



— 2026 —

紐約 生活指南



THE ESSENTIAL
NEW YORK
TRAVEL &
LIVING GUIDE





盛世新啟 道開紐約 歡迎回家



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出行前核对清单

Pre-Travel Checklist

建议出发前逐项确认，确保入境、接机、住宿、通信及个人健康安排顺利。Recommend to review each item before departure to ensure smooth immigration, airport pickup, accommodation, communication, and personal health arrangements.

✓	核对项目 Checklist	提醒 Notes
☐	美国签证、护照及身份证明 U.S. visa, passport & ID	确认证件有效，并随身携带。Make sure documents are valid and kept with you.
☐	清晰的旅行计划 Clear travel plan	了解行程、住宿地址及访问目的，方便回答入境问题。Know your itinerary, accommodation address, and purpose of visit.
☐	信用卡及付款方式 Credit card & payment method	提前联系银行，确认可在美国使用。Contact your bank to ensure your card works in the U.S.
☐	酒店预订 Hotel booking	提前按指定或优惠链接预订，并保存确认信息。Book in advance and save your confirmation.
☐	eSIM / SIM 卡 eSIM / SIM card	保持手机可联系，方便接机及后续沟通。Keep your phone connected for pickup and updates.
☐	旅行医疗保险 Travel medical insurance	建议来美前购买，并保存保单及紧急联系方式。Consider purchasing before departure and keep policy details.
☐	常用药物 Personal medication	如有日常用药，请准备足量，并保留原包装或医生说明。Bring enough medication, preferably in original packaging.
☐	过敏及特殊需求 Allergies & special needs	如有食物、药物或其他过敏，建议提前告知。Inform in advance of any allergies or special needs.
☐	航班信息 Flight information	提前提供航班号、抵达时间及机场信息。Share flight number, arrival time, and airport details.
☐	抵达后沟通方式 After-arrival communication	接机后请确认后续沟通 App 及联系人。Confirm the communication app and contact person after pickup.
☐	阅读生活指南 Read the living guide	其他准备请参考详细生活指南，以便合理安排。Refer to the full guide for preparations.

入關溫馨提示

Important Reminder when entering the US



1. 入境機場選擇

Choosing Your Airport

第一次入境的美國機場即為通關機場。建議選擇通關較順利的機場，如：

First entry point = first customs check. We recommend choosing an airport with smoother customs clearance, such as:

- 紐約JFK機場 JFK Airport (New York)
- 新澤西Newark機場 Newark Airport (New Jersey)
- 三藩市機場 San Francisco International Airport

小貼士：

从加拿大机场可入境美国者 建议选择落地拉瓜迪亚机场, 方便接机。 *Suggest to land LGA airport if you can entry US from airports in Canada*

建議穿著輕鬆運動或休閒服，符合旅行目的。 *It is recommended to wear comfortable athletic or casual clothing that aligns with the purpose*

2. 準備好入境材料 Prepare These Documents in Hand Luggage

請將以下物品隨身攜帶，勿放托運行李：

Make sure to have the following items in hand luggage:

- 護照（有效期至少6個月） Passport (valid for at least 6 months)
- 有效簽證或ESTA電子授權 Visa or ESTA (if eligible)
- 回程機票或旅行計畫說明 Return ticket or clear travel itinerary
- 住宿資訊或邀請函 U.S. accommodation address or invitation letter
- 工作或就業證明 Proof of employment or ties to home country
- 財力證明 Financial proof (e.g. bank statement, scholarship letter)

3. 入境流程簡要 Entry Process Overview

入境其實不難，按流程穩步進行，誠懇自信地回答問題即可：

Don't worry — follow instructions, stay calm and confident, and answer clearly.

流程步驟 General Steps:

1. 下飛機 Exit the airplane
2. 跟隨指示牌前往美國海關暨邊境保衛局（CBP）辦理入境手續 Follow the signs to U.S. Customs and Border Protection (CBP) for immigration clearance
3. 排隊並回答問題 Stand in line, answer CBP questions
4. 掃描指紋與拍照 Biometric scan
5. 領取行李 Collect your luggage
6. 進入申報或免申報通道 Pass through Customs

若被帶往「二次審查」：

不要緊張，保持淡定禮貌配合即可。二次審查不代表出問題。

If taken to Secondary Inspection:

Remain calm, cooperate fully, and show documents. This is common and does not mean you've done anything wrong.



4. 入境禁止攜帶物品 Items Prohibited or Restricted at Entry

- 新鮮蔬果、肉類、種子等 Fresh fruits, vegetables, meat, or seeds
- 超過\$10,000現金（需申報） Over \$10,000 USD in undeclared cash
- 假貨或盜版物品 Counterfeit goods or pirated content
- 含管制成分的藥品 Prescription meds with banned substances
- 易燃物與爆竹 Fireworks, explosives, flammable materials

5. 入境常見問題解答 FAQ

Q: 入境時被問到不會英文怎麼辦？ *What if I don't speak English well?*

A: 你可以請求翻譯服務。美國海關與邊境保護局（CBP）可提供中文翻譯協助。你也可以出示一份事先準備好的中英文說明信，簡要說明你來美國的目的與行程安排。You can request a translator. CBP officers can provide Chinese (or other language) assistance. You may also prepare a written explanation of your purpose and plans in English or your native language.

