

NEW YORK CITY GUIDE

SOWERS SUMMIT 2024 EDITION



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wearefullcollective.com



WELCOME

I'm so glad to be inviting you to my city. The city I was born and raised in. The city where I met and married my husband. The city where I've gotten educated and have grown. I love this place and I wanted to share this package with ya'll as a way to excitedly invite you to my favorite things about it but also gently encourage you if you're feeling hesitant to come to the Sowers Summit because either you've never been to NYC or are scared to come.

Friend, I get it and understand. I've been to 33 countries, which many I've visited by myself and especially as a woman traveling alone - that can be really scary but I've also seen God strengthen me where I felt limited and give me peace where I felt afraid. I hope this package can get you excited to consider coming to not just the conference but to explore the beauty and culture NYC has to offer!

I can't promise you won't be scared when you get here because fears look differently for everyone but I can share where you could potentially feel safest or most protected while also always remembering we are always with God, our ultimate protector - not to over-spiritualize it because that's actually just a true thing. He is Emmanuel, God with us.

***Guide created by Pricelis Dominguez - pricelispd.com @pricelispd - host of the Sowers Summit 2024 and Native New Yorker. None of these resources or recommendations are endorsed or guaranteed. They are simply suggestions.



NEW YORK CITY



BOROUGHS

New York City has 5 boroughs - Manhattan (which is where the conference is taking place), The Bronx (north of Manhattan), Brooklyn (South east of Manhattan), Queens (To the west of Manhattan), and Staten Island (Southwest of Manhattan)

NEIGHBORHOODS

Places like Harlem, Bushwick, South Bronx, and Long Island City are neighborhoods in a Borough. Some are more touristy than others and include different attractions based on whether or not it's residential or not.



RESIDENTIAL/TOURISTIC

Residential neighborhoods can be visited but include much more local offerings and fewer attractions.

Touristic areas were made with much more restaurants, hotels, and things to do.



CONFERENCE AREA

01

Upper West Side

This is both a residential and touristic area that is calmer than other touristic attracted areas of New York City. It includes most of the museums found in NYC, abundant amount of restaurants, and small coffee shops!

02

Central Park

This is the world famous park in the middle of Manhattan that starts at 59th street and ends on 110th street. The conference is on 83rd street so if you walk just 2 avenues - you'll reach Central Park!

03

Riverside Park

This park has views of the Hudson river and includes playgrounds and grass area. The park starts downtown and goes all the way up to Washington Heights. This is also just a few blocks from the conference location.

04

Trains

The 1,2, and 3 trains have a train station stop 4 blocks from the conference but you can also catch the C or B train just 2 avenues away right across the street from Central Park.

05

Broadway

The avenue that is Broadway is filled with all you need in the Upper West Side. This is where you can eat, shop, rest, and explore. This is less than 2 blocks from the conference location

06

Amsterdam Ave.

This is your main avenue for the best restaurants in the Upper West Side - especially between 72nd Street and 96th Street. Reservations are highly recommended! This is the avenue closest to the conference location.

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PRICELIS' FAVORITES

01

Sites

- The Cloisters
- Riverside park
- Central Park
- South Street Seaport
- Bryant park
- West Harlem Piers
- New York Public Library
- Chelsea Market

02

Restaurants (Downtown)

- Mermaid inn (Upper West Side and Times Square locations)
- Covacha (Upper West Side)
- Jacobs Pickles (upper west side)
- La Pulpería (hells kitchen)
- Pergola (Chelsea)
- EAK ramen (Times Square)
- Mexicue (times square)

03

Restaurants (Uptown/Bronx)

- Tobala (The Bronx)
- Malecon (The Heights + Bronx)
- Cap't Loui (west harlem)
- Caffè latte (central harlem)
- Terravita (Washington heights)
- Jin Ramen (Harlem)
- Bronx Alehouse (The Bronx)
- Guadalupe (Inwood)
- Salento Kitchen (Wash Heights)

04

Areas

- East village
- West village
- Dumbo (Brooklyn)
- Chelsea
- Upper West Side
- Washington Heights
- Harlem
- City Island (Bronx)

05

Museums

- The MOMA
- American Museum of Natural History
- Tenement Museum
- Ellis Island National Museum of Immigration
- National Museum of the American Indian

06

NYC Fall Things

- Rooftop movies at the Rooftop Cinema Club
- Broadway Shows and shows at the Public Theatre (get affordable tickets at todaytix.com)
- Fall foliage in Central Park or upstate

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THINGS TO KEEP IN MIND

These are simply things to keep in mind. They shouldn't make you paranoid but really just reminders that we should consider doing these things anywhere we visit, not just NYC.

01 WHAT YOU'RE WEARING/LOOK LIKE

New York City is probably the hardest place to stand out in the world because people dress and look all kinds of ways but there are some obvious "tourist" signs that perhaps you don't want to look like. That includes holding a camera in your hand, gazing at tall buildings while walking in the middle of the street, and wearing clothes that says another state/city

02 YOUR SURROUNDINGS

Just like anywhere else in the world, pay attention to your surroundings - this means you are aware of who's around you and aren't looking down at your phone for an extended period of time. For example, if you're on a train by yourself with one other person, perhaps get off the train and enter a new train car or if you're walking somewhere and sense someone following you, enter a street business that is open. This isn't to scare you but to remind you of something you should do ANYWHERE, not just NYC.

03 YOUR THINGS

Be aware of them. If you have a purse that can't close or doesn't have a zipper, perhaps don't use that purse. Have your belongs in front of you rather than having a bookback or fanny pack behind you. And don't just hold your phone in your hand in the street, put it in a pocket or in your purse.

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LAST 3 THINGS



1. Surprise yourself! Be willing to step out of your comfort zone and do something that is bold!



2. Trust God. Anything can happen to us anywhere (including where we live) but we get to trust that God is protecting us along the way.



3. Come with a friend or a group! One of the best ways to fight fear is to not do things alone. There's a group discount for groups of 5+! But also you could make a friend at the conference, who knows!

This conference won't be the same without you and I know God will meet you there in a new and powerful way. We are happy to answer any of your questions so please don't hesitate to ask!

Register today at sowerssummit.com