Updated 4-21-25

ISLAND LIFE!

St. Croix = STX St. Thomas = STT St. John = STJ

While the U.S. Virgin Islands are technically part of the U.S., it can seem like a different country! Life in paradise has some quirks. Here are a few highlights & resources for relocation to the USVI and JS Therapies.

Our initial and larger location is in St. Croix (STX), so that's where our primary administrative support team is located. Our St. Thomas (STT) location is smaller and operates without a front-desk receptionist (for now). While we have excellent mentorship opportunities on both islands, we look for candidates for STT positions who are highly independent both clinically and professionally. Our STX location tends to be a better fit for new grads or therapists new to pediatrics.

St. Croix & St. Thomas have roughly the same population, but St. Croix is twice the size of St. Thomas! The population density, in addition to STT's proximity to other islands, is probably the biggest difference between the two islands.

STT: tourism hub - events, restaurants, nightlife, cruise ships, options for island-hopping. Steeper/winding roads, more traffic, higher cost of living, generally "busier" vibe.

STX: laid back island - fewer tourists, further from other islands so fewer island-hopping options. Flatter roads, less traffic, lower cost of living, generally a more "country" vibe.

On both islands, there is a "small-town" feel. Culturally, specific formalities are expected and go a long way when acknowledged and utilized. One of the most important is greetings! "Good Morning," "Good Afternoon," and "Goodnight" are used (during the appropriate time of day) at the start of any conversation, passing by a stranger, or when walking into any establishment.

Caution: Things are INCONVENIENT here! We do not have immediate access to unlimited cheap retail as on the mainland. Our electricity is expensive, not to mention unreliable. It often seems like everyone is on "island time" - the banks, post offices, businesses can be closed early or randomly. It can be frustrating but also, man, do we love this community!

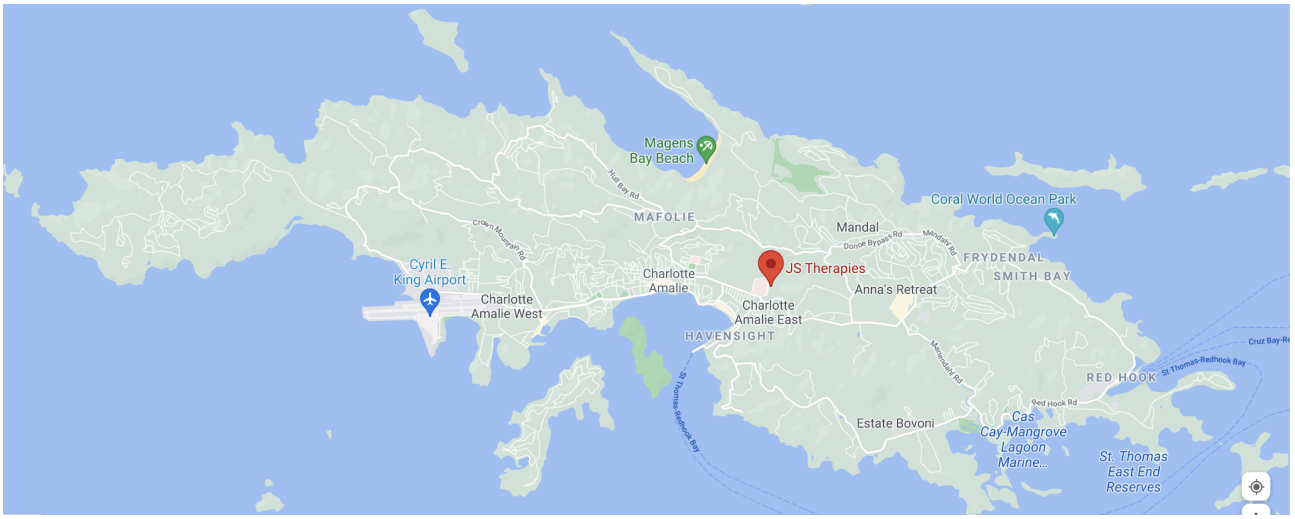
The best housing is often discovered through word-of-mouth once you're on-island (ask us!). Sometimes it's a good option to utilize short-term housing for a month or two so you can get to know the island and figure out the best place to settle long term. Here's a resource we share with graduate students that includes some recommended short-term places: FW Student Housing & Transportation JST May 2025.docx

VImovingcenter.com is going to be your greatest wealth of knowledge for moving as it provides detailed instructions, demographics, and credible sources that are approved by the Department of Tourism. In addition, it also has blogs and forums of personal accounts on moving and advice they found helpful or wish they would have known (though take some of the negatives with a grain of salt; the contributors to this forum are not representative of the demographic of the island at all!).

"Settlers Handbook for the U.S. Virgin Islands (Relocation Guide)" - A fantastic resource that has been maintained and updated for decades! A must for anyone looking to relocate.
https://www.vitraders.com/product/settlers-handbook-for-the-u-s-virgin-islands-relocation-guide/

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ST. THOMAS



Directions can be tricky as road signs can be minimal to non-existent. Most people use landmarks, as well as reference the geographical quadrants of the island when giving directions. Learning the traits about each part of the island will help in determining the right fit for where you may want to live.

WEST: West is the most underdeveloped and agricultural part of the island. Housing is generally the cheapest but it is also going to be the longest commute, with limited accessibility to amenities, gas stations, restaurants, etc.

NORTH: North could be considered the "residential" part of the island and also tends to be more remote, however, not nearly as much as the West end.

EAST: East is the most developed and could be considered "city living."

SOUTH: South is more centrally located to all the main hubs, however a lot of the residences are located in a valley, making it one of the hottest areas to live on island.

SHORT TERM HOUSING

- JS Therapies Flag Hill Cottage (based on availability)
- Airbnb
- Virgin Islands Craigslist
- Miller Manor Guest House: http://www.millermanor.com

RECOMMENDED REALTOR

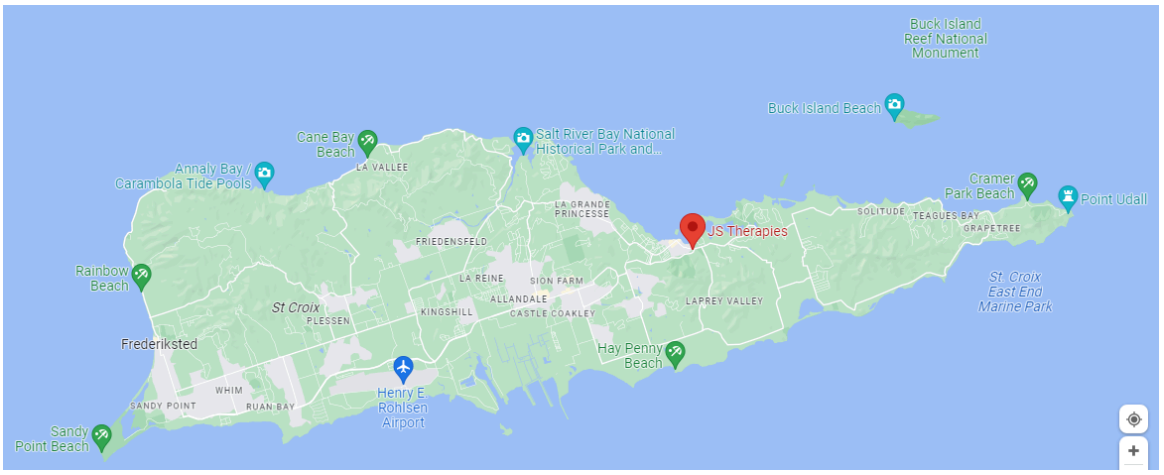
- Jeffrey Fetterhoff: 340-514-5328 (This is our Patient Account Manager Staci's partner!) jeff@jefffetterhoff.com

