# Table of Contents

## UCI Washington Program
- Contact Information .......................... 3
- Message from the UCI Program .......... 4
  - Administrator .................................. 5
- Finding an Internship ......................... 9
- Internship—Dress .............................. 10
- Internship—Behavior .......................... 11
- Academic Program .............................. 12
- Pre-Enrollment ................................ 13
- Budget & Financial Aid ....................... 14
- Health Insurance ................................ 15

## UCI Washington Center
- Move-in Information ......................... 16
- What to Bring ................................ 18
- Typical Apartment - Layout ............... 19
- Living at the Center/ Counseling .......... 20
- Policies ....................................... 21
- Orientation - Check-In ....................... 22

## About Washington, DC
- Map (Near the Center) ....................... 23
- Map (DC Neighborhoods) .................... 24
- Transportation to the Center .............. 25
- Transportation in DC & Area ................ 26
- Safety ........................................ 27
- Medical & Emergency Numbers ............. 28
- Resources in DC ............................... 29

## The UC Washington Center Vicinity
- Markets & Local Services .................... 30
- Cuisine & Dining ............................. 31
- Coffee & Tea Houses ......................... 32
- Local Universities & Libraries .......... 33
- Shopping in DC ............................... 34
- Movie Theaters ................................ 35

## Sightseeing/Leisure Time
- Things Not to Miss in DC .................... 36
- DC Events & Concerts ....................... 37
- Sightseeing in DC ............................ 38
- Sightseeing Around DC ....................... 39
- Recreational Activities ...................... 40
- Radio & TV Stations ......................... 41
- Notes ........................................ 42

Revised 10/15/15
UC IRVINE
WASHINGTON PROGRAM

UCI WASHINGTON DC ACADEMIC INTERNSHIP PROGRAM

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www.ucdc.edu
MESSAGE FROM THE UCI PROGRAM ADMINISTRATOR IN DC

Dear Anteaters!!!

Congratulations on being accepted to the UCI Washington DC Academic Internship Program! As you’ll soon discover, Washington, DC, is an amazing place where private business and public interest converge in an exciting buzz of constant action and flurry. There is no better city in the country that allows students to learn about how the government works, how private interests and the media affect public events, and how Americans present themselves to the world.

I am the Program Administrator in Washington, DC, and I will be in contact with you periodically before and during your stay in DC, to offer help and advice as you search for internship opportunities in the nation’s capital. Washington offers a very unique environment, and because of this, we have put together this book to try and make the transition to DC a bit easier. We want to help you switch gears and get ready for life “inside the beltway”.

Off-campus learning experiences can be a lot of fun and a great opportunity to learn about yourself and the world around you! Where else but in DC can you visit a wide array of museums, monuments and historical landmarks? Observe how the national government work, take classes and enjoy socializing with some of the nations’ leaders? More importantly, you’ll get to test your skills, strengths, interests and see for yourself how all of the studying you’ve been doing at UCI is paying off. Most students intern in a field they’re interested in pursuing as a career choice. However, if you are unsure about your chosen major, or you are interested in knowing what you can do with your degree out into the real world—the UCI-UCDC Academic Internship Program offers you a chance to find out. Come and see for yourself...you might find a job perhaps even a career, but you’ll definitely meet new friends and expand your horizons in the process!

The cost of living in DC is higher than in California. The budget included in this handbook offers a good snapshot of what you’ll need, but past students constantly remind us to tell new participants to be prepared. Any money you save now will come in handy during your stay for weekend trips to Boston, Philadelphia, New York and/or for local activities in DC. The social scene around the UCDC building, whether in DuPont Circle, Adams Morgan, Chinatown or Georgetown, is great but it can get very expensive. You want to enjoy your time here, so save up while you can. The more you plan for DC now, the more you’ll invest in your experience and the more you’ll get in return from your adventure!

Start thinking about your academic internship in DC! And as always...don’t hesitate to call or email me with any questions that you may have. You’ll be here sooner than you think!

Sincerely,

Chantal Quintero
UCI Program Administrator
MISSION POSSIBLE: FINDING AN INTERNSHIP

Since your internship placement is an integral part of your overall experience in Washington, we want to work with you to make it a rewarding experience. In the coming weeks and months, we will guide you through the process of identifying and securing a quality internship that will support your academic, educational, and personal goals. You will be responsible for doing research on possible internship sites, applying to at least 7-10 internships, and securing your internship. While this is your responsibility, we are here to help you along the way. There are seven steps to the internship placement process:

STEP 1: THINK ABOUT YOUR GOALS
Before you go running around in a panic, think about the type of experience you want. Answer as many of these questions as possible to get an idea of what type of organization/position you want:
- What is my mission/purpose for seeking this internship?
- What do I hope to gain from this experience? (connections, a future position, insight into what a job in this field is really like, etc.)
- Do I want to learn something related to my intended career or just expand my resume?
- Do I want my internship to be related to my major?
- Do I prefer to work in the private sector, government, non-profit, etc.?
- Would a bigger or smaller organization be best for me? (a big name may look good on your resume, but a smaller organization will likely provide more substantial work experience — which is more important to you?)
- Do I want a company with a formal mentoring program?

Other factors to consider when looking for a “good fit” include compatibility (is it a fast-paced office but you are laid back?), ideology (if you are liberal, working at the Heritage Foundation would not be a good match), special qualifications and skills (if listed as a requirement, only apply if you meet their qualifications), and if applicable, time to complete security clearance (can take 6-9 months).

**ACTION:** Complete the Internship Goals Quiz.

Take time to think seriously about your internship placement preferences.

STEP 2: RESEARCH INTERNSHIP SITES THAT MEET YOUR GOALS

**ACTION:** Review Internship Search Resources Handout and UCDC web site.

Utilize all resources available to you to conduct your internship search.

When conducting your research, you should **at least read the organization’s web site**, both
- **Generally**, so that you understand the organization’s mission and background, and
- **Specifically** about the internship position to which you are applying. Take note of application deadlines.

This is your basic homework you should do for each internship site before applying.

STEP 3: IDENTIFY THE APPLICATION PROCESS FOR 7-10 INTERNSHIP SITES

There are generally two scenarios that you may encounter:
1. There is clear information about how and when to apply to the internship. If this is the case, **skip to Step 4 below**.
2. Something about the application process is unclear (ie: you do not know if the organization is accepting applications, are not sure of what materials to submit, do not know the deadline, etc.) If this is the case, you should contact the site directly.
NOTE: Most of the country functions on a semester system, so most internships are advertised for a semester. Spring = winter and spring quarters. Most internship sites will accept students for a quarter, but some may have a semester requirement. When contacting potential internship sites, be sure to specify the dates that you will be in Washington D.C. (which are on the UCDC web site) and ask if the internship site will accept applications for your time period. For those applying in spring quarter, deadlines for spring semester may have already passed, but you should still ask if they can take an intern for the dates you will be in D.C.

If you prefer to contact the site via e-mail (or if they say “no phone calls”), we suggest the following:

- Compose a general e-mail template stating that you are interested in an internship, that you are in the UCDC internship program from UC Irvine, the dates you will be there (program dates are on the UCDC web site), and ask any general questions you might have regarding how to apply.
- Copy/paste in the contact name and send the e-mail to each internship site separately (i.e.: personalize your e-mail).
- Give them at least a week to reply. If you do not hear back in about a week, follow-up with another e-mail or phone call (if they say “no phone calls”, you can try faxing a letter).

Here are some steps if you prefer to call:

- Call the contact number that you found in your search and ask to speak to the internship coordinator or the contact person listed on the search site.
- Explain the items specified in the e-mail above, and ask any questions you have about applying.

Keep a record of the conversations you have had with each site and the person you have spoken to so you know when you should follow-up with each one. We recommend using the UCDC Timeline Worksheet as a way to keep track of your contact with internship sites.

ACTION: Review UCDC Timeline Worksheet and Internship Search Worksheet.

STEP 4: PREPARE YOUR APPLICATION MATERIALS AND APPLY

Each internship site will require different application materials. These may include some or all of the following:

- Resume
- Cover letter – state that you are a UC Irvine UCDC participant and include your dates.
- Writing Sample – follow the instructions given by the internship site. Sometimes they have a specific prompt, or sometimes they just want to see that you can write.
- Letter(s) of Recommendation – some sites may want more than one letter of recommendation (1-3), so if you only submitted one with your UCDC application, you may need to get more.

The UCI Career Center is an excellent resource for help with preparing these materials. Use them! See: www.career.uci.edu This web site contains: handouts with tips for writing a resume and cover letter (including samples), web-based and in-person workshops, Take Ten resume/cover letter critiquing (10-4 every day), interview questions, etc. Also be sure to pick up a free copy of their Job Search Guide (also on-line).

ACTION: Review Career Center Website, Job Search Guide, and Event Calendar. Use these resources throughout your search!
MISSION POSSIBLE: FINDING AN INTERNSHIP CONT’D

- Tailor your cover letter/resume to the specific internship position to which you are applying. Show that you’ve done your research and state how you can contribute to the organization.
- You may use any materials (writing sample, letters of recommendation, etc.) you have already submitted to UCDC. If submitting via e-mail, convert to .pdf files to preserve formatting, if possible.
- Proofread everything carefully!! (don’t just spellcheck) Coordinators can review your materials.

Sending your Application Materials
You should contact the internship site around the time that you apply. Some students choose to call them before sending in the materials, and others will do so shortly after applying. In both cases, you should always contact them within a day or two of applying to make sure they received your materials. This is also a good time to ask what their timeline is and when to expect to hear back from them.

You can use the UCDC fax machine and phone, if needed. Please try to come in during office hours, if possible. If you have waived your right to see your letter(s) of recommendation, we can fax them for you. Please allow 48 hours for us to do so.

**ACTION:** Track Progress on UCDC Timeline Worksheet.

STEP 5: FOLLOW-UP

It is **CRITICAL** that you keep on top of your search and keep track of when internship sites should be getting back to you. If you have not heard back in the time specified, you need to follow-up to check the status of your application and/or set up an interview time if that is necessary. Continue to keep track of what you are told about a new time-frame, and continue to follow-up, if needed. If an internship site is not getting back to you in a timely fashion (allow a week for them to respond), you may need to identify and apply to another internship site. Be proactive with your internship search!

STEP 6: INTERVIEWS

Most internship sites will want to conduct a phone interview with you. Again, the **UCI Career Center** has some excellent resources on how to prepare for an interview – use them!

**ACTION:** Review Phone Interview Handout and Career Center Website. Send a thank you note or e-mail within 48 hours after your interview.

**STEP 7: SECURING AND COMMITTING TO A PLACEMENT**

Once interviews have been conducted and you are offered a position, you should make a decision in a timely manner (generally no longer than two weeks). If you are unsure of whether or not to accept, politely ask if you can have some time to decide. Then negotiate with the internship site as to how much time they can give you and you need. If you are waiting to hear from another internship site, this will buy you some time to contact the other site and politely ask if they have made a decision or what their timeline is to do so.

**IMPORTANT:** Do NOT accept an internship if you are not sure that you want it. It reflects poorly on you and the UCDC program if you commit to a position, but then decline after accepting it.

Take time to carefully weigh all your options before you confirm with a prospective employer. If needed, contact either the UCI UCDC office or the UCDC Program Coordinator in D.C. to discuss your options. If it is getting close (within 3 weeks) of your departure and you still have not secured an internship site, contact the UCDC office for help. You will need to be flexible in considering alternatives, but all
INTERNSHIP SEARCH RESOURCES

Helpful weblinks:

1) UCI UCDC internship page:  
   http://www.dccenter.uci.edu/program/internships.html

2) UCLA internship database:  
   http://www.cappp.ucla.edu/quarterinwashington/internships_database.htm

3) http://www.internjobs.com/

4) http://internshipprograms.com/

5) http://www.internweb.com/search.asp

6) http://idealista.org/ (search for opportunities in Washington, DC)

7) http://washingtondc.craigslist.org/ (key in “internships” in the job link)

If you are considering an internship placement on Capitol Hill, the Center has partnered with the Robert T. Matsui Foundation for Public Service to offer fellowships to students interested in public service. Awards are made each quarter to a number of UC students who have or will be securing a placement on Capitol Hill. Interested students are asked to submit an application, resume and cover letter and a short essay. More information about the deadlines to submit your materials can be found:

→ the UCDC website at:  
   www.ucdc.edu/internships/robert-t-matsui-uc-fellowship/applying-fellowship

→ or the Matsui Foundation’s website at http://www.rtfoundation.org/

Students can also submit an essay entry during their quarter in residence to be considered for the Matsui Writing Competition. The Foundation offers three awards. Students who wish to reflect on their experiences in public
CLOTHES FOR RECREATION: Although Washington, DC, is a very conservatively dressed city, recreation/casual clothes are not much different from Irvine or Orange County.

CLOTHES FOR WORK:

Women

Blouses, skirts and dresses are the “norm” in DC. Since you will inevitably do a lot of walking, you should wear comfortable shoes. Break in your shoes BEFORE you leave. If you are wearing heels, be sure to bring a pair of comfortable shoes or tennis shoes to change in and out of on your way to and from work as you may have to walk short or long-distances on your commute. This sounds silly but everyone does it! Remember to bring a bag big enough to put your tennis shoes in when you change into your heels. As for fashion, the tone in DC is conservative. Remember to use common sense: miniskirts, sleeveless shirts and flared pants are not appropriate. Nylons are the norm, but some places do not require them.

If you need to purchase new clothes, there are many stores located near the UC Washington Center on Connecticut Avenue: Ann Taylor, Ann Taylor Loft, Talbot’s, Filene’s Basement, and the Gap. Macy’s has a store located near Metro Center. H & M is located at 1025 F Street, NW, which is also near Metro Center. (See Shopping for more shopping suggestions.)

MEN:

Work clothes for men are standard - nice slacks, shirt with coat and tie. Although most men walk into the office with their jackets on, some prefer to take them off when there are no meetings scheduled. Nordstrom’s Rack (none in DC) sells good quality inexpensive ties, nice quality shirts and suits at reasonable prices. Three Day Suit Broker is another option located in California. Men’s Warehouse is a bit more pricey, but it is always a safe choice (one is located in DC on Connecticut Ave. near the UC Washington Center).

THINGS TO REMEMBER

Ask before you pack your bags! Find out about the organization’s dress code. If you still aren’t sure about the dress code, it is better to dress up on your first day and then observe how others are dressed.

Business casual is more business than casual. Business casual for men is slacks and a dress shirt with a tie. For women, business casual can mean nice pants and a dress shirt.

Business wear means suits and dress shirts (and ties for men), but when it doubt, ask. Even if your supervisor tells you that the dress code is business casual, you should bring one suit for special events.

AIR CONDITIONING

Many offices are over-cooled, so make sure to bring a sweater or jacket to wear indoors if needed.

BREAK IN YOUR SHOES

You will do a lot more walking in DC than you do in California. Your work shoes should be comfortable as well as business-like. Many women wear tennis shoes while commuting to work, and change into dress shoes upon arrival.
The responsibility for the success of your internship falls mainly on your shoulders. Your attitude—about your job, your employer, and yourself—will be a big determinant. You are going to DC to learn, actively, not passively (and of course, also to have fun). Interns are expected to be able to work with minimal supervision. However, always remember: when in doubt, ASK! Better to spend a few minutes asking a question or two than to have to redo the entire project. No one expects you to know everything.

**HERE ARE SOME IMPORTANT POINTS TO REMEMBER:**

- **Be courteous**—Things are more formal in DC. You are not automatically on a first name basis with your supervisor. Don’t use his/her first name unless you are asked to.

- Just because you are an intern does not mean you are entitled to know everything that goes on in the office. There is a difference between being nosy and being eager to learn.

- Undoubtedly, you have heard of some of the “perks” of being an intern—long lunches, etc. Don’t assume that you are automatically entitled to these things, ASK!