Q: CBP官員會問哪些問題？ *What will CBP officer ask me?*

A: 為何來美國？ Why are you visiting?

住哪裡？ Where are you staying?

待多久？ How long will you stay?

你此行有哪些安排？（建議準備清晰的旅行計劃） What plans do you have for this visit? (Recommend to have a clear travel plan)

有回程機票嗎？ Do you have a return flight ticket?

有人接嗎？ Who's picking you up?

帶了多少現金？ How much cash are you carrying?

Q: 我帶了些中藥、零食可以嗎？ *Can I bring traditional medicine or snacks?*

A: 多数中药、草药、含肉制品或动物成分的食品被禁止入境。如果您確有醫療需要，建議攜帶醫生處方或證明文件，以便在必要時向海關出示。*Most herbal medicines, meat-based, or animal-derived products are prohibited. If you have a genuine medical need, it's recommended to bring a copy of your prescription or supporting documentation to show customs if required.*

Q: 即使簽證有效，我入境時還有可能被拒絕嗎？ *Can I be denied entry even with a visa?*

A: 有可能的。入境決定權屬於CBP官員。若有被拒風險，你可以主動申請「Withdraw Application for Admission」（自願撤回入境申請），這樣可避免留下正式的遣返紀錄。建議聯絡移民律師或學校／單位的支持人。如遇此類情況，應盡快尋求專業協助。*Yes. The final decision rests with the Customs and Border Protection (CBP) officer at the port of entry. If you are at risk of being refused entry, you may request to “Withdraw Application for Admission”, which avoids having an official deportation record. If this happens, contact your school, sponsor, or an immigration attorney for immediate support.*

小貼士 Tips:

1. 建議旅遊計劃和住宿地址要清晰，並能清楚回答美國海關及邊境保衛局（CBP）官員的問題。Make sure your travel plans and accommodation address are clear, and that you are able to answer CBP (Customs and Border Protection) officers' questions confidently.
2. 可事先準備或列印中英文版本的入境目的及行程安排，以備查驗。Consider preparing or printing out your purpose of visit and itinerary in both Chinese and English in advance.
3. 建議保持手機通訊暢通（或連接機場Wi-Fi），以便與負責接機的同事保持聯繫。It is recommended to keep your mobile phone connected (or connect to the airport Wi-Fi) so that colleagues picking you up from the airport can reach you easily.

天氣 Weather

七八月紐約正值盛夏，炎熱潮濕，午後偶有雷陣雨。以下是天氣與穿搭建議：
July and August are peak summer in New York — hot, humid, with occasional afternoon thunderstorms. Here are some weather and packing tips:



均氣溫 Avg. Temperature

日均溫21°C–29°C（約70°F–84°F），早晚稍涼。建議以夏裝為主，備一件薄外套，並選擇透氣吸汗的輕薄衣物。Temperatures average 21°C–29°C (70°F–84°F), cooler in the morning and evening. Pack light summer clothes, a thin jacket for temperature shifts, and breathable moisture-wicking fabrics for the humidity.

天氣特點 Weather

午後常有短暫雷陣雨，請攜帶輕便雨衣或摺疊傘。中午前後紫外線強，建議戴帽、墨鏡並塗防曬霜。Expect brief afternoon thundershowers — pack a light rain jacket or compact umbrella. UV index peaks around midday, so wear a hat, sunglasses, and sunscreen.

推荐酒店

Hotel Accommodation



萬豪白原長住酒店

Residence Inn by Marriott White Plains Westchester County

地址 Address: 5 Barker Ave,
White Plains, NY 10601

電話 Phone: 914-761-7700

酒店含早餐，但請提前聯繫酒店確認是否提供純素早餐選項。The hotel includes breakfast — please confirm with the hotel in advance whether vegan breakfast options are available.

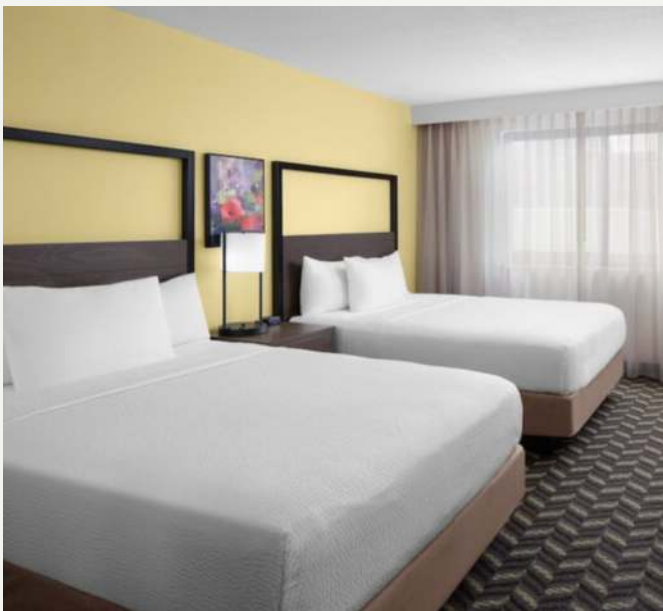
距離 Distance:

