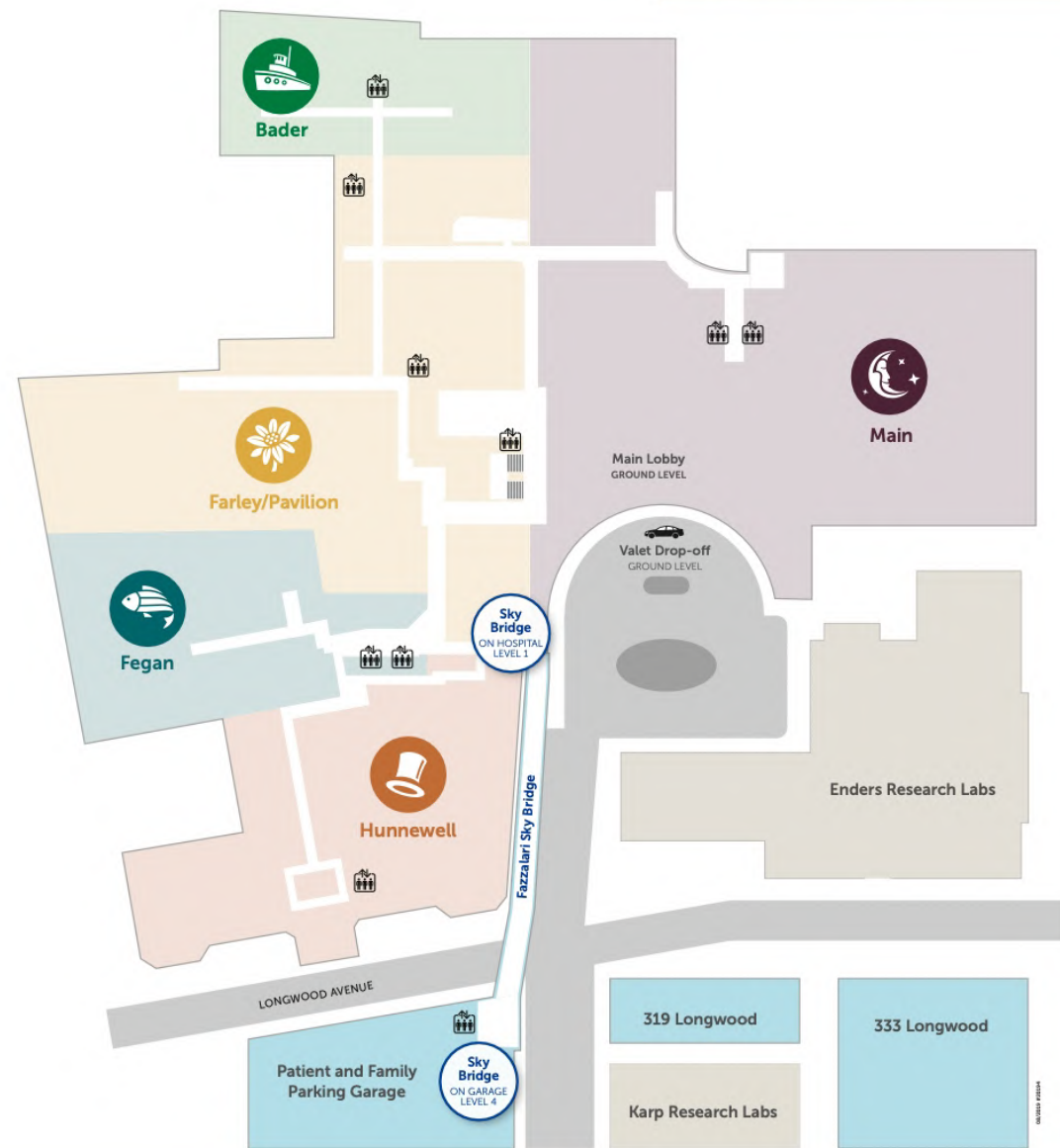


300 Longwood Avenue, Boston, MA 02115

- Self parking is available in the Patient and Family Garage
- Valet parking is available at the main entrance



**Fazzalari Sky Bridge**  
A fully accessible and safe crossing from level 4 of the garage to level 1 of the hospital.



**CONSTRUCTION ADVISORY**

## Let's go to the Main Lobby



**➔ From the Patient and Family Garage**

- Exit the Garage lobby and cross Longwood Ave. at the crosswalk.
- Follow signs to the Main Entrance.



**CONSTRUCTION ADVISORY**

## Let's go to Boston Children's Primary Care Center



**➔ From the Patient and Family Garage**

- Exit the Garage lobby and cross Longwood Ave. at the crosswalk.
- Turn left and proceed down Longwood Ave. and enter the Hunnewell building.
- For easy check in, use a self-service kiosk in the Hunnewell lobby.
- Enter Boston Children's Primary Care Center and follow the floor arrows to reception.
- Let the receptionist know you have arrived.

**➔ From the Main Lobby**

- Follow signs to Hunnewell/Fegan elevator lobby.
- For easy check in, use a self-service kiosk in the elevator lobby.
- Follow signs and floor arrows down steps or by taking Hunnewell Elevator D to Basement-Rear.
- Enter Boston Children's Primary Care Center and follow the floor arrows to reception.
- Let the receptionist know you have arrived.



Virtual Tour: <https://www.childrenshospital.org/patient-resources/your-visit/virtual-tour>

Boston has excellent public transportation, including the MBTA subway system (or “the T”), as well as extensive bus routes. The MBTA subway extends throughout Boston, most of Brookline and Cambridge, parts of Newton, and to neighboring north and south shore suburbs. More distant towns are served by commuter rail. The Longwood Medical area is centered within 2-3 blocks of two different Greenline routes.

