



A 501 (c) (3) charitable organization

Coast to Coast & Around the World - Since 2001

## U. S. TERRITORIES (*permanently inhabited*)

	Territory	Population	Size	Capital	Major City
1	<b>Puerto Rico</b> (PR) Caribbean (N.Atlantic)	3,285,874	9,104 km <sup>2</sup> (3,515 sq mi)	San Juan	San Juan
2	<b>Guam</b> (GU) Micronesia (North Pacific)	153,836	543 km <sup>2</sup> (210 sq mi)	Hagåtña	Dededo
3	<b>U.S. Virgin Islands</b> (VI) Caribbean (North Atlantic)	87,146	346.36 km <sup>2</sup> (134 sq mi)	Charlotte Amalie	Charlotte Amalie
4	<b>American Samoa</b> (AS) Polynesia (South Pacific)	49,710	197.1 km <sup>2</sup> (76 sq mi)	Pago Pago	Tafuna
5	<b>Northern Mariana Islands</b> (MP) Micronesia (North Pacific)	47,329	463.63 km <sup>2</sup> (179 sq mi)	Saipan	Saipan

### 1. Commonwealth of Puerto Rico. (*Estado Libre Asociado de Puerto Rico*).

**Population:** 3,285,874

**Per Capita Income:** \$33,315

**U.S.Governments:** <https://www.usa.gov/elected-officials>

(*Federal, State & local - most recent elected officials*)

**Puerto Rico:** [www.prfaa.pr.gov/](http://www.prfaa.pr.gov/) or [www.pr.gov](http://www.pr.gov)

**Governor's office:** <https://www.fortaleza.pr.gov>

**Secretary of State:** <https://www.estado.pr.gov>

**Tourism:** 787-721-2400 <https://prtourism.com>

**Major Cities:** San Juan, Ponce, Caguas, Mayagüez, Bayamón

# Multicultural Council of America

Non-Profit umbrella organization, promoting world cultures, education & healthcare

<https://www.multiculturalcouncil.org> Email: [info@multiculturalcouncil.org](mailto:info@multiculturalcouncil.org)

**WE** are a non-profit membership organization, helping you connect with people and organizations within the United States and beyond, for better communication, exchanging ideas, learning & helping communities locally, nationally and globally thru Multicultural Council Chapters.

We encourage you to please become a *member*, join one of our committees, **be a *volunteer or mentor***, *donate your time & money and share your ideas to help the communities*. Membership is open to individuals, organizations, corporations and governments.

Please *advertise* your organization, services or products in this website to reach out to local, regional and global multicultural communities.

**Tourism Promotion** has become our special project during these uncertain times. Tourism is the world's largest industry. Prior to the pandemic, according to the National Travel and Tourism Week (NTTW) the travel industry was a powerful economic engine, supporting jobs and driving local economies in every pocket of America. The industry had experienced 107 straight months of growth, generated \$2.6 trillion in economic output, supported 17 million American jobs and delivered a \$51 billion trade surplus to the U.S. including US Territories.

While tourism revenue suffered immensely during the pandemic, the US Territories bounced back strongly in 2022, driven by pent-up demand and the lifting of travel restrictions. More than 5.1 million passengers arrived at the Luis Muñoz Marín International Airport of **Puerto Rico**, a 6.5% increase from 2021. Approximately \$8.9 billion in revenue was generated by travel and tourism, a 39% increase over the previous high in 2019. The Island now employs more than 91,500 individuals in travel and tourism related jobs, also the highest ever. Employment in the leisure and hospitality sector in Puerto Rico has increased by 12.8% compared to pre-pandemic levels, while employment numbers in the U.S. remain 4% below when considering the same period.

In 2020, the **Virgin Islands** generated **around 686.00 million US dollars** in the tourism sector alone. This corresponds to 16.32 percent of its the gross domestic product and approximately 9 percent of all international tourism receipts in the Caribbean.

A 2020 report from the **Guam Visitors Bureau** revealed that the tourism industry directly and indirectly accounts for 60% of Guam's total revenues, making it the "primary driver of Guam's economy," employing about 21,000 or 33% of Guam's civilian workforce.

The 14 volcanic islands of the **Northern Mariana archipelago**, located in the northwestern Pacific Ocean aren't easy to get to because of distance ( average 32 hours) and limited flights. The most visited and largest islands in the archipelago are Saipan, Tinian and Rota. Tourists flock to the stunning beaches and the natural beauty of Mount Tapochau, Banzai Cliff, and many historical sights. The economy is however improving after a significant decline in tourism in 2019, 2020 and 2021.

Tourism to **American Samoa** suffered drastically, from more than 20,000 visitors in 2018 to just 900 visitors in 2020, with total tourism revenues of \$23 million.