- 步行至Whole Foods 超市約24 分鐘 ~24 mins walk to Whole Foods
- 距离火車站11分鐘 ~11 mins to train station

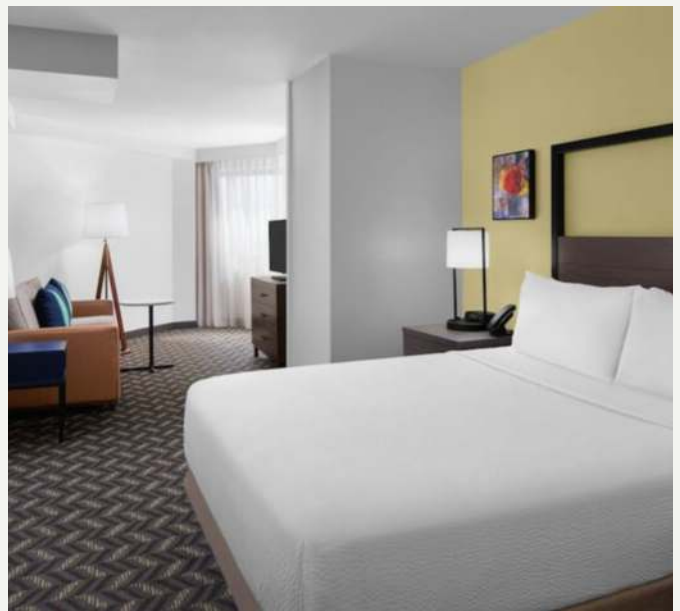
TIPS

建议尽早预订以确保房间供应，并请联系当地工作人员获取团体优惠预订链接。Book early to secure your room, and contact local staff for the booking link to access the discounted group rate.

酒店入住及其他购买需要信用卡等支付，请确保可以在美国支付。A credit card or similar payment is required for hotel check-in and other purchases; please ensure your card is valid for use.



雙大床房 Two Queen Beds



大床單人間 One King Bed



拐角房 Corner Room

房價參考 Room Rates:

- 大床單人間 (可住4人) One King Bed + One Sofa Bed (up to 4 guests): ~USD209
- 雙大床房 (可住6人) Two Queen Beds + One Sofa Bed (up to 6 guests): ~USD209
- 拐角房 (可住4人) Corner Room, One King Bed + One Sofa Bed (up to 4 guests): ~USD209
- 如需加床, 每張額外費用為USD15 Additional bed available at USD15 per bed



電話卡與保險

SIM cards & Insurance

1. 紐約旅遊SIM卡購買方式 How to Get a Travel SIM Card

JFK機場當場購卡 Buy at JFK Airport:

- 可在入境大廳（如T4、T1）找到自動販賣機或櫃台購買旅遊SIM卡 SIM card vending machines or service counters are available in arrival halls (e.g. T4, T1).
- 常見品牌 Popular brands T-Mobile、AT&T、Ultra Mobile、Lycamobile、MintMobile
- 方便快捷使用，但價格略高、選擇有限。 Quick and convenient, but usually more expensive with fewer options.

白原市 (White Plains) 門市購卡 Buy in White Plains – Local Stores

- 可在市中心找到主要電信品牌門市，提供實體SIM卡與開通服務。Downtown White Plains has major carrier stores offering physical SIM cards and activation.
- 門市資訊 Store Locations:
 - T-Mobile: 46 Mamaroneck Ave
 - AT&T: 56 Mamaroneck Ave
- 店員可協助選方案，價格較機場划算。Staff can help you choose a plan—often cheaper than at the airport.

出發前於淘寶預購 Pre-Order on Taobao Before Departure

- 可於出發前在淘寶購買美國旅遊SIM卡，到達後即插即用，省去抵埗後購買的麻煩。You can pre-order a US travel SIM card on Taobao before departure — simply insert and use upon arrival, saving time and hassle.
- 搜尋關鍵詞如「美國SIM卡」、「美國電話卡」即可找到多款選擇，價格通常較機場更實惠。Search terms such as "美國SIM卡" or "美國電話卡" will return a range of options, typically at more competitive prices than airport purchases.
- 建議提前數天訂購以確保及時收到。Order a few days in advance to ensure delivery before your trip.

使用 eSIM (一掃即開通) Use eSIM (Instant Online Activation)

- 若使用 以上或支援裝置，可用iPhone XS eSIM線上購買並即時啟用，無需實體卡片。
- If your phone supports eSIM (e.g., iPhone XS or newer), you can purchase and activate a data plan online instantly.
- 常見平台 / Popular Platforms: Airalo、Holafly、Nomad、GigSky、Ubigi
- 適合喜歡方便、靈活切換方案的旅客。Ideal for travelers who prefer convenience and flexibility.



2. 短期旅遊保險 Short-Term Travel Insurance

建議來美前購買短期旅遊醫療保險。保費會因年齡、停留天數、保障額度及自付額而不同；約兩週行程常見價格為數十美元起，請以實際報價為準。It is recommended to purchase short-term travel medical insurance before coming to the U.S. Premiums vary by age, length of stay, coverage limit, and deductible; a two-week plan often starts from several dozen U.S. dollars, depending on the quote.