The Main Campus of Boston Children's is easily accessible by public transportation. There are two MBTA Subway lines that serve Longwood: Green Line D and Green Line E. If you plan on commuting to Boston Children's via public transportation, it's best to consider housing that's near one of those lines.



### MBTA ("T")

- Take the **Green Line "D" train** to the Longwood stop. Walk across the Riverway and follow Longwood Avenue four blocks to the hospital, which will be on your right.
- Take the **Green Line "E" train** to the Longwood Medical Area stop. Walk down Longwood Avenue two blocks to the hospital, which will be on your left.

Please see the map on the next page.

More Information: <https://www.mbta.com/>

Fares Overview: <https://www.mbta.com/fares>



### BUS

The following buses stop at or near Boston Children's:

#8, #19, #39, #47, #60, #65, #CT2, #CT3

More Information: <https://www.mbta.com/schedules/bus>



### LMA Shuttles

The LMA Shuttles serve institutions in the Longwood Medical and Academic Area of Boston, Massachusetts. You will be able to ride these shuttles once you have obtained your BCH ID Badge. Please note: you will not be able to get your BCH ID badge until your first day.

- You will be able to ride all routes with your BCH ID badge except for the M2 and Chestnut Hill shuttles. You will simply need to show your ID to ride.

More Information: <https://www.masco.org/lma-shuttles>



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## Community Rail

As an alternative to driving into Boston, the commuter rail is accessible from numerous cities and towns surrounding the city as far away as Newburyport and Worcester, Massachusetts, and Providence, Rhode Island.

More Information:

<https://www.mbta.com/schedules/commuter-rail>



### Boston Children’s Parking & Transportation Office

If additional information on transportation and parking is needed, you can visit the BCH Parking and Transportation Office located at 2 Blackfan Circle, Boston, MA 02115.

The Parking & Transportation Office can also be reached by email at [parking@childrens.harvard.edu](mailto:parking@childrens.harvard.edu) or by phone at 617-355-6251 between 7:00 AM and 4:30 PM.

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Map: <https://www.mbta.com/schedules/subway>

In addition to Boston Children's Main Campus in the Longwood Medical Area, there are four satellite locations outside of the metropolitan area of Boston. These satellite locations house the same pediatric specialists who practice at Boston Children's Main Campus, bringing Boston Children's care all over the state of Massachusetts.



