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Welcome to The George Washington University and Washington, D.C.! We have prepared this handbook to assist you during your time in Washington, D.C. It covers practical items such as on-campus logistics, housing, travel arrangements, health care, insurance, safety and more. We encourage all students to read this handbook in its entirety. You will also find this information and much more on the Office for Study Abroad website: http://www.studyabroad.gwu.edu.

OFFICE FOR STUDY ABROAD (OSA)
The Office for Study Abroad (OSA) is responsible for the general welfare of exchange students at the George Washington University. Our staff assists with issues concerning your personal adjustment to academic life at the university, billing information, registering for courses and your transition to the Washington, D.C. area.

INTERNATIONAL SERVICES OFFICE (ISO)
For questions regarding immigration status, employment regulations, travel, etc. you may either submit an email inquiry or phone call to your particular advisor or call 202-994-4477 to make an appointment with an advisor.
ON-CAMPUS EMPLOYMENT AUTHORIZATION & INTERNSHIPS

J-1 students whose DS-2019s are issued by GW and who wish to engage in on-campus employment at GW must check with ISO to determine if they are eligible.

Any type of internship must be authorized in writing by the International Services Office in order to ensure that you are in compliance with your student visa. In order to participate in an internship, students must accrue time in their visa status. This requirement means that students must be here for a full academic semester before they can participate in a semester-long internship. The internship must follow a semester of taking courses.

If you wish to pursue an internship after the semester is over, you will want to discuss Academic Training with the International Services Office. Students can be authorized to participate in Academic Training for the time they spent studying at GW (for example, students that are here for the semester (approximately 5-6 months) can be authorized to participate in Academic Training for 5-6 months. Students studying here for an academic year can be authorized for an academic year’s worth of Academic Training).

Before pursuing any type of internship, please discuss your options with the International Services Office.
GW DEFINITIONS:
GW ID: 8-digit student identifier that begins with a “G”. You were assigned this number in your acceptance letter and will use this to identify yourself to different offices throughout the university.

GW Net ID: First part of your GW email address. You will use this to access the majority of the campus websites, such as Blackboard, GW Email, GW Housing, etc. G1 Account: Username and password to access the computers in the computer labs on campus. You can create this either in a computer lab or using your own personal computer.

GWorld Card: Student ID card that can also be used to pay for different services on campus, such as laundry facilities, printing or photocopying, dining services, or the bookstore.

GWWireless: GWWireless is the GW wireless internet system. Students will use their GW Net ID to login to GWWireless.

CONNECTING TO THE INTERNET
GW uses GWWireless to provide secure and stable wireless network access for the GW community. The GWWireless Virtual Private Network (VPN) is a way to connect to GW’s network over the internet. GW’s VPN clients give you access to computing resources typically limited to on campus use.

How do I connect to GWWireless?
The preferred method is to simply visit http://vpn.gwu.edu and login using your NetID and password (However, Snow Leopard and other users requiring a desktop client may alternatively download and configure them for Windows and Macintosh. An active GW student, staff, and/pr faculty role NetID is required for logon).
Where can I use GWireless?
Foggy Bottom campus, 2000 Pennsylvania Avenue, Mount Vernon Campus, and the Virginia Campus.

You can also enjoy free Wi-Fi in some stores throughout the D.C. area (such as Starbucks).

Connecting your mobile device to GW1X
GW1X is a wireless network that uses an authentication method that works with a variety of mobile devices. This means that Apple mobile devices, such as the iPad and iPhone, can connect to the internet using a secure wireless link on campus.

How do I set up my MacBook/iPhone/iPad/iTouch to connect to GW1X?
Students should reference GW IT’s website for instructions on how to connect their Apple product to GW1X. More information can be found here: http://helpdesk.gwu.edu/faqs/gw1x.html#2.

How do I set up my Android phone on GW1X?
Students should reference GW IT’s website for instructions on how to connect their Android phone to GW1X. More information can be found here: http://helpdesk.gwu.edu/faqs/gw1x.html#3.

GELMAN LIBRARY
The Melvin Gelman Library is the University’s largest library. It houses the Special Collections Research Center, Manuscript Division, a Rare Books and Manuscript Division, Maps Division, rotating exhibits, National Security Archives, the Global Resources Center and more.

To access the library, you must swipe your GWorld card through the turnstile on the ground floor entrance on H Street NW. If you forgot your GWorld card, you can provide your GWID number to the reception worker who will admit you entrance into the library.

The library is part of the Washington Consortium, which allows you to borrow books from several universities throughout the D.C. area if the book is not available at Gelman Library.

For more information, visit the Library’s website at http://www.library.gwu.edu/. Gelman Library
2130 H Street NW
Washington, DC 20052

WRITING SUPPORT PROGRAMS
The George Washington University has two writing centers on campus to assist students with their academic writing. Both centers are open to GW students seeking assistance for their writing, however the EAP Writing Support Program primarily serves students whose primary language is not English.

EAP Writing Support Program
The EAP (English for Academic Purposes) Writing Support Program offers a free, one-on-one, service for GW students with non-English backgrounds. The program is located at the Language Center in Phillips Hall 210B.

Tutors are available during any stage of the writing process to work on audience, brainstorming, citation, drafting,
evidence, grammar, organization and flow, outlining, paragraphing, revision, thesis, and tone. In addition, they are trained to provide focused support for non-native English speakers.

For more information on the English for Academic Purposes Writing Support Program, visit their website at http://programs.columbian.gwu.edu/eap/.

English for Academic Purposes Writing Support Program
Language Center
Phillips Hall 216
801 22nd Street NW
Washington, DC 20052
202-994-6333

The GW Writing Center
The GW Writing Center is an open, welcoming, professional environment within which members of the GW community can receive dedicated attention to their writing and research projects. The Writing Center’s services are free to the entire GW community. The GW Writing Center is located in the Gelman Library, Suite 103, with varying hours throughout the week. For more information on the GW Writing Center, please visit their site at http://www.gwu.edu/~gwriter/.

GW Writing Center
Gelman Library
2130 H Street NW, Suite 103
Washington, DC 20052
202-994-3765

UNIVERSITY COUNSELING CENTER
The University Counseling Center provides services to enhance academic success and to further educational goals for students. These services include self-help and online resources, testing, individual counseling, and group counseling. The Center runs a series of events titled the Academic Success Series. These events are held on Friday to assist students with the academic rigor of GW.

More information can be found on their website at http://gwired.gwu.edu/counsel.

University Counseling Center
2033 K Street NW, Suite 330
Washington, DC 20052
202-994-5300

HOUSING
For many exchange students, their time at GW is the first time they are living with roommates from the U.S. or another country. Living on campus can be both an exciting and difficult adjustment to daily life. Students are not alone when dealing with these adjustments, as there are many individuals available to assist you.

Establishing expectations with your roommates
You are encouraged to create a roommate agreement during the first few weeks of the semester. These agreements are meant to establish expectations for your living situation and to hopefully prevent potential disagreement. You can download a Roommate Agreement Form from GW Housing’s website at https://living.gwu.edu/roommate-agreement.

Should a disagreement or dispute occur between you and a roommate or multiple roommates, students can speak with the
house staff in the dormitory to serve as a mediator for the dispute. House staff is known by several different names, including house mentor, house director, resident advisor, house scholar, etc. House staff typically lives on either the same floor as you or on the floor above or below your room. These staff members are meant to assist you with any issues or questions that may arise during your time living in the dormitory.

Swapping your room
Should your living situation not be satisfactory after the first three weeks of class, you can complete a room swap request with GW Housing to relocate to a new dormitory room on campus. You can read more about the room swap process, and complete the room swap module, on GW Housing’s website at http://living.gwu.edu/ressvcs/roomswap/.

Fix-It
Should a problem occur within your room, you can request repairs and maintenance through GW’s Fix-It ticket system. The following is a list of items that can be requested:

Emergency Service Requests:
- Any utility malfunction, equipment failure, or other occurrence that presents an imminent danger to persons or property is considered to be an emergency and should be reported immediately. Examples: fire alarm, elevator occupant trapped, loss of heating or air conditioning, water leak, building structural damage, building security breach, gas leak, and power outage.
- Call the Facilities Center at 202-994-6706 24 hours a day/7 days a week.
- Facilities staff is dispatched immediately to assess/mitigate and stabilize the problem.
- Additional repairs required for full restoration will be treated as a routine service request.

Routine Service Requests:
- A Routine Service request includes but is not limited to: elevator outage, clogged toilet, localized power outages, insects and rodents, missing or broken shower rod, broken door lock, missing shower curtain, light bulb out, damaged window screens, damaged carpet, minor moves, mailbox lock repairs, and leaking faucets.
- Initiate a Fix-It service Request 24 hours a day/7 days a week online at https://my.gwu.edu/mod/fixit/login.cfm
- Response time may vary depending on the volume and nature of requests received to yours but the issue is typically resolved within 8 business days.
- Repairs may require one or more visits depending on the availability of parts and materials.

Your Responsibilities:
- Bag your trash and/or recyclable waste before depositing it in the trash room or trash chute.
- Keep kitchen area clean and clear of dirty dishes or food to maintain sanitary conditions for you and your roommates, and to prevent the infestation of pests and rodents.
• Provide Facilities personnel access to your room so that service can be provided. In anticipation of a service call visit, please remove personal belongings from the service area.

**Staying in the dormitory over winter break**

Academic year exchange students do have the ability to remain in their on campus dormitory over the winter break. Academic year exchange students will have to complete a winter break request with GW Housing in late November or early December informing Housing that you will be remaining in your room during the break. You will receive an email notification in November to complete the Online Winter Break Request in order to remain in your room over the winter break. There is no additional charge to remain in housing during this time period.

**FITNESS FACILITIES**

“GWellness” describes The George Washington University’s holistic approach to fitness and health. It reflects our commitment to providing a GW experience that is well rounded, benefiting the whole person. While GW students, faculty and staff work hard to achieve intellectual development, GWellness works just as hard to help the GW community develop and maintain physical fitness and wellness through healthy lifestyle choices.

GW’s Campus Recreation office offers students, faculty and staff a roster of programs and activities aimed at keeping you fit and active at every stage of life. Whether you participate in a club sport, take a group fitness class, enroll in a nutrition program or join an intramural sport offered through the Department of Campus Recreation, you’re on your way to “GWellness.”

**LERNER HEALTH AND WELLNESS CENTER**

At the corner of 23rd and G Streets, the 183,000-square-foot Lerner Health and Wellness Center is used by GW students, faculty and staff.

All registered graduate and undergraduate students on the Foggy Bottom and Mount Vernon campuses are automatically enrolled to use the center on a semester basis.

The Lerner Health and Wellness Center provides sound programming for a diverse population of students, staff and faculty in the areas of intramural and sport clubs, fitness and wellness instruction and informal recreational opportunities.

Our facilities include:
- Indoor 3-lane, 25-yard lap pool
- Cardiovascular and strength-training center
- Free weight room
- 2 gymnasiums for basketball, volleyball and badminton
- 6 squash courts
- 4 handball courts
- 3-lane suspended jogging track
- Locker and equipment rooms
- Conference, wellness and multipurpose rooms
- A healthy-eating café
- Indoor parking
For more information, visit http://gwired.gwu.edu/gwellness/.

Lerner Health and Wellness Center
23rd and G Streets NW
Washington, DC 20052

SHOPPING
Prices in American stores and supermarkets are fixed and not negotiable. Bargaining for a lower price for your items is not an option unless you are at yard sales, some secondhand stores, or street markets at the end of the day when food sellers are anxious to sell their fresh produce. Find directions from your location to these stores by entering the address on Google Maps: http://www.google.com/maps

Several grocery stores are located within close proximity to campus:

**Whole Foods**
2201 Eye St NW
Washington, DC 20037
202.296.1660

8 am to 10 pm

**Foggy Bottom Grocery**
2140 F Street, NW
Washington, DC 20037
202.296.0125
7 am to midnight

**Trader Joes**
1101 25th Street NW (at Pennsylvania Ave)
Washington, DC 20037
Phone: 202-296-1921
8:00 am - 10:00 pm

**Safeway Grocery**
2550 Virginia Ave NW
Washington, DC 20037
202-338-3628
5 am- 10 pm

SHOPPING CENTERS
There are several shopping centers within close proximity to GW. Pentagon City Mall is located in Arlington, VA and is accessible via metro at the Pentagon City Station on the Blue and Yellow Lines. Along M Street in Georgetown there are a variety of clothing stores and restaurants, only a fifteen minute walk
from campus. Target and Bed, Bath and Beyond are both great, metro-accessible stores to buy necessities for your new apartments or dorm rooms.

**Target**  
3100 14th St NW Suite 201  
Washington, DC 20010  
(202) 777-3773  
Located at the Columbia Heights Metro Station on the Yellow and Green Lines.

**Bed, Bath and Beyond**  
709 7th Street NW  
Washington, DC 20001  
(202) 268-0002  
Located at the Gallery Place/Chinatown Metro Station on the Red Line.

