

Welcome to Provincetown!

Information for Seasonal
& International Workers

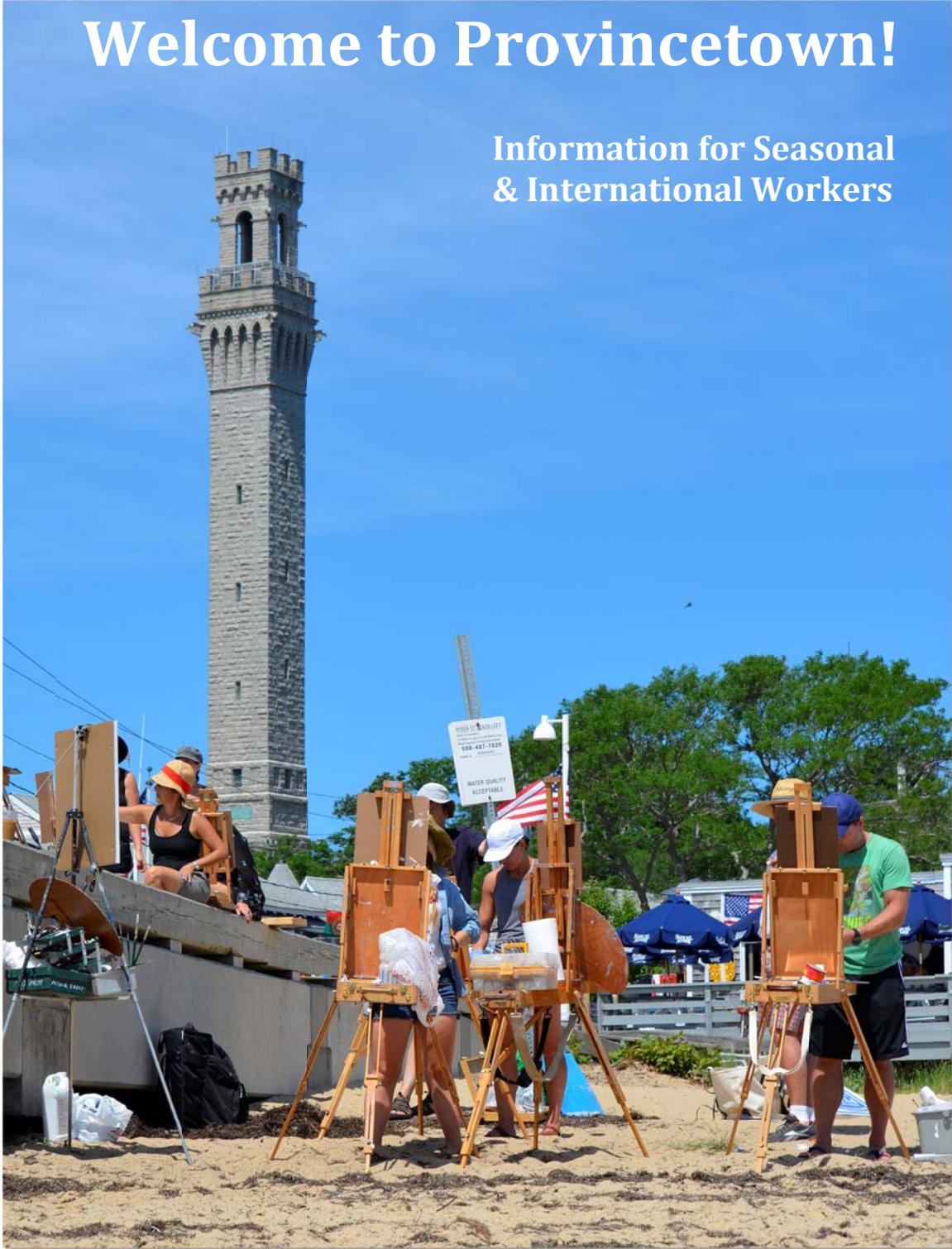


Photo courtesy of the Provincetown Office of Tourism and the Visitor Services Board
WorldFestProvincetown@gmail.com
[Facebook.com/WorldFestPtown](https://www.facebook.com/WorldFestPtown)

Welcome to Provincetown!

On behalf of the Board of Selectmen and the Town of Provincetown, we would like to welcome you to our beautiful Town. We hope that your experience here is a positive one, both in work and play! You will find that Provincetown is a friendly, diverse community with so much to offer. From our natural beauty, to our cultural offerings and our rich history, you will find that our Town has something for everyone.

To help you get settled, we have compiled some relevant information that you may refer to. Please remember that you may seek additional assistance with any of the Town offices. Your security and well-being are important to us. We pride ourselves on being a “No Place for Hate” community and your safety is a priority. We would also like to remind you of our “Share the Road” campaign that encourages everyone to observe all traffic and biking rules.

We thank you for choosing to visit Provincetown and we wish you the best for a wonderful 2016 season. We look forward to sharing our Town with you.

Please enjoy your stay!