**Boston Children's Hospital at Waltham**

9 Hope Avenue Waltham, MA 02453

**Boston Children's Hospital at Lexington**

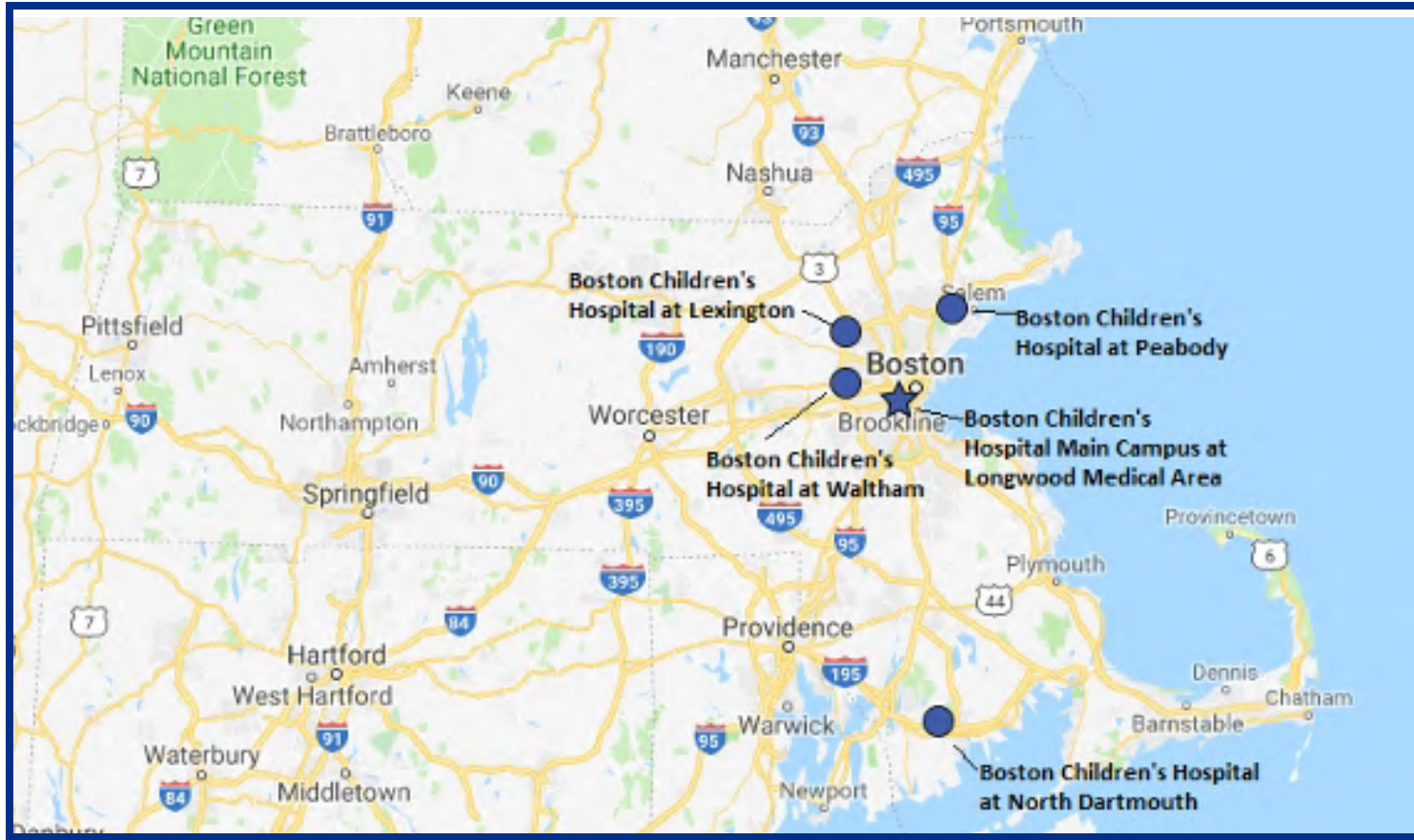
482 Bedford Street Lexington, MA 02420

**Boston Children's Hospital at North Dartmouth**

500 Faunce Corner Road North Dartmouth, MA 02747

**Boston Children's Hospital at Peabody**

10 Centennial Drive Peabody, MA 01960



**Transportation to Waltham/Lexington/North  
Dartmouth/Peabody**

Other BCH Satellite locations can be accessed via public transportation or car service (such as taxi, Uber, or Lyft).

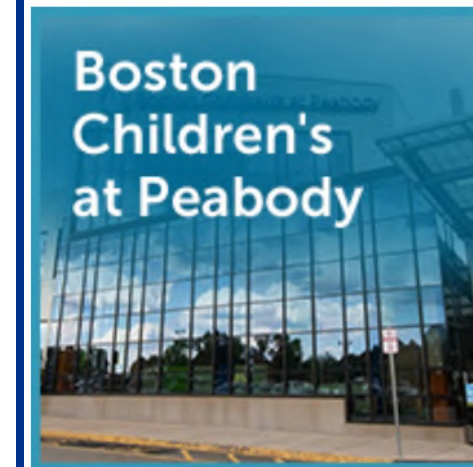
For more information or google map directions:

<https://tinyurl.com/BCH-Satellites>

Campus Locations



The same pediatric specialists who practice at Boston Children's main campus in Boston



### From the Airport

**Logan International Airport** in Boston is the closest airport to Boston Children's Hospital, approximately 7 miles from the hospital. You can get to the hospital from the airport via public transportation. Allow 15 to 60 minutes travel time depending on the time of day and traffic.

<https://www.massport.com/logan-airport/>

**Massport** provides free shuttle bus service between airline terminals, the Rental Car Center, the Water Transportation dock, and Airport Station on the MBTA Blue line.

<https://www.massport.com/logan-airport/to-from-logan/transportation-options/on-airport-shuttle/>

**Manchester-Boston Regional Airport** in Manchester, New Hampshire, and T.F. Green Airport in Warwick, Rhode Island, outside Providence, are both approximately a one-hour drive from Boston Children's.

<https://www.flymanchester.com/>

### Rental Cars, Uber/Lyft, Taxis, Shuttles, and Limos

Many car rental agencies, taxi, and town car services, Logan International Airport shuttles, and limousines serve the Greater Boston area for a variety of prices.

**Uber:** <https://www.uber.com/>

**Lyft:** <https://www.lyft.com/>

#### Rental cars

**Alamo Rent-a-Car:** 1-800-327-9633 (toll-free) or 617-561-4100 (Logan Airport office)

**Avis Rent-a-Car:** 1-800-831-2847 (toll-free) or 617-561-3500 (Logan Airport office)

**Budget Car Rental:** 1-800-527-0700 (toll-free) or 617-568-5202 (Logan Airport office)

**Dollar Rent-a-Car:** 1-800-800-4000 (toll-free) or 617-634-0006 (Logan Airport office)

**Enterprise Rent-a-Car:** 1-800-736-8222 (toll-free) or 617-561-4488 (Logan Airport office)

**Hertz:** 1-800-704-4473 (toll-free) or 617-569-7272 (Logan Airport office)

**National Car Rental:** 1-800-227-7368

**Thrifty Car Rental:** 1-800-847-4389 (toll-free) or 781-289-0002 (Logan Airport office)

#### Taxis

These are the authorized cab associations in Boston, according to the Boston Police Department.

- Top Cap: 617-266-4800
- Boston Cab Association: 617-536-3200
- Independent Taxi Operators Association: 617-825-4000
- City Cab Association: 617-536-5100
- Metro Cab Association: 617-782-5500
- Tunnel Taxi: 617-567-2700
- 617TaxiCab Inc.: 617-TAXI-CAB (617-829-4222)

*Whether you're walking, taking the T, riding a bike, or car sharing, there are many ways to get around Boston*

**BIKING**

Youth Cycling Program

Bike Sharing

Bike Parking

**CAR & RIDE SHARING**

Car Sharing VS.  
Ride Sharing

DRIVEBOSTON

DRIVEBOSTON  
Locations

**PUBLIC TRANSPORTATION**

MBTA (Train)

BUS

Commuter Rail

Ferry

Map: <https://www.boston.gov/getting-around-boston>



Boston Children's does not offer housing accommodations. Many past observers have found housing close to the hospital through Airbnb or other housing options. In addition, below are several furnished housing that have been used in the past.



### Furnished Quarters

“Our housing partner, Furnished Quarters, will provide you with an authentic residential experience in a comfortable, fully furnished and equipped private apartment, plenty of helpful neighborhood information, and 24-hour guest services.”

<https://cs.furnishedquarters.com/forms/global?formid=a1Q1W00000DefUS&aid=0014000000ExZBF>



### Corporate Stay

“Scholars, alumni, students, business personnel, researchers, and many others all have come to depend on the high quality that Corporate Stay offers; we have available everything from long- and short-term studios for rent, along with an impressive array of one-, two-, and three-bedroom townhouses, beautiful apartments, and furnished housing that is ideal for corporate requirements. When you book with Corporate Stay, you’ll always have a place to call your own – even when ‘home’ is half a world away!”