**CELL PHONES**  
When obtaining a mobile or cell phone in the U.S., the first question to consider is if your phone will be set up as a monthly contract or work on a prepaid basis. Most cell phone providers in the U.S. require either a Social Security Number (SSN) or a high security deposit for setting up a contract. These contracts usually last for one or two years in which you are required to stay with that provider or pay a fee to cancel the contract.

All providers offer pre-paid or “pay as you go” options, in which you pay your monthly bill in advance. These do not require a SSN, high deposits nor fixed period contracts.

For these types of plans, research which cell phone company you would like to use and compare rates. Note that some companies only activate their own brand of phones for prepaid plans so you should review their websites or visit a store in-person before purchasing a phone. Almost all providers offer additional or pre-paid options for international texting and calls. Placing international calls from mobile devices in the U.S. can be very expensive.

Below are some cell phone providers with locations close to the Foggy Bottom campus:

**Verizon**  
1744 L Street NW  
Washington, DC 20036  
202-296-4400  
[www.verizonwireless.com](http://www.verizonwireless.com)

**AT&T**  
1050 Connecticut Avenue NW  
Washington, DC 20036  
202-822-1350  
[www.att.com](http://www.att.com)

**Sprint**  
1208 18th Street NW  
Washington, DC 20036  
202-496-9400  
[www.sprint.com](http://www.sprint.com)

**T-Mobile**  
1850 K Street NW  
Washington, DC 20006  
202-223-3850  
[www.t-mobile.com](http://www.t-mobile.com)

**Cricket**  
1947 14th St NW  
Washington, DC 20009  
202-986-9780  
[www.mycricket.com](http://www.mycricket.com)
There are two providers who offer prepaid plans exclusively:

- Tracfone  
  www.tracfone.com
- Straight Talk  
  www.straighttalk.com

TRANSPORTATION

Public Transportation: Washington Metropolitan Area Transit Authority  

**Metro (or Rail):** The DC subway system, Metro, is a safe and inexpensive method of transportation around the city. The Orange and Blue Line trains lead directly to the Foggy Bottom/GW Metro Station located on campus at 23rd street and I (Eye) Street, NW. Trains run from 5:30 am to midnight on weekdays and 5:30 am to 3 am on weekends. Maps, fares and timetables for metro are all available online at [http://www.wmata.com](http://www.wmata.com).

**Bus:** Metro Bus is another popular option for public transportation in the Washington area. The maps and schedules can also be found at [www.wmata.com](http://www.wmata.com).

Taxis  
Taxis are widely available throughout D.C. and run on a metered basis. You can waive a taxi down on a street corner or you can look the taxi companies up in the Yellow Pages phone book, or online. Taxis within the D.C. area can only transport passengers if they have D.C. license plates. If you try to hail a taxi on a street corner and they have Virginia plates, the taxi driver cannot pick up any passengers.

The base fare for D.C. taxis is $3.00. The fare will increase by $.25 for each additional 1/6 of a mile that you are in the vehicle. Fares can also increase based on the number of passengers in the taxi. Additionally, D.C. has added a fuel surcharge of $1.00 per trip (therefore lowering your base fare to $4.00).

Taxi drivers should be tipped approximately 10-15% at the end of your trip. Most taxi drivers do not accept credit cards. It is a good idea to take a taxi if you must travel late at night and your route does not fall within the 4-Ride boundaries (please see the 4-Ride map on page 77).

By foot: GW is centrally located and some of Washington’s most popular neighborhoods are only a short walk away.

Transportation on Campus  

**4-ride**  
The George Washington University Escort Service -- a fleet of escort vans designed to enhance safety and peace of mind for members of the GW community when they must walk alone after dark and are not near a Colonial Express shuttle bus stop. In addition, one of the Escort Vans is equipped to provide access for persons using a wheelchair.

Call 994-RIDE and give your name, current location, and destination to the UPD dispatcher. Be sure to wait inside the lobby of your building while watching for the Escort Van to arrive, and have your GWorld card ready to show the driver.
driver. If you are in a wheelchair, please notify the dispatcher when you call to request a ride so the correct van is sent.

See Appendix A for a 4-Ride map.

Escort Service Guidelines

• UPD Escort Vans are in service from 7pm to 5:30am. During all other times escorts are provided by UPD officers on foot or in patrol cars.
• The Escort Service will not pick-up and/or drop-off to any off-campus locations that are not designated as valid pick-up/drop-off points.
• Escorts will be provided from on-campus to on-campus, off-campus to on-campus, and off-campus to off-campus locations. Escorts will not be provided from one off-campus to another off-campus location.
• It is not necessary to call the Escort Service in advance. During times of heavy requests there may be a delay in the arrival time. You will be told if you should expect a delay. An accurate time estimate cannot be provided, but we can give you an idea of how many people are in line ahead of you.
• Passengers of the Escort Service are required to wear a seatbelt for the duration of the escort.
• DC Law requires that all passengers use seatbelts, therefore drivers cannot provide escorts to individuals who refuse to comply with the law.
• Requests for escorts to bars will be denied.

Mount Vernon Shuttle

In the past, some exchange students have been housed at the Mount Vernon Campus.
The GW Mount Vernon Campus (MVC) is located on a 23 acre wooded site in northwest Washington, DC next to historic Georgetown. The MVC is just a 10 minute shuttle ride from the Foggy Bottom campus. A free shuttle system, the Vern Express, links the campuses 24 hours a day, 7 days a week.

By Vern Express Shuttle:
The shuttle pick-up location is outside Fulbright Hall at 23rd and H Streets. The shuttle departs every 15 minutes between the hours of 6 a.m. and midnight. The shuttle ride is approximately 7 - 10 minutes between the Foggy Bottom and Mount Vernon campuses. Between the hours of midnight and 6 a.m., the shuttle stops every 30 minutes, starting at the top of the hour and then again at the midpoint (for example, 12:00, 12:30, 1:00, etc.) at the Foggy Bottom campus. It stops at the quarter after mark and forty-five minute mark (for example, 12:15, 12:45, 1:15, etc.) at the Mount Vernon campus.

Ask the shuttle driver to direct you when to exit for the Quad across from Somers Hall. Details about the Vern Express, including schedules and shuttle stop locations, are available online at: http://transportation.gwu.edu/mount vernon shuttle vern express.

Note: If you arrive on campus between 6 a.m. and 10 a.m., the shuttle will not
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pick up at the Fulbright Hall stop. If you arrive between those times, walk to the shuttle stop at 21st and H Streets.

BANKING
The following services are offered as of June, 2010*:

Checking and Online Services: All banks offer free checking and various online banking services free of charge.

Personal Checks from Foreign Banks: Some banks cash personal checks from foreign accounts. The length of time for the money to be accessible from the Washington, DC location depends on the amount and the currency in which the check was initially written. A currency exchange can also draft checks.

Traveler’s Checks: Travelex Currency Exchange will cash American Express, Visa, or MasterCard traveler’s checks. All banks will cash traveler’s checks issued by American Express. Both United Bank and Bank of America will cash traveler’s checks for non-account holders. Bank of America will cash checks (checks must be in US dollars) endorsed by either American Express or Visa up to $1,000 per day. United Bank will cash traveler’s checks with a standard 9-digit routing number. All locations require a passport for such transactions; Travelex Currency Exchange requires a passport AND a permanent address for transactions over $1,000.

Availability: The banks listed have branches and ATMs readily available around Washington, DC. Bank of America, a nation-wide bank, has the most branches and ATMs outside of the DC Metro area. United Bank has fewer branches and/or ATMs than the other banks, but it offers a high degree of personal contact and can assist in fulfilling customer banking needs from around the world, by telephone and the Internet.

Credit: Bank of America, Chevy Chase Bank and United Bank have forms of credit for those without social security numbers. This can be useful in building a credit history in the United States. Chevy Chase Bank and United Bank offer CD secure loans (for an amount which the customer deposits prior to needing a loan), and Bank of America offers this in the form of a credit card as well.

Wire Transfers: All locations receive and send wire transfers. Travelex Currency Exchange offers the lowest rates for this service.

Opening a Bank Account: You will most likely need to bring your passport, visa, a second form of identification (your GWorld, a foreign driver’s license, a foreign credit card, an overseas debit card, etc.), your permanent overseas address, and your DC address (this might be the address of a friend). Some banks may require proof of an international bank account. When your information changes (e.g., you get a social security number, move to a different address, etc.), you must update your contact information at your bank.

See Appendix B for a listing of banks in the area surrounding campus.

*The George Washington University does not favor any particular bank and strives to present this information in an objective and equitable manner.
POSTAL SERVICES

Students that reside in one of GW’s dorms will be assigned a combination or key-lock mailbox during your stay in the residence hall. GW Mail Services delivers mail to on-campus residence halls daily with the exception of Sundays. If you receive a package, Mail Services will send you an email notification to retrieve the package from Student Package Services, located at 2025 F Street, Room L101 in the Support Building. For more information on receiving packages, visit http://gwired.gwu.edu/mail/sps/.

If you wish to send mail, students can visit a local United States Post Office to send mail internationally. The closest United States Post Office to campus is located at 1750 Pennsylvania Avenue, NW, Washington, DC 20006.

You may also wish to visit a UPS or Fed-Ex center throughout the city to send mail/packages home.

WHERE TO GO FOR MEDICAL CARE

If you are feeling sick, do not hesitate to get help – even if you are nervous and have never seen a doctor outside your own country. The longer you wait, the greater risk you run for developing a serious problem from what may have been minor and easy to treat. Unless you have a real emergency, such as uncontrolled bleeding or a broken bone, do not go to a hospital emergency room for treatment. Emergency rooms are very expensive and, if your condition is not life threatening, you may have to wait a long time for care. You should go to Student Health Services (SHS) which is located at 2141 K Street NW, Suite 501. It is best if you call first and make an appointment in advance. Students may also make advance appointments online at https://www1.sass.gwu.edu:8080/. Same-day appointments are available, but if there are no same-day appointments available, SHS will offer you the next available appointment that works with your schedule, usually within 24 hours of your call.

Student Health Service
2141 K Street, NW
Suite 501
(202) 994-6827, Option #1.
http://gwired.gwu.edu/shs
For Emergencies
Students with illnesses requiring emergency treatment may obtain care at a local Emergency Room. We recommend students to go the Emergency Department at GW’s Hospital, located at 23rd Street NW and I (Eye) Street NW.

911
In cases of extreme emergency where you cannot get yourself to the Emergency Room, you may dial 911 from any cell or home phone. 911 is the equivalent to 999 (in some countries). Dialing 911 will automatically connect you to an emergency response operator. The operator will ask you what your emergency is and direct you to a hospital operator, dispatch an ambulance, or connect you with local police. 911 can be dialed from anywhere within the United States. This number is not to be taken lightly and should be used in only extreme emergency cases.

MENTAL HEALTH
It is not uncommon in the U.S. for people with emotional problems to seek professional help. As you are far away from home and lacking your usual support system of family and friends, you may find it helpful to consult a mental health professional when dealing with issues of adjustment, depression, strain or stress. The process will be completely confidential.

Students may consult a professional at
the University Counseling Center.

University Counseling Center
2033 K Street NW, Suite 330
202-994-5300
http://gwired.gwu.edu/counsel

STAYING SAFE
The Foggy Bottom Campus is located in downtown Washington D.C., and it is important to be aware of your surroundings when walking around campus or other areas of the city. The University Police Department (UPD) sends out crime alerts to your GW email account whenever a crime occurs on campus.

Blue Light Phones
There are approximately 36 blue light phone kiosks located throughout campus that serve as an emergency response system. In case of emergency, press the red button on the blue lights. When the button is pressed a bright light flashes from the top of the phone tower and it dials directly to the University Police Department Dispatch Center, where your location is immediately reported and officers are immediately sent to assist.

4-ride
The University Police Department offers an escort service to GW students from 7pm to 6am. Call 202-994-RIDE and give your name, current location, and destination to the UPD dispatcher to use this service. Be prepared to show your GWorld card to the driver.

PERSONAL SAFETY TIPS
Living in a city offers residents tremendous opportunities and resources, but also provides some challenges regarding personal safety. Just as in any city, residents of the District of Columbia should take precautions to ensure their
safety in the District.

Always be alert, aware of your surroundings, and trust your instincts. If a situation feels unsafe, take appropriate safety precautions.

Among other things, you should:
- Always carry a form of personal identification with you. This is particularly important in Washington, DC because of the amount of federal and local security that is utilized in the District.
- Be wary of isolated spots—apartment laundry rooms, underground garages, parking lots, offices after business hours. Walk with a friend, co-worker, or security guard, particularly at night.
- Always keep jewelry and other valuables out of sight. This includes your iPod and cell phone.
- Keep a firm grip on your purse. Use a purse with a secure clasp, and keep the purse close to your body with a hand on the clasp.
- Carry your wallet inside your coat or side pants pocket, never in your rear pants pocket.
- Park your car in busy, lighted areas. For more car safety tips, click here.
- Always lock your car and take the key with you. Consider using an anti-theft device for your car.
- Be aware of your surroundings when using the ATM machine. Look around before conducting a transaction. If you see anyone or anything suspicious, cancel your transaction and go to another ATM. If you must use an ATM after hours, make sure it’s well lighted.
- Wherever you are—on the street, in an office building or shopping mall, driving, waiting for a bus or subway—stay alert and tuned in to your surroundings.
- Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.
- Know the neighborhoods where you live and work. Check out the locations of police and fire stations, public telephones, hospitals, and restaurants, or stores that are open late.
- Never open your door to strangers. Offer to make an emergency call while someone waits outside. Check the identification of sales or service people before letting them in. Don’t be embarrassed to phone for verification.
- Know your neighbors, so you have someone to call or go to if you’re uncomfortable or frightened.
- If you come home and see a door or window open, don’t go in. Call the police from a cell phone.