Facebook Groups for Housing

- What's Going on St.Thomas
- Affordable V.I. Housing and Rentals
- U.S. Virgin Islands Apartments and Houses for Rent
- St. Thomas/St. John Apartments for Rent

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ST. CROIX



Our clinic location is in Christiansted, one of two “towns” on the island (Frederiksted is West). The East End of the island is drier and less populated, the West end is more rainforest. Living mid-island is great for proximity to the clinic as well as grocery stores, restaurants, and the schools/daycares we visit! There aren’t necessarily specific neighborhoods or areas that are better than others: but we do recommend checking out rentals in person prior to your arrival or having one of us take a look for you! When possible, the ideal scenario is to rent short-term while you decide where you want to live on the island.

Great website for St. Croix specific relocation information: www.gotostcroix.com

SHORT TERM HOUSING

- JS Therapies Sunshine Cottage (based on availability)
- Airbnb
- Craigslist
- Furnished Finder

RECOMMENDED REALTORS

- Bry Locher, Coldwell Banker: bry@coldwellbankervi.com
- Kat Brownsdon, Blue Sky Real Estate: (340) 473-8177
- Alex(andra) Whitworth: alex@seaglassproperties.com

FACEBOOK GROUPS FOR HOUSING

- Affordable V.I. Housing and Rentals
- STX 411 Rentals
- St. Croix VI Real Estate, Rent, Buy or Sell
- STX Rental Properties
- U.S. Virgin Islands Apartments and Houses for Rent

ADDITIONAL HOUSING RESOURCES

- VI Moving Center: www.vimovingcenter.com
- St Croix Island Life Real Estate: www.stcroixislandlife.com
- Seaglass: https://www.seaglassproperties.com/moving-to-us-virgin-islands-buyers-guide/

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TRANSPORTATION

A car is by far the best mode of transportation for living in the US Virgin Islands. Our public transportation system is not reliable and the islands are not easily or safely navigated on foot. A valid driver's license from anywhere in the United States is good for 90 days after arrival in the US Virgin Islands. Most importantly, when driving… KEEP LEFT!

JS Therapies Car Rentals:

We have a basic short-term rental on each island (a Ford Escape named "Barb" on St. Croix and a Jeep Liberty lovingly called "the Salty Seahorse") for $280/week, based on availability.

ST THOMAS CAR RENTALS	ST CROIX CAR RENTALS
"Salty Seahorse"- JS Therapies' rental car $280 a week	**"Barb"**- JS Therapies' rental car $280 a week
Discount Car Rental (877) 478-2412 (340) 776-4858 discountcar.vi	**Centerline Car Rentals:** (340) 778-0450 -La Reine office (888) 288-8755 https://stxrentalcar.com
L & L Jeep Rental St. Thomas (340) 774-4889 (340) 690-3161 bookajeep.com	**Olympic Car Rentals:** (340) 718-3000 olympicstcroix.com
Budget Car and Truck Rental (800) 626-4516 (340) 776-5774 budgetstt.com	**Judi of Croix Car Rentals:** (340) 773-2123 (877)903-2123 info@judiofcroix.com judiofcroix.com
TAXI RESOURCE: https://www.vinow.com/stthomas/getting_around_stt/taxi_stt/	**STX TAXI RESOURCES:** **St. Croix Taxis**

SHIPPING A VEHICLE

If you choose to ship your car here is a step by step guide to doing so:
https://www.vimovingcenter.com/relocating/car/shipping-car/

Registering your car in the Virgin Islands:
https://www.vimovingcenter.com/relocating/car/virgin-islands-registration/

BUYING A VEHICLE

We do have car dealerships that have new & used vehicles. Used cars are often listed on FB groups, craigslist, or just on the side of the road or in parking areas!
Some Facebook groups to check out include:

- STX Deals
- St Croix VI Buy or Sell Your Stuff 24/7
- New to STX
- St Croix Marketplace
- St.Croix Auto Trader

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St Croix Taxi Cab Services & Drivers

Taxis operate a bit differently than they do in the states, namely their rates are based on passenger counts and what the pick up-drop off locations are (not by mileage or time of a trip). For example, for 2 people to go from the Airport to Christiansted is $24, plus $14 for each additional person. What this ultimately boils down to is they can be expensive as your main source of transportation! For more information on taxi rates, visit Gotostcroix's Taxi Rate webpage.

If you do decide to connect with a cab driver, please be courteous and patient! Always plan on being picked up late. This is important if you have an appointment or flight.

Another courtesy reminder: If you leave a voicemail requesting ride service but ultimately book with a different driver, please cancel your previous requests! Taxi drivers often assume you still need their services and drive all the way out to your pick up location without returning your voicemail. The best thing you can do is try and commit your business with one driver, so they commit to driving you around during your stay. You'll also learn so much about the island, as they know all the best beaches and inside scoops St. Croix has to offer.

Alex ---------- (340) 473-4896
Andres ---------- (340) 220-5028
Andys ---------- (340) 513-4951
Babz ---------- (340) 514-9525
Eddy ---------- (340) 690-1490
Kaya ---------- (340) 201-0056
Manny ---------- (340) 626-4441
Mark Jones Police ---------- (340) 643-7911
Mighty Pat ---------- (340) 201-6392
Mr. Joseph ---------- (340) 277-6133
Owen Leon ---------- (340) 244-6385
Prince (www.princetaxisafaritours.com)---------- (340) 652-3811
Swain ---------- (340) 514-7972
Thomas Charles ---------- (340)-646-4408
Wendell Grouby ---------- (340)- 626-3833

CASINO CAFÉ ---------- (340) 773-7529
DIVI CASINO BAY HOTEL ---------- (340) 773-9700
V.I. UBAH TRANSPORTATION (Monroe) ---------- (340) 201-9463

ST CROIX SAFARI TOURS:
•Andre: (340) 773-6700 or (340) 513-8290
•Sweeney: (340) 514-1594
andretoussaint38@gmail.com

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OTHER USEFUL INFORMATION & RESOURCES

Passports/IDs:

- Passports are not required to live or travel within the U.S. Virgin Islands, however it is great to have one with our close proximity to the British Virgin Islands!
- Be sure to have all government issued IDs with you before relocating to the USVI.

Health Care

For people with specialized medical care needs, we recommend doing your research before moving to the Virgin Islands. We have hospitals on St. Croix and St. Thomas, and we have some great doctors and specialists here, but in general our access to high quality medical care is limited compared to the mainland U.S. Many of us have all of our basic healthcare needs met here (primary care doctor, occasional sick visits/urgent care, dentist, OB/GYN), but some choose to do annual appointments during trips back to a mainland "home base."

Additional insurance options outside of JS:

- Caribbean Risk Group: https://www.crgvi.com/
- Office of Medicaid: http://www.dhs.gov.vi/index.php/office-of-medicaid/
- MASA Assist offers various air ambulance plans for emergency evac: https://www.masaassist.com/location/masa-assist-in-usvi/

Cell Phone Coverage:

- AT&T (now owned by Liberty), Verizon, and Viya are the most widely used cell phone providers. T-Mobile has recently started providing service here.

Shipping/Online Ordering:

- **Amazon** does ship here! No same day prime, of course, and you'll often run into issues with online retailers not shipping to the Virgin Islands.
- When things can't be shipped directly to the VI, we often use freight forwarders such as **VI Cargo** (STX), **Tropical Shipping** (STT), or **Paradise Freight** (STX). Items are shipped to Miami and then brought down to the VI.
- **Vitacost.com** is great for non-perishable groceries, supplements, and household items. No matter how much you order, shipping is $10. That being said, it is always encouraged to support local grocery stores and fruit stands as much as possible.