<https://corporatestays.com/en/>



### Chestnut Hill Realty

“Chestnut Hill Realty is your one stop housing solution. We offer quality apartment home rentals (long-term unfurnished, short term furnished) to meet your evolving housing needs.”

<http://www.chestnuthillrealty.com/>



### ESL Townhouse

“ESL Townhouse provides comfortable private and shared apartments for visitors to Boston. Located in the Fenway, a beautiful neighborhood in the city-center, the apartments are convenient to all that Boston has to offer. Since 2008, we have welcomed thousands of people from over 120 countries from around the world.”

<https://esltownhouse.com/>



### Our Home, Boston

“This is a great option especially for those looking for a less expensive non-lease alternative to a costly “B&B,” dormitory or apartment rental.”

\*Many past observers have used this option.\*

<https://www.ourhomeboston.com/>

or via email:

[info@ourhomeboston.com](mailto:info@ourhomeboston.com)



### Harvard University Housing

A network of over 1,000 apartments that make up Harvard University Housing are located primarily in Cambridge, offers apartments to all of Harvard’s graduate students, faculty, staff, and affiliates.

<http://huhousing.harvard.edu>

### Off Campus Housing

<https://www.harvardhousingoffcampus.com/>



### Padmapper

Padmapper draws from craigslist, apartments.com, boston.com, and several other websites, and it places the listings on a Google Map. This is an especially great option for those who are unfamiliar with the Greater Boston area.

<http://www.padmapper.com>

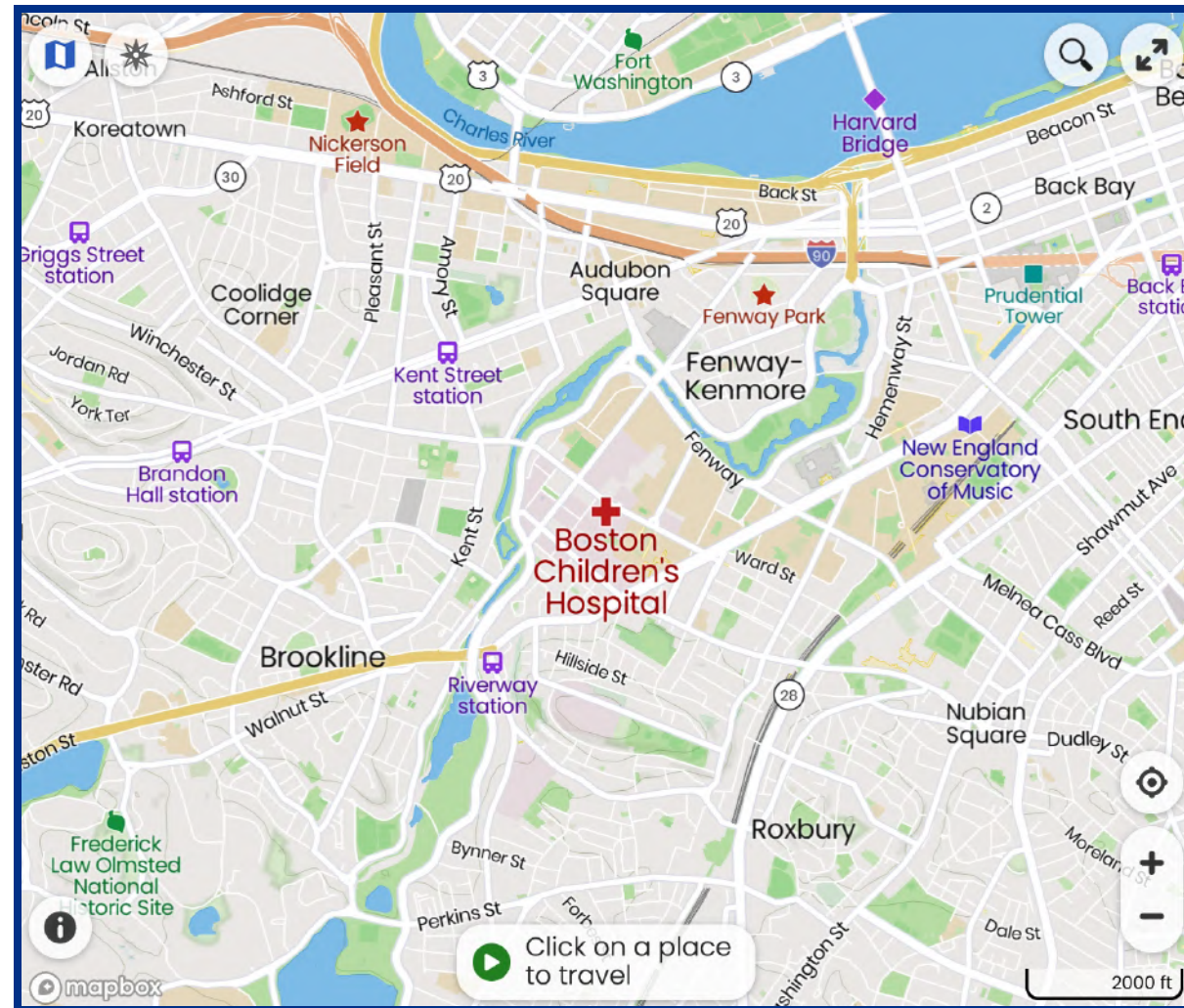


### Hooli

波士顿最有活力的租房买房平台，吃喝玩乐衣食住行，玩转波村。

The most energetic estate agency in Great Boston Area. Hooli strives to offer a complete selection of property related services to meet every need of our international clients.

