

## WELCOME

Welcome to Tuck and the Upper Valley region of New Hampshire! Anyone who is a significant other or spouse of a Tuck student is considered to be a “Tuck partner.” You have access to many aspects of the Tuck community (e.g., gym and facility access and discounts on programs and education). Your student will be busy getting adjusted and may not always remember to tell you (or know) what your options are. So get connected to the Tuck partner community.

An active Partners Club is coordinated by a board of partners who work with the MBA Program Office. From helping new partners find employment in the Upper Valley to hosting a steady stream of social events throughout the year, the Tuck Partners Club helps people adjust to life at Tuck.

### **Prior to coming to Tuck:**

- Read this document – Previous partners share information about where and how to move, schools, buying cars, renting homes, insurance and utilities, and more.
- Visit the Tuck partners Website <http://mba.tuck.dartmouth.edu/pages/clubs/partners/>
- Visit the 2007 WebBoard <http://www.tuck.edu/2007/>

### **Upon arriving at Tuck:**

- Get a Dartmouth Community Identification Card to have access to the buildings on Tuck’s campus only. (You can get it at Thayer Dining Hall on the second floor, behind the Collis center, same place as your student will get one. Don’t confuse this building with Thayer School of Engineering.)
- Join in the partner and student activities during Orientation Week!

Discover things to do as you become part of the Tuck community! There are social events for students, partners, and families. Both at Tuck and at Dartmouth, you will discover an intriguing array of speakers. Local arts organizations bring world-famous musicians, dance ensembles, and theater groups to the area. There is a magnificent film series, including the only East Coast showing of the Telluride Film Festival. In spring and fall, runners, bikers, and golfers are omnipresent, and winter skiing and snowboarding is at your doorstep. Whether you are interested in academics, families, social events, cultural activities, athletics, or community service, you will find an opportunity waiting for you here.

Although the information and recommendations presented herein have been compiled from sources believed to be reliable, Dartmouth College and The Tuck School of Business make no guarantee as to, and assumes no responsibility for, the correctness, completeness or sufficiency of such information or recommendations.

*We are not intending to endorse one service over another and we may have missed things! Many thanks to Elise Lees-Cantel TP’03 for creating the first very complete version of this guide.*

**We look forward to meeting you this fall. Welcome!**

## Table of Contents

<b>BEFORE MOVING HERE</b>	
Moving Checklist	4
Special Considerations (International Students and Partners)	6
Visas and the International Office	6
Employment	6
Embassies and Essential Documents for Travel	7
<b>TRAVELING TO DARTMOUTH</b>	
Travel Arrangements	8
Transportation Options	8
Lodging (Hotels and Inns)	10
<b>MOVING TO HANOVER</b>	
Shipping Your Belongings	11
Movers	11
Self-Storage Facilities	11
Moving Truck Rentals	12
<b>LIVING IN HANOVER WITH CHILDREN</b>	
Schools and Daycares	13
Fun Things To Do with Children	16
Tiny Tuckies	19
Shopping for Children	19
Health Insurance for Children	19
<b>HOUSING INFORMATION</b>	
Dartmouth Rental Housing Office / Sachem Village	20
Real Estate Companies	21
Apartment, Condo, and Townhouse Complexes	23
<b>SETTLING IN</b>	
Cars	26
Driver's License	27
Insurance	28
Social Security Numbers	28
Health Services and Insurance	30
Bank Account	32
Income Tax	32
Utilities (Electricity, Heat, Water, Telephone, Cable)	33
Internet	35
Where To Get Household Supplies	35
Washers and Dryers	35
Carpets	35
Furniture	36
Food and Beverages	36
Clothing & Gear	36
Outlets	37
Health and Beauty	37

**INFORMATION ON THE AREA**

Time Difference	38
Personal Safety	38
Climate	39
Clothing	39
Preparing Your Vehicle for Winter	39
Preparing Your Home for Winter	40
Tips on American Culture	40

**THINGS TO DO IN THE UPPER VALLEY**

Entertainment	41
Volunteering	41
Continuing Education	43
Athletic Facilities	44
Outdoor Activities	44
International Programs	45
Links	47