Sincerely,

Town Management
Provincetown, Massachusetts

Table of Contents

Provincetown Map	4
Transportation	5
Bicycle Map and Safety Guide	7
Seasonal Housing	10
Medical Resources	11
Public Safety	13
Health Issues	17
Enjoy Provincetown	22
WorldFest – Provincetown’s International Cultural Festival.....	24
Useful contacts	25

Transportation

Airplane

Cape Air Connects Provincetown to Boston in 20 minutes. The Provincetown Municipal Airport is located at 176 Race Point Road. CapeAir.com

Ferry

The two high-speed ferries, Boston Harbor Cruises (bostonharborcruises.com) and Bay State Cruise Company (mafastferry.com), run several trips daily from Boston taking only 90 minutes to get here. "Provincetown II," the low-speed ferry, is a three-hour cruise ship running on weekends. Leaves from and arrives at MacMillan Pier.

Bus

Plymouth & Brockton (P&B) Bus Lines connects Provincetown to Hyannis, Boston, Providence and NYC. Municipal Parking Lot Transportation Center (behind the Chamber of Commerce), P-B.com.

Flex Bus

The Cape Cod Regional Transit Authority's (CCRTA) daily service connects Provincetown to other towns on the Cape all the way to Harwich and then Hyannis. Check CapeCodTransit.org for in-season and off-season schedules. Shuttle buses leave and arrive at the Transportation Center; requested stops are possible.

Shuttle Bus

CCRTA provides a shuttle service that operates (shoulder season) Friday and Saturday beginning at 7:00am to 12:30am and Sunday from 7:00am to 8:00pm starting Memorial Day weekend through mid-June. In the summer season, 30 minute service seven days a week, beginning at 7:00am to 12:30am, mid-June through mid-September, including holidays. The Shuttle travels to and from MacMillan Pier, down Bradford Street to the First Pilgrim Park and Herring Cove Beach, to Shankpainter Road, to Conwell Road, to Race Point Road, to the Province Land Visitors Center, to the Race Point Beach and the Airport. The shuttle also provides service from MacMillan Pier, down Bradford Street to Route 6A (North Truro) to Beach Point, Dutra's Market, to North Truro and Horton's Campgrounds. Passengers may board the Shuttle at any of the scheduled bus stops or they may flag the bus down anywhere along the bus route. In the summer the

Provincetown/North Truro Shuttle connects with the Flex at MacMillan Pier and Highland Road, Truro. CapeCodTransit.org

Outer Cape Bike Shuttle

The CCRTA provides bike shuttle daily between Memorial Day and Labor Day. The bike shuttle provides room for 12 bicycles and riders and services between MacMillan Pier and Marconi Beach Road (Wellfleet) with several stops on the way. capecodrta.org/bike-shuttle.htm



Bicycle Map and Safety Guide

Massachusetts Bicycle Laws:

- When riding your bike you are a vehicle and you must obey all traffic laws, signs and traffic lights.
- You must ride on the right side of the road and with traffic. This includes Commercial Street, where bike traffic is permitted to go both ways.
- Ride at a safe and reasonable speed. Do not speed, race or weave in and out of vehicle or pedestrians.
- You must give all pedestrians the right of way and give an audible signal (horn/bell) or say, "Passing left" or "Passing right."
- You must ride single file.
- For your safety, always wear a bike helmet.

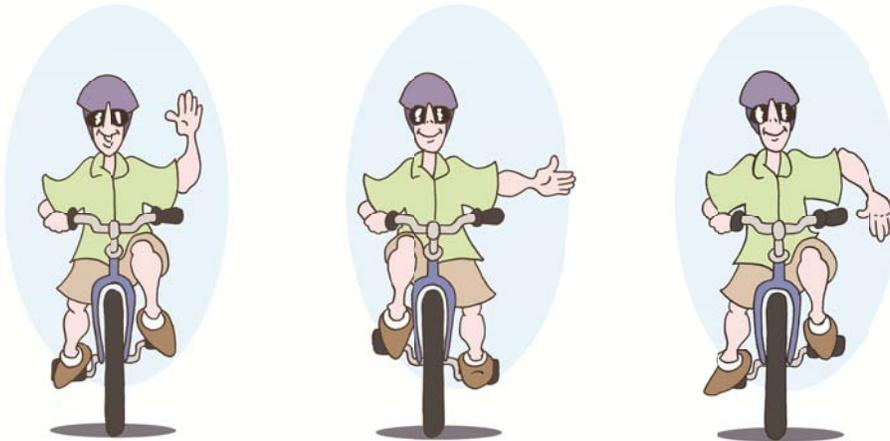
Your bike must have:

- Working brakes
- A white headlight and a red tailgate or red reflector on for night riding and reflectors on the pedals, both wheels, and at the front and rear.
- You must notify the Police of any accident involving personal injury or property damage over \$100.