**KNOW YOUR RIGHTS**

If you are accused of committing a crime and have been arrested, remember that you have certain rights. You should notify ISO and OSA as soon as possible, as we may be able to assist you.

You also have the right to notify your government about your arrest or detention. If you choose to do so,
the police must inform the appropriate consulate or embassy immediately. Your consular officers have the right to visit you and arrange for legal representation. Many countries require that the consul be notified when their nationals are confined and detained. In these cases, you have no choice in the matter of whether the authorities notify your consulate; they must do so.

If you are accused of a crime, in most cases you should obtain legal advice from an attorney.

In addition, the American Civil Liberties Union (http://www.aclu.org) is the United States’ (self-appointed) “guardian of liberty, working daily in courts, legislatures and communities to defend and preserve the individual rights and liberties guaranteed to all people in this country by the Constitution and the laws of the United States.” Their site includes additional information about your individual rights if arrested, including an informational document called a bustcard (http://www.aclu.org/files/assets/bustcard_eng_20100630.pdf) which details possible situations and what you should do.
It is a challenging, stimulating and sometimes difficult process to leave home and live in a different country and culture. You not only leave family and friends, but also familiar foods, climate, customs, attitudes and languages. As every culture has different rules about appropriate behavior, social norms and expectations, you may feel overwhelmed when you attempt to adjust to many new and different things all at the same time.

As you settle into your life here at GW, bear in mind that new international students often go through a series of reactions to their new environment. These reactions are referred to as the “adjustment cycle.” In the initial phase, you start off feeling very excited about being in a new place and a new culture, but then find yourself getting homesick once the initial “high” has passed. Then you go on another emotional upswing as you make new friends, begin your classes and start exploring D.C.

The adjustment cycle and its symptoms can be as short as a few days or can last throughout your experience, often depending on your length of stay and your strategies for coping.

Remember that no two “adjustment cycles” are alike and that no two people have the same experience! Living abroad is invariably an exciting and satisfying experience, but it also takes effort, patience, and perseverance on your part. Don’t feel you are in any way “abnormal” if you experience highs and lows during your time here, or if you find yourself longing for the familiarity of “home.” These are all natural responses.

If at any time you sense that you are stuck in a psychological low, whether for academic or personal adjustment reasons, do not hesitate to make use of the many resource services available on campus. You can speak with a counselor at the University Counseling Center, an OSA advisor, or a Resident Advisor. Just make sure that you talk with someone about your feelings.
Advisors you can talk to:
University Counseling Center
2033 K Street NW, Suite 330
202-994-5300
http://gwired.gwu.edu/counsel

HOW DO I ADJUST?
The following are some suggestions that other international students have found helpful:

• Look and listen. A word, phrase or gesture that means something in your home country may mean something very different in the U.S. Watch people’s reactions in their conversations with you or with others.
• How close do people stand when they talk? How do people greet each other?
• Do people tend to agree with you or do they express dissenting opinions freely?
• What makes you feel dissatisfied or uncomfortable when communicating with someone?
• How do Americans change their communication styles when talking with a professor? A student? A friend? A family member? A stranger?
• Ask questions.
• Take notice of other student’s personal hygiene routines and use of deodorant and perfumes.
• Try not to be judgmental. It is important to avoid labeling everything in the U.S. as good or bad in comparison with your own culture. Try to assess and understand others’ opinions before making a judgment.
• Show openness and curiosity. To experience a new culture and to learn from it, be open to new experiences, try new things, and be curious about the way things are done.
• Use your sense of humor. You will make mistakes as you explore a new culture. If you can laugh at your mistakes, learning will be easier.
• Develop a support network. One of the hardest things about being abroad is that you are separated from the network of support you have developed over many years. Such closeness cannot be instantly replaced. Nonetheless, you should make an effort to meet people so that new friendships can develop.
• Get involved with various programs and activities on and off campus. The more you put into an experience, the more you will learn from it.

WHAT AMERICANS ARE LIKE
With the exception of Native Americans, most people living in the U.S. are either immigrants themselves to North America or the descendants of immigrants who have been arriving since the beginning of the 1600’s. It is not surprising, therefore, that the U.S. contains many different cultures and ethnic groups. How then can one talk about Americans? With great difficulty!

Below are some “generalizations” that may help you better understand the behavior you see and observe. Although generalizations can sometimes be helpful and applicable, they can also be inaccurate and harmful. The
characteristics below vary significantly among various individuals and cultures in the U.S. Do not assume they describe all Americans.

**INDIVIDUALISM**
Probably the most important thing to understand about Americans is their devotion to “individualism.” Since childhood, Americans are encouraged to see themselves as individuals responsible for their own destiny, not as a member of any collective group. Many Americans believe that the ideal person is an autonomous, self-reliant individual. They generally dislike being dependent on other people or having others dependent on them. Americans have a desire for personal success, both social and economic, and many do not consider social and cultural factors as insurmountable barriers to their ability to get ahead. One result of this attitude is the competitiveness of American society.

Achievement is a dominant motivation in American life, and this can lead to not-so-friendly competition. However, Americans also have a good sense of teamwork, cooperating with others toward a common goal. In the school setting, this team spirit is perhaps best exemplified by the popularity of “study groups,” in which students work together on a project or exam preparation.

In an academic setting, individualism is evidenced by students working independently on exams, papers, and projects, strictly differentiating between information that has been taken from other sources and original thoughts and ideas. Familiarize yourself with the University’s Code of Academic Integrity ([http://studentconduct.gwu.edu/code-academic-integrity](http://studentconduct.gwu.edu/code-academic-integrity)).

**PRIVACY**
Closely associated with the value that Americans place on individualism is the importance they assign to privacy. Americans assume that people “need some time to themselves” or “some time alone” to think about things or recover their energy. Some Americans have difficulty understanding those who always want to be with others or those who dislike being alone.

**TIME ORIENTATION**
Americans tend to organize their activities by means of schedules. As a result, they may seem hurried, running from one thing to the next, unable to relax and enjoy themselves. The pace of life may seem very rushed at first.

Americans also place considerable value on punctuality. Different types of activities have different conventions. You should arrive at the exact time specified for meals or appointments with professors, doctors and other professionals. You can arrive anytime between the hours specified for parties, receptions, and cocktail parties. Plan to arrive a few minutes before the specified time for public meetings, plays, concerts, movies, sports events, classes, church services and weddings. If you are unable to keep an appointment, you should call the person to advise him or her that you will be late or unable to arrive. On campus, classes begin and should end on time. Coming late may be frowned upon or even prohibited.
DIRECTNESS AND ASSERTIVENESS

Americans are not taught, as in some other countries, to mask their emotional responses. They do not think it is improper to display their feelings, at least within limits. They generally consider themselves to be frank, open, and direct in their dealings with other people. They often speak openly and directly to others about things they dislike. They will try to do so in a manner they call “constructive,” that is, a manner which the other person will not find offensive or unacceptable. If they do not speak openly about what is on their minds, they will often convey their reactions in nonverbal ways like facial expressions, body position, and gestures.

On campus, you will find services and resources that are available to help students and staff, but keep in mind that YOU are often expected to take initiative in expressing your needs and seeking assistance. The OSA staff is always here to help you. If you need some help finding what you need, please come see us.

EQUALITY

Although there are many differences in social, economic, and educational levels in the U.S., there is a theme of equality that runs through social relationships. In part because Americans do not accept a fixed position in society and believe that they can achieve and succeed in life, they tend not to recognize social differences in dealing with people. One implication of this is that Americans do not often show deference to people of greater wealth, age, or higher social status. International visitors who hold high social positions sometimes feel that Americans do not treat them with proper respect and deference. On the other hand, Americans find it very confusing to be treated differently because of their status when they visit other countries.

This is not to say that Americans make no distinctions among themselves as a result of such factors as sex, age, wealth, or social position; they do. But the distinctions are acknowledged in subtle ways: tone of voice, order of speaking, choice of words, or seating arrangement.

INFORMALITY

The notion of equality leads Americans to be quite informal in their general behaviors and relationships with others. The informality of American speech, especially the common use of the first name, dress, and posture can be quite shocking to some international students.

Many international students comment on informal dress on American campuses and the informal, egalitarian relationships they may have with professors.

ACHIEVEMENT, ACTION, AND WORK

Achievers—people whose lives are centered around efforts to accomplish some physical, measurable thing—receive respect and admiration from many Americans. Generally, Americans like “action,” and devote significant energy to their jobs, other daily responsibilities, and even recreation.

Americans also tend to believe they should be doing something most of the time. You will often hear Americans talk about how busy they are, which often is true, but also is simply expected. To not
be busy, since everyone is busy, may be considered rather strange. This results in a positive active range of campus activities and organizations, but may also make you feel some pressure to be doing something all the time. Try to strike a balance between doing some new things, but not doing so much that you feel overwhelmed.

**WOMEN’S ROLES**

In the United States, there is an active feminist movement which seeks to empower women and advocate for policies which ensure the equality of women. Although gender inequality and sexism remain an underlying challenge, women have a public and visible role in the political, economic, cultural, and social affairs of this country.

You may find that gender expectations in the US are different from those of your home country. For example, men and women in the US may associate and interact with one another more freely at work and in social situations than in many other countries. Additionally, women may be involved in intimate relationships with other women, and may not identify as heterosexual or “straight”. You may also find that the dress and behavior of women in social situations in the United States is quite different from those of your home country. Some international students have difficulty adjusting to situations in which a woman is in a position of authority because of gender role expectations in their own countries. American women may appear too assertive or aggressive if judged from another cultural point of view. In the US, however, assertiveness is typically seen as a positive characteristic.

It is important to remember that the United States is comprised of many subcultures within a larger cultural context. The expectations and norms within one community may differ greatly from another within the US. As an international student, you will probably notice many cultural differences, and some of these differences may be challenging for you. There are many resources and individuals on campus who are willing to support you and help you to process these challenges.

**FRIENDLINESS**

When people visit the U.S., they usually notice immediately the friendliness and openness of Americans and the extreme ease of social relationships. This casual friendliness should not be mistaken for deep or intimate friendships, which are developed over a longer period of time. In the U.S., people often say, “Hi, how are you?” or “How are you doing?” and then do not wait for a response. This is a polite phrase, not really a question. You can respond by saying “Hi,” or “Fine, thanks.”

You may also hear an American say, “Drop by anytime” or “Let’s get together soon.” These are friendly expressions, but they may not be meant literally. While they may be sincere, people are busy and do not always follow through on the invitation. It is polite to call someone on the telephone before visiting, unless you live in a dormitory where things are more casual. It is also acceptable to call a new acquaintance to see if she or he would like to go to a campus or community activity with you.
Casual social life is especially evident in college and universities, because everyone is there for a relatively short period of time to pursue studies or research. The ease of casual relations is sometimes troubling to some international students and scholars who have left their own friends and family at home and are learning to live in a new place. They naturally are looking for new friends and may sometimes find it very difficult to develop close relationships with Americans because they cannot seem to get beyond a very superficial acquaintance.

**FRIENDSHIPS AND RELATIONSHIPS**

To Americans the word, “friend” can be used to refer to anyone from an acquaintance to a person they have known for a long time. Americans often have friendships that revolve around school, work, or sport activities. Americans also tend to move frequently, and may appear to be unable to form deep friendships or able to give them up more easily and with less stress.

The key to developing friendships is to participate fully in the activities you enjoy. If you are uneasy about your English, do not let it keep you from seeking out friendships. Be flexible, and above all, don’t be discouraged by a few disappointing experiences you may have. With some effort, you will meet Americans, including those who have lived abroad, with some understanding of what you are experiencing, as well as individuals who share your interests, academic and otherwise.

**RELATIONSHIPS WITH YOUR ROOMMATE OR FLOORMATE**

For many students there is no better place to make friends than in a college dormitory or residence hall. Be prepared for very open discussions with a floor or unit of students with different accents, different musical tastes, and different standards of behavior.

Most relationships developed in the residence halls are very positive. However, occasional roommate or floormate difficulties occur. While you may or may not become friends with your roommate and others, you should try to develop a good relationship. If necessary, your resident advisor may be able to offer guidance and advice to help you. These residence hall staff members have extensive training and experience in creating and maintaining a positive and harmonious living environment on campus.

**DATING AND RELATIONSHIPS**

You may be surprised by the informality of relations among men and women in the U.S. Couples go out alone in the evening to attend a movie, concert, lecture, or party; students may get together for a “study date.” Although there may be fewer formal restrictions on relationships in the U.S. than in many other countries, the casual, informal interchange that is observed between friends and colleagues should not be misinterpreted. Some relationships do progress from casual acquaintances to close friendships or intimate romantic relationships, but this can never be assumed. This type of relationship is most likely to develop over time and by the mutual consent and desire on the part of both parties. Since the U.S. has a direct
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Upon arrival, it is always advisable to discuss your feelings and intentions before assuming everything about a romantic relationship.

Relationships can be very confusing in a cross-cultural context. As your friendship develops beyond a casual acquaintance, you may not always understand what your partner expects of you. Whatever the relationship, the best policy is honesty and frankness. Although sometimes embarrassing, it is best to express your feelings and intentions so you can avoid misunderstandings. If your date appears interested in a sexual relationship and you are not, it is very important that you say no clearly. And if someone seems to be saying no to you, listen. Unwanted sexual attention is a very serious and legal matter in the U.S. Do not interpret the acceptance of a date as anything more than an agreement to meet at a certain time and place and to spend some time together.

FAMILIES
It can be very difficult to be specific about the American family because of the diversity in the U.S. population. There are several different combinations that make up an “immediate” family unit, generally referring to those members within one’s household. This can mean mother, father, and children. But other families you meet may be composed of a single parent with biological or adopted children, gay couple with children, or an adult who lives alone and has close friends that share special events and activities.

LESBIAN, GAY, BISEXUAL AND TRANSGENDER COMMUNITIES
The lesbian, gay, and bisexual and transgender (LGBT) communities are increasingly visible in the United States as people tend to ‘come out’ earlier than in the past. Although U.S. immigration laws do not recognize the legitimacy of same-sex marriages or partnerships, other laws are being challenged by both individuals and organizations in an attempt to establish equality in employment, housing, insurance, marriage or partnership, adoption, and so on. While progress has been made, there is still a great deal of prejudice and discrimination against the LGBT community. In Washington, DC, many major U.S. cities, and some other areas of the country, the LGBT population may be more visible and more socially accepted than in many other countries.

Due to many factors, it is important to realize not all LGBT people are “out,” meaning the knowledge of one’s sexual or gender identity is not a secret. One is assumed to be straight by individuals unless otherwise informed. While a person may be “out” to some friends or family, she/he/ze may not be “out” to others. If people tell you they are members of the LGBT community, they are expressing something personal. Respect their identities and continue to treat them in the same manner as before. You may inquire how “out” the person is and respect her/his/hir wish regarding telling others. If you are a member of the same sex, do not assume an LGB person is expressing attraction or desire for an intimate relationship. Also, if you believe someone is transgender, it is better to ask her/him/hir what pronouns she/he/ze prefers or any other questions you may have rather than stare, stumble, or avoid
the person altogether. For information about LGBT at GW, see page 49.

**RELIGIONS**
The U.S. is a multicultural society founded on the need for religious tolerance and respect. You should not hesitate to seek out opportunities to practice your religious beliefs. Organized religious groups of many faiths and denominations can be found throughout D.C. A list of various places for worship can be found at [http://www.dcpages.com/directory/Community/Worship_and_Spiritual_Centers/](http://www.dcpages.com/directory/Community/Worship_and_Spiritual_Centers/)

If the practice of your religious beliefs interferes occasionally with your class or exam schedules, please be sure to bring the matter up to your professor as far in advance as possible.

Although the U.S. has a higher rate of Christian church attendance than most other Western societies, many Americans are uncomfortable discussing religion. Some may shy away from the topic altogether, while others will want to share their religious views with you. Most people are sincere and straightforward, but some may try to take advantage of you or convert you to their religious beliefs by offering their friendship. If you begin to feel uncomfortable in such a situation, politely but firmly explain that you are not interested.

**ALCOHOL, DRUGS, AND SMOKING**
U.S. laws concerning the sale and consumption of alcohol may seem liberal or restrictive, depending on your national or cultural background. State laws, not federal laws, govern the sale and consumption of alcohol, and not all states have the same regulations. In D.C., it is illegal to purchase, posses, transport, or consume alcohol, including beer and wine, until you reach the age of 21. In addition to state laws, GW has specific guidelines on the use of alcohol (and drugs, and smoking) on campus. Familiarize yourself with the University Alcohol and Drug Policy.

While in the U.S., you will likely attend parties where alcohol is served, or even illegal drugs are being used. If you are encouraged to drink or take drugs against your will, politely but firmly decline. You should also be aware that conviction of offenses involving illegal drugs can lead to your deportation and permanent exclusion from the U.S. In many parts of the U.S., all public buildings are designated “smoke free,” meaning that you cannot smoke in any part of the building. Other buildings may have spaces designated for smokers. Restaurants may have smoking and nonsmoking sections. If you are a guest in someone’s home, room, or apartment, always ask permission before you smoke. Even if you are in your own room or apartment, it is polite to ask your guests if anyone objects to your smoking before you reach for a cigarette. Be prepared to see “No Smoking” signs in most offices, classrooms, and stores and to step outside to smoke.

**PREJUDICE AND DISCRIMINATION**
Although people in the U.S. are seen as having equal rights, equal social obligations, and equal opportunities to develop their own potential, in reality things are not so equal. This may come as a surprise to some international visitors
who perceive the U.S. as a land of opportunity.

Just as you may have preconceived notions about certain people, customs, or food, some Americans have negative attitudes toward things which are foreign to them, whether it is religion, ethnicity, nationality, race, gender or sexual orientation. Discrimination occurs in both subtle and blatant forms. Even though you may have read about race relations in the U.S., you may be dismayed upon experiencing it first-hand. Please contact OSA if you encounter issues with discrimination and need some assistance in understanding your experience.

The GW Alcohol and Drug Policy can be found online at http://gwired.gwu.edu/cade/AlcoholandDrugInformation/
**CAMPUS LIFE**
The first thing to know is that GW is a great academic university with unmatched learning experiences. The second thing to know is that GW is a great place to live.

The Foggy Bottom Campus sits on about 18 square blocks in the heart of one of the world’s most exciting and livable cities. The University is integrated in every way – physically, socially, culturally and, even, emotionally – with life in Washington, D.C.

Low-rise brick and brownstone buildings line the leafy streets of our historic Foggy Bottom Campus. Green, open spaces are tucked among the larger University buildings. The Mount Vernon Campus, meanwhile, sits on 23 wooded acres in a quiet, polished residential neighborhood.

GW students are deeply involved in the life of the community, as well as in the great national and international issues of the day. They are engaged in community service, participate in the arts and contribute to hundreds of special interest organizations – from politics to rocketry.

GW has a front row seat on the city – and the world. National and global leaders from government, industry and the arts participate in our high-profile events. Celebrated entertainers not only perform at Lisner Auditorium and other GW venues but they come to the University to support our students’ causes.

**STUDENT INVOLVEMENT**
The GW Experience goes far beyond what students learn in our classrooms and lecture halls. It encompasses their social lives, their creative outlets, service to the GW community and our neighbors, political action and leadership development.

GW students maintain an active campus community through student government,
athletics, a Greek community, student organizations, and many other activities. With over 350 student organizations, we offer something for every interest.

Most GW students are busily engaged in multiple interest areas and activities. There are offices at the University to support our students and help them with programming their involvement.

**GW PROGRAMMING**

The GW Student Activities Center, Mount Vernon Campus Life, Multicultural Student Services Center, GW Housing Programs and many academic departments facilitate a range of activities sponsored by student-run groups.

Every day there are dozens of on-campus events for students. They range from concerts and athletics events to speakers and debates. They include comedy nights – which have included performances by Billy Crystal, Jerry Seinfeld and Robin Williams – and well-known acts like Black Eyed Peas, John Mayer and Sheryl Crow.

Students can relax in the Marvin Center Hippodrome with food, billiards, flat-screen televisions and bowling lanes.

There is always something going on at GW. Administrative offices and student organizations plan events with speakers and performers, debates, lectures, political visits and social activities. Some of the most popular involves GW offices and student organizations and includes:

- Welcome Week
- Fall Fest
- Latino Heritage Celebration
- Colonials Weekend
- Spirit Week
- Colonials Invasion
- Midnight Breakfast
- Battle of the a cappella groups
- Alternative Break Programs
- Bhangra Blowout
- Raas Chaos
- Martin Luther King Jr., Day of Service
- Excellence in Student Life Awards
- Arts Fest/Chalk-in
- Hawaii Club Luau
- Grad Week

For more information on these events, visit the Center for Student Engagement’s website at [http://gwired.gwu.edu/sac/StudentInvolvement/ActivitiesandEvents/WelcomeWeek/](http://gwired.gwu.edu/sac/StudentInvolvement/ActivitiesandEvents/WelcomeWeek/).

You can also find events on the GW Programming Board’s website at [http://pb.gwu.edu/](http://pb.gwu.edu/) or check the GW Calendar for all events going on throughout the university at [http://my.gwu.edu/mod/calendar/default.cfm](http://my.gwu.edu/mod/calendar/default.cfm).

**CLUBS AND ORGANIZATIONS**

There are more than 350 student-launched and student-run organizations at The George Washington University. With oversight provided by the Center for Student Engagement, these organizations span a spectrum: from academic to cultural, spiritual to recreational, and political to performing arts. The student groups behind them are diverse. The activities they sponsor bridge a number of interests and issues. These organizations provide our students with leadership opportunities and extracurricular and co-curricular experiences. The University community
benefits from the creative programming that emerges from GW’s student organizations.

In 2009-10 there were:
- 41 fraternities and sororities
- 40 political groups
- 73 ethnic/cultural groups
- 30 religious groups and organizations
- 57 sports/recreational/hobby organizations
- 36 performing arts organizations
- 90 service organizations
- 60 graduate/professional organizations
- 12 honorary groups
- 16 publications/communications groups
- 112 special interest groups

GW makes it easy for students to form new student groups as social issues arise or additional opportunities and interests take hold. It has become common to see GW’s student organizations addressing many of the same issues that we face as a nation and society, including sustainability, social change and economic stability.

To find out more about the clubs and organizations on campus, visit the Center for Student Engagement’s website at [http://studentorgs.gwu.edu/](http://studentorgs.gwu.edu/).

**MULTICULTURAL STUDENT SERVICES CENTER**
The Multicultural Student Services Center (MSSC) is GW’s center for multicultural communication, community building and leadership.

The center partners with major University offices to develop co-curricular and experiential student-learning opportunities that:
- Shape a campus climate that welcomes cultural, racial, ethnic and intellectual diversity
- Foster students’ academic, cultural, social, spiritual and professional growth
- Encourage the inclusion, retention and increased participation of students of color

The MSSC staff generates and manages a spectrum of academic and cultural programs, resources and services for our GW community. A critical aspect of our mission is to ensure that GW students of color benefit fully from their quality university experience.

The staff is available to address students’ academic and personal concerns. Through the center, students learn about University resources and the many cultural activities and programs on campus and in the D.C. metropolitan area. They provide professional and peer counseling, course advice, tutorial referrals and campus and community mentoring.

MSSC also provides services, educational programming and social and cultural activities that enhance our multicultural ideals, cultural heritage, racial understanding, academic excellence and the personal development of all GW students.

The center oversees the Diversity Program Clearinghouse, which supports programs designed to educate the GW
community in cultural diversity and socioeconomic issues. The center also houses a resource center with reference books and instructional materials. And it coordinates several preparatory and pre-college programs.

Visit their website at http://gwired.gwu.edu/mssc.

GW TRAILS
Part of GW’s Student Activities Center, TRAiLS is a university sanctioned, student-run organization that is dedicated to outdoor education, service, and advocacy. From hiking to caving - from surfing to kyaking - they organize a diverse range of outdoor adventure trips and events for the entire GW community to enjoy. TRAiLS also takes their passion for the outdoors beyond the GW community by coordinating service projects that promote environmental awareness and protection.

Those who participate in TRAiLS programs get much more than amusement and fun; they also make lasting friendships, visit amazing places, gain truly unique insights and experiences, develop extraordinary levels of self-confidence, and build exceptional leadership skills. In short, TRAiLS offers an educational facet that simply cannot be developed from inside a classroom.

For more information, visit http://gwired.gwu.edu/sac/StudentInvolvement/GWTRAiLS/.

GREEK LIFE
Greek Life has been part of GW for over 150 years and it remains one of our most enduring traditions. The men and women of GW’s fraternities and sororities are committed to succeeding at academics, volunteering in the community, developing and strengthening their leadership skills and forming networks that reach far beyond the campus boundaries.

It is a great way to create a sense of home within the boundaries of GW and Washington, D.C. The friendship, leadership, scholarship, community service, philanthropy, and brotherhood/sisterhood that characterize Greek
life complement your classroom experience. It’s about being part of a special community of nearly 2,300 undergraduate Greek-affiliated students on campus. It’s about engaging the GW and Washington communities through service and social functions. It’s about traditions and forging lifelong friendships.

Fraternity and sorority members at GW are involved in virtually every student organization. They perform thousands of hours of community service. They write for campus newspapers. They serve in leadership positions with the Student Association and Program Board, on the Student Judicial Board and as Colonial Inauguration Cabinet members. They are varsity athletes, they have internships, they spend semesters overseas and much more. Their chapter membership allows them to share those experiences with a closely knit group. Fraternity or sorority memberships can enhance the GW experience and connect students deeply to a community.

To find out more, visit the Office for Greek Life’s website at http://gwired.gwu.edu/sac/greek/.

**LGBT RESOURCE CENTER**
The George Washington University Lesbian, Gay, Bisexual and Transgender (LGBT) Resource Center provides a comprehensive range of education, support and advocacy services to create and maintain an open, safe and inclusive campus environment. The LGBT Resource Center welcomes a diversity of racial, ethnic, religious, political and cultural values and is committed to enhancing acceptance and quality of life for the entire GW community.

LGBT Resource Center
800 21st St NW
Marvin Center, Suite 425
Washington, DC 20052
Phone: (202) 994-4568
Email lgbt@gwu.edu
[http://gwlgbt.wordpress.com/](http://gwlgbt.wordpress.com/)

**ARTS AT GW**
GW sits in the heart of one of the world’s most culturally diverse cities. The University is proud of the visual and performing arts that are prominent in our academic programs and in campus life. The University is proud of that distinction.

The GW community is alive with art and culture. There are six on-campus theater and dance main-stage productions each year as well as numerous University-sponsored music performances. Student-run groups and local professional ensembles offer additional outlets for artistic expression on and around campus.

GW’s Lisner Auditorium on the Foggy Bottom campus is the second largest performance venue in the city, with acts ranging from Patrick Bruel to Sarah Geronimo in Motion, and Rita and Her Band to CNN’s “A Presidential Forum on Faith, Values and Poverty.” GW students are fortunate to have the Kennedy Center for the Performing Arts and the Corcoran Gallery of Art just blocks from campus. The National Gallery of Art and other major museums and galleries are nearby.

**On-Campus Performance Venues**
- Lisner Auditorium
- Lisner Downstage
• Betts Marvin Theatre
• Hand Chapel

GW Art Galleries
• Dimock Gallery
• Luther W. Brady Art Gallery

Voice Ensembles
• University Singers
• GW Troubadours
• GW Vibes
• The Sirens
• The Pitches
• Sons of Pitch
• GW Geet
• Emocapella

Improv and Theater Groups
• ReceSs (Improv)
• Generic Theatre Company
• Forbidden Planet Productions
• Fourteenth Grade Players

Dance Groups
• Balance
• Dance Performance Project
• GW Ballroom
• GW Bhangra

• Tap Tap Revolution
• Blazen

Instrumental Ensembles
• King James & The Serfs of Swing
• Los Gringos
• Brickhouse
• University Symphonic Band
• University Symphony Orchestra
• University Wind Ensemble

STUDENT PUBLICATIONS
GW has a heritage of rich, lively student publications. Like most college and university students, those at GW are driven to communicate information, to share and debate ideas and the issues of the day, and to display their creativity. The first student newspaper, the Columbian Call, was published from 1895 to 1902 (the University was named “Columbian University” at that time). After languishing for a few years, the concept of a student newspaper reemerged in 1904 at the instigation of university President Charles W. Needham with the publication of The Weekly Columbian, the first continuously published student newspaper. Needham realized that the student body could be unified and inspired by such a vehicle. When the University became The George Washington University in 1904, the newspaper was renamed The University Hatchet, a reference to legends surrounding the University’s namesake and, perhaps, a hint of a more aggressive editorial policy. The Hatchet lives on as the second oldest surviving newspaper in Washington, D.C.

Over the years, many student published magazines, journals and reviews have come and gone. Independence Magazine was launched in the 1980’s, but ceased publication in 1998. The GW Journal had a run of two years, from 2000-2002. Undoubtedly many new vehicles for student communications will appear and then fade in the intellectual and social life of GW.

Current student publications run the gamut from straight information to opinion to creative expression. They include:
The Hatchet
Founded in 1904 as the University Hatchet, but now known simply as The Hatchet, the paper is both editorially and financially independent. It reports on University activities, student life, GW athletics, Washington area happenings, and college life nationally. Throughout its existence, The Hatchet has continued to fulfill its purpose of uniting the student body and encouraging campus spirit. As noted, it is the second oldest newspaper in the nation’s capitol. It has a paid staff of 35 and a volunteer staff of 100, publishing two issues each week. Breaking news is published on the paper’s Web site. The Hatchet was recognized as the best non-daily college newspaper in the country for 2003-2004 by the Society of Professional Journalists, and has won the Pacemaker Award of the Associated College Press in 2005 and 2008. Five Pulitzer Prize winners are alumni of The Hatchet. It is a produced by Hatchet Publications, Inc., an independent non-profit corporation. Visit http://www.gwhatchet.com/.

The Cherry Tree
The University’s first student yearbook, published in 1890, was called The Columbiad, from The Columbian University name. This was shortened to The C in 1904, then evolved into The Mall in 1908, reflecting GW’s Washington location. In 1908, a student suggested the name The Cherry Tree, making a connection to another aspect of a George Washington legend (see The Hatchet). This name remains in use today.

The Cherry Tree is distributed free to all GW seniors as a gift from the GW Alumni Association, and is distributed in the fall after graduation. Each edition is planned, designed, edited, illustrated, and produced by GW students, with job titles and responsibilities rotating annually. The Cherry Tree’s student publishers have as their mission the facilitation of a greater sense of a GW community, to build unity and cohesion among the University’s departments, and to build and foster memories of the academic achievements, social lives, and school spirit of GW’s graduates. Each edition features portraits of graduating seniors, along with a written and photographic record of notable achievements – academic, social, and athletic. Visit http://www.gwcherrytree.com/.

Literary Publications
Wooden Teeth
Whimsically named for yet another George Washington legend, Wooden Teeth is GW’s premier visual arts and literary student publication, soliciting contributions from GW students, faculty, and staff of both written and visual works. Beginning life in the 1970’s as the Rock Creek Review, Wooden Teeth is now published bi-annually at the end of each spring and fall semester. The editors court controversial and cutting-edge contributions, seeking to push boundaries in literature and the arts, while not lapsing into sensationalism. The editors are highly selective, often rejecting up to 90 percent of submissions in order to guarantee a high level of quality. Wooden Teeth also sponsors monthly on-campus performances and readings of poetry, short stories and songs in order to foster creative and critical thinking about the arts in the GW community. Visit http://studentorgs.gwu.edu/woodenteeth.
The G.W. Review
This entirely student-run literary magazine, with national and international reach, is published annually. Each issue consists of 100 pages containing works of poetry, fiction, and art as well as interviews with local writers and artists. The Review holds an annual Senior Contest for contributions that also may be published. The G.W. Review’s mission is to provide students with the opportunity to learn editorial and design skills through participation in weekly meetings on fiction and poetry, as well as training students in the use of several design programs during the layout process. Working on The Review offers a unique hands-on experience in working in publishing beyond the University, and the opportunity to become involved and active in GW’s literary community. The G.W. Review also holds “Coffeehouses,” readings, in conjunction with Wooden Teeth and other organizations to promote interest and participation in GW’s art community, and to offer students popular on-campus, alcohol-free events. Visit http://studentorgs.gwu.edu/gwreview.
We encourage you to explore the richness of GW’s city and discover the exciting benefits of living, learning, having fun and getting around in D.C. With the nation’s Capitol as a backdrop, the White House as our next door neighbor and the National Mall as our back yard, it is hard to imagine a more vibrant and rewarding experience than that found at The George Washington University.

**LIVEABLE CITY**
Washington, D.C., has been called the most livable city on the East Coast, and when it comes to city living, the nation’s capital is very welcoming, of manageable scale, easy to get around and filled with students and young professionals. Our city has the vitality and excitement of a place doing the nation’s business, populated with people from every country and culture. It is a city reflecting our shared heritage and history, with constant reminders through its historic architecture, government buildings and monuments, and many parks and green spaces.

You will quickly discover that the city offers amenities and activities that support and enhance their collegiate lives, including an extensive variety of museums, restaurants, businesses of all kinds, a full array of professional sports teams and many bookstores and libraries. They also find many choices for banking, shopping, public transportation, places of worship, dance and music venues, gourmet restaurants, coffee bars and more.

You will find all this and more just steps away from our two distinctive and vibrant campuses. The safe and very accessible Metro subway system and myriad other transportation options put the entire city at the students’ disposal.

**Fun Facts about D.C.**
- Size: 68 square miles (including 8 square miles of water surface)
- Motto: Justitia Omnibus (Justice for all)
- Origin of District’s Name: Named after George Washington and Christopher Columbus
District’s Bird: Wood Thrush
District’s Flower: American Beauty Rose
District’s Song: The Star-Spangled Banner
District’s Tree: Scarlet Oak

Places of Worship: Protestant 610; Roman Catholic 132; Hindu 17; Jewish 9; Muslim 6; Buddhist 4; Sikh 3
City parks: 300 (800 acres)
Radio stations: AM 9; FM 38
Television stations: 19
Embassies: 186
Number of Colleges: 12
Number of College Students: 50,000 undergraduates

Famous People from D.C.
Carl Bernstein, journalist
John Foster Dulles, statesman
Goldie Hawn, actress
Noor al-Hussein, former queen of Jordan
Leonard Rose, cellist
Duke Ellington, musician
Dave Chappelle, comedian/actor
Marvin Gaye, singer
Connie Chung, journalist
William Hurt, actor

Al Gore, former U.S. Vice President
Ben Stein, TV personality
John Philip Sousa, composer
Helen Hayes, actress

NEIGHBORHOODS
Washington, D.C. is divided into several sections based on their content, also known as neighborhoods. Some parts of the city are best for sight-seeing, while others will be best for eating at a restaurant. Each part of D.C. helps to make the city an amazing place in which to live and study.

D.C.’s neighborhoods are:
- Adam’s Morgan
- Anacostia
- Brookland/Northwest
- Capitol Hill/Capitol Riverfront
- Downtown
- Dupont Circle/Kalorama
- Foggy Bottom
- Georgetown
- Southwest/Waterfront
- U Street/Shaw/Logan Circle
- Woodley Park/Cleveland Park

For more information on each of these neighborhoods, such as where they are located and what they are known for, visit the following sites:

Cultural Tourism D.C.: http://www.culturaltourismdc.org/portal/neighborhood-heritage-trails

Destination D.C.: http://washington.org/visiting/browse-dc/neighborhood

D.C. WEBSITES
For ideas on what’s occurring in D.C. or what will be occurring, as well as suggestions on where to go in the city, visit these websites:


Living Social | Daily Deals www.livingsocial.com
Free (and almost Free) things to do in D.C.: http://freeindc.blogspot.com

The District: http://www.thedistrict.com/


Washington City Paper http://www.washingtoncitypaper.com/

Cultural Tourism DC http://www.culturaltourismdc.org/


MAJOR SPORTS TEAMS
Sports are a part of Washington, D.C. and its surrounding areas. The city is home to a variety of sports teams, ranging from baseball and football to soccer and hockey. Games are played throughout the city, with each complex accessible by the metro.

The Washington Wizards
The Wizards are D.C.’s major basketball team. Their season begins in early October and ends in late April. The Wizards play at the Verizon Center, located in Chinatown and accessible by the red, yellow and green metro lines. The team’s schedule, roster, and ticket information can be found on their website: http://www.nba.com/wizards/index_main.html.

The Washington Redskins
The Redskins are D.C.’s major football team and is widely popular among city residents. The sport that many countries call football is actually called soccer in the U.S.; American football is quite different. Americans love to watch football and the championship game (also known as the Super Bowl). Football season begins in August and ends in late January/early February. Football games tend to be on Sundays and at times fall during the week as well. The Redskins play at Fed-Ex field in Landover, Maryland. The field is accessible by the blue line by taking it to the Morgan Boulevard Metro Station. The team’s schedule, roster, and ticket information can be found at http://www.redskins.com/.

The Washington Capitals
The Capitals are the major league hockey team of D.C. Hockey season begins in early October and lasts until mid-April. The Capitals play at the Verizon Center, located in Chinatown and accessible by the red, yellow, and green metro lines. The team’s schedule, roster and ticket information can be found at http://capitals.nhl.com/index.html.

The Washington Nationals
The Nationals are the major league baseball team of D.C. and the most recent sports addition to the city. Baseball season begins in mid-March and lasts until about the end of October. The Nationals play at Nationals Stadium, located in Southwest, D.C. and accessible by the green line at the Navy Yard metro station. The team’s schedule, roster and ticket information can be found at http://washington.nationals.mlb.com/index.jsp?c_id=was.
D.C. United
D.C. United is the professional soccer team for D.C. Soccer season typically runs from March until October. D.C. United play at RFK Stadium and is accessible by the orange and blue metro lines at Stadium-Armory stop. The team’s schedule, roster and ticket information can be found at http://www.dcunited.com/.

MUSEUMS AND HISTORICAL SITES
Washington, D.C. is a city filled with exciting and intriguing museums for people of all interests. Visitors come from around the nation to explore the capital’s many offerings.

Smithsonian Museum
The Smithsonian Institution is the world’s largest museum complex and research organization composed of 19 museums, 9 research centers, and the National Zoo. Though several are located on the National Mall in downtown D.C., the various museums are located throughout the city and its surrounding areas and are free for all visitors. For more information on the Smithsonian Institution, visit their website at http://www.si.edu/.