<http://www.hoolihome.com/>



Boston is a medical center like no other, with three major medical schools and about 27 hospitals. Immensely diverse and vibrant, Boston is a city of some twenty neighborhoods with Cambridge and Brookline as bordering communities. In addition to your time spent at Boston Children's, we hope you'll have the opportunity to explore all the attractions and sites Boston has to offer!

The following are great options to explore Boston in a fun and affordable way:

### **Boston Discovery Guide**

To find out what is happening around Boston during your stay, check the Boston Discovery Guide for an up-to-date list of events happening around the city.

<https://www.boston-discovery-guide.com/>

### **Harvard Events Calendar**

Discover events around the Harvard Campus in the Cambridge Neighborhood.

<https://news.harvard.edu/gazette/harvard-events/>

### **GoBostonCard**

This card has different options; you can build your own pass by choosing the attractions that best fit your interests.

<https://gocity.com/boston/en-us>

### **CityPASS**

“Experience the best of Boston with CityPASS, an easy-to-use ticket booklet that gives you admission to a hand-picked collection of Boston's most iconic attractions, all at great savings. Because CityPASS is valid for 9 consecutive days starting with the day of first use, there's no need to rush—so you can focus on having fun. Plus you'll skip many ticket lines, giving you time to see and do more in this modern city with colonial roots.”

<https://www.citypass.com/boston>



### Fenway Park (Red Sox)

Bostonians love their sports teams, and between April and October going to see the Red Sox play at Fenway Park is one of the most popular things to do in Boston. Just be sure to get your tickets in advance! While you are there try out a Fenway Frank hot dog, an Italian Sausage with onion and pepper, or some of our famous New England Clam Chowder from one of the vendors walking around the park.

<https://www.mlb.com/redsox/ballpark>



### Boston Symphony Orchestra

Founded by Civil War veteran Henry Lee Higginson with the intent of creating a permanent Orchestra in Boston, the Boston Symphony Orchestra has proven itself to be a lasting part of the city culture after giving its inaugural concert in 1881. Symphony hall is a beautiful and ornately decorated building located only a little over a mile from BCH.

<https://www.bso.org/>



### Museum of Fine Arts (MFA)

One of Boston's largest museums, housing thousands of pieces of art from Egyptian mummies, to Impressionist classics, to modern art exhibits. The museum is located on Huntington Ave (within walking distance from BCH) and has free admission on Wednesday Evenings.

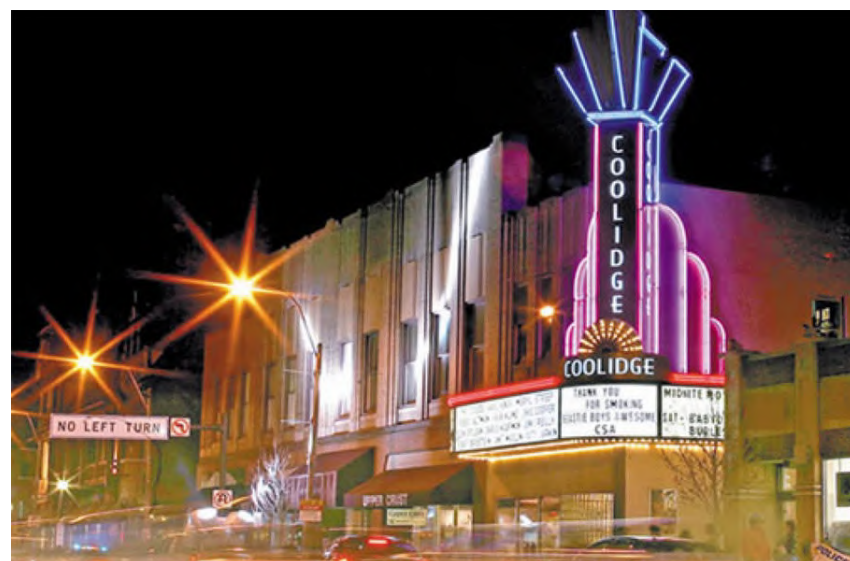
<http://www.mfa.org/>



### Isabella Stewart Gardner Museum

This 15th century Venetian palace created at the turn of the century by Isabella Stewart Gardner, houses more than 2,500 art objects, among them works by Rembrandt, Botticelli, Raphael, Titan, and Matisse. Its interior flowering courtyard and outdoor gardens are known for their botanical beauty.

<http://www.gardnermuseum.org/>



### Coolidge Corner

This popular spot in Brookline is known for the Coolidge Corner Theatre, an independently run movie theatre showing a variety of international, documentary, animated, and independent film selections.

<http://www.coolidge.org/>



### North End

The North End is the city's oldest residential community where people have lived since it was settled in the 1630s. Though small, this neighborhood has nearly one hundred establishments and a variety of tourist attractions. It is known for its Italian American population and fine Italian restaurants.

<https://www.northendboston.com/>



### Back Bay

These neighborhoods reflect 19th-century Boston. They are located just off the Boston Common and Public Garden, these areas are rich in landscape and architecture and are the most expensive residential neighborhoods in Boston.

<https://www.bostonusa.com/plan/boston-neighborhoods/back-bay/>



### Shopping (Newbury Street)

Take a walk down picturesque Newbury Street, leading straight to the Boston Public Garden and home to some of Boston's best shopping and most popular restaurants. Check out nearby Boylston Street where you can see the location for the finish line of the Boston Marathon, the Boston Public Library, and Copley Square.

