The UCDC Survival Guide

2013-2014
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DISCLAIMER

All information in this volume is based on opinions from many sources. As such, any mention of a particular establishment or area is for informational purposes only and does not constitute or imply endorsement by the University of California.

ACKNOWLEDGMENTS

The information within these pages has come from a variety of sources. Most of the information has come from previous interns, and has been updated to include information for fall, winter and spring quarters in 2013. Gratitude is extended to all that have had a hand in putting this together.
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ARRIVAL

By plane
National Airport (aka Ronald Reagan Washington National Airport, DCA) is the closest airport to the center, just four miles south of downtown DC. There is a metro stop at the airport, but it is recommended to take a taxi for convenience. A taxi ride to Dupont Circle should take 15-20 minutes and cost approximately $20. You are going to the UCDC Washington Center at 1608 Rhode Island Ave. NW.

Dulles International Airport (IAD) is 26 miles west of DC in northern Virginia. The drive in can take between 40 minutes and an hour. SuperShuttle to the UCDC Center costs approximately $22, and there is a SuperShuttle boarding area on the lower level of the Dulles Airport (http://www.supershuttle.com/). Another, perhaps less convenient option is the Washington Flyer Express bus (www.washfly.com).

Baltimore-Washington International Airport (BWI) is 25 miles northeast of DC, about an hour drive from downtown DC. Taxis cost $50-80 - agree on a price before setting off. There are SuperShuttle buses into Washington every 30 minutes, daily from 6:00am-11:30pm for approximately $45 one-way. It’s cheaper to take the train from BWI Airport, either the frequent peak hour departures of the MARC commuter line (check website for schedules and fares: www.mtmaryland.com) or check the daily Amtrak trains (www.amtrak.com). These services take 35-40 minutes and terminate Washington’s Union Station where taxis are plentiful.

By train
Arrive at Union Station. Step out of the station and get a glimpse of the Capitol Building through the fountains of Capitol Plaza. Cabs are always waiting to take you to your destination, or you can take the Metro Subway or the Metro Bus.

ORIENTATION

Washington is divided into four quadrants - northeast (NE), northwest (NW), southeast (SE), and southwest (SW) - whose axes center on the US Capitol. Separating the quadrants, a central cross is formed by North Capitol Street (stretching north of the Capitol), East Capitol Street, South Capitol Street and - in the first of many exceptions - the grassy expanse of the Mall. The few sights in the NE, SE and SW quadrants cluster around the Capitol and south of the Mall. Almost all other sights and neighborhoods of note are in the NW quadrant.

Within the city, there is a simple right-angled grid plan in which, progressing away from the Capitol, north-south streets are numbered (in numerical order from 1), east-west streets are lettered (in alphabetical order, from A). After W (there are not X, Y or Z streets), two-
syllable names, still in alphabetical order, are used for east-west streets (Adams, Bryant, College, etc.), changing to three-syllable names further out. In addition, broad avenues, all named for states, run diagonally across the grid of streets, meeting up at monumental traffic circles like Dupont Circle and Washington Circle. The system only breaks down in Georgetown, which predates the city - here quite a few streets maintain their original names. Other oddities to note are that the Mall has swallowed up A and B streets NW and SW (what would be B St. NW is now Constitution Ave NW, and so forth); I street is often written Eye Street; and there’s no J Street in any quadrant.

It’s crucial to note the relevant two-letter quadrant code (NW, SW, NE, SE) in any address or direction. Each grid address (say 1200 G St.) could be in one of four quadrants and is impossible to find without the code; 1200 G St. NW is a long way from 1200 G St. SE. As in other grid plans, addresses of avenues and lettered streets relate to the numbered cross streets - thus the White House, 1600 Pennsylvania Ave NW, is at 16th St, while 1220 E St NW is between 12th and 13th. On numbered streets, the address is keyed to the numeric equivalent of the letter of the street at the intersection, so 800 9th St NW is at H St (H being the eighth letter of the alphabet); remember that there’s no J St, so 1000 9th St is at K St, and so on.

Like most cities certain areas of Washington have informal names. Downtown is the area northeast of the White House. The Mall is the large stretch of lawn lined by the government buildings and extends from the Capitol Building to the Washington Monument. Foggy Bottom (which was once swampland) is the area west of the White House, and south of H Street -- and the name is sometimes used to refer to the State Department. North of the Capitol Building is Capitol Plaza and east of the Capitol Building is Capitol Hill. Trendy Georgetown, famous for its row houses, is the area around the intersection of M Street and Wisconsin Avenue and home of the University. As Georgetown has gotten a little too wild lately, Dupont Circle to the west is slowly becoming a frequent haunt for more and more people. Adams Morgan, with its "ethnic flavor" of a mix of different restaurants, is located north of Dupont Circle and is a lot less expensive than Georgetown.

Housing and Services

You will be living at the UCDC Washington Center at 1608 Rhode Island Ave. NW, Washington, DC 20036. You can see photos of the Center at www.ucdc.edu. Each two bedroom apartment is typically shared by four students. All apartments are completely furnished. The living room has a couch, coffee table, chair, dining table and chairs, and cable television. Each bedroom has extra long twin beds with drawers, a wardrobe and desk with bookshelf; some have clothes hangers. There are Ethernet outlets for each bed and a clock radio in each bedroom. There is also a fully equipped kitchen with a microwave and dishes, utensils, kitchenware, pots and pans. There is a fitness center (the YMCA has a larger gym.
one block from the Center, so if you prefer a variety of workout machines you may want to consider a membership) and lounge on the fourth floor and laundry rooms on the 4th and 10th floors.

There is also a large, 24-hour computer lab equipped with both PC’s and Mac’s. The building is very secure with security officers in the lobby at all times.

If you cannot make it to the residential orientation, make sure to contact the Center. Otherwise you will be charged a fee for missing the orientation. You are encouraged to participate in any and all of the Center’s sponsored social events (trips, lectures, discounted tickets, tours, etc.). Our campus contact person at the Center is Alfreda Brock, (202) 974-6391, alfreda.brock@ucdc.edu. Alfreda is available to assist you with any questions about the residences and with any problems that may arise while you reside at the Center.

**BANKING**

One word of advice is to take enough money (another alternative is using traveler’s checks) in order to last you for the first couple of days, until you start to establish the type of banking that you are going to have. Most businesses will not take out-of-town bank checks (i.e. San Diego Credit Union), so don’t rely on your checkbook from the West Coast. You may want to ask before spending. If your bank has a Visa check card, consider getting one. You can use it like a credit card, but the money comes from your checking account, thus eliminating the hassle of out of town checks. Everyone takes credit cards, and at many places you can even get cash back with the cards.

ATMs are available around D.C., but your cards’ system might not be available on the East Coast (they use something called MOST). It shouldn’t be too hard to find a machine that will
work with your system but you will be subject to fees to have money withdrawn (ranging from $1.50 a transaction to 3-4% of money withdrawn.) Also, if you’re expecting to deposit any checks, keep in mind that you can’t do it through a machine not affiliated with your bank and Wells Fargo stops running at the California border. Check with your bank before you leave about mailing deposits.
THE NECESSITIES – What to Bring

___ Umbrella and rain shoes/boots
___ DC Survival Guide (You’re reading it).
___ Camera and battery charger
___ Lanyard or keychain to keep your keys, ID and bus passes safe
___ Student ID and California ID
___ Comfortable walking shoes
___ iPod or another portable music player, charger
___ Toiletries (Toothbrush, blow dryer, shampoo...)
___ Twin-size bed sheets and towels
___ Bag/Briefcase
___ Travelers Checks, Credit card from a National Bank, or cash
___ UCDC apartment info, directions
___ Map of DC
___ At least one complete professional outfit with shoes
___ If you like to cook, perhaps a Ziploc of seasonings (to avoid having to purchase new canister of oregano, for instance
___ Laptop and charger
___ Small travel duffle for weekend trips

Also note that if you are planning to ship out any big ticket items, be sure to check with your roommate so that no room has more than one sound system, etc.
TRANSPORTATION

The Embark App available for most smartphones is a great tool for finding out next bus times and quickest routes from wherever you are.