Emergency phone number: Police Department, Fire and Rescue: 508.487.1212

You **MUST** use hand signals to let people know when you plan to stop or turn:

- LEFT: Extend your left arm straight out to the side
- RIGHT: bend your left arm in an upward position
- or extend your right arm straight out to the side
- STOP: extend your left arm in a downward motion.



Provincetown Bike Rentals:

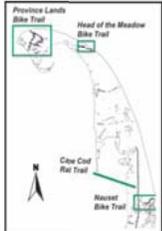
- **Arnold's Bicycle Shop**, 329 Commercial Street, 508.487.0844
- **Ball Beachwear and Beach Bike Shop**, 277 Commercial Street, 508.487.3000, ballbeachbikes.com
- **Gale Force Beach Market & Bike Rentals**, 144 Bradford Street Ext., 508.487.4849, galeforcebikes.com
- **Ptown Bikes**, 42 Bradford Street, 508.487.8735, ptownbikes.com

Cape Cod

National Park Service
 U.S. Department of the Interior
 Cape Cod National Seashore

Bike trails, safety tips, and guidelines



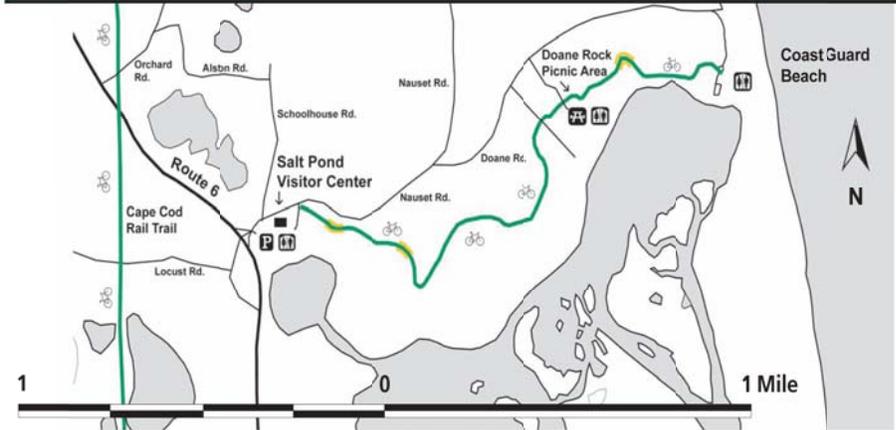


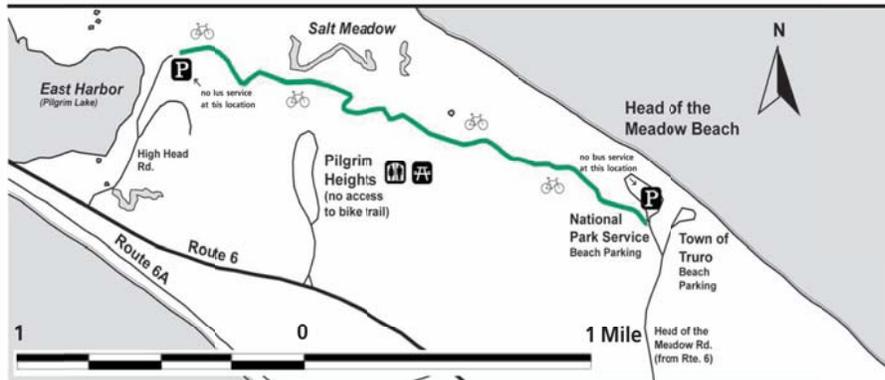
- ❖ **BIKE SAFETY STARTS WITH HELMETS.** All riders, regardless of age, are urged to wear protective headgear. Massachusetts state law requires children 16 and younger to wear protective helmets when operating or riding as a passenger on a bicycle.
- ❖ Check your brakes, gears, and steering before entering a trail, especially if you have an unfamiliar bike.
- ❖ Ride single file and stay to the right. All trails have two-way traffic and heavy traffic times.
- ❖ **DON'T SPEED.** ❖ Use front and rear brakes together.
- ❖ Be alert for the unexpected, especially pedestrians, rollerbladers, hikers, dogs, and windblown sand.
- ❖ Steep hills, sharp turns, and low tunnels exist. ❖ Low areas may flood.
- ❖ Loose sand and other debris may cover trails creating periodic hazardous conditions.
- ❖ Riders are requested to walk bikes through tunnels.
- ❖ Private property exists within the seashore. Please respect owners' rights.

Bike and Ride. Put your bike on the bus, and ride the seashore bike trails, and the Cape Cod Rail trail. Unless otherwise indicated, public bus service, with bike racks, is available year round at the parking areas designated with a .