可參考平台 Platforms to consider:

- Insubuy / 雲舒保：支援中文介面，華人旅客使用較多，可比較多種美國訪客醫療保險方案。Insubuy: Chinese interface available; commonly used by Chinese-speaking travelers to compare visitor medical insurance plans for the U.S.

INSUBUY.COM

- IMG Global：提供國際旅遊及訪客醫療保險方案，可依行程需求選擇。IMG Global: Offers international travel and visitor medical insurance plans that can be selected according to trip needs.

IMGGLOBAL.COM

一般保障內容可能包括 Typical coverage may include:

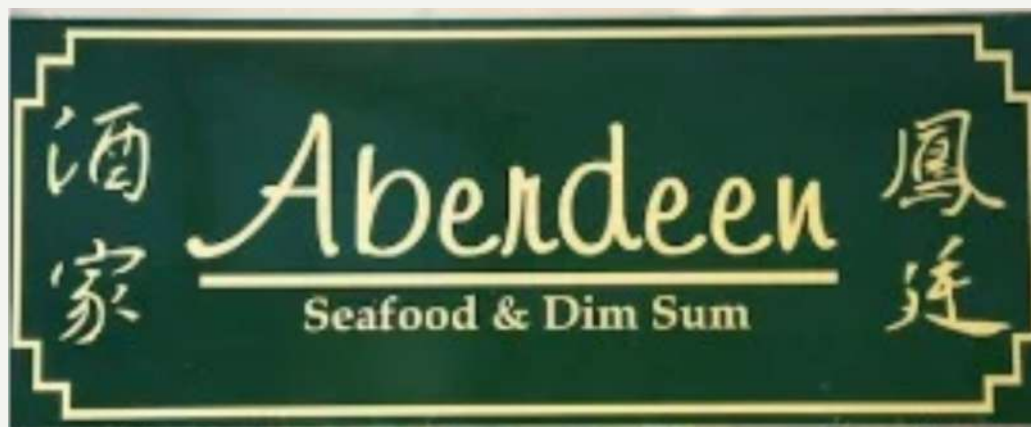
- 意外受傷 Accident or injury
- 突發疾病 Sudden illness
- 急診 Emergency room care
- 住院費用 Hospitalization
- 手術 Surgery
- 緊急醫療轉運 Medical evacuation
- 遺體送返 Repatriation of remains



餐飲、食材辨識、購物與小費文化

Dining, Ingredient Awareness, Shopping & Tipping Culture





白原市素食餐廳選擇
White Plains
Dining Options

提供純淨素選項
**PURE VEGAN
AVAILABLE**

**ABERDEEN SEAFOOD &
DIM SUM**

地址 Address: 3 Barker
Ave, White Plains

此餐廳位於萬豪居家酒店
(Residence Inn by
Marriott) 樓下，提供純素
料理選擇。點餐時，請務
必告知餐廳員工您的飲食
要求。This restaurant is
located directly below
the Residence Inn by
Marriott and offers pure
vegan dishes. Please
inform the staff of your
dietary requirements
when ordering.



ABERDEENWHITEPLAINS.COM



白原市附近素食餐廳選擇 White Plains Nearby Dining Options

提供純淨素選項
**PURE VEGAN
AVAILABLE**

PUREGANIC CAFE

地址 Address: 305
Halstead Ave, Harrison

這是一家全植物性餐廳，提供有機且對過敏友善的料理。此地點可提供純素選項。A fully plant-based restaurant offering organic, allergen-friendly dishes. This location can provide pure vegan options.



[PUREGANIC-CAFE.COM](https://www.pureganic-cafe.com)

餐廳 Restaurants



白原市附近素食餐
廳選擇
**White Plains
Nearby Dining
Options**

提供純淨素選項
**PURE VEGAN
AVAILABLE**

JAIPORE ROYAL INDIAN CUISINE

地址 Address: 280 NY-
22, Brewster

此餐廳提供正宗印度料理，設有純淨素選項。點餐時，請務必告知餐廳員工您的飲食要求。

This restaurant serves authentic Indian cuisine and offers pure vegan options. Please inform the staff of your dietary requirements when ordering.



JAIPORENYC.COM



紐約市素食餐廳選擇 New York City Dining Options

提供純淨素選項 PURE VEGAN AVAILABLE

THE ORIGINAL BUDDHA BODAI KOSHER VEGETARIAN RESTAURANT 佛菩提

地址 Address: 5 Mott
Street, New York

此餐廳位於紐約唐人街，是一家歷史悠久的猶太潔食純素餐廳，提供豐富的中式純淨素料理選項。點餐時，請務必告知餐廳員工您的飲食要求。This long-established kosher vegetarian restaurant in Manhattan's Chinatown offers an extensive menu of Chinese-style pure vegan dishes. Please inform the staff of your dietary requirements when ordering.