<https://www.newburystboston.com/>



### Boston Public Library

America's first public library located in Copley Square housing over 33 million books, journals, and items.

[www.bpl.org](http://www.bpl.org)



### Boston Common & Boston Public Garden

The Boston Common is the Nation's oldest public park and is located at the foot of Capital building.

The Boston Public Gardens was the first public botanical gardens in America. From the decorative flowers, to the lagoon to the swan boats, it is a site that can't be missed.

<https://www.boston.gov/parks/public-garden>



### Charles River Esplanade

A great spot for walking, jogging, or biking, the Esplanade offers beautiful views of the Charles River and the city of Boston with paved riverside paths that make it easy to get around.

<https://esplanade.org/>



### South End

This neighborhood is between South Boston and Fenway / Kenmore and attracts cultural seekers, artists, and other Bostonians who see future opportunities in this continually changing community.

<https://www.bostonusa.com/plan/boston-neighborhoods/south-end/>



**Roxbury**

This historical neighborhood is filled with many landmarks and points of interest. Its residents have a strong civic pride and its community is undergoing economic development.

<https://www.boston.gov/neighborhood/roxbury>



**Downtown**

This area is the oldest in Boston. It includes the Financial District, Faneuil Hall, Quincy Market, Government Center, the Waterfront, and the neighborhoods of Chinatown, South Cove, and North and West End.

<https://www.downtownboston.org/>



**TD Garden**

The TD Garden is Boston’s largest stadium, home to the Boston Bruins hockey team and Boston Celtics basketball team, two of the most historic teams in each of their leagues. Various concerts and shows can also be seen

here. <http://www.tdgarden.com/>



**Faneuil Hall/Quincy Market**

Faneuil Hall Marketplace is made up of four places in one- Faneuil Hall, Quincy Market, North Market and South Market, all set around a cobblestone promenade where jugglers, magicians and musicians entertain the passers-by.

<http://www.faneuilhallmarketplace.com/>



### Chinatown

Boston's Chinatown is the only surviving historic ethnic Chinese area in New England. Known for its plethora of authentic Chinese and Vietnamese restaurants and shops, Boston's center of Asian American life is a great place to get some Dim Sum (authentic Chinese breakfast) or boba tea or just walk around and experience a much different setting than you can find anywhere else in the city.

<https://www.trolleytours.com/boston/chinatown>



### Freedom Trail

America's oldest city is the Gateway to New England, and matches contemporary culture with 400 years of history. In this 'Walking City', stroll along cobblestone streets and delve into American history on the 2.5 mile walk around the city passing some of the city's most well-known landmarks from the Old North Church to Paul Revere's House.

<http://www.thefreedomtrail.org/>



### New England Aquarium

The New Aquarium Experience is here. See the Aquarium's 21st-century transformation, featuring a spectacular new Caribbean coral reef teeming with more than 2,000 animals. The renovated 200,000 gallon Giant Ocean Tank features crystal-clear views of sharks, sea turtles, stingrays and thousands of tropical fishes.

<http://www.neaq.org/index.php>



### Boston Opera House

The Boston Opera House is a performing arts venue located at 539 Washington St. in Boston, Massachusetts. Originally built as a movie palace, it opened on October 29, 1928 and was rededicated in 1980 as a home for the Opera Company of Boston.

<http://www.bostonoperahouse.com/>





### Jamaica Plain

This neighborhood is home to the Grand Pond, Arnold Arboretum, and impressive areas of the famed Emerald Necklace, a system of parks that stretch throughout the neighborhood. This community is a cultural heaven to many of its residents.

<https://www.boston.gov/neighborhood/jamaica-plain>



### Allston/Brighton

This neighborhood was the former industrial district. The community is home to many college students, young families, and professionals. Allston is also the unofficial Koreatown of Boston so if you are in the mood for some really good and authentic Korean food or also foods from other areas of Asia it's a great place to go.

<https://www.bostonusa.com/plan/boston-neighborhoods/brighton-allston/>



### Boston University

Boston University is a private research university consisting of over 30,000 students and located right in the heart of Boston. They are known to have great sports and have events, concerts and a fun night life. This can be a more inexpensive way to get to see a hockey or basketball game rather than seeing one at the TD Garden.

<http://www.bu.edu/>



### South Boston

The neighborhood is located on the Boston Harbor peninsula and attracts a diversity of people drawn to its beaches, hills, and water views. It is called "Southie" by Boston residents and is steeped in rich heritage.

<https://www.southboston.com/>



### Cambridge

This community is home to Harvard University and the Massachusetts Institute of Technology. The busy Harvard Square area is the center of activity in Cambridge and is home to retail shops, historic buildings, offices, and restaurants.

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



### Harvard

One of the nation's oldest colleges, established in 1636 in Cambridge, Massachusetts is a common attraction for tourists coming to the Boston area. Walk around the well-known "Harvard Yard" and learn the history of some of the founding fathers using the campus during the American Revolution. The A.R.T. is a well-known theatre run through Harvard.

<http://www.harvard.edu/maps-directions>



### Massachusetts Institute of Technology

Founded in 1861, this is consistently regarded as one of the best schools in the world.

<http://web.mit.edu/>

### New England Getaways

One of Boston's gifts is its proximity to great natural beauty. Right in the city is the famous ring of connected parks called the Emerald Necklace, which includes the Arnold Arboretum. A short drive will get you a relaxing weekend in the Berkshire Mountains of Western Massachusetts, or to hiking and biking in the White Mountains of New Hampshire. A free day from the hospital could mean escaping to scenic Vermont, or to miles of rugged coastline in Maine, or to the beaches of Cape Cod. Take a ferry ride to the islands of Martha's Vineyard or Nantucket. And, New York City is an only a four-hour drive from Boston.



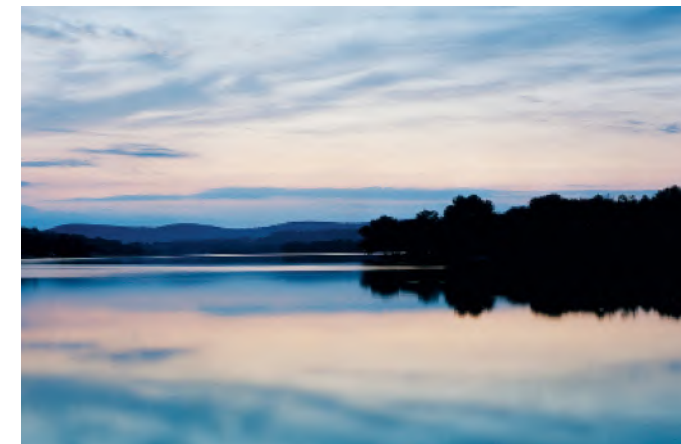
### Newport

Newport is both an historic town with more 17th and 18th century homes than any other place in the country, and the fabled summering place of the fabulously wealthy during the Gilded Age at the end of the 19th century. The mansions, like the Vanderbilt's opulent 'The Breakers' or 'Rosecliff', of Great Gatsby fame, are worth the trip, as is the Ocean Drive along Newport's spectacular rocky shore.



### Lakes

There are many beautiful lakes in New England. Indeed many in northern Maine are wilderness lakes, only accessible by floatplane or logging road. Nearer Boston, Lake Winnepesaukee in mid-New Hampshire is a recreational paradise, especially along its western shore. The Squam Lakes, just south of the White Mountains, depicted in the movie "On Golden Pond", are more peaceful. Sebago Lake in southern Maine is also a popular resort area.



### Maine Coast

Maine is famous for its pinewoods, rugged, rocky shore, and lobsters. Southern Maine is more accessible and also beautiful, but 'Downeast' Maine, north of Portland, is even more so, particularly in the areas around Boothbay Harbor, Camden, Blue Hill, and Bar Harbor. Bar Harbor is located on Mt Desert Island, which also houses Acadia National Park, one of the most popular national parks in the US. Acadia has the highest mountains on the ocean north of Rio de Janeiro and is the only fiord in the Americas. The scenery is spectacular and is amplified by an extraordinary variety of outdoor activities.



## Hiking and Biking

The hiking in New England is some of the best anywhere. The Appalachian Trail extends through Massachusetts, Vermont, and New Hampshire, terminating at Mt Katahdin in Maine. The White Mountains in New Hampshire are among the very best with 48 peaks above 4000 ft. and many dozens of hikes. Acadia National Park is another extraordinary place for hiking. The 120 miles of hiking trails were mostly built in the early 20th century and vary from gentle woodland and oceanside walks to exhilarating cliff climb along ledges assisted by iron ladders and steps cut into the rocks. Mt Monadnock is another excellent spot for hiking. The solitary mountain is located just over the Massachusetts-New Hampshire border, about an hour from Boston, and has excellent views. The surrounding region is charming and contains numerous prototypical New England villages.

Biking is also excellent in New England, both mountain biking and trail riding, including numerous rides in the Boston area. Acadia National Park has 50 miles of beautiful, fine gravel carriage roads, which wind among the lakes and mountains, with fabulous views and some exciting ups and downs. They were built at great expense by John D. Rockefeller, Jr. between 1913 and 1940, and are now used for biking and horseback riding (no motor vehicles allowed). The trails are listed in the Top 10 biking trails in the US. On Cape Cod, the 22-mile Cape Cod Rail Trail is newly refurbished this year. It extends from Dennis to Wellfleet along with ponds, salt marsh, and cranberry bogs.



### Canoeing and Kayaking

In the Boston area, there is very enjoyable canoeing on the Charles River and on the Concord-Sudbury-Assabet Rivers. The latter offers an opportunity to paddle under the historic Old North Bridge and into the Great Meadows National Wildlife Refuge beyond. For those who desire more adventurous canoeing or kayaking, the New England Division of the American Canoeing Association offers cruises and instruction and times of recreational water releases from dams. The enormous numbers of lakes in the northern Maine Wilderness offer exceptional opportunities for extended fishing, camping, and canoeing trips. One of the most famous is the trip down the Allagash Wilderness Waterway.

### Skiing and Boarding

New England has 68 downhill ski areas, from small family-run operations to giant destination resorts. The snow conditions are less predictably excellent than in the West, but the resorts are more accessible to those wanting day trips. The Blue Hills is a small area just south of the city and offers night skiing. Larger areas within 1 to 2 hours distances include Waterville Valley, Sunapee, and Loon in New Hampshire. The largest and most popular areas, like Killington, Stratton, Sugarbush, and Stowe in Vermont; Cannon and Wildcat in New Hampshire; and Sunday River in Maine are 2-3 hours driving distance. Sugarloaf, a terrific mountain in Maine, is even a bit further. Virtually all New England ski areas also cater to snowboarders.