The Multicultural Communities within USA, US Territories and throughout the world have always been instrumental in increasing Tourism Revenues for US Territories for employment and our economic growth. Let's work together to help each other.

### Population by Race:

		PR	GU	VI	AS	MP
1	White	61.6%	7.1%	13.2%	0.7%	2.14%
2	Chamorro	0%	37.3%	0%	0%	36.26%
3	Black or African American	12.4%	<1%	21.6%	0.04%	0.13%
4	Hispanic	18.7%	<1%	18.4%	0.0%	1.17%
5	Asian	6.0%	33.6%	29.1%	5.7%	46.6%
6	American Indian and Alaska Native	1.1%	0%	2%	0.02%	0.02%
7	Two or more Races	10.2%	9.4%	7.5%	4.4%	7.3%
8	Pacific Islanders	0.2%	2%	2%	88.7%	14.5%
9	Some Other Race	8.4%	8.4%	6.2%	0.27%	0.13%
10	Speaking A Foreign Language at Home	<10%	>50%	>50%	<6%	>50%

- Some whites are also included in Hispanic & vv or in 2 or more or other races.
- Percentages are an estimated, because exact numbers are not readily available.

### How Much Do You Need To Earn, to Live Well in U. S. Territories?

**Family Budget Calculator**, developed by the Economic Policy Institute ([www.epi.org/resources/budget](http://www.epi.org/resources/budget)) allows you to calculate the average amount of money you need for Housing, Food, Childcare, Transportation, Healthcare, Taxes, etc. in the area where you live or wish to live.

### U. S. Territories Information, Contacts & Resources

- **History & Culture:** <https://en.wikipedia.org>
- **Demographics:** <https://www.census.gov/quickfacts/fact/table/>
- **Discrimination** (*Violation of Your Civil Rights based on race, color, national origin, disability, sex, religion, familial status, etc.*): 833-591-0291 or Toll-Free: 1-855-856-1247 <https://civilrights.justice.gov>
- **Eldercare:** Connecting older Americans with local resources – [www.eldercare.acl.gov](http://www.eldercare.acl.gov) 800-677-1116 [eldercarelocator@USAgging.org](mailto:eldercarelocator@USAgging.org)
- **Environment** (Air Quality in your zip-code for Home/Work) [www.airnow.gov](http://www.airnow.gov) & [www.enviroflash.info](http://www.enviroflash.info)
- **Health:** <https://www.cdc.gov/islandaffairs/territories-states.html>
- **Health:** <https://www.kff.org/report-section/community-health-centers-in-the-u-s-territories>
- **Health: National Association of Free & Charitable Clinics:** 703-647-7427 - <https://nafcclinics.org> [info@nafcclinics.org](mailto:info@nafcclinics.org)
- **Drug Information** (*Interactions, side-effects, etc.*): Call your local pharmacist or FDA at 1-855-543-3784 and 1-301-796-3400 or write to [druginfo@fda.hhs.gov](mailto:druginfo@fda.hhs.gov)
- **Immigration & Citizenship:** [www.uscis.gov/citizenship](http://www.uscis.gov/citizenship) Email: [Office.of.Citizenship@uscis.dhs.gov](mailto:Office.of.Citizenship@uscis.dhs.gov)
- **IRS-Taxpayer Advocate Service:** 877-777-4778 [www.taxpayeradvocate.irs.gov](http://www.taxpayeradvocate.irs.gov)
- **Fraud, Scams & Bad Business Practices:** 1-877-382-4357 <https://reportfraud.ftc.gov>
- **The Innocence Project helping wrongfully convicted Americans:** <http://www.innocenceproject.org> - Email: [info@innocenceproject.org](mailto:info@innocenceproject.org)
- **Need Urgent Legal Help?** Legal Services Corporation: 202-295-1500 ([www.lsc.gov](http://www.lsc.gov)- [info@lsc.gov](mailto:info@lsc.gov)) or American Bar Association: Toll Free: 800-285-2221 [www.americanbar.org](http://www.americanbar.org)

**National Crisis Resources:** 24-hour nationwide – Services may be available in many languages

**Addiction Hotline:** 800-784-2433

**Child Abuse:** 1-800-4-A-Child or 1-800-422-4453 (National Child Abuse Hotline) [www.childhelp.org](http://www.childhelp.org)

**Domestic Violence:** 1-800-799-7233 (National Domestic Violence Hotline)

**StrongHearts Native Helpline:** Call/Chat: 1-844-7NATIVE (762-8483) [www.strongheartshelpline.org](http://www.strongheartshelpline.org)

**Shelters:** <https://www.domesticshelters.org>

**Online Chat (7am-2am CST)** <https://www.thehotline.org> - All calls are toll-free & confidential

**Human Trafficking Hotline:** 1-888-373-7888 (Text # 233733)

**National Center for Missing & Exploited Children:** 1-800-THE-LOST or 1-800-843-5678

**National Indigenous Women's Resource Center – 855-649-7299 –** [www.niwrc.org](http://www.niwrc.org) - [info@niwrc.org](mailto:info@niwrc.org)

**National Problem Gambling Helpline:** 1-800-522-4700-Text: 1-800-522-4700-Chat: [www.ncpgambling.org/chat](http://www.ncpgambling.org/chat)

**Suicide Prevention Lifeline:** 1-800-273-TALK (1-800-273-8255) ....Soon to be 9-8-8

**Poison Control Center For Emergencies:** 1-800-222-1222

**Covenant House Nineline:** 1-800-RUNAWAY (1-800-786-2929) <https://teenlineonline.org>

**Girls & Boys Town National Hotline:** Phone, Chat, Text, and Email - 1-800-448-3000

**National Youth Crisis Hotline:** 1-800-442-HOPE (1-800-442-4673)

**Samaritens:** 1-800-252-TEENS (1-800-252-8336) - 3:00 p.m.-9:00 p.m.

**Youth Crisis Hotline:** 1-800-HIT-HOME (1-800-448-4663)

**Youth America Hotline (YAH!):** 1-877-YOURLINE (1-877-968-8454)

**The Trevor Lifeline:** 1-866-488-7386

\* *The Trevor Lifeline is a service of The Trevor Project, a non-profit endeavor devoted to promoting tolerance and understanding for LGBTQ youth.*

**Puerto Rico Crisis Hotlines:** <https://www.fcc.gov/consumers/guides/dial-211-essential-community-services>

Call the **988 Suicide & Crisis Lifeline** or **text 988** or chat [988lifeline.org](http://988lifeline.org).

**911** (9-1-1 is a confidential and multilingual **EMERGENCY** #)

**211** - is a free referral and information helpline that connects people to a wide range of health and human services

**Adult Abuse:** 787-749-1333

**Alcohol & Drug Abuse:** 1. Casa La Providencia [www.casalaprovidenciapr.org](http://www.casalaprovidenciapr.org) Tel: 787-725-5358

2. Hogar Crea: [www.hogar-crea.org](http://www.hogar-crea.org) Phone: (787) 761-0715

**Child Abuse:** (800) 981-8333 or (787) 724-7474 or (787) 767-1500 or (787) 294-0738

**Domestic Violence:** Línea De Orientación Confidencial De La Oficina De La Procuradora De Mujeres

Tel: **787-722-2977** ([www.mujer.pr.gov](http://www.mujer.pr.gov)) or call 787-489-0022 or 787-765-2285 or 800-981-0023

Centro de Ayuda a Víctimas Violadas (CAVV) – Departamento de Salud - Phone: 787-765-2929

Email: [contactus@salud.pr.gov](mailto:contactus@salud.pr.gov)

**Elder Abuse:** 787-749-1333 [www.justice.gov](http://www.justice.gov)

**Gambling Problem:** [www.gamblingtherapy.org](http://www.gamblingtherapy.org) - [support@gamblingtherapy.org](mailto:support@gamblingtherapy.org)- Línea PAS-800-981-0023

**Health:** Community Health Foundation Tel: [787-780-1273](tel:787-780-1273) - [www.chfpr.org](http://www.chfpr.org)

**Legal Aid:** Servicios Legales de PR- Tel: 787-728-8686 [www.servicioslegales.org](http://www.servicioslegales.org)

Email: [comunicaciones@servicioslegales.org](mailto:comunicaciones@servicioslegales.org)

**Mental Health:** La Administración de Servicios de Salud Mental y Contra la Adicción: 800-981-0023  
**Military / Veterans Helpline:** [+1 800-827-1000](tel:+18008271000) or [www.benefits.va.gov](http://www.benefits.va.gov)  
**Native American Support Services: 800-735-7418**  
**Shelter:** Hogar de Ayuda El Refugio Inc. 787-219-0922 or Hogar Santisima Trinidad: 787-799-6208  
Casa Protegida Julia de Burgos, Inc. 787-723-3500 Website: <http://casajulia.org/>  
**Suicide Prevention:** <https://sprc.org/state/puerto-rico>  
1-800-SUICIDE (784-2433) or 1-800-457-9312 or 800-273-8255 **Español:** 888-628-9454

## GUAM Information, Contacts & Resources

UFISINAN I MAGA'HÅGA (Office Of The Governor): <https://governor.guam.gov/> Tel: 671-472-8931-6

**911 or call 647-8833** 24-hour Crisis Hotline or **988 Lifeline**

**Behavioral Health and Wellness:** Tel: 671-647-5440 or 671-647-1901 [www.gbhwc.guam.gov/suicide-and-suicidal-thoughts](http://www.gbhwc.guam.gov/suicide-and-suicidal-thoughts) or Email: [care@gbhwc.guam.gov](mailto:care@gbhwc.guam.gov) or [theresa.arriola@gbhwc.guam.gov](mailto:theresa.arriola@gbhwc.guam.gov)

**Community Affairs:** 671-473-1141 Email: [tony.pangelinan@guam.gov](mailto:tony.pangelinan@guam.gov)

**Customs & Quarantine Agency Guam:** 671-475-6202 or [www.cqa.guam.gov](http://www.cqa.guam.gov)

**The Guam Guide:** [www.theguamguide.com](http://www.theguamguide.com) - 20-things-you-should-know-about-guam

Guam Legal Services: 671-473-1105 Email: [shamra.chargualaf@guam.gov](mailto:shamra.chargualaf@guam.gov)

**Poison Help:** 1-800-222-1222

Public Health & Social Services: 671-638-4512 Email: [arthur.sanagustin@dphss.guam.gov](mailto:arthur.sanagustin@dphss.guam.gov)

**Rape Crisis:** 671-647-5351

Sexual Assault & Family Violence: Guam Coalition Against Sexual Assault & Family Violence:  
[www.guamcoalition.org](http://www.guamcoalition.org)

Women's Affair Bureau: Tel: 671-475-9162 Email: [jayne.flores@guam.gov](mailto:jayne.flores@guam.gov)

Veterans Affairs: 671-475-8388 Email: [tim.aguon@gvao.guam.gov](mailto:tim.aguon@gvao.guam.gov)

Youth Affairs: 671-735-5022 Email: [melanie.brennan@dya.guam.gov](mailto:melanie.brennan@dya.guam.gov)

- **Victim Advocates Reaching Out**  
24 hr. Hotline: (671) 477-5552
- **Healing Hearts Crisis Center**  
24 hr. Hotline: (671) 647-5351
- **Alee Shelter**  
24 hr. Hotline: (671) 648-4673
- **Sanctuary Inc.**  
24 hr. Hotline: (671) 475-7100

- **The National Domestic Violence Hotline:**  
1-800-799-SAFE (7233)
- **National Sexual Assault Hotline:**  
1-800-656-HOPE (4673)
- **National Dating Abuse Helpline:**  
1-866-331-9474

**Victim Advocates Reaching Out (VARO)** 1-671-477-5552 (24-Hr Hotline) [varoguam1@yahoo.com](mailto:varoguam1@yahoo.com)

**University of Guam - Violence Against Women Prevention Program (VAWPP)** 1-671-735-2890 - [yawpp@triton.uog.edu](mailto:yawpp@triton.uog.edu)

### **US VIRGIN ISLAND Information, Contacts & Resources**

**Virgin Islands Domestic Violence & Sexual Assault Council:** 1-340-719-0144 [info@vidvsac.net](mailto:info@vidvsac.net)

### **AMERICAN SAMOA Information, Contacts & Resources**

### **NORTHERN MARIANA ISLANDS Information, Contacts & Resources**

#### **Northern Marianas Coalition Against Domestic & Sexual Violence**

[Suite 206, MH-I Building, Puerto Rico, Saipan 96950, Northern Mariana Islands](#)

[+1 670-234-3878](tel:+16702343878)

**All information contained in this website, including contacts, tel #s or emails, etc. are up-to-date to the best of our knowledge. The Multicultural Council, its officials, staff or volunteers cannot be held responsible for any errors, wrong info or for any liability of any type whatsoever arising thereof. It is strictly your responsibility to check the correct info.**

**THANK YOU FOR VISITING OUR WEBSITE**



**PLEASE FORWARD IT TO YOUR FRIENDS & ASSOCIATES  
WITHIN WYOMING AND BEYOND**

**Please help us by adding, correcting & improving this website to serve our communities**

Please *advertise* your goods & services in this website – to help us continue our services to communities in Wyoming - <https://multiculturalcouncil.org/media-kit-ad-rates>

**GLOBAL SCHOLARSHIP PROGRAM**

Please *donate* & support our Tuition-Free, Post-Secondary Education for the qualified refugees living in Wyoming or anywhere else in the world, through UNHCR and the American Academy of International Education (<https://www.americanacademyedu.org>)

*Your donations may be tax-deductible because MCC is an accredited 501(c)(3) non-profit organization since 2001.*

- Multicultural Council of America is a partner agency of UNHCR
- American Academy of International Education is affiliated with MCC