BUDDHA-BODAI.COM



紐約市素食餐廳選擇 New York City Dining Options

PLANTA NEW YORK

地址 Address: 15 W 27th
Street, New York

此餐廳為知名全植物性料理餐廳。餐廳是否能提供不含蔥蒜的純淨素食餐點，建議提前聯繫確認。點餐時，請務必告知餐廳員工您的詳細飲食要求。This well-known plant-based restaurant offers creative vegan dining. Whether the restaurant can accommodate pure vegan options without alliums has not been confirmed — it is recommended to contact them in advance. Please inform the staff of your specific dietary requirements when ordering.



PLANTARESTAURANTS.COM

餐廳 Restaurants

以下為紐約市的全植物性 (vegan) 餐廳推薦，惟未確認是否提供符合純淨素的餐點，建議提前聯絡餐廳確認並告知您的飲食需求。
The following are recommended vegan restaurants in New York City. It has not been confirmed whether they can accommodate pure vegan dietary requirements. Please contact the restaurant in advance and inform the staff of your dietary needs.

1 Bodhi Village

傳統中式素食，每日新鮮製作。

Traditional Chinese vegetarian,
freshly made daily.

BODAIVEGETARIAN.COM



2 Bodhi Kosher Vegetarian Restaurant

中式素食與純素料理，以羅漢麵、點心聞名。

Chinese vegetarian and vegan,
known for Buddha delight noodles
and dim sum.

BODAIVEGETARIAN.VEGANBODHI.COM

Bodhi Kosher

Vegetarian Restaurant

佛菩提

3 Spicy Moon

全素川菜餐館 — 麻婆豆腐、
擔擔麵等經典川味。

Fully vegan Sichuan restaurant —
mapo tofu, dan dan noodles.

SPICYMOONNYC.COM



4 LuAnne's Wild Ginger

全亞洲風味純素餐館，
融合中式風味的創意菜單。

All-Asian vegan restaurant with
a Chinese-influenced menu.

LUANNESWILDGINGER.COM



食材辨識 Ingredient Awareness

美國食物非純素食材提醒 Reminder for non-pure vegan ingredients in the US Foods

即使標示為“植物性”或“素食”，若未明確標註“Vegan”或“純素”，仍可能含有動物性成分。Even products labeled “plant-based” or “vegetarian” may contain animal-derived ingredients unless clearly labeled "Vegan".



乳制來源 Dairy-Based

- 酪蛋白 / Casein, 鈉酪蛋白酸鹽 / Sodium Caseinate: 常見於奶精、蛋白棒 Commonly found in non-dairy creamers and protein bars
- 乳清 / Whey: 起司副產物，常見於麵包、甜點、蛋白粉 Byproduct of cheese-making, found in breads, desserts, protein powders
- 乳糖 / Lactose: 常用於調味品、藥品 Used in flavorings, processed foods, and some medications
- 奶油脂 / Butterfat, 乳固體 / Milk solids: 用於巧克力、烘焙食品 Used in chocolate, baked goods, and spice blends
- 凝乳酶 / Rennet: 起司製作中使用的動物酶 Enzyme from calf stomach used in traditional cheese-making

蛋類來源 Egg-Based

- 白蛋白 / Albumin, 蛋白粉 / Egg white solids: 甜點、棉花糖中常見 Found in baked goods, marshmallows, meringues
- 卵磷脂 / Lecithin: 多數為大豆來源，若未說明，也可能來自蛋黃 Usually from soy in the U.S., but can also come from egg yolks if not specified

魚類 / 海鮮來源 Fish & Seafood-Based

- 魚露 / Fish sauce, 鰵魚醬 / Anchovy paste: 常見於凱撒醬、調味汁 Used in Caesar dressing, Worcestershire sauce, marinades
- 柴魚片 / Bonito flakes: 常見於亞洲湯料 Dried fish flakes found in Japanese soups and broths



肉类或副产品 Meat or Animal Byproducts

- 明胶 / Gelatin: 来源于动物骨，常用于软糖、谷物 Derived from animal bones; used in gummies, marshmallows, frosted cereals
- 猪油 / 牛油 / Lard / Tallow: 传统烘焙、油炸食品中可能使用 Animal fats still used in traditional pastries and fried snacks
- 单/双甘油脂 / Mono- & Diglycerides: 可能为动物来源 Can be plant- or animal-derived; found in breads and processed foods
- 天然香料 / Natural flavors: 可能含有动物或海鲜提取物，除非注明植物来源 May contain animal-, dairy-, or fish-derived substances unless labeled as plant-based

蜜蜂与昆虫来源 Bee & Insect-Based

- 蜂蜜 / Honey: 麦片、茶、酱料中常见 Found in cereals, teas, sauces, and baked goods
- 蜂蜡 / Beeswax (E901): 糖果、胶囊、口香糖表面 Used as a coating on candies, supplements, and chewing gum
- 虫胶 / Shellac (E904): 用于药片和糖果的上光 Resin from lac bugs used to glaze pills and candy
- 胭脂虫红 / Carmine or Cochineal (E120): 红色染料，见于果汁、糖果、唇膏 Red pigment from crushed cochineal insects; used in juices, sweets, cosmetics

其他注意成分 Other Ingredients to Watch

- 维生素D3 / Vitamin D3: 通常来自羊毛脂，用于强化食品 Often derived from lanolin (sheep's wool); found in fortified cereals and supplements
- 乳酸 / Lactic acid: 通常为植物来源，但部分产品应确认来源 Usually vegan, but some sources may be animal-based— check with the manufacturer
- 白糖 / Cane sugar: 非有机蔗糖可能使用骨炭过滤 Non-organic cane sugar in the U.S. may be filtered with animal bone char (not labeled)



加工食品中隐含的葱蒜类成分 / Hidden Allium Ingredients in Processed Foods

- 天然香料 (Natural flavors): 可能包含大蒜或洋葱萃取物 May include garlic or onion extracts
- 香料 (Spices): 除非特别注明, 可能含有大蒜粉或洋葱粉 Unless specifically labeled, may contain garlic or onion powder
- 纯素高汤块、浓汤与汤品 Vegan bouillon cubes, soups, and broths
- 纯素酱料 (尤其是番茄意大利酱、烧烤酱、辣椒酱、咖喱酱、酱油基底的腌料等) Vegan sauces, especially marinara, BBQ sauce, hot sauce, curry paste, and soy-based marinades
- 植物肉 (通常为了增添风味会加入大蒜/洋葱, 需要注意) Plant-based meats, which often include garlic and/or onion for flavoring
- 纯素零食 (如薯片、饼干, 甚至爆米花, 常含有葱蒜风味的调味料) Vegan snacks like chips, crackers, and even popcorn often contain onion/garlic-flavored seasoning

超市採買 Grocery Shopping



LILY'S VEGAN PANTRY

213 HESTER ST., NY (在 唐人街 IN CHINATOWN)

這是一家專門提供純淨素食食材的店家，可於翌日送達白原地區，訂單滿美金 300元可享免運費。所有商品皆可於網上選購。This store specializes in pure vegan ingredients. Next-day delivery is available to the White Plains area, with free delivery for orders over USD 300. All items can be ordered online.

LILYSVEGANPANTRY.COM



全食超市 WHOLE FOODS MARKET

110 BLOOMINGDALE RD, WHITE PLAINS, NY

有機、純植物、無麩質及國際商品，並提供即食餐點。可使用主要信用卡及 Apple Pay。也可透過 Amazon / Whole Foods Market 網上下單；請務必輸入正確的配送地址。Organic, plant-based, gluten-free, and international products; ready-to-eat meals available. Accepts major credit cards and Apple Pay. Orders can also be placed through Amazon / Whole Foods Market online; please be sure to enter the correct delivery address.

WHOLEFOODSMARKET.COM

超市採買 Grocery Shopping



SHOPRITE

13 CITY PL, WHITE PLAINS,
NY

一般生鮮雜貨、在地農產品、多元民
美食選擇。General groceries,
local produce, and ethnic foods.

[SHOPRITE.COM](https://www.shoprite.com)



WEGMANS

1106 CORPORATE PARK DR,
WEST HARRISON, NY

大型綜合超市，提供新鮮蔬果、烘
焙、熟食、Wegmans 自家品牌商
品、素食及無麩質選擇，也有熱食、
沙拉、壽司、湯品和即食餐點。可使
用主要信用卡、Apple Pay 及 EBT
SNAP。可透過 Wegmans 網站或
App 下單取貨或配送；配送由
Instacart 合作完成，請務必輸入正
確的取貨門店或配送地址。Large
full-service supermarket offering
fresh produce, bakery items,
prepared foods, Wegmans
private-label products, vegetarian
and gluten-free options, plus hot
foods, salads, sushi, soups, and
ready-to-eat meals. Accepts major
credit cards, Apple Pay, and EBT
SNAP. Pickup and delivery orders
can be placed through the
Wegmans website or app;
delivery is fulfilled through
Instacart, so please be sure to
enter the correct pickup store or
delivery address.

[WEGMANS.COM](https://www.wegmans.com)

超市採買 Grocery Shopping



STOP & SHOP

670 N BROADWAY, WHITE PLAINS, NY

大型社區超市，提供新鮮蔬果、烘焙、熟食、冷凍食品、家居日用品、藥房服務，以及 Stop & Shop 自家品牌和 Nature's Promise 天然／有機系列。也有素食、無麩質、即煮、即熱及即食餐點選擇。可透過 Stop & Shop 網站或 App 下單取貨或配送；部分地區可選當日服務。請務必輸入正確的取貨門店或配送地址。

Large neighborhood supermarket offering fresh produce, bakery items, deli and prepared foods, frozen groceries, household essentials, pharmacy services, Stop & Shop store-brand products, and the Nature's Promise natural/organic line. Vegetarian, gluten-free, ready-to-cook, ready-to-heat, and ready-to-eat options are also available. Pickup and delivery orders can be placed through the Stop & Shop website or app, with same-day service available in some areas; please be sure to enter the correct pickup store or delivery address.

[STOPANDSHOP.COM](https://stopandshop.com)



TRADER JOE'S

215 N CENTRAL AVE, HARTSDALE, NY

特色食品超市，以自家品牌商品、冷凍食品、零食、調味醬料、季節限定商品、鮮花、堅果、咖啡茶飲及價格親民的日常食品聞名。店內也有不少素食、純植物、無麩質及國際風味選擇，但商品會依門店和季節變動。Trader Joe's 不提供官方網上下單、配送或路邊取貨服務，建議親自到店選購。Specialty grocery store known for its private-label products, frozen foods, snacks, sauces, seasonal items, flowers, nuts, coffee and tea, and affordable everyday groceries. Many vegetarian, plant-based, gluten-free, and international-style options are available, though items vary by store and season. Trader Joe's does not offer official online ordering, delivery, or curbside pickup, so in-store shopping is recommended.

[TRADERJOES.COM](https://traderjoes.com)

購物中心 Shopping Mall



THE WESTCHESTER / SIMON MALL

125 WESTCHESTER AVE
WHITE PLAINS, NY

高端室內購物中心，位於 White Plains，適合購買服裝、鞋履、家居用品、電子產品、禮品及美妝用品。商場內設有多個餐飲選擇，包括美食廣場、咖啡飲品、休閒餐廳及百貨公司內的餐廳。商場環境寬敞整潔，設有室內付費停車場。建議親自到店購物；部分店鋪可能提供各自的網上下單或到店取貨服務。Upscale indoor shopping mall located in White Plains, suitable for clothing, shoes, home goods, electronics, gifts, and beauty products. The mall also offers a range of dining options, including a food hall, coffee and beverage shops, casual restaurants, and restaurants inside department stores. The space is spacious and well maintained, with paid covered parking available. In-person shopping is recommended; some individual stores may offer their own online ordering or in-store pickup options.

[SIMON.COM](https://www.simon.com)

小費文化 Tipping Culture



美國常見小費參考 TIPPING GUIDE IN THE U.S.

餐廳 Restaurants

- 建議 Tip: 帳單總額的 15%-20% → Tip 15%-20% of the total bill
- 優質服務 Excellent: 可給 20% 以上 → Tip 20% or more for great service
- 團體用餐 Groups: 有些餐廳自動加 18-20% 服務費，請查看帳單 → Some places add an automatic 18-20% gratuity—check your bill

外帶 / 快餐 Takeout / Fast Food

- 一般不強制，若有個人化服務可投小費 \$1 → Tipping not required, but \$1 appreciated for custom service

飯店 Hotel

- 行李 Bellhop: 每件行李 \$1-\$2 → \$1-\$2 per bag
- 清潔 Housekeeping: 每天 \$2-\$5 (留枕頭旁) → \$2-\$5 per night, near pillow
- 門房 Concierge: 依協助程度給 \$5-\$20 → \$5-\$20 depending on help level

交通 Transport

- 計程車 / Uber 等: 車資的 10%-20% → Tip 10%-20% of the fare
- 機場接送 / 包車: 約 \$5-\$10 或更多 → \$5-\$10+, based on distance/service

小提醒 Notes

- 標註 "Gratuity Included" 表示已含小費 → No extra tip needed if marked "Gratuity Included"
- 現金最受歡迎 → Cash is preferred

作息安靜時間

Quiet Hours



在紐約州白原市（White Plains, NY）及附近城市，城市噪音管理條例規定的「安靜時段」為晚上 10 點至早上 7 點。這代表：

In White Plains, NY and cities around, city noise regulations define “quiet hours” as starting at 10 p.m. and ending at 7 a.m.. This means:

- 在此時段內，任何過於嘈雜或擾民的聲音都可能被視為違規行為。Any loud or disruptive noise that disturbs residents during these hours could be considered a violation.
- 常見的限制包括禁止使用噪音較大的電動工具、園藝設備，或舉辦干擾鄰里安寧的聚會活動。Common restrictions include prohibiting noisy power tools, lawn equipment, or loud parties that disturb the peace during this timeframe.



垃圾管理 Trash Management

一般垃圾（黑色袋／桶）

General Trash (Black Bag/Bin)

包括 Includes:

- 食物殘渣、髒紙巾
Food scraps, soiled napkins
- 保麗龍、塑膠袋等其他不可回收物 Non-recyclables like Styrofoam, plastic bags



小貼士 Tips:

- 回收前請清洗瓶罐 Rinse before recycling
- 紙箱請壓扁 Flatten cardboard boxes
- 若不確定可積極詢問 Proactively ask if unsure

回收（藍色桶） Recycling (Blue Bin)

可回收 Accepted:

- 清潔紙張與紙箱 Clean paper & cardboard
- 瓶罐與玻璃瓶（已沖洗） Rinsed cans & glass bottles
- 標示 #1 或 #2 的塑膠瓶/壺 Plastic bottles/jugs labeled #1 or #2

不可回收 Not Accepted:

- 油膩或未清洗容器 Greasy or dirty containers
- 塑膠袋、保麗龍 Plastic bags, Styrofoam
- 食物殘渣、電池、電子產品 Food waste, batteries, electronics

特殊處理物品 Special Disposal Items

以下請勿回收，應集中處理 Do NOT put these in recycling. Dispose of separately:

- 電池、電子產品：送回收站或商店（如 Best Buy） Batteries & electronics: drop off at stores or recycling centers
- 廚餘回收：僅限部分住宅區 Food waste recycling available in limited areas

文明退房 - 自覺覺TA

Check Out Etiquette — Lead by Example, Inspire Others



1. 建議離開時, 盡量保持入住時的狀態, 時時刻刻展現您的文明。Suggest to leave the room in the same condition as when you arrived — this is a gesture of mutual respect and consideration.
2. 傢俱歸位 - 移動過的傢俱, 請在離開前恢復原狀。Return furniture to original positions — if you moved any furniture, please restore it to its original arrangement before leaving.

3. 歸還借物 - 房間借用的物品 (如水壺、濾水器等), 請在退房前歸還至工作人員。若有向其他人借用物品, 請物歸原主或者交接好, 做到善始善終。

Return Borrowed Items — Any items borrowed from the room (such as kettles, water filters, etc.) should be returned to the staff before check-out. If you have borrowed items from other guests, please return them to their owners or arrange a proper handover — leave things as well as you found them.

4. 剩餘食物處理- 退房前兩天, 若需購買食材, 請先詢問其他同仁是否已有, 互相協調, 避免浪費。Leftover food — in the two days before check-out, if you need to purchase groceries, please check with other housemates first to coordinate and avoid waste.

5. 心態提醒 - 若有剩餘食物，請以「請對方幫忙處理」的心態分享，而非「施予」或「送人」的角度。Mindset reminder — if you have leftover food to share, please do so with the spirit of "asking a favor" rather than from a place of "giving" or "doing someone a favor."
6. 物品損壞回報 - 若發現設備或物品有損壞，請提前告知酒店負責人，利於後續維護。Report damaged items — if you notice any damaged equipment or belongings, please inform the hotel manager in advance to facilitate follow-up maintenance.
7. 垃圾處理 - 若方便，離開時請一併將垃圾處理完畢，感謝您的體貼。Rubbish disposal — if convenient, please dispose of your rubbish before leaving. Thank you for your consideration.
8. 床鋪請保持「已使用」狀態即可 - 不需要特別疊被或鋪床，避免清潔人員誤會未使用而漏掉清潔。Bedding — please leave the bed in its "used" state — there is no need to fold the duvet or make the bed, as doing so may cause cleaning staff to mistakenly assume the room was unused and skip cleaning.



附錄：可購買的純素範例

Appendix: Examples of Vegan Products Available for Purchase

以下是一些除了新鮮蔬果以外，可在西方超市（如 Whole Foods）購得的純淨素產品: Below are some pure vegan products that can be found in Western supermarkets (such as Whole Foods), aside from fresh produce:

						
Rolled Oats 燕麥片	Chickpea Flour 鷹嘴豆粉	Organic Chickpeas 有機鷹嘴豆	Sun-Dried Tomatoes 風乾番茄	Pine Nuts 松子	Pumpkin Seeds 南瓜籽	Pistachios 開心果
						
Hemp Hearts 火麻仁	Chia Seeds 奇亞籽	Ground Flaxseed 亞麻籽粉	Nutritional Yeast 營養酵母	Raw Agave Nectar 龍舌蘭糖漿	Vegan Oyster Sauce 純素蠔油	Mixed Berry Spread 混合莓果果醬
						
Califia Almond Milk Califia 杏仁奶	MALK Almond Milk MALK 杏仁奶	MALK Soy Milk MALK 豆奶	Oatly Oat Milk Oatly 燕麥奶	Elmhurst Hazelnut Milk Elmhurst 榛子奶	Oatmilk Ice Cream 燕麥奶冰淇淋	Non-Dairy Ice Cream 植物冰淇淋
						
Extra Firm Tofu 特硬豆腐	Silken Tofu 嫩豆腐	Tempeh 天貝	Plant Chicken 植物雞肉	Deli Slices 植物切片	Vegan Mayo 純素蛋黃醬	Vegan Sushi 純素壽司
						
Miyoko's Cream Cheese Miyoko's 純素奶油乳酪	Plant Milk Butter 植物奶黃油	Cashew Cheese 腰果乳酪	Violife Cream Cheese Violife 純素奶油乳酪	Kite Hill Ricotta Kite Hill 純素瑞可塔乳酪	Chocolate Nut Butter 巧克力堅果醬	Fruit Spread 果醬



Sweet Potato Fries
紅薯薯條



Vegan Pizza
純素披薩



Vegan Waffles
純素鬆餅



Vegan Croissants
純素可頌



Blueberry Scones
藍莓司康



Vegan Brownies
純素布朗尼



Vegan Cupcakes
純素杯子蛋糕



Seaweed Snacks
海苔零食



Frozen Snack Bar
冷凍零食棒



Dark Chocolate
黑巧克力



Cookie Sandwich
夾心餅



Granola
格蘭諾拉麥片



Cascadian Granola
Cascadian 格蘭諾拉麥片



Strawberry Spread
草莓果醬



Conditioner
護髮產品



Body Wash
沐浴產品



Citrus Body Wash
柑橘沐浴產品



歡迎回 紐約的家

2026

WELCOME HOME
TO NEW YORK