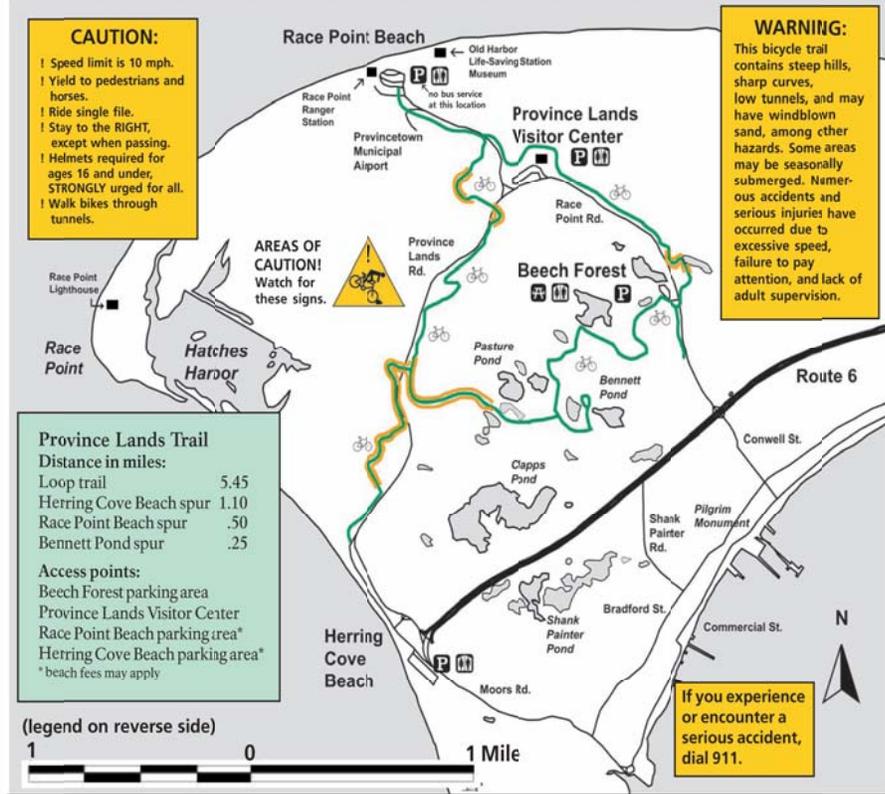
Legend: — Bike Trail Areas of caution Use extreme caution! Parking Restrooms (seasonal) Picnic area

Nauset Trail Access points: Salt Pond Visitor Center parking area, Eastham
 Distance: 1.6 miles Doane Rock picnic area, Eastham





Head of the Meadow Trail Access points: High Head Road, Truro
 Distance: 2 miles Head of the Meadow Beach parking area, Truro (beach fees may apply)
 (legend on reverse side)



EXPERIENCE YOUR AMERICA

Seasonal Housing

A housing shortage exists in Provincetown and on the Lower Cape for both year-round and seasonal workers. It is highly recommended that if you haven't made arrangements before your arrival, you do so as quickly as possible. Ask EVERYONE about potential housing arrangements, as most housing is found by word of mouth. Ask your employer, fellow employees, and people at the market. The Town does not provide housing. Check the local paper, *The Provincetown Banner*, which is a weekly and comes out on Wednesdays. Check the bulletin boards at the grocery store and in other locations.

Tips to avoid problems with your housing:

- Before making any commitment on housing, ask to see the apartment.
- Check for existing damages or problems and make a list of these items with photos if possible. If you decide to rent the apartment, discuss your list of problems and damages with the rental manager, until all of you are in agreement about the list.
- Carefully read and listen to all terms and rules the landlord has made. After signing and paying a deposit, you are expected to honor your agreement.
- Follow all rules that the rental manager has posted.
- Pay your rent on time: **Always get a receipt for money you have paid.**
- Do not damage your apartments, appliances, or furniture.
- Do not overcrowd your apartment with extra people. This is usually a violation of building and fire codes.
- Do not move out without first informing your rental manager.
- Damaging your apartment, overcrowding, and not paying your rent on time could result in you not getting your deposit refunded. You can also be evicted.
- If you are having a problem with your rental, or feel you are not being treated fairly, try to resolve the problem with your rental manager. If you cannot come to an agreement, you may need to look for other housing. You also have the right to contact Russell Braun, the Town's Building Commissioner, at 508-487-7020 to make a complaint. The Department of Community Development may be able to help.
- Students should report any housing issues to their sponsor.
- Information about housing tenant rights and responsibilities can be found at the Massachusetts Office of Consumer Affairs & Business Regulation at <http://www.mass.gov/ocabr/consumer/housing/tenant-and-landlord/tenant-rights.html> and at <http://www.masslegalhelp.org/housing/legal-tactics1>.

