

A circular wreath of botanical illustrations surrounds a central white circle. The wreath includes various plants: a large red leaf, a green leaf with a white vein, a fern frond, a cluster of small pink flowers, a large green leaf with a white vein, a large red leaf, a cluster of purple flowers, a large green leaf with a white vein, a fern frond, a cluster of orange flowers, and a large green leaf with a white vein.

Children's Program
presents

Living in Portland, OR



Agenda

- Nature
- Athletics
- Food and dining
- Entertainment and culture
- Housing
- Travel



Introduction

Children's Program Internship values intern wellbeing. We understand you have a life outside of your training, and we want to support your personal growth in addition to professional growth. We also realize that the culture of both a training site, as well as the geographical location of a site, matter. As such, we hope to highlight aspects of Portland we believe will help you decide if our site *and* our city is right for you.





Nature



Get Outdoors

Green spaces

- Portland features numerous parks and houses one of the largest urban parks in the county, aptly named Forest Park
- The International Test Rose Garden and Japanese Garden, both at Washington Park
- The metro area boasts numerous hiking, running, and biking trails and parks, which include options for tennis, pickleball, frisbee, soccer, among others

Water

- The city borders two rivers, the Willamette River, which runs north-to-south bifurcating the city, and the mighty Columbia River, which feeds into the Pacific Ocean
- Multiple other rivers, are located nearby, including the Sandy, Wilson, and Clackamas. Popular activities include boating, kayaking and SUPing, fishing and swimming
- We are approximately 1.5 hours driving distance to the Pacific Ocean and adorable coastal towns





Athletics



Sports and recreation abound. As a HQ location for Nike, Columbia, Adidas, Under Armor, Keen, and more, we are known as an active city.

Athletic teams and opportunities include:

- ❑ A championship-earning NWSL team, the Portland Thorns, and MLS team the Portland Timbers
- ❑ An NBA team, the Portland Trailblazers
- ❑ Minor league baseball team, the Hillsboro Hops
- ❑ Numerous club and recreational leagues
 - Popular club sports include soccer, ultimate frisbee, adult kickball, dragon boating, and more



Activities

Snow

- Just a 1.5-hour drive to Mt. Hood or 3-hour drive to Mt. Bachelor leads you to great snow sporting opportunities.
- Enjoy skiing, snowboarding, cross-country skiing, snow shoeing, and ice climbing.

Other movement and activities

- The Portland area hosts many 5Ks, half-marathons, and marathons for runners or walkers.
- Hiking, climbing, and camping are also common outdoor activities enjoyed by Portland residents.





Food and Dining



A great food and beverage scene exists



Festivals

Multiple festivals including Holiday Ale Fest, Brewers Festival, Festival of Lights, Portland Argentinian Festival, Latino Cultural Festival, Chinese Festival and many, many more.

Libations

Portland is a well-known city for beer and the Willamette Valley is famous for its wine. There are countless breweries and wineries around, as well as a thriving distilling, craft cocktail, and NA drink scene.

Cuisine

Our city boasts highly-rated restaurants including Le Pigeon, Kaan, Arden, Republica, Screen Door and more. We also have multiple seasonal farmer's markets and family farms.

Carts

Affordable, delicious options can be found at our cart pods, scattered throughout the metro area.

Caffeine

We are a big coffee and tea city with large and small roasters across the Metro area



Entertainment and Culture





What to do

- Reading, museums, and gaming
 - ❑ Powell's City of Books (an independent bookstore that takes up an entire city block)
 - ❑ Ground Kontrol (an arcade and bar)
 - ❑ Portland Art Museum, Oregon Historical Society, Oregon Museum of Science & Industry
- Concerts and music
 - ❑ Moda Center, Crystal Ballroom, Mississippi Studios, Roseland, Revolution Hall, Zoo Concerts and more
- Drama and performances
 - ❑ Portland's Center for the Arts (Keller, Schnitzer, Winningstad, Newmark, Brunish), The Armory and Artist's Repertory Theater and more
- LGBTQ+ and female-identified friendly spaces and events
 - ❑ Such as Crush (lounge), HotFlash/Inferno (dance), Sports Bra (sports bar), Darcelle's XV Showplace (on the National Register of Historical Places), Portland Pride, and so many more



Housing



Your living space



- Portland is a special place to live, but it does come with a price tag to match. According to rent.com, the average rent for a one-bedroom apartment in 2023 was \$1,262 - \$1,800.
- Rent.com, Craigslist, Willamette Week classified, or even word-of-mouth can help you locate an apartment once you are ready to prepare to move.



Travel





Getting around

Flying

- Portland International Airport (PDX) is consistently a top-rated airport with national and international service (and a cult Portland carpet following!). Drive time from our clinic is approximately 25 minutes, depending on timing. Our airport makes travel or having visitors convenient.

Other modes of transportation

- We have a light-rail system servicing the Metro area, known as the MAX. A streetcar also runs through inner Portland. The bus system services stops to our clinic, with one stop steps away from our front door.
- Electric bikes, electric scooters, and traditional bikes are also popular methods of transport.
- We won't lie, traffic can be a challenge, especially when crossing the city during rush hour. However, car parking *is* plentiful and free at our clinic.

Other resources







Other resources



Other resources



- Portland Monthly  @pomomagazine
- Eater Portland  @eaterpdx
- Travel Portland  @travelportland
- 1859 Magazine  @1859oregon



Thank you



Please feel free to ask additional questions either via email to our Director of Training or at your interview.