The museum offerings include:
- **African Art Museum** – Collection, research and exhibition of African Art
- **Air and Space Museum** – History, science, and technology of aviation and space flight
- **Air and Space Museum, Udvar-Hazy Center** – Companion facility to the Air and Space Museum on the National Mall
- **American Art Museum** – Painting, sculpture, graphics, folk art, craft and photography 18th century to present
- **American History Museum** – History of science, technology, society and culture in America
- **American Indian Museum** – Collection, preservation, study and exhibition of the living cultures and history of the native peoples of the Americas
- **Anacostia Community Museum** – Exploring the ever-changing concepts and realities of “community”
- **Cooper-Hewitt National Design Museum** – Changing exhibitions of design, decorative arts, industrial design and architecture
- **Freer Gallery of Art and Arthur M. Sackler Gallery** – Asian art and a specialized collection of American Art
- **Hirshhorn Museum and Sculpture Garden** – Modern and contemporary art
- **National Zoo** – More than 400 animal species in a 163-acre park
- **Natural History Museum** – Where natural history lives
- **Portrait Gallery** – Portraits of distinguished Americans
- **Postal Museum** – Interactive museum of postal history and philately
- **Smithsonian Institution Building, the Castle** – Smithsonian Information Center
- **National Archives**

The National Archives and Records Administration (NARA) is the nation’s record keeper. Of all documents and materials created in the course of business conducted by the United States
Federal government, only 1%-3% are so important for legal or historical reasons that they are kept by us forever.

Those valuable records are preserved and are available to you, whether you want to see if they contain clues about your family’s history, need to prove a veteran’s military service, or are researching an historical topic that interests you.

Highlights of the National Archives include the Declaration of Independence, the U.S. Constitution and Bill of Rights, and the Magna Carta. Admission is free of charge. For more information, visit [http://www.archives.gov/](http://www.archives.gov/).

**National Museum of Women in the Arts**
The National Museum of Women in the Arts is the only museum in the world dedicated exclusively to recognizing the contributions of women artists. Located on New York Avenue NW, it is conveniently accessible by the red, blue or orange metro lines at Metro Center. This museum does have an admission fee. For hours and ticketing information, visit their website at [http://www.nmwa.org/](http://www.nmwa.org/).

**International Spy Museum**
The Spy Museum is a newer museum in the D.C. area. You will get to explore clandestine stories, covert ops, self-destructing memos, lipstick pistols and more. You can plan a spy trip and play spy games. The museum has an admission fee. Located in Chinatown, it is easily accessible by the red, yellow and green metro lines. For more information regarding hours and ticket information, visit their website at [http://www.spymuseum.org/](http://www.spymuseum.org/).

**National Museum of Crime and Punishment**
Described by Good Morning America as a “must see for CSI fans,” this museum includes a crime lab and filming studios for America’s Most Wanted. A simulated shooting range, high-speed police chase, and hundreds of interactives and artifacts pertaining to America’s favorite
Upon Arrival Handbook

United States Holocaust Museum
Exhibition passes required March through August. Passes are not required for entry September through February.

The Museum’s Permanent Exhibition The Holocaust spans three floors of the Museum building. It presents a narrative history using more than 900 artifacts, 70 video monitors, and four theaters that include historic film footage and eyewitness testimonies. The exhibition is divided into three parts: “Nazi Assault,” “Final Solution,” and “Last Chapter.” The narrative begins with images of death and destruction as witnessed by American soldiers during the liberation of Nazi concentration camps in 1945. Most first-time visitors spend an average of two to three hours in this self-guided exhibition. Recommended for visitors 11 years of age and older.

For more information, visit their website at http://www.ushmm.org/.

Newseum
The Newseum — a 250,000-square-foot museum of news — offers visitors an experience that blends five centuries of news history with up-to-the-second technology and hands-on exhibits.

The Newseum is located at the intersection of Pennsylvania Avenue and Sixth Street, N.W., Washington, D.C., on America’s Main Street between the White House and the U.S. Capitol and adjacent to the Smithsonian museums on the National Mall. The exterior’s unique architectural features include a 74-foot-high marble engraving of the First Amendment and an immense front wall of glass through which passers-by can watch the museum fulfill its mission of providing a forum where the media and the public can gain a better understanding of each other.

The Newseum features seven levels of galleries, theaters, retail spaces and visitor services. It offers a unique environment that takes museum goers behind the scenes to experience how and why news is made. This museum does have an admission fee. For more information about hours and ticket information, please visit their website at http://www.newseum.org/about/overview/index.html.

The White House
The White House is the official residence of the President of the United States, recognized worldwide as a symbol of the prestige of the presidency. Built between 1792 and 1800, the sprawling 132-room mansion has been used as a home by every President since John Adams. The East Wing of the White House principally serves as offices for the First Lady and her staff. The First Family’s quarters, located on the second and third floor of the historic White House, provide them with privacy and comfort away from the public spotlight. The West Wing is home to the President’s office and those of his top staff. On the pages that follow, you can learn more about the President’s office,
the many state rooms, and the grounds and history of America’s most famous home.

If you wish to visit the White House and are a citizen of a foreign country, please contact your embassy in Washington, DC for assistance in submitting a tour request.

For more information on the White House, visit their website at http://www.whitehouse.gov/about.

United States Capitol
The United States Capitol houses the two legislative branches of the U.S. government: the House of Representatives and the Senate. Begun in 1793, the Capitol has been built, burnt, rebuilt, extended, and restored. You can visit the museum Monday through Saturday between the hours of 8:30 a.m. and 4:30 p.m. Tours are free and conducted daily between 8:50 a.m. and 3:20 p.m. It is advised that you book a tour online prior to visiting the Capitol.

To learn more about the capitol and book your tour, visit: http://www.visitthecapitol.gov/plan-visit.

Library of Congress
The Library of Congress is the nation’s oldest federal cultural institution and serves as the research arm of Congress. It is also the largest library in the world, with millions of books, recordings, photographs, maps and manuscripts in its collections. You may visit the library or schedule a free tour. To learn more about the Library of Congress, visit http://www.loc.gov/.

Supreme Court
The Supreme Court of the United States serves as the judicial arm of the federal United States government according to the U.S. Constitution. Congress has from time to time conferred upon the Supreme Court power to prescribe rules of procedure to be followed by the lower courts of the United States. The Supreme Court is open to the public from 9 a.m. to 4:30 p.m., Monday through Friday. The Supreme Court does not offer organized tours, but encourages visitors to tour the building on their own. For more information, visit http://www.supremecourt.gov/visiting/touringthebuilding.aspx.

George Washington’s Mount Vernon Estate
Mount Vernon was home to George Washington for more than 45 years. Tours of the estate are available. There is an admission fee to enter the estate.

For more information on the estate, visit http://www.mountvernon.org/index.cfm?.

Arlington National Cemetery
Arlington National Cemetery is a military cemetery for the United States of America. The cemetery includes the burial sites of former United States presidents, military members, and the Tomb of the Unknown. For visitors information, visit http://www.arlingtoncemetery.org/index.htm.
**MONUMENTS**

**African American Civil War Memorial and Museum**

1200 U Street, NW.

A Wall of Honor lists the names of 209,145 United States Colored Troops (USCT) who served in the Civil War. The museum explores the African American struggle for freedom in the United States. Museum is open Monday to Friday, 10 a.m. to 5 p.m., Saturdays, 10 a.m. to 2 p.m.

**DC War Memorial**

National Mall, west of 17th St. and Independence Ave. SW.

This lesser known memorial commemorates the 26,000 citizens of Washington, DC who served in World War I. Funding from the American Recovery and Reinvestment Act of 2009 has been approved for $7.3 million to restore the memorial.

**Eisenhower Memorial**

Between 4th and 6th Streets SW.

Plans are underway to build a national memorial to honor President Dwight D. Eisenhower on a four-acre site near the National Mall. The memorial will feature a grove of oak trees, huge limestone columns, and a semicircular space made monolithic stone blocks and carvings and inscriptions that depict images of Eisenhower’s life.

**Franklin Delano Roosevelt Memorial**

West Potomac Park near Lincoln Memorial on Ohio Drive, SW.

This memorial is divided into four outdoor galleries, one for each of FDR’s terms in office from 1933 to 1945. Several sculptures depict the 32nd President. Hours are 8 a.m. to 11:45 p.m.

**Iwo Jima Memorial**

Marshall Drive, next to Arlington National Cemetery in Arlington, Virginia.

This memorial, also known as the United States Marine Corps War Memorial, is dedicated to the marines who gave their lives during one of the most historic battles of World War II, the battle of Iwo Jima.

**Jefferson Memorial**

15th Street, SW

This dome-shaped rotunda honors the nation’s third president. The 19-foot bronze statue of Jefferson is located on the Tidal Basin, surrounded by a grove of trees making it especially beautiful during Cherry Blossom season in the spring. Hours are 8 a.m. to midnight daily.

**Korean War Veterans Memorial**

Daniel French Drive and Independence Avenue, SW.

Our nation honors those who were killed, captured, wounded or remain missing in action during the Korean War (1950-1953). Nineteen figures represent every ethnic background. The statues are supported by a granite wall with 2,400 faces of land, sea and air support troops. A Pool of Remembrance lists the names of the lost Allied Forces. Hours are 8 a.m. to 11:45 p.m.

**Lincoln Memorial**

23rd Street between Constitution and Independence Avenues, NW

This memorial was dedicated in 1922 to honor President Abraham Lincoln. Thirty-eight Grecian columns surround a statue of Lincoln seated on a ten-foot
high marble base. This impressive statue is surrounded by engraved readings of the Gettysburg address, his Second Inaugural address and murals by French painter Jules Guerin. Hours are 8 a.m. to midnight.

Lyndon Baines Johnson Memorial Grove
George Washington Parkway, Washington DC.
The grove of trees and 15 acres of gardens are a memorial to President Johnson and a part of the Lady Bird Johnson Park, which honors the former first lady’s role in beautifying the country’s landscape. The Memorial Grove is an ideal setting for picnics and has beautiful views of the Potomac River and the Washington, DC skyline.

Martin Luther King Jr. Memorial
Independence Avenue, between the Jefferson Memorial and Lincoln Memorial
The newest memorial in Washington, D.C., the Martin Luther King Jr. Memorial contains quotes from Dr. King’s sermons and speeches, along with inscriptions at a large scale on the smooth surfaces of the inscription wall. Accompany these passages is a sculptural representation of Dr. King himself. Hours are 8 a.m. to midnight daily.

Vietnam Veterans Memorial
Constitution Avenue and Henry Bacon Drive, NW
A V-shaped granite wall is inscribed with the names of the 58,209 Americans missing or killed in the Vietnam War. Across the lawn is a life size bronze sculpture of three young servicemen. Hours are 8 a.m. to 11:45 p.m.

Washington Monument
Constitution Avenue and 15th Street, NW.
The memorial to George Washington, our nation’s first president, took 40 years to complete its original construction due to lack of funds, but was finally dedicated in 1885. It has recently been refurbished to its original splendor. Take the elevator to the top and see a wonderful view of the city. For free tickets, go to the kiosk on the Washington Monument grounds at 15th Street and Madison Drive. Hours are 9 a.m. to 4:45 p.m. daily except for December 25. Advance tickets are available for $1.50 service fee.

World War II Memorial
17th Street, between Constitution and Independence Avenues.
This beautiful structure serves as a peaceful place to remember those who served our country during World War II. The memorial is open 24 hours a day.

MOVIE THEATERS
D.C. has movie theaters all over town, and many of them offer student discounts with a valid Student ID (your GWorld Card would be sufficient). Prices are around $10 per person but will be cheaper for matinee shows, usually before 3 p.m. One of the easiest ways to find a movie theater in the area and to view showtimes, visit http://www.fandango.com.

Several movie theaters nearby:

Landmark’s E Street Cinema
555 11th Street NW
THEATERS/MUSICAL VENUES
D.C. has several theatre and musical venues, offering a variety of shows from plays, musical theatre, and even Broadway productions. Below is a sample listing of theatres in D.C. Visit their website for listings of upcoming shows.

**Loews Georgetown 14**
3111 K Street NW

**Regal Gallery Place Stadium 14**
707 Seventh Street NW

**Warner Theatre**
1299 Pennsylvania Avenue
http://www.warnertheatredc.com/index

**National Theatre**
1321 Pennsylvania Avenue NW
http://www.nationaltheatre.org/

**Ford’s Theatre**
Not only does Ford’s Theatre offer performances, it also offers tours of the grounds where Abraham Lincoln, the United States’ 16th president, was shot and killed in 1865. For information on tours and performances visit [http://www.fords.org/](http://www.fords.org/).

**Shakespeare Theatre Company**
http://www.shakespearetheatre.org/index2.aspx

**The Studio Theatre**
1501 14th Street NW
http://www.studiotheatre.org/

**Lincoln Theatre**
1215 U Street NW
http://www.thelincolndc.com/

**The Kennedy Center**
http://www.kennedy-center.org/index.cfm
TRAVEL OUTSIDE THE U.S.
If you plan to leave and re-enter the U.S. during your stay at GW, you must have a valid travel signature by an ISO staff member. The signature must not be older than one year on your DS-2019. Since immigration regulations change often, it is recommended that you meet with ISO before leaving the U.S. Upon submitting your form to the ISO, allow 10 business days for processing.