Medical Resources

Community Health Centers

Outer Cape Health Services, Inc.
49 Harry Kemp Way
Provincetown, MA 02657
508-487-9396

Outer Cape Health Services, Inc.
3130 Route 6
Wellfleet, MA 02667
508-349-3131

Outer Cape Health Services, Inc.
269 Chatham Road
Harwich, MA 02645
508-432-1400

Hospital

Cape Cod Hospital
27 Park Street
Hyannis MA 02601
508-771-1800

Medical Care

- If you have travel insurance through your sponsor agency:
 - Keep proof of your medical insurance with you at all times and know the terms of your policy.
 - Contact your insurance company prior to visiting any medical center to get information about the coverage provided.
 - Take your passport and your insurance card (or information) to Outer Cape Health Services or to the hospital.
 - You will have to pay cash or credit card at the time of your medical appointment. Keep all of your medical bills and receipts. You will need them to get reimbursed from the insurance company. Contact your sponsor if you do not know the procedure to file a claim for reimbursement.
 - Do not go to Cape Cod Hospital's Emergency Room in Hyannis for minor illness and injuries (such as insect bites, sunburn, colds, etc.)! Outer Cape Health Services provides primary care and same-day appointments 7 days a week during the summer.
 - If you need emergency medical care (serious/life-threatening injury or illness) call 911 and ask for an ambulance to come to your

residence. You will be transported to Cape Cod Hospital's Emergency Room in Hyannis, approximately 50 miles from Provincetown.

- Know the terms of your insurance coverage because many policies have a deductible (\$200+) if you are not admitted to the hospital after receiving emergency care.
- If you are injured on the job, report it immediately to your supervisor so your employer is aware, and can document the injury. All employers are required to have Worker's Compensation Coverage for their employees who are injured on the job, and will be responsible for the medical bills for work-related injuries.
- If you have NO health insurance and are living and working in Massachusetts and not enrolled in any other state's assistance program:
 - Apply for Massachusetts health plans through the Healthcare Access Specialist at Outer Cape Health Services, Inc (Mon-Fri, 9am-5pm).
 - To apply, bring the following documents:
 - If you are seasonally employed and are working for the same employer(s) as last year or self-employed, bring last year's tax return and all W2s for all working family members living in the same household.
 - If you are working for new employer(s), bring 2 recent paystubs from all employers for all working family members living in the same household.
 - U.S. Citizens born outside the US must bring birth certificate or passport.
 - Permanent Residents must bring 'green card'.
- Applications must be filed within five days of a visit to Outer Cape Health Services or to Cape Cod Hospital. Processing time is over 30 days.

Public Safety

The Provincetown Police Department is located at 26 Shankpainter Road Provincetown, MA 02657. The Provincetown Police Department is committed to providing the utmost of service in the public interest. We do this by:

- Preserving the peace
- Promoting safety
- Protecting constitutional rights
- Ensuring a comfortable quality of life in our community

Phone Numbers:

- **911** - for any police/fire/rescue emergencies you may have. You may dial it from any cell phone or land line.
- **(508) 487-1212** - to speak with a dispatcher for any non-emergency needs.
- **(508) 487-7056** - to reach the Parking Department.

Tips when dealing with the police:

- Be courteous and cooperative
- Speak clearly to better communicate with the officer
- Present a form of identification when asked
- Understand that the police are here to help

If you see an officer and need assistance, do not be afraid to ask for help.

The Police Department is dedicated to ensuring the safety of all residents, seasonal residents, and guests. While Provincetown remains a safe place, there are certain concerns that the summer season brings.

Bicycle Theft is a major problem that occurs during the summer season. If you are a bicycle owner, please make sure that you do not leave your bicycle unlocked at any time. If you need a bicycle for transportation, there are a number of bicycle rental and sales agencies in town:

Please respect the property of other people. Massachusetts laws dictate that anyone who steals a bicycle (depending on the value) may be penalized by arrest and up to five years in state prison. A subsequent conviction of a bicycle theft will carry the same penalty.

Noise Complaints are another problem that the police encounter countless times in the summer season. If you are renting an apartment or house, please keep noise to a minimum. Do not host loud parties. Doing so may violate several Massachusetts laws:

- Disturbing the Peace – Noise complaints will result in the police responding to your home. If this happens, you may be subject to a \$50 fine or be arrested for disturbing the peace.
- Underage Possession of Alcohol – The legal age to consume alcohol in Massachusetts is 21 years of age. If you are not yet 21 years of age and are consuming alcohol, you are in violation of the law. You may receive a \$50 fine and may also be subject to arrest.
- Littering – Disposing of trash in any place outside other than a trash receptacle is subject to a \$75 fine.

Unlicensed Operation of a Motor Vehicle can also occur during the summer season. If you intend to operate a motor vehicle with your country's driver's license, please read the following restrictions:

- You must be 18 years of age
- You must be from a Massachusetts recognized country (See Appendix A)
- You must have your license in possession
- You must be in compliance with your license classifications/restrictions
- You must be operating for one year or less since your date of arrival in Massachusetts

Operating a motor vehicle outside of these restrictions is a violation of the law and may be arrested. **NOTE: If you do operate a motor vehicle, never do so under the influence of alcohol.**

Harassment can also occur between two people. The Provincetown Police Department receives many calls regarding harassment year round. *Criminal Harassment* is defined as a pattern of conduct towards a person that results in substantial emotional distress. This can occur through many avenues including name-calling, obscene phone calls/text messages, or the threat of violence. During your stay in Provincetown, please refrain from this type of behavior. Criminal penalties can be applied if you are found in violation of criminal harassment.