- **As a UCI Washington Program intern, you are representing this program.** The Program’s chances of placing another intern in your job next year depends greatly on your behavior and performance. You are entitled to having your own personality, but remember who you are and what you represent.

- These offices have seen interns come and go, some good and some bad. Although employers are happy to have you, don’t expect to be greeted with cries of joys. Also, don’t be surprised if you get assigned lots of photocopying or administrative tasks during your first week. Like everyone else, you will have to prove yourself. In many offices, everyone has to do some “grunt work,” and your supervisor will not be pleased when you assert special immunity from administrative-type tasks. If after a sufficient amount of time you are still asked to make copies, don’t waste your time being upset—approach your supervisor and ask for more responsibilities. If things don’t improve after some time and effort, talk to your program administrator for advice. In any event—don’t do anything drastic.

- If you’re working on Capitol Hill, you will be invited to attend a **special one-day training at the Center** (more information to come at a later date). You may also learn that congressional offices have many of their own computer systems & programs. Some of you will already have been signed up to attend classes when you begin your internship. If not, make sure you ask your manager if there are any classes you can attend. This is important because the more you know, the more efficient you will be!

- If you hear about guest speakers or scheduled tours you would like to attend, make sure to ask your manager ahead of time for the time-off. He/she will most likely be flexible about it, but you should not make it a habit of putting your supervisor on the spot the morning you want to do something, unless it is something you just heard about.

- **Remember that you will reap out of your internship what you put into it!**
THE ACADEMIC PROGRAM

You’ll have a lot of fun while you are here in DC, but don’t forget...this is an Academic Program! Students in DC get to take advantage of internship opportunities and resources in the nation’s capital that are unavailable to them in Irvine. In return, we expect you to fully participate in all aspects of the Academic Program:

WASHINGTON SEMINAR (Required. UCDC 180; Four units graded). All students must take one seminar course, taught on a weekly basis. Currently, six thematic seminars are available to choose from, although the exact themes are subject to change each quarter. For details, see: dccenter.uci.edu/program/academics.html

INTERNSHIP (Required. UCDC 170, Social Ecology 195 or Public Health 195W; 4, 6, or 8 units P/NP). Internships enable students to receive P/NP credit for a part-time internship and related work OR a full time internship and related work, depending on the number of hours you work during your stay in Washington (see hourly requirements). Internships are used in conjunction with the Seminar to provide students with a social, political, cultural, educational, and academic experience in Washington, DC.

<table>
<thead>
<tr>
<th>NUMBER OF UNITS</th>
<th>NUMBER OF HOURS/WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOUR UNITS</td>
<td>20-27 HOURS/WEEK</td>
</tr>
<tr>
<td>SIX UNITS</td>
<td>28-32 HOURS/WEEK</td>
</tr>
<tr>
<td>EIGHT UNITS</td>
<td>32+ HOURS/WEEK</td>
</tr>
</tbody>
</table>

ELECTIVE (Optional. UCDC 190; four units graded or P/NP). Energetic students who are undaunted by working hard at their internship site and taking a Seminar course may also wish to take an elective course. These courses are offered in many areas of interests and can possibly be used to fulfill a UCI degree requirement if the course content is acceptable to a student’s UCI academic department. Past classes have focused on politics, public policy, history, sociology, economics, literature, art history, journalism, etc. For details, see: dccenter.uci.edu/program/academics.html

NOTE: Ambitious students may also make arrangements to conduct independent research with a UCI faculty sponsor and receive 199 research credit through their academic department.

Be sure to adhere to all add/drop deadline dates specified at the Washington Center, which may be different than the dates posted at UCI.
Pre-Enrollment and Enrollment

All students must enroll in a minimum of 12 units. You must do the following:

1) Enroll in UCDC Courses at the UC Washington Center.

The date that Pre-Enrollment begins is listed on your Important Dates Handout and you will receive an e-mail more details about this process. You will need to:

⇒ View the Seminar and Elective courses offered in DC at: http://www.ucdc.edu/academic/courses Select the quarter when you will be in DC, and the list of classes will be displayed on screen.
⇒ Decide which Seminar course you would like to take. If you wish to take an optional Elective, decide which Elective you would like to take.
⇒ When Pre-Enrollment begins, go to: http://ucdc.gosignmeup.com/ to do so. Pre-enrollment will be done on a first-come first-served basis. If the course you choose is full, you will be put on a waiting list, which is also based on a first-come, first-served basis. Therefore, you are encouraged to Pre-Enroll as soon as the window opens!
⇒ NOTE: you will NOT enroll in your Internship course through this process.

2) Enroll in all of your UCDC courses at UCI via WebReg.

⇒ UCDC course and authorization codes will be provided to you before the UCI enrollment period ends for the term you will be in DC. It is okay if your enrollment window opens before you have received your codes, as the UCI courses are reserved for current participants.
⇒ You must enroll in a minimum of two mandatory courses: 1) a Seminar course and 2) your Internship units.
   - Social Ecology majors who wish to satisfy the field studies requirement will enroll in SE 195, or may waive out of this course if they enroll in the General Research Seminar in DC. Students who wish to enroll in SE 195 must follow the Field Study procedures stated on the Social Ecology web site: http://students.soceco.uci.edu/pages/field-study Be sure to observe all deadlines. If you have questions, contact Ashley Vikander in Social Ecology: abvikand@uci.edu
   - Public Health majors who wish to fulfill the practicum requirement will enroll in PH 195W in place of the UCDC internship units. Students who wish to do this should contact Stephanie Leonard in Public Health BEFORE accepting an internship for further instructions: stephapl@uci.edu
⇒ All students may also enroll in an optional Elective course. If you add or drop an elective in DC, be sure to also do so on WebReg! Note: if you take an elective from another UC campus, there will be a delay (up to a few months) in receiving your elective grade on your UCI transcript. This is standard procedure across all campuses.

When you arrive at the UC Washington Center, you will have an opportunity during the Academic Orientation to listen to all faculty members give a brief description of their elective course. If you wish to change your course before pre-enrollment ends, you will be able to do so on a space available basis.
## ESTIMATED TOTAL EXPENSES FOR AN 11-WEEK PROGRAM IN DC

<table>
<thead>
<tr>
<th>Expense</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>UCI Registration Fees*</td>
<td>$4,858</td>
</tr>
<tr>
<td>Rent</td>
<td>$3,425</td>
</tr>
<tr>
<td>Meals and living expenses</td>
<td>$1,617</td>
</tr>
<tr>
<td>Textbooks, supplies and course fees</td>
<td>$100</td>
</tr>
<tr>
<td>DC Transportation</td>
<td>$431</td>
</tr>
<tr>
<td>Personal</td>
<td>$485</td>
</tr>
<tr>
<td>Roundtrip airfare to DC</td>
<td>$500</td>
</tr>
<tr>
<td>Professional wardrobe</td>
<td>$400</td>
</tr>
</tbody>
</table>

**Total Estimated Costs**  $11,816

*Add Non-Resident Tuition, if applicable. UC registration fees are subject to change.

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**FINANCIAL AID**

The UCI Financial Aid Office will automatically re-calculate your financial aid award based on the budget above. **Financial Aid students will be notified of their revised award via e-mail approximately one month before departure to DC.** You will receive your financial aid in the same way in which you normally do at UCI.

**ACCESSING MONEY**

Take enough money to last you for the first few days until you start to establish the type of banking you will use in DC. Many businesses will not take out-of-town checks, so don’t rely on your checks from the West Coast. Also, out-of-state checks are frequently held for five days if deposited into a DC bank. You have the following options:

- **ATMs** (Make sure that your card is compatible with the Cirrus or Plus systems. Look on the back of your card for the icons). Remember that you will be subject to fees when accessing an ATM from a different bank. **An ATM machine is located in the lobby of the UC Washington Center.** The surcharge fee is $1.50 per transaction.

- **Debit Card**
  - You can get cash back at the grocery store, pharmacy, and other locations that give cash back without charging a fee. Ask your bank about this option.
  - OR...
  - Open an Account at a local DC bank. Do not tell a bank employee that you plan to stay in the area for only 3 months. Because of high monthly fees, this option is not suggested unless you know that you will be in DC for a longer time.

**Banks near the UC Washington Center**

* No Wells Fargo or Washington Mutual Banks/ATMs are available in DC.

- **Bank of America** – ATM
  - 1710 M St., NW
  - 1090 Vermont Ave., NW
  - 1612 K St., NW
  - P St., NW & Dupont Circle

- **Citibank** – Branch and ATM
  - 1225 Connecticut Ave., NW
  - 1000 Connecticut Ave., NW
  - 1000 Vermont Ave., NW

- **PNC Bank** – 24 Hour ATM
  - 1600 Rhode Island Ave., NW
  - 1444 Rhode Island Ave., NW

- **Wachovia** – Branch and ATM
  - 1447 P St., NW
  - 1300 Connecticut Ave., NW
  - 740 15th St., NW

- **Chevy Chase Bank** – Branch and ATM
  - 1100 17th St., NW
  - 1800 M St., NW

- **Sun Trust** – Branch and ATM
  - Connecticut & M St., NW

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**Bring checks from home to pay for various UCDC trips/activities.**
You must have health insurance coverage during your time in DC. Since you are enrolled in UCI classes while you are in DC, you are covered by the University of California Student Health Insurance Plan (USHIP). This insurance is included in your student fees, and enrollment in the plan is automatic when you pay your fees. Questions about your USHIP coverage can be answered via the UCI Student Health Center Insurance Office (contact info below) or the web at: www.shs.uci.edu/Health_Insurance_Privacy/Insurance.aspx Some students opt to obtain health insurance coverage through their parents’ policy instead and waive out of SHIP. In either case, be sure to obtain your insurance card and find out how to use your insurance before leaving for DC!

If you have USHIP, be sure to bring your insurance card to all doctor visits. You will need to know your policy number printed on the card. This plan has an online ID card, and it will NOT be mailed to you. Download your ID card. Print your your ID card and keep it with you at all times. Policy information is also included on this website.

- **SHIP Plan Guide** (including information on how to make a claim)

We strongly recommend that you take care of routine medical and dental check-ups before arriving in DC. We also recommend that you fill an 11+ week supply of any prescriptions you may have before leaving so that you have enough to last for the duration of your time in DC. If this isn’t possible, bring copies of your prescriptions so they can be filled in local pharmacies, and verify with your insurance provider the cost of filling prescriptions in DC. Copies of your eyeglass prescription may be useful if they break or get lost. You may be asked to provide medical emergency information (e.g. blood type, known medical conditions, etc.) and next-of-kin information. Bring this information with you to DC.

**If You Get Sick in DC:**

- See page 31 for a complete list of hospitals & clinics in DC.

The following local physicians have accepted UCI’s insurance in the past. Call to ask if they still do:

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<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curry, John L.</td>
<td>6231 Leesburg Pike, Ste. 200, Falls Church, VA 22044</td>
<td>(703) 534-5880</td>
<td></td>
</tr>
<tr>
<td>Kauffman, Stephen C</td>
<td>3450 N. Beauregard St, Ste, 1, Alexandria, VA 22302</td>
<td>(703) 820-7000, (703) 824-9397</td>
<td>Note: Seven doctors in office, walk-ins and same day appointments available.</td>
</tr>
</tbody>
</table>

- USHIP’s medical insurance carrier is First Health Network. To locate doctors and facilities within this network, find a health care provider online at: [www.myfirsthealth.com](http://www.myfirsthealth.com) or call 1-800-226-5116. Call the physician prior to your visit to confirm that s/he is in network. You may also call their nurse line, available 24 hours a day/7 days a week, at 1-949-824-5301 and follow the menu prompts to be connected to the Nurse Advice Line.

- USHIP applies a co-pay for all services rendered in D.C.

- If you have to use USHIP, call the Insurance Coordinator at UCI to report on your condition as soon as possible to ensure that the claims process is handled accurately:
  
  **UCI Health Insurance Office**
  
  949) 824-2388
  
  shc-insurance@uci.edu

- Refer to the web pages above and the Insurance Coordinator should you need assistance with your insurance coverage, or ask the UCDC Program Administrator for help.

- If you have your own health insurance plan, make sure you know what to do if you need medical attention.
Review the Residential Life Handbook for more details regarding the below, including details about your Apartment.

Accessories
Each apartment is fully furnished, however you will have to provide your own pillow and bed linens (sheets, pillowcase, blanket and bedspread). Each unit has its own kitchen supplied with dishes, glasses, cutlery, pots and pans, etc. Other accessories provided include: clock radio (one per bedroom), iron, ironing board, shower curtain and bathmat. A word of caution...please do not hang any garments from the fire sprinklers.

Cleaning
Limited cleaning service is provided in your apartment once a week. This includes cleaning the bathroom, mopping the kitchen floor and vacuuming the living room. Vacuums can be borrowed from the Residential Life Office (4th floor) and/or the Security guard’s desk (1st floor) to tidy up your bedroom or other areas of the apartment as needed.

Computer Lab
The Student Computer Lab is located on the third floor. Students have access to this room 24 hours a day/7 days a week. The printers operate via a pay-for-print service ($0.05 per copy). Your Web Laundry Card allows you to use this service to pay for any printing you will need to do throughout the quarter. A copier is also available to students in the computer lab for a fee. We encourage you to bring your laptop because there are limited number of computers available in the lab, and toward the end of the quarter the lab gets very crowded.

Network Access
The UC Washington Center requires that all computers connecting to the Center’s network be registered before being granted access to network resources including the internet. This not only protects the integrity of the UCDC network, but also ensures that the center is in compliance with the University’s implementation of the Digital Millennium Copyright Act (DMCA). Wi-Fi is available throughout the Center, and each bedside is equipped with a network jack if you wish to bring an Ethernet cable with you. The handout you will receive upon check-in will explain how you can register your laptop computer.

Fitness Center
There is a fitness center located on the fourth floor with a treadmill, stair climber, lifecycle and small universal weight set. This room is available for your use from morning until 11 pm./7 days a week. You can also check out student membership rates at the YMCA located near the Center (corner of 17th St. and Rhode Island Ave., NW), or other clubs (Results, Washington Sports Club) if the exercise center does not suit your needs.

Storage
Each bedroom has one wardrobe per person (41” wide by 66” high by 24” deep, with a 19” high cabinet at the top) and there is a small hallway closet in the apartment. The beds have 4 drawers underneath for the storage. You might want to bring luggage that is collapsible since there is no additional storage space available in the building for your luggage.
Laundry
Laundry rooms are available for residents’ use on floors 4, 6, and 10. Machines are operated with card access ($1 per wash/ $1 per dry cycle). You will receive a Web Laundry Card when you move into the building, and you can recharge it card using a specially marked machine in the lobby of the Center (which accepts cash only).

Detailed information regarding the use of the Center’s facilities will be provided at the Mandatory Housing Orientation and in the Residential Life Handbook, with information about the rules and regulations of the UC Washington Center, which will be discussed at the Housing Orientation.

Mailing Information
Your address while living at the Center will be:
UC Washington Center
Your Name Here
1608 Rhode Island Ave., NW 4th Floor, Apt. # _______
Washington, DC  20036

Your box number is the same number as your apartment and will not be provided until you arrive. If you are mailing anything prior to your arrival, you can use the above address without the box number. However, DO NOT mail anything to the building until three days prior to your arrival. For safety measure, put your name on the box followed by: c/o Chantal Quintero, UCI Program Administrator, #341. Also, please be aware that the Post Office does NOT forward mail, so remember to make a change of address before leaving the center at the end of the quarter. All mail and packages will be sent back to sender after your departure.

Guest Visitation
You are welcome to have guests but all guests must check-in at the Security Desk (see Guest Behavior). Guests will not be issued keys or cards to the building and must present a valid ID when asked. You and your roommates will be asked to fill out a Roommate Guest Agreement Form at the beginning of the quarter and submit an individual payment of $20.00, in order to have guests stay with you in the apartment. All roommates must agree to this and each of you has your own right to privacy and to say “no.” If you are cleared to proceed, you will be responsible for the behavior of your guests at all times and you will be held accountable for their actions. If your guest causes problems, he/she will be asked to leave the premises. Please check the Residential Life handbook for more details.

Hotel Accommodations near the UC Washington Center
(inquire about discounts for UC guests as available)
Courtyard by Marriott Embassy Row (located beside the Center)
1600 Rhode Island Ave., Washington, DC  20036
Reservations: (202) 293-8000 or (800) 321-2211, http://www.courtyardembassyrow.com/

The Beacon Hotel (located across the street from the Center)
1615 Rhode Island Ave., Washington, DC  20036
Items to Purchase or Bring with You

Linens, Towels and Pillows
You will need to buy or bring towels, sheets, a pillow, blanket, and comforter for an extra-long twin bed. If buying items from an online retailer, consider shipping directly to the Center. Call the program administrator for more information.

Other
Hangers, toilet paper, paper towels and other personal items are not provided. Consider bringing plastic or thin wire hangers that you can leave behind after your stay. There is a CVS pharmacy located two blocks (17th and P St., NW) from the building for your convenience.

Telephones
Telephone service is not available inside the apartments. However, the Center has installed two telephones (for local calls only) in the lobby of each residential floors (4th – 11th floors only).

Consider bringing a few snacks in case the grocery store is closed when you get to the Center (vending machines are located on floors 1, 4, and 10).

Also a roll of toilet paper, tissues or paper towels will come in handy. The Center does NOT provide any of these paper items in the apartments!
**THE NECESSITIES**

**THINGS TO BRING:**

2. Student ID – you’ll need to show your campus ID to check-in at the Center.
3. Umbrella – a big strong one and/or a compact one to carry in your bag.
4. Digital camera – you’ll want to document everything you see and do.
5. Shoes/Clothing – for work and for play. You will be doing a lot of walking and comfortable shoes and clothing are essential!
6. Laptop & Ethernet cable, I-pod, MP3 Players, CDs, etc. – for obvious reasons!
7. Hangers – plastic or thin wire ones that you can leave behind.
8. Twin Extra-Long Sheets – like the ones you used in the dorms - pillow, and blanket/comforter. The center does not provide any bedding.
9. **Toilet Paper, Tissues and/or Paper Towels** – for that first night you arrive in DC. The Center does not provide any of these paper items and you may not have time to buy any when you arrive or before starting your internship.
10. Credit card and Checkbook – so you can pay for trips and activities organized by the Center throughout the quarter. The Center does not accept cash! You will need to mail your final housing payment to the UCI UCDC Office while you are in DC, and you will need to make that payment by check.
11. Costco Card – there is a Costco in Arlington, VA (METRO: Pentagon City). You’ll have to carry everything back unless you take a cab, but it may be good for

**DC WEATHER**

The weather will probably change considerably while you are on the East Coast. Unlike California, DC’s weather fluctuates (e.g. it can be 50 degrees one day and 80 the next especially in the spring and/or fall season). It’s a good idea to check the weather everyday (www.weather.com) since the Center does not have windows that open, and because you won’t know what the weather is like unless you look out your window or go outside.

**Fall:** October-November. Generally cool; frequent rain. Temperatures range from the high 40’s to the high 60’s.

**Winter:** December-February. Colder (30’s), possible snow falls. For those who grew up in California, it feels really cold! Gloves, scarves, warm sweaters and hats will come in handy.

**Spring:** March-May. Generally rainy and windy, however beautiful sunny days (with little humidity) are common. Temperatures range from the 40’s to the high 70’s.

**Summer:** June-August-Sept. Generally hot and humid. Temperatures range from the high 70’s to the high 90’s with humidity levels in the high percentages.
There are four individuals (2 in each bedroom) per apartment. Each apartment is fully furnished. The living room has a couch, coffee table, chair, dining table and chairs, and a television (no VCR or DVD player is provided, but rental equipment is available in the residential office). There is a fully equipped kitchen with dishes, pots, pans, utensils and a microwave. Each bedroom has extra long twin captain’s beds (drawers under the bed) a wardrobe, and desk with a bookshelf. If you have questions about the apartments, contact the Residential Life Services staff at 202-974-6214.
**LIVING AT THE CENTER**

**Roommate Assignments**

Four individuals of the same gender will share each apartment. The campus programs make assignment recommendations to the Center, who then finalizes roommate pairings. If you wish to room with students from another UC campus, please submit your request to the UCI UCDC Office. We will communicate your request to the Center, whom will make the final assignments.

**Successful Apartment Living**

**Communication is the key to successful apartment living and interactions of all kinds.** Always strive to keep communication channels open. Chances are that if something is bothering you, it is bothering your roommates as well. Be honest and tactful when discussing your feelings with your roommates. If you are finding it difficult to express your feelings or are frustrated by the responses that you are getting, ask your Community Assistant (CA) or the Senior Resident Advisor for help and/or seek assistance from the Counseling Services at the Center. The counselor is trained to assist you in creating a dialogue with your roommates and will be able to suggest different approaches for resolving conflicts.

If you and your roommates are having difficulties that cannot be resolved, please contact the Senior Resident Advisor directly and make an appointment to speak with the counselor or drop-in during walk-in hours. The Senior Residential Advisor and/or the counselor will meet with you and your roommates to assess the situation and make a final determination regarding the change. This may involve drawing up a contract that sets parameters and boundaries designed to help alleviate tensions and differences, and make it easier for all **four** roommates to live together for the remainder of the term.

Residential Life must keep an accurate roster of apartment assignments, therefore a $100 fine for unauthorized room changes and disciplinary action will be assessed. **The University reserves the sole right during the term of your housing contract to reassign residents to other apartment spaces, assign new roommates or consolidate vacancies. All residents are obligated to the payment provisions in the housing contract (see housing contract for specific information).**

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**Counseling Services are available at the Center at specific drop-in hours. More information will be communicated to you when you attend the residential orientation. See page 31 for contact information.**
STUDENT CONDUCT

UC Washington Center events are intended to enhance students’ experiences while in DC, whether for educational, cultural or social reasons. Students are expected to act appropriately at all times.

ALCOHOL & DRUG POLICY

The legal drinking age in DC is 21. UC Policy prohibits the consumption of alcohol by minors at UC events. Any UC student guilty of misconduct involving alcohol or drugs will be subject to disciplinary action, which may include dismissal from the program.

SMOKING POLICY

The UC Washington Center is a non-smoking building! Smoking may only take place on the terrace located on the fourth floor of the building. ABSOLUTELY NO SMOKING IS PERMITTED IN THE APARTMENTS or OTHER AREAS of the BUILDING.

GROUP EXCURSIONS

Alverta Scott, Student Activities Coordinator for the UC Washington Center, plans group activities and sightseeing trips each quarter in conjunction with students from other UC campuses. You are encouraged to participate in these activities, which are generally less expensive than individual excursions and will allow you to visit interesting places along with other students from the Center.

Activities sign-up takes place online prior and after your arrival in DC. Information about the quarter’s activities will be e-mailed to you a few week’s prior to your arrival and you’ll be directed to register online. You’ll be able to pay by credit card or check/money order. All activities (paid or unpaid) are booked on a first-come first-served basis.

Sample “paid” activities include:
- Trips to Philadelphia, Gettysburg, Annapolis, (MD), Richmond (VA), Charlottesville (VA)
- Sporting events, tickets to the Wizards, the Nationals, and/or the Baltimore Orioles
- Kennedy Center plays, concerts and musicals
Carefully review the **UCDC Important Dates** handout provided during the pre-departure orientation and linked to the UCDC web site at: [http://www.dccenter.uci.edu/participants/overview.html](http://www.dccenter.uci.edu/participants/overview.html) Check in and Departure dates are specified on this handout. Please adhere to these dates and times. You will receive your apartment/room key and more information about life at the Center upon check-in. **You should plan to check out no later than noon on the departure date.**

All students are **required** to participate for the **entire length** of the UCDC program, from the check-in date through the departure date. Students wishing to arrive in DC prior to the check-in date, or stay longer than the departure date, should inquire with the Program Administrator. Extended stays may be possible on a space-available basis.

A **mandatory** Housing Orientation will take place shortly after you arrive at the Center. It is typically held at **7:00 p.m.** on the second day of check-in, and takes place in the Multipurpose Room on the first floor. Be informed that the Center charges a fine of $50.00 for any resident who does not attend the orientation, so plan your arrival flight arrangements accordingly. In addition, prior to the housing orientation, the Center will be taking **photo IDs on the 1st floor**. Failure to take your photo during this time will also result in a fine. If you have any questions or concerns, please contact the Program Administrator immediately.

A **mandatory** Academic Orientation will take place immediately following the Housing Orientation. The Academic Orientation provides an excellent opportunity for you to get to know other students participating in the Washington program from UCI and from other UC campuses. You will also be introduced to the Washington Center staff, visiting faculty and graduate fellows. Pizza will be served!

A **mandatory** Campus Orientation will take place after the Academic Orientation mentioned above. There, you will receive more information about our program & internship requirements, elective courses, Washington DC’s metropolitan area, the UCDC Center, etc.

All students will be required to sign a **work plan** at the beginning of the program, which serves as an agreement between you and your supervisor in regards to the number of hours worked at the internship each week, the tasks/ responsibilities assigned, direct reports, etc. It is important that students conduct themselves seriously and responsibly, both in academic matters and in their personal composure. Please remember that you are representing the UC Irvine campus at all times.

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**You will be required to show your student ID for identification purposes when you check-in to the UC Washington Center.**
Washington, DC is a city unlike most California cities. It is compact and it has a safe and reliable public transit system. You will enjoy your stay if you come open-minded and prepared for a new experience especially if you embrace the fact that you will be living without a car for a few months! Washington is a terrifically interesting place. Work hard, but be sure to take advantage of being in the nation’s capital and explore some interesting places.

**DO’S AND DON'TS:**

- **DO** make realistic plans about what you can see and do while in DC.
- **DO** read up on the Metro system – it’s easy and convenient to ride!
- **DO** be cautious about safety tips. Like travel in any metropolitan city, special precautions are warranted. You’re not in Irvine anymore!
- **DO** take advantage of the many free things to do in DC such as concerts, lectures, museums, guided tours at various institutions, etc.
- **DON’T** drive your car (if you have one or rent one) around while sightseeing. DC has limited parking and parallel parking is the norm. Walk or take public transportation.
- **DON’T** stand to the left of the escalators entering or exiting metro stations unless you are actively walking up the escalator steps. **Always stand to the right! It’s a DC custom!!!**

**YOUR GUIDE TO “DC VOCABULARY”**

- **Beltway** - an interstate highway that circles the DC/ Maryland/ Virginia area. The word is used frequently to denote a DC “mindset” or “attitude”. For example: “I live inside the beltway.”
- **The Post** - The Washington Post. There is another paper called “The Washington Times,” but it is generally referred to as such.
- **The Hill** - Originally described by Pierre Longhand as a “pedestal waiting for a monument,” this eastern most side of the National Mall is where the U.S. Capitol sits.
- **The Mall** - Stretch of land that goes from the Capitol to the Washington Monument, lined on each side with Smithsonian Institution museums and federal office buildings.
- **Capital vs. Capitol** - CAPITAL is the city (i.e. Washington, DC, is the capital of the U.S.) while CAPITOL is the building (i.e. “I’ll meet you by the Capitol building”).

**CITY LAYOUT**

Washington is the best American example of the Baroque city design, popular in the 18th century.

- It is divided into **four quadrants**: Northwest, Northeast, Southwest, & Southeast.
- North Capitol Street divides the NW from NE.
- East Capitol St. divides NE from SE
- South Capitol St. divides SE from SW.
- The National Mall divides NW from SW.
- The Capitol building sits at the Center of it all

In each quadrant, streets that run north-south are numbered (1st, 2nd, etc.) and the east-west streets correspond to letters of the alphabet (A St. through W St. Beware there is no “B, J, X, Y and Z” Streets). Diagonal avenues are named for states and are in no particular order.

It is very important to know in which quadrant buildings are located, as there may be for example, a 507 F Street in each quadrant. **Most of your business and activities will most likely occur in NW, the largest quadrant.**

**Use this tip to navigate the city:**

First, look at the first two numbers of the address, then look at the street letter and you’ll be able to identify the nearest intersection/cross streets.

- For example, 1725 M Street, NW is near the corner of 17th St and M St., NW.
- The UC Washington Center is at 1608 Rhode Island Ave., NW, near 16th St. & Rhode Island Ave., NW.

If the address involves a numbered street, the same formula applies however the number of the streets corresponds to the letter of the alphabet (in sequence).

- For example, 507 5th St., NW is near the corner of 5th St. and E St., since E is the 5th letter of the alphabet.
In addition to the map below, you will receive a map of the city during the campus orientation on the first day of the quarter. The Center is located near Scott Circle, at the intersection of Rhode Island Ave., NW and 16th St., NW. Get ready to explore!
Washington, DC, is divided into a large number of neighborhoods. Some are historic areas such as Capitol Hill, Georgetown, etc. When visiting the city, please don’t hesitate to ask for information and tips from local resident about the various neighborhoods and things to see & do!

GETTING TO THE CENTER:

AIRPORT TRANSPORTATION

The three area airports are Ronald Reagan National (DCA), Dulles (IAD), and Baltimore (BWI). It is up to you to find your own airline ticket. Be sure you refer to the arrival and departure dates on your Important Dates Handout, and the check-in times in this Handbook before booking your ticket! Some good web sites with cheaper airfares to DC include:

- www.expedia.com
- www.jetblue.com (cheap fares out of Long Beach)
- www.kayak.com
- www.southwest.com
- www.statravel.com (specializes in student fares)
- www.travelocity.com

When deciding which airport to fly into, be sure to take into account the various costs involved in getting from the airport to the Center. The best way to get to the Center from any of these airports is to take a Super Shuttle. Call (800) Blue Van (258-3826) or go to www.supershuttle.com. The approximate costs (at time of printing) are:

- **Super Shuttle:**
  - BWI: $38 for one, $12 per add’l person
  - Dulles: $30 for one, $10 per add’l person
  - Reagan National: $14 for one, $10 per add’l person

- **Taxi (approximate fares):**
  - BWI: $90
  - Dulles: $56
  - Reagan National: $18-20

- **Metrorail (Metro):**
  It is possible to take the Metro from Ronald Reagan National, however if you have a lot of luggage, it may be easier to take a taxi or shuttle. See next page for more detailed Metro information.

- **Trains:**

IMPORTANT NUMBERS

If you encounter any problems on the way to the UC Washington Center, please call:

- Chantal Quintero 202-974-6381
- Residential Services 202-974-6214
- Main Reception 202-974-6200
- Security Desk 202-974-6233/6234

TAXICABS

There are more than 7,000 licensed cabs in Washington, DC. Check to be certain that the license (complete with photograph) is prominently displayed. Taxis in DC operate on a meter system, however please know that additional charges may apply such as:

- Baggage handling: $0.50-$2.00 per piece
- Additional passengers: $1.50 per person
- Rush hour fee: $1.00 surcharge

Please make sure you ask the driver what the fare will be before you begin your trip. Taxis in Virginia and Maryland also use meters.

To get a cab:
- Hail one on the street
- Call the numbers below or go online
- Look for one at the Courtyard by Marriott Hotel OR the Beacon Hotel adjacent to the UC Washington Center

<table>
<thead>
<tr>
<th>Yellow Cab of DC</th>
<th>Diamond Cab</th>
</tr>
</thead>
<tbody>
<tr>
<td>202-544-1212</td>
<td>202-387-4011</td>
</tr>
</tbody>
</table>
TRANSPORTATION IN THE DISTRICT

Metro rail is convenient, safe, clean, air-conditioned, and it operates 7 days a week. It is the “key” to transportation in DC! **No food or drinks are allowed on the Metro.**

**METRO FARE**

Your fare is based on the distance and time of your travel, with a base fare of $2.10 each way during peak times and $1.70 at off-peak times. Peak times are: 5:30-9:30 a.m. and 3:00-7:00 p.m. Fares are constantly changing, but latest fares are available online. DC Metro “apps” are available for iPhones and Blackberries.

To enter the metro train platform, you’ll need to purchase a farecard*. The machines take nickels, dimes, quarters, and bills up to $20. Machines will give you change back from the farecard amount you select, but change comes out in coins.

*Farecards are made of white cardboard and can bend easily. If bent, the card may become inactive. You’ll need to see the station attendant if your card is rejected or demagnetized.

There are many different types of passes so make a careful decision about the one that is best for you. Go to www.wmata.com for more information.

**Metrorail One Day Pass** - $14.00
**Metrorail 7 day Short Trip** - $35.00
**Metrorail 7 day Fast Pass** - $57.50

**SmarTrip Card** – a permanent, plastic rechargeable farecard that can hold up to $300 in Metro rail value. The card is embedded with a computer chip that keeps track of the value of the card. The card costs $2 but the benefits outweigh the fee. Using the SmarTrip card can save you time as you enter and exit the stations. You simply touch the card to the circular target panels inside the stations (instead of inserting a farecard through the Metro rail fare gate slot. The card also works with the Metrobus and DC Circulator system, and you receive a small discount when transferring from rail to bus and bus to rail. The card can be purchased at Metro Center, CVS and other retailers.

**METROBUS SYSTEM**

Metro bus thoroughly supplements the rail system. You can take a bus to virtually anywhere in the area you want to go. Bus route information can be obtained at www.wmata.com by using the trip planner or calling (202) 637-7000.

**DC CIRCULATOR**
[www.decirculator.com](http://www.decirculator.com)

These red buses run continuously between Union Station and Georgetown from 7 am to 9 pm daily with later hours on weekends. The fare is $1.00 each way. It is the best way to get to Georgetown from the Center (take it at the corner of 16th St., and K St., NW).

**GEORGETOWN SHUTTLE**

Take the Georgetown University Transportation Shuttle (GUTS) at 20th St., NW and Massachusetts Ave., NW. Free of charge, but you will have to show your ID upon boarding. Shuttle information is available at: [http://otm.georgetown.edu/guts/index.cfm?fuse=dup](http://otm.georgetown.edu/guts/index.cfm?fuse=dup)

Closest metro stops to the UC Washington Center

**Dupont Circle (South exit)** – walk east bound on Massachusetts Avenue. The Center will be on your right side at Scott Circle.

**Farragut North (L St. exit)** – exit the Metro and turn left. Walk one block to 17th Street. Turn left on 17th Street and go 3 blocks north to Rhode Island Avenue. Turn right and the Center is the second building on the right.

**Farragut West (17th and I St. exit)** - walk north on Connecticut Avenue and make a left on Rhode Island Avenue. Go past 17th St. and the Center will be on the right.
TRANSPORTATION

CAR RENTAL

A car is convenient for weekend road trips. During the week, traffic is horrible and gas is super expensive. By comparison, the city turns into a “ghost town” on the weekends.

If you want to rent a car, shop around. Terms and prices vary among companies (age 25 is the standard). It is cheaper to rent a car outside DC in Virginia or Maryland. Make reservations in advance (you will need a credit card, NOT a check/debit card). Call for more information.

Zipcar - www.zipcar.com
UC students can become members for $25/year. Zipcar has cars available for hourly rentals starting at $9/hour (incl. The cost of gas & insurance). Two vehicles are available at Scott Circle and over 200 in the DC area. Zipcar is available nationwide.

EAST COAST SHUTTLES

USAirways
www.usairways.com
(800) 428-4322

Delta Airlines
www.delta.com
(800) 221-1212

Southwest
www.southwest.com
(800) 435-9792

Jet Blue
www.jetblue.com
(800) 538-2583

All of these companies offer air shuttle service to Boston, New York City and other East Coast cities. Go online or call for fares/schedules. Flights leave from Ronald Reagan National Airport (DCA) for US Airways and Delta; Dulles Airport (IAD) for Jet Blue, and Baltimore (BWI) airport for Southwest.

BUS ES

If traveling by train or airplane is too expensive, consider taking a bus. There are several companies offering travel from DC to NYC for a low fare. Many offer free wi-fi, convenient online ticketing, and multiple pick-up/drop-off stops in the city.

Greyhound
www.greyhound.com
(800) 231-2222

Vamoose Bus
www.vamoosebus.com
(877) 393-2828

Bolt Bus
www.boltbus.com
(877) BOLTBUS

Peter Pan
www.peterpanbus.com

Megabus
www.megabus.com/us

Washington Deluxe Bus
www.washny.com

APPROXIMATE DISTANCES FROM DC TO:

Baltimore 32 miles
Gettysburg 80 miles
Richmond 106 miles
Philadelphia 160 miles
New York 239 miles
Boston 394 miles

BIKE Sharing:
Check out Smartbike at www.smartbikedc.com
$40 annual subscription includes rental of a bike. No separate charges apply for using a bike. Closest docking station to the Center:

Logan Circle
(14 St., & Rhode Island Ave., NW)

Farragut Square
(17th St., & K St., NW)

Dupont Circle
(Mass Ave. & Dupont Circle)

AMtrak
800-USA-RAIL (872-7245) or www.amtrak.com for schedule and fare information.

Amtrak is one of the most convenient ways to get around on the East Coast. Trains leave from Union Station, which is easily accessible by Metro (Red Line: Union Station). Amtrak offers “quiet” cars to customers who do not want to be bothered by cell phone users. If you do not wish to use the quiet car, be sure not to sit in this section.

MARC TRAIN
Call 800-325-RAIL (7245) or go to www.mtamaryland.com for schedule and fare information.

The MARC train is an inexpensive way to travel to Baltimore’s Inner Harbor, Camden Yards, and to BWI Airport. Trains leave from Union Station and/or New Carrollton METRO stations.
Although we would like to tell you exactly where unsafe neighborhoods are, only your eyes can tell you for sure if you have wandered into a bad one: buildings in despair, vacant lots, public housing and general desertedness are generally bad signs. Homeless people are not a danger sign. They flock to areas like Georgetown where pedestrians have money.

While the metro system is generally safe, you should always be careful. Your best bet is NOT to look like a tourist, especially when you go sightseeing.

PLEASE USE COMMON SENSE!

Also remember that you can call 911 for free from your cell phone or from a public phone.

<table>
<thead>
<tr>
<th>STAYING SAFE</th>
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<tr>
<td>Unlike the safe world of Irvine &amp; Southern California, Washington, DC, is a bustling urban environment with a higher crime rate.</td>
</tr>
<tr>
<td>Although most areas are safe during working hours, you should always be careful. By taking a look at the address of your internship site, you will have noticed that the city is divided into four geographical quadrants (NW, SW, NE, SE) with the Capitol building acting as the intersection point. Some people will tell you that “the NW quadrant is safer than the SE” and the “NE is safer than the SW” and so on.</td>
</tr>
<tr>
<td>Although these myths hold “some” truth, people have been victim to crime outside the White House as well as in Georgetown—two areas that are generally considered “safer”. <strong>In short, crime exists in every part of the city.</strong></td>
</tr>
</tbody>
</table>

Below are some simple truths for everyone, MALE AND FEMALE.

**Be Proactive About Your Safety!**

- Do NOT walk alone at night!
- Always travel in groups. If you leave with 5 people to go somewhere, return with 5 people.
- Stay in well lit, busy areas.
- Avoid parks and parking lots after dark.
- Avoid taking short cuts in dark alleys.
- Take taxis at night.
- Keep your wallet in a safe place - in your front pocket. Never hold it in your hand as you are walking down the street. People have been pick-pocketed on the street and on the metro.
- If you must carry a purse, put the strap across your chest and don’t let the purse slide behind you. Same with a backpack.
- If dining at a restaurant, keep your purse below your feet where you can see it. NEVER leave it hanging from the back of a chair.
- Don’t carry lots of cash or flaunt cash or expensive jewelry/watches.
- Carry a small pocket map, but don’t flaunt it around.
- If you carry an I-Pod, be aware of your surroundings and extra cautious on the metro, and when walking on the street.
- If walking alone in an area that you are not familiar with, walk briskly, as if in a hurry to get where you are going, even if you are not sure of your destination.
HOTLINES, EMERGENCY NUMBERS AND SUPPORT GROUPS

Emergency/ DC Police
911

AIDS Info Line
(202) 332-2437

CDC Disease Hotline
(800) 232-4636

DC Rape Crisis Hotline
(202) 333-7273

Mental Health Access Help Line
(888) 793-4357

Mental Health Resources
www.mentalhealth.org

Georgetown Psychiatry Clinic
(202) 687-8609

Gay and Lesbian Crisis/ Hotline/Referral Line
(888) 843-4564

Metro Transit Police
(202) 962-2121

Alcoholics Anonymous
(202) 966-9115

Suicide Hotline
1-800-SUICIDE
www.hopeline.com

National Center for Victims of Crime
(800) 394-2255

UC Washington Center
Residential life — Emergency Line
(202) 415-9275

Security Desk —
(202) 974-6233/6234

VISITOR RESOURCES

Destination DC
(202) 789-7000

Dial-A-Park
(202) 619-7275

Smithsonian Institution
(202) 633-1000

Traveler’s Aid of DC
(202) 371-1937

Time (Verizon)
(202) 844-1111

Weather
(202) 936-1212

Cultural tourism DC, www.culturaltourismdc.org

WMATA (Metro information)
(202) 637-7000 or www.wmata.com

LOCAL HOSPITALS AND MEDICAL RESOURCES

Note: You will have to pay up front at most of these facilities. Appointments cost may range between $60 - $100 or more. Make sure you know your insurance information and keep your receipts!

→ UCI students covered by UC SHIP: See the insurance section for instructions on how to locate a doctor in-network
→ Please call the UCI Health Insurance Coordinator at (949) 824-7748 to ensure the claims process is handled accurately.

Dental Referral Line
DC Dental Society
(202) 547-7613 or
(800)-Dentist (336-8478)

HOSPITALS

*** closest to the Center

GWU Hospital***
(202) 715-4000 (main)

Georgetown University Hospital
(202) 444-2000

Howard University Hospital***
(202) 865-6100

METRO: Shaw/Howard Univ.

Kaiser Permanente West End Medical Center
(202) 872-7000

2100 W. Pennsylvania Ave., NW

METRO: Foggy Bottom/ GWU


CLINICS

Farragut Medical and Travel Care
Hours: Mon.-Fri., 10 am - 4 pm
815 Connecticut Ave., NW
(202) 775-8500

METRO: Farragut West
*Recommended by students

Arlington Clinic-Primary and Urgent Care
Hours: Mon.-Fri. 10 am - 6 pm,
Sat.-Sun. 1-4 pm
4040 N. Fairfax Dr., Ste 140
Arlington, VA
(703) 522-8840

Planned Parenthood
1108 16th Street, NW
(202) 347-8512 (main)

MENTAL HEALTH

*** Parkhurst Associates
(202) 234-7738

Drop-in hours available at the Center (office #359) — Tuesdays and Thursdays from 6-9 pm. No appointments necessary.

Other resources:
Meyer Treatment Center
(202) 537-6050 (ask for the intake coordinator to schedule an appointment)

Meltzer Psychological Service Center, (202) 994-9072

VISITORS CENTERS IN DC
## Press

**Major Newspapers**

Two major newspapers cover the Washington metropolitan area: the *Washington Post* and the *Washington Times*. The *Washington Post* is typically considered the more liberal of the two, while the *Times* is considered conservative. Both papers publish Congressional schedules; the *Times* publishes the President’s and Vice President’s schedules.

**The Washington Blade** is the paper of choice for the gay and lesbian community around DC. It is distributed on Fridays. Find it in bookstores, at shops around Dupont Circle, Adams Morgan and U Street.

**Local newspapers**

For local flavor, pick-up one of the city’s many free weekly newspapers. The *City Paper* comes out on Thursdays with a complete listing of events in the area, including concerts, information on local nightclubs and restaurants, and a good dose of local news and politics.

The *Hill Rag* is a community newspaper covering events in Washington, DC and Capitol Hill. It is published monthly and you can pick-up a copy anywhere in and around Capitol Hill.

**Other**

*The Washington Blade* is the paper of choice for the gay and lesbian community around DC. It is distributed on Fridays. Find it in bookstores, at shops around Dupont Circle, Adams Morgan and U Street.

**Newsstands** across the city feature out of town and international papers, for those of you who are homesick for California news.

*The News Room* at 1803 Connecticut Ave., NW, (202) 332-1489, is a good store for international magazine and newspapers.

## Churches and Religious Organizations

**Baptist:**

*Metropolitan Baptist Church*
1225 R St. NW, (202) 238-5000
[www.metropolitanbaptist.org](http://www.metropolitanbaptist.org)

**Buddhist:**

*Buddhist Congregational Church of America*
5401 16th St. NW, (202) 829-2423

**Catholic:**

*Newman Catholic Student Ctr.*
George Washington University
2210 F St, NW, (202) 676-6855
[www.gw catholic.com](http://www.gw catholic.com)

*St. Matthew’s Cathedral*
1725 Rhode Island Ave., NW
(202) 347-3215
[www.stmatthewscathedral.org](http://www.stmatthewscathedral.org)

*National Shrine of the Immaculate Conception*
400 Michigan Ave., NE
(202) 526-8300
[www.nationalshrine.com](http://www.nationalshrine.com)

**Episcopal:**

*St. Mary’s Episcopal Church*
728 23rd St., NW, (202) 333-3985
[http://stmarysfoggybottom.org/smc/](http://stmarysfoggybottom.org/smc/)

*Washington National Cathedral*
Massachusetts & Wisconsin Ave., NW, (202) 537-6200
[www.nationalcathedral.org](http://www.nationalcathedral.org)

**Jewish-Conservative:**

*Adas Israel Congregation*
2850 Quebec St., NW
(202) 362-4433
[www.adasisrael.org](http://www.adasisrael.org)

**Jewish-Reform:**

*Washington Hebrew Congregation*
3935 Macomb St., NW
(202) 362-7100
[www.whctemple.org](http://www.whctemple.org)

**Lutheran:**

*Mount Olivet Lutheran Church*
1306 Vermont Ave., NW
(202) 667-5357
[www.lutheransonline.com](http://www.lutheransonline.com)

**Methodist:**

*Foundry United Methodist*
1500 16th St., NW
(202) 332-4010
[www.foundryumc.org](http://www.foundryumc.org)

**Muslim:**

*Islamic Center*
2551 Massachusetts Ave., NW
(202) 833-8343
[www.islamiccenterdc.com](http://www.islamiccenterdc.com)

**Presbyterian:**

*Church of the Pilgrims*
2201 P St., NW, (202) 387-6612
[www.churchofthepilgrims.org](http://www.churchofthepilgrims.org)
MARKETS & LOCAL SERVICES

FOOD AND GROCERIES

Food and groceries are available at supermarkets near the Center (at most 10-15 min. walk).

**Shopping carts are available at the Security Desk for local use, so that you won’t have to carry your grocery bags in your arms back to the UCDC Center. Take advantage of this service!**

Around the Center

**GROCERY STORES**

SAFeway
1701 Corcoran, NW
Store hours: 6am-11pm
Open 7 days a week
Or [www.safeway.com](http://www.safeway.com) to buy groceries online.

WHOLE FOODS
1440 P St., NW
Store hours: 8 am-10 pm
Open 7 days a week

TRADER JOE’S
2425 L St., NW
Store hours: 9am-9 pm
Open 7 days a week

GIANT FOOD
1414 8th St., NW
Store hours: 6 am—1 am, or go to [www.giantfood.com](http://www.giantfood.com) and click on Peapod to buy groceries online.

**PHARMACIES**

CVS DRUG STORE
[www.cvs.com](http://www.cvs.com). Locations all around town. Closest stores:
- 1418 P St., NW
  Open 8am-10 pm
  Next to Whole Foods store
- 1637 P St., NW
  Open 8am-12:00 am, except on weekends
- 1025 Connecticut Ave.
  Open 8am-10pm

RITE AID
1815 Connecticut Ave., NW
(202) 332-1718
Open 24 hours

POST OFFICE
A full service post office is located at 1800 M St., NW (3 blocks from UCDC). Hours Mon.-Fri., 9am-5pm.

OFFICE SUPPLIES
STAPLES
1901 L St., NW
(202) 293-4415

ELECTRONICS
RADIO SHACK
1150 Connecticut Ave., NW
(202) 833-3355

BOOKSTORES
BORDERS
600 14th St., NW
(202) 737-1385

Another Borders is located near Costco, across from Pentagon City Mall in Arlington, VA.

BARNES AND NOBLE
3040 M St., NW
(202) 965-9880
555 12th St., NW
(202) 347-0176

FARMERS MARKETS

**EASTERN MARKET**
7th St. and North Carolina Ave., SE
Open all week except Mondays
Fresh fruit and veggies, artisan stands, coffee roaster, fresh seafood and baked goods. Pottery, art, handmade jewelry, fresh flowers and flea market on weekends. **Best time to go is on Sat. & Sun. (9am-5 pm)**

**DUPONT CIRCLE FARMERS MARKET**
20th Street, NW between Q St. and Massachusetts Ave.
Open every Sunday, year round, rain or shine, 9 am - 1 pm during the season (April-December) and 10am - 1pm during the winter months (Jan-March).

**ADAMS MORGAN FARMERS MARKET**
In the heart of Adams Morgan Columbia Rd. and 18th St., NW. Open Saturdays, 7:30am – 3pm.
OTHER LOCAL SERVICES

Dry Cleaning
Liberty Dry Cleaning
1708 M St., NW
(202) 659-5953
*Offers a discount for UC students

Happy Cleaners
1509 17th St., NW (corner P St., NW)
(202) 483-3993

Zips Dry Cleaners
All garments $1.99*
(202) 686-8495
4418 Connecticut Ave., NW
*(except leather, suede & comforters)
METRO: Van Ness/ UDC

Hair Salons
Aveda School
Aveda Institute—Washington DC
713 7th Street NW
Phone: (800) 884-3588 or (202) 824-1624
aidc@aveda.com
A list of services offered and prices is available at

VSL Hair Design
1607 Connecticut Ave., NW
(corner Q St. and Connecticut Ave.)
Phone: (202) 332-3757
http://www.vslhairdesign.com/home.nxg
*Offers discounts to full-time students

Aura Spa
1515 15th St., NW (near the Whole Foods store)
Phone: (202) 588-5557
http://www.vidafitness.com/auraspa.php

For more suggestions and locations, please consult yelp.com at http://www.yelp.com/dc

For great deals, sign up for www.groupon.com and www.livingsocial.com and indicate DC as your location! Both have great deals for food, travel, services, gyms, and more!

Misc. Retail Services

UPS Store
1718 M St., NW
(202) 785-3604

Sprint Store
1208 18th St., NW
(202) 496-9400

Verizon Store
1744 L St., NW
(202) 296-4400

T-Mobile Store
1330 Connecticut Ave., NW
(202) 429-0715

Ritz Camera
1750 L St, NW
(202) 861-7710

Caruso Florist
1717 M St., NW
(800) 628-3491

Chocolate Moose
(fun gift store!)
1743 L St., NW
(202) 463-0992

GNC
1728 L St., NW
(202) 457-0097

For more suggestions and locations, please consult yelp.com at http://www.yelp.com/dc

For great deals, sign up for www.groupon.com and www.livingsocial.com and indicate DC as your location! Both have great deals for food, travel, services, gyms, and more!

Hair Salons

Aveda School
Aveda Institute—Washington DC
713 7th Street NW
Phone: (800) 884-3588 or (202) 824-1624
aidc@aveda.com
A list of services offered and prices is available at

VSL Hair Design
1607 Connecticut Ave., NW
(corner Q St. and Connecticut Ave.)
Phone: (202) 332-3757
http://www.vslhairdesign.com/home.nxg
*Offers discounts to full-time students

Aura Spa
1515 15th St., NW (near the Whole Foods store)
Phone: (202) 588-5557
http://www.vidafitness.com/auraspa.php

Bang Salon (haircuts): (202) 588-5559
http://www.vidafitness.com/bangsalon.php

For more suggestions and locations, please consult yelp.com at http://www.yelp.com/dc

For great deals, sign up for www.groupon.com and www.livingsocial.com and indicate DC as your location! Both have great deals for food, travel, services, gyms, and more!
**CUISINE/ DINING OUT**

**Unique & Trendy restaurants near the Center**

**In Dupont Circle:**
A vast selection of restaurants, night clubs, coffee houses, used bookstores and shopping is available. Most restaurants and clubs can be found on Connecticut Ave., NW, above Dupont Circle, and on 17th St. above P St., NW.

*Some restaurant recommendations:*
Five Guy’s (burgers)
Bertucci’s (Italian)
Bucca di Beppo (Italian)
California Pizza Kitchen (Californian)
Fuddrucker’s (Burgers)
Moby Dick - House of Kabob
Heritage India (Indian)
Kramerbooks & Afterwards
- bookstore/ café open 24 hrs!
Lauriol Plaza (Cuban, Peruvian, Mexican)
Levante’s (Mediterranean)
Luna Grill (American) – open 24 hrs on weekends!

**Note...**
On those days when you don’t feel like cooking, there are ads and menus for various local restaurants (who deliver) available at the security desk in the lobby. But be careful! Food is more expensive in DC, and having food delivered adds up quickly! It is cheaper, not to mention healthier, to prepare and cook your own food.

**Georgetown:** Tons of restaurants, shops, clubs and cafes to choose from. The main intersection is: M St. and Wisconsin Ave., NW. *Take the DC Circulator from 16th and K St., NW and you’ll be in Georgetown within 10-15 minutes!*

*Some restaurant recommendations:*
Aditi (Indian)  
Martín’s Tavern (Irish)  
Cabana’s (Mexican)
Clyde’s of Georgetown (burgers)  
Bistro Francais (French)  
Zed’s (Ethiopian)
Prospects on Prospects (pizza)  
Mr. Smith’s of Georgetown (American)

**Adams Morgan:** Considered to be one of the most ethnically diverse neighborhoods in the city. The main intersection is: 18th St., NW and Columbia Rd. Check out the wide array of Ethiopian and ethnic cuisine. There are also many dance clubs and bars. “The Diner” on 18th is open 24 hours!

**Gallery Place/ Chinatown:** Sometimes called the “times square” of Washington, DC because of its flashy screens and neon lights, this area bustles with energy and has a hip factor of 12 on a scale of 1 to 10!! Restaurants include: Clyde’s (American), Jaleo (Spanish Tapas), Indebleu, Zatinya (Turkish Tapas), Matchbox(American), Fado’s (Irish), Rosa Mexicano (Mexican) and many more!

The suggestions above are only some of Washington’s best places to eat & hang out. Don’t be afraid to explore! Just by walking up 17th Street, NW, or Connecticut Ave, NW, from the Center you will find plenty of places to hang out. Check out the following websites to find more restaurants in the area:

- [www.washingtonpost.com](http://www.washingtonpost.com)
- [www.washingtonian.com](http://www.washingtonian.com) (top 100 restaurants in DC)
- [www.dcpages.com](http://www.dcpages.com)
- [www.opentable.com](http://www.opentable.com) (use this site to make reservations).

Also, the Zagat is a reliable book that rates Washington’s restaurants and can be purchased at any local bookstore in DC for approx. $12.00.
More LOCAL EATERIES

Potbelly Sandwich Works (only in DC!)
www.potbelly.com (order online)
Excellent sandwiches, soups & salads
1660 L St, NW
718 14th St., NW
1900 L St, NW
1701 Pennsylvania Ave., NW
& more locations all over the city!

Subway Sandwiches—www.subway.com
1129 18th St., NW
1712 L St., NW
1015 15th St., NW
& more locations all over the city!

Julia’s Empanadas
www.juliasempanadas.com
1221 Connecticut Ave., NW
(202) 861-8828

Chipotle
www.chipotle.com
1837 M St., NW
1629 Connecticut Ave., NW

California Grill
(breakfast and lunch)
1720 M St., NW
(202) 463-4200

Jack’s Fresh
(breakfast and lunch)
1719 M St., NW
(202) 898-0202

Quizno’s
1707 L St., NW (near Farragut North metro)
1140 19th St., NW

Robek’s
1707 L St., NW

Five Guys (similar to In N’Out)
1825 I St., NW
1645 Connecticut Ave., NW
13th & F St., NW (Shops at National Place)
808 H St., NW (Chinatown)
& many more locations!

Ben’s Chili Bowl (A DC tradition!)
www.benschilibowl.com
1213 U St., NW
(202) 667-0909
METRO: U ST./ CARDOZO

Chop’t Creative Salad Company
www.choptsalad.com
1300 Connecticut Ave., NW
1105 19th St., NW

Luigi’s Pizza (opened in 1943!)
www.famousluigis.com
1132 19th St., NW
(202) 331-7574

Dunkin Donuts
www.dunkindonuts.com
1511 17th St., NW

Krispy Kreme Donuts
www.krispykreme.com
1350 Connecticut Ave., NW
COFFEE & TEA HOUSES

Coffee houses are found all over the city. Starbucks can be found in about 15 locations around the city and in three spots within 6 blocks of each other on Connecticut Ave., NW (near Dupont Circle, which is a few blocks from the Center). Caribou coffee is also found in many locations. Enjoy!

Au Bon Pain— www.aubonpain.com
Coffee, sandwiches, soups, salads
1850 M St, NW
1724 L St., NW
1801 L St., NW
2100 Pennsylvania Ave. (21st & Penn)

Caribou Coffee—www.caribou.com
1101 17th St., NW - (202) 223-6828
1156 15th St., NW—(202) 223-2331
1400 14th St., NW- (202) 232-4552
1800 M St., NW—(202) 419-0466

Dean & DeLuca Georgetown
(café and fine foods store)
www.deandeluca.com
3276 M St., NW, (202) 342-2500
Take the DC Circulator bus or METRO: Foggy Bottom.

Kramerbooks and Afterwords Café
www.kramers.com, (202) 387-1400
Afterwords Cafe opened in 1976, and was the first Bookstore/Cafe in the country to feature cappuccino, espresso, a full bar and food. Since its inception it has established itself as 'Washington's pre-eminent cafe'. 1517 Connecticut Ave., NW
METRO: Dupont Circle

Jolt n' Bolt Coffee and Tea House
1918 18th St., NW – (202) 232-0077
METRO: Dupont Circle

Juan Valdez Café
1889 F St., NW (Foggy Bottom)

The Mudd House (organic coffee!)
1724 M St., NW - (202) 822-8455

Politics & Prose, Bookstore & Coffeehouse
www.politics-prose.com
(Independent bookstore featuring author book signing events, lectures, concerts)
5015 Connecticut Ave., NW - (202) 364-1919
METRO: Between Van Ness-UDC and Tenleytown-AU.

Starbucks—www.starbucks.com
1600 K St., NW
1205 19th St., NW
1301 Connecticut Ave. (corner N St.)
1501 Connecticut Ave. (Dupont Circle)
1734 L Street, NW (Connecticut Ave. & L St.)

Teaism—www.teaism.com
(teahouse featuring 50 different kinds of teas)
2009 R St., NW, (202) 667-3827
800 Connecticut Ave., (202) 835-2233
400 8th St., NW, (202) 638-6010

Cosi—www.getcosi.com
Coffee, sandwiches, salads and soups
1919 M St., NW
1350 Connecticut Ave. (Dupont Circle)
1647 20th St. (Dupont Circle)
1875 K St., NW
1700 Pennsylvania Ave., NW
LOCAL UNIVERSITIES/LIBRARIES

American University (AU)
4400 Massachusetts Avenue, NW
Washington, DC
METRO: Tenleytown, take the AU shuttle
202-885-1000
www.american.edu

Catholic University of America (CUA)
620 Michigan Avenue, NE
Washington, DC
METRO: Brookland/Catholic University
202-319-5000
www.cua.edu

Gallaudet University
800 Florida Avenue, NE
Washington, DC
METRO: New York Avenue
202-651-5000
www.gallaudet.edu

George Mason University (GMU)
4400 University Drive
Fairfax, VA
METRO: Vienna
703-993-1000
www.gmu.edu

George Washington University (GWU)
2121 I (Eye) Street, NW
Washington, DC
METRO: Foggy Bottom
(202) 994-1000
www.gwu.edu

Georgetown University (GU)
37th and O Streets, NW
Washington, DC
METRO: Foggy Bottom/ GWU, take the GU shuttle
202-687-0100
www.georgetown.edu

Howard University
2400 Sixth Street, NW
METRO: Shaw/Howard University
202-806-6100
www.howard.edu

Johns Hopkins University (JHU)
Nitze School of Advanced International Studies (SAIS)
1740 Massachusetts Ave., NW
Washington, DC
METRO: DuPont Circle
202-663-5600
www.sais.jhu.edu

Marymount University
2807 N. Glebe Road
Arlington, VA  22207
METRO: Ballston-MU
(703) 522-5600
www.marymount.edu

Trinity College of Washington DC
125 Michigan Ave. NE
Washington, DC  20017
METRO:
(202) 884-9000
www.trinitydc.edu

University of the District of Columbia (UDC)
4200 Connectivut Ave., NW
Washington, DC  20008
METRO: UDC-Van Ness
(202) 274-5000
www.udc.edu

University of Maryland (UMD)
College Park, MD
METRO: College Park/U of MD
301-405-1000
www.umd.edu

DC Public Library

As a temporary resident of DC, you are able to obtain a DC public library card at no charge (a $12.00 value) during your stay. There are over 20 branches located all over the city. The main branch—Martin Luther King, Jr Memorial Library—is located near the Gallery Place/Chinatown Metro station at 901 G St., NW. To learn more, please go to:
http://www.dclibrary.org/
SHOPPING IN DC

IN THE CITY:


*Dupont Circle: (comprised of Connecticut Ave. above Dupont Circle and Mass Ave. NW) Ann Taylor Loft/ Benetton/ Secondi (consignment shop)/ Kramerbooks and Afterwords/ Beadazzled and unique stores worth checking out.

*Metro Center: Macy’s/ H & M/ Zara/ Filene’s Basement/ Payless Shoes/ Staples and Borders.

*Target: accessible via metro at Columbia Heights station (green line). Also accessible at three metro locations outside DC: Wheaton station (red line), Prince George’s Plaza (green line), and Twinbrooks (red line).

Old Post Office Pavilion
www.oldpostofficedc.com - (202) 289-4224
1100 Pennsylvania Ave., NW. One of Washington’s oldest federal buildings, the Old Post Office Pavilion is a festival marketplace featuring more than 60 fine shops, restaurants, a food court, and daily entertainment. Stores are open Mon.-Sat., 10 am to 8 pm.; Sunday noon to 7 pm. METRO: Federal Triangle.

*Union Station
www.unionstationdc.com – (202) 289-1908
50 Massachusetts Ave., NE. A major transportation & shopping center restored in 1908. The three-level Union Station Mall features 120 shops, seven restaurants, a 46-vendor food court, ATMs and a full-service bank. Open Mon.-Sat., 10 am-9 pm.; Sunday, noon to 6 pm. METRO: Union Station.

The Shops at Georgetown Park
http://www.shopsatgeorgetownpark.com/
Wisconsin Ave. and M Street, NW. Upscale stores and restaurants in a neo-Victorian style mall including J.Crew/ Ann Taylor/ FAO Schwarz/ Dean and Deluca (fine foods)/ H & M/ Intermix. Restaurants, currency exchange and a food court. Open daily. Take the DC Circulator Bus or METRO: Foggy Bottom/ GWU.

*Mazza Gallerie

IN VIRGINIA

*Fashion Centre at Pentagon City
Some of the area’s most exceptional shopping, entertainment, and dining. Stroll through Macy’s, Nordstrom and more than 160 other fine shops. Then grab a quick bite at the food court or enjoy a more formal dining experience at one of the restaurants. Across the street from the Mall, you can access Costco/ Marshall’s/ Borders and Best Buy. METRO: Pentagon City

Tyson’s Corner Center
www.shoptysons.com – (703) 893-9400
This skylit mall, only nine miles from Washington, DC, offers two levels of more than 200 specialty shops, with Nordstrom, Macy’s, Bloomingdale’s, Lord & Taylor, Neiman Marcus and LL Bean as anchor stores. Also featured are more than 30 eateries and an 8-screen cinema complex. Open Mon.-Sat., 10 am-9:30 pm., Sunday 11 am to 7 pm METRO: 1) West Falls Church & bus #3T or 2) Dunn Loring/ Merrifield metro & bus #401.

Potomac Mills Value/Outlet Mall
(703) 643-1855—With some 200 stores under one roof, Potomac Mills is one of the largest value/outlet malls in the area. Off-price and discount stores carry leading apparel names such as Bally, Guess, Laura Ashley, Levi’s, Escada, Calvin Klein, Saks Fifth Avenue, Nordstrom’s Rack and IKEA. Stores open Mon.- Sat. 10 am-9 pm.; Sunday from 11 am-6 pm. Shuttle service from 3 metro stations available. Check the website for more information.

* Most accessible locations
LETS GO TO THE MOVIES!

For complete listings, check out the Washington Post Weekend Section (published on Fridays), or go to www.fandango.com or www.moviefone.com.

REGAL Cinemas - www.regalcinemas.com
Gallery Place Stadium 14
(202) 393-2121, 707 7th St., NW
METRO: Gallery Place-Chinatown

Bethesda 10
(301) 718-8322, 7272 Wisconsin Avenue
METRO: Bethesda

IMAX Theatres
(202) 633-4629
(301) 932-4629
METRO: Smithsonian

American Film Institute (AFI) National Theater
www.afi.com/silver/new/, (301) 495-6700
8633 Colesville Rd., Silver Spring, MD
Classics, foreign films, post-film discussions
METRO: Silver Spring

AMC Loews theatres - www.amctheatres.com

Georgetown 14
(202) 342-6033, 3111 K St., NW
Take DC Circulator. Closest metro station: Foggy Bottom/ GWU

Mazza Gallerie 7
(202) 537-9553, 5300 Wisconsin Ave., NW
METRO: Friendship Heights

Uptown 1
A great, old, majestic theater. Has played host to movie premieres.
(202) 966-5401, 3426 Connecticut Ave., NW
METRO: Cleveland Park

Arlington Cinema ‘N’ Drafthouse
(703) 486-2345, 2903 Columbia Pike, Arlington
Discount admissions; serves beer, nachos and other munchies while you watch a movie on a full screen. Worth the cab ride (or take the METRO to Pentagon City and take the #16 bus).

Landmark Theatres
www.landmarktheatres.com
New releases, Independent and Foreign Films

SAMUEL C. JOHNSON IMAX THEATER
National Museum of Natural History

If you prefer to rent movies, please consider a subscription to Netflix or Blockbuster.com. Subscriptions vary in price.

With a blockbuster.com subscription, patrons can exchange movies in store. Closest locations to the Center are:

1639 P St., NW—(202) 232-2682
1805 Columbia Rd., NW—(202) 986-3817

The Center’s residential life office regularly hosts movie nights featuring oldies and classic flicks. These are fun events and an opportunity to meet new friends! Look for the flyers posted in the elevators.
Source: The Rough Guide to Washington, DC

Ford’s Theatre ....................... pages 41 & 44

The U.S. Capitol ...................... pg. 43

Mount Vernon ........................ pg. 46

U.S. Supreme Court ................ pg. 45

Fourth of July Celebrations .... pg. 40

Thomas Jefferson Building, Library of Congress ........................ pg. 42

Arlington National Cemetery .... pg. 41

Annapolis/Chesapeake Bay .......... pg. 45

DC After Dark tours
www.unionstationdc.com and click on sight-seeing.

Biking/Walking along the C & O canal ......... pg. 48

U.S. Botanical Garden
http://www.usbg.gov/

Vietnam War Memorial ............... pg. 45

The White House ........................ pg. 45

National Air & Space Museum ........ pg. 43

National Cherry Blossom Festival .... pg. 40

Rock Creek Park
http://www.nps.gov/rocr/

Adams-Morgan Restaurants ........... pg. 34

Washington National Cathedral .... pg. 45

Free summer concerts ................. pg. 40

American History Museum .......... pg. 43

National Gallery of Art ............... pg. 42

Ben’s Chili Bowl—DC’s version of Pink’s
http://www.benschilibowl.com/

Lincoln Memorial ..................... pg. 42

National Zoo ........................... pg. 43

National Geographic .................. pg. 42

Eastern Market ....................... pg. 33

Washington Nationals ............... pg. 51
Free cultural events (listed by season) are a perfect opportunity to unwind after work or on weekends. So, take a friend, grab some food and enjoy all that DC has to offer!

**Year-Round**

**The Millennium Stage at the Kennedy Center,** free performances every day at 6:00 p.m. in the Kennedy Center’s Grand Foyer. No tickets required, although it is suggested that you arrive early to get a good seat. For a schedule of performances, go to: www.kennedy-center.org

**Summer (July—August)**

**Fourth of July Concerts at the Capitol,** an American Festival presented on the steps of the U.S. Capitol with the National Symphony Orchestra and guest conductors on July 4th.

**Smithsonian Folklife Festival,** this two-week long event plays out in lectures, concerts, working villages and exhibits on the National Mall. For information, go to: http://www.festival.si.edu/

**National Gallery of Art - Jazz in the Garden,** enjoy summer evenings of jazz in the Sculpture Garden from June through September. Every Friday evening from 5 pm to 8 pm., rain or shine, experience an eclectic mix of top Washington-area jazz artists. http://www.nga.gov/programs/jazz/

**Fort Dupont Park,** Minnesota Ave. and Randall Circle, SE, presents a series of concerts by top jazz artists in the country. Presented in the evenings during the summer months.

**The U.S. Marine Drum and Bugle Corps** play at 8:45pm on Friday evenings. Marine barracks, 8th and Eye Streets, SE. Call (202) 433-6060 to reserve tickets. METRO: Eastern Market

**Marine Band Summer Concert Series,** from June though August, Marine Band summer concerts take place on Wednesday and Sunday evenings at the U.S. Capitol’s west terrace and White House Ellipse Visitor Pavillon. Call (202) 433-4011 for information.

**Fall (Sept.—Dec.)**

**National Christmas Tree Lighting,** the nation’s chief executive opens the holiday season with lighting of the National Christmas tree accompanied by the Pageant of Peace.

**Winter and Spring (Jan-May)**

**Chinese New Year Parade,** in late January or early February (depending on the moon), Washington’s Chinatown takes on renewed life in the streets with traditional firecrackers, drums, and colorful dragon dancers. On H Street, between 5th and 8th St., NW.

**National Cherry Blossom Festival,** the capital’s fabled cherry blossom trees bloom from late March through early April. Festivities are capped by the Cherry Blossom Festival parade, often the first Saturday in April. For information, go to: http://www.nationalcherryblossomfestival.org

**The President’s Own - United States Marine Band,** throughout the month of May, free concerts are presented by the U.S. Marine Corps Chamber Orchestra, known for performing at diplomatic receptions and state dinners. For information, go to: http://www.marineband.usmc.mil/

**Other**

**Restaurant Week**—DC’s finest restaurants serve their best dishes for almost half the price! Twice yearly in January/February and August. For information, go to http://www.washington.org/restaurantwk/.

**Eastern Market**—open air market. 7th St. and North Carolina Ave., SE. Open Tues-Sundays, closed Mondays. Fresh fruit and veggies, artisan stands, coffee roaster, fresh seafood and baked goods. Pottery, art, handmade jewelry, fresh flowers and flea market on weekends. **Best time to go is on Sat. & Sun. (9am-5 pm).** METRO: Eastern Market (orange/blue)
**SIGHTSEEING IN DC**

**New to DC?**
Consider a Monuments tour!
Tourmobile Sightseeing offers tours with same-day unlimited re-boarding privileges. Tickets range from $27-$30. Call (202) 554-7950 or go to www.tourmobile.com for information.

**LOCAL SITES**

**Arlington National Cemetery**
http://www.arlingtoncemetery.org/ - (703) 607-8000
Located in Arlington, VA. Open daily October - March, 8am to 5pm; April-September, 8am to 7pm.
*Changing of the Guard at the Tomb of the Unknown Soldier every half-hour between April-October; every hour between Nov.-March. Be prepared to do lots of walking. Tour mobiles at the Visitor’s Center offer the only motorized transportation through the cemetery for $5.75.
METRO: Arlington Cemetery.

**United States Bureau of Printing and Engraving**
www.moneyfactory.gov – (877) 874-4144
14th & C Streets, SW. Where paper money and stamps are printed. Free admission. Tour tickets are available during the morning hours and distributed on a first-come, first-served basis. Tour tickets are required during the peak season (March –Sept.). Open Mon-Fri., 9 am- 2 pm. Closed on weekends and federal holidays. METRO: Smithsonian.

**Corcoran Gallery of Art**
www.corcoran.org – (202) 639-1700
17th St. between E St. and New York Ave., NW. Open 10 am-5pm daily, and Thursdays until 9 pm. Closed on Tuesdays. Admission for students is $10 with a valid ID. The Gallery has extensive collection of American paintings, drawings, prints, and sculptures. METRO: Farragut West.

**United States Department of State**
www.state.gov – (202) 647-4000
2201 C Street, NW. Part of the Executive Branch responsible for formulating and implementing U.S Foreign Policy. Reservations are required 4-weeks in advance for a tour of the upstairs diplomatic reception rooms. The tour last 45 minutes and is available daily at 9:30 am., 10:30 am and 2:45 pm. METRO: Foggy Bottom/GWU.

**Federal Bureau of Investigation (FBI) (closed until further notice)**
www.fbi.gov – (202) 324-3447
Located on E St. between 9th St. & 10th St., NW. Fingerprinting and firearms demonstrations and exhibits. METRO: Metro Center.

**Ford’s Theatre and Lincoln Museum**
www.fordstheatre.org - (202) 347-4833. 10th St. between E & F St., NW. Site of President Lincoln's assassination. Tours daily but tickets are required. METRO: Metro Center. See pg. 44 for performance information.

**Frank Delano Roosevelt (FDR) Memorial**
http://www.nps.gov/frde/ - (202) 426-6841
Located between the Lincoln and Jefferson Memorial and the Potomac Tidal Basin. Free self-guided tours. METRO: No easy access. Foggy Bottom/GWU or Smithsonian.

**Iwo Jima, the Marine Corps Memorial**
http://www.nps.gov/archive/gwmp/usmc.htm
(703) 289-2500. Stands near the north entrance of Arlington Cemetery as a tribute to marines who died in all wars. METRO: Roslyn or Arlington Cemetery, but be prepared for a walk.

**National WWII Memorial**
www.wwiimemorial.com/ - (800) 639-44W2
17th St. between Independence and Constitution Ave., NW. The Memorial honors the 16 million soldiers who served in the U.S. armed forces, the 400,000 soldiers who died, and all who supported the war from home.
### SIGHTSEEING IN DC

<table>
<thead>
<tr>
<th>Location</th>
<th>Website</th>
<th>Phone</th>
<th>Address</th>
<th>Operating Hours</th>
<th>Admission</th>
<th>Metro Code</th>
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<tbody>
<tr>
<td>Korean War Veterans Memorial</td>
<td><a href="http://www.nps.gov/kwvm/">http://www.nps.gov/kwvm/</a></td>
<td>(202) 426-6841</td>
<td>On the National Mall near the Lincoln Memorial between the Reflecting Pool and Independence Ave., NW. Open daily 8 am to midnight.</td>
<td>METRO: Foggy Bottom/ GWU.</td>
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<tr>
<td>Library of Congress</td>
<td><a href="http://www.loc.gov">www.loc.gov</a></td>
<td>(202) 707-8000</td>
<td>101 Independence Ave., SE. Free admission, Mon.-Fri., 8:30 a.m. to 9:30 p.m.; Saturday, 8:30 a.m. to 5 p.m. and closed on Sunday. One-hour guided tours Mon.-Fri. starting at 10:30 a.m. until 3:30 p.m. Saturday tours also available. Video programs every 30 minutes.</td>
<td>METRO: Capitol South or Union Station.</td>
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<tr>
<td>Lincoln Memorial</td>
<td><a href="http://www.nps.gov/linc/">www.nps.gov/linc/</a></td>
<td>(202) 426-6841</td>
<td>West end of the National Mall near 23rd St., NW and Memorial Bridge. Daily, 9:30 am to 11:30 pm.</td>
<td>METRO: Foggy Bottom/ GWU.</td>
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<td>National Aquarium in Washington, DC</td>
<td><a href="http://www.nationalaquarium.com">www.nationalaquarium.com</a></td>
<td>(202) 482-2825</td>
<td>located on 14th St. between Constitution Ave. and D St., NW, in the U.S. Department of Commerce building. Open daily from 9 am to 5 pm. General admission is $7.</td>
<td>METRO: Federal Triangle.</td>
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<tr>
<td>National Archives</td>
<td><a href="http://www.archives.gov">www.archives.gov</a></td>
<td>(866) 272-6272</td>
<td>700 Pennsylvania Ave., NW. Original copies of the Declaration of Independence and the United States Constitution on display in Exhibition Hall. Open daily, April-May, 10 am-7 pm; June-August, 10 am-9 pm, Sept.-April, 10 am-5:30 pm. Guided tours are given Mon-Fri. at 9:45 a.m.</td>
<td>METRO: Archives/Navy.</td>
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<tr>
<td>National Gallery of Art</td>
<td><a href="http://www.nga.gov">www.nga.gov</a></td>
<td>(202) 737-4215</td>
<td>On Constitution Ave. between 3rd and 7th St., N.W. The two buildings are linked by a paved plaza and an underground concourse. The gallery houses one of the world’s finest collections of western European paintings and sculptures from the 13th century to the present, as well as American art from Colonial to contemporary times. Please consult the website for tour information. Free admission, open Mon.-Sat. 10 am - 5 pm., and Sunday 11am - 6 pm.</td>
<td>METRO: Archives/Navy.</td>
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<tr>
<td>National Geographic’s Explorers Hall</td>
<td><a href="http://www.nationalgeographic.com">www.nationalgeographic.com</a></td>
<td>(800) NGS-LINE</td>
<td>Near 17th and M Street, NW. Open Mon.-Sat. 9 am-5 pm., Sun. and holidays 10 am-5 pm. Free admission. METRO: Farragut North (note: this site is minutes away from the Center)</td>
<td>METRO: Archives/Navy.</td>
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Smithsonian Institution:  [www.si.edu](http://www.si.edu) - (202) 633-1000. Museums are open daily from 10am to 5:30 pm

**Smithsonian Institution Building (the Castle" administrative offices) -** 10th St. and Jefferson Ave., SW. METRO: Smithsonian.

**African Art Museum**— 950 Independence Ave., SW, METRO: Smithsonian

**Air and Space Museum**- 4th St. and Independence Ave., SW, METRO: L’Enfant Plaza


**American History Museum**- 14th St. & Constitution Ave., NW. METRO: Federal Triangle

**American Indian Museum**– 4th St. & Independence Ave., SW, METRO: Federal Center SW

**Anacostia Community Museum**– 1901 Fort Place, SE. METRO: Anacostia

**Arts & Industries Building** - (closed for renovations) 900 Jefferson Dr., SW, METRO: Smithsonian

**Freer & Sackler Gallery** - (Asian Art) 1050 Independence Ave., SW, METRO: Smithsonian

**Hirshhorn Museum and Sculpture Garden** - (modern & contemporary art) 7th St. & Independence Ave., SW, METRO: L’Enfant Plaza

**National Zoo**—3001 Connecticut Ave., NW. METRO: Woodley Park/Zoo/Adams Morgan or Cleveland Park

**Natural History Museum** - 10th St & Constitution Ave., NW. METRO: Archives/Navy Memorial

**American Art Museum & Portrait Gallery**-- 750 9th St., NW. METRO: Gallery Place/ Chinatown

**Postal Museum** - 2 Massachusetts Ave., NE— METRO: Union Station

**Ripley Center International Gallery** - 1100 Jefferson Dr., SW. METRO: Smithsonian

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**International Spy Museum**
[www.spymuseum.org](http://www.spymuseum.org)—(202) EYE.SPY.U
800 F St., NW, METRO: Gallery Place/ Chinatown
Admission for adults is: $18.00

**Newseum** (opened in April ‘08)
[www.newseum.org](http://www.newseum.org), 6th St. & Pennsylvanian Ave., NW. METRO: Archives/ Navy Memorial

**Cathedral of St. Matthew The Apostle**
[www.stmatthewscathedral.org](http://www.stmatthewscathedral.org) - (202) 347-3215
1725 Rhode Island Ave., NW. The cathedral was designed in Renaissance style by New York architect Grant LaFarge. An inscription in marble commemorates the funeral of John F. Kennedy. Open daily 6:30 am.-6:15 pm. METRO: Dupont Circle or Farragut North.

**Union Station**
[www.unionstationdc.com](http://www.unionstationdc.com) - (202) 289-1908
50 Massachusetts Ave., NE. Beautifully restored Amtrak train station, shopping, and large food court. METRO: Union Station.

**United States Capitol**
[www.aoc.gov](http://www.aoc.gov) - (202) 226-8000
Tours are free and offered daily starting at 7:15 am. But tickets are required. To make a reservation, go to www.visitthecapitol.gov. METRO: Union Station or Union Station.

**United States Holocaust Memorial Museum**
[www.ushmm.org](http://www.ushmm.org) - (202) 488-0400
Near the National Mall, just south of Independence Ave., SW, between 14th Street and Raoul Wallenberg Place. Free admission, but tickets are required to view the museum’s permanent exhibits. Same-day tickets are distributed daily on a first-come, first-served basis beginning at 9:45 am. METRO: Smithsonian.

**United States Naval Observatory**
[www.usno.navy.mil](http://www.usno.navy.mil/) - (202) 762-1467
34 St. & Massachusetts Ave., NW. 90-minute tour on selected Mondays from 8:30-10:00 pm. Grounds include the home of the Vice President of the United States. No easy metro access.
TREASURES

The TicketPlace, 407 Seventh St., NW. www.ticketplace.org sells half-price tickets on PERFORMANCE DAY ONLY for venues like the Kennedy Center, Arena Stage, Ford's and many others. METRO: Gallery Place/ Chinatown

American Film Institute (AFI) Silver Theatre www.afi.com/silver/new/ - (301) 495-6700 General admission is $10.00; $8.50 for members. METRO: Silver Spring


Folger Theatre (Folger Shakespeare Library) www.folger.edu - (202) 544-7077 201 East Capitol St. SE, Students receive a 20-25% discount. Half-priced tickets can be purchased at the box office 1 hour before shows based on availability. METRO: Capitol South or Union Station.

Ford's Theatre (just re-opened in January 2009) www.fords Theatre.org - (202) 347-4833 511 10th St., NW, the site of Abraham Lincoln’s assassination, is a live working theatre located in downtown Washington, DC. METRO: Metro Center

Gala Hispanic Theatre www.galatheatre.org - (800) 494-8497 14th & Park St., NW. Tickets start at $20.00, special discounts offered to students. METRO: Columbia Heights

The National Theatre www.nationaltheatre.org - (800) 447-7400 1321 Pennsylvania Ave., NW, is the oldest continuously operating theatre (since 1835) in the nation. Students can purchase half-price tickets by showing a valid ID. Valid Tuesday and Wednesday evenings and Sunday matinee. METRO: Metro Center

The Studio Theatre www.studiotheatre.org - (202) 332-3300 1501 14th St., NW, home of contemporary theatre. Tickets range from $34-69.00. With Student ID, $5 discount avail. or half-priced tickets 30 min. before show time based on seating availability.

The Warner Theatre www.warnertheatre.com - (202) 783-4000 13th & E St., NW, Washington, DC’s leading performing arts center. Prices vary by performance. Tickets can be purchased at the box office or through Ticketmaster. METRO: Metro Center

Wolf Trap Foundation for the Performing Arts www.wolftrap.org - (703) 225-1900 A 350-seat outdoor art pavilion located in Vienna, VA, and America’s only national park for the performing arts featuring top artists in opera, jazz, ballet, blues, reggae, pop, folk and ethnic music. Ticket prices range from $18 (lawn) to $70 (assigned seating). METRO: West Falls Church, and take the Wolf Trap shuttle ($3.10 roundtrip).

John F. Kennedy Center for the Performing Arts www.kennedycenter.org - (800) 444-1324 This is DC’s national cultural center. It operates a year-round program of music, dance, drama and film events in its five theatres. Located at the foot of New Hampshire Ave., NW, the box office is open Mon-Sat 10 am.- 9 pm, and Sun-12-9 pm. A 50% discount is offered to full-time students by presenting a student ID. METRO: Foggy Bottom/ GWU, and take the shuttle to the Center.
SIGHTSEEING IN and AROUND D C

Supreme Court of the United States  
www.supremecourtus.gov  
(202) 479-3211  
First St. and Maryland Ave., NE. Open Mon-Fri, 9am-4:30pm. Public lectures in the Courtroom every hour on the half-hour, 9:30 a.m. to 3:30pm, except when court is in session. METRO: Union Station (red) or Capitol South (orange/blue).

United States Department of Treasury  
www.ustreas.gov  
(202) 622-2000  
15th St. and Pennsylvania Ave., NW. Displays of money, both real and counterfeit. 90 minute tours on Saturday mornings. Reservations must be made through your congressional representative. METRO: McPherson Square or Metro Center.

Vietnam Veterans Memorial  
www.nps.gov/vive/  
(202) 426-6841  
On the National Mall near the Lincoln Memorial between the Reflecting Pool & Independence Ave, NW. Consists of the Wall, the three servicemen statue, and the Women in service to the Vietnam War statue. Open 24 hours a day. METRO: Foggy Bottom/GWU.

Washington Monument  
http://www.nps.gov/wamo/  
(202) 426-6841  
On the National Mall at 15th St., NW and Jefferson Dr. Free tours available but tickets required. Obtain daily on a first-come first-served basis at the base of the monument or reserve online for a fee. METRO: Smithsonian.

Washington National Cathedral  
www.nationalcathedral.org  
(202) 537-6200  
Located at Massachusetts & Wisconsin Ave., NW, the Cathedral is a National House of Prayer for all People. It is the final resting place of Woodrow Wilson, Helen Keller and Anne Sullivan, and it is the church where Martin Luther King, Jr. preached his last Sunday sermon. Open daily for tours and service. No easy metro access. The Cathedral just celebrated its 100th anniversary in fall 2007.

The White House  
www.whitehouse.gov  
(202) 456-7041  
Tours of the White House are available for groups of ten or more. Tickets are complimentary but must be requested six months in advance through your Congressional Representative. Tours are given Mon.-Sat. from 7:30am to 10:00pm. Please note that tours can be cancelled at anytime. METRO: McPherson Square or Metro Center.

ONE DAY EXCURSIONS

MARYLAND  

Annapolis  
http://www.ci.annapolis.md.us  
(410) 263-7997  
Although this city is full of historical sites, the main attraction is the United States Naval Academy. You can take a tour of the campus daily from 9am-5pm. Access to the grounds is limited, so be sure to have a valid picture ID with you. For more information, go to www.usna.edu. Other sites of interest include the Government House (office of the Governor), the Annapolis Maritime Museum and many historical properties preserved by the Historical Annapolis Foundation. Approx. driving time: 45 min.

Baltimore and the Inner Harbor  
www.baltimore.org  
(877) 225-8466  
Take the MARC train (800-325-7245) from Union Station. Approximate travel time: 1 hour.

The Inner Harbor is a huge shopping mall and eating establishment. The Harbor also houses the National Aquarium of Baltimore (410) 576-3800, http://www.aqua.org/.

Baltimore Orioles, go to pg. 51 (professional sports) of this handbook for more information.
SIGHTSEEING AROUND D.C.

VIRGINIA

City of Alexandria
http://alexandriava.gov - (703) 838-4000
Alexandria is located about 5 miles from Washington, DC. It is a very charming city, and the sightseeing, shopping, and eating is plentiful, especially in Old Town, Alexandria. Historical sites include the boyhood home of Robert E. Lee, the Carlyle House Historic Park, and the George Washington Masonic National Memorial and others. METRO: King St., and then take a bus to Old Town Alexandria. For bus schedules, go to www.dashbus.com.

Charlottesville
www.charlottesville.org
The two major attractions are the University of Virginia (UVA), and Monticello, the home of Thomas Jefferson. Guided tours of this historical site including the house, garden and plantation are offered daily, go to www.monticello.org or call (343) 984-9822 for tour schedule. Tickets are $15.00 (Nov.-Feb.) or $20.00 (March-Oct.) for adults. Approx. driving time: 2 hours and 15 minutes.

Fredericksburg
www.fredericksburgva.gov
The town of Fredericksburg is very charming. It is filled with Revolutionary and Civil War history, and surrounded by battlefields. Call the visitor’s line at (800) 678-4748. Approx. driving time: 90 minutes.

Harper’s Ferry
www.nps.gov/hafe
Located close to the West Virginia border; the site where Harper’s Ferry and the Shenandoah River meet. For information, call (304) 535-6029.

Mount Vernon Estate & Garden, Virginia
(703) 780-2000, www.mountvernon.org
Mount Vernon is the home and final resting place of George and Martha Washington. Admission is $15.00 for adults. Mount Vernon can be reached by METRO on the yellow line to the Huntington station and then by bus. A riverboat called the Potomac Spirit travels up the Potomac River twice a day from Pier 4 at 6th and Water Street, SW. Call (866) 302-2469 or go to www.spiritofwashington.com for reservations. Round-trip fare including admission to Mount Vernon is $41.95.

Richmond
www2.richmond.com
Richmond was capital of the Confederate States of America from May 1861 until April 1865. Elements of the major battlefields are maintained by the Richmond National Battlefield Park. Although part of the city burned when it was evacuated in 1865, many sites associated with the Civil War in Richmond survive and are open to the public. Approx. driving time: 2 hours

Virginia Beach
www.vbgov.com
Virginia Beach has been a popular resort destination since 1880s. Four military installations in Virginia Beach--Oceana Naval Air Station, Little Creek, Fort Story, and Dam Neck - make the city a vital presence on the national and international map. With local museums, sports and entertainment arenas, and a thriving economic base, the City of Virginia Beach attracts vacationers and future residents alike. Approx. driving time: 3 ½ hours

Williamsburg
www.colonialwilliamsburg.com
This town is a restoration of a colonial city. Admission tickets range from $34.95 to 44.95 per adult. Open everyday from 9 am - 5 pm. You can also visit various historical sites nearby, including: Jamestown, Yorktown, and Carter’s Grove plantation. There is also an outlet mall (Prime Outlets) in the area.
Weekend Road Trips

**New York, New York**
[www.nyctourist.com](http://www.nyctourist.com)
New York is definitely a place you want to experience even if it is one of the most expensive cities to visit! Travel time: train (approx. 3 ½ hours), bus and car. NY can be expensive because you have to pay to do everything and go everywhere, which is different than DC. The NY subway is convenient and relatively inexpensive as opposed to taxicabs. All of the museums in New York charge for admission (unlike in DC where admission is free). Things to do include: Visiting Time Square, Rockefeller Center, Empire State Building, walking through Soho, Central Park, Greenwich Village, Broadway shows, lots of shopping, tons of restaurants, deli’s & cafes, fun, fun, fun!!!

**Philadelphia, Pennsylvania**
[www.gophila.com](http://www.gophila.com)
The city has an abundance of historical sites to see, including the famous *Liberty Bell, Independence Hall, Franklin Court, National Constitution Center, Betsy Ross House, Philadelphia Museum of Art*, and many other attractions. Experience a real Philly cheese Steak sandwich on South St., which is not something you will forget! *Approximate driving time: 3 hours*

**North Carolina Coast**
[www.nccoast.com](http://www.nccoast.com)
Warmed by the nearby Gulf Stream, the North Carolina Coast is a sunny place filled with pristine beaches and the powerful grandeur of the ocean, giant sand dunes (highest along the East Coast) and wetlands filled with an abundance of wildlife and plants. The defining characteristic of the area is the Outer Banks, a chain of fragile barrier islands with 130 miles of unspoiled coastline surrounded by 900 square miles of water. The area is also full of history, dating back to the 16th century, when the first English settlement was built—and then vanished. There are also sites from pre-Revolutionary Days and historic lighthouses (including the Cape Hatteras Lighthouse, at 208 feet, the tallest on the East Coast), and it was here, at Kitty Hawk, that the Wright Brothers ushered in the era of flight in 1903. *Approximate driving time: 4 ½ hours*

**Boston, Massachusetts**
[www.bostonusa.com](http://www.bostonusa.com)
Travel time: 10-hour drive, 7-hour train ride or 1 hour flight. Definitely a place to visit if you have time. Boston is a college town: Harvard, MIT, BU (Boston Univ.), Brandeis University, etc…are located in or near the city. Other sites include: the Boston Tea Party Ship & Museum, Quincy Market, “Cheers” Bar or catch a Red Sox game at Fenway Park. Once there, you can also visit Cape Cod and Martha’s Vineyard, about 90-minutes away by car. This can be an expensive trip: a one way train ticket cost over $100 or you can fly Southwest into Providence, RI, or Manchester, NH, for a low airfare.

**CapeCod, Massachusetts**
[www.capecodchamber.org](http://www.capecodchamber.org)
This resort area is known for its summer inhabitants: the Rockefellers, the Kennedys, etc…It can be a long drive (approx. 10 hours) but the landscape and scenery make it a worthwhile trip. Located approximately 90-minutes (by car) south of Boston, MA.
Depending on the season, you will see runners, bicyclists, roller bladers, walkers and hikers all over the area’s many trails.

On the National Mall and near the Ellipse (by the White House), you will see people of all ages playing many types of athletic sports including: softball, ultimate Frisbee, soccer, football and occasional polo matches.

Visit Teddy Roosevelt Island. On the right of the Key Bridge, just after you cross Lee Highway, you will see a bike path that heads down by the river. Follow the path. Teddy Roosevelt Island is about 1/4 mile on the right. Wear shoes that you won’t mind getting muddy and take advantage of the paths that run along the river. You can walk, run, blade or bike down to Reagan National Airport to see the airplanes land. Heading north, pick up the C & O Canal Towpath in Georgetown and run or ride as far as 184 miles to Cumberland, Maryland.

To find the trails:
Mount Vernon Trail
From the UCDC Center, walk or ride toward Georgetown on M Street, NW. Immediately after the Key Bridge (on the East side) you should see a paved path heading South. Look for signs pointing to Mount Vernon. This path goes to Teddy Roosevelt Island, Reagan National Airport (where the locals go to watch planes land—see description above), through Old Town Alexandria, and down to the Mount Vernon Estate & Gardens.

C & O Canal Towpath
The Towpath is a dirt trail that runs alongside the C & O Canal, which used to transport goods along the Potomac River. The trail has camping and picnicking areas, and affords terrific views of the river and the Maryland countryside. From the Key Bridge, turn right down the sidewalk through Francis Scott Key Park, a small park on the corner of the bridge and M Street, NW, in Georgetown. You will descend a staircase and cross a small bridge over the canal and end up on the path.

Thompson Boat Center
2900 Virginia Avenue, NW
(202) 333-9543, www.thompsonboatcenter.com
Rent bikes, canoes or kayaks. See page 49 for bike rental information.

Ultimate Frisbee
Played every weekend across the city. Experienced players and newcomers are welcome. Check out the Washington Area Frisbee Club (WAFC) at www.wafc.org for more information.

Find out if your Internship organization has a team, or call Alverta Scott, Student Services Coordinator, at (202) 974-6208 for ideas & information on where you can play your favorite sports while you are in DC.
### RECREATIONAL ACTIVITIES

#### Bike Rentals

<table>
<thead>
<tr>
<th>Bike Rentals</th>
<th>Address</th>
<th>Metro</th>
<th>Rate Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bike the Sites</strong>&lt;br&gt;www.bikethesites.com&lt;br&gt;(202) 842-BIKE</td>
<td>Old Post Office Pavilion, 1100 Pennsylvania Ave., NW</td>
<td>Federal Triangle</td>
<td>Basic rates range from $10/hr to $70/day. Rentals include: helmet, bike tube, pump, lock, city map and handlebar bag.</td>
</tr>
<tr>
<td><strong>Better Bikes, Inc.</strong>&lt;br&gt;www.betterbikesinc.com&lt;br&gt;(202) 293-2080</td>
<td>Rates: $38/day</td>
<td>*Free delivery &amp; pick-up&lt;br&gt;*Fee helmet &amp; locks&lt;br&gt;*Fee map of local trails</td>
<td></td>
</tr>
<tr>
<td><strong>Big Wheel Bikes</strong>&lt;br&gt;www.bigwheelbikes.com</td>
<td>Locations closest to the Center: 1034 33rd Street, NW, (202) 337-0254 2 Prince St., Alexandria, (703) 739-2300</td>
<td>Basic rates range from $5/hr (3 hours min.) to $35/day. Weekly and monthly rates also available.</td>
<td></td>
</tr>
<tr>
<td><strong>Thompson Boat Center</strong>&lt;br&gt;www.thompsonboatcenter.com</td>
<td>2900 Virginia Ave., NW (corner of Virginia Ave. and Rock Creek Parkway in Georgetown)</td>
<td>Basic rates range from $4/hr to $25/day</td>
<td></td>
</tr>
</tbody>
</table>

#### Segway rentals and tours

<table>
<thead>
<tr>
<th>Segway Rentals</th>
<th>Address</th>
<th>Metro</th>
<th>Rate Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Segs in the City</strong>&lt;br&gt;www.segsinthecity.com</td>
<td>1100 Pennsylvania Ave., NW</td>
<td>Federal Triangle</td>
<td>Rental rates range between $45 to 90 per person.</td>
</tr>
<tr>
<td><strong>City Segway Tours of Washington, DC</strong>&lt;br&gt;www.citysegwaytours.com/washington-dc&lt;br&gt;(877) 734-8687</td>
<td>624 9th St., NW</td>
<td>Gallery Place/ Chinatown</td>
<td>Rental rates: $70 per person</td>
</tr>
</tbody>
</table>

#### Billiards

<table>
<thead>
<tr>
<th>Billiards</th>
<th>Address</th>
<th>Metro</th>
<th>Rate Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Atomic Billiards</strong>&lt;br&gt;www.atomicbilliards.com</td>
<td>3427 Connecticut Ave., NW</td>
<td>Cleveland Park</td>
<td></td>
</tr>
<tr>
<td><strong>Bedrock Billiards</strong>&lt;br&gt;1841 Columbia Road, NW&lt;br&gt;(202) 667-7665</td>
<td>Adams Morgan</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Buffalo Billiards</strong>&lt;br&gt;www.buffalobilliards.com/dc</td>
<td>1330 19th Street, NW&lt;br&gt;(202) 331-7665</td>
<td>DuPont Circle (south exit)</td>
<td></td>
</tr>
<tr>
<td><strong>Fast Eddie’s Sports and Billiards</strong>&lt;br&gt;www.fasteddies.com</td>
<td>1520 K Street, NW&lt;br&gt;(202) 638-6800</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
GREAT OUTDOORS

Consult with the National parks Service website for more information at www.nps.gov

HIKING AND CAMPING

Cunningham Fall State Park
Thurmont, MD - (301) 271-7574
Adjacent to the NPC Catoctin Mountain Park, Cunningham Fall State Park has two portions: The Manor Area and the Houck Area. Within the 5,000-acre park area are Cunningham Falls, Maryland’s highest waterfall, trails open to hikers and mountain bikers, a 43-acre lake and 200 campsites. Directions: take I-270 N to Frederick, the entrance is five miles on the left. Approx. driving time: 60 min.

Shenandoah National Park
Off Route 340 S, Luray, VA - (540) 999-3500
In the Blue Ridge Mountains, Shenandoah attracts visitors from all over the country. The spectacular Skyline Drive runs the length of the park and serves as a starting point for many excursions into the park. Over 500 miles of hiking trails in this park, plus camping grounds—call for availability and rates. $10.00 vehicle entrance fee (Dec.-Feb), $15.00 (March-Nov). Directions: take I-66 W to Route 340S. Approx. driving time: 90 min.

Assateague Island National Seashore
Off Route 50, Berlin, MD - (410) 641-1441
This barrier island offers camping right on the beach, perfect for long weekend vacations in the spring and fall. It’s also home to the famous pony swim. Be sure to bring your mosquito repellent! Be aware that this highway gets very crowded during the summer and on weekends. Directions: take Route 50, then 611 S and proceed to the island. Approx. driving time: 3 hrs.

Patuxent River State Park
11950 Clopper Rd., Gaithersburg, MD - (301) 924-2127
Patuxent River State Park is 6,529 miles of undeveloped acres in Maryland’s Howard and Montgomery counties, along the Patuxent River Valley between MD Routes 27 and 97. There are private trails, which are used by mountain bikers and cross-country skiers in the wintertime. Directions: take Route 50 E to I-97. Approx. driving time: 60 min.

MOUNTAIN AND ROAD BIKING

Remember, cycling either on- or off-road is a lot of fun, but can be a dangerous sport. Make sure you wear proper safety equipment such as a helmet and gloves at all times. When riding off-road, know the level of difficulty for the trail and don’t exceed your abilities. Always carry enough water to keep from dehydrating.

A couple of great books to check out are: Mountain Biking Virginia and Mountain Bike America: Washington-Baltimore, both by Scott Adams.

C & O* Canal Tow Path *(C & O: Chesapeake and Ohio)
C & O Canal National Historical Park - (301) 739-4200
Running along the Potomac River for over 180 miles, the crushed gravel C & O Canal tow path is nearly level, perfect for a day’s ride or for a weekend-long journey through the states. The path begins in Georgetown near Thomas Jefferson Street.

Wakefield Park
Fairfax, VA—Off Braddock Road on the outskirts of Fairfax, this park has a spectacular trail used for several events each year. Directions: take Route 50 W to HWY 495 S to HWY 29 into Fairfax. Approx. driving time: 30 min.

Great Falls and Carderock
9200 Old Dominion Drive (703) 285-2966
Great Falls Park is a National Park on the Virginia side, and Carderock is on the Maryland side of the Gorge. It is a great top roping site for climbers at all levels. The park isn't just for climbers, experienced kayakers enjoy the raging white water of the Potomac and hikers can wander along the old canal towpath. Mountain biking is allowed in many areas of Great Falls’ 15 miles of biking trails as well. A $5.00 vehicle entrance fee is charged on the weekends. Approximate driving time: 30 minutes
**BASEBALL**

**Washington Nationals**
Nationals Park (just opened in March 2008)
[http://washington.nationals.mlb.com/index.jsp?c_id=was](http://washington.nationals.mlb.com/index.jsp?c_id=was)
1500 South Capitol St., SE, Washington, DC
METRO: Navy Yard Station (green line)
Tickets range from $10:00 to $75.00

**Baltimore Orioles**
Oriole Park at Camden Yards
[www.baltimore.orioles.mlb.com](http://www.baltimore.orioles.mlb.com)
333 W. Camden Street, west of the Inner Harbor
METRO: Express buses from the Greenbelt station, consult website for more Information.
Tickets information 888-848-BIRD
Tickets range from $8.00 to $55.00

**Potomac Nationals**
G. Richard Pfitzner Stadium
[www.potomacnationals.com](http://www.potomacnationals.com)
7 County Complex Court, Woodbridge, VA
METRO: no metro access
Ticket information 703-590-2311, x215
Affiliated with the Washington Nationals, the Cannons play A ball in the Carolina League.
Tickets are $7.00 to $13.00

**Frederick Keys**
Harry Grove Stadium
[www.frederickkeys.com](http://www.frederickkeys.com)
21 Stadium Drive, Frederick, MD 21703
Tickets: 1-877-8-GO-KEYS
Adult ticket prices range from $8.00 to $11.00
METRO: no metro access
Affiliated with the Baltimore Orioles, the Keys play A ball in the Carolina League.

**BASKETBALL**

**Washington Wizards**
Verizon Center
[www.nba.com/wizards/](http://www.nba.com/wizards/)
METRO: Gallery Place/ Chinatown
Tickets: 202-661-5050
One of the most entertaining teams in the NBA, featuring players such as Antawn Jamison, Juan Dixon & Gilbert Arenas. Tickets range from $10.00 to $100.  Group discounts are available.

**FOOTBALL**

**Washington Redskins**
FedEx Field
[www.redskins.com](http://www.redskins.com)
Landover, MD
METRO: Landover
*Waitlist only

**Baltimore Ravens**
M & T Bank Stadium
[www.baltimoreravens.com](http://www.baltimoreravens.com)
1101 Russell Street, Baltimore
METRO: no metro access
*Waitlist only

*For “Skins and Ravens tickets”, go to:*
- [www.craigslist.com](http://www.craigslist.com)
- [www.ebay.com](http://www.ebay.com)
- [www.stubhub.com](http://www.stubhub.com)

**HOCKEY**

**Washington Capitals**
Verizon Center
[www.capitals.nhl.com](http://www.capitals.nhl.com)
METRO: Chinatown/ Gallery Place
Tickets: 202-397-SEAT
Led by Alex Ovechkin, the “caps” are one of the top teams in the eastern conference and 2009 champion of the southeast division.
### RADIO & TV STATIONS

<table>
<thead>
<tr>
<th>AM</th>
<th>FM</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>540</td>
<td>AM</td>
<td>WGOP Country</td>
</tr>
<tr>
<td>570</td>
<td>AM</td>
<td>WTNT News/ Talk HD</td>
</tr>
<tr>
<td>630</td>
<td>AM</td>
<td>WMAL Talk</td>
</tr>
<tr>
<td>700</td>
<td>AM</td>
<td>WDMV Business</td>
</tr>
<tr>
<td>780</td>
<td>AM</td>
<td>WABS Christian</td>
</tr>
<tr>
<td>900</td>
<td>AM</td>
<td>WILC Spanish</td>
</tr>
<tr>
<td>980</td>
<td>AM</td>
<td>WTEM Sports HD</td>
</tr>
<tr>
<td>1030</td>
<td>AM</td>
<td>WWGB Religious</td>
</tr>
<tr>
<td>1050</td>
<td>AM</td>
<td>WFED Federal News</td>
</tr>
<tr>
<td>1120</td>
<td>AM</td>
<td>WUST International</td>
</tr>
<tr>
<td>1160</td>
<td>AM</td>
<td>WMET Talk</td>
</tr>
<tr>
<td>1260</td>
<td>AM</td>
<td>WWRC Christian</td>
</tr>
<tr>
<td>1450</td>
<td>AM</td>
<td>WOL News Talk</td>
</tr>
<tr>
<td>1500</td>
<td>AM</td>
<td>WTWP Washington Post Radio HD</td>
</tr>
<tr>
<td>1520</td>
<td>AM</td>
<td>WTRI Nostalgia</td>
</tr>
<tr>
<td>1540</td>
<td>AM</td>
<td>WACA Spanish</td>
</tr>
<tr>
<td>1580</td>
<td>AM</td>
<td>WPGC Gospel</td>
</tr>
<tr>
<td>88.5</td>
<td>FM</td>
<td>WAMU News/talk (NPR, American Univ.)</td>
</tr>
<tr>
<td>89.3</td>
<td>FM</td>
<td>WPFW Jazz (Pacifica Radio)</td>
</tr>
<tr>
<td>90.1</td>
<td>FM</td>
<td>WCSP C-Span Congressional Coverage</td>
</tr>
<tr>
<td>90.9</td>
<td>FM</td>
<td>WETA Classical</td>
</tr>
<tr>
<td>91.9</td>
<td>FM</td>
<td>WGTS Religious/ Christian</td>
</tr>
<tr>
<td>93.9</td>
<td>FM</td>
<td>WKYS Hip Hop</td>
</tr>
<tr>
<td>94.7</td>
<td>FM</td>
<td>WARW Classic Rock</td>
</tr>
<tr>
<td>95.5</td>
<td>FM</td>
<td>WPGC Jams</td>
</tr>
<tr>
<td>96.3</td>
<td>FM</td>
<td>WHUR Adult R &amp; B (Howard Univ.)</td>
</tr>
<tr>
<td>97.1</td>
<td>FM</td>
<td>WASH Soft rock</td>
</tr>
<tr>
<td>98.7</td>
<td>FM</td>
<td>WMZQ Country</td>
</tr>
<tr>
<td>99.1</td>
<td>FM</td>
<td>WHFS Spanish</td>
</tr>
<tr>
<td>99.5</td>
<td>FM</td>
<td>WIHT Top 40</td>
</tr>
<tr>
<td>100.3</td>
<td>FM</td>
<td>WBIG Hit Oldies</td>
</tr>
<tr>
<td>101.1</td>
<td>FM</td>
<td>WWDC DC 101 — Rock</td>
</tr>
<tr>
<td>103.5</td>
<td>FM</td>
<td>WTOP News and Talk</td>
</tr>
<tr>
<td>105.1</td>
<td>FM</td>
<td>WAVA Religious</td>
</tr>
<tr>
<td>105.9</td>
<td>FM</td>
<td>WJZW Smooth Jazz</td>
</tr>
<tr>
<td>106.7</td>
<td>FM</td>
<td>WJKF Talk and Sports</td>
</tr>
<tr>
<td>107.3</td>
<td>FM</td>
<td>WRQX Adult contemporary</td>
</tr>
<tr>
<td>107.7</td>
<td>FM</td>
<td>WWWT News and Talk</td>
</tr>
<tr>
<td>107.9</td>
<td>FM</td>
<td>WFSI Religious</td>
</tr>
</tbody>
</table>

**4th Floor lounge entertainment**

Two big screen TVs are available in the 4th floor lounge with DVD player. One is available for gaming.

**TV channels available in the building:**

ABC  NBC  CBS  FOX  
CSPAN  CSPAN2  CNN  CNBC  
FOX NEWS MSNBC, BBC America, WETA/ PBS  
Comedy Channel, FX, E, Food Network, TBS, ESPN, Bravo, TNT, MTV  
UCTV  UCDC-TV  

*Check with residential services to see if other channels may be available.*
Please remember to write down the places you visit (sites, restaurants, anything) and tips you would recommend to future program participants.

We appreciate any feedback about changes or additions you would make to this handbook.

~We are open to your suggestions~
Please let us know how we can improve this handbook. Feel free to e-mail us at sparks@uci.edu or Chantal.Quintero@ucdc.edu

Thank you!