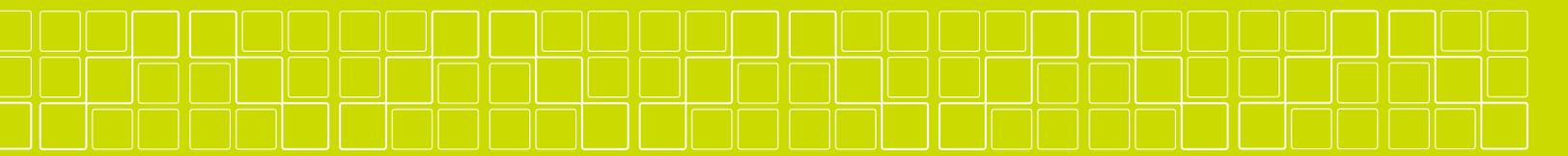


NIH SUMMER HANDBOOK **2020**



DON'T MISS A THING!

SIGN UP FOR THE SUMMER INTERNSHIP PROGRAM (SIP) LISTSERV

Summer Email List

The OITE-SIP and OITE-HS-SIP email Lists were created to promote a sense of community among student researchers at the NIH and to provide a forum for the exchange of educational, scientific, and employment information during the months you spend at the NIH.

To subscribe:

<https://www.training.nih.gov/listservs>

Check your email frequently for important information on summer opportunities!

CREATE A MYOITE ACCOUNT

If you have an activated NIH email account, create a MyOITE account with user type "NIH Trainee/Fellow" and trainee type "Summer Intern" for yourself on the OITE website so that you can register for events, make appointments with career counselors, participate in Summer Poster Day, and access the Alumni Database. If you do not have and will not get an NIH email account, contact us at OITE-LoginHelp@od.nih.gov for help setting up your MyOITE account. If you would like to register for events before you arrive at the NIH or have your NIH email address, you can do so by selecting user type "Guest."

For more information about summer intern accounts go to:

https://www.training.nih.gov/oite_accounts

To create an account:

<http://www.training.nih.gov/register>



Office of Intramural Training & Education • 2 Center Drive • Building 2, Second Floor • Bethesda, MD 20892-0240 • 301 496 2427

May 2020

A Message to All Summer Research Program Participants:

On behalf of all the members of our scientific community, I would like to welcome you to the National Institutes of Health (NIH). It is my sincere hope that your experience with us this summer will enhance your knowledge, understanding, and appreciation of the world of biomedical research and will contribute to the development of your academic and career goals. Over the years, participation in this program has motivated many individuals like you to pursue careers in the biomedical sciences.

While you will undoubtedly be spending most of your time this summer in your research group, I highly encourage you to take advantage of the many special opportunities we have to offer. The NIH Office of Intramural Training & Education has organized several activities designed to enrich your summer experience. One of these is the very popular Summer Lecture Series. At these lectures, leading NIH scientists will discuss their current research in presentations designed just for you. Be sure to arrive early to get a seat.

Poster Day 2020, another special event, held this year on August 6th, provides you the opportunity to present your summer research findings to the broader NIH scientific community. I encourage all summer students to take part in this NIH-wide event, which recognized the work of more than 915 students in 2019. You will find a description of the registration procedure and guidelines for creating a poster in this handbook.

You are likely to notice, through the Lecture Series, Poster Day, or your discussions with other summer interns, that NIH investigators use a wide array of techniques and approaches. This reflects the NIH conviction that, in the twenty-first century, important biomedical problems will be solved by combining the knowledge and skills of engineers, mathematicians, chemists, pharmaceutical scientists, physicists, and experts in computer science and bioinformatics, as well as biologists. Working in teams, investigators with diverse scientific, educational, and cultural backgrounds represent the key to the progress on which our nation's health depends.

We expect you to complete laboratory and radiation safety courses that teach valuable skills and ensure that your summer with us will be a safe one. We will also be offering sessions called "Planning a Successful NIH Summer Internship" that will help you hit the ground running. Finally, I highly recommend that you take advantage of OITE workshops and talks that will assist you with planning your career.

Congratulations on your selection for an internship and best wishes for a rewarding summer at the NIH!

Sincerely yours,

/Michael M. Gottesman/
Michael M. Gottesman, MD
Deputy Director for Intramural Research
National Institutes of Health

/Yewon Cheon /
Yewon Cheon, PhD
Director, Postbac and Summer Research Program

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OITE — THE OFFICE OF INTRAMURAL TRAINING & EDUCATION

The Office of Intramural Training & Education is responsible for ensuring that your experience in the NIH Intramural Research Program is as rewarding as possible. We are here to help all NIH trainees become creative leaders in the biomedical research community, but you must take the initiative to make the most of your time at the NIH. You need to make certain that, when you leave the NIH, you take with you the technical, communication, problem solving, and interpersonal skills you will need as you move forward in your career.

Research should be your highest priority while you are at the NIH. OITE aims to ensure that you also take part in relevant career development activities, learn all you can from the scientific staff at the NIH and your fellow trainees, and have a good time. In addition, OITE staff members are available to help you resolve any problems that might arise during your time at the NIH.

Specifically, we encourage you to

- if you are participating in the High School Summer Internship Program (HS-SIP), join the staff of the OITE for a **required** orientation **prior to** joining your research group (or attend the required orientation presented by your Institute/Center);
- if you are participating in SIP, attend one of three sessions of *Planning a Successful Summer Internship* instead;
- attend orientation in your Institute/Center;
- make certain that you are included on one of the official OITE summer mailing lists, OITE-SIP or OITE-HS-SIP;
- if you have an activated NIH email account, create an “NIH Trainee/Fellow” account for yourself on the OITE website so that you can make appointments with career counselors, participate in Summer Poster Day, and access the Alumni Database (see https://www.training.nih.gov/oite_accounts). If you do not have an NIH email account, watch your email for further directions;
- visit the OITE website, <https://www.training.nih.gov>, regularly to check for new opportunities; remember that if you cannot attend a workshop, you will find video- and pod-casts of many of them on the OITE website at https://www.training.nih.gov/oite_videocasts;

- check out our online resources (https://www.training.nih.gov/nih_resources) for help with things like keeping a lab notebook, reading a scientific article, attending a scientific meeting, writing professional emails, and mastering lab math;
- participate in appropriate career and professional development workshops;
- make use of the OITE Career Library;
- attend the Summer Lecture Series, presented by some of the most respected investigators at the NIH;
- share your research with the NIH community at Summer Poster Day;
- sign up with our Career Services Center for pre-professional and graduate school advising or help exploring careers;
- create a LinkedIn account and join the NIH Intramural Research Program group to network and share ideas;
- follow the OITE Careers Blog, <https://oitecareersblog.od.nih.gov/>; and
- explore and contribute to the community around you.

OITE programs complement the training activities of the NIH Institutes and Centers (ICs). OITE is located on the second floor of Building 2. Our hours are Monday-Friday 8:00 am-5:00 pm. We maintain an open-door policy and encourage you to drop by anytime during open hours.

WHO'S WHO IN THE OITE?

The OITE encompasses several biomedical research training programs: the Postbaccalaureate and Summer Research Program (PSRP), the Graduate Partnerships Program (GPP), and the Office of Postdoctoral Services (OPS). You will likely interact primarily with staff members in the office who are involved with your particular appointment.

To ask a question about a particular training program or OITE function, please refer to: <https://www.training.nih.gov/contact>

To find the current contact information of specific staff members visit: <https://www.training.nih.gov/staff>

PLANNING A SUCCESSFUL NIH SUMMER INTERNSHIP!

Your research project should be your number one priority this summer. But, to make certain that you take full advantage of all the NIH has to offer, plan to join the staff of the OITE for an orientation.

If you are participating in the High School Summer Internship Program (HS-SIP) in the Bethesda area, **you must attend one of the three required orientations (June 5th, June 12th, or June 19th) or the required orientation in your Institute/Center (IC) prior to joining your research group.** This full-day orientation will familiarize summer interns with the NIH and its research culture, introduce resources, and provide tips on how to be successful. High school summer interns in Baltimore and Frederick must attend similar orientations on their own campuses

If you will be participating in SIP, we strongly recommend attending one of three *Planning a Successful NIH Summer Internship* sessions, scheduled for the first three Fridays in June on the Bethesda campus. If you will be completing your summer internship on another NIH campus, please be certain to attend the mandatory HS-SIP orientation or any IC-sponsored SIP orientation.

Planning a Successful NIH Summer Internship 2020 (OITE Orientation for SIP Participants)

June 5 8:30 – 10:00 am	Building 50, Room 1227/1328
June 12 8:30 – 10:00 am	Building 50, Room 1227/1328
June 19 8:30 – 10:00 am	Building 50, Room 1227/1328

High School Summer Intern Orientation (Mandatory)

June 5 8:45 am – 4:00 pm	NIH Bethesda Campus, Building 35, Room 610 (ground floor)
June 12 8:45 am – 4:00 pm	NIH Bethesda Campus, Building 35, Room 620/630 (ground floor)
June 19 8:45 am – 4:00 pm	NIH Bethesda Campus, Building 35, Room 620/630 (ground floor)

USING THE SUMMER HANDBOOK

This handbook is a useful guide to the summer experience on the main NIH campus in Bethesda. General topics will apply to all summer students, but if you are not working at the main campus, some details may differ. For example, safety training in North Carolina will be arranged by the NIEHS, and parking arrangements are campus-specific.

Use the sections in this handbook as a guide to the issues you should investigate regardless of your location. OITE staff members will be visiting trainees at all locations and are available to answer your questions.

Please direct comments for improving this handbook to Dr. Yewon Cheon at cheony@mail.nih.gov.

THE OITE WEBSITE

<https://www.training.nih.gov>

The OITE website can provide you with valuable information during your stay at the NIH. Notices of important events are posted on the homepage under “What’s New” and “Calendar of Events”. You will also go to this site to register for career development activities and complete program evaluations. OITE publications, recordings of past workshops, and informational videos are also available on the site.

OITE ONLINE RESOURCES

The OITE website contains YouTube videos and other training materials designed to help with your professional development. New materials are being added all the time. Resources include videos on keeping a good lab notebook, reading a scientific article, lab math, attending a scientific meeting, and choosing a research mentor. Online resources include guides to writing professional emails and cover letters and creating CVs and resumes. Check out these resources and others at https://www.training.nih.gov/nih_resources.

THE OITE CAREER SERVICES CENTER

It is never too soon to begin thinking about your long-term goals and future career plans. The OITE houses a career counseling center and library to help you plan for a satisfying career once you complete your training at NIH. The OITE Career Services Center was established in 2007 to serve all of the trainees in the NIH intramural community. Our goal is to ensure that NIH trainees are aware of the many jobs available, both at and away from “the bench,” and to provide the resources to help trainees identify good personal options. Our career counselors run workshops, lead small group discussions, and schedule individual appointments open to all. These are designed to assist trainees in self-assessment, career exploration, goal setting, and finding positions. Staffing includes

- career counselors, who can assist you with analyzing your strengths, weaknesses, and values; help you write resumes and CVs; provide information on career options; and coach you through the job search process;
- counselors and wellness advisors who can aid you in developing a more assertive presence, dealing with interpersonal conflicts that might arise in your group, managing time and/or stress, and handling more personal issues; and

- pre-professional advisors, who can talk with you about the decision to go to graduate or medical school, choosing schools and programs, strategies for taking the MCAT or GRE successfully, filling in gaps in your credentials, writing personal statements, and interviewing.

You can use the OITE website to make one-on-one appointments with these individuals. If you are in or near Bethesda, your appointments will be in Building 2 on the main campus. If you are at another location, the counselors will come to you or we will arrange phone appointments.

Efforts of the Career Services Center staff are supplemented by the OITE Career Library, which is housed on the second floor of Building 2 in Bethesda. The OITE Career Library is a “branch” of the NIH Library. To search the OITE Career Library collection online, go to the NIH Library website (<https://www.nihlibrary.nih.gov/agency/nih>). Then, under “Resources,” from the “Other Research Tools” menu, chose “Online Catalog”. Type your inquiry into the search bar and press enter or click the magnifying glass icon. On the left-hand side of the screen, under “Refine my Results,” scroll down to “Library” and select “NIH Office of Intramural Training & Education. NOTE: The OITE Library will only show up under the lists of libraries if it contains the book for which you are looking. You may find searching by topic productive.

Career Libraries are also located in Baltimore in the Biomedical Research Center (BRC), Room O4B409B for NIA and Room 2A641 for NIDA, and in Frederick in the Science Library, Building 549. The NIEHS campus library is located on the Research Triangle Campus in Building 101 and offers virtual resources available on the NIEHS Intranet. Lastly, NIAID houses a library at Rocky Mountain Labs in Room A313 of the quad building. For additional information on the RML library, contact librarian Taylor Robinson at 406-363-9211.

THE OITE CAREERS BLOG

The OITE Careers Blog was established by the OITE Career Services Center to

- increase awareness of OITE services among trainees;
- respond to frequently asked questions about and offer guidance with the career planning and job search process; and
- share new and updated career information and resources with all NIH trainees.

Go to <https://oitecareersblog.od.nih.gov/> and subscribe to be notified when new posts are published.

GETTING OFF TO A GOOD START: SETTLING IN TO YOUR NEW RESEARCH GROUP

Fitting comfortably into your research group and developing good relationships with your coworkers should be your first

priorities. Each research unit has its own ways of doing things. You will have to determine for yourself what the unwritten “rules” are for yours. What hours do most people work? Is there a standard for maintaining notebooks? When and where are group meetings held? Are reagents shared? If so, what is the system for ensuring that stocks are replaced when they get low? What training courses do you need to complete? What computer programs are used? What is the dress code? How much chatting goes on? Are headphones and cell phones in use?

You can learn some things by being a careful observer. Others you will have to ask about explicitly. In all cases, be courteous and enthusiastic. Write down any and all directions. Make certain to do more than your share to keep the lab or office running smoothly.

IF PROBLEMS ARISE

Where there are people, there can be conflict. Some conflicts are minor irritations that are quickly forgotten. Others are more serious, requiring you to talk to and negotiate outcomes with your co-workers and/or mentor. We hope that any conflicts or tensions you experience will be minor and that you view them as opportunities to improve your interpersonal skills. However, even with the best of intentions, some group dynamics are poor; you may find yourself embroiled in serious or complicated situations. Remember: You are not alone! The NIH has resources to help you deal with any interpersonal issues that may arise.

If you are experiencing conflict with someone in your research group, speak with him or her directly. If that does not resolve the issue, speak with your principal investigator (PI). If you are not comfortable doing that, or if the situation is not easily resolved, seek advice from other mentors (i.e., your IC training director, OITE staff, other colleagues) who can help you consider the issues from different perspectives as you attempt a reasonable resolution. If you have concerns about your interactions with your PI, it is important to talk with someone you trust. Hopefully you will have developed relationships with your training director or with more senior students or postdocs in the group. Also, feel free to contact Dr. Milgram or Dr. Sokolove in the OITE to confidentially discuss any issues that develop.

Some reasons to immediately contact the training director in your IC, or Dr. Milgram or Dr. Sokolove in the OITE, are issues of possible scientific misconduct, harassment of any type, and safety concerns. If we are not able to assist you, we will help you access other campus resources, such as the [Office of the Ombudsman Center for Cooperative Resolution](#), the [Employee Assistance Program](#), and [Civil](#), a program that promotes civil behavior in the NIH workplace.

WHAT IS THE NIH?

NIH OVERVIEW

Founded in 1887, the National Institutes of Health is one of the world's foremost medical research centers and the Federal focal point for medical research in the United States. NIH is the steward of medical and behavioral research for the Nation. Its mission is the pursuit of fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to extend healthy life and reduce the burdens of illness and disability.

The goals of the NIH are to

- foster fundamental creative discoveries, innovative research strategies, and their applications as a basis for ultimately protecting and improving health.
- develop, maintain, and renew scientific human and physical resources that will assure the Nation's capability to prevent disease.
- expand the knowledge base in medical and associated sciences in order to enhance the Nation's economic wellbeing and ensure a continued high return on the public investment in research.
- exemplify and promote the highest level of scientific integrity, public accountability, and social responsibility in the conduct of science.

In realizing these goals, the NIH provides leadership and direction to programs designed to improve the health of the Nation by conducting and supporting research in the

- causes, diagnosis, prevention, and cure of human diseases;
- processes of human growth and development;
- biological effects of environmental contaminants; and
- understanding of mental, addictive, and physical disorders.

The NIH directs programs for the collection, dissemination, and exchange of information in medicine and health, including the development and support of medical libraries and the training of medical librarians and other health information specialists.

INSTITUTES AND CENTERS (ICs) OF THE NIH

The NIH is one of the eleven agencies of the US Department of Health and Human Services (DHHS), along with the Food and Drug Administration (FDA), the Centers for Disease Control and Prevention (CDC), and the Centers for Medicare and Medicaid Services (CMS). The NIH is composed of 27 separate **Institutes** and **Centers** (ICs) and the Office of the Director (OD). Each IC has its own mission of supporting biomedical research and training, in the **intramural** (here at the NIH) and/or **extramural** (at universities and research institutes worldwide) research communities. All but three ICs receive their funding directly from Congress and administer their own budgets. The 27 ICs are listed below. Those shown in bold type participate in the Intramural Research Program.

CC—NIH Clinical Center

CIT—Center for Information Technology

CSR—Center for Scientific Review

FIC—John E. Fogarty International Center

NCATS—National Center for Advancing Translational Sciences

NCCIH—National Center for Complementary and Integrative Health

NCI—National Cancer Institute

NEI—National Eye Institute

NHGRI—National Human Genome Research Institute

NHLBI—National Heart, Lung, and Blood Institute

NIA—National Institute on Aging

NIAAA—National Institute on Alcohol Abuse and Alcoholism

NIAID—National Institute of Allergy and Infectious Diseases

NIAMS—National Institute of Arthritis and Musculoskeletal and Skin Diseases

NIBIB—National Institute of Biomedical Imaging and Bioengineering

NICHD—*Eunice Kennedy Shriver* National Institute of Child Health and Human Development

NIDA—National Institute on Drug Abuse

NIDCD—National Institute on Deafness and Other Communication Disorders

NIDCR—National Institute of Dental and Craniofacial Research

NIDDK—National Institute of Diabetes and Digestive and Kidney Diseases

NIEHS—National Institute of Environmental Health Sciences

NIGMS—National Institute of General Medical Sciences

NIMH—National Institute of Mental Health

NIMHD—National Institute on Minority Health and Health Disparities

NINDS—National Institute of Neurological Disorders and Stroke

NINR—National Institute of Nursing Research

NLM—National Library of Medicine

OD—Office of the Director

ACRONYMS

The previous list of IC names should have convinced you that we at NIH speak in acronyms; here is a list of other common abbreviations to help you communicate in your new surroundings.

ACUC—Animal Care and Use Committee

AO—Administrative Officer

CAN—Common Accounting Number

CCSEP—Community College Summer Enrichment Program

CIT—Center for Information Technology

CRTA—Cancer Research Training Award

C-SOAR—College Summer Opportunity to Advance Research

CV—Curriculum Vitae

DDIR—Deputy Director for Intramural Research

DHHS—Department of Health and Human Services

EAP—Employee Assistance Program

EDI—Office of Equity, Diversity, and Inclusion

EEO—Equal Employment Opportunity

FAES—Foundation for Advanced Education in the Sciences

FNIH—Foundation for NIH

FTE—Full-Time Equivalent

FY—Fiscal Year

GDSSP—Graduate Data Science Summer Program

GPP—Graduate Partnerships Program

G-SOAR—Graduate Summer Opportunity to Advance Research

HiSTEP—High School Scientific Training & Enrichment Program

IC—Institute/Center

IRP—Intramural Research Program

IRTA—Intramural Research Training Award

NED—NIH Enterprise Directory

NSF—National Science Foundation

OAR—Office of AIDS Research

OHRM—Office of Human Resources Management

OHSR—Office of Human Subjects Research

OIR—Office of Intramural Research, OD, NIH

OITE—Office of Intramural Training & Education

OMS—Occupational Medical Service

OPM—Office of Personnel Management

ORF—Office of Research Facilities

ORS—Office of Research Services

ORWH—Office of Research on Women's Health

PI—Principal Investigator

PIV—Personal Identity Verification

SD—Scientific Director

SEEP—Student Educational Employment Program

SIP—Summer Internship Program

TD—Training Director

TSP—Thrift Savings Plan

UGSP—Undergraduate Scholarship Program

VF—Visiting Fellow

WALS—Wednesday Afternoon Lecture Series

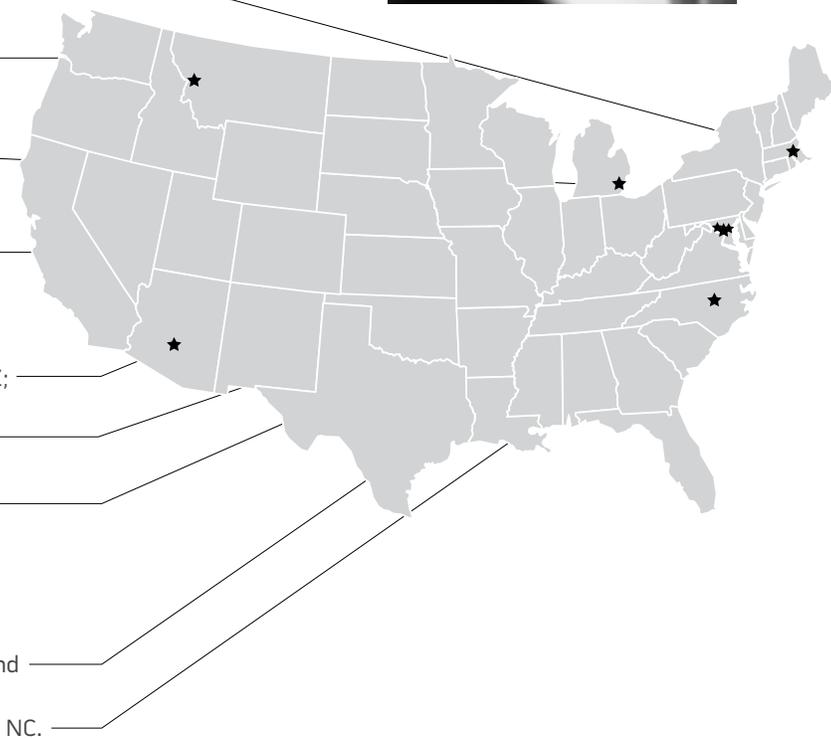
For a comprehensive list, see:
<http://employees.nih.gov/pages/acronyms.aspx>

NIH CAMPUSES

The main NIH campus is located in Bethesda, Maryland, just 10 miles from the center of Washington, DC. Important offices located on the Bethesda campus include the Office of the Director, the Office of Intramural Research, and the Office of Intramural Training & Education, which oversees NIH-wide training. A large number of research facilities, offices, and institutional resources are spread across more than 300 acres, in over 75 buildings, on the Bethesda campus.

Many NIH scientists conduct their research in laboratories located on the main campus in Bethesda, but others work on NIH campuses across the country. Other NIH facilities where students may train include

- the Framingham Heart Study of the NHLBI in Framingham, MA;
- the Rocky Mountain Laboratories of the NIAID in Hamilton, MT;
- the Perinatology Research Branch of the *Eunice Kennedy Shriver* NICHD in Detroit, MI;
- the NIA and NIDA in the Biomedical Research Center, in Baltimore, MD;
- the Phoenix Epidemiology and Clinical Research Branch (PECRB) of NIDDK in Phoenix, AZ;
- the NIH Animal Center in Poolesville, MD;
- the Twinbrook Cluster, Executive Plaza, and Shady Grove in Rockville, MD, less than 8 miles from the NIH Bethesda campus;
- NCI Frederick Cancer Research and Development Center (FCRDC) at Fort Detrick in Frederick, MD; and
- the NIEHS facility in Research Triangle Park (RTP), NC.



UNDERSTANDING INSTITUTE/CENTER ORGANIZATION AND ADMINISTRATION

The organizational structure of the NIH is both similar to and different from that of most universities. Universities are typically organized around schools and colleges (e.g., School of Medicine, School of Public Health) that are subdivided into departments and units. The NIH consists of Institutes and Centers (ICs), similar to the schools/colleges found in many academic institutions. All NIH faculty have a primary appointment in one IC; this IC provides laboratory and office space, funding, and administrative support for the research group and is the “intellectual home” for all personnel there. Like faculty at universities, NIH faculty can have adjunct/

joint appointments in other ICs. In addition, mechanisms to facilitate interaction across ICs have been formalized so that scientists and clinicians with common interests can easily interact and collaborate.

IC intramural research programs are organized as follows:

- Individual tenure-track or senior investigators (also known as principal investigators or PIs) head their own **units/labs/research groups**, which include trainees, technicians, staff scientists, and administrative support personnel.
- Multiple units form a **Section**, which is headed by a Section Chief.

- A **Lab or Branch**, headed by a Lab or Branch Chief, consists of two or more Sections and possibly one or more additional units. Large Labs and Branches may include 10 to 12 PIs, but in general, a Lab or Branch consists of 4 to 8 PIs. Originally, the distinction was that Branches had at least one clinical investigator, while Labs housed basic scientists only; this distinction has somewhat fallen by the wayside.

When you join a lab/group, you become a member of your PI's IC. You have access to the scientific resources of this IC, including core facilities, scientific seminars, retreats, and professional development activities organized by the IC. Administrators in your IC will handle many day-to-day details of your NIH experience (i.e., ID badge procurement, building access, travel, computer support, email, etc.), so it is important that you meet these individuals as soon as possible.

WHO CONDUCTS RESEARCH AT THE NIH?

Labs/research groups at the NIH vary greatly in size. A small lab may have only a half dozen staff members, while a large group may include 30. Regardless of size, fitting in with this team and contributing to its productivity should be one of your major goals. Take cues from your coworkers. What is the dress code? How do individuals contribute to the success of the group? Is cooperation or competition stressed? How much chatting goes on? Are headphones and cell phones in use? You are going to spend a lot of time with these people. Take the time to consider seriously the best ways to interact with them.

Your group may include some or all of the following:

Principal Investigators: Principal investigators hold a doctoral degree. They can be either tenured or tenure-track investigators. These individuals run their own labs/groups and have the authority to hire all of the remaining groups of scientists. About 1100 PIs work in the NIH IRP.

Staff Scientists: Staff scientists generally hold a doctoral degree. Although they are not principal investigators, they are accomplished scientists. They often fulfill key functions such as managing the laboratory of a very busy PI or running a core facility that provides services to many investigators. The ≈1300 staff scientists frequently supervise/mentor trainees like you.

Clinical Fellows: Clinical Fellows are individuals who hold a professional doctoral degree (e.g., MD or DDS), have recently completed their internships and residencies, and are at the NIH both to provide clinical services and to conduct research. The NIH hosts approximately 300 Clinical Fellows at any one time.

Postdoctoral Fellows: Approximately 3,100 individuals who have recently received a doctoral degree are continuing their research training at the NIH. They are generally called Postdoctoral IRTAs (CRTAs if they are working in the NCI)

if they are US citizens or permanent residents and Visiting Fellows if they are citizens of another nation. An individual can spend no more than 5 years as a postdoctoral fellow at the NIH. In order to stay longer, they must be promoted either to a permanent position or to Research Fellow, a move that allows them to remain for up to an additional 3 years.

Graduate Students: The NIH is the research home of more than 400 graduate students. They complete their coursework at and receive their degrees from their universities and conduct all or part of their dissertation research at the NIH.

Medical/Dental Students: Medical/dental students who have a strong research interest and the permission of their academic institution can spend 1 or 2 years conducting research in the NIH Medical Research Scholars Program. The program is designed for students who have completed their core clinical rotations but does not exclude students with strong research interests from applying prior to having completed their core rotations. A total of about 70 students participate in this program each year. Medical students can also complete clinical electives at the NIH.

Postbaccalaureate (Postbac) Trainees: A group of more than 1400 students who have completed their undergraduate work, postbacs conduct research at the NIH for 1 to 3 years before continuing on to graduate school.

Summer Interns: This group includes you! Each summer, about 1300 high school, college, graduate, and professional students spend 8 to 10 weeks working in the Intramural Research Program. These individuals must be at least 17 years of age and US citizens or permanent residents.

WELLNESS RESOURCES AT THE NIH

Life in a research lab, and life in general, can be stressful. It is important to find time for yourself and your family, even when balancing work and life seems challenging. The NIH provides many resources to help you maintain a healthy life balance, learn stress management techniques, and make the most of challenging situations—at work and at home.

We in the OITE are happy to speak with you confidentially regarding lab conflicts, applications to graduate or professional school, career progression, and issues at home that are affecting your work. You can make an appointment with an OITE staff member, someone in the Career Services Center, or one of our wellness advisors (https://www.training.nih.gov/career_services#Career%20Staff). We may refer you to other NIH resources and, when appropriate, we will offer to help you speak with your mentors. Realize that a summer research experience will have its challenging moments – trainees who take advantage of all of the resources available to them deal more effectively with these challenges.

Here are some NIH resources that can help you take care of yourself.

OITE WELLNESS RESOURCES

Discussion Groups for Building Resilience: The summer is an exciting and busy time for trainees, but it can also be challenging at times. Discussion groups are facilitated by a trained wellness counselor and offer a welcoming and confidential space to explore life's ups and downs and work in a positive and proactive way to build resilience. Groups are offered weekly throughout the summer and take place in Building 2, Room 2W15. Check your email for upcoming dates, times, and topics.

Mindfulness Meditation Groups: Would you like at least one time a week when you could slow down and connect with yourself? OITE drop-in meditation groups are offered to trainees/fellows as a support for self-care and enhanced wellbeing. Each 30-minute session involves a few minutes of instruction followed by approximately 20-25 minutes of meditation practice. The facilitator will be available after the session for questions and brief discussions. These groups are open to both beginners and experienced meditators; attendance can be on a drop-in basis - come as much as you like! Visit https://www.training.nih.gov/mindfulness_meditation_group for locations, dates, and times. Please arrive a few minutes prior to the start time in order to check in and get settled for practice. All trainees are welcome!

NIH Communities: A large part of feeling comfortable in your work environment is having a community with whom to share the experience. The NIH is a big place; we can almost guarantee that you will be able to find a community that will make you feel at home. Communities at the NIH include an NIH chapter of SACNAS (the Society for the Advancement of Chicanos/Hispanics and Native Americans in Science), LGBT Fellows and Friends, the Network of African-American Fellows (NAAF), and many more. You will find a list and contact information at https://www.training.nih.gov/you_are_not_alone. Watch for announcements of weekly community lunches during the summer.

Wellness Workshops: Watch for a registration email for a seminar on *Becoming a Resilient Scientist* (June 30, 12:00-2:00 pm).

Wellness Wednesdays: Sessions cover specific aspects of physical, mental, emotional, and spiritual self-care with weekly topics announced in advance. Join us on Wednesday at noon in the OITE Conference Room (Building 2, Room 2W15). Feel free to bring your lunch; a microwave is available.

Community Wellness Events: Join the staff of the OITE for popsicles on June 26 and temporary tattoos on July 30 to celebrate the diversity and hard work of trainees in the NIH Intramural Research Program.

Additional resources including links to OITE videos and OITE blog posts can be found on the OITE Wellness webpage, <https://www.training.nih.gov/wellness>.

NIH RECREATION & WELFARE ASSOCIATION (R&W)

R&W Office: 301-496-6061

<https://govemployee.com/nih>

The Recreation and Welfare Association (R&W) is an organization designed to provide trainees and employees at NIH with a variety of social, athletic, wellness, educational, and special interest activities. R&W publishes a monthly newsletter describing services on campus and also offers planned excursions and discounted tickets to various activities and events. Additionally, the Association runs the fitness centers and gift shops located throughout campus. R&W membership is free, but preferred membership (\$9.00 per year) is required for fitness center access and discounted tickets, etc.

If you are on the Frederick campus, check out the volunteer-run recreation and welfare group there by visiting their Facebook page: <https://facebook.com/RWClubFrederick>.

FITNESS CENTERS

<https://www.ors.od.nih.gov/pes/dats/fitness/Pages/index.aspx>

NIH fitness centers are run by the R&W Association. Services include weight rooms, aerobics, yoga classes, Weight Watchers at Work, and personal trainers. Centers are located in Building 31C, Room B4 C18, 301-496-8746; The Loft, Building T39, 301-496-8746; and Rockledge I, Room 5070, 301-435-0038. Students are eligible for a reduced rate: \$13-21 per month, depending on the plan you choose.

OCCUPATIONAL MEDICAL SERVICE (OMS)

Building 10, 6C306, 301-496-4411

https://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/OccupationalMedical/Pages/oms_main.aspx

Occupational Medical Service (OMS) provides NIH employees and trainees with information and occupation-related medical care to help them perform their jobs in a safe and healthy work environment. OMS conducts preplacement evaluations to review job duties, provides work-related immunizations, and enrolls NIH employees in surveillance programs for public health hazards at their work site (for example, noise, animals, and *M. tuberculosis*). OMS provides clinical care for occupational injuries and illnesses and offers administrative assistance with claims for Federal Workers' Compensation benefits.

WHAT IF I GET SICK?

The hospital closest to the NIH is Suburban Hospital, located at 8600 Old Georgetown Road in Bethesda. The main hospital number is 301-896-3100. You can reach the on-call physician information and referral service at 301-896-3939 from 8:30 am to 5:00 pm, Monday through Friday.

How you select a physician will depend on your health insurance. It is best to figure this out before you need medical attention.

Make certain to carry proof of health insurance with you at all times, just in case you need access to emergency health services.

WHAT IF I NEED HELP?

<https://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/EAP/Pages/index.aspx>

Sometimes things happen: a parent passes away, you suspect a child is being abused, you have been abused, you want help stopping smoking, you are experiencing a mental health crisis. The NIH Employee Assistance Program (EAP) is available to assist summer interns with difficult transitions and situations that are negatively influencing their ability to work. You can call 301-496-3164 to inquire about their services or make an appointment. EAP is located in Building 31, Room B2B57. It also maintains a list of helpful phone numbers that will connect you with Crisis Centers, smoking cessation centers, and self-help groups. You can also call 211 to find out about state resources.

EMERGENCY PHONE NUMBERS

To report a crime in progress and/or life threatening situations, personal injury, traffic accidents, or suspicious activities from an NIH phone

- to authorities on the NIH campus, dial **911**;
- to authorities outside the NIH campus, dial **9-911**; or
- to authorities on the NIH Campus **from a cell phone, dial 301-496-9911**.

To report a criminal act, such as a theft of personal property that has already occurred or to report a non-injury accident, call **301-496-5685**.

OTHER NIH RESOURCES

CAFETERIAS

For a map of cafeterias, coffee bars and concession stands see <https://www.ors.od.nih.gov/pes/dats/food/Pages/index.aspx>.

- Building 10, Second Floor
- Building 10, First Floor, north entrance to CRC (only soups, wraps, coffee, snacks)
- Building 10, B1-Level

- Building 12B, First Floor
- Building 31, First Floor
- Building 35, First Floor
- Building 38A, B1 Level
- Building 45 (Natcher Conference Center), First Floor
- Bayview, Ground Floor
- 5601 Fishers Lane, First Floor
- Rockledge II, Ninth Floor

COFFEE BARS

- Building 1, Third Floor, 301-451-0093
- Building 10, First Floor, near the FAES bookstore, 301-594-9013
- Building 10, First Floor, north entrance to CRC
- Building 35, First Floor, 301-594-8438
- Building 50, First Floor, 301-402-0594
- 5601 Fishers Lane, First Floor, 301-770-8901

CONCESSION STANDS/CONVENIENCE STORES

- Building 10, Room B1-C20, 301-496-3087
- Building 12B, Room 1N-108, 301-402-2919
- Building 31, First Floor Hallway, 301-496-6230
- Building 35, Room GC202, 301-496-3635
- Building 45, Room 1AA-02, 301-435-4697
- Neuroscience Center (NSC) Building, 6001 Executive Blvd, Lobby, 301-435-1468
- 5601 Fishers Lane, 240-848-0959

FAES BOOKSTORE

<https://faes.org/content/faes-bookstore-nih>

- Building 10, Room 1N241, 301-496-5272

LOST AND FOUND

Same Day:

- Parking Lots (Employees and Visitors): 301-656-9008
- Employee Shuttles: 301-435-4010
- Patient Shuttles: 301-496-1161
- Gateway Center: 301-435-7554
- Commercial Vehicle Inspection Facility (CVIF): 301-443-6843
- Natcher Conference Center: visit the Events Management office directly across from Ruth Kirschstein Auditorium

After 24 Hours (and for locations not listed above):

- NIH Police Reception Desk (Building 31, Room B3B17): 301-496-2387

Ultimately, all lost and found items end up with the NIH Police, usually within 24 hours.

R&W GIFT SHOPS

<https://www.ors.od.nih.gov/pes/dats/retail/Pages/index.aspx>

The Recreation and Welfare Association (R&W) runs several gift shops located throughout the NIH.

- Building 10, Room B1C06, 301-496-1262
- Building 10, North Entrance (Clinical Research Center), First Floor, 301-451-7708
- Building 31, Room 1A08, 301-496-6061
- Rockledge I, Room 4202, 301-435-0043



PROGRAMS, LECTURES, AND WORKSHOPS FOR STUDENTS

SAVE THE DATE!

NIH GRADUATE AND PROFESSIONAL SCHOOL FAIR FOR POSTBACS AND SUMMER INTERNS

July 22, 2020

9:00 am – 3:30 pm
Natcher Conference Center, Building 45

The NIH Graduate and Professional School Fair provides an opportunity for NIH summer interns (especially those in college) and NIH postbacs, as well as other college students in the DC area, to prepare for the next step in their careers by exploring educational programs leading to PhD, MD, DDS, MD/PhD, and other graduate and professional degrees. More than 200 outstanding colleges and universities from across the US will be sending representatives of their graduate schools, medical and dental schools, schools of public health, and other biomedically relevant programs to the Fair in the hopes of recruiting NIH trainees.

The day will also include workshops on getting to graduate and professional school; MD/PhD programs; interviewing; and careers in public health, psychology, dentistry, bioengineering, and data science.

To register, go to https://www.training.nih.gov/gp_fair

MARK YOUR CALENDAR!

2020 SUMMER LECTURE SERIES

June 23, 2020

The Connective Tissue Connection

Helene Langevin, MD

Director, National Center for Complementary and Integrative Health (NCCIH)
11:00 am – 12:00 pm
Building 10, Lipsett Amphitheater

July 29, 2020

The HPV Vaccine Story: Conception to Impact

John Schiller, PhD

Distinguished Investigator, Center for Cancer Research, National Cancer Institute (CCR, NCI)
2:30 – 3:30 pm
Building 10, Lipsett Amphitheater

Accommodations

To request sign language interpreters or CART Services, you can contact NIH Interpreting Services by phone at 301-402-8180, by using the Federal Relay Service at 1-800-877-8339, or by submitting a request online (<http://www.ors.od.nih.gov/pes/dats/interpret/Pages/index.aspx>). If you have other, disability-related accommodation requests for this event, please contact OITE-EventServices@od.nih.gov. **Requests should be made at least 5 days in advance of the event.**

THE NIH LIBRARY

<http://nihlibrary.nih.gov>

Building 10, Room 1L-25, First floor – South entrance
Hours: Monday-Thursday 7:45 am-8:00 pm,
Friday 7:45 am-6:00 pm,
Saturday and Sunday 1:00-5:00 pm

The NIH Library is an open stacks biomedical research library, whose collection and services are developed to support the programs of the National Institutes of Health and selected US Department of Health and Human Services agencies. The NIH Library provides access to over 15,000 electronic journals, 120,000 eBooks, and over 50 databases.

The NIH Library provides services in:

- 3D printing
- bibliometrics
- bioinformatics
- custom information solutions
- data management & analysis
- document delivery
- editing
- emerging technologies
- reference questions and literature searching
- specialized librarians
- systematic reviews
- training
- translations.

In addition to a comfortable reading room, library workspaces include bioinformatics workspaces, data sciences workspaces, collaboration pods, private carrels, and computers linked to the NIH network. Note: these usually require prior reservation.

To learn more about the scope of services available to you, please contact or visit the NIH Library Information Desk: 301-496-1080 or nihlibrary@nih.gov.

THE NATIONAL LIBRARY OF MEDICINE

<http://www.nlm.nih.gov>

Building 38A
Reading Room hours: Monday-Friday, 8:30 am-5:00 pm

The National Library of Medicine (NLM), part of the National Institutes of Health, is the world's largest medical library with nearly 28 million items in its collection plus a wealth of online information resources. The main reading room and History of Medicine Division reading room are located in Building 38 and are open Monday through Friday from 8:30 am to 5:00 pm, with the exception of Federal holidays. Librarians are available to help access materials in the collection. Materials may not be checked out of the library; NLM does not loan materials to individuals. NLM does loan them to other libraries, including the NIH Library in Building 10.

In addition to its physical collection, NLM produces many online resources including groundbreaking tools such as PubMed (<https://www.ncbi.nlm.nih.gov/pubmed/>) and [Clinicaltrials.gov](https://www.clinicaltrials.gov). NLM, like other NIH components, conducts and funds research. Its focus is biomedical informatics, using communications and computing technology to improve the way scientific and health information is delivered to consumers, health providers, and researchers.

NLM offers tours exploring the library's resources, history, art, and architecture Monday through Friday from 1:30 to 2:30 pm. Tours start in the NLM Visitor Center in Building 38A. Reservations for groups of five and larger are appreciated and can be made by emailing Tara Mowery at tara.mowery@nih.gov.

Guests also are welcome to explore the smaller and more frequently changing educational displays in the History of Medicine Division reading room.

APPLYING TO PROFESSIONAL OR GRADUATE SCHOOL

EVERYTHING YOU NEED TO KNOW TO GET INTO PROFESSIONAL SCHOOL

Make your application to medical (or dental) school the best it can be! If you are planning to apply to medical (or dental) school, you will want to attend this workshop. It addresses important issues concerning medical school applications, including deciding where to apply and writing personal statements, as well as other useful tips for completing your application.

GRADUATE SCHOOL OVERVIEW: MUCH OF WHAT YOU NEED TO KNOW TO GET IN

If you are planning to apply to graduate school, you should plan to attend the “Graduate School Overview” workshop. This workshop will provide tips on choosing and applying to a graduate school/program. Additionally, it will guide you through the process of planning and writing your personal statements. This workshop does not cover the GRE or interviewing.

SUMMER INTERN JOURNAL CLUBS

Journal clubs are a popular way for scientists interested in particular areas of research to get together and discuss recently published scientific papers. They allow participants to stay up-to-date with new techniques and advances in the field. The summer intern journal clubs are your opportunity to participate in this form of scientific communication, while meeting other summer students, sharpening your critical reading skills, and learning more about your area of interest. Journal clubs will be led by NIH graduate students and postdocs; they will meet weekly for four or five weeks during the summer. Descriptions and registration information for journal clubs offered this summer can be found at https://www.training.nih.gov/summer_intern_journal_clubs. A broad range of topics will be offered, covering human genetics and disease, biophysics, computational biology, and other topics. If you plan to participate in a summer journal club, we ask that you watch the “Reading a Scientific Paper” YouTube video. Summer interns that are either in high school or recently graduated from high school will learn how to read a journal article in the mandatory High School Summer Intern Orientation.

SCIENCE SKILLS AND CAREER DEVELOPMENT ACTIVITIES

READING A SCIENTIFIC PAPER (YOUTUBE VIDEO)

New research findings are communicated to the scientific community via scientific papers, and being able to read these papers and make use of the information they contain is key to successful research. However, reading a scientific paper can be extremely challenging for students who don't have much experience. This Webinar, created by Dr. Rocío Benabentos, formerly of the National Institute of Dental and Craniofacial Research, will teach you how to get the most out of each paper you read. Questions addressed will include:

- Why do scientists read papers?
- How do you decide which papers to read?
- How can you most efficiently find the important information in each paper?
- How do you critically evaluate a paper?

To view the YouTube video go to:

<https://www.training.nih.gov/oite-yt/readingascientificpaper>

YOUTUBE PLAYLIST FOR YOUNG SCIENTISTS

See <https://www.training.nih.gov/oite-yt/resourcesforyoungscientists>

This resource includes videos on

- reading a scientific paper,
- keeping a lab notebook,
- attending your first scientific meeting, and
- getting comfortable with lab math

CREATING AND PRESENTING DYNAMIC POSTERS

Are you getting ready for Summer Poster Day? This presentation will focus on the scientific and artistic components of creating a poster. The workshop will discuss selecting and organizing your data, what to include and what not to include, the key components of a successful poster, layout and font selection, and poster presentation techniques.

Poster Preview

Are you uncertain what scientists mean when they talk about presenting a poster? Drop by to take a look at and discuss several posters recently presented by trainees at the NIH. The poster preview will occur immediately after the workshop “Creating and Presenting Dynamic Posters.”

TALKING SCIENCE: DESIGNING AND DELIVERING SUCCESSFUL ORAL PRESENTATIONS

Science isn't complete until the results have been shared with interested others, and talking about your results is one of the important ways of making them public. This presentation will address topics including the anatomy of a science talk, creating successful slides, delivering your content convincingly, ensuring that your talk is well-received, and answering questions. The information will help you with presentations in group meetings and perhaps talking about your findings when you return to school.

ESSENTIAL LEADERSHIP SKILLS FOR FUTURE SCIENTISTS AND HEALTH CARE PROFESSIONALS

This experiential and engaging course, rooted in psychological type and the Myers-Briggs Type Indicator assessment, explores themes of self-awareness and self-management. Through exercises, lecture, and small group discussions, you will learn about and validate your own type preferences. You will also explore your work and communication styles.

BECOMING A RESILIENT SCIENTIST

Navigating new jobs, the career exploration process, and research can seem overwhelming and lead us to doubt ourselves just when we need confidence the most. In this interactive workshop, we will discuss attitudes and behaviors that can get in our way and explore strategies for building resilience and dealing with self-doubt and developing our confidence. The workshop will highlight the emotional intelligence competencies needed for success in research and healthcare careers and will provide insights into approaches for developing these competencies as part of your NIH experience.

PLANNING FOR CAREER SATISFACTION AND SUCCESS

This workshop will help you understand how your personal interests, skills, and values can contribute to your future career success. Topics to be covered include the importance of career decision making, learning styles, self-assessment, transferrable skills, defining success, personal needs, work/life balance, cultivating strong mentor relationships, and articulating short-term and long-term goals.

JOB SEARCH STRATEGIES

A job search involves more than just applying to job postings. Successful job searches require planning and four key elements; building a productive network, creating resumes that work for you, establishing search strategies for finding jobs, and preparing for a competitive interview. This session examines the job search as a process that integrates those four key elements.

WHAT CAN YOU DO IN COLLEGE TO ENHANCE YOUR CHANCES OF GETTING INTO MEDICAL OR GRADUATE SCHOOL?

If you are heading back to school soon, you may be asking yourself how to use that time wisely. What should you do during the rest of your high school career and those 4 years of college to make yourself competitive for medical (or dental) school or graduate school?

ETHICS IN RESEARCH FOR SUMMER INTERNS

This year, the OITE will offer a two-hour workshop on the Responsible Conduct of Science on the main campus in Bethesda for summer interns. The workshop will address issues including

- a general overview of research misconduct and its far-reaching effects,
- the use of animals in research,
- human subjects research,
- data management and analysis,
- plagiarism,
- collaboration ethics,

- ethics of publication,
- interpersonal relationships, and
- the processes for dealing with and reporting misconduct.

HIGH SCHOOL SUMMER INTERN ORIENTATION (MANDATORY*)

High school summer interns at the NIH must attend a required orientation before reporting to their research groups. This full-day orientation will familiarize summer interns with the NIH and its research culture, introduce resources, and provide tips on how to be successful. It will also include practical advice on keeping a lab notebook, reading scientific papers, and dealing with lab math.

Part 1: Being a Scientist at NIH

- NIH Structure and Organization
- Summer Internship Structure, Safety, and Resources
- Imposter Fears and Cognitive Distortions
- Expectations in a Lab/Research Group
- Getting Feedback
- Communication in Research Environments
- Goal Setting

Part 2: Science Skills

- Keeping a lab notebook
- Reading a scientific paper
- Lab math

*If you have previously attended the mandatory High School Summer Intern Orientation, Part 1 ONLY is recommended, and attendance is optional.

DEBRIEFING: FIRST WEEK OF HS-SIP (HIGHLY RECOMMENDED)

Learning to reflect on your experiences is critical to success. Self-reflection will help you become more self-directed and make better use of opportunities. During this interactive session, we will discuss the following topics (among others):

- How things are going?
- Are you progressing towards your goals?
- What are you most proud of?
- What has been challenging?
- What could you have done differently in a given situation?

Each internship experience will be different. Your first few days might have seemed slow, or perhaps you are being swamped by fast-paced training. Supervisors also handle their responsibilities differently: some prefer to assign new responsibilities gradually, while others expect their interns to be independent from day 1. Think about how you learn and function best. Remain patient and focused, but don't hesitate to speak up if you have questions or concerns.

HIGH SCHOOL CAREER DEVELOPMENT WORKSHOP SERIES (HIGHLY RECOMMENDED)

The goal of this series is to help you develop skills that will serve you well regardless of what career you ultimately decide to pursue. The workshop on applying to college is new this year. The five workshops in the series are:

- I. Applying to College
- II. Leadership: Self-awareness and Relationships with Others
- III. Effective Communication in Research Environments
- IV. Career Exploration
- V. Success in College

NOTE: Students who attend at least four workshops will be eligible to receive a certificate of completion.

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I. Applying to College (For Rising High School Seniors Only)

June 29, 2020, 3:00 – 5:00 pm

As you start thinking about applying to college, there are clear ways to make your applications—and yourself—stand out. Learn how to plan for and succeed at the application process. We will discuss how to choose and apply to colleges, find scholarships, write personal statements, and prepare for a college interview.

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II. Leadership: Self-awareness and Relationships with Others

July 6, 2020, 3:00 – 5:00 pm

We each bring our unique personalities and work styles to the classroom, lab, workplace, and home. Understanding your style and appreciating that others have different styles can enhance your interactions and help you succeed. This workshop will explore differences in personalities and work styles that impact the way we communicate, take in information, make decisions, engage in conflict, learn, and plan our day. The workshop will include group activities and hands-on experiences related to working successfully in educational and research team environments.

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III. Effective Communication in Research Environments

July 13, 2020, 3:00 – 5:00 pm

Good communication is a key success factor in science and all careers. The workshop will cover both written (such as effective email) and verbal (networking and elevator talks) forms of communication. Communication also includes listening skills, such as receiving feedback without feeling criticized. Join us to learn both valuable skills to enhance your professional image and strategies for meeting NIH expectations for professional behavior.

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IV. Career Exploration

July 27, 2020, 3:00 – 5:00 pm

As you move on from high school to college, you will face many choices, including what career path to take. Picking a career that fits your skills, interests, and values is an important part of long-term job satisfaction. We will discuss career options in the sciences and how to choose a career that suits you.

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V. Success in College (For Rising College Freshmen)

August 3, 2020, 3:00 – 5:00 pm

The transition to college can be stressful. You are leaving behind your school, friends, family, and home, and going off to explore a new place, make new friends, learn new things, and set your own priorities. This workshop will provide you with skills for networking, choosing experiences, finding mentors, and using resources.



SUMMER POSTER DAY

Summer Poster Day is a great opportunity to share your work from the summer while developing your communication and networking skills. Any student (high school, college, medical, dental, or graduate) working in an intramural research group as a summer intern may present. You might not have final results from your experiments. However, you can still share background information on your project, any data you may have collected, or a discussion of the technical problems you encountered. During the session, you will spend a period of time at your poster discussing your project informally with your peers and other members of the NIH scientific community.

REGISTRATION

Summer Poster Day 2020 is scheduled for Thursday, August 6th and will be held in the John Edward Porter Neuroscience Research Center (Building 35). If you want to participate in Summer Poster Day, you must sign up in advance. You can sign up to present a poster at <https://www.training.nih.gov> beginning June 9th. **The deadline to sign up is Wednesday, July 8th, at 5:00 pm (EDT).**

Discuss your registration with your supervisor(s), who are called Preceptors in the Summer Poster Day Program, BEFORE you attempt to register. Make certain you agree on the exact title of your poster, as well as the names and correct titles of all authors. You should also discuss the order of authors. Remember the Presenter(s), who are summer interns, will be listed before the Preceptors. You can select only one IC, which should be the IC in which the work was done. The information you submit on your registration will appear in the program, so be certain to reach agreement on the submission in advance and check your work carefully.

Your registration for Poster Day 2020 will be confirmed via email by July 17th. At that time, you will receive information on your poster board assignment (board number, session, and time) as well as instructions for putting up your poster.

CREATING AND PRINTING YOUR POSTER

You will be assigned a board 4 feet high and 4 feet wide on which to display your information. **Your poster should not exceed this size!** Your poster should include an introduction (providing background information), a brief statement of the purpose of the project, a description of materials and methods used, results, and conclusions.

Begin writing and proof-reading your poster several weeks in advance. Also, develop and practice a short (5-10 minutes) verbal description of the work that you can present to colleagues who visit your poster. You have several options for printing your poster; in all cases, make arrangements well in advance.

- See if your Institute or Center has a poster printer that you can use.
- You can make an appointment with the Information Technology Center to print your poster. Do this early! The Center and its programs are described at <http://www.cc.nih.gov/dcri/itc.html>. The Center is located in Building 10, Room B1S235. The phone number is 301-402-6301.
- The NIH Medical Arts Branch (MAB) (<https://www.ors.od.nih.gov/mab/Work/Pages/poster-printing.aspx>) prints posters for a fee, billable to your research group via a CAN. Make certain in advance that your research group is willing to cover the cost. Reduced-scale poster proofs – highly recommended – can also be purchased. Standard turn-around is 2-3 business days with a proof, or 1-2 business days without a proof. Posters are printed on a first-come, first-served basis. Medical Arts is located in Building 10, Room B2L 103. Orders may be placed in person, by phone at 301-496-3221, or online at https://orderonline.medarts.nih.gov/category_sc. Please provide your file, final size, due date, a CAN and an Administrative Officer (AO) name when you place your order.

POSTER LAYOUT

An example of how to lay out your poster is provided below. Here are some other general guidelines:

- A light background with dark text is often easier to read.
- Use one font and style to integrate all portions of your poster.
- Make sure the poster is readable from at least 4 to 6 feet away.
- Label graphics directly and use tables for small data sets.
- Keep your title simple and state the conclusion or focus of your study.
- Figures, diagrams, and bullet points are better than paragraphs of text.

A general rule of thumb is to allow 40% of your space for graphics and 20% for text, leaving the remaining 40% as white space.

If you are still uncertain what scientists mean when they talk about presenting a poster, attend the workshop entitled “Creating and Presenting Dynamic Posters” and drop by the Poster Preview to look at several posters recently presented by trainees at the NIH.

Short descriptive poster title		
Authors & affiliations		
Introduction	Data 1	Data 4
Goals	Data 2	Conclusions
Methods	Data 3	Acknowledgements

MARK YOUR CALENDAR!

SUMMER POSTER DAY 2020 DATES TO REMEMBER

Tuesday, June 9

Poster submission opens

Wednesday, July 8

Poster submission deadline

Friday, July 17

Receive email confirmation of poster board assignment

Thursday, August 6

Summer Poster Day 2020!

FOLLOWING NIH RULES

NIH SECURITY

The National Institutes of Health is the Federal focal point for biomedical research in the United States. The main campus in Bethesda, MD is surrounded by a perimeter fence designed to keep the campus safe and secure.

Individuals wishing to enter must either present an NIH ID badge or be checked in each day as Visitors. The NIH requires a security investigation on all summer students prior to issuance of their NIH ID badges. The Division of Personnel Security and Access Control (DPSAC) is the principal component within NIH responsible for managing access onto campus.

WHAT YOU CAN DO BEFORE ARRIVING AT THE NIH

All summer interns at the NIH will require a fingerprint check against the FBI database to receive an NIH Restricted Local Access (RLA) ID Badge. You can get this process started before coming to the NIH by requesting that your Summer Coordinator enter your information into NED, the NIH Enterprise Directory. The system will generate a request that you enter your own Personally Identifiable Information (PII) into NED.

If you do not enter your information into NED, you will be required to fill out a PIV (Personal Identity Verification) Badge Request Form (HHS-745), which the Summer Coordinator for your Institute will provide you, and turn the form in to Building 31, Room 1B03. However, not taking care of entering your information into NED before you arrive will significantly increase the time it takes to get your NIH ID badge and computer access, so we recommend that you take care of this in advance.

Note: Summer students under the age of 18 must also provide parental/legal guardian consent to undergo the necessary security screening. Parental/legal guardian consent is not available using the secure NED portal. These students must complete a **paper copy** of the HHS 745.

IMPORTANT NOTE: the parent/legal guardian's signature on the FORM HHS 745 **must be notarized**.

If you submitted your Badge Request Form in a timely fashion and have been entered into NED by your Institute, you will receive an email with instructions on how to make an appointment to be fingerprinted and photographed for your badge. For more information about the fingerprint process please visit: <https://www.ors.od.nih.gov/ser/dpsac/services/enrollment-services/Pages/default.aspx>.

You will need to bring 2 Forms of acceptable identification to the fingerprinting appointment such as a:

- Driver's license
- Social security card
- Passport
- Birth certificate
- School ID card with a photograph

All documents must be unexpired, and one must be a photo ID. For a full list of acceptable identification documents see: <https://www.uscis.gov/i-9-central/acceptable-documents/list-documents/form-i-9-acceptable-documents>

The fingerprint results will be sent to the NIH within one to two days. DPSAC will receive the fingerprint results from Office of Personnel Management (OPM) and update your record. Individuals with a successful fingerprint check will then be notified via email that they have been authorized for an RLA ID badge. The email will contain instructions on how to schedule an appointment to pick up the badge. For a view of the step-by-stop process see: <https://www.ors.od.nih.gov/ser/dpsac/services/know-before-you-go/Pages/getting-your-badge.aspx>.

BACKGROUND CHECK: To be approved for logical and physical access to NIH facilities and systems, candidates must be able to pass a Federal background check using Standard Form-85 (https://www.opm.gov/forms/pdf_fill/sf85.pdf). NOTE: Section 14 of the form asks "In the last year, have you used, possessed, supplied, or manufactured illegal drugs?" The question pertains to the illegal use of drugs or controlled substances in accordance with Federal laws, even though permissible under state laws.

In summary, you can receive your badge as soon as (1) your contact information has been entered in NED and (2) the fingerprint check has been successfully completed. Your ID badge will be valid for the duration of the summer and should be turned in when you leave NIH.

SUMMER STUDENTS AT REMOTE LOCATIONS

Summer interns who will be reporting to NIH locations outside of Bethesda, like Rocky Mountain Laboratories (RML), NIEHS-Research Triangle Park (RTP), Baltimore, or Frederick, will receive fingerprint checks administered by appropriate local security staff. DPSAC will review the results of the fingerprint check and notify the students when they have been authorized for an RLA ID Badge. These remote locations will have local badging stations. Summer interns working at these locations should contact their local security office for information on where to obtain an RLA ID Badge and/or schedule an appointment. For contact information on all campuses see: https://www.ors.od.nih.gov/ser/dpsac/services/badge-issuance/Pages/getting-your-badge.aspx#summer_remote.

YOUR NIH ID BADGE AND EMAIL ACCOUNT

For your convenience, the NIH will issue you an ID badge and, perhaps, an NIH email account. You should use them only in your official dealings with the NIH. **IMPORTANT NOTE: Do not use your NIH email account outside the NIH or in social (or social media) situations. It is extremely important that you not give the impression that you speak for or represent the NIH.**

PREPLACEMENT MEDICAL EVALUATION

<https://www.ors.od.nih.gov/sr/dohs/HealthandWellness/OccupationalMedical/Pages/Summer-Student-Evaluations.aspx>

WHO NEEDS A PREPLACEMENT MEDICAL EVALUATION?

Summer trainees are required to complete a preplacement medical evaluation **before beginning laboratory work ONLY** if they will be working

- in Building 10 (all areas),
- with human blood, body fluids, or tissues,
- with human pathogens (infectious agents),
- with patients, (i.e., have any patient contact or work in patient care areas)
- with hazardous chemicals, (select carcinogens, reproductive toxins, or acutely toxic chemicals) or
- with animals (specifically, live vertebrates).

If one of these conditions applies to you, you should receive the evaluation prior to starting work or no later than two weeks after your start date. The OMS hopes to complete all these evaluations before July 1st.

HOW IS A MEDICAL EVALUATION ARRANGED?

Preplacement medical evaluations are provided by the **Occupational Medical Service (OMS)**. OMS is also where you go if you have a work-related health emergency while at the NIH.

OMS is located on the Bethesda campus in Building 10, Room 6C306, and the main phone number is 301-496-4411. Summer interns working in Baltimore at the Biomedical Research Center (BRC) should visit the OMS clinic at 251 Bayview Blvd, Suite 200, BRC Building Room 01B210. The phone number in Baltimore is 443-740-2308. In Frederick, trainees should visit the clinic at 8200 Research Plaza Room 1B116 on the Integrated Research Facility (IRF) campus of Fort Detrick. The number there is 301-631-7233.

There is no charge for this visit. You should schedule your appointment within two weeks of your start date.

The appointment will take approximately 20 minutes. OMS has tailored the evaluations to meet interns' individual needs as well as the requirements of the NIH. Please take the following steps to expedite your evaluation:

- Have your personal health care provider (HCP) complete a **Documentation of Immunization** form (this will help prevent your receiving an unnecessary immunization);
- If you cannot document your response to a tuberculin skin test within the past twelve months, have your HCP place and read a tuberculin skin test prior to your appointment in OMS (this will eliminate a second visit to OMS);
- If you are not yet 18 years old, have your parent or guardian complete the **Authorization for Treatment of a Minor** form;
- Please submit the required forms to OMS, either in person to Building 10, Room 6C306, by fax (301-402-0673), or by email: oms@mail.nih.gov.

Once OMS has received your completed forms, they will contact you to schedule the preplacement medical evaluation. It is very important that you provide OMS with the best way to contact you.

If you will work with nonhuman primates or will be in their presence, please mention this to OMS prior to your preplacement medical evaluation, as they may need to conduct additional tests. Minors who arrive at OMS without the **Authorization for Treatment of a Minor** form will not be seen.

LIMITATIONS ON THE ACTIVITIES OF MINORS

If you are under eighteen years of age at the time that you participate in the Summer Internship Program, you will be considered a minor, and the activities in which you can participate will be restricted. The following limitations will apply.

Minors may not work with

- radioactive isotopes;
- nonhuman primates;
- select agents (for example, Ebola and anthrax);
- human and nonhuman primate blood, body fluids, or tissues;
- human and nonhuman primate retroviruses; or
- select carcinogens, reproductive toxins, and acutely toxic chemicals as outlined in the NIH Chemical Hygiene Plan.

In addition, minors may not work in laboratories designated Biosafety Level 3 or Biosafety Level 4.

SUPERVISION OF STUDENTS IN LABORATORIES

It is the responsibility of your principal investigator to ensure your safety at the NIH. You can assist in this endeavor by making certain that the following principles are applied:

- You must be directly supervised any time you are working with potentially hazardous materials.
- You must be appointed under a hiring authority (as an IRTA/CRTA or FTE) or as a Special Volunteer so that proper insurance coverage applies.
- If you are a minor, your parents should sign a consent form that correctly describes your activities, to permit you to work in the lab.
- You must complete laboratory safety training.

TRANSPORTATION TO THE NIH AND PARKING

Summer Coordinators will be furnished with one-day parking passes for your first day. This one-day dashboard permit (only available between May 1 and June 30) will authorize you to park in Multi Level Parking 11, which is located on Rockville Pike at Gateway Drive. After you park, proceed to the Gateway Center (Building 66) to get a Visitor's badge. At the end of the day you will be required to surrender the one-day permit to the attendant at the parking booth.

Once you have been entered into NED (see above) and you have a NED ID number, you may apply for Transhare. You are encouraged to apply for Transhare as soon as you are entered in NED either in-person on the NIH campus by going to the NIH Parking Office (see below) or using the online Commuting and Parking Services (CAPS) form at <https://commuter.ors.od.nih.gov/?refresh=true> once you receive your NIH login information.

You can commute to the NIH in several ways:

TRANSHARE

The **NIH Transhare Program** provides commuter subsidies of up to \$270/month to qualified individuals who use mass transit to and from work. Summer interns, volunteers, and fellows are eligible. Subsidies are issued in the form of a SmartTrip card – similar to a credit card with a magnetized strip – that is used for transit payments. This subsidy is valid on Metro, local DC area buses, MARC/VRE trains, commuter buses, and vanpools.

Individuals who live in the National Capital Region and agree to use mass transportation for commuting between home and the work place are eligible for a transit subsidy. Complete information on the program can be found at <http://www.ors.od.nih.gov/pes/dats/Transhare/Pages/transhare.aspx>.

To apply for the NIH Transhare Program, you must fill out a "NIH Transhare Program Application" form in the Employee Transportation Services Office (ETSO), commonly known as the NIH Parking Office (Building 31, Room 1A11). The form has a commuting cost declaration process to assist you in calculating your monthly Transhare benefit, which is based on the distance you travel. Misrepresentation of your cost declaration could lead to criminal, civil, and/or administrative penalties. To ensure correct cost declaration, the Division of Amenities and Transportation Services (DATS) uses the WMATA (Metro) Trip Planner found at <https://wmata.com>.

Transhare subsidies will be available for the length of your internship.

The following links provide more detailed information on public transportation in the NIH area:

- Parking Office
 - Hours: 8:00 am – 4:00 pm, Monday through Friday
 - Location: Building 31/Room 1A11
 - Phone number: 301-496-5050
 - Email: nihparkingoffice@ors.od.nih.gov
- NIH Transportation website: <http://www.ors.od.nih.gov/pes/dats/Pages/index.aspx>
- Satellite Parking Lots: Montrose Park and Ride and Woodglen Park and Ride: <http://www.ors.od.nih.gov/pes/dats/parking/Pages/montrose.aspx>
- NIH Main Campus Map: <http://www.ors.od.nih.gov/maps/Pages/NIH-Visitor-Map.aspx>
- Metro Bus and Rail: <http://www.wmata.com>
- Employee Travel: Trains, MARC (Maryland Rail Commuter Service) and VRE (Virginia Rail Express): <https://www.commuterpage.com/ways-to-get-around/commuter-rail-marc-vre/>
- MetroAccess, curb-to-curb service for those unable to use public transportation: <https://www.wmata.com/service/accessibility/metro-access/>
- Maryland Transit Authority, subway, bus, and train systems in Maryland: <https://www.wmata.com>

PARKING AT SATELLITE PARKING LOTS: MONTROSE PARK AND RIDE AND WOODGLEN PARK AND RIDE

Students may apply for Parking Permits at the **NIH Parking Office** located in Building 31/Room 1A11. The temporary "Summer Parking Permit" is a dashboard placard for satellite parking. Students must present their NIH ID and vehicle registration to obtain a permit. NIH Satellite Parking Lots are located at Montrose Road and Hoya Street (Montrose Park and Ride) and Woodglen Drive and Nicholas Lane (Woodglen Park and Ride). To view maps detailing the satellite parking locations visit: <http://www.ors.od.nih.gov/pes/dats/parking/Pages/montrose.aspx>. The designated areas are marked with signage by Montgomery County, "North Bethesda Permits Only", but Montgomery County will recognize and honor NIH Parking Permits. Arrive early as having a parking permit does not guarantee you a spot. NIH runs a shuttle service loop between these locations and the campus. Information on the schedule and route of the Montrose Park and Ride Lot (Yellow Line) Shuttle can be found at <http://www.ors.od.nih.gov/pes/dats/nihshuttleservices/Pages/shuttle.aspx>.

Note: Summer interns are not permitted to park on the main NIH campus. Those working at satellite locations may have access to parking at those locations. Ask your summer program coordinator.

Summer students who are handicapped and have handicap tags/hangers may park in any handicapped space on the campus that is not reserved for a specific NIH handicapped employee. Anyone who has handicap tags/hangers may also park at any metered space without paying.

BICYCLING

Those interested in bicycling to the NIH may find some links of interest here: <http://www.ors.od.nih.gov/pes/dats/nihbicycleprogram/Pages/default.aspx>.

NIH Bicyclists can transport their bicycles on three (3) of the NIH shuttles. Campus Shuttles #32, #41 and Montrose Shuttle #34 are equipped with the same bike racks as Metro buses. For instructions on how to use the bike racks visit WMATA: <https://www.wmata.com/service/bikes/>.

SHUTTLES

The NIH runs several shuttle lines. All summer students can ride any NIH employee shuttle. Shuttles are available Monday through Friday, except Federal holidays. Some circle the Bethesda campus at regular intervals, while others connect the Bethesda campus with nearby NIH laboratories and offices such as those on Executive Boulevard and at Rockledge. You can find shuttle routes and schedules at <http://www.ors.od.nih.gov/pes/dats/nihshuttleservices/Pages/shuttle.aspx>. Information on the NCI-Frederick Shuttle is posted at <http://ncifrederick.cancer.gov/Staff/Shuttle.aspx>.

Note: Real time updates on shuttle arrivals are now available: <http://wtsshuttle.com>.

PAYING TAXES ON YOUR SUMMER INCOME

Summer interns are generally appointed in one of two ways, as Student IRTAs/CRTAs (recipients of Intramural Research Training Awards; Cancer Research Training Awards in the NCI) or FTEs (Full-Time Equivalents or employees).

If you are paid as a Student IRTA/CRTA,

- you are considered a trainee, not an employee,
- social security taxes are not deducted from your stipend,
- no income taxes are withheld from your stipend,
- your "income" is reported on a Form 1099G as a **taxable grant**,
- if you earned enough during the year to be liable for income taxes, you must report the income shown on your 1099G on Form 1040 on line 21, "other income,"
- you should not indicate that you are self-employed or file a Schedule C.

If you are appointed as an FTE,

- you are considered an NIH employee,
- social security taxes are deducted and income taxes are withheld from your stipend,
- your income is reported on a Form W2 as **wages, tips, and other compensation**,
- if you earned enough during the year to be liable for income taxes, or if you are due a refund, you should report the income shown on your W2 on line 7 of Form 1040 or the equivalent line on Form 1040EZ or 1040A.

Before you leave the NIH, make sure the Office of Financial Management has your current address so they can forward tax information.

You should receive your Form 1099G or W2 by February 15. If you do not, or if your address has changed, contact the **NIH Office of Financial Management at 301-496-5635**.

If you are paid by the NIH via some other mechanism or by another agency, please contact the Administrative Officer at the NIH responsible for your laboratory or the responsible administrator at the other agency for tax information. It would be best to do this before you leave the NIH at the end of the summer.

Remember, whoever pays you sends a copy of your Form 1099G or W2 to the Internal Revenue Service. If you have a tax liability, you must file a Federal Income Tax Return. If the government owes you money, it's in your own best interest to file.

NIH ANTI-HARASSMENT GUIDELINES AND RESOURCES

- Preventing and Addressing Harassment and Inappropriate Conduct: <https://policymanual.nih.gov/1311>
- Harassment Doesn't Work Here: https://www.training.nih.gov/harassment_doesnt_work_here
- NIH Policy Statement: Personal Relationships in the Workplace: <https://hr.nih.gov/working-nih/civil/nih-policy-statement-personal-relationships-workplace>

The National Institutes of Health (NIH) does not tolerate pervasive or severe harassment of any kind, including sexual harassment. Only in safe and respectful work environments can individuals grow and learn while carrying out the important work that supports the NIH mission. To foster a work environment free from sexual harassment, we want to ensure that individuals know their rights, where to report incidents of sexual harassment, and the resources available to them.

We appreciate that being a trainee complicates the process of reporting harassment. You may be worried about how your PI (or others in a position to influence your career) will respond; you may be concerned that you will have to change research groups; or you may fear that the process will affect your applications for school or jobs. Please note that the new NIH Anti-harassment Policy prohibits supervisors or others in positions of power from retaliating against individuals who report harassment or report witnessing harassment.

Please visit Civil (<https://hr.nih.gov/working-nih/civil>) to learn more about the NIH Anti-harassment Policy and the procedures for reporting harassment at the NIH.

Please read the Civil Tool Kit for Trainees carefully (https://ohr.od.nih.gov/intrahr/Documents/civil/ManualChapter1311ToolkitforTraineesandFellows_508.pdf). It describes options for reporting harassment including options for that allow you to remain anonymous. If you wish to discuss the situation confidentially, you can reach out to the NIH Employee Assistance Program (<https://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/EAP/Pages/index.aspx>) or the NIH Office of the Ombudsman (<https://ombudsman.nih.gov/>).

The NIH Office of Intramural Training & Education (OITE) is committed to working with trainees who make harassment allegations, who report witnessing harassment, or who are implicated in harassing behavior. We will coordinate with NIH Civil and provide trainees guidance and support throughout the process.

Note that OITE staff are required to report allegations of harassment to the NIH Civil Program. However, OITE can make an anonymous report on your behalf. You can also make an anonymous report by calling the Civil Anti-harassment Hotline at 833-224-3829 or by completing an online form.

You can contact Dr. Sharon Milgram, OITE Director, to discuss reporting allegations of harassment or the related issue of workplace relationships (you can find the NIH policy statement on Workplace Relationships at <https://hr.nih.gov/working-nih/civil/nih-policy-statement-personal-relationships-workplace>). Dr. Milgram can be reached at 301-594-2053 or milgrams@od.nih.gov. **If you feel unsafe and need immediate help, please call the NIH Police (on the main campus in Bethesda: 911; off-campus: 9-911; Fort Detrick in Frederick: 9-911; RML: 0).**

We all play a role in assuring that the NIH is free of harassing behavior. Harassment doesn't work here!



TRAINING COURSES

LABORATORY SAFETY

The NIH is responsible for the promotion of safe work practices for all who work in NIH research facilities, including summer students. The Division of Occupational Health and Safety offers several **required** laboratory safety courses that summer research trainees must complete within 30 days of beginning to work in a laboratory. The courses listed below provide training in the safe work practices and procedures to be employed when working in the NIH research environment. Laboratory supervisors are responsible for ensuring that their staff members attend the correct training prior to working with potentially hazardous materials. Note: Students will be allowed to complete laboratory safety training before they have received their NIH ID badges.

IMPORTANT NOTES: (1) The descriptions in this section apply only to the Baltimore and Bethesda campuses. If you are interning at a different campus, make certain you complete any required laboratory safety training. (2) Trainees in Bethesda can complete two of the courses described below, **NIH Laboratory Safety Training 101** and **Working Safely with HIV and Other Blood borne Pathogens for Non-hospital Personnel** online; trainees on the Baltimore campus must complete classroom versions of the courses. (3) Please use either a **personal email address** or your NIH email rather than a school-assigned email address when registering for the safety training courses.

INTRODUCTION TO LABORATORY SAFETY

The online introductory course in laboratory safety is **mandatory** for **all new laboratory research trainees**. It must be completed prior to attending any other courses or working in an NIH lab. The course introduces laboratory personnel to common hazards and exposure risks, including chemical, radiological, and biological hazards that are found in NIH research laboratories. It provides instruction on how to prevent exposure to these hazards and procedures for emergency response. The course also covers NIH waste-handling procedures as well as methods to ensure the

research laboratory is free from common physical hazards. It provides information on NIH security policies and procedures. To access the online course, go to <https://www.safetytraining.nih.gov>. This course can be accessed from any computer, private or NIH owned.

STARS "LEARN-BY-DOING" LABORATORY SAFETY TRAINING

<https://www.safetytraining.nih.gov/#61>

After completing the computer-based **Introduction to Laboratory Safety, trainees age 21 or under who are new to the NIH**, must attend a hands-on course in laboratory safety entitled "**Learn-by-doing.**"

"**Learn-by-doing**" is taught by occupational safety and health professionals who have practical working laboratory experience. A broad range of laboratory safety topics will be covered including, but not limited to: the principles of biosafety; chemical handling and use; common laboratory hazards; and emergency preparedness. The learning objectives will be met through active dialogue between students and instructors. Students will work in small groups with an instructor to practice and learn laboratory safety techniques as well as the rules of safe conduct. Students and instructors will problem solve and think critically together through a series of learning exercises.

To demonstrate comprehension of the material, students must complete a quiz. The minimum passing grade is 85 percent. If necessary, additional one-on-one instruction will be provided to ensure successful course completion.

STARS "Learn-by-doing" Laboratory Safety Training

will be offered either from 8:30 am to 12:00 pm or 1:00 to 4:30 pm from the end of May until the end of July. STARS Training is a summer program only. Designed for individuals 21 years old and younger, it is a substitute for NIH Laboratory Safety Training 101.

To see available dates and to register, visit <https://www.safetytraining.nih.gov>.

NIH LABORATORY SAFETY TRAINING 101

After completing the computer-based **Introduction to Laboratory Safety**, new summer trainees over the age of 21 are required to complete a second online course entitled **NIH Laboratory Safety Training 101**. This course provides training on the recognition and control of common physical, chemical, and biological hazards found in NIH research laboratories. It includes required information on NIH policies and procedures for working safely in the research laboratory as well as methods for hazardous waste minimization. The course also covers engineering controls and personal protective equipment as well as the NIH medical surveillance program available through the Division of Occupational Health and Safety, Occupational Medical Service. Completion of this course assists in meeting the training requirement of the OSHA Hazard Communication Standard and Occupational Exposure to Hazardous Chemicals in Laboratories Standard.

To register: <https://www.safetytraining.nih.gov>.

LABORATORY SAFETY REFRESHER COURSE (ONLINE TRAINING COURSE)

All **returning summer interns** must complete a one-hour mandatory computer-based **Laboratory Safety Refresher Course** that provides updates on safety procedures and policies that govern laboratory safety at the NIH.

The refresher course should be completed online at: <https://www.safetytraining.nih.gov>.

Registration for all Division of Occupational Health and Safety Training can be completed at the same website.

BLOODBORNE PATHOGEN TRAINING

WORKING SAFELY WITH HIV AND OTHER BLOODBORNE PATHOGENS FOR NON-HOSPITAL PERSONNEL

This online course is for all individuals working with bloodborne pathogens. Attendance at this program is mandatory for research personnel who work with or who may be exposed to

- human blood, body fluids, and/or tissues;
- human or nonhuman primate retroviruses;
- hepatitis B and C viruses;
- other bloodborne pathogens;
- animals or their housing.

The course provides research personnel with information on working safely with bloodborne pathogens in NIH research laboratories in accordance with the OSHA Bloodborne Pathogen Standard. This course specifically discusses work practices in Biosafety Safety Level 2 and 3 laboratories, common causes of exposure, and the use of controls to prevent exposure. The course outlines steps to take in case

SUMMER STUDENT SAFETY TRAINING REQUIREMENTS AT A GLANCE

NEW STUDENTS		
Under 18 Years Old	18 to 21 Years Old	Over 21 Years Old
Introduction to Lab Safety (online training) STARS* "Learn-by-doing" Lab Safety Training	Introduction to Lab Safety (online training) STARS* "Learn-by-doing" Lab Safety Training Bloodborne Pathogen Training** †	Introduction to Lab Safety (online training) NIH Laboratory Safety Training 101 (online training)† Bloodborne Pathogen Training** †
RETURNING STUDENTS		
Under 18 Years Old	18 to 21 Years Old	Over 21 Years Old
Lab Safety Refresher Training (online)	Lab Safety Refresher Training (online) Bloodborne Pathogen Refresher Training** (online)	Lab Safety Refresher Training (online) Bloodborne Pathogen Refresher Training** (online)

* STARS: Safe Techniques Advance Research Science

** as applicable

† in Baltimore, you must complete a classroom course rather than the online version

of a potential exposure and reviews medical pathological waste disposal procedures.

Working Safely with HIV and Other Bloodborne Pathogens will be offered several times a month during the summer. For the course schedule and to register, please see <https://www.safetytraining.nih.gov>.

Please note: Credit for attendance will not be given to late arrivals. Individuals who are late will be asked to reschedule.

BLOODBORNE PATHOGEN REFRESHER TRAINING

This online course provides annual refresher training for research laboratory personnel who may potentially be exposed to bloodborne pathogens during their work in the research laboratory and have previously attended **Working Safely with HIV and Other Bloodborne Pathogens**. The course provides researchers with the latest information on bloodborne pathogen risks in the research laboratory as well as information on means of protection from potential occupational exposures. Summer researchers who have completed the **Working Safely with HIV and Other Bloodborne Pathogens** course within the last three years can complete the refresher course instead of the full bloodborne pathogen course. Annual completion of a Bloodborne pathogen course is mandatory for all laboratory research personnel who work with or who may potentially be exposed to bloodborne pathogens.

To register for any Division of Occupational Health and Safety course, please use the online registration program available at <https://www.safetytraining.nih.gov>. This can be accomplished **from ANY computer, private or NIH owned**.

RADIATION SAFETY

We do not mandate that all summer students or trainees 18 years of age or older entering labs posted for radioactive material take the **Radiation Safety Orientation (RSOR)** online module http://drsportal.ors.od.nih.gov/pls/onlinecourse/training/start_orientation.html, we simply recommend it for general awareness purposes. It is up to the posted lab's Authorized User (AU), usually the PI, to ensure that anyone entering the lab is properly trained (which could mean many things, depending on what that person is actually doing in the posted lab). Minors who are 17 years old can work with radioactive material ONLY AFTER receiving special permission from the NIH Radiation Safety Officer (RSO) via the RSO's signature on the application form (see requirements at <http://drs.ors.od.nih.gov/training/Pages/minor.aspx>). Minors who are simply working in a posted lab (and not working with or using radioactive material) should be trained. However, again, while we recommend they take the RSOR, it is up to the lab's AU/PI to require that training.

Anyone (including all Summer Interns) planning to handle radioactive materials must (1) register with Division of Radiation Safety (DRS) http://drsportal.ors.od.nih.gov/pls/onlinecourse/training/start_registration.html, (2) complete a **dosimeter evaluation form (DEF)**, http://drsportal.ors.od.nih.gov/pls/onlinecourse/training/dosimetry_form.html, and (3) take the **Radiation Safety in the Laboratory (RSL)** course, prior to beginning research.

You can call 301-496-2255 to register for the RSL class or do so online at http://drsportal.ors.od.nih.gov/pls/onlinecourse/training/start_registration.html. If you are a returning summer student, you do not need to repeat this course, as long as you have taken it within the last four years. You do, however, need to call 301-496-2255 to be reactivated in the Radiation Safety database (assuming you were inactivated when you left) and complete a revised DEF. The Division of Radiation Safety can also provide you with your DRS number at that time upon request. Individuals who have been away from the NIH for more than four years must retake the RSL course.

2020 RSL courses will be held online and can usually be completed in less than four hours.

Optional "Practical Exercise" training is now available

- Spill response and recovery drills are provided to help Users gain experience in the event that radioactive contamination escapes a working boundary.
- Drills are scenario-based and are tailored to the working environment of the student.
- Practical exercise training is required if a User plans to participate in activities covered under a DRS protocol.
- This additional training is required for minors age 17.

You will need to use a computer that has access to the NIH network to take the Radiation Safety courses and view the DRS website.

ANIMAL CARE AND USE

The Office of Animal Care and Use (OACU) offers a variety of training courses for NIH intramural personnel who work with animals. These courses are free and fulfill Federal training requirements for working with animals. Depending on what species you will be working with, different courses are required. You may register online at <https://oacu.nih.gov/training-resources> or by calling the OACU at 301-496-5424.

USING ANIMALS IN INTRAMURAL RESEARCH: GUIDELINES FOR ANIMAL USERS

Students who will be working with animals under the direction of a senior scientist must complete **Guidelines for Animal Users** before beginning their work. The course is offered in an online, web-based format. It describes proper care and use of animals in a research laboratory. Additional discussion of animal handling, restraint, and breeding is presented to assure humane management of the animals.

The online course takes approximately 90 minutes to complete but does not have to be finished in one sitting. To access the online course, go to <https://oacutrainig.od.nih.gov>.

WORKING SAFELY WITH NONHUMAN PRIMATES

This course is required for all trainees who will be working with nonhuman primates (NHP). You will learn about the normal behavior of NHP to help prevent injury and exposure to pathogens, such as Herpes B-virus, that are transmissible to humans. The course, which consists of a video, handouts, and a quiz, is given on an individual basis at the animal facility. Further information on this course can be obtained from your Institute/Center Animal Program: https://oacu.nih.gov/sites/default/files/uploads/information-for-scientists/ic_contact.pdf.

HANDS-ON ANIMAL TECHNIQUES: RODENT WORKSHOPS

The **Rodent Workshops** are optional opportunities to learn manual handling, sampling, and restraint techniques used in the laboratory with live animals. These half-day, small-group sessions provide an opportunity for individual instruction by certified laboratory animal technologists.

Hands-on Mouse Workshops are offered during the summer. See <https://oacutrainig.od.nih.gov> to register. You can start registering six weeks in advance, but note that the registration closes two weeks before the scheduled date of each workshop. **Hands-on Rat Workshops** may be offered upon request.

OPTIONAL RESEARCH ETHICS COURSES

As scientists, our work is based and depends heavily on the work of those who came before us. It is absolutely essential that they conducted and reported their research responsibly, and we have a similar responsibility to those who will follow. To learn about what constitutes the responsible conduct of research and what ethical issues are of concern to investigators, take a look at the **Ethics and Scientific Research Study Guide** developed by NCI investigators at NCI-Frederick. The guide can be found at <https://training.ncifcrf.gov/Classroom/Default.aspx?CourseId=12>. See also **Ethics in Research for Summer Interns** on p. 13.



THINK ABOUT THE FUTURE

IMPORTANT PAPERWORK

Six to ten years from now you might be applying for a position that requires security clearance or hospital privileges or for a government job. Keep a copy of your IRTA/CRTA or other award letter in a safe place for when that day comes. The OITE does not keep records of who has been a trainee at the NIH. Before you leave, make sure the Office of Financial Management has your current address so they can forward tax information.

JOIN THE ALUMNI DATABASE

<https://www.training.nih.gov/alumni/register>

Former trainees are a huge resource! Regardless of where you go next, we would love to know what you are doing. Why should you consider joining the Alumni Database? Here are several reasons:

- First, what's in it for YOU? Networking! You will be helping to create a searchable database of potential colleagues that you can mine to meet your own needs and those of your students and friends.
- The OITE invites former NIH trainees to speak at events like the Career Symposium. The success of those ventures depends on our keeping in contact with a diverse group of NIH alumni that could include you.
- Applicants to NIH training programs often want to know where program participants go next. Where do NIH postdocs go to graduate or professional school? Where do NIH postdocs find jobs? You can help us provide those data.
- If you wish, you can become part of a worldwide network of NIH alumni who are willing to answer current trainees' questions about schools and jobs.

How does the database work?

- Information that you enter into the database will be made public, e.g., to applicants to NIH programs or in publications describing NIH programs, only in the aggregate; no personally identifiable information will be published.
- Your personally identifiable information (see below) will be included in the searchable database only if you authorize the OITE to include it. You can change your mind at any time.

- Only former NIH trainees with entries in the Alumni Database, current NIH trainees, and NIH staff will be able to search the Database.

You can update your educational and/or employment history and preferences at any time.

AFTER YOUR INTERNSHIP: COMING BACK TO THE NIH

NIH UNDERGRADUATE SCHOLARSHIP PROGRAM (UGSP)

The NIH Undergraduate Scholarship Program (UGSP) offers scholarship awards to undergraduate students from disadvantaged backgrounds who are committed to careers in biomedical, behavioral, and/or social science health-related research. The financial benefits of up to \$20,000 per year can be used to cover tuition, plus reasonable educational and living expenses. In addition to the scholarship, awardees are required to complete internships on the NIH campus during the summer and after graduation.

For more details regarding eligibility and to apply, visit the UGSP website, <https://www.training.nih.gov/programs/ugsp>. To request additional information, email ugsp@nih.gov.

POSTBACCALAUREATE INTRAMURAL RESEARCH TRAINING AWARD (IRTA)

The Postbaccalaureate Intramural Research Training Award (IRTA) is a program for US citizens or permanent residents who have (1) been awarded a bachelor's degree no more than 3 years prior to the activation date of the Traineeship or (2) completed a master's degree less than 6 months prior to the activation date of the Traineeship and who intend to apply to graduate school in a biomedical program or to professional (medical, dental, pharmacy, etc.) school during their tenure at the NIH or (3) students who have been accepted into graduate or professional school as outlined above and have written permission from their school to delay entrance for up to 1 year. The program includes more than 1400 students.

The program features

- the option of applying to the NIH Academy Fellows and Certificate programs (https://www.training.nih.gov/new_nih_academy_home), which focus on health disparities,
- a Postbac Committee that plans social and community service activities,
- a monthly seminar series: three postbacs present their work in each session,
- workshops on applying to and interviewing for graduate or medical school, talking science, presenting a poster, preparing for the GRE or MCAT, etc.,
- workshops on career exploration, resilience, and leadership,
- access to the OITE Career Services Center, pre-graduate and pre-professional advising, and wellness advising,
- Postbac Poster Day in the spring,
- the Graduate & Professional School Fair in the summer,
- an official listserv (OITE-POSTBACS), and
- community service activities.

For more information, visit https://www.training.nih.gov/programs/postbac_irta.

GRADUATE PARTNERSHIPS PROGRAM (GPP)

The Graduate Partnerships Program (GPP) links the National Institutes of Health (NIH) to national and international universities in the training of graduate students. Participants get the best of both worlds – the academic environment of a university and the breadth and depth of research at the NIH. The program focuses on training the next generation of scientific leaders by accelerating communication and collaboration skills. Over 400 graduate students, representing more than 100 universities worldwide, work and study at the NIH.

Graduate students come to the NIH in one of two ways: 1) If you have an undergraduate degree and you would like to pursue a PhD in the biomedical sciences, you can apply to one or more of the GPP Institutional Partnerships. Students apply concurrently to the GPP and to a partner university. Enrollment is limited to US citizens and US permanent residents. 2) If you are currently enrolled in a PhD program and you would like to perform part or all of your dissertation research at the NIH, consider developing an individual agreement between an NIH investigator and your graduate university. Individual agreements are open to US Citizens, US permanent residents, and foreign nationals currently enrolled in a PhD or equivalent program.

All graduate students at the NIH are part of the GPP and can take advantage of the graduate student community and career and professional development services supported by the Office of Intramural Training & Education (OITE). For more information, visit <https://www.training.nih.gov/programs/gpp>.

PROGRAMS FOR MEDICAL, DENTAL, AND VETERINARY STUDENTS

The NIH Medical Research Scholars Program (MRSP)

The MRSP is a comprehensive, year-long research enrichment program designed to attract the most creative, research-oriented medical, dental, and veterinary students to the intramural campus of the NIH in Bethesda, MD. Scholars engage in a mentored basic, clinical, or translational research project in an area that matches their professional interests and career goals. MRSP Scholars witness, participate in, and collaborate on rigorous, hands-on research, with offerings across the full continuum of biomedical research—the bench, the bedside, and in between—including computational biology, medical informatics, and other emerging areas of contemporary science. Scholars augment their research experiences through journal clubs with peers and a lecture series to learn more about the scientific discovery process, as well as science policy, issues in bioethics, and emerging technologies. For more information about the MRSP, see <https://www.cc.nih.gov/training/mrsp/index.html>.

The NIH Clinical Electives Program (CEP)

The CEP provides opportunities for allopathic or osteopathic medical students and dental students to care for patients and explore clinical investigation during short-term elective rotations in more than 30 subspecialty areas. CEP is open to senior level students or MD-DO/PhD students in good academic standing who have completed (or are in the process of completing) their core clerkships in medicine, obstetrics and gynecology, pediatrics, psychiatry, and surgery. Most elective rotations in the specialty areas are offered for periods of four to twelve weeks, beginning usually on the first Monday of each month. Participants learn about the design and conduct of natural disease history studies, phase 1 or 2 clinical trials, and fundamental principles of translational medicine while evaluating or treating patients who are enrolled in investigational protocols in the clinics or on the wards of the NIH Clinical Center, the world's largest hospital devoted to human subject research. For more information, see https://www.cc.nih.gov/training/students/clinical_electives.html.



CONTACTS

CENTRAL SUMMER INTERNSHIP PROGRAM (SIP) COORDINATOR

Dr. Yewon Cheon
 Director, Postbaccalaureate & Summer Research Program
 Office of Intramural Training & Education
cheony@mail.nih.gov
 301-451-2018
 Room 2W17, Building 2

Summer Internship Program (SIP) Coordinators and Subprogram Coordinators are listed in the table below and on the following pages.

If you need additional information for a contact, such as phone number or address, you can look the individual up in NED, the NIH Enterprise Directory (<https://ned.nih.gov/search/search.aspx>).

Institute/Center	SIP Coordinator	HS-SIP Coordinator
Summer Internship Program (SIP) Coordinators		
Clinical Center (CC)	Deborah Aning; Jennifer Simmons	Deborah Aning; Jennifer Simmons
National Center for Advancing Translational Sciences (NCATS)	Carrie Watkins	Dr. Brittany Haynes
National Center for Complementary and Integrative Health (NCCIH)	Dr. Helena Ahn; Belinda Davis	N/A
National Cancer Institute—Center for Cancer Research (NCI-CCR)	Vi Black	Dr. Dan Edelman
National Cancer Institute -Division of Cancer Control and Population Sciences (NCI-DCCPS)	Dr. Richard P. Moser	Dr. Richard P. Moser
National Cancer Institute—Division of Cancer Epidemiology and Genetics (NCI-DCEG)	Diane Wigfield	Dr. Jackie Lavigne
National Cancer Institute—Division of Cancer Treatment and Diagnosis (NCI-DCTD)	Paula Itnyre	Paula Itnyre
National Cancer Institute- Frederick National Laboratory for Cancer Research (FNLCR), Frederick Campus	Marsha Nelson-Duncan	Marsha Nelson-Duncan

Institute/Center	SIP Coordinator	HS-SIP Coordinator
National Eye Institute (NEI)	Dr. Cesar Perez-Gonzalez	Dr. Cesar Perez-Gonzalez
National Human Genome Research Institute (NHGRI)	Dr. Faith Harrow	Dr. Faith Harrow
National Heart, Lung, and Blood Institute (NHLBI)	Justine Dawes	Justine Dawes
National Institute on Aging (NIA)	Arlene Jackson	Arlene Jackson
National Institute on Alcohol Abuse and Alcoholism (NIAAA)	Richard Doucette	Richard Doucette
National Institute of Allergy and Infectious Diseases (NIAID)	Katie Soucy; Angela Harris; Jennifer Patterson West	Katie Soucy; Angela Harris; Jennifer Patterson West
NIAID-RML	Angela Harris; Jennifer Patterson West	Angela Harris; Jennifer Patterson West
National Institute of Allergy and Infectious Diseases Vaccine Research Center (NIAID-VRC)	Sarah Austin	Sarah Austin
National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)	Dr. Robert Walker	N/A
National Institute of Biomedical Imaging and Bioengineering (NIBIB)	Marcella Canada; Michelle Ware	Marcella Canada; Dr. Nicole Morgan
Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)	Carol Carnahan; Dr. Erin Walsh	Monica Cooper; Dr. Erin Walsh
National Institute on Drug Abuse (NIDA)	Dr. Stephen Heishman	Christie Brannock
National Institute on Deafness and Other Communication Disorders (NIDCD)	Karen Fischer	Karen Fischer; Dr. Elyssa Monzack
National Institute of Dental and Craniofacial Research (NIDCR)	Dr. Belinda Hauser	Dr. Belinda Hauser
National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)	Kala Viswanathan; Nicole Ray	Kala Viswanathan
National Institute of Environmental Health Sciences (NIEHS)	Katherine Hamilton	Katherine Hamilton

Institute/Center	SIP Coordinator	HS-SIP Coordinator
National Institute of Mental Health (NIMH)	Aneka Reid; Sandy Gomez	Aneka Reid
National Institute on Minority Health and Health Disparities (NIMHD)	Brenda Parker	Brenda Parker
National Institute of Neurological Disorders and Stroke (NINDS)	Dr. Angel de la Cruz Landrau; Dr. Rita Devine	Dr. Angel de la Cruz Landrau
National Institute of Nursing Research (NINR)	Dr. Pamela Tamez	N/A
National Library of Medicine-Lister Hill Center (NLM-LHC)	Dr. Paul Fontelo; Cuong Tran	Dr. Paul Fontelo; Cuong Tran
National Library of Medicine-National Center for Biotechnology Information (NLM-NCBI)	Cuong Tran; Josh Clowser	Cuong Tran
NIH Summer Internship Program (SIP) Subprogram Coordinators		
OD - AMGEN Scholars Program at NIH	Dr. Ella Ulricke (Ülli) Klenke	
OD - Community College Summer Enrichment Program (CCSEP) and College Summer Opportunity to Advance Research (C-SOAR)	Dr. Erika Barr	
OD - Graduate Summer Opportunity to Advance Research (G-SOAR) and Graduate Data Science Summer Program (GDSSP)	Dr. Phil Ryan; Dr. Philip Wang	
OD - High School Scientific Training and Enrichment Program (HiSTEP)		Dr. Kristen Zukosky
OD - High School Scientific Training and Enrichment Program 2.0 (HiSTEP 2.0)		Dr. Natasha Lugo-Escobar
OD - Undergraduate Scholarship Program (UGSP)	Dr. Darryl Murray; Dr. Virginia Meyer	



USEFUL WEBSITES

The Office of Intramural Training & Education (OITE)	https://www.training.nih.gov
NIH RESOURCES	
The main NIH website	https://www.nih.gov
A quick way to find answers to your questions about the NIH	https://jumpstart.nih.gov
NIH Frequently Asked Questions	https://www.nih.gov/about-nih/frequently-asked-questions
The NIH Enterprise Directory (NED)	https://ned.nih.gov/search
NIH Online Orientation	https://ams.hhs.gov/amsLogin/SimpleLogin.jsp
NIH Security Information	https://security.nih.gov/Pages/Home.aspx
NIH RESEARCH & TRAINING RESOURCES	
NIH Intramural Research Program	https://irp.nih.gov
NIH Intramural Research—Scientific Focus Areas	https://irp.nih.gov/our-research/scientific-focus-areas
NIH Intramural Database (Institute and Center Annual Reports, which are searchable so that you can find investigators working in particular areas of interest)	https://intramural.nih.gov/search/index.taf
<i>Guidelines for the Conduct of Research at the NIH</i>	http://sourcebook.od.nih.gov/sites/default/files/uploads/sourcebook/documents/ethical_conduct/guidelines-conduct_research.pdf
<i>Guidelines for Scientific Record Keeping in the Intramural Research Program at the NIH</i>	http://sourcebook.od.nih.gov/sites/default/files/uploads/sourcebook/documents/ethical_conduct/guidelines-scientific_recordkeeping.pdf
<i>A Guide to Training and Mentoring in the Intramural Research Program at NIH</i>	http://sourcebook.od.nih.gov/sites/default/files/uploads/sourcebook/documents/mentoring/guide-training_and_mentoring-10-08.pdf
NIH Scientific Interest Groups	https://oir.nih.gov/sigs
NIH VideoCasting and Podcasting	https://videocast.nih.gov
NIH Laboratory Safety Training	https://www.safetytraining.nih.gov
Occupational Medical Service	https://www.ors.od.nih.gov/sr/dohs/Pages/default.aspx

NIH Library	https://www.nihlibrary.nih.gov/agency/nih
The NIH Office of the Ombudsman, Center for Cooperative Resolution	https://ombudsman.nih.gov
NIH AMENITIES & SERVICES	
Banking: NIH Federal Credit Union	https://www.nihfcu.org
NIH Calendar of Events	https://calendar.nih.gov/app/MCalWelcome.aspx
Fitness Centers	https://govemployee.com/nih/rw-services-membership/fitness-home/building-31-2/
Food: Dining Centers	https://www.ors.od.nih.gov/pes/dats/food/Pages/index.aspx
Health & Wellness	https://www.ors.od.nih.gov/pes/dats/wellness/Pages/index.aspx
Housing: R&W Housing List	https://govemployee.com/classifieds/
Volunteer: NIH Blood Bank	https://www.cc.nih.gov/bloodonor
NIH CAMPUS ACCESS & TRANSPORTATION	
NIH Baltimore Campus Map	https://irp.nih.gov/about-us/research-campus-locations/bayview-campus
NIH Bethesda Campus Map	https://www.ors.od.nih.gov/maps/Pages/NIH-Visitor-Map.aspx
NIH Frederick Campus Map	https://ncifrederick.cancer.gov/Media/Documents/CampusMap.pdf
NIH Transshare: agree not to drive your car to the NIH and receive subsidies for public transportation	http://www.ors.od.nih.gov/pes/dats/Transshare/Pages/transhare.aspx
NIH Travel and Transportation Services including Campus Shuttle	http://www.ors.od.nih.gov/pes/dats/Pages/index.aspx
Real Time GPS Shuttle Locations	https://wttsshuttle.com
Ride-On Map, map of Montgomery County, MD, bus routes	https://www.montgomerycountymd.gov/dot-transit/index.html
Washington Metro Area Transit Authority, a guide to the buses and subways in Washington, DC and the surrounding counties	https://www.wmata.com
OTHER RESOURCES TO HELP YOU GET SETTLED	
OITE Moving Guide	https://www.training.nih.gov/resources/justarrived
Craigslist	https://washingtondc.craigslist.org
<i>The Washington Post</i>	https://www.washingtonpost.com/regional/
<i>The Washington Times</i>	https://www.washingtontimes.com
<i>The Washington Examiner</i>	https://www.washingtonexaminer.com
Freecycle: Give away items in good condition you no longer need, get items you can use, ease the burden on our landfills	https://www.freecycle.org/



WASHINGTON METROPOLITAN AREA ACTIVITIES

Some of the best resources for meeting people and getting to know that DC area are right here at the NIH. In addition to providing NIH staff and trainees with fitness facilities, stores, and other benefits, the NIH/NOAA R&W Association sponsors numerous clubs. These clubs offer a way of making those all-important social connections. They focus on diverse activities such as biking, dancing, fencing, golf, hiking, martial arts, music performance, photography, sailing, skiing, softball, and Toastmasters. If you are looking to balance your scientific and career interests with something on the lighter side, go to <https://govemployee.com/nih/rw-services-membership/clubs-organizations/>.

ENTERTAINMENT AT THE NIH

MANCHESTER STRING QUARTET AT NIH

The Manchester String Quartet, made up of principal string players from the National Symphony, presents free monthly performances on Mondays at 12:30 pm in Masur Auditorium, Building 10. Check the NIH events calendar (<https://calendar.nih.gov>) for dates.

NIH COMMUNITY ORCHESTRA (NIHCO)

<http://nihco.org/cms/>

For musical activities of a more participatory nature, NIH has its own orchestra, the NIH Community Orchestra (known initially as the NIH Chamber Orchestra), which began meeting in October 1996 to provide an orchestral outlet for the rich and diverse musical talent of the NIH and HHS research community. In the following year, it added woodwinds and brasses and quickly expanded its size and repertoire. The NIHCO roster often includes employees of other government agencies (including NASA, LOC, DOJ), local high school students and educators, and members of the general community.

NIH PHILHARMONIA

<http://www.nihphil.org>

The NIH Philharmonia is an all-volunteer orchestra founded in 2005 under the professional musical direction of Dr. Nancia D'Alimonte. The orchestra was established by a core group of NIH scientists and Federal workers and members of the local community with the goal to play orchestral music from all genres in free concerts open to the public. The orchestra is open to enthusiastic new members experienced in orchestral playing at an advanced level. Interested musicians should contact info@nihphil.org. NIH staff and trainees as well as those living in the surrounding community are eligible for membership. For more about the program, including a video preview from Music Director Nancia D'Alimonte and the complete schedule for the Orchestra, please visit the orchestra's website.

NIH CHAMBER SINGERS

<https://www.facebook.com/NIHChamberSingers>

The NIH Chamber Singers are a small group of individuals who enjoy singing all styles and genres of a cappella choral music. Programs are designed to be varied and entertaining to both the singers and the audiences. The NIH Chamber Singers perform two series of concerts each year for NIH patients and staff and the community at large. Participation in the NIH Chamber Singers is open to all NIH community members.

NERDS IN HARMONY

<https://nerdsinharmony.webs.com/>

Nerds In Harmony is a co-ed a cappella ensemble comprised of scientists from Bethesda, MD. The group can trace its origins back to 2004 when some postbac fellows at the NIH started "IRTApella." Later, the group was renamed the Cytochromatics (a play on the cytochrome enzyme group and the chromatic scale). Finally, in 2010 it became the "Nerds In Harmony," a name representative of participants' passion for science and music. Nerds is composed of scientific trainees, fellows, and employees. They practice weekly and perform on the NIH campus and around Bethesda and DC. For information on joining Nerds In Harmony or scheduling a performance, email them at nerdsacappella@gmail.com.

EXPERIENCE THE DC AREA

While most of your time will be occupied with research, a stay in the Washington, DC area would not be complete without experiencing the sights of the city. The national capital is well known for its role as the seat of the US government, but it also has much to offer in the way of culture, history, and entertainment. Whether you are looking for art, music, nightlife, good food, or natural beauty, the choices in the DC metro area abound. The museums, parks, and historical sites listed here are just a sampling of the interesting places and events you can find around town. The following online guides are also useful:

<https://washington.org/>
<http://www.washingtonpost.com/goingoutguide/>
<https://culturecapital.com/>

RESTAURANTS

The Washington DC area also has some wonderful restaurants. For restaurant descriptions and reservations, one of many sites you can visit is <http://www.opentable.com/washington-dc-restaurants>.

TripAdvisor (<https://www.tripadvisor.com/>) and Yelp (<https://www.yelp.com/>) are other sources of restaurant information.

MUSEUMS

B'nai B'rith Klutznick National Jewish Museum

2020 K Street NW
Washington, DC 20006
202-857-6583
<https://www.bnaibrith.org/museum-and-archives.html>
Admission: Free
Metro: Red Line, Farragut North, Blue/Orange Lines, Farragut West

Charles Sumner School Museum & Archives

1201 17th Street NW
Washington, DC 20036
202-730-0478
<https://www.nps.gov/history/nr/travel/wash/dc58.htm>
Admission: Free
Metro: Red Line, Farragut North

Constitution Gardens

900 Ohio Drive SW
Washington, DC 20242
202-426-6841
<https://www.nps.gov/coga/index.htm>
Admission: Free. Permits are required for special events and First Amendment activities.
Metro: Blue/Orange Lines, Smithsonian
The Gardens are located between the Washington Monument and the Lincoln Memorial, bordered by Constitution Avenue, 17th Street, and the Reflecting Pool.

Corcoran Gallery of Art

500 17th Street NW
Washington, DC 20006

202-639-1700

<https://www.corcoran.org/>

The Corcoran Gallery is part of the National Gallery of Art. Visit <https://www.nga.gov/visit.html>.

DAR Museum

1776 D Street NW
Washington, DC 20006
202-628-1776
<https://www.dar.org/museum/>
Admission: Free
Metro: Blue/Orange Lines, Farragut West

Decatur House Museum

1610 H Street NW
Washington, DC 20006
202-218-4300
<https://www.whitehousehistory.org/decatur-house>
Admission: Admission is charged.
Metro: Blue/Orange Lines, Farragut West

Folger Shakespeare Library

201 East Capitol Street SE
Washington, DC 20003
202-544-4600
<https://www.folger.edu/>
Admission: Free; tours at 11:00 am
Metro: Blue/Orange Lines, Capitol South

Fort Ward Museum

4301 West Braddock Road
Alexandria, VA 22304
703-746-4848
<https://www.alexandriava.gov/FortWard>
Admission: Free
Metro: Yellow Line, King Street; DASH bus A-T5

International Spy Museum

800 F Street NW
Washington, DC 20004
202-393-7798
<https://www.spymuseum.org/>
Admission: Admission is charged.
Metro: Green/Red/Yellow Lines, Gallery Place/Chinatown

Library of Congress

101 Independence Avenue SE
Washington, DC 20540
202-707-5000
<https://www.loc.gov/>
Admission: Free
Metro: Blue/Orange Lines, Capitol South

Lillian and Albert Small Jewish Museum

3rd & G Streets NW
Washington, DC 20001
202-789-0900
<https://www.jhsgw.org/>
Admission: Free
Metro: Red Line, Judiciary Square

Lyceum

201 South Washington Street
Alexandria, VA 22314
703-746-4994

<https://www.alexandriava.gov/Lyceum>

Admission: Admission is charged.
Metro: Yellow Line, King Street

Manassas Museum

9101 Prince William Street
Manassas, VA 20110
703-368-1873

<http://www.manassascity.org/211/Manassas-Museum-System>

Admission: Admission is charged.

National Archives

700 Pennsylvania Avenue NW
Washington, DC 20408
866-272-6272

<http://www.archives.gov/>

Admission: Free
Metro: Green/Yellow Lines, Archives

National Archives at College Park

8601 Adelphi Road
College Park, MD 20740
301-837-2000

<https://www.archives.gov/college-park>

Admission: Free

National Building Museum

401 F Street NW
Washington, DC 20001
202-272-2448

<https://www.nbm.org/>

Admission: Admission is charged.
Metro: Red Line, Judiciary Square

National Gallery of Art

4th Street & Constitution Avenue NW
Washington, DC 20565
202-737-4215

<https://www.nga.gov/>

Admission: Free
Metro: Red Line, Judiciary Square

National Geographic Museum

17th & M Streets NW
Washington, DC 20036
202-857-7700

<https://events.nationalgeographic.com/>

Admission: Admission is charged.
Metro: Red Line, Farragut North

National Museum of American Jewish Military History

1811 R Street NW
Washington, DC 20009
202-265-6280

<https://nmajmh.org/>

Admission: Free
Metro: Red Line, Dupont Circle

National Museum of Health & Medicine

2500 Linden Lane
Silver Spring, MD 20910
301-319-3300

<https://www.medicalmuseum.mil>

Admission: Free
Metro: Red Line, Forest Glen/Silver Spring

National Museum of Women in the Arts

1250 New York Avenue NW
Washington, DC 20005
202-783-5000

<https://nmwa.org/>

Admission: Admission is charged.
Metro: Blue/Orange/Red Lines, Metro Center

The Octagon House

1799 New York Avenue NW
Washington, DC 20006
202-626-7439

<https://architectsfoundation.org/octagon-museum/visiting/>

Admission: Admission is charged.
Metro: Red Line, Farragut North

The Phillips Collection

1600 21st Street NW
Washington, DC 20009
202-387-2151

<https://www.phillipscollection.org/>

Admission: Admission to the permanent collection is free on weekdays (Tuesday-Friday).
Metro: Red Line, Dupont Circle

SMITHSONIAN

Smithsonian - American Art Museum

8th & F Streets NW
Washington, DC 20001
202-633-7970 or 202-633-1000

<https://www.americanart.si.edu>

Admission: Free

Metro: Green/Red/Yellow Lines, Gallery Place/Chinatown

Comments: In the same building as the Portrait Gallery; the two are linked by a covered courtyard.

Smithsonian - Anacostia Community Museum

1901 Fort Place SE
Washington, DC 20020
202-633-4820

<http://www.anacostia.si.edu>

Admission: Free

Metro: Green Line, Anacostia, then W2 or W3 bus

Comments: Has one of the city's finest collections of African-American art.

Smithsonian - Arthur M. Sackler Gallery

1050 Independence Avenue SW
Washington, DC 20013
202-633-1000

<http://www.freersackler.si.edu>

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: Specializes in Asian art; now linked to the Freer Gallery of Art.

Smithsonian - Arts & Industries Building

900 Jefferson Drive SW
Washington, DC 20013
202-633-1000

<https://www.si.edu/Museums/arts-and-industries-building>

Metro: Blue/Orange Lines, Smithsonian

Comments: After being renovated in 2016, this second oldest of the Smithsonian buildings reopened as an exclusively special-events venue.

Smithsonian - Freer Gallery of Art

12th Street & Jefferson Drive SW
Washington, DC 20013
202.633.1000

<https://www.freersackler.si.edu>

Admission: Free; Metro: Blue/Orange Lines, Smithsonian

The Freer Gallery is currently closed for renovations.

Comments: This building, physically connected to the Sackler Gallery, specializes in Japanese artifacts.

Smithsonian - Hirshhorn Museum & Sculpture Garden

7th Street & Independence Avenue SW
Washington, DC 20013
202-633-4674

<https://hirshhorn.si.edu>

Admission: Free; Metro: Blue/Orange Lines, Smithsonian

Comments: An impressive collection of sculpture, classic, and modern, plus contemporary art.

Smithsonian - National Air & Space Museum

6th Street & Independence Avenue SW
Washington, DC 20560
202-633-2214

<https://airandspace.si.edu/>

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: Spaceships and aircraft plus an IMAX Theater.

Smithsonian - National Air & Space Museum, Udvar-Hazy Center

Steven F. Udvar-Hazy Center
14390 Air & Space Museum Parkway,
Chantilly, VA, 20161
703-572-4118

<https://airandspace.si.edu/udvar-hazy-center>

Admission: Free, but a parking fee is charged

Comments: Located near Dulles Airport in the Virginia countryside. Contains, among hundreds of actual aircraft, the space shuttle Enterprise, the Concorde, the Enola Gay, and the Lockheed SR-71 Blackbird.

Smithsonian - National Museum of African American History and Culture

14th St and Constitution Ave NW Washington, DC 20001
202-633-1000

<https://nmaahc.si.edu>

Admission: Free; Metro: Blue/Orange Lines, Smithsonian

Comments: This is an incredibly popular museum. Check online to see about getting tickets in advance and how to obtain same-day tickets.

<https://nmaahc.si.edu/top-10-things-grand-opening>

Smithsonian - National Museum of African Art

950 Independence Avenue SW
Washington, DC 20560
202-633-4600

<https://africa.si.edu/>

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: Ancient African Art to 20th century artifacts.

Smithsonian - National Museum of American History

14th Street & Consitution Avenue NW
Washington, DC 20013
202-633-1000

<http://americanhistory.si.edu/>

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: Items from 200 years of American existence; railroad engines to computers to WWII and much more including the art of each period.

Smithsonian - National Museum of the American Indian

4th Street and Independence Avenue SW
Washington, DC 20560
202-633-1000

<http://www.nmai.si.edu>

Admission: Free

Metro: All lines except Red, L'Enfant Plaza

Comments: The cafeteria serves authentic Native American dishes.

Smithsonian - National Museum of Natural History

10th Street & Constitution Avenue NW
Washington, DC 20013
202-633-1000

<https://naturalhistory.si.edu/>

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Smithsonian - National Portrait Gallery

8th & F Streets NW
Washington, DC 20001
202-633-1000

<https://www.npg.si.edu>

Admission: Free

Metro: Green/Red/Yellow Lines, Gallery Place/Chinatown

Comments: In the same building as the American Art Museum. It houses the portraits of the Obamas.

Smithsonian - National Postal Museum

2 Massachusetts Avenue NE
Washington, DC 20002
202-633-5555

<https://postalmuseum.si.edu/>

Admission: Free

Metro: Red Line, Union Station

Comments: Washington's first post office, now an active historic site providing exhibits, lectures, and special family events.

Smithsonian - Renwick Gallery

17th Street & Pennsylvania Avenue NW
Washington, DC 20006
202-633-7970 or 202-633-1000

<https://americanart.si.edu/visit/renwick>

Admission: Free

Metro: Orange Line, Farragut West; Red Line, Farragut North

Comments: A collection of contemporary craft and decorative art.

The Textile Museum

2320 S Street NW
Washington, DC 20008
202-667-0441

<https://museum.gwu.edu/>

Admission: Free (suggested contribution of \$8)

Metro: Red Line, Dupont Circle

United States Botanic Garden

100 Maryland Avenue SW
Washington, DC 20001
202-225-8333

<https://www.usbg.gov/>

Admission: Free

Metro: Blue/Orange Lines, Federal Center SW or Capital South

United States Holocaust Memorial Museum

100 Raoul Wallenberg Place SW
(14th Street & Independence Avenue)
Washington, DC 20024
202-488-0400

<https://www.ushmm.org/>

Admission: Free, but requires advance time-entry pass.

Metro: Blue/Orange Lines, Smithsonian

United States National Arboretum

3501 New York Avenue NE
Washington, DC 20002
202-245-2726

<https://usna.usda.gov/>

Admission: Free

NATIONAL/STATE PARKS AND HISTORIC SITES**Dwight D. Eisenhower Memorial**

540 Independence Avenue SW
Washington, DC 20024
202-296-0004

<https://eisenhowermemorial.gov/>

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Comments: Opens May 8, 2020, the 75th Anniversary of V-E Day.

Ford's Theatre National Historic Site

511 10th Street NW
Washington, DC 20004
202-347-4833

<https://www.nps.gov/foth/index.htm>

Admission: Free. Admission to theatrical performances is by paid ticket only.

Metro: Blue/Orange/Red Lines, Metro Center, Green/Red/Yellow Lines, Gallery Place/Chinatown

Comments: The theater where President Abraham Lincoln was shot and the house across the street where he died early the next day are preserved as Ford's Theater National Historic Site.

Franklin Delano Roosevelt Memorial

1850 West Basin Drive SW
Washington, DC 20024
202-376-6704

<https://www.nps.gov/frde/index.htm>

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Frederick Douglass National Historic Site

1411 W Street SE
Washington, DC 20020
202-426-5961

<https://www.nps.gov/frdo/index.htm>

Admission: Admission is charged. Reservation required.

Metro: Green Line, Anacostia; B-5 bus (Mt. Rainier)

Comments: Frederick Douglass lived at Cedar Hill from 1877 until 1895. His fully restored Victorian home on the heights overlooking Anacostia offers a panoramic view of the US Capitol, the Washington Monument, and the city of Washington.

C & O Canal National Historical Park

Great Falls Tavern Visitor Center
11710 MacArthur Boulevard
Potomac, MD 20854
301-767-3714

<https://www.nps.gov/choh/index.htm>

Admission: Admission is charged.

Comments: About 15 miles from the Mall, at the end of MacArthur Boulevard, are the Great Falls of the Potomac. A restored 19th century tavern was an important stopping point on the C&O Canal and is now a museum. Woodland paths and picnic areas are further features of the park, which is also a good starting point for hiking or cycling along the towpath. Great Falls is part of the larger Chesapeake and Ohio Canal National Historic Park, which runs for 184.5 miles from Georgetown to Cumberland, MD.

Great Falls Park, Virginia

9200 Old Dominion Drive
McLean, VA 22102
703-285-2965

<https://www.nps.gov/grfa/index.htm>

Admission: Admission is charged.

Comments: Excellent views of the cascading Potomac.

The park has a snack bar, restrooms, visitor center, picnic facilities, and hiking trails. Fishing is permitted, but swimming and wading are not.

Korean War Veterans Memorial

10 Daniel French Drive SW
Washington, DC 20001
202.426.6841

<https://www.nps.gov/kowa/index.htm>

Admission: Free. Permits are required for special events and First Amendment activities.

Metro: Blue/Orange Lines, Foggy Bottom

Lincoln Memorial

2 Lincoln Memorial Circle
Washington, DC 20037
202-426-6841

<https://www.nps.gov/linc/index.htm>

Admission: Free. Permits are required for special events and First Amendment activities.

Metro: Blue/Orange Lines, Foggy Bottom

Martin Luther King Jr. Memorial

1964 Independence Ave SW
Washington, DC 20024
202-426-6841

<https://www.nps.gov/mlkm/index.htm>

Admission: Free

Metro: Blue/Orange Lines, Smithsonian

Mary Mcleod Bethune Council House National Historic Site

1318 Vermont Avenue, NW
Washington, DC 20005
202-673-2402

<https://www.nps.gov/mamc/index.htm>

Admission: Free

Metro: Blue/Orange Lines, McPherson Square

Comments: The Site houses the Bethune Museum and Archives, Inc., and is dedicated to the collection, preservation, and interpretation of African American women's history.

National Aquarium in Baltimore, Maryland

Pier 3, 501 East Pratt Street
Baltimore, MD 21202
410-576-3800

<http://www.aqua.org/>

Admission: Admission is charged.

Comments: The lightship Chesapeake is docked nearby.

National Mall

Washington, DC

<https://www.nps.gov/nr/travel/wash/dc70.htm>

Admission: Free. Permits are required for special events and First Amendment activities.

Metro: Blue/Orange Lines, Smithsonian

Comments: The Mall extends from the Capitol to the Washington Monument between Independence and Constitution Avenues. Footpaths, bikeways, information and map kiosks, and refreshment stands adorn the Mall. Bordering the Mall are the Department of Agriculture, the National Gallery of Art, and many of the Smithsonian Institution museums: Freer Gallery, Sackler Gallery, African Art, Arts and Industries, Hirshhorn Museum and Sculpture Garden, Air and Space, American History, and the central Smithsonian Institution building.

National World War II Memorial

17th Street between Constitution and Independence Avenues
Washington, DC
202-426-6841

<https://www.nps.gov/wwii/index.htm>

Admission: Free, Permits are required for special events and First Amendment Activities.
Metro: Blue/Orange Lines, Smithsonian

National Zoo

3001 Connecticut Avenue, NW
Washington, DC 20008
202-633-2614 General Information
202-633-4111 Zoo Park Police (In stormy weather, call here to see if the zoo is open).

<https://nationalzoo.si.edu/>

Admission: Free, but there is a charge for parking.
Metro: Red Line, Woodley Park/Zoo or Cleveland Park.
Bus: L1, L2, and L4 buses at the Connecticut Avenue entrance; H4 bus at Harvard Street.
Car: Parking is very limited. From May to September, lots may be filled by 10:30 am.

Rock Creek Park

3545 Williamsburg Lane, NW
Washington, DC 20008
202-895-6070

<https://www.nps.gov/rocr/index.htm>

Admission: Free
Comments: Established in 1890, Rock Creek Park offers 29 miles of hiking trails, 11 miles of bridle trails, tennis courts, athletic fields, and dozens of picnic areas. Rock Creek Horse Centre on Glover Road offers horse rentals and riding instruction. There is an 18-hole golf course with golf cart and club rental at 16th and Rittenhouse Streets. Reservations are required for the tennis courts. The Rock Creek Nature Center gives guided nature walks daily and has nature exhibits and planetarium shows. Demonstrations at Pierce Mill illustrate the working of a 19th century gristmill. Tours are given of the Old Stone House, the oldest dwelling in Washington.

Belmont-Paul Women's Equality National Monument

144 Constitution Avenue, NE
Washington, DC 20002
202-546-1210

<https://www.nps.gov/bepa/index.htm>

Admission: Free
Metro: Red Line, Union Station

Shenandoah National Park, Virginia

80 miles southwest of Washington via I-66 and US 340 or via I-66 and US 211
540-999-3500

<https://www.nps.gov/shen/index.htm>

Admission: Admission is charged.
Comments: Skyline Drive threads for 105 miles through the Blue Ridge Mountains. The park has campgrounds, mountain cottages, lodges, fishing, horse rentals, picnic spots, 94 miles of the Appalachian Trail, and 200 miles of park trails.

Theodore Roosevelt Island

c/o Turkey Run Park
George Washington Memorial Parkway
McLean, VA 22101
703-289-2500

<https://www.nps.gov/this/index.htm>

Admission: Free. Fishing permits are required for persons older than 16. Vehicles are not permitted on the island.
Metro: Blue/Orange Lines, Rosslyn
Comments: The parking area is accessible from the northbound lane of the George Washington Memorial Parkway on the Virginia side of the Potomac River. A footbridge connects the island to the Virginia shore. The island is also accessible to pedestrians via the Metro station at Rosslyn and a 20-minute walk following city streets to the Key Bridge, where the Mount Vernon Trail begins. Follow the trail to the island entrance.

Thomas Jefferson Memorial

900 Ohio Drive SW
Washington, DC 20242
202-426-6841

<https://www.nps.gov/thje/index.htm>

Admission: Free. Permits are required for special events and First Amendment activities.
Metro: Blue/Orange Lines, Smithsonian

United States Capitol

Capitol Hill, east end of the National Mall
Washington, DC
202-226-8000

<http://www.visitthecapitol.gov>

Admission: Free. The Capitol is open for public tours, but a ticket is required. Tours are conducted Monday through Saturday from 9:00 am to 4:30 pm. Tickets can be obtained from the kiosk near the intersection of First Street SW and Independence Avenue.
Metro: Red Line, Union Station
Comments: The Capitol is the centerpiece of the Capitol Complex, which includes six Congressional office buildings and the three buildings of the Library of Congress.

United States Navy Memorial

701 Pennsylvania Avenue NW
Washington, DC 20004
202-737-2300

<https://www.navymemorial.org>

Admission: Free

Metro: Green/Yellow Lines, Archives

Vietnam Veterans Memorial

5 Henry Bacon Drive NW
Washington, DC 20242
202-426-6841

<https://www.nps.gov/vive/index.htm>

Admission: Free. Permits are required for special events and First Amendment activities.

Metro: Blue/Orange Lines, Foggy Bottom

Comments: The Memorial also includes the Three Servicemen Statue and the Vietnam Women's Memorial.

Washington Monument

Constitution Avenue at 15th Street NW
Washington, DC 20001

(Inclined pathways lead from the parking lot and 15th Street to the entrance and elevator.)

202-426-6841

<https://www.nps.gov/wamo/index.htm>

Metro: Blue/Orange Lines, Smithsonian

Comments: an elevator takes visitors to the 500-foot level. Return is by elevator as well. If you wish to walk down, you must make arrangements beforehand with the staff.

White House

1600 Pennsylvania Avenue NW
Washington, DC 20005
202-456-7041

<https://www.whitehouse.gov>

Note: Public tours must be requested through your state representative in Congress.

Visit <https://www.whitehouse.gov/about-the-white-house/tours-events/> or call the number above for updates.

Metro: Blue/Orange Lines, Federal Triangle; Blue/Orange/Red Lines, Metro Center

Comments: Now anyone, anywhere, can experience the history and art of the White House via their computer.

Take the virtual tour (<https://artsandculture.google.com/partner/the-white-house>).

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