**APPENDIX**

Appendix I: Embassies and Consulates	48
Appendix II: Informal List of Dentists	50
Appendix III: Conversions (Metric Units, Clothing, Shoe Sizes, Cooking Measures)	51
Appendix IV: Preparing your vehicle for winter	53
Appendix V: Tuck Partner Board: Positions	54

## BEFORE MOVING HERE

Moving takes time, especially when you move outside your country and you don't have relatives or friends to help you organize everything. If one of the two partners can resign six months before moving, it will help a great deal. Also check out the United States Postal Service website (<http://www.usps.com/>) for a comprehensive online moving guide and pointers to information sources. To help facilitate your move, here is a checklist of what you will need to do:

### Moving Checklist

#### Six months before:

- ⊖ **Sell your house or your apartment**
- ⊖ **Sell your belongings:** If you decide not to bring your belongings and would like to sell them, you should start looking for buyers as soon as possible. You can use website like eBay ([www.ebay.com](http://www.ebay.com)) to sell them or a store that buys second-hand. Please note that those stores buy cheap; however, they will handle everything for you.
- ⊖ **Find a new place to live:** If you didn't get a Sagem unit or you have not secured a place to live, start looking as soon as possible.
- ⊖ **Find new schools for children:** Start working on this as soon as possible, but don't get too anxious, everybody gets a place.
- ⊖ **Driver's license:** Ask for a notarized record issued by your country, in English, that proves you hold a valid driving license.
- ⊖ **Official records:** If you want to be registered at your embassy in the US, you will probably have to provide official papers, such as a birth and marriage certificates. Visit your country's embassy website in the US to learn more.
- ⊖ **Passport:** Is your passport valid for more than six months? If not, request a new one now.
- ⊖ **Pets:** Are you planning to bring animals to the US? If so, visit the US Embassy's website of your country to know more about regulations concerning pets.
- ⊖ **Cars:** Visit the US Embassy's website to learn the regulations.
- ⊖ **Start the job search:** It can take three to six months.

#### Three months before:

- ⊖ **Look for a mover:** Contact as many movers as you can and ask them to give you a real estimate. Pay attention to how the movers would insure your belongings.
- ⊖ **Decide what you want to bring:** Whether you decide to move all your belongings or just several suitcases, you will have to choose what to bring and what to get rid of. Three months ahead of time is not too early to begin this process.
- ⊖ **Income tax:** If you have to pay an income tax before leaving your country, visit the administration as soon as possible.
- ⊖ **Storage of your belongings in your country:** Contact as many companies as possible to find the right one.
- ⊖ **Vaccinations:** Are you up-to-date? Make sure you and your family are in compliance with what Dartmouth Health Services requires. And don't forget to keep a record of your vaccinations. If you don't have a proof of your vaccinations, you will be forced to do them again as well as pay for them again.
- ⊖ **Health Insurance:** If you decide not to take the Dartmouth health insurance, you will be forced to find your own provider, and health care is very expensive in the US. The Dartmouth health plan does not cover dental or vision, and medical charges for both are very expensive.
- ⊖ **Personal insurance:** Contact your insurance company in your country to discuss your stay in the United States. Do they cover you in the US? What will happen when you return for holidays in your country?

- ⊖ **Get your flight tickets:** If you decide to fly during summer, you should make reservations at least three months before. It will be less expensive.
- ⊖ **Visa:** Visit the website of the US Embassy in your country or, if you are close to a US Embassy, visit them to get your questions answered.

#### Two months before:

- ⊖ **Mail:** If you want to receive mail from your previous address, you will have to make arrangements with your post office or have someone to send it to you.
- ⊖ **Household services:** You will have to list all of your household services and plan when and how to cancel them. If you found a new place to live, call your new service providers in the area to set up accounts and plan when to begin the service.
- ⊖ **Inventory of the fixture:** If you rent your home or apartment, your landlord(s) will probably want to see it before you leave. Arrange an appointment with him/her.
- ⊖ **Your new address:** Make sure to give your new address to friends and family.