Washington D.C. is a mecca of internships, nightclubs, pubs, restaurants, stores, museums, theaters, monuments, and roadtrip opportunities all requesting your participation. Fast, affordable transportation adds to the enjoyment of each spot you attend.

As soon as you arrive in the District, get a map if your Smartphone does not already have one. It will be a great help in getting around, especially at the beginning of the internship when everything is new. If you can get one before you go, all the better. The best map available is from the American Automobile Association (AAA), which is free to members (they are also the best maps because they have the Metro system lines right on them). You can also pick up a map at your hometown Congressperson's office in the district or in D.C. (they are free), at the grocery store, or at the Map Store on Eye (I) Street.

METRO: THE SUBWAY

Washington’s subway - the Metrorail or simply the Metro - is quick, cheap, and easy to use. It currently runs on five lines which cover most of the downtown areas and suburbs (with the notable exception of Georgetown), while a number of new stations are due to open over the next few years.

Each line is color-coded and studded with various interchange stations: Metro Center, L’Enfant Plaza and Gallery Place-Chinatown are the most important downtown. Stations are identifiable outside by the letter “M” on top of a brown pylon; inside, the well-lit, uncluttered, vaulted halls make the Washington Metro one of the safest in the world. Nevertheless, you should take the usual precautions - the system itself may be substantially safe but a few stations are in fearsome neighborhoods.

Metrorail service hours begin at 5am Monday through Friday and close at midnight from Sunday-Thursday. Stations open at 7am Saturday and Sunday, and close at 3am on Friday and Saturday. During rush hour, services run every five-six minutes on most lines, and every ten to twelve minutes at other times.

Each passenger needs a SmarTrip farecard, bought from machines or a local CVS, before passing through the turnstiles. Fares are based on when and how far you travel; maps and ticket prices are posted by the machines. If you’re going to use the Metro several times, you may want to purchase a rechargeable SmarTrip card. (You can also purchase a 7-day ticket for $22 which allows an unlimited number of stops inside the District. However, weekly passes
may have restrictions on travel times.) Feed the card through the turnstile and retrieve it; when you do the same thing at the end of the journey, the machine prints out how much fare remains. If you’ve paid the exact amount, the turnstile keeps the card; if you don’t have enough money remaining on the card for the journey, insert it into one of the special exit-fare machines, deposit more money and try the turnstile again.

**BUS**

Metro bus is perhaps the most often used mode of transportation, but the least understood. One possible source of information is the bus drivers. Metro Information (202-637-7000) are helpful in finding the appropriate buses to take and how much time to allow, but when you call this number, be prepared to wait.

Also, at some major Metro subway stations, information on major lines serving that particular station is available at the attendant booth. Maps of bus routes are available. To get to Georgetown from the Hill you can take any even numbered 30 line (30, 32, 34, etc.). Travel time is anywhere from 25 minutes (on weekends) to 60 minutes (on weekdays), depending on traffic. If you are working in Dupont Circle, the G2 bus is your ticket to Georgetown.

You can pay your fare per trip, or purchase a daily or weekly pass. Another convenient way to deal with the bus fare is to purchase a rechargeable SmarTrip card, which is valid on both Metro Bus and Metro Rail.

If you decide to go the bus route, always be sure to get a transfer from the bus driver so that you can change buses along the way if necessary. Also, if you transfer from Metro subway to Metro bus, you can pick up a transfer slip which will allow you to ride the bus. HOWEVER, you must get a bus transfer from the Metro station at which you START your journey, not after you get off the metro (like BART).

**CAB**

Cabs in Washington, D.C. are readily available. The fares are determined by zones that were devised by crafty congressmen who wanted cheap ways home. Each zone boundary that the cab crosses increases the base fare, which starts at $4.75. There are additional charges per person ($1.50 per person). There is also a $1 gas surcharge per person (or group of persons traveling together) for weekday service between 4:00pm and 6:30pm -- it is very difficult to hire a cab during this time.

A knowledge of the different zones is helpful (or at least alleged knowledge; cab drivers are not above taking advantage of clueless tourists). Sometimes walking one block will save you a dollar. Try and see if you can share a cab with someone. A good habit is to always ask the cab
driver the cost of the fare before you take the cab. Also, be sure that the cab is a registered cab and not a “fake;” you can tell by making sure that they’ve posted their identification cards on their sun visors.

You can call for a pick-up, but there is a $1 increase in prices. Capitol (636-1600), Diamond Cab Co (387-6200), Yellow Cab (544-1212). Consult the Yellow Pages or Yelp for other companies.

**CAR**

A car is convenient for weekend roadtrips (more than 3 people? -- Get a minivan) and occasionally for evening activities. But during the day, traffic is horrible, and inexpensive parking spaces are scarce. Especially during the summer and holiday seasons, the streets of Washington become jammed with rubberneck tourists and impatient locals (Washington turns into a "ghost town" by comparison on weekends, however).

If you want to rent a car, shop around. Terms of most rentals vary: you have to be 21 to 25 years old (25 is usually the standard). Prices will vary but are usually quite expensive during vacation season. Most rent-a-car agencies are at the airport, but there are a few downtown. Make reservations in advance (usually you need a credit card -- check to see if your credit card company guarantees damage expenses when you use their card to reserve a car). They will usually rent to you with a government I.D. even if you are not 25. Consider investing in a Zipcar membership; there are a few Zipcar spots right outside the Center.

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<tr>
<th>Budget 800-218-7992</th>
<th>Avis 800-633-3469</th>
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<td>Thrifty 800-847-4389</td>
<td>Alamo 877-222-9075</td>
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**STAYING SAFE**

To some degree, going to school in California has already prepared you for the streets of Washington, D.C. However, don’t let the fact that you can maneuver yourself downtown build up a false sense of security. Washington, D.C. is one of this country’s most violent urban areas and you will want to use extra caution.

By taking a look at the address of your place of employment, you will have noticed that the city is divided into four geographical quadrants (NW, SW, NE, and SE) with the Capitol Building acting as the intersection point. Some people will tell you that “the NW quadrant is safer than the SE” and “the NE is safer than the SW...blah, blah, blah....” Fact is, that people have been shot blocks from the White House and interns have been mugged in beautiful
Georgetown. In short, crime exists in every part of the city. So here are some simple rules for everyone, male and female:

1) Always travel in groups
2) Take taxis at night
3) Carry a small pocket map
4) If you leave with 5 people to go somewhere, return with 5 people.
5) If you wear an iPod when jogging, be extra cautious.
6) If you’ve been drinking, USE COMMON SENSE! Hail a cab.
7) Don’t carry lots of cash or flaunt expensive jewelry/watches.
8) Keep your wallet in a safe place.
9) Women: Carry your purse ACROSS your body, not just over a shoulder.
10) Stay in well-lit areas.
11) If you’re going somewhere unfamiliar, pay attention to the quadrant. Don’t get lost in SE trying to find something in NW!
12) Always look as though you know where you’re going; look confident, not scared.
13) Most importantly, be aware of your surroundings. Notice suspicious things and get away!

**UCSD STUDENT HEALTH INSURANCE**

**UCSD UC Student Health Insurance Plan (UCSHIP) 2012-2013**

As a participant of the UCDC program, you are required to have health insurance coverage. All students are automatically enrolled in the University of California Student Health Insurance Plan (UCSHIP), provided by UCSD. However, students may choose to opt out of SHIP if they have comparable health insurance coverage which meets the requirements to waive SHIP. Students who participate in UCDC are still required to waive SHIP coverage prior to the waiver deadline dates. For complete waiver information, please refer to the Student Health website, [http://studenthealth.ucsd.edu](http://studenthealth.ucsd.edu) or access TritonLink at [http://tritonlink.ucsd.edu](http://tritonlink.ucsd.edu).

Many students obtain health care coverage through their parent’s policy. If this is the case, you will need to confirm you have full access to all medical care while in the Washington D.C. area, including primary and specialty care. This must be done prior to your trip.

If you are a UCSD SHIP member, your coverage will remain in force while you are enrolled in the Washington D.C. program and your quarterly premiums will remain the same. Your Anthem Blue Cross member ID card is sent by mail to your current address listed on TritonLink. Keep this card with you at all times. You will need to show your identification card in case of an emergency or urgent care situation.
The following information is a brief description of benefits you will have while in Washington D.C. IT IS HIGHLY RECOMMENDED THAT YOU READ THROUGH YOUR UCSD SHIP BROCHURE FOR THE FULL DESCRIPTION OF YOUR INSURANCE PLAN. You can also access your plan information online at ucop.edu/ucship. Please be aware not all University of California SHIP plans are the same. DO NOT refer to another UC schools’ plan for benefit information. You may also access information regarding SHIP coverage through the Student Health website at http://studenthealth.ucsd.edu.

Please note as a UCSHIP/ANTHEM participant, your primary care is rendered at Student Health Services. A written referral is required by Student Health Services for treatment by a provider other than a Student Health Service provider, including follow-up care after emergency services. While away from campus on UCDC, you are only eligible for urgent care and emergent care without the written SHS referral. If the need arises while away from campus, contact Anthem directly to locate an Urgent Care facility or Emergency Room provider in the DC area.

Medical Coverage:

The Student Health Insurance Plan (SHIP) has worldwide coverage working in conjunction with Anthem Blue Cross, a preferred provider organization.

For a listing of participating Anthem providers in the Washington D.C. area please access the following website at ucop.edu/ucship or call 1-866-940-8306 for the most updated and accurate information.

- Remember, you are only eligible for Urgent Care and Emergency room care while away from campus, without a written SHS referral.
- Urgent care copay is $50, 100% coverage after copay, when care is rendered at an Anthem participation provider.
- Emergency Room copay is $100. Be sure to contact Anthem for out of state participating Hospitals.
- Call Student Health Insurance Office if follow up is required as a result of an ER or UC visit, to obtain information on how to get a follow up referral.

Dental Coverage:

The Student Health Insurance Plan (SHIP) has incorporated dental benefits in conjunction with Delta Dental of California.

- Please contact Delta Dental directly with questions regarding out of area care at 1-800-765-6003.
Vision Coverage:

SHIP currently does not have vision discounts or benefits outside of Student Health Services on campus. However, it is highly recommended that you bring copies of your prescription in case you need to replace your glasses or contact lenses.

Hospitals in the Washington D.C. area:

Contact Anthem Blue Cross member services at 1-866-940-8306 or via website at www.ucop.edu/ucship for current information on Urgent Care centers and Emergency Rooms in the DC area.

Important Phone Numbers:

- Anthem Blue Cross: 866-940-8306
- Delta Dental of California: 800-765-6003
- UCSD Student Health Service Insurance: 858-534-2124
- UCSD Student Health E-mail: ship3@ucsd.edu
- Fax: 858-822-5910
- Student Health Website: http://studenthealth.ucsd.edu

Please note if you enroll in SHIP that your primary care is rendered at Student Health Services. A written referral is required by Student Health Services for treatment by a provider other than a Student Health Service provider, including follow-up care after emergency services. While away from campus on UCDC, you are only eligible for urgent care and emergent care without the written SHS referral.

DRESSING FOR D.C.

CLOTHES FOR WORK
Before you go out and buy a whole new wardrobe, ask your employer what is considered standard attire. Some interns are able to dress casually.

WOMEN
Blouses, skirts, slacks and dresses are pretty much the norm here. Cottons and linens are the coolest when the weather is very humid. Silk and rayons are pretty but hot! Since you will inevitably do a lot of walking, you should wear comfortable shoes. During the cooler months, blazers, tights, waterproof and warm boots and coats are recommended. Be prepared for extreme weather during the winter. If you are wearing heels, consider bringing a pair of athletic shoes to change in and out of on your way to work (this is especially true if you plan on spending a lot of time in Georgetown -- a town whose cobblestone streets are designed to ruin heels in a week).
MEN
The work uniform for men is pretty standard -- slacks, shirt, with a coat and tie. Use it your first week to feel out the beat of the office. Once you have established credibility and you’re ready to break out of the mold, then you can move to the wild ties, and socks in your wardrobe. Bring waterproof shoes and a coat for the winter months. If you have the money, you may want to have a suit handy. Chances are, though, that you’ll hardly use it. But you never know when your boss will decide to invite you to a reception for some D.C. big shot.

BEHAVIOR ON THE JOB
The responsibility for the success of your internship falls mainly on your shoulders. Your attitude -- about your job, your employer, and yourself -- will be a big determinant. You are going to D.C. to learn -- actively, not passively. Interns are expected to be able to work well with minimal supervision. However, always remember: when in doubt, ASK! Better to take up some time asking a question or two than to have to re-do the entire project. No one expects you to know everything.

Here are some important points to remember:

1) Be courteous -- things are more formal in D.C. You’re not automatically on a first name basis with your boss. Don’t use his/her first name unless you are asked to.

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

3) Undoubtedly, you have heard about some of the “perks” of being an intern -- long lunches, arriving late, leaving early, etc. Don’t assume that you are automatically entitled to such things -- ASK!

4) As a UCSD intern, you are representing the UCSD Academic Internship Program and UCDC. The program’s chance of placing another intern in your job next quarter depends greatly on your behavior and performance. Whether you are an affiliate or an intern, you are still representing the University of California. You are entitled to have your own personality for the quarter -- JUST REMEMBER WHO YOU ARE AND WHAT YOU REPRESENT!!

5) These offices have seen interns come and go -- some good and some bad. Although employers are happy to have you, don’t expect to be greeted with great cries of incredible joy and servants bearing fruit. Don’t be ashamed if you get lots of photocopying in your first week -- like everyone else, you will have to prove yourself. If, after a sufficient amount of time you are still spending the majority of your time Xeroxing, don’t waste your time being
upset -- approach your supervisor and ask for more responsibilities. If things haven’t improved contact your counselor for advice. In any event -- don’t do anything drastic!

One last thing on jobs, remember to keep in touch with the people in the office. Don’t think that when the next quarter back in California rolls around, you can cut all ties and call it a trip. A good idea is to send a postcard from San Diego at the beginning of your next quarter to let everyone know how you’re doing or where you’re applying to grad school. Not only does it keep your name remembered in the office, it keeps your options open for real jobs or good recommendations down the line.

**LINGUA FRANCA: YOUR GUIDE TO D.C. VOCABULARY**

**Beltway (n)** - Actually an interstate freeway that circles the D.C./Maryland/Virginia area. Used derisively to denote a D.C. mindset or attitude. Esp. "In the Beltway"

**The Post (n)** - *The Washington Post*. This is the newspaper that every Washingtonian should read. The Style section is full of Washington tidbits. Check out the front section for daily listings of special events.

**The Times (n)** - *The New York Times*. Also known as "The paper of record." There is another paper called "The Washington Times"; it looks like the stepchild of USA Today and presents itself as the alternative to the 'liberal' Washington Post.

**The Hill (n)** - Originally described by Pierre L'Enfant as a "pedestal waiting for a monument", this easternmost side of The Mall is where the U.S. Capitol sits. The Senate side is on the north, and the House side is on the south.

**1600 Pennsylvania Ave. (n)** - Street address for large white building where the President lives.

**Capital vs. Capitol** – Please avoid making this mistake. CAPITAL is the city (e.g. 'Washington D.C. is the capital of the United States of America.'), while CAPITOL refers to the building where the U.S. Congress meets (e.g. ‘I'll meet you by the Capitol building.’)

**FOR THE STUDENT BUDGET**

So...you’ve just shelled out all this money for housing and airfare and now you’re asking yourself: “What am I ever going to do for spending money?” First of all, Washington, D.C. is a very expensive city, not as bad as New York, but close enough. You will need to budget! When you get off the plane and your stomach is grumbling for something other than ‘snack-size’ bags of peanuts, you’ll notice that everything seems a little bit more expensive. Ten
cents here and there may not sound like much, but these things add up and can make or break your budget.

One thing you could do is avoid buying lunch every day. You will have a fully furnished kitchen with plates, pots, frying pans and utensils. So you’ll be able to make your lunch before you go to work. This will save you a lot of money (the directors told me this... but I didn’t listen. Where did my unbudgeted, almost daily $7-$10 lunches leave me at the end of July? Answer: eating 79-cent boxes of Macaroni and Cheese for dinner every night for a week, not a pretty sight). Many resourceful interns have taken advantage of frequent after-hours receptions held on Capitol Hill and Happy Hour munchies at a local watering hole to reduce dinner expenses. Don’t forget: if the grocery store has a discount card or coupons, you can save a lot of money.

CULTURAL ACTIVITIES

The best things in life are free!! Below is a list of things to do in Washington that are not only thoroughly enriching experiences -- but absolutely free!!

There is also a variety of blogs and suggestions online, which you may find helpful. Here is a list of websites that are very informative:


Concerts

**Armed Forces Band:** concerts are presented on the West Terrace of the Capitol Building. [http://www.usafband.af.mil/](http://www.usafband.af.mil/)

**The Carter Brown Amphitheater:** located at 4750 Colorado Ave. NW, offers a number of free concerts, as well as performance ranging from Broadway shows to the National Ballet of Canada. [www.nps.gov/rocr/planyourvisit/cbarronschedule.htm](http://www.nps.gov/rocr/planyourvisit/cbarronschedule.htm)

**Concerts at the Capitol:** an American Festival, are presented on the steps of the U.S. Capitol, with the National Symphony Orchestra and guest conductors on July 4th. [www.navyband.navy.mil/concerts_at_the_capitol.shtml](http://www.navyband.navy.mil/concerts_at_the_capitol.shtml)

**Concerts on the Canal:** held every other Sunday at 30th and Jefferson Streets in Georgetown feature music ranging from canal builders’ chanteys to contemporary sounds. [http://www.indianahistory.org/events/concerts-on-the-canal](http://www.indianahistory.org/events/concerts-on-the-canal)
Fort Dupont Park: at Minnesota Ave. and Randall Circle SE, presents a series of concerts by top jazz artists in the evenings. [www.nps.gov/fodu/planyourvisit/events.htm](http://www.nps.gov/fodu/planyourvisit/events.htm)

The Twilight Tattoo: presented by the Third Infantry, is performed at the Joint Base Myer-Henderson Hall, VA. [http://twilight.mdw.army.mil/](http://twilight.mdw.army.mil/)

The U.S. Marine Drum and Bugle Corps: play at 8:20pm during the Friday evening parades at the Marine barracks, 8th and I Street SE. (after the parade, there is a party at Center House. Apparently, it used to be pretty raucous, but it is pretty mellow now. You can chat with young military officers, while you may drink on their tabs -- if you're 21, of course. Warning: do not go uninvited. [www.drumcorps.mb.usmc.mil](http://www.drumcorps.mb.usmc.mil)

Golden Triangle Summer Concert Series: take place in Farragut Square Park nearby the Washington Center. It features local bands and a variety of music styles. [http://www.goldentriangledc.com/events/golden-triangle-summer-concerts](http://www.goldentriangledc.com/events/golden-triangle-summer-concerts)

*Check out [www.Ticketmaster.com](http://www.Ticketmaster.com) and [www.stubhub.com](http://www.stubhub.com) for information about top artists and DJs playing in Washington, D.C.*

Plays

Shakespeare in the Park: Actually Woodly Park Zoo area. Plays vary from year to year and are accessible by metro and metro bus. Tickets are free and available the day of the show. Makes a great day when combined with a visit to the Smithsonian zoo (free) across the street. [www.shakespearetheatre.org](http://www.shakespearetheatre.org)

*Check "Today's Events" column of the [Washington Post](http://www.washingtonpost.com) for daily updates of events.*

Lectures

The Library of Congress: 1st and Independence SW. There are three buildings: Jefferson, Madison, and Adams. Free tours begin in the Orientation Theater on the ground floor of the Jefferson Building with a pretty cool film daily. Programs are listed in the library's monthly Calendar of Events. It also offers free films during the week. [www.loc.gov](http://www.loc.gov)

The National Theater: downtown at 233 E. St. NW offers "Monday Night at the National" as another free event where a lively discussion series is held concerning timely topics in the arts and world and national affairs. [www.nationaltheatre.org](http://www.nationaltheatre.org)
The National Town Meeting: is held at the Kennedy Center's Eisenhower Theater every week. Government and other opinion-making leaders discuss political and social issues. It is located at the foot of New Hampshire Ave. NW. [http://www.demandresponsetownmeeting.com/](http://www.demandresponsetownmeeting.com/)

Lectures and other special programs are also listed daily in the "Today's Events" column of the Washington Post. Keep an eye on this column to catch the city's best programs; in particular, for news on Foreign Policy Briefings, given at various times, mostly to groups, at the State Department.

Movies

Screen on the Green: takes place on National Mall. Grab a blanket (and a pillow if you like), and enjoy watching a classic movie on a gigantic movie screen during a warm summer evening. [http://friendsofscreenonthegreen.org/](http://friendsofscreenonthegreen.org/)

AMC Loews Uptown 1: is where you can find big IMAX screenings of popular, new movies, just like you would at any AMC theatre. There’s one located conveniently in Cleveland Park, great for a chill weekday night when everyone is procrastinating their research papers.

Landmark’s E Street Cinema is perfect for indie and foreign films, and serves snacks with beer & wine! They paly mostly independent/small films and documentaries, and is a unique alternative to the standard AMC films. [http://tinyurl.com/8bc2](http://tinyurl.com/8bc2)

Museums

The Smithsonian Institute
(Dial-a-Museum 357-2020 or 357-2700, [http://www.si.edu/Museums](http://www.si.edu/Museums)) offers a Mall filled with fascinating museums. Here is a list of the museums and the closest Metro stops:

Arts & Industries Building: Nearest Metro - Smithsonian.
Castle on the Mall: Smithsonian Information Center. Nearest Metro - Smithsonian.
Enid A. Haupt Garden: Nearest Metro - Smithsonian
Hirshorn Museum and Sculpture Garden: Nearest Metro - L'Enfant Plaza (Smithsonian Museums exit).
National Air and Space Museum: There are two theaters at Air and Space. The first is the Samuel P. Langley Theater which shows IMAX films on a huge screen. The other is the Albert Einstein Planetarium. The museum sometimes opens early just for ticket sales (at any rate, it is a good idea to get in line early). Nearest Metro - L'Enfant Plaza (Smithsonian Museums exit).
National Museum of American Art: 8th and G St. NW. Nearest Metro - Gallery Place.
National Museum of National History: Nearest Metro - Smithsonian or Federal Triangle.
National Portrait Gallery: 8th and F St. NW. Nearest Metro - Gallery Place.
National Zoological Park: 3000 block of Connecticut Ave., NW. (Note: The best times to catch the pandas are at feeding time 11 am & 3 pm). Nearest Metro: Cleveland Park or Woodley Park–Zoo.

Other, Non-Smithsonian Museums
The Anacostia Neighborhood Museum: Exposition of Black history and culture, 1901 Fort Place SE (Fort Stanton Park) www.anacostia.si.edu
The Paul E. Gerber Facility: Under the auspices of the Steven F. Udvar-Hazy Center in Chantilly, VA, this facility houses the museum's reserve collection of historically significant air and spacecraft. http://airandspace.si.edu/
The National Archives: Free tours are given weekdays by appointment only; check website for details. Nearest Metro - National Archives. http://www.archives.gov/
National Firearms Museum: Open daily. This museum illustrates the history and development of firearms through exhibits of antique and modern guns from around the world. 1600 Rhode Island Ave., NW Nearest Metro - Dupont Circle, Farragut North or Farragut West. http://www.nramuseum.org/
National Geographic's Explorers Hall: 17th and M Streets NW. Nearest Metro - Farragut North (Connecticut Avenue and L Street exit) or Farragut West. http://www.nationalgeographic.com
Phillips Collection: 1600-1612 21st St. NW, at the corner of Q Street. This place has an incredible collection of Impressionism. Especially notable is an original Renoir. Nearest Metro - Dupont circle, P Street exit. http://www.phillipscollection.org/
Renwick Gallery: 17th St. and Pennsylvania Ave. NW. Nearest Metro - Farragut West (Farragut Square exit).

Monuments

This is a partial list of the many monuments and buildings around town that you can tour and see for free:

Arlington National Cemetery: The easiest way to see it is on a tour, either by buying a ticket on the Mall and doing a complete sightseeing tour, or by buying the Cemetery tour at
Arlington. Here you'll see the Tomb of the Unknown Soldier with the changing of the guard every half hour. Arlington House open daily, was once the residence of General Robert E. Lee until it was confiscated by the United States government during the Civil War. There are many famous people buried here including Pierre Charles L'Enfant (original architect of Washington, D.C.), General John J. Pershing, Secretary of State John Foster Dulles, President William Howard Taft, and General Phil Sheridan. The most famous resting sights, and most visited, are those of the Kennedy brothers, John F. and Robert F. Kennedy. By arriving as close to 8am as possible, you can experience the mood of quiet contemplation the site of JFK's eternal flame evokes when not mobbed by tourists. Nearest Metro: Arlington Cemetery.

Mary Mcleod Bethune Memorial: In Lincoln Park on the east slope of Capitol Hill. This memorial is to the ground-breaking educator of young African-American women who served in President Franklin D. Roosevelt's informal Depression-era "black cabinet"; she was also the first black woman to head a federal office as director of 'Negro Affairs' in 1936. This is D.C.'s first statue in a public park honoring an African-American as well as the first one honoring a woman.

The Bureau of Engraving and Printing. Weekdays only; closed legal holidays. Twenty-five minutes self-guided tours, preceded by a short introductory film about the Bureau, depart continuously during these hours. Free $100 bill souvenirs for the first 100 visitors (Yeah, right). Nearest Metro: Smithsonian.

C & O Canal Boat Trips: Depart from Thomas Jefferson St. NW in Georgetown. The boat, a mule-drawn replica of a 19th century canal boat, travels through the Georgetown section of the canal. Tickets are sold at the information minimum. It's a real slow trip, but that's whole idea.

The Capitol Building: With entrance on East Capitol Street and 1st Street NW. Once again, it is best to get tour tickets from your congressperson or senator for the VIP tour. Only on the longer VIP tours do you visit the House and Senate chambers. There are free 35-minute guided tours that leave the Rotunda every 15 minutes. Nearest Metro: Capitol South.

Frederick Douglass Home National Historic Site (Cedar Hill): 1411 W Street SE, open daily. This was the last home of the former slave, statesman, and abolitionist. He lived in this house from 1877, when he was 60, until his death in 1895. Many of the house's 19th century Victorian furnishings are original. Congress has also designated it the first Black National Historic Site. The visitor center has interpretive exhibits and film documenting Douglas' life. Walk-in tours are given on the half hour.
**The Federal Bureau of Investigation:** Open weekdays only, closed weekends and federal holidays. To avoid having to get in line before 8:45am, reserve a spot by going to the office of your senator or congressperson. Nearest Metro - Metro Center, or Federal Triangle.

**Ford's Theater:** 511 10th Street NW, between E and F Streets. Open daily. This is the theater which President Abraham Lincoln was attending a production of *Our American Cousin* when he was shot by John Wilkes Booth. Except when rehearsals or matinees are in progress (call before you go), visitors can see the theater and trace Booth's movements on that fatal night. Free 15 minute talks are given at 10 and 35 minutes after the hour. Be sure and visit the Lincoln Museum in the basement. Nearest Metro - Metro Center.

**Peterson House (House Where Lincoln died):** Right across the street from Ford's Theater at 516 10th Street NW.

**Iwo Jima, the Marine Corps Memorial:** Stands near the north (or Ord & Weitzel Gate) entrance to Arlington Cemetery as a tribute to marines who died in all wars.

**The Jefferson Memorial:** open daily from 8am to midnight.

**The Library of Congress:** Closed on major holidays. Nearest Metro - Capitol South.

**The Lincoln Memorial:** Open 24 hours daily with park staff on duty 8am to midnight. Nearest Metro - Foggy Bottom.

**Old Post Office:** 12th Street and Pennsylvania Avenue NW. Building open daily. Tower tours given daily. This place also has shopping and a food court. Nearest Metro - Federal Triangle.

**Franklin D. Roosevelt Monument:** between 7th and 9th Streets NW, on the Pennsylvania Avenue side of the National Archives. The modest block of Vermont marble commemorates the nation's 332nd President. Nearest Metro - National Archives.

**Teddy Roosevelt Island:** lies in the Potomac River opposite the mouth of Rock Creek. Open daily. Nearest Metro - Rosslyn.

**State Department Tour:** 22nd and C Streets. Free one-hour tours of the eight floor diplomatic reception rooms are offered weekdays. Reservations are required. Nearest Metro - Foggy Bottom-GWU.

**The Supreme Court:** If you can, you should try and see the court in action. The Court meets Monday through Wednesday from 10am to 3pm (with an hour for lunch from noon to 1pm).
Line up early! When the Court is not in session, there is still a free lecture in the courtroom about Court procedure and the building's architecture. Nearest Metro - Capitol South or Union Station.

**The Vietnam Veterans Memorial:** Open 24 hours with park staff on duty from 8am to midnight. This memorial honors the men and women who served in the armed forces during the Vietnam War - the longest in our nation's history. It includes two long black-granite walls inscribed with the names of those who died or whose remains are missing as a result of the conflict. This monument is very moving when seen at night. Nearest Metro - Foggy Bottom.

**The Washington Monument:** There is an elevator that takes you to the top of this 555 foot monument in about 70 seconds. There is another tour called "Down the Steps" Tours which are given based on staff availability. On this tour, you'll learn more about the building of the monument and get to see the 193 carved stones inserted into the interior walls. They range from a piece of stone form the Parthenon to plaques presented by city fire departments. Call before you go or ask a ranger on duty for more details. Nearest Metro - Smithsonian.

**The Washington National Cathedral:** The Cathedral has been the setting for every kind of religious observance. It is the final resting place of Woodrow Wilson and his wife, as well as Helen Keller, and Anne Sullivan. This was the church in which Martin Luther King, Jr. preached his last Sunday sermon before he was assassinated.

**The White House:** The best bet is to get tickets from your Congressperson or Senator for the VIP tours at 8:15, 8:30, and 8:45am. This ensures your entrance and entitles you to a more extensive -- and guided -- tour. You need to request them from you Congressperson very early, 8-10 weeks in most cases. The other option is getting public tour tickets for scheduled tours Tues. through Sat. Tickets can be obtained at the White House Visitor’s Center, located on the corner of 15th and E St. NW (look for blue awnings) on the morning you would like to tour the White House. Doors open at 7:30 am, but people start lining up even earlier. Nearest Metro - Federal Triangle.

**Theater**

The following are not usually free but do offer great student discounts.

**The Arena Stage:** 6th and Maine Ave. SW houses Washington’s own resident company since 1950. Jill Eikenberry, Michael Tucker, Ned Beatty and James Earl Jones are among many of their former players. Student tickets may be purchased at half price! [www.arenastage.org](http://www.arenastage.org)
**The Circle Theater**: located at 2103 Pennsylvania Ave. NW. The pictures are not the most current; they range from old masterpieces to recent “second runs,” as well as film fests.

**The Folger Library**: 201 E. Capitol St. SE, offers both new plays and Shakespeare. [www.folger.edu/](http://www.folger.edu/)

**Ford’s Theater**: 511 10th St. NW, the site of Abraham Lincoln’s assassination, offers special discounts to some of the finest new plays on the American stage. [www.fordstheatre.org/](http://www.fordstheatre.org/)

**The John F. Kennedy Center for the Performing Arts**: Our national cultural center, and, as such, operates a year round program of music, dance, drama and film events in its five theaters. Located at the foot of New Hampshire Avenue NW. Also houses the **Concert Hall**: The home of the National Symphony Orchestra. Performing four times per week at maximum, music ranges from Bach to rock. [www.kennedy-center.org](http://www.kennedy-center.org)


**The National Theater**: 1321 Pennsylvania Ave. NW is the third oldest continuously operating theater (since 1835) in the nation. Students must have ID for discounts. [www.nationaltheatre.org](http://www.nationaltheatre.org)

**The Source Theater**: 1835 14th Street NW, between S and T Streets, produces works of established playwrights as well as new plays from unknowns. [www.culturaldc.org](http://www.culturaldc.org)

**The Studio Theater**: 1333 P Street NW, many plays come here from off-Broadway. Student discounts. [www.studiotheatre.org/](http://www.studiotheatre.org/)

**The Wooly Mammoth Theater Company**: 1401 Church St. NW, all kinds of discounts, including two for the price of one admission. [www.woolleymammoth.net](http://www.woolleymammoth.net)

**FOOD**

One of the most important things you can do with your time in DC is to check out coffee houses and ice cream shops. These are the best places to grab a bite when networking with someone from work, catching up with friends, writing research papers, or just reading and people watching in the early mornings before work.
Coffee

Filter Coffeehouse & Espresso Bar 1726 20th St NW
Free Wi-Fi, quality coffee and latte art make this a perfect place for the coffee lovers. The coffee takes a bit longer than most (not as instant as most grab-and-go places), but the wait is well worth it. Don’t go in expecting to get work done at a corner table for 3 hours- Filter is usually packed (which is a great sign).

Kramer’s Book Store 1517 Connecticut Ave. NW
There is a nice café at Dupont Circle, small and kind of expensive though, in the back of the book store where one can get some of the best espresso in town. An outdoor patio is open when weather permits; at night there is usually quiet entertainment. Be forewarned that on weekends it gets very crowded, and there is usually a minimum charge in the evening. During its quieter moments it can be a good place to read. Kramer’s also has good desserts. It’s open all night on Friday and Saturday. The locals know this place as a pick-up joint. This is a great place to browse and listen to music for free.

New Orleans Café 1790 Columbia Road NW
Except for the fact that on any given Sunday most of the clientele will be reading the Post or the Times instead of the Chronicle, this café could make you forget you are in Washington. It is located in Adams Morgan, probably the most ethnically diverse part of the city. The café au laits here are quite good; you may wish to also sample their Creole doughnuts—Beignets. Although New Orleans Café is open for 3 meals (and their sandwiches are good), it is probably best to hit in the earlier morning or later dinner.

The Newsroom 1753 Connecticut Ave. NW
This is situated on the second floor of a newspaper and magazine shop. During its quieter moments it is a good place to read.

Pound the Hill 621 Pennsylvania Ave SE
Charming and cozy little place, with friendly and helpful staff. It’s more of a restaurant than a coffee shop because it does transition into a bistro in the late afternoon hours, but still a very popular place to go for coffee. The Nutella lattes are incredibly popular. Wi-Fi is available, though sometimes slow.

Sip of Seattle 1120 G St NW
Great place to become a regular at; this is a place where the regulars really are regulars. Just stop by for a bagel and your morning coffee before work. The staff is incredibly friendly, the coffee is good and hot, and the service is quick.
Ice Cream and Dessert

Ice cream is by far the city’s preferred summer dessert. Yogurt just isn’t seen in these parts like in California.

**Cone-E-Island** 2816 Pennsylvania Ave. NW
Located on the outskirts of Georgetown, this also is a city favorite for ice cream. Cone-E-Island is unique in that it makes its own cones. There is not much room to sit here, but one may stroll with cones through nearby Georgetown.

**Pitango Gelato** 1451 P St NW
The gelatos and sorbet here are bucket-list worth. Not really a frills place for sprinkles, fruit or toppings, but that should just mean that the gelato is good.

**Thomas Sweet** Wisconsin and P Street, Georgetown
Nice place. Just blocks away from the Georgetown campus.

**Mr. Yogato** 1515 17th St NW
This is a fun place for frozen yogurt in Dupont. Every day, there are new little “challenges” to complete for discounts on yogurt (like naming 3 letter-H countries, opting for a Mr. Yogato forehead stamp, etc.) that you should definitely take advantage of. There’s also a cute, old-fashioned Nintendo (the original!) complete with old games (like Super Mario!) to play.

**Baked and Wired** 1052 Thomas Jefferson St NW
Unique cupcakes (bacon? Real strawberries?) for anyone feeling homesick for Sprinkles! Located conveniently in Georgetown, and also serves other yummy desserts like brownies and tarts.

**Georgetown Cupcake** 3301 M St NW
Reputation for being overrated, but definitely a must-try for friendly service, cute cupcake boxes, and the famous cupcake shop everyone’s seen on Cupcake Wars on TV.

**The Sweet Lobby** 404 8th St SE
Great cupcakes, macaroons and hot chocolate for all dessert lovers out there

**Watergate Pastry** 2534 Virginia Ave NW
Located in the infamous hotel, The Pastry Shop has a deserved reputation of being the finest in the city. There are outside tables in which to sit. The chocolate cheesecake is a must for cheesecake lovers.
Restaurants

**Busboys & Poets** 2021 14th St NW
A well-loved restaurant for brunch, dinner, happy hours, sports and politics viewing parties, and weekly open-mic nights. Trendy and warm spot that truly aspires to live up to its name.

**Ben’s Chili Bowl** 1213 U St NW
Perfect for late night snacks after hanging out on U Street. Come for milkshakes, veggie chili, chili cheese fries and chili dogs from this classic DC institution.

**Ethiopic Restaurant** 401 H St NE
Great for big groups, and a fun dining experience! Many large, sampler plates that are perfect for sharing. Creditable source: le yelp.

**Founding Farmers** 1924 Pennsylvania Ave NW
Restaurant that supports local farmers around the country- from farm to table! Great for American and soul food- yum, chicken pot pies. Come for brunch or dinner, but MAKE A RESERVATION!

**Good Stuff Eatery** 303 Pennsylvania Ave SE
Hearty, unique burgers and milkshakes right next to the capitol building- popular lunch for interns and employees on the Hill

**Rasika** 633 D St NW
Rumored to be Hillary Clinton’s favorite Indian restaurant in DC. This place is a bit pricey and classier, but definitely a must try

**Salt and Pepper Grill** 2632 Georgia Ave NW
A more casual, but equally delicious Indian restaurant with large portions perfect for take-out.

**Shake Shack** 1216 18th St NW
Just a quick walk from the center, the Shack is a perfect place for sports and politics viewing parties, delicious burgers that will make you forget your love for In-N-Out, and unique frozen custard flavors that change every day, every month. Trust me, you’ll miss this when you leave!

**Old Ebbitt Grill** 675 15th St NW
Popular brunch place and restaurant -- a great choice for taking family members out when they visit. Historical restaurant with great seafood entrees.
**Zaytinya** 701 9th St NW  
Best Greek/Turkish restaurant in DC. A bit classier, although dressing up is not required, but it does make Zaytinya a great place to go for birthday or celebratory dinners. Make reservations ahead of time!

**Happy Hours/ Bars**

**The Big Hunt** 1345 Connecticut Ave NW  
Classic dive bar, safari-themed with affordable drinks and cheap wings during Happy hour.

**The Front Page** 1333 New Hampshire Ave NW  
Best place for Taco Thursday! (Yes, Thursday). Unlimited taco bar when you buy a drink, and has a very clean, modern young-ish feel.

**The Gibson** 2009 14th St NW  
MAKE A RESERVATION! Classy bar/speakeasy mixed with cozy, intimate hipster feel. Has an extensive cocktail menu and the search for the place is half the fun.

**Madhatter** 1319 Connecticut Ave NW  
Small bar in Dupont with Alice in Wonderland décor and plenty of delicious food options.

**Madams Organ** 2461 18th St NW  
Music venue with live jazz & blues and delicious food in Adams Morgan.

**Mighty Pint** 1831 M St NW  
Classic dive bar with trivia nights, happy hours, and Thursday night flip night!

**Sign of the Whale** 1825 M St NW  
Dive bar with great Happy hour drinks and appetizers

**The Tombs** 1226 36th St NW  
Popular place in Georgetown with a creative bar menu that’s big among the Georgetown U college students

**18th Street Lounge** 1212 18th St NW  
Nice lounge/dance club in Dupont with comfy couches, a fireplace and a candlelit atmosphere
Since many of you will be visiting the East Coast for the first time, there are numerous cities and attractions that are relatively nearby if one owns or can rent a car. Train and bus services are also available, but if there is a group of you, a rental car may be the cheapest way.

There are two types of weekend excursions -- those that take only a day and those that involve at least two days, if not three. Before giving a description of some of the places that you can travel, here is some general advice about roadtrips.

1. Make sure that you have chosen a congenial group with which to travel. If you are going with a large group, try to ensure that you have enough people with similar interests, so that when you break into smaller groups no one is left alone.

2. Try to do some planning before you leave. This is more important the farther you go and the longer your trip will be. Always get directions to where you are going. It is strongly recommended to call AAA since they give excellent directions to where you are going. It is also suggested that if you are staying overnight, you make hotel reservations before you leave. Finally, although you don’t need an itinerary, you should have some idea of what you’d like to do when you get to your destination. Ask friends, interns, and people with whom you work for suggestions about what to do, where to go, and where to eat.

3. Make sure that you have enough money. Although you don’t have to spend a fortune, it is a drag to run out of money on the second day of a three day trip.

4. If you need to rent a car, make care reservations at least a week in advance. The best way to get a cheap car is to call around and do a little price comparison. If you’re a government employee, your ID could get you a discount.

5. If you are driving further than five hours, it is well worth your time to try and get a half day off. Most offices are understanding and if you make arrangements in advance, they would probably be very happy to let you take either Friday or Monday off.

6. Try to pack lightly. When roadtripping, the clothes are far less important than being comfortable. Make sure you have good walking shoes because even bar hopping usually necessitates some walking.

Now, onward to more specific destinations and suggestions.
One-Day Excursions

Mount Vernon, Virginia
Home and final resting place of George and Martha Washington, Mount Vernon is a great site for all visitors to DC. There is a charge for admission of $17 per person. (780-2000). The ticket to Mt. Vernon includes a tour of the house and a chance to walk around the grounds for as long as you like. Mt. Vernon can be reached by car or bus and can easily be seen in a few hours. METRO will take you most of the way here, and with a transfer bus, you will arrive in about an hour. There is also a riverboat called The Spirit of Mount Vernon that travels up the Potomac from Pier 4 at 6th and Water Streets SW (554-8000) twice a day. Fare for round trip (about 1 and a half hours each way) is $44.95 but also includes admission to Mt. Vernon. Some people who are more adventurous can bike there from Georgetown. It is about 12 miles away.

Alexandria, Virginia
On the way back from Mt. Vernon, try visiting Alexandria. Or take the Metro to King Street and walk into Old Town along King St. This town is located about 5 miles from DC. While in Alexandria you can sightsee, shop, drink, and eat. This is a delightful little town and is lots of fun for a day visit. If you are interested in visiting historical sights, pick up a brief guide to Alexandria at the Visitor’s Center. Note: many of the attractions at Alexandria are closed on Mondays, so it’s not the best day to come.

Annapolis, Maryland
This city is full of historical sights, but the main attraction at Annapolis is the Naval Academy. If you visit Annapolis during July you’ll see the newest group of cadets being trained -- a far cry from UC students in blue jeans and backpacks. It is suggested to take a tour of the facilities since the guides can tell you some very intriguing facts about the Academy.

Baltimore and the Inner Harbor, Maryland
A short drive from Annapolis, the Inner Harbor is a huge shopping mall and eating establishment. One of the buildings has more places to eat and types of food than any one has seen under one roof. The Harbor also houses the National Aquarium which was relocated outside of DC just a few years ago. Also, for entertainment, Hammerjack’s on South Howard Street is known as the “largest nightclub on the entire East Coast.” Finally, in Baltimore itself, the Baltimore Orioles play at memorial Stadium, 1300 East 33rd Street in the heart of Baltimore. It is about a one-hour trip from Washington. The MARC commuter train goes from Union Station to Baltimore during the week.

Charlottesville, Virginia
Although this can be a two day trip, with only eight to ten weeks in DC, it is recommended doing this in one day, or combining it with a trip to Fredericksburg for a weekend away. The
two biggest attractions in Charlottesville are the University of Virginia and Monticello, the home of Thomas Jefferson. Both places highlight Jefferson’s architectural creativity and scientific genius. Moreover, the setting is quite beautiful -- a lovely place for a picnic lunch. It’s about a 2½ to 3-hour drive.

**Fredericksburg, Virginia**
This town is filled with Revolutionary and Civil War history. Battlefields surround the town. (It is highly recommended only visiting one or two as they all begin to look the same after a while). The city itself has lots of homes and shops that were built during the 1740’s. Visiting all of these sights can be quite expensive. It is suggested skipping places like the apothecary shop. Don’t miss Kenmore (the house of George Washington’s sister). For one admission price you can get afternoon (or morning) tea and tour around the house which is said to include two of the most beautiful rooms in America. The town of Fredericksburg is quite charming and is like walking back into the 18th Century.

**Harper’s Ferry, Virginia**
Located close to the West Virginia border is a point where Harper’s Ferry and the Shenandoah River meet. This is a wonderful place to go tubing. (Tube rental runs about $25). If you get a bunch of people together and rent a car, it is definitely a worthwhile activity for a Saturday or Sunday afternoon. The landscape is incredibly gorgeous.

*This list BY NO MEANS exhausts the possibilities for one day trips. These are simply the most well known and popular places to visit. If you would like more suggestions about where you should visit, please consult tour guide books and colleagues at work.*

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**Weekend and Three-Day Roadtrips**

**Atlantic City, New Jersey**
Although it is no Las Vegas, Atlantic City is a recently renovated resort and gambling spot. Book hotel reservations in advance in order to assure low rates and a good room. The city is located near the water, so if you travel during the warmer months, bring a swimsuit to do a little sunbathing and swimming. Incidentally, this city is the one Monopoly was modeled after, so be prepared to visit “Boardwalk” and “Park Place.”

**Boston, Massachusetts**
We strongly recommend making this a three day trip. It’s about 9-10 hours via Route 95. Be prepared to spend $$ for tolls and road fares (They pay for their highways on the East Coast by charging you to drive on them.) Boston is definitely a college town, and if you are interested in seeing the Universities in the area, you should set aside a full day to visit Harvard, MIT, Brandeis, Tufts etc. (You can even visit Yale on the way back to D.C. if you are interested, but watch out for blood in the streets of the town on New Haven.)
When you tour Harvard, try to spend some time in Cambridge. Also, visit their student store they call the Coop (like a chicken coop), where you can purchase sweatshirts and other Harvard memorabilia. Boston is also chock-full of buildings and sights from the revolutionary war. Most of these sights can be seen on all of the “Freedom Trail.” Be sure to check out the incredible statue of Samuel Adams. There are two parts to the trail, the portion that goes near the Harbor involves lots of walking for a few sights.

If you have a limited amount of time, take the upper trail which visits Faneuil Hall, the place where JFK announced his candidacy for President. If you would like to eat somewhere with great food, but absolutely no atmosphere, go to Durgin Park. They serve huge portions and have the rudest waitresses east of Sam Woo’s. If you like fresh seafood, definitely check out the “No Name” restaurant since it is cheap and serves huge portions. For those who like to shop, Filene’s Basement is the most famous thrift store in the world (there is also a store near the Center in DC!). There are no dressing rooms and all the clothes are piled on top of each other so fights have been known to break out! Finally, for baseball fans, there is Fenway Park (baseball the way it was meant to be.) Be sure to call ahead for tickets.

Cape Cod, Massachusetts
This seaside resort is known for its summer inhabitants -- the Rockefellers, Kennedys, Mondales. Such people do not populate someplace unless it has a lot to offer as a vacation spot. The “Cape” is rumored to be filled with beautiful beaches, interesting shops, and delicious restaurants. It is a very long drive (about 10 hours) but it might be well worth your time if you are looking for a relaxing weekend on the beach.

Gettysburg, Pennsylvania
Gettysburg can almost be seen in a day as a one day trip, but it is here because it is best to combine it with another city so that you get your money’s worth out of your rental car. Most think that once you get there that Gettysburg is best seen by car; try to follow a map published by the Visitor’s Bureau in order to visit all of the highlights and learn about interesting trivia connected with the city and battlefields. At the National Civil War Wax Museum (297 Steinwehr Drive) you can rent an auto tape tour with an option to buy -- it may be cheaper however to just buy a book at the visitor’s center. Also at Gettysburg is the Eisenhower National Historic Site which is the only house ever owned by President Dwight D. Eisenhower and his wife, Mamie. Not far from Gettysburg is the Amish country Pennsylvania Dutch.

Hershey, Pennsylvania
In Hershey there are two points of interest. The first, and most important is Hershey’s Chocolate World (open 9am-6:45pm) Here you can take a free 11-minute automated tour ride that explains the chocolate-making process -- see how all of your favorite Hershey products
are made. You can also visit their gift shop and restaurant which feature many of their chocolate products. The other attraction in Hershey is HersheyPark. This is an 84-acre theme park with eight areas including German, English and Pennsylvania Dutch themes. There are 69 rides including 11 roller coasters and 16 water-related rides. Six theaters house live entertainment daily, including a dolphin show. The park opens at 10:30am and closing hours vary. There is an admission price of up to $57.95 in the summer, but this price is all-inclusive. The park is closed in the winter.

New York, New York
The most obvious destination for a roadtrip is New York; but it is also one of most expensive cities to visit. You can cut costs by taking a bus. Reserve early to get a good deal, for example through www.dc2ny.com or www.www.washny.com. The best recommendation for visiting New York is to contact a relative, a friend, or travel with someone who knows the city and can serve as a tour guide before going to New York so you’ll know where to go. If you’d like to see a Broadway play, there are two ways. There is a discount ticket stand on Times Square. Get there early, since the line can get very long. Whatever you do, try and stay on or near Broadway, if you go far off Broadway the quality of the play reflects that distance. Tickets are based on availability and the popularity of the shows. Greenwich Village, SoHo, Wall Street, 5th Avenue, Central Park, 9-11 Memorial, the United Nations and various Boroughs are just a few of the sites to visit. If visiting the Statue of Liberty, try to catch the first ferry, or you’ll be waiting a few hours in line to climb to the top of Lady Liberty.

PS: Chicken and rice from the street vendors near Times Square. Enough said.

Philadelphia, Pennsylvania
This city is great for history majors and history buffs alike, especially those interested in the early years of American history. Philadelphia, like Boston, has published maps of walking tours you can take. The route takes you past such sights as the Liberty Bell and Betsy Ross’ home. Be sure and see the Liberty Bell, and Independence Hall -- where the Constitution was signed.

Rehoboth and Dewey Beaches, Delaware
According to locals, these beaches are a better bet than Virginia Beach. They are supposedly cleaner, nicer and less congested. Call early for hotel arrangements, the summer months fill up quickly. After the hot DC weather, a trip to the beach may be just what you need.

Williamsburg, Virginia
This town is a restoration of a colonial city. While in Williamsburg, you can stay at the Comfort Inn, receive a tour of the town, shop in renovated stores, and visit the restaurants, plays, and pubs. The trip to Williamsburg is definitely a high point of the summer. You may also partake in side trips to various historical sites including Yorktown, Jamestown, and
Carter’s Grove Plantation. We have never understood why there are so many friggin’ waffle houses in this town, but you may as well try one. Williamsburg is also an outlet store town! J. Crew, Calvin Klein, Bass, and Nike, to name a few, all have their discount outlets here. For those with the desire to see cheesiness in action: Eat at the Lobster Palace next door to the Comfort Inn…Moving walls, spinning mirror balls over your faux-glass table…definitely a once in a lifetime experience.

_A Final Note on Roadtrips_

*My best memories of last summer always seem to relate to the roadtrips I took. Roadtrips can be a lot of fun -- all it takes is a little planning, a little money and some terrific people. This guide is by no means exhaustive; we’ve only skimmed the surface of places to visit around the D. C. area. Ask friends, relatives, and colleagues for suggestions. Best of luck, and have a great time on your roadtrips!*

**SPORTS**

For general info on upcoming sporting events, check out the Washington Post on Thursdays for their “Roster” section.

**Spectator Sports**

**Baseball:** The Baltimore Orioles are red hot. The Orioles play out of Camden Yards in the heart of Baltimore. Even if you don’t like baseball, you should go just to see the ballpark, it’s very cool. The drive to Baltimore is about an hour or so. Howie’s note: Amtrak is also very convenient from Union Station if you want to go. For more local pride, go out and support the Washington Nationals!

**Soccer:** The DC United MLS team plays at Robert F. Kennedy stadium

**Tennis:** The D.C. National Bank Tennis Classic draws a lot of top talent. It is held in July at the Rock Creek Tennis Stadium.

**Thoroughbred Racing:** Laurel Park is open late June to mid-September. Pimlico Race Course is open April through September. Rosecroft Raceway is open throughout the year.

**Basketball:** The Verizon Center at 601 F St. NW is home to the NBA Wizards.

**Ice hockey:** NHL Capitals also play at the Verizon Center. Their season runs from October through April.

_Call the Verizon Center info line if you’re interested in events, because they have different events going on all the time._
Participatory Sports

**Boating, Canoeing, Kayaking, and Rafting:** Fletcher’s Boat House rents canoes and rowboats by the hour and per day for use on the C&O Canal. Bicycles are also available for rent. Boats are also available at Thompson’s Boat Center at the corner of Virginia Ave. and Rock Creek Parkway.

**Bicycling:** Besides Fletcher’s and Thompson’s mentioned above, you can also rent at Big Wheel Bikes, at 33rd and M Street NW. For info on local clubs, bike routes, and commuting to work by bike call the Washington Area Bicyclist Association. Also, look into the Capital Bikeshare program for more information on renting bikes quickly.

**Golf:** D.C. has several public courses, including two nine-hole/ one 18 hole in East Potomac Park at Hains Point. You’ll need a car. There is another two nine-hole course in Rock Creek Park near 16th & Underwood Streets.

**Running:** D.C. is a great runners’ town, with many miles of scenic paths. Perhaps the most popular is the C&O Canal Towpath, which starts in Georgetown and runs parallel to the Potomac for a couple hundred miles. Other popular runs include the Four-Mile Run Park, between Arlington and Alexandria, the paths along the two-mile long Mall (between the Capitol and the Lincoln Memorial), the Mount Vernon Bike Path (beginning at the Memorial Bridge), the Parcours at Rock Creek Park, and the path around the Tidal Basin. Also, the residential area surrounding Georgetown is a great place to explore running routes. During the summer, plan your runs in the morning or evening, unless you are training for the Death Valley Invitational!

**Skating:** Most ice rinks are open from November through March. Check out the Sculpture Garden Ice Rink, Washington Harbour Ice Rink, and the Canal Park Ice Rink.

**Soccer:** D.C. has numerous soccer leagues.

**Softball:** Along with happy hours and schmoozing, “softball” is the favorite pastime of both bureaucrat and intern alike in D.C. during the summer months. Many of you will work for agencies which have their own softball teams. They are at times competitive and they play against each other after work several times per week. All softball games are played on the Mall. You don’t have to be Babe Ruth to swing at a softball -- so get involved! It’s a great way to get to know your co-workers on a social level, and many times famous people will play too (Many of the famous Washingtonians have been known to play for their teams).

**Swimming:** D.C. Park and Recreations has outdoor pools around town that residents (including you) can use for free.
SHOPPING

For all those shopping enthusiasts, DC offers a multitude of credit card maxing opportunities. This list is not exhaustive, but these places are reliable and nice. They are based on personal experiences alone.

**Ballston Common Mall:** Located just one block from the Ballston Metro in Virginia.

**Fashion Centre at Pentagon City:** This is an absolutely amazing mall located at the Pentagon City Metro stop. It is four stories high and includes a great food court and a movie theater. It has every store you could possibly want including Nordstrom, Macy’s and every little store on earth. Also, conveniently located across the street from the mall are Costco, Borders, Chevy’s and several other big stores.

**Georgetown Park** is a beautiful center near Wisconsin Ave. An indoor mall, it has over 150 stores including J. Crew and FAO Schwartz.

**Old Town Alexandria,** off the King St. Metro has numerous shopping places, including Banana Republic and a GAP outlet.

**Tyson’s Corner Center and Tyson’s Galleria** are two nice shopping centers located right near each other. Tyson’s Corner is most worth visiting. It is larger and has a Bloomingdale’s, which are hard to find. To get there, take Metro to West Falls Church and take city bus 28A, 28B, 5S or 3B to Tyson’s Corner. Check the bus schedules before going because they are somewhat infrequent.

**White Flint Mall** Take the Metro to White Flint.

If you feel that we have missed your favorite spot or the greatest roadtrip suggestion, let us know! ucdc@ucsd.edu