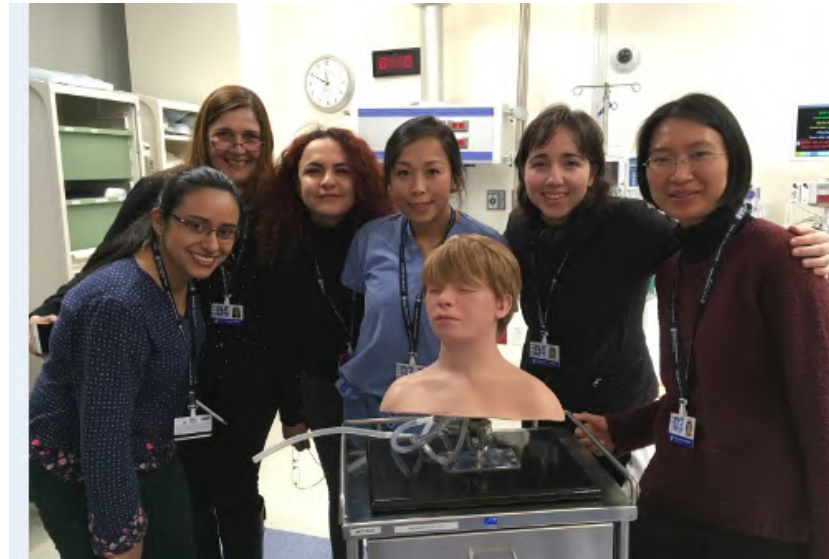
## VIEW VIDEO TESTIMONIAL



*David Garcia, MD*  
*Milagros para Niños Observer*

"The Observership program helped me in two ways directly and indirectly, the first and direct way have helped me is by learning and seeing how multidisciplinary teams work that's something that really helped me out and something that I really want to do here in Mexico with my colleagues. The indirect ways well learning and meeting new doctors from around the world has really helped me out in fact that we exchange information now."

[https://www.youtube.com/watch?v=Kpz1IHp7Mus&ab\\_channel=ChildrensHospitalBos](https://www.youtube.com/watch?v=Kpz1IHp7Mus&ab_channel=ChildrensHospitalBos)



“What I learned here will not only be practiced in our hospital but also be delivered all over our country.”

~ Xinhong Pei, MD, PhD



## Comments from Alumni

"My experience has been sensational. I would like to express my gratitude to all the staff."

"Myself and other colleagues would like to come back to learn from another department at BCH as my visit was exciting and fruitful."

"These days were amazing! Was important to have both experiences. I love it."

"I enjoyed the observership very much. Thank you to the observership team and my "organizer" in General Surgery."

"Everyone was very helpful and friendly."

"I hope more colleagues in my hospital can come here to study."

"I learned a lot here and OPENPediatrics is great."

"Everything was very clear and well done!"

"The doctors are great."

*These tips were put together by past international observers of daily life in Boston for future observers.*



### Telephone

"It is recommended that you get a "go phone" for your stay, look for a plan that has unlimited talk and unlimited texts per month, this way you won't need a contract and you can activate your phone as soon as you buy it. There are many places where you can do this: AT&T has a good monthly plan that covers unlimited text and phone calls for a fee close to \$60 each month. "

For more info visit: [www.att.com](http://www.att.com).

"T-Mobile also provides the option of Pre-Paid plans for \$40 per month with your own device. It provides: unlimited talk, text, and data starting with up to 3GB of 4G LTE."

"If you bring your phone from your country you can just change the Sim Card. If you don't have one, you can get one at stores such as Best Buy and Target. They will provide instructions on how to use the phone."

### Adjustment

"Once you arrive, you must remember the BCH Observership Program is only for observing. You may soon discover that one of the most difficult things to adjust to upon arriving is to this new role. While it is understood that observers come with a lot of experience and professional skills, you will have to take a background role during your visit at the hospital. Remembering that you are a professional in your own right but that you are here to observe how things are done in the BCH setting should be your focus. Continue to ask yourself how much is transferable to your own setting or what adjustments you will need to make. It is not unusual to feel a need to contribute to ongoing activities and this must always be done in a non-obtrusive and non-critical manner, giving consideration to patients' sensitivities if they are present and respecting the role of BCH faculty. Beginning a new experience can be overwhelming at times and the feelings of frustration and sense of being lost may be experienced, especially in the first couple of weeks. If you do not speak English in your daily life back in your home country it can be even more challenging, so make sure to take your time, ask questions when you don't understand, and try to talk to others."

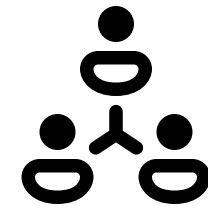


*These tips were put together by recent international observers of daily life in Boston for future observers.*



### Housing

"When looking into housing options, safety and proximity to the hospital must be of paramount importance."



### Networking Events

"You should attend the networking events and lectures arranged by the Observership Program. It is a good way to learn about the hospital and meet other observers. "



### Eating Habits

"The food and dietary needs of individuals may differ. Food in the United States is usually plentiful and available everywhere but beware of processed food and high caloric intake as it is unhealthy. The hospital has a cafeteria and an average meal costs between USD \$7 to \$11. The tap water is safe to drink. "



### Weather

"The weather in Boston is unpredictable and changes very quickly, even in the same day. Make sure to check the weather forecast ([www.weather.yahoo.com](http://www.weather.yahoo.com)) and bring proper clothes."



### Internet / WIFI

"Internet is available everywhere in the hospital. Based on your housing accommodations you may not have computer access, therefore, it is recommended to bring your personal laptop."



### Shopping

"It is often said that shops in the suburbs may have greater variety; this will however require a long bus ride or that you to go out with someone who has a car! If you decide to shop in the Boston area, look out for the sales and clearance racks!"

## CONTACT INFO

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## WEBSITES

International Health Education

**Hospital Website**

<https://www.childrenshospital.org/>

**International Patient Information**

<https://www.childrenshospital.org/international/become-a-patient>

**Observership Program**

<https://www.childrenshospital.org/international/health-care-professionals>

**Global Services**

<https://www.childrenshospital.org/international>