This is required for any international travel, including vacation travel and travel to your home country during the Winter Break.

***When you do travel, you must take your passport and your DS-2019 with you.

TRANSPORTATION TO BALTIMORE, PHILADELPHIA, AND NEW YORK CITY
DC is a short trip away from some of the most popular destinations on the East Coast. Each city has a variety of unique offerings and make great day or weekend trips. Buses are readily available to take you from DC to Baltimore, Philadelphia, or New York for relatively inexpensive prices. For information on tickets and bus schedules, visit Bolt Bus (www.boltbus.com) or MegaBus (http://us.megabus.com/).

Baltimore
Approximately an hour away from D.C., Baltimore is a great place to visit. Baltimore is known for its Inner Harbor, with boats to travel around the harbor as well as multiple ferries to take passengers to various points in the city. The city also has a famous aquarium considered one of the best in the country, with dolphin shows and a variety of exhibits. Seafood is very popular in Baltimore, especially crabs, and there is a plethora of seafood restaurants available. Visit http://www.10best.com/destinations/maryland/baltimore/ for a list of events and attractions in the city. You can also take the MARC commuter trains for a cheaper trip to the city.
Philadelphia

Approximately 2-3 hours away from D.C., Philadelphia offers a ton of historical landmarks that played a role in the establishment of the United States. Old City Philadelphia provides you with the opportunity to visit the Liberty Bell, Independence Hall, where the Declaration of Independence was written, and the Constitution Center, a newly established museum dedicated to the U.S. Constitution. Don’t forget to visit the stunning Philadelphia Museum of Art, especially for their evening jazz concerts. In addition to the historic landmarks, Philadelphia has a variety of food offerings, and is well known for its cheesesteaks throughout the country. Visit [http://www.10best.com/destinations/pennsylvania/philadelphia/](http://www.10best.com/destinations/pennsylvania/philadelphia/) for a list of events and attractions in the city.

New York

New York City is about 4-5 hours away from D.C., with numerous places to visit and attractions to see. Broadway is New York’s theater district, with world-famous musicals and plays year round. The city is also home to the Empire State Building and Statue of Liberty, both of which are open to the public. Central Park is a massive park within the city that is gorgeous during any season and has a giant lake with boats that can be used by anyone. On New Year’s Eve, thousands of people gather in Times Square to watch the ball drop and count down to the New Year. Even if it’s not New Years, Times Square is a great place to visit with countless restaurants and shops and also many affordable comedy clubs. Museums such as the Metropolitan Museum of Art, Natural History Museum, MOMA, and Guggenheim Art Museum are world famous and should not be missed. Visit [http://www.nyc10best.com/](http://www.nyc10best.com/) for a list of what to do in the city. You can also check out the New York Times Arts weekend edition for weekly listings of events in the city.

TRAVELING BEYOND THE EAST COAST

The United States is a vast amount of territory, with each state representing different people and different cultures. If you decide to travel throughout the U.S., you will begin to notice that there are many styles of dress, regional cuisines, as well as unique terminology for items you may have experienced here in D.C. (for example, Coca-cola or soda in D.C. may be referred to as “pop” in parts of the Mid-west and West).

Some highlights include:

- Boston, MA
- Chicago, IL
- Miami, FL
- New Orleans, LA
- Las Vegas, NV
- Disneyworld and Disneyland (FL and CA)
- Los Angeles, San Francisco, San Diego, CA
- National Parks: Grand Canyon, Yosemite, Yellowstone, Bryce, Mount Rushmore

There are a variety of ways that you may travel throughout the country: bus, rail, or airplane.
Bus
Greyhound travels throughout most U.S. states and has a variety of schedules depending on where and when you are traveling. For more information, visit [www.greyhound.com](http://www.greyhound.com). You can also look into Chinatown buses on the east coast. Megabus services the Midwest.

Rail
Amtrak travels from the north to the south, as well as from east to west. Ticket prices vary depending on the time of departure as well as the length of your trip. Amtrak trains depart from Union Station, Washington, D.C.’s main train terminal, located on the red metro line. To view the current train schedules, visit [www.amtrak.com](http://www.amtrak.com).

Airplane
As you may know, Washington, D.C. is accessible by three major airports: Reagan National Airport (DCA), Dulles International Airport (IAD), and Baltimore International Airport (BWI). Reagan National Airport will only accept incoming domestic flights — you cannot fly direct to an international destination from Reagan. Dulles and Baltimore both accommodate direct international flights. Reagan is most accessible for those without a car as it has its own metro stop.

Each airport accommodates a variety of airlines. Southwest and AirTran typically offer online, relatively inexpensive airfare to numerous destinations throughout the U.S. There are three major travel search engines that will pull together all of the available airfares for your trip: Travelocity ([www.travelocity.com](http://www.travelocity.com)), Orbitz ([www.orbitz.com](http://www.orbitz.com)), and Expedia ([www.expedia.com](http://www.expedia.com)). You can also search for fares onCheap Tickets ([www.cheaptickets.com](http://www.cheaptickets.com)) and Lowest Fare ([www.lowestfare.com](http://www.lowestfare.com)). Another great website to compare inexpensive flight options is Kayak ([www.kayak.com](http://www.kayak.com)).

For an overview of traveling within the United States, you can visit Lonely Planet’s online travel guide to the U.S. at [http://www.lonelyplanet.com/usa](http://www.lonelyplanet.com/usa).

Where to Stay
We in the United States do not have a well-developed hostel traveler’s scene. However, you can find inexpensive lodging in hostels in larger cities on hosteworld.com or hostels.com. Another unique option is to stay in a Bed and Breakfast, though these vary greatly in price depending on the region of the US. You should do your research to fin the best hostels, hotels, and B+Bs, no matter the price. A great resource is tripadvisor.com for travelers’ reviews. Yelp.com is also extremely helpful for finding the best local eats, drinks, and entertainment. Another new option is to join the growing Couchsurfing scene to find someone offering their couch in various cities across the country. Exercise extreme caution when picking someone to stay with and always tell a friend or family where you are staying.
Leaving your newly established home in the U.S. and returning home to your own campus can often be as confusing as you prepared to go abroad. Below are some important steps and options to keep in mind as you go through the third phase of study abroad.

**BEFORE YOU LEAVE**

It’s important before you leave for you to take time to say good-bye to your new friends and places you have become fond of while studying abroad. There are some particular things you’ll also want to take care of:

- Be sure to return all library books and equipment you borrowed throughout your stay at GW
- Turn in all required course work. Do not plan to send course work back to the U.S. except in very unusual circumstances. If you do send important documents, send them by express mail and keep copies.
- Check out of your dorm room if you live on campus. Please review the check-out procedures at [http://living.gwu.edu/move](http://living.gwu.edu/move)
- Turn in the Transcript Release Form to the Office for Study Abroad

**EVALUATION FORM**

As part of our efforts to improve the experience of future exchange students, the OSA will ask that you complete our online evaluation. This evaluation will appear on your GW Passport application ([http://passport.gwu.edu/](http://passport.gwu.edu/)) after the semester ends (for academic year students, this will appear after the Spring semester comes to an end). This survey is anonymous and we appreciate your feedback.

**FILING YOUR TAXES**

All international students, including exchange students, must file a tax return in the United States, even if you did not earn any money during the year. For questions regarding this process, visit the GW Tax Department’s website at [http://financeoffice.gwu.edu/taxpayrollbenefits/tax/int_student_tax.html](http://financeoffice.gwu.edu/taxpayrollbenefits/tax/int_student_tax.html).
PAYING YOUR BILL
Please make payment on your GW account before you leave, but be advised that some charges may appear after your departure from the university. You must make payment on your account before GW can send your official transcripts to your home institution.

TRANSCRIPTS
Your official transcript will be sent directly to the coordinator at your home institution in late-January/early-February for the fall or June for the spring once all charges on your account have been paid and we have a signed original copy of the Transcript Release Form.

STAYING BEYOND THE END OF CLASSES
According to the current immigration regulations, as a J-1 student you may stay in the United States for thirty days after the end of the academic term, the last day of exams for the term, not by the expiration date of your visa. If a student would like to extend his/her stay for academic training (an internship) in the United States, he/she should consult with an International Student Advisor for the proper procedures to follow. Students must receive permission from the International Services Office to extend their visa for an internship. The internship must be related to your program of study in the United States.

As visa regulations continue to change over time, it is important that before you plan to stay past the end of the semester in the United States, you consult with an International Student Advisor in the International Services Office.

BECOMING AN OSA ALUMNI
After you depart for the semester, we would like to keep in touch with you and hope that you will be willing to become a peer contact for prospective students from your home institution that wish to study at GW. You can become an alumni through the OSA website. The OSA will send further instructions on how to become an alumni after you have left for the semester.

REVERSE CULTURE SHOCK
Many people say that returning home is even more difficult than going abroad. Students often remark that they feel removed from family and friends who have not had similar experiences. You can probably expect to go through the initial state of euphoria and excitement as you are overwhelmed by the sheer joy of being back at home. But as you try and settle back into your former routine, you will soon recognize that while you were abroad on exchange you developed new ideas and opinions and that these differences provide you with a new view of your own culture. You have become a new person (after all, that is what education is all about), which means that you can expect a period of disorientation as you adjust to the “new” environment at home.

The adjustment period, however, should be rather short-lived, since the environment is not “foreign” in the same sense as that to which you had to adjust when you left your home country, and since your experience of culture shock abroad will have provided you with the psychological tools for making the
adjustment quickly and smoothly. Keep in mind that the amount of change that you have undergone during your time on exchange will play a role in how you adjust back to your own culture. It is often helpful for readjustment if you reflect on your experiences from abroad and the changes that have occurred within
The Office for Study Abroad used the following sources in compiling this handbook:


The following publications are published by NAFSA: Association of International Education. [http://www.nafsa.org](http://www.nafsa.org).


APPENDIX A: 4-RIDE MAP

<table>
<thead>
<tr>
<th>NORTHERN ROUTE</th>
<th>SOUTHERN ROUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Marvin Center/Gelman @ MC H St.</td>
<td>1. Marvin Center/Gelman @ MC H St.</td>
</tr>
<tr>
<td>2. Aston</td>
<td>2. Thurston Hall</td>
</tr>
<tr>
<td>3. Corner of 19th and L St.</td>
<td>3. Health and Wellness Center</td>
</tr>
<tr>
<td>4. Corner of Connecticut and L St.</td>
<td>4. HOVA</td>
</tr>
<tr>
<td>5. Corner of 20th and Eye St.</td>
<td>5. Columbia Plaza @ Center Driveway</td>
</tr>
</tbody>
</table>

Please call 202-994-RIDE with any questions about the Colonial Express shuttle bus, or visit the UPD website at [http://gwired.gwu.edu/upd](http://gwired.gwu.edu/upd) for more information.
## APPENDIX B: Banking Information

<table>
<thead>
<tr>
<th>Nearest Branch &amp; Hours</th>
<th>Nearest ATM</th>
<th>Special Offers</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bank of America</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Dupont Circle, NW: M-R 9-5, F 9-6, Sat 9-12</td>
<td>GW Thurston Hall, 1900 F St., NW</td>
<td>Credit cards available to international students to establish credit history</td>
<td><a href="http://www.bankofamerica.com">http://www.bankofamerica.com</a></td>
</tr>
<tr>
<td><strong>Chevy Chase Bank</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1717 Pennsylvania Ave., NW: M-R 9-5, F 9-6</td>
<td>Duques Hall, 2201 G St., NW</td>
<td>Cash personal checks from foreign accounts</td>
<td>Branch: 202-467-4188</td>
</tr>
<tr>
<td>2400 M St., NW: M-R 9-5, F 9-7, Sat 9-1</td>
<td>Foggy Bottom, 2301 Eye St., NW</td>
<td>Have student lines of credit available with no fees</td>
<td>John Tucker: 202-467-4705</td>
</tr>
<tr>
<td><strong>United Bank</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1875 Eye St., NW: M-R 9-4, F 9-5</td>
<td>1875 Eye St., NW</td>
<td>Cash personal checks from foreign accounts</td>
<td>Branch: 202-496-4001</td>
</tr>
<tr>
<td>2301 M St., NW: M-R 9-4, F 9-5</td>
<td>2301 M St., NW</td>
<td>Free United VISA check card</td>
<td>Marc Wilcox: 202-496-4099</td>
</tr>
<tr>
<td><strong>PNC Bank</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1913 Massachusetts Ave., NW: Sat 9-4, Sun 11-3</td>
<td>2600 Virginia Ave., NW</td>
<td>No minimum balance; no monthly maintenance fees</td>
<td>Erik Rushing: 202-835-7110</td>
</tr>
<tr>
<td></td>
<td>2550 M St., NW</td>
<td></td>
<td><a href="http://www.pncbank.com">http://www.pncbank.com</a></td>
</tr>
<tr>
<td>SunTrust Bank</td>
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<tr>
<td><strong>19th &amp; K St., NW: M-F 9-5</strong></td>
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<tr>
<td><strong>2250 M St., NW: M-F 9-5</strong></td>
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</tr>
<tr>
<td><strong>19th &amp; K St., NW</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>23rd &amp; M St., NW</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>17th &amp; I St., NW</strong></td>
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<tr>
<td><strong>Deposit personal checks from foreign banks if in US dollars</strong></td>
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</tr>
<tr>
<td><strong>Free checking accounts for students</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>No minimum balance, no monthly fees</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Branch: 202-785-6160</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Augustin Dongmo: 202-785-6162</strong></td>
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<tr>
<td><strong><a href="http://www.suntrust.com">http://www.suntrust.com</a></strong></td>
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</table>

<table>
<thead>
<tr>
<th>Wells Fargo</th>
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</thead>
<tbody>
<tr>
<td><strong>17th &amp; Pennsylvania Ave.: M-F 9-5</strong></td>
</tr>
<tr>
<td><strong>20th &amp; L St., NW: M-F 9-5</strong></td>
</tr>
<tr>
<td><strong>Columbia Plaza Office, 502 23rd St., NW</strong></td>
</tr>
<tr>
<td><strong>20th &amp; L St., NW</strong></td>
</tr>
<tr>
<td><strong>Free student checking and savings accounts</strong></td>
</tr>
<tr>
<td><strong>Balance, incoming wires and transfers alerts to your cell phone</strong></td>
</tr>
<tr>
<td><strong><a href="https://www.wellsfargo.com/">https://www.wellsfargo.com/</a></strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Citibank</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2101 L St, NW: M-R 9-5; F 9-6</strong></td>
</tr>
<tr>
<td><strong>1775 Pennsylvania Ave., NW: M-R 9-5; F 9-6</strong></td>
</tr>
<tr>
<td><strong>912 New Hampshire Ave., NW</strong></td>
</tr>
<tr>
<td><strong>2101 L St, NW</strong></td>
</tr>
<tr>
<td><strong>Free student account with no minimum balance or monthly fees</strong></td>
</tr>
<tr>
<td><strong>Easy transfers – Can refund the first incoming wire transfer fee if necessary</strong></td>
</tr>
<tr>
<td><strong>Students without Social Security Number can apply for credit cards</strong></td>
</tr>
<tr>
<td><strong>Branch: 202-728-4914</strong></td>
</tr>
<tr>
<td><strong>Guillermo Fanola: 202-728-4914</strong></td>
</tr>
<tr>
<td><strong><a href="http://www.citibank.com">http://www.citibank.com</a></strong></td>
</tr>
</tbody>
</table>

(Updated 7/19/2010)
You can visit your country without leaving the United States! Almost all embassies allow tours or visits if you need to secure visas for travel documents, or just want to visit the building. The building and grounds of the embassy are officially foreign soil, therefore making them subject to the country’s rules and laws.

APPENDIX C: EMBASSY INFORMATION

Embassy of Argentina  
1600 New Hampshire NW  
Washington, DC 20009  
Phone: 202.238.6400

Embassy of Austria  
3524 International Court NW  
Washington, DC 20008  
Phone: 202.895.6700

Embassy of Australia  
1601 Massachusetts Avenue NW  
Washington, DC 20036  
Phone: 202.797.3000

Embassy of Brazil  
3006 Whitehaven Street NW  
Washington, DC 20008  
Phone: 202.238.2700

British Embassy  
3100 Massachusetts Avenue NW  
Washington, DC 20008  
Phone: 202.588.6500

Embassy of Chile  
1732 Massachusetts Ave NW  
Washington, DC 20036  
Phone: 202.785.1746

Embassy of the Czech Republic  
3900 Spring of Freedom Lane NW  
Washington, DC 20008  
Phone: 202.274.9100

Embassy of Denmark  
3200 Whitehaven Street NW  
Washington, DC 20008  
Phone: 202.234.4300

Dutch Embassy  
4200 Linnean Avenue NW  
Washington, DC 20008  
Phone: 877.388.2443

Embassy of France  
4101 Reservoir Road NW  
Washington, DC 20007  
Phone: 202.944.6000

Embassy of Germany  
2300 M Street NW  
Washington, DC 20037  
Phone: 202.298.4000

Embassy of Japan  
2520 Massachusetts Ave NW  
Washington, DC 20008  
Phone: 202.238.6700

Embassy of Korea  
2450 Massachusetts Ave NW  
Washington, DC 20008  
Phone: 202.93.5600

Embassy of Morocco  
1601 21st Street NW  
Washington, DC 20009  
202.462.7979

Embassy of the Republic of Singapore  
3501 International Place NW  
Washington, DC 20008  
Phone: 202.537.3100

Embassy of Spain  
2375 Pennsylvania Ave NW  
Washington, DC 20037  
Phone: 202.452.0100

Embassy of Turkey  
2525 Massachusetts Ave NW  
Washington, DC 20008  
Phone: 202.612.6700

Embassy of United Arab Emirates  
3522 International Court NW  
Washington, DC 20008  
Phone: 202.243.2400
APPENDIX D: SLANG DICTIONARY

- **9:30 club**: nightclub and concert venue in the U Street area of Washington, DC
- **Ad-mo**: short for Adam’s Morgan, a popular neighborhood for nightlife in DC
- **Awkward**: general term for someone or something that is uncomfortable or ungraceful
- **Biddies**: a term generally used to describe girls that are acting in an unappealing fashion
- **Big deal**: something important or significant
- **Bombed**: messed up or failed, as in an exam (can also be used as another word for really drunk)
- **Bro**: a term generally used to describe guys who are stereotypical of a college fraternity and usually stupid; can also be used as a non-derogatory greeting between male friends (i.e., “what’s up, bro?”)
- **BTW**: abbreviation for “by the way”
- **Chill**: can either be a verb, meaning to hang out in a low-key or relaxed fashion, or an adjective, describing someone or something that has a low-key or relaxed personality or atmosphere
- **FBO**: abbreviation for “Facebook official,” meaning that a couple has put their relationship status up on Facebook
- **Fist pumping**: term taken from the MTV reality show “The Jersey Shore” that describes a manner of dancing in which people (usually males) put their fists in the air repeatedly
- **FoBoGro**: nickname for Foggy Bottom Grocery, a grocery store and quick food stop located on F Street
- **For real**: can be used either as a statement to signify agreement or as a question used to signify disbelief
- **Freak out**: to shock someone or to be shocked and/or upset by someone or something
- **Froyo**: nickname for frozen yogurt, a popular food served in various locations across DC
- **Gelman**: nickname for the Gelman Library, GWU’s main library located on H Street
- **Hashtag**: referring to the Twitter hashtag and occasionally spoken aloud to emphasize a word or phrase
- **HelWel**: nickname for the Lerner Health and Wellness Center, GWU’s main gym located at 23rd and G Street
• **Hey girl hey:** greeting of excitement, usually used between female friends
• **Hipster:** can be used as either a noun, in reference to a person who participates in the hipster counterculture, usually associated with alternative music, fashion, etc., or used as an adjective to describe someone or something of this nature
• **I know, right:** can be used as either a statement or question to signify strong agreement
• **Indie:** nickname for “independent,” usually used in reference to music
• **Into it:** to be interested or involved in something
• **Kill it:** to do something really well or successfully
• **Literally:** used to add emphasis to an action, but usually not actually a “literal” situation
• **No way:** statement or exclamation of disbelief
• **Obvi:** abbreviation of “obviously”
• **Psyched:** term meaning very excited
• **Pull an all-nighter:** to stay up all night studying or working on homework
• **Red line:** referring to one of the lines of the DC Metro system, which are color-coordinated
• **Shut up:** can be used as a directive to tell someone to be quiet, or as an exclamation to signify disbelief (without actually meaning for someone to be quiet)
• **Not cool:** meaning unacceptable often used with “so”
• **Stressed out:** to be under a lot of stress
• **Swag:** paraphernalia from something, usually an event, which advertises and displays the event
• **U-yard:** nickname for University Yard, the block of green space located along H Street
• **YOLO:** abbreviation for “you only live once,” recently popularized by a song called “The Motto” by Drake and Tyga
APPENDIX E: MOVIES & TV SHOWS FILMED IN OR AROUND WASHINGTON, D.C.

Movies filmed in or around Washington, D.C.

Starting with the most recent:
- Bourne Identity 4: The Bourne Legacy
- G.I. Joe
- J.Edgar
- Transformers: The Dark Side of the Moon
- Fair Game?
- How Do You Know
- Night at the Museum: Battle of the Smithsonian
- National Treasure: Book of Secrets
- Transformers
- Burn After Reading
- Rendition
- Lions for Lambs
- Definitely Maybe
- The Bourne Ultimatum
- Body of Lies
- Get Smart
- No End in Sight
- Mission Impossible III
- Live Free or Die Hard
- The Kingdom
- Evan Almighty
- Breach
- Man of the Year
- Thank you for smoking
- XXX: State of the Union
- Wedding Crashers
- The Manchurian Candidate
- National Treasure
- Legally Blonde II
- The Day After Tomorrow
- Sum of All Fears
- Spy Game
- Minority Report
- Collateral Damage
- Along Came a Spider
- Traffic
- Hannibal

TV Shows filmed in or around Washington, D.C.

Starting with the most recent:
- Bizarre Foods with Andrew Zimmerman (Travel Channel)
- Extreme Makeover: Weight Loss “Obese” Season 2 (ABC)
- Homeland (Showtime)
- The Firm (NBC)
- Too Big to Fail (HBO)
- America’s Most Wanted (Fox)
- Covert Affairs (USA Network)
- DC Cupcakes (TLC)
- Outlaw (NBC)
- The Real Housewives of DC (Bravo)
- Top Chef Season 7 (Bravo)
- 18 Kids and Counting (TLC)
- Big Love (HBO)
- Dinner: Impossible (Food Network)
- Extreme Makeover: Home Edition (ABC)
- Iron Chef America (Food Network)
- Man vs. Food (Travel Channel)
- No Reservations (Travel Channel)
- The Real World: D.C. (MTV)
- 24 (Fox)
- Bones (Fox)
- The West Wing
- NCIS (CBS)
- House of Cards (Netflix)
APPENDIX F: WHERE TO FIND U.S. REGIONAL CUISINES IN THE D.C. AREA

**Wine Country, California**
Restaurant: Proof
Address: 775 G Street NW
Neighborhood: Chinatown, D.C.

**Lobsters, Maine**
Restaurant: Redhook Lobster Pound
Address: Foodtruck
Neighborhood: Various Locations
http://www.redhooklobsterdc.com

**Philadelphia Cheesesteaks**
Restaurant: JJ’s Cheesesteaks
Address: 1939 14th Street NW
Neighborhood: U Street Corridor, D.C.
http://jjscheesesteaks.com/

**Cheesecake, New York**
Restaurant: Kramersbooks & Afterwords
Address: 1517 Connecticut Avenue NW
Neighborhood: Dupont Circle, D.C.
http://www.kramers.com

**New Orleans Jimbalaya**
Restaurant: The Bayou
Address: 2519 Pennsylvania Avenue NW
Neighborhood: Foggy Bottom, D.C.
http://bayouonpenn.com/www/

**Lauriol Plaza**
Restaurant: Lauriol Plaza
Address: 1835 18th Street NW
Neighborhood: Dupont Circle, D.C.
http://www.lauriolplaza.com

**Wisconsin Cheese**
Restaurant: Cowgirl Creamery
Address: 919 F Street NW
Neighborhood: Penn Quarter, D.C.
http://www.cowgirlcreamery.com

**Maryland Crabs**
Restaurant: Jessie Taylor Seafood
Address: Seafood Market, 1100 Maine Ave SW
Neighborhood: SW Waterfront

**New Orleans Jimbalaya**
Restaurant: The Bayou
Address: 2519 Pennsylvania Avenue NW
Neighborhood: Foggy Bottom, D.C.
http://bayouonpenn.com/www/

**Barbeque, Carolinas**
Restaurant: Hill Country BBQ
Address: 410 7th Street NW
Neighborhood: Chinatown, DC
http://www.hillcountrywdc.com/
APPENDIX G: WASHINGTON, D.C. RESOURCES

WEBSITES
Official DC Website: http://washington.org/
   Lots of great tourism information, including restaurants, attractions, nightlife, special events, and interactive maps.
Metro Website: http://wmata.com/
DC Neighborhoods: http://www.culturaltourismdc.org/portal/neighborhood-heritage-trails
Embassy Guide: http://www.embassy.org/embassies/
Monuments and Memorials: http://www.nps.gov/state/dc/index.htm?program=parks

DC NEWS:
• http://www.washingtonpost.com/regional/
• http://dcist.com/
• http://www.washingtontimes.com/

BOOKS ABOUT DC:
• Fodor’s Washington, DC
• Lonely Planet Washington, DC City Guide
• Frommer’s Washington, DC Free and Dirt Cheap
• Eyewitness Travel Top 10 Washington, DC
• Michelin Green Guide: Washington, DC