If you find yourself the victim of such harassment, there are many ways for the police department to assist you. Do not hesitate in calling for help.

Provincetown prides itself in living in a hate free community. Please respect all other people during your stay so that we may all live in a safe and friendly environment.

Feel free to stop by the Provincetown Police Department if you have any questions about the law. Our staff will be very pleased to assist you. Enjoy your time here in Provincetown!

APPENDIX A

If you plan to operate a motor vehicle during your stay in Provincetown, please adhere to the restrictions in this section of your handbook. Failing to do so could be a violation of the law.

For instance, you are not authorized to operate a motor vehicle in the state of Massachusetts unless you are from one of the following countries:

Albania	Hungary	Seychelles
Algeria	Iceland	Sierra Leone
Argentina	India	Singapore
Austria	Ireland	Slovak Rep.
Australia	Israel	South Africa
The Bahamas	Italy	Spain
Bangladesh	Ivory Coast	Sri Lanka
Barbados	Jamaica	Suriname
Belgium	Japan	Swaziland
Belize	Jordan	Sweden
Benin	Korea	Syrian Arab Republic
Botswana	Kyrgyz Rep.	Taiwan (Rep. of China)
Brazil	Laos	Tanzania
Bulgaria	Lebanon	Thailand
Cambodia	Lesotho	Togo
Canada	Luxemburg	Trinidad and Tobago
Central African Republic	Madagascar	Tunisia
Chile	Malawi	Turkey
Colombia	Malaysia	Uganda
Congo	Mali	United Kingdom
Dem. Rep. of Congo	Malta	Uruguay
Costa Rica	Mauritius	Vatican City
Cote d'Ivoire	Mexico	Venezuela
Cuba	Monaco	Vietnam Rep.
Cyprus	Morocco	Western Samoa
Czech Rep.	Namibia	Zambia
Denmark	Netherlands, Antilles, and	Germany

Dominican Republic	Aruba	Switzerland
Ecuador	New Zealand	Armenia
Egypt	Nicaragua	Azerbaijan
El Salvador	Niger	Byelorussia
Fiji	Norway	Kazakhstan
Finland	Panama	Moldova
France	Papua New Guinea	Tajikistan
The Gambia	Paraguay	Turkmenistan
Georgia	Peru	Ukraine
Ghana	Philippines	Uzbekistan
Greece	Poland	Latvia
Grenada	Portugal	Lithuania
Guatemala	Romania	Estonia
Guyana	Russian Fed.	
Haiti	Rwanda	
Honduras	St. Lucia	
Hong Kong (not including China)	St. Vincent and Grenadines	
	San Marino	
	Senegal	

Health Issues

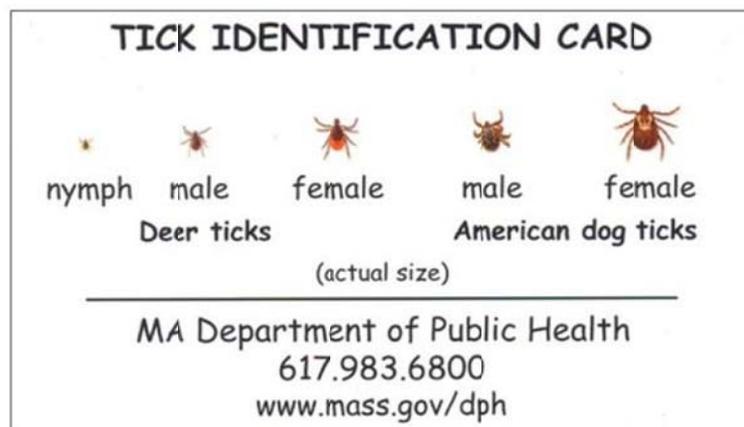
Hurricanes and Other Emergencies

- The Atlantic hurricane season is June 1 to November 30.
- The National Hurricane Center issues hurricane watches and warnings.
- A “watch” means an area could experience hurricane effects within 36 hours. A “warning” means an area will experience hurricane effects within 24 hours.
- To receive up to date information about hurricanes or other emergency information, sign up for the CodeRED system at www.provincetown-ma.gov.
 - Click “Emergency Preparedness” then “CodeRED” to sign up.
- Provincetown has an emergency shelter that may be opened for a hurricane. The shelter is located at the Veteran’s Memorial Community Center (formerly the Veteran’s Memorial Elementary School) at 2 Mayflower Street, off of Winslow Street.
- If the shelter opens, bring important documents (passport, DS form, etc) and prescription medicines with you.

