

MOVING TO THE NATIONAL INSTITUTES OF HEALTH

A Guide to Help You Move to Bethesda, Frederick, and Baltimore

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Introduction

Welcome to the NIH! The main campus of the National Institutes of Health is located just a few miles outside of Washington DC, the nation's capital and home to over half a million people. DC is also located between the Appalachian Mountains, the Atlantic Ocean, and the Chesapeake Bay. Over two-thirds of the US population is within 8 hours of the DC metro area, providing you with access to a wealth of cultural, educational, and recreational opportunities.

The [main NIH campus in Bethesda, Maryland](#), is home to more than 18,000 employees. You will be part of a large community of researchers, fellows, and employees whose 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 illness and disability. The NIH also has facilities in Baltimore and Frederick, MD; Research Triangle Park, NC (NIEHS); and Hamilton, MT (Rocky Mountain Laboratories). Small groups of investigators are located in Phoenix, AZ; Detroit, MI; and Framingham, MA.

The purpose of this document is to help make your transition to the NIH as easy and stress-free as possible. We cannot anticipate meeting every demand you might have, but we hope this guide will help you through the major adjustments you will need to make on relocating to the DC area. Information on NIH campuses in Bethesda, [Baltimore](#) and [Frederick](#) is included. If you are moving to another area, such as the [Phoenix NIDDK Epidemiology and Clinical Research Branch](#), [Rocky Mountain Labs](#), or [NIEHS](#), contact your program coordinator for information on adjusting to the location as well as resources regarding finding housing, employment, schooling, transportation, and so forth.

We are delighted that you are joining the NIH and hope that your time with us will be productive, educational, and enjoyable!

Regional Overview

[DC.gov](#) is an excellent way to find out what's happening and how things work in the District of Columbia. The site includes information for residents (new resident information, utilities, social services, vehicles and transportation, public safety, emergency preparedness, and health and human services), and that's only the first tab. The site also covers Government, Visitors, Education, Jobs, Online Services, and the Mayor.

The [Maryland.gov Website](#) provides a wealth of information on services for **Maryland** residents. It includes information on environmental issues, housing programs, veteran's affairs, camping and museums; resources for funding higher education; and motor vehicle laws and restrictions.

Visit the Frederick County [tourism website](#) for information about shopping, dining, and attractions.

The [Live Baltimore](#) website provides information on renting and buying homes, neighborhoods within the Baltimore area, and housing incentive and loan programs.

Northern Virginia consists of several [counties](#) and [independent cities](#) in the [Commonwealth of Virginia](#), in a widespread region generally radiating southerly and westward from [Washington, DC](#). With 2.6 million residents (about a third of the state), it is the most populous region of Virginia and the [Washington Metropolitan Area](#).

Generally people who commute into DC from Virginia live in either [Fairfax County](#) or [Arlington County](#). Both are close to the Beltway and public transportation, and both support their own independent economies. Most Virginia information presented in this guide relates to living in one of these two counties.

Specific Information

AIRPORTS

Three major airports serve the DC Metro area:

- [Baltimore/Washington International Thurgood Marshall Airport \(BWI\)](#)
- [Washington Dulles International Airport \(IAD\)](#)
- [Ronald Reagan Washington National Airport \(DCA\)](#)

BWI and Dulles airports both accommodate [international](#) flights. They are equipped with [customs](#) and [immigration](#) facilities. International students or fellows can choose either one for their moves to the area.

[Baltimore/Washington International \(BWI\)](#) is located about 35 miles from downtown Washington, DC, and a few miles outside of Baltimore. Public transportation is available, including trains, buses and connections to the DC metro system. [BWI Airport Taxi](#) serves this airport. One-way fare to downtown DC is approximately \$60.

[Dulles International Airport \(IAD\)](#) is located in Chantilly, Virginia, approximately 28 miles from downtown DC. The closest Metrorail stop is the [Silver Line Wiehle-Reston East Metro Station](#). The [Washington Flyer Silver Line Express Bus](#) provides direct service from this Metro Station to Dulles Airport. [Metrobus](#) operates an express bus service ([Route 5A](#)) between Dulles Airport and Washington DC ([L'Enfant Plaza Metro Station](#)), stopping at the [Herndon-Monroe Park and Ride Lot](#), the [Tysons-Westpark Transit Station](#), and the [Rosslyn Metro Station](#). Taxicabs are also available. One-way fare to downtown DC is approximately \$50.

[Reagan National Airport \(DCA\)](#) is located in Arlington, Virginia, approximately 5 miles from the center of DC. The DC subway ([Metrorail](#)) has its own stop for the airport on the Blue and Yellow Lines, connecting to the concourse level of terminals B and C. [On-Airport Shuttles](#) run between the Metro station and the main Terminal A. [Metrobuses](#) also serve the airport metro station. Taxi fare is approximately \$15 one-way to downtown DC.

Door-to-door shared-ride van services will transport you and your luggage to the airport for a flat

rate. Rates vary according to distance to the airport. Services in the DC area include

- [GO Airport Shuttle](#)
- [SuperShuttle](#)
- [SupremeShuttle](#)
- [The Airport Shuttle](#)

Two mobile apps commonly used for transportation in the greater DC area are [Lyft](#) and [Uber](#). A private driver will arrive at your location soon after a transport request is made via the mobile app. Transportation fees are paid via the app.

BANKING

Both local and national banks maintain offices in Washington, DC, and the surrounding cities in Virginia and Maryland. In addition, some national banks provide services almost exclusively online. Examples of banks providing online services include:

- [Bank of America](#)
- [Capital One Bank](#)
- [Chase](#)
- [Citibank](#)
- [HSBC Bank](#)
- [ING Direct](#)
- [PNC Bank](#)
- [U.S. Bank](#)
- [Wells Fargo](#)

Additionally, the [NIH Federal Credit Union](#) (NIHFCU) provides free services to NIH employees and trainees and their families. The [NIHFCU Fellow Advantage Program](#) offers banking and loan services to NIH Fellows even though they may not yet have established credit. NIHFCU services include a variety of low-rate consumer loans, credit cards, mortgages, and home equity loans in addition to secured interest-bearing savings, checking, and investment accounts. NIHFCU maintains automated teller machines (ATMs) both on campus and in the surrounding communities. The NIHFCU also provides educational seminars, newsletters, and Internet articles to give members helpful financial information.

Visit [XE Currency Converter](#) to find current currency exchange rates.

CHILD AND OR ADULT (OR ELDERLY) CARE

The [NIH Childcare Centers](#) provide on-campus daycare for trainees and employees but there is a long wait list; you may need to seek external sources for child care. The [Office of Research Services Child Care website](#) provides help, guidance, and resources including the [NIH Child Care Resource and Referral Services](#), [NIH Dependent Care Resources and Referral Services](#), and information about [other Federal Child Care Centers](#) as well as Parenting Resources.

EMPLOYMENT

You or your family members may be searching for employment in your new location. Many websites provide job listings for different types of employment. They include

- [CareerBuilder](#)
- [Careers.org](#)
- [CareerJet.com](#)
- [Craigslis.com](#)
- [DCJobs.com](#)
- [Indeed.com](#)
- [LinkedIn](#)
- [MedZilla](#) (medical and biotech jobs)
- [Mid-Atlantic HERC](#) (Higher Education Recruitment Consortium)
- [Monster.com](#)
- [Snagajob](#) (part-time jobs)
- [The Vault](#)
- [USAJobs](#)
- [Washington Post Jobs](#)
- [Yahoo Careers](#)

The [U.S. Department of Labor](#) provides information on career fields, average salaries, and job projections for the next several years. The [Occupational Outlook Handbook](#) also provides information on different jobs, including required training and education, earnings, and expected job prospects.

Information on local and federal government jobs can be found at:

- [DC Department of Employment Services](#)
- [DC Job Source](#)
- [Fairfax County Jobs](#)
- [Fauquier County Jobs](#)
- [FedJobs](#)
- [Frederick County Jobs](#)
- [GOVJOBS](#)
- [Maryland State Jobs](#)
- [Montgomery County Jobs](#)
- [Prince George's County](#)
- [USAJobs](#)
- [Virginia State Jobs](#)

FINDING HOUSING

The following housing resources are for informational purposes only. They are partial listings of rental resources in the Bethesda, Baltimore, and Frederick campus commuting area. No

investigation is made of the renter or landlord. Neither the Federal Government nor the National Institutes of Health guarantees the availability, price, suitability, or quality of the listings or agents; nor do they endorse any private rental agency, lessor, or firm. All listings must be available without regard to race, color, sex, religion, or national origin. All listings must also be in compliance with all state and county housing codes and requirements. All complaints against landlords or tenants should be reported to the local county Office of Landlord and Tenant Affairs.

The DC area can be an expensive place to live, and the NIH is unable to provide housing for trainees. The cost of living increases with proximity to public transportation and accessibility to the downtown area. (See this [rent map](#) for a visual display of the estimated cost per bedroom as a function of location.) As a result, housing in Maryland and Northern Virginia is generally less expensive. Public transportation including subway, train, and bus in the city is excellent. A car is often necessary if you choose to live in suburban areas. In the DC-metro area a car can be a burden; parking is not always easy and rarely cheap. Getting around via Metro is generally a good choice. It might help you to know that the NIH is located on the Red Line of the [D.C. Metro](#) at the [Medical Center stop](#).

The following websites are helpful when searching for housing in the greater DC area.

- [DC Housing Search](#)
- [Maryland Housing Search](#)
- [NCI-Frederick Housing Resources](#)
- [Virginia Housing Search](#)

An important consideration when moving to the DC Metro Area is the cost of living change between your current location and your final destination. The [U.S. State Department Salaries, Costs of Living, and Relocation resource page](#) provides useful resources for determining what changes you can expect in prices and costs, as well as what sort of change in your salary is necessary to maintain your current standard of living.

[HomeFair.com](#) and the [Riley Guide](#) provide information on relocating, including cost of living and salary calculators, moving companies, crime, and reports on local schools. For information on towns and neighborhoods including crime rates, cost of living, schools, housing, demographics, and other info, see the following sites:

- [American Fact Finder](#)
- [Areavibes](#)
- [City-Data.com](#)

Temporary and Short-term Housing:

A variety of temporary and short-term housing options can help meet your short-term needs. These include hotels, corporate apartments, subleased apartments, furnished apartments for rent — even privately-owned houses, condos and vacation properties. You can also investigate [Airbnb](#) and [VRBO](#) (Vacation Rental by Owner).

Many different hotels are close to NIH, on an NIH shuttle route, or within walking distance of metro stations ([NIH Clinical Center: Hotels and Motels](#)).

The [Club-PCR Yahoo Listserv](#) is for young scientists and professionals in the Bethesda area; to join

send an email to clubpcr-subscribe@yahoogroups.com. You can use this listserv to find short-term housing, sell items, arrange carpooling, or gather information. This Listserv is not associated with the NIH, and you should use an email address other than your NIH email address to subscribe. Please state your name and reason for joining the group when you request membership.

Renting an Apartment or House:

In addition to Craigslist.com, many other national websites provide information on apartments for rent throughout the country. The following list is by no means complete. You should use the Internet and other resources at your disposal to continue your search for quality, affordable housing:

- Apartments.com
- Apartment Guide
- Apartmentlist.com
- Apartment Ratings
- Apartment Search
- Apartment Showcase
- ForRentUniversity.com
- Govemployee.com
- Homes Database
- Hotpads
- MyCheapApartments.com
- Rent.com
- Samslist (focuses on NIH or government employees who have houses/apartments/rooms to rent)
- Trulia
- Washington City Paper (focuses on housing to share)
- Zillow.com

When looking for an apartment, you may also want to walk around the neighborhoods you are interested in and look for “For Rent” signs.

The [Georgetown University’s Guide to Off-Campus Living](#) is a resource designed for Georgetown students; it contains information on housing options and tenant rights, sample leases, and other information useful to anyone renting in the DC Metro area.

NOTE: many trainees choose housing on the Metro red line to simplify the commute to the NIH.

Buying a House:

If you are looking to buy a home, use realtor.com to understand neighborhoods and prices.

The following realtor associations maintain listings and information on the real estate market:

- [District of Columbia Association of Realtors](#)
- [Greater Capital Area Association of Realtors](#)
- [Maryland Association of Realtors](#)
- [Virginia Association of Realtors](#)

If you choose to find a home on your own instead of using a realtor, you may find properties for sale by owner on the following sites:

- [Craigslist](#)
- [ForSaleByOwner](#)
- [Owners.com](#)
- [Washington Post Real Estate](#)
- [Zillow.com](#)

GROCERY STORES

Many specialized, local grocery stores are found throughout the Washington, DC, area since people from around the world live here. These are only some of the main grocery chains in the area:

- [Albertson's](#)
- [Aldi](#)
- [Bloom](#)
- [Costco](#)
- [Food Lion](#)
- [Giant](#)
- [Great Wall Supermarket](#)
- [Harris Teeter](#)
- [Hmart \(Asian grocery\)](#)
- [Lotte Plaza \(Asian grocery\)](#)
- [Magraders](#)
- [My Organic Market \(MOMs\)](#)
- [Safeway](#)
- [Sam's Club](#)
- [Shoppers](#)
- [Trader Joe's](#)
- [Wegmans](#)
- [Weis Markets](#)

HEALTH CARE AND HOSPITALS

Health care in the DC area can be obtained in several ways. You can establish a relationship with a family practitioner, pediatrician, or internist. You can visit an urgent care center for non-life-threatening conditions. Such centers are often open long hours, are typically managed by a physician, and may offer services such as X-rays, diagnostic tests, and prescription filling. Some centers are associated with major medical centers, e.g., Johns Hopkins, the University of Maryland Medical School, and MedStar Hospital Center. (You can find additional information on urgent care centers on the Urgent Care Association of America [website](#), which also includes an [Urgent Care Center Finder](#).) Finally, for more serious conditions, you may need to visit a hospital or emergency room.

[Washingtonian](#) magazine provides rankings of doctors in the greater DC area, not only family practitioners but also specialists in a number of fields.

Before selecting healthcare providers, you should check with your health insurance provider to see which hospitals, centers, and doctors are covered under your policy. The [Aetna Healthcare Plan offered by FAES](#), the Foundation for Advanced Education in the Science, is the health insurance provider for most NIH trainees. Look at [the Aetna website](#) to find doctors/facilities associated with that plan.

NEWSPAPERS

Newspapers in DC include the [Washington Post](#) and the [Washington Times](#), the [Washington City Paper](#), which provides information on music and entertainment, and the [Washington Business Journal](#). These newspapers include not only daily news, but also listings of jobs, real estate, and classified ads. The [Washingtonian](#) is a monthly magazine that publishes news stories as well as ratings by DC area residents on restaurants, doctors, and schools, and information on events, travel, homes, and other topics of interest.

The [Frederick-News Post](#) is the main newspaper for Frederick County. Their website provides information on regional activities and hosts ads for jobs and housing.

Baltimore newspapers include the [Baltimore Sun](#), [Baltimore Business Journal](#), [Baltimore Times](#) and the [Baltimore City Paper](#).

Some of the newspapers specific to the Virginia area include [Inside NOVA](#), the [Connection](#), and the [Alexandria Times](#). A list of [Virginia newspapers](#) is provided by US Newspaper List.


NIH RESOURCES

Listservs:

Visit the [NIH Listserv](#) page to find groups to join. You will find groups focused on scientific interests, Institutes/Centers, hobbies, and other special interests. Groups specifically for scientists originating from countries such as Italy, France, India, Germany, Belgium, China, and Lebanon are included among NIH listservs.

The NIH and trainee communities have created additional listservs that will help you keep up with social activities and trainee happenings. Please take a moment to review the following options.

- Club-PCR is for young scientists in the Bethesda area; to join send an email to clubpcr-subscribe@yahoogroups.com. You can use this listserv to find housing, sell items, arrange carpooling, or gather information. This Listserv is not associated with the NIH, and you should use an email address other than your NIH email address to subscribe. Please state your name and reason for joining the group when you request membership. [Join Club-PCR](#)
- Club PCR Facebook Page: This is a forum that enables young scientists in the Bethesda area to meet up for social events, volunteering, learning, playing sports, and having fun. Do not use this

group to sell items, find housing, arrange carpools, or gather information. Again, this is not an official NIH Listserv. Use a personal email to subscribe. [Visit Club PCR Facebook Page](#) .

- POSTBACC_L is an NIH listserv that shares information on volunteer opportunities and activities organized by the Postbac Committee in addition to reagent requests, Bio-Trac course announcements, and other valuable NIH science-related news or news of potential interest to NIH trainees for which the OITE is not responsible. [Join POSTBACC L.](#)
- The Graduate Student Council (GSC) maintains multiple ListSers designed to encourage graduate student interactions on campus and off. [Learn more about the GSC ListSers.](#)
- FELLOW-L disseminates information on social opportunities, reagent and meeting roommate requests, and more. It is intended for postdoctoral fellows and graduate students. [Join FELLOW-L.](#)
- Visiting Fellows Facebook Page: The Visiting Fellows group has a Facebook Page to help international scientists in the Bethesda area meet up for social events, sports, and other activities. Again, this is not an official NIH social media account. Use a personal email to subscribe. [Visiting Fellows Facebook Page](#)

Mobile Apps:

- *NIHCC Take Me There Wayfinding App* - The Clinical Center's free app for smartphone devices enables users to pinpoint their current location and view directions to nearly anywhere inside Building 10. *NIHCC Take Me There* is available to download from the [Apple Store](#) or [Google Play](#). There is also a [web version](#), which allows users to view directions online and share with others via email or print.
- *NCI @ NIH Fellows and Young Investigators (NCI @ NIH FYI)* – This mobile app offers a centralized source of resources available to fellows and trainees working on the NIH main Campus in Bethesda, MD, or off campus in the surrounding area in Rockville, MD and Frederick, MD.

Finding Community:

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 the Network of African-American Fellows (NAAF); LGBT-Friends and Family; the NIH SACNAS (Society for the Advancement of Chicanos/Hispanics and Native Americans in Science) Chapter; and MOM-DAD-DOCS, a group for scientists who are also parents. Read more about these groups and others [here](#).

Resources for Distressed Trainees:

- [NIH Office of Intramural Training & Education](#) – 301-496-2427
- [NIH Employee Assistance Program](#) – 301-496-3164. The EAP offers confidential services on all campuses to NIH employees, trainees, and contractors and their immediate families. It is dedicated to fostering employee wellness. EAP Services are available on the Bethesda campus Monday through Thursday: 8:00 AM - 5:00 PM and Friday: 8:00 AM - 4:00 PM.
- [The NIH Civil Program](#) - 301-402-4845. CIVIL is a team of experts that promotes civil behavior and prevents violence in the NIH community.
- [NIH Ombudsman](#) – 301-594-7231. The Office of the Ombudsman assists with confidential resolution of professional disagreements.

- [NIH Occupational Medical Service](#) - 301-496-4411
- NIH Police - Bethesda:
 - Emergency: 911 from a landline
 - Mobile Phone: 301-496-9911
 - Non-emergency: 301-496-5685
 - Call Local Police at all other NIH Facilities: 9-911 landline, 911 mobile

NIH Bethesda Campus Resources:

- [About NIH](#)
- [Bethesda Campus Map](#)
- [Bethesda Campus Parking](#)
- [Driving Directions](#)
- [NIH Employee Shuttles](#)
- [NIH Federal Credit Union](#)
- [NIH Foundation for Advanced Education in the Sciences \(FAES\)](#) for information on health insurance and the FAES Graduate School
- [Nursing Mothers Program](#)
- [NIH Staff Directory](#) (also called NIH Enterprise Directory – NED)
- [R&W Fitness Centers](#)

NIH Frederick Campus Resources:

- [NCI-Frederick Campus Information](#)
- [NCI-Frederick Campus Map](#)
- [Driving Directions](#)
- [Facility and Staff Services](#)
- [Employee Assistance Program](#) - EAP Services are available to all Frederick campus employees, trainees, and contractors and their immediate families, 24/7. Call 877-524-0555.
- [Employee Shuttle](#)
- [Housing Resources](#)
- [NCI-Frederick Staff Directory](#)

NIH Baltimore Bayview Campus Resources:

- [Bayview Campus Information](#)
- [Bayview Campus Map](#)

POST OFFICES

To find a post office in your area, visit the [United States Postal Service](#) website and click on “Locate a Post Office.” You will also find information about your area, including basic demographic information, area code, zip code, and a map. You can use this website to purchase postage, track packages, find zip codes, and change your address. [FedEx](#), [UPS](#), and [DHL](#) also offer shipping services

RECREATION AND TOURISM

Whether you live in the city itself or the surrounding area, you can see and do a number of interesting and engaging things in the DC area. Two websites that provide information on local activities are [Washington DC.org](http://WashingtonDC.org), and [Cultural Tourism DC](http://CulturalTourismDC.com).

District of Columbia:

Locations of interest include:

- [Smithsonian Institution](#)
- [US Holocaust Museum](#)
- [National Archives](#)
- [Library of Congress](#)
- [International Spy Museum](#)
- [National Library of Medicine](#)
- [Newseum](#)
- [Folger Shakespeare Library](#)
- [National Mall and Memorial Parks](#)
- [National Zoo](#)

The major government seats of the Federal government are also located in DC. These include [The White House](#), [The House of Representatives](#), [The Senate](#), and [The Supreme Court of the United States](#). For information on the embassies located in DC, visit the [Embassy website](#).

The [Department of Parks and Recreation](#) provides information on parks in the DC area. Other areas of interest include the [National Arboretum and the National Zoo](#). The latter is located in Rock Creek Park. The [National Park Service operates multiple sites in the DC area](#).

The DC [official tourism website](#) provides information on tourist destinations in the area. DC is also home to a number of [museums](#) and [galleries](#). Sports are popular, whether this means participating in a league or team or attending professional sporting events. DC boasts professional teams that play hockey ([The Capitals](#)), men's soccer ([DC United](#)), women's basketball ([The Mystics](#)), men's baseball ([The Nationals](#)), football ([The Redskins](#)) and men's basketball ([The Wizards](#)). Many local universities also have nationally ranked sports teams; contact the particular school or team for information and to see a schedule.

Maryland:

The [Montgomery Parks](#) website provides park maps; information on recreation facilities and trails; and the option to register online for classes and programs. The [Active Montgomery](#) website provides information on park activities, summer camps, aquatic centers, classes, public facilities, and more. [Montgomery County Golf](#) includes information on golf courses in the area.

The [Frederick Keys](#) are a local Class A baseball team affiliated with the Baltimore Orioles. The Frederick County [Recreation Department](#) provides information on recreation centers and nature centers as well as opportunities to volunteer. The [Parks Department](#) provides similar information including information on ball fields and a map of county parks.

The [City of Baltimore](#) provides resources for entertainment throughout the city proper, including information on the [Department of Recreation and Parks](#). The [Portal to Maryland](#) also provides information on restaurants and travel within the Baltimore area, as does the [Baltimore County](#) website. Other sites of interest in the area include the [National Aquarium](#), [The Maryland Zoo in Baltimore](#), the [Maryland Film Festival](#), and [Fort McHenry National Park](#).

Virginia:

[Northern Virginia Regional Park Authority](#) provides information about regional parks featuring golf courses, swimming pools, and hiking trails. [Fairfax County](#) and [Arlington County](#) websites also provide recreation resources.

RELIGIOUS COMMUNITIES

You will find a variety of religious communities and places of worship in the DC metro area. The following resources may help you find one in your area:

- [Asian Indian and NRI Churches](#)
- [Buddhanet](#)
- [Church Angel](#)
- [Church Finder](#)
- [Hindu Temple Finder](#)
- [Maven Search](#) - Synagogues
- [Mosques and Islamic Centers](#)
- [Salatomic](#) – Mosques & Islamic Schools
- [Sikh Gurdwaras](#)
- [Washington Jewish Week](#)

SCHOOLS – (KINDERGARTEN – 12th GRADE)

District of Columbia:

The District of Columbia website offers multiple ways to search for and evaluate schools throughout the District. It provides [school listings](#) that include general information, regulations, rules, and policies as well as student performance [statistics](#). The [DC Public Schools website](#) also provides school profiles; you can search for schools by ward or keyword. The website also features a "compare schools" function that provides lists of schools with particular characteristics, such as alternative and charter schools.

The Archdiocese of Washington maintains a list of [Catholic schools](#) in the area. The [Association of Independent Schools of Greater Washington](#) provides a list of independent schools, as well as a job bank and information on upcoming independent school events. The [DC Public Charter School Board](#) and the [District of Columbia Public Schools](#) also provide information on K-12 education.

Information on preschools, K-12 schools and post-secondary schools, as well as parental support

resources, can be found at the [DC Education Resource Center](#).

Maryland:

[Montgomery County Public Schools](#) provide services for over 135,000 students in approximately 200 schools throughout the county. To enroll your student, call the school in your area, which can be determined on the website. To enroll a child for the first time you must bring the child's birth certificate, immunization records, Social Security Number, and proof of county residency. If the child has been in school before, bring his or her most recent report card from the previous school.

If you are interested in non-public schools, the [Maryland State Board of Education](#) provides a list of schools that hold a Certificate of Approval.

[Frederick County Public Schools](#) publish information on how to enroll your child as well as information on schools, their policies and calendars, and transportation to and from schools. The following site provides additional information on [private schooling in Frederick County](#).

You can find information on Baltimore City public schools on their [website](#). The Baltimore area is also home to many [private schools](#). NOTE: this list is by no means inclusive

If you live outside Baltimore City but still in [Baltimore County](#), visit the county website for information on registering your student, schools in your area, and regulations and restrictions concerning zoning and charter schools. If you wish to enroll your child in non-public (including private) schooling in Baltimore County, the Maryland State Board of Education maintains a list of the [approved schools](#).

Virginia:

The [Virginia Department of Education website](#) provides information on public schooling throughout the State of Virginia, including finding a school in your area. The Virginia Association for Independent Schools provides a searchable list of [private schools in Virginia](#).

STATISTICS

For statistics on anything from cancer rates and crime to education, energy, economics, health, employment, and the environment, the Federal government maintains a reliable, updated [website of statistics](#). It is searchable by area and includes international comparisons. The [United States Census Bureau](#) also maintains information on populations, income, and economic indicators.

TAXES

Taxes are different in each state and locality. Providing tax advice is beyond the scope of this document. You should contact a tax professional for advice. Please note that tax day in the US is April 15.

Federal Income Tax - For information on Federal income taxes for [individuals](#), please visit the [IRS website](#). Online information is also available on Federal [business](#) and [small business](#) taxes.

NOTE: You may be responsible for quarterly tax payments. See your trainee handbook.

State Taxes - [DC](#), [Maryland](#), and [Virginia](#) all have different systems for taxing income. In addition to state income tax, you may also be liable for property taxes. Houses, real estate, and other property such as vehicles may be subject to an annual tax.

County & City Income Tax - Some counties and cities charge income tax. County tax is generally included on the state income tax form.

Sales Tax - Some states charge sales tax on items you purchase. It is important to note that sales tax is not included in the price shown in the store. It will be added to the total when the sale is made. If a company is located within a state, its online sales are subject to sales tax. In 2017, sales tax was 5.75% in DC, 6% in Maryland, and 5.63% in Virginia. Food purchased at a grocery store is not generally taxed, but food in a restaurant may be. Additionally, hotels, tobacco, alcohol, and other luxury items may be taxed at a higher rate. Many states offer “tax free” days when sales tax is not charged on clothing, school supplies, emergency items, and other specific items. For dates in your area see freetaxweekend.com.

TELECOMMUNICATION SERVICES

Telecommunication plays an important role in our modern life and provides access to invaluable news and other information. Many internet service providers offer high-speed Internet, digital TV, and unlimited calling plans in the DC Metro area. These include, but are not limited to:

- [Verizon](#)
- [Cox Communications](#)
- [dexknows](#)
- [RCN Corporation](#)
- [dcaccess](#)
- [xfinity](#)
- [AT&T](#)
- [T-mobile](#)
- [dish](#)
- [DIRECTV](#)

TRANSPORTATION

The Washington Metropolitan Area Transit Authority ([WMATA](#)), commonly referred to as the [Metro](#), provides both subway (Metrorail) and bus (Metrobus) service throughout the greater DC area. [MetroAccess](#) provides free shared-ride, door-to-door, paratransit service for people whose disability prevents them from using bus or rail service. For additional information, see the [MetroAccess eligibility requirements](#).

The [NIH Transhare Program](#) provides fare subsidies to eligible NIH employees who use Metro for their commute to and from work. Employees are provided their monthly subsidy benefits electronically through [WMATA](#)-registered SmarTrip® cards.

[Amtrak](#) provides train services in DC and the surrounding area. The main station in DC is Union Station, located close to the Capitol and accessible via Metrorail and Metrobus. Commuter rail is also available via [MARC](#), which provides rail service in the greater DC area, including Maryland and West Virginia. [Virginia Railway Express](#) provides service to Virginia locations. Both Virginia and Maryland also have their own local bus systems that link up with the Metro systems.

[Greyhound](#) and [Peter Pan](#) buses provide service into and out of DC, and across the country.

The following bus lines offer inexpensive transportation between DC and New York City:

- [Bolt Bus](#)
- [DC2NY](#)
- [Megabus](#)
- [Tripper Bus](#)
- [Washington Deluxe](#)

Maryland:

The [Maryland Transit Administration](#) (MTA) website is a central resource for information on the various transit programs and resources within Maryland. You can find information on [Commuter Programs](#), [MTA Tracker](#), and [Transit Maps](#).

One of the main public transportation services in Montgomery County is [RideOn](#) transit.

[Central Maryland Regional Transit \(CMRT\)](#) manages public transit services in Howard County, Anne Arundel County, Prince George's County and the City of Laurel.

Maryland Transportation Resource Information Point ([TRIP](#)) is a one-stop website for all things transit in the Baltimore metropolitan region, providing a wealth of information on a wide range of transit services including a hotline for immediate assistance: 1-877-331-TRIP (8747).

[TransIT](#) Services of Frederick County provides [Public Transit](#), [Paratransit](#), and [Commuter Services](#).

Virginia:

The [Virginia Department of Transportation](#) offers a number of resources for Northern Virginia commuters on its [Travel Center website](#), including [Virginia Railway Express \(VRE\)](#), [CommuterPage.com](#), and [Commuter Connections](#). The website also discusses [Rideshare](#) solutions and traffic patterns.

Bike to Work:

If you are interested in riding your bike to work or around town, DC maintains a website regarding [bicycle routes](#) in the DC area, as does the [Department of Transportation](#) for the District. Check out the [NIH Bike Voucher Program](#), which provides a monthly subsidy to participants. [Bike racks and lockers](#) are located throughout the NIH campus.

NIH bicyclists can now transport their bicycles on three (3) of the NIH shuttles. We are ecstatic to

announce that 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/>.

Don't own a bike? Look into renting a 3-speed bike from [Capital Bikeshare](#). 440 bike stations have been established throughout the DC metro area, including at many Metro stations. Two locations are near the NIH campus. You can pick up a bike at one location and drop it off at another.

Shuttles:

The NIH runs several shuttle lines. 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

<https://www.ors.od.nih.gov/pes/dats/NIHShuttleServices/Pages/shuttle.aspx>. Information on the NCI-Frederick Shuttle is posted at <https://ncifrederick.cancer.gov/staff/shuttle.aspx>. Note: Real time updates on shuttle arrivals are now available: <http://wttsshuttle.com/>.

UTILITIES

District of Columbia:

Keep in mind that the following utility lists provided here are not necessarily inclusive and are subject to change. Electric service is provided by [Potomac Electric Power Company](#) (PEPCO), [Baltimore Gas and Electric Company](#), and [FirstEnergy Solutions](#). Gas is provided by companies including [Washington Gas](#), [Baltimore Gas and Electric Company](#), also [Chesapeake Utilities](#).

[DC Sewer and Water Authority](#) services the DC area's water and sewer. Recycling and waste collection is provided by the [Office of Recycling](#) and [DC Trash Collection](#).

Maryland:

Some types of utilities (electricity, gas, water, sewer) have multiple providers, whereas some do not. For a complete list of utility companies, access the Maryland Public Service Commission's . Keep in mind that the list provided here is not necessarily inclusive and is subject to change.

[Montgomery County, Division of Solid Waste Services](#) provides recycling pickup once a week for single-family homes and townhomes. If you live in an apartment, contact your property manager for information on recycling.

The disposal charge is included in your property tax bill. To find out which area you live in and associated fees for trash collection, visit the [Montgomery County, Division of Solid Waste Services](#) website.

Check the Department of Environmental Protection website for further information about [trash collection and recycling](#) in Montgomery County. You can also check the [Maryland Office of People's Counsel Consumer Corner](#) website to determine what company offers service in your area.

Refuse and recycling services are provided either by the [City of Frederick](#) or by [Frederick County](#), depending on the service provided. Visit the [Frederick County](#) website for a list of services rendered, as well as the entity responsible for these services, information on curbside and satellite recycling, and information on recycling unusual substances.

Virginia: *Utility information for Arlington County:*

Electricity is provided by [Dominion Virginia Power](#), [Northern Virginia Electric Cooperative](#), and [Appalachian Power](#), among others. [Washington Gas](#) and [Virginia Natural Gas](#), among other companies, supply natural gas to homes. For trash, recycling, sewer and water services, contact the [Arlington County Environmental Services Office](#).

Virginia: *Utility information in Fairfax County:*

Electric companies include [Dominion Virginia Power](#) and [Northern Virginia Electric Cooperative](#). These companies also maintain streetlights in the county. Gas services are generally provided by [Washington Gas](#) but check the [Public Works & Utilities](#) website for more information. Most water services in Fairfax County are provided by [Fairfax Water](#); however, some places may fall under other jurisdictions, which are listed on the [Fairfax County website](#). Trash and recycling information can likewise be found on the county [website](#). For more information, visit the [Public Works & Utilities website](#).

VEHICLE REGISTRATION & DRIVER'S LICENSES

IMPORTANT NOTE: Keep in mind that getting a local driver's license might change your state of residency, which could have implications for tuition should you plan on attending a state college or university.

District of Columbia:

For information on obtaining license plates and a DC driver's license, or to register your vehicle, please visit the [Department of Motor Vehicles](#) website. It includes the locations of DMV offices where you can access these services as well as information on vehicle inspections, towed vehicles, and obtaining parking permits. ***Upon moving to DC you only have 30 days to obtain a driver's license.*** Many places in DC also require you to register your car or get a parking permit for street parking. Because this varies based on where in DC you live, you can look into this in more detail when you decide upon a place of residence within the district.

Maryland:

The [Maryland Motor Vehicle Administration](#) provides information on getting tags, title, registration, and driver's licenses. All vehicles must pass the state Vehicle Emissions Inspection. The MVA website also provides hours and locations of offices. You can ask for information on car seat laws and obtaining licenses for new drivers. ***Keep in mind that you are expected to obtain a Maryland state license within 60 days of moving to the state.***

Virginia:

Information on registering your car in Virginia, as well as obtaining your driver's license, can be found at the [Virginia Department of Motor Vehicles](#) web site. ***You have 60 days from moving to the state to register your car and get a driver's license.*** If you live in Arlington County, you will also have to register your car with the county. Basic information is provided [here](#).

Updated 12/17. Please address comments regarding this document to Dr. Patricia Sokolove at sokolovp@mail.nih.gov.