#### One week before:

- ⊖ **Final bills:** Don't forget to contact utility companies (electricity, gas, water, telephone) for final bills. You may need to have them sent to your new address.
- ⊖ **Luggage:** Start packing your luggage and plan what you are going to use during the last week.
- ⊖ **Cleaning:** Start cleaning as much as you can so there is less to do before you leave.
- ⊖ **Money:** Get some cash and travelers checks in US currency to cover your first expenses and/or unexpected expenses.
- ⊖ **Medication:** Bring a minimum of one month of any prescription medications.
- ⊖ **Make your hotel or B&B reservations** so you have somewhere to stay upon arrival.
- ⊖ **Make arrangements to pick up your house/apartment keys.**

#### The moving day:

- ⊖ **Children:** Arrange for a babysitter on your moving day or provide games to keep them occupied. It will be a hectic day for you and your spouse!
- ⊖ **Papers and items to keep with you:**
  - Passport
  - I-20 or IAP-66
  - Official papers
  - Cash and travelers checks
  - Toothbrush and toothpaste
  - Earplugs
  - Aspirin or medication you need
  - Tissues
  - Snacks and beverages
  - Maps and this handbook
  - Change of clothes

## Special Considerations of International Students and Partners

### Visa for International Students

Students who have officially enrolled at Tuck will receive a Certificate of Eligibility (I-20 or IAP-66 form) from the International Office at Dartmouth. This document, together with documentary evidence of financial ability to attend Dartmouth and your passport (valid for at least six months beyond the date of your projected arrival), should be submitted to a United States Embassy or Consulate abroad to obtain a visa.

### International Office

44 North College Street, Suite 6202, Dartmouth College, Hanover, NH 03755 Phone 1(603) 646-3474 - Fax: 1(603) 646-1616  
Email: [International.office@dartmouth.edu](mailto:International.office@dartmouth.edu).

While in this country your legal status will be monitored by the US Immigration and Naturalization Service (INS) <http://www.uscis.gov/graphics/index.htm> . **Please note that the INS requires you to check in with the International Office to have your documents copied for record keeping. Failure to do so may result in a hold being placed on your registration for subsequent terms.** The International Office will assist you with all matters pertaining to immigration; therefore, you must be sure to keep Tuck and the International Office informed of your whereabouts so they can give you the best assistance possible. Be sure to attend the required information session during Orientation Week and read materials that arrive in the mail.

Sometimes it's difficult to understand the difference between the J-1 and F-1 visa. For more information about these two statuses and what they require, visit the international office website: <http://www.dartmouth.edu/~intl/updates/index.html> for J-1 and for F-1 and there you can see all implications about the visas and how waiver those. The best information resource on visas is the US Embassy's website of your country. You can also visit the US Embassy in your country. This is really helpful and it is available in your language. Partners from Canada and Mexico can also look for visa TN-status: <http://www.dartmouth.edu/~intl/updates/tnstatus.html>

### Employment for International Students and Partners

**F-1 Status:** You can hold scholarships, fellowships, and assistantships, and you may work on campus during the academic year (up to 20 hours per week) and full-time during vacation or break periods. No work is permitted off-campus without an Employment Authorization Document (EAD) for practical training authorization on the students I-20.

**F-2 Status:** Dependents of F-1 students are NOT permitted to hold paid employment of any kind under any circumstances.

**J-1 Status:** You may work on campus pursuant to the terms of their scholarship, fellowship, or stipend. On-campus employment is permitted up to 20 hours per week when attending classes; full-time during vacation or break periods. Written permission from the responsible officer is required. Off-campus employment is permitted only with, permission from the Program Responsible Officer. Permission is granted only under the parameters of INS.

**J-2 Status:** Dependents of J-1 status may apply to the INS for permission to work. Application for permission to work can be made only after arrival in the United States. All information about how to do the application you can see at the International Office. Employment cannot begin until authorization (Employment Authorization Document) is received from the INS. The Authorization can take up to 3 months to be done.

## **Your Embassy in United States**

If you want to learn more about the United States, your status, and what you have to bring with you, visit your embassy's website in the United States. They often give you tips as well as a good overview of life in the area, and it is in your own language! Provided in the Appendix is a list of embassies you can find near New Hampshire. For those who cannot find their embassy in this list, please ask the US embassy in your country which embassy to contact while you live in New Hampshire.

## **Essential Documents for Travel**

You need a passport issued by your home government. This document is required to enter other countries and to re-enter the home country. It is the responsibility of all international students to keep the validity of their passports up-to-date at all times. For most foreign nationals, this means keeping the passport valid at least six months into the future. Canadian citizens can carry either a birth certificate or a passport.