Sun Safety

- If you have a short shadow, seek shade!
- Minimize sun exposure at midday (10:00 am to 4:00 pm)
- Use a broad spectrum sunscreen with Sun Protection Factor (SPF) 15 or higher whenever you spend time outdoors
- Be sure to apply sunscreen at least a half hour before you go into the sun and reapply it at least every two hours
- Beware of surfaces that reflect sun, like the sand and water
- Wear a wide-brimmed hat and clothing that covers your body, even on cloudy days
- Wear UV-protective sunglasses
- Avoid sun lamps and tanning parlors

Tick Tips



- Ticks are small parasitic insects that can spread disease. There are different types of ticks on Cape Cod (see tick identification box)
- To avoid ticks when outdoors:
 - Wear tick repellent
 - Take a shower as soon as you can after coming indoors
 - Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin
 - Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks
- If you find a tick attached, remove immediately.

How to Remove a Tick

1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin.
2. Pull the tick straight up and out. Don't twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let your skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.

When to See a Doctor

Lyme disease and other tick-borne illnesses are common on Cape Cod. See a doctor if you develop a fever, a rash, severe fatigue, facial paralysis, or joint pain within 30 days of being bitten by a tick. Be sure to tell your doctor about your tick bite. If you do not get treatment, you may later experience severe arthritis and problems with your nerves, spinal cord, brain, or heart.

During Hot Weather

To protect your health when temperatures are extremely high, remember to keep cool and use common sense:

- Drink plenty of fluids
- Replace salt and minerals with sports drinks or homemade electrolyte replacement fluids
- Wear appropriate clothing and sunscreen
- Schedule outdoor activities carefully
- Pace yourself

Ticks and Lyme Disease



For more information about Lyme disease, visit <http://www.cdc.gov/Lyme>

How to prevent tick bites when hiking and camping

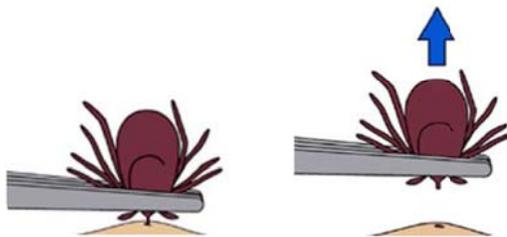
Ticks can spread disease, including Lyme disease. Protect yourself:

- Use insect repellent that contains 20 - 30% DEET.
- Wear clothing that has been treated with permethrin.
- Take a shower as soon as you can after coming indoors.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.

How to remove a tick

1. If a tick is attached to you, use fine-tipped tweezers to grasp the tick at the surface of your skin.
2. Pull the tick straight up and out. Don't twist or jerk the tick—this can cause the mouth parts to break off and stay in the skin. If this happens, remove the mouth parts with tweezers if you can. If not, leave them alone and let your skin heal.
3. Clean the bite and your hands with rubbing alcohol, an iodine scrub, or soap and water.
4. You may get a small bump or redness that goes away in 1-2 days, like a mosquito bite. This is not a sign that you have Lyme disease.

Note: Do not put hot matches, nail polish, or petroleum jelly on the tick to try to make it pull away from your skin.



If you remove a tick quickly (within 24 hours) you can greatly reduce your chances of getting Lyme disease.

National Center for Emerging and Zoonotic Infectious Diseases
Division of Vector Borne Diseases | Bacterial Diseases Branch



CS216233A



Facial paralysis.



Bull's eye rash on the back



Arthritic knee.



When to see your doctor

See a doctor if you develop a fever, a rash, severe fatigue, facial paralysis, or joint pain within 30 days of being bitten by a tick. Be sure to tell your doctor about your tick bite. If you have these symptoms and work where Lyme disease is common, it is important to get treatment right away.

If you do not get treatment, you may later experience severe arthritis and problems with your nerves, spinal cord, brain, or heart.

Antibiotics are used to treat Lyme disease

Your doctor will prescribe specific antibiotics, typically for 2-3 weeks. Most patients recover during this time. You may feel tired while you are recovering, even though the infection is cured.

If you wait longer to seek treatment or take the wrong medicine, you may have symptoms that are more difficult to treat.

Looking ahead to recovery

Take your antibiotics as recommended. Allow yourself plenty of rest. It may take time to feel better, just as it takes time to recover from other illnesses.

Some people wonder if there is a test to confirm that they are cured. This is not possible. Your body remembers an infection long after it has been cured. Additional blood tests might be positive for months or years. Don't let this alarm you. It doesn't mean you are still infected.

Finally, practice prevention against tick bites. You can get Lyme disease again if you are bitten by another infected tick.

Additional information

1. <http://www.cdc.gov/Lyme>
2. The Clinical Assessment, Treatment, and Prevention of Lyme Disease, Human Granulocytic Anaplasmosis, and Babesiosis: Clinical Practice Guidelines by the Infectious Diseases Society of America <http://www.journals.uchicago.edu/doi/full/10.1086/508567>
3. Tick Management Handbook (Connecticut Agricultural Experiment Station, New Haven) <http://www.cdc.gov/ncidod/dvbid/lyme/resources/handbook.pdf>

For more information please contact Centers for Disease Control and Prevention
1600 Clifton Road NE, Atlanta, GA 30333
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-63548
Email: cdcinfo@cdc.gov Web: www.cdc.gov

Hot Weather Health Emergencies

Even short periods of high temperatures can cause serious health problems. During hot weather health emergencies, keep informed by listening to local weather and news channels or contact local health departments for health and safety updates. Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

Heat Stroke

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Recognizing Heat Stroke

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

Heat Stroke – What to Do

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call 911 for immediate medical assistance while you begin cooling the person. Then, do the following:

- Get the person to a shady area.
- Cool the person rapidly using whatever methods you can. For example, immerse in a tub of cool water; place them in a cool shower; spray them with cool water from a garden hose; sponge them with cool water; or if the humidity is low, wrap them in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- Do not give the person fluids to drink.
- Get medical assistance as soon as possible.
- Sometimes a person's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the person from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the person on his or her side.

Enjoy Provincetown

You are living in one of America's most historic and interesting communities with a human diversity that we celebrate every day of the year. You probably will be focused on working as much as possible while you are here, but if you can make time to explore at least a few of Provincetown's wonderful treasures you will have an even better experience with us.

History

When the English settlers (the Puritans and others) first arrived here (not Plymouth, where they eventually built a town) in November 1620, many natives already lived in the area. Provincetown's history includes the immigration and settlement of Irish, Italian, Portuguese, Caribbean, Eastern European and many other people. The Pilgrim Monument & Provincetown Museum celebrates much of our history through the centuries. Its museum is interesting and the view at the top is the best in town. Pilgrim-monument.org

Culture

Provincetown takes great pride in being an important part of the American history of visual arts, theater, and writing, all of which are thriving here along with music and filmmaking. There are exhibitions, exhibits and performances at Provincetown Art Association & Museum (paam.org), the Fine Arts Work Center (fawc.org), and Provincetown Theater (provincetowntheater.com). You can find art gallery listings at ProvincetownGalleryGuide.com and ProvincetownArtGuide.com. Music is heard on the street, at churches, and in many indoor clubs. If you want to be a street performer, obtain a free permit at the police station and share your music with us!

Festival

While you are here there will be dozens of festivals and special events. Participate in them as much as you can and broaden your experience! PtownTourism.com - events calendar

Recreation, Sports and Environment

A bicycle is your great friend while you are here, so you will get plenty of exercise! We also have free town basketball courts, tennis courts, and playing fields for soccer and other sports.

There are many businesses that offer boat charters, whale watching, fishing, kayaking, and even water taxis to Long Point at the very tip of Cape Cod. We have several fitness centers and yoga studios in town. The Cape Cod National Seashore is beautiful and very large: swimming, bicycling, hikes, fishing, dune tours and more are available, but please be sure that you know the rules and regulations. There is a Visitor Center with information. nps.gov/caco

More information

There are dozens of pamphlets and postcards available at public locations. The Provincetown Chamber of Commerce (ptownchamber.com), Provincetown Business Guild (ptown.org) and Provincetown Tourism Office (PtownTourism.com) publish free booklets with lots of information to help you enjoy your time with us.

Share your language and Culture

Some visitors might enjoy offering you compensation for an hour or more with them so they can begin to learn your primary language. This is a great way to expand Americans' awareness and respect for your home country. It's a win-win.

Enjoy your time with us. We are happy that you are here!

WorldFest

Provincetown's International Cultural Festival



WorldFest is Provincetown's annual international cultural festival, created in 2011 to welcome, support, celebrate, integrate, and enhance the visibility of Provincetown's international seasonal and year-round student/worker population by (1) offering essential information on life in Provincetown available to everyone, and (2) providing events for international workers to show their art, perform their music, and engage in other cultural and creative expressions.

WorldFest is held on the second weekend in June, because by this time most international students and seasonal workers have arrived in Provincetown. It's also the best time to make information available for a better living experience in Provincetown.

The annual WorldFest Concert is a great opportunity for international workers and students to perform music of their countries as well as to collaborate with American and local musicians who enjoy creating a cross-cultural experience together. The audience is enthusiastic, and it is a great way to come together as a community before the busy summer season. The music can continue all summer, though, if you have the time and interest to perform. Remember, the street performer permit is free at the police station (be sure you understand the regulations about when and where to perform; you will be given a written copy of this information when you get your permit).

If you want to be part of the WorldFest Concert or want to contribute in other ways, please make use of the WorldFest Facebook page at facebook.com/worldfestptown. The Facebook page is good for updates, ideas, connections, comments and community.

Useful contacts

Emergency (Health, Police, Fire)	911
Provincetown Police Department	508.487.1212
Provincetown Fire Department	508.487.7023
Outer Cape Health Services	508.487.9395
Provincetown Chamber of Commerce	508.487.2313
Provincetown Tourism Office	508.487.3298
Provincetown Town Hall (Town Clerk's Office)	508.487.7013



Thank you to all the Town Departments, organizations, businesses and individuals who helped create this handbook!