

MOVING TO THE

# NATIONAL INSTITUTES OF HEALTH

## Rocky Mountain Laboratories

### A Guide to Help You Move to **Hamilton MT**

Revised August 2018

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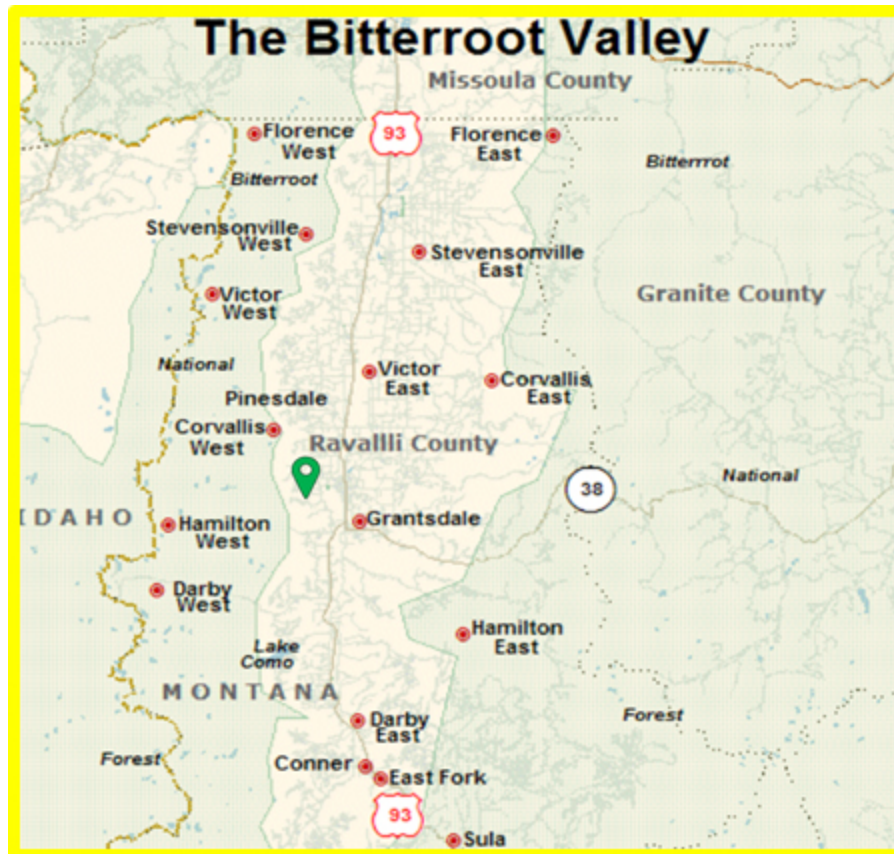
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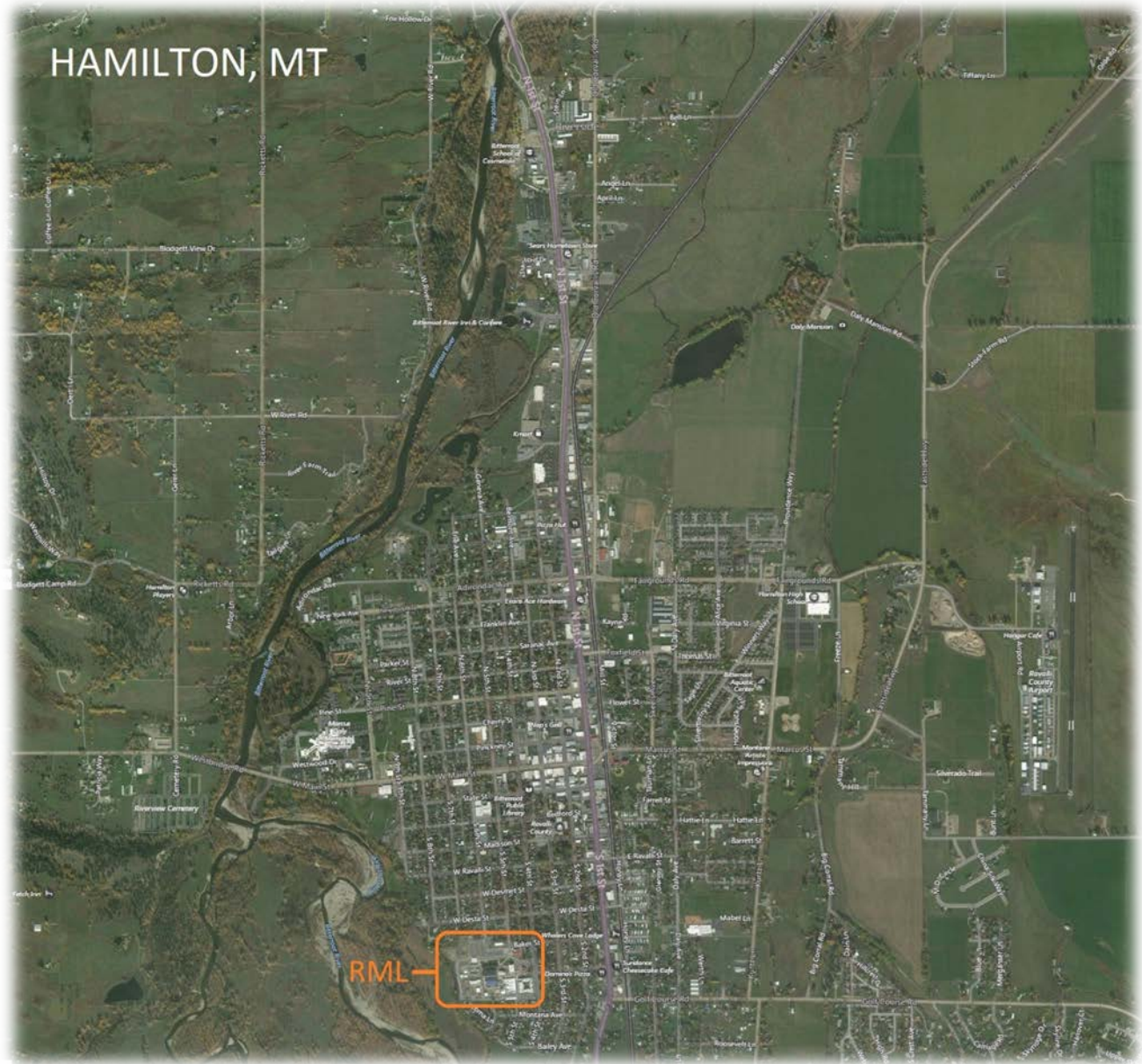
## INTRODUCTION

Welcome to the NIH, Rocky Mountain Laboratories (RML)! This Hamilton Montana campus is located 48 miles south of Missoula Montana, between the Bitterroot and Sapphire Mountains. The RML, is home to more than 450 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 main NIH campus is located in Bethesda, Maryland with more than 18,000 employees. NIH also has facilities in Baltimore and Frederick, MD; Research Triangle Park, NC (NIEHS). 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 area.

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





## SPECIFIC INFORMATION

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### AIRPORTS

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#### **Missoula International Airport**

- [Parking and Transportation](#)
- [Rental Car Center](#)
- [Taxis and Shuttles](#)
- [Public Transportation](#) (Missoula Area only, does not extend to Hamilton)
- [Ride Share \(Uber, Lyft\)](#)
- [Maps and Directions](#)

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## BANKING

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- [Farmers State Bank](#)
- [First Interstate Bank](#)
- [First Security Bank](#)
- [Opportunity Bank](#)
- [Ravalli County Federal Credit Union](#) (Only ATM on Campus)
- [Trail West Bank](#)
- [US Bank](#)

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## CHILD CARE

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- [Childcare in Hamilton Montana](#)

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## EMPLOYMENT

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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:

- [Career Builder](#)
- [Craigslist](#)
- [Indeed.com](#)
- [MedZilla](#)
- [Monster.com](#)
- [USAJOBS](#)

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

- [GovJobs](#)
- [Job Service](#)
- [State of Montana Employment](#)

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## GROCERY STORES

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- [Albertsons](#)
- [Hamilton's Marketplace](#)
- [Rainbow's End Natural Foods](#)
- [Safeway](#)
- [Super 1 Foods](#)

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## HEALTH CARE AND HOSPITALS

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- [Marcus Daly Memorial Hospital](#)
- [Clinics in the area](#)

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## HOUSING

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The NIH is unable to provide housing for trainees. The following housing resources are for informational purposes only. They are partial listings of rental resources in the Rocky Mountain Laboratories 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 and 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.

- [Airbnb](#)
- [Apartments.com](#)
- [Cardinal Properties](#)
- [Craigslist](#)
- [Bitterroot Valley MT Property Management](#)
- [Rentdigs.com](#)
- [Trulia.com](#)
- Zillow Rentals:
  - [Corvallis](#)
  - [Darby](#)
  - [Florence](#)
  - [Hamilton](#)
  - [Stevensville](#)
  - [Victor](#)
- Furniture options:
  - [The Bitterroot Valley Online Yard Sale!! NO CLOTHES](#)
  - [Bitterroot Valley, Online Yard Sale](#)
  - [JUST SELL IT \(Salmon ~ Bitterroot ~ Missoula\)](#)
  - SAFE Thrift Store (153 Old Corvallis Rd, Hamilton, MT 59840)
  - Ravalli Services Thrift Store (950 N 1st St, Hamilton, MT 59840)
  - Flea Market (131 Old Corvallis Rd, Hamilton, MT 59840)

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## NEWSPAPERS

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- [Ravalli Republic](#)
- [Bitterroot Star](#)
- [Missoulian](#)

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## POST OFFICES

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- [Corvallis](#)
- [Darby](#)
- [Florence](#)
- [Hamilton](#)
- [Stevensville](#)
- [Victor](#)

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## RECREATION AND TOURISM

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- [Tourism Attractions - Bitterroot Valley](#)
- [Tourism Attractions - Missoula](#)

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## RML RESOURCES

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- [Division of International Services \(DIS\)](#)
- Facebook - find us under **Club RML Recreation & Welfare Association**
- Recreation and Welfare Club email [Club RML](#)
- Rocky Mountain Laboratories [RML Website](#)
- Students Organization email [RML IRTA Fellows Organization](#)
- [U.S. Citizenship and Immigration Services \(USCIS\)](#)
- Visa assistance - Spousal & applying for an [Employment Authorization](#) Document (EAD)  
Please contact DIS (link above) for questions about your individual visa status/situation

### **Resources for Distressed Trainees:** [OITE link](#)

- [NIH Office of Intramural Training and Education \(OITE\)](#) - (301)-496-2427
- [NIH Employee Assistance Program](#) - (301)-496-3164 Confidential services:
  - Monday - Thursday: 6:00 AM - 3:00 PM MST
  - Friday: 6:00 AM - 2:00 PM MST
- [NIH Civil Program](#) - (301)-402-4845 Promotes civil behavior and prevents violence
- [NIH Ombudsman](#) - (301)-594-7231 Confidential resolution of professional disagreements

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## SOCIAL SECURITY NUMBER

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- [Social Security Office](#) - 3701 American Way, Missoula, MT 59808

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## STATISTICS

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- [Hamilton](#)
- [Missoula](#)

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## TAXES

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- [Federal Taxes - Internal Revenue Service \(IRS\)](#)
- [State Taxes - Montana](#)
- For tax advice always contact a tax professional ([Tax Professionals Hamilton MT](#))

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## TELECOMMUNICATION SERVICES

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- [Century Link](#)
- [Cybernet1](#)
- [HughesNet](#)
- [Rocky Mountain Internet](#)
- [Spectrum](#)
- [Verizon Wireless](#)

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## TRANSPORTATION

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- [BitterRoot Bus](#)
- [IRIDE VanPool](#)
- [UBER](#)

***Bike to Work:*** If you are interested in riding your bike to work or around town, the Yellow bikes are for anyone at RML to enjoy. Take one out for a spin to grab some groceries or to have lunch downtown.

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## UTILITIES

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- [Northwestern Energy](#)
- [Ravalli Electric](#)

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## VEHICLE RENTALS, REGISTRATION & DRIVER'S LICENSES

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- Driver's License - <https://dojmt.gov/driving/driver-licensing/>
- Rental car agencies in Hamilton:
  - Dollar
  - Enterprise
  - U-Haul
- Vehicle Registration - [Hamilton DMV](#)