For visas issued by a US Embassy or Consulate abroad, the US entry visa is a stamp in the passport permitting the international student to enter the US within a given period of time. Canadian citizens are exempt from visas. Don't lose your passport and the I-94 card stapled inside; they are very expensive and time consuming to replace!

**If you want to travel outside the US or visit your family during the holidays, you will have to get your I-20 or IAP-66 endorsed by the International Office and at least every 8 months afterward to ensure re-entry to the US. Also, you may need a VISA to travel into Canada!!! You cannot travel only with your driver's license.**

# TRAVELING TO DARTMOUTH

## Travel Arrangements

The College Travel Office at Dartmouth, can provide air arrangements for all incoming graduate and undergraduate students. International students may call the Travel Office at 1-(603) 646-2700 between the hours of 8:30 am and 5:00 pm Eastern Standard Time Monday through Friday. Students traveling to Dartmouth from within the United States may call the toll-free number 1-(800) 321-0707 during the same hours. Arrangements can also be made through electronic mail. The College Travel Office email address is [college.travel.office@dartmouth.edu](mailto:college.travel.office@dartmouth.edu). If you prefer to make these arrangements through the mail, please address all inquiries to The College Travel Office.

### The College Travel Office:

Dartmouth College – 57 South Main Street Suite 206 - Hanover, NH 03755 – USA  
Phone: 1(603) 646-3900 Fax: 1-(603) 646-2878, <http://www.dartmouth.edu/~cto/>.

Air tickets for international travelers can be delivered by DHL, Federal Express, or Airborne Express (the cost will depend on the location). The cost for express mailing of tickets must be paid for by the international student and/or his/her family.

## Transportation Options

### Plane

Try to arrange your own transportation all the way to Hanover.

Our local airport is Lebanon Municipal Airport (Airport code: LEB) in Lebanon, NH; Phone: 1(603) 298-8878, website: [http://www.lebcity.com/City\\_Resources/airport/airindex.html](http://www.lebcity.com/City_Resources/airport/airindex.html).

Our larger regional airport, Manchester Airport (Airport code: MHT), is about an hour and fifteen minutes away in Manchester, NH: 1(603) 624-6539 [http://www.flymanchester.com/home\\_frames.htm](http://www.flymanchester.com/home_frames.htm). Manchester Airport has a fairly extensive flight schedule connecting southern New Hampshire to most large US cities and major airline hubs. Carriers servicing MHT include Continental, Delta, Northwest, Southwest, United, and US Airways.

### US Airways

Phone: 1(800) 428-4322 (Toll free from within the US); on the web at: <http://www.usairways.com/>  
US Airways has daily flights from Boston's Logan Airport <http://www.massport.com/logan/> (See Section Bus-Dartmouth Coach) and from New York's La Guardia Airport <http://www.quickaid.com/airports/lga/> to Lebanon, New Hampshire. The flight schedule changes periodically, but you can check it out at this address: [http://www.lebcity.com/City\\_Resources/airport/schedule.html](http://www.lebcity.com/City_Resources/airport/schedule.html).

### Bus

**Greyhound:** From Boston, Manchester, New York, and Philadelphia you can travel by bus with Greyhound. <http://www.greyhound.com/index.html>.

**Vermont Transit:** You can also call the local bus company for transportation to Hanover: Vermont Transit 1-(802) 295-3011. Their toll-free number from within the US is 1-(800) 552-8737, <http://www.vermonttransit.com/>.

**Dartmouth Coach:** There is also an airport shuttle service, the Dartmouth Coach, which runs from Logan Airport in Boston to Hanover. For more information about this service, call 1-(603) 448-2800 or within US call toll free 1-(800) 637- 0123 or visit the website [http://www.concordtrailways.com/dc\\_schedule.htm](http://www.concordtrailways.com/dc_schedule.htm).

## Train

**Amtrak** train service is available once daily from Penn Station in New York City to White River Junction in Vermont. Reservations are required. Within the US, call their toll-free number 1-(800) 872-7245 or check their website for all details <http://www.amtrak.com/>.

## Taxi & Local Transportation

**Advance Transit:** A shuttle service between Hanover and several places around the town. P.O. Box 1027 – Wilder, Vermont 05088 – Phone 1(802) 295-1824. Visit the website for more information about services and fares <http://www.advancetransit.com/>.

**Lebanon Taxi,** 39 Cross Road - Lebanon, NH 03766 – Phone: 1(603) 448-7027

**Extraordinary Limousines,** White River Junction, VT 05001 – Phone: 1(802) 295-6400

**P & PS Twin State Taxi,** 388 South Main Street - White River Junction, VT 05001 – Phone: 1(802) 295-7878

**Upper Valley Taxi,** White River Junction, VT 05001 – Phone: 1(802) 295-9455

**Hanover Limousine Service,** West Lebanon, NH 03784 – Phone: 1(603) 298-8880

**Big Yellow Taxi,** White River Junction, VT 05001 – Phone: 1(802) 281-8294

There are also car rental companies in Boston Airport [http://www.boston-bos.com/car\\_rental.html](http://www.boston-bos.com/car_rental.html); in New York La Guardia Airport <http://www.panynj.gov/aviation/lgarentalcarsframe.htm>; in Lebanon Municipal Airport [http://www.lebcity.com/City\\_Resources/airport/info.html](http://www.lebcity.com/City_Resources/airport/info.html) ; and in Manchester Airport [http://www.flymanchester.com/frames\\_local\\_info.htm](http://www.flymanchester.com/frames_local_info.htm).

## Rental Cars

If you are traveling from places other than these airports and want to rent a car, you can visit rental companies' websites. The most popular are:

**Alamo:** <http://www.alamo.com>

**Avis:** <http://www.avis.com>

**Budget:** <http://rent.drivebudget.com>

**Dollar:** <http://www.dollar.com>

**Enterprise:** <http://www.enterprise.com/index.jhtml>

**Hertz:** <http://www.hertz.com>

**National car rental:** <http://www.nationalcar.com/>

**Thrifty:** <http://www.thrifty.com/>

TIP! If you want directions from one place to another visit <http://www.freetrip.com/>. It will give you locations of hotels and gas stations on your way.

## Lodging (Hotels & Inns)

The following are some hotels and motels recommended for a short stay upon arrival, with address, phone numbers, website and distance/time to Tuck:

### **Airport Economy Inn** (7 miles/10 min)

45 Airport Road  
West Lebanon, NH  
(603) 298-8888; 1-800-433-3466  
<http://www.airporteconomyinn.com>

### **Alden Country Inn** (20 min)

Box 60 on the Common  
Lyme, NH  
(603) 795-2222; 1-800-794-2296  
<http://www.aldencountryinn.com/>

### **Beaver Meadow Bed and Breakfast** (3 miles)

319 Beaver Meadow Road  
Norwich, VT  
(802) 649-1053; Fax. (802) 649-1054  
<http://www.ohwy.com/vt/b/beabneao.htm>

### **Bed and Breakfast of Bank Street** (15 min)

93 Bank Street  
Lebanon, NH  
(603) 448-2041  
<http://www.lanierbb.com/inns/bb24940.html>

### **Best Western at the Junction** (15 min)

Route 5 and I-89 Junction of I-91 at Exit 11  
White River Junction, VT  
(802) 295-3015; Fax. (802) 296-2581  
<http://www.bestwestern.com>

### **Chieftain Motor Inn** (2.5 miles)

84 Lyme Road (Route 10N)  
Hanover, NH  
(603) 643-2550; Fax. (603) 643-5265  
<http://www.chieftaininn.com>

### **Comfort Inn** (10 min)

56 Ralph Lehman Drive  
White River Junction, VT  
(802) 296-2800; 1-800-628-7727  
<http://www.comfortinn.com>

### **Days Inn** (5 miles/5-10 min)

135 Route 120  
Lebanon, NH  
(603) 448 5070; Fax. (603) 448-6127

### **Fireside Inn & Suites** (10 min)

25 Airport Road  
West Lebanon, NH  
(603) 298-5906  
<http://www.AfiresideInn.com>

### **Hampton Inn** (15 min)

Route 5 South  
White River Junction, VT  
(802) 296-2800; Fax. (802) 296-2884  
<http://www.hamptoninn.com>

### **Hanover Inn** (On Campus)

Corner of Main and Wheelock Streets  
Hanover, NH  
(603) 643-4300; 1-800-443-7024  
<http://www.HanoverInn.com>

### **Maple Leaf Motel and Campground**

406 N Hartland Road  
White River Junction, VT  
(802) 295 2817

### **Norwich Inn** (2 miles)

325 Main Street  
Norwich, VT  
(802) 649-1143  
<http://www.NorwichInn.com>

### **Residence Inn by Marriot** (5-10 min)

32 Centerra Parkway  
Lebanon, NH  
(603) 643-4511  
<http://www.marriot.com>

### **Sunset Motor Inn** (5 min)

305 North Main Street (Route 10S)  
West Lebanon, NH  
(603)-298-8721

### **The Trumbull House Bed and Breakfast** (4 miles)

40 Etna Road  
Hanover, NH  
(603) 643-2370; 1-800-651-5141  
[www.trumbullhouse.com](http://www.trumbullhouse.com)

# MOVING TO HANOVER

## Shipping your belongings

Students wishing to send one or two boxes to Tuck the week before arrival should address boxes, suitcases, or trunks to themselves (student name T'05), c/o Tuck School of Business –Byrne hall - 100 Tuck Circle - Dartmouth College - Hanover, NH 03755-9000 - USA. Shipments may be sent via commercial freight, bus, airline, US mail or by shipping companies such as Airborne <http://www.airborne.com/home/home.asp>, United Parcel Service (UPS) <http://www.ups.com/>, Federal Express <http://www.fedex.com/> or DHL <http://www.dhl.com/>. The number for the Hinman Mail Room at Dartmouth is 1(603) 646-2824.

## Movers

Get quotes from several national and local moving companies. Compare timelines, insurance coverage, and overall costs.

*Consumer Reports* suggests asking for BINDING estimates, which will limit over charges. They also recommend that you be sure you know what company's name will appear on the "bill of lading": in many cases when a national van line is hired to do a move, the work is actually done by an independent truck owner or local moving company acting as an agent. Only the company named in the contract - called the "bill of lading" - can be held responsible for the household goods and the customer's satisfaction.

For International students, there are many moving companies you can contact, and it would be best if you contact several international moving companies for quotes. Sometimes they are affiliates of federations. FIDI (69 Rue Picard B5 – 1080 Brussels – Belgium – Email: [fidi@fidi.com](mailto:fidi@fidi.com)) is an example. If you do not know any international movers in your country, start with this website <http://www.fidi.com/public/planning/find.asp>. They give a lot of advice about moving and what to take care of more carefully [http://www.fidi.com/public/planning/about\\_moving/what\\_is\\_a\\_move.asp](http://www.fidi.com/public/planning/about_moving/what_is_a_move.asp). Additionally, check out the United States Post Office website. (<http://www.usps.com/>)

## Self-Storage Facilities

You may find that you have more possessions than will fit in your new home. To avoid having to sell your items, you can store them in a warehouse until you leave school. Below is a list of storage facilities available in the area. Each company offers different sized units as well as different monthly pricing. It is recommended that you contact each place directly to obtain the details specific to your needs.

The main tip for finding storage is to CALL EARLY! Many people have trouble finding storage areas if they wait until the summer. As soon as you decide you will need a storage area, CALL.

Prices vary based on the amount of space you need, and be prepared to pay higher fees if you desire climate-controlled units. Some facilities have individually locked units and others are communal warehouses where you pay by weight and will only have access to your belongings during business hours.

- **Bradford Mini Storage**, Corner of Routes 5 and 25 - Bradford, VT 05033 (24.3 miles from Hanover). <http://www.bradfordoil.com/storage/> For more information, call 1-800-255-0860 or email [bradprat@sover.net](mailto:bradprat@sover.net)
- **Daniels Moving and Storage**, 250 Bank Street Ext – Lebanon, NH 03766 – Phone: 1(603) 448-1631 and 1(888) 264-6683 Fax: 1(603) 448 – Email: [danielsmoving@valley.net](mailto:danielsmoving@valley.net) and the website <http://www.movedaniels.com/> (6.3 miles from Hanover).
- **Dartmouth Moving and Storages**, 91 Mechanic Street – Lebanon, NH 03766 – Phone: 1(603) 448-0378 , 401 Washington Street, Claremont, NH 03743, Phone: 1(603).542.0378 [www.dartmouthmoving.com](http://www.dartmouthmoving.com) (Lebanon 6.0 miles from Hanover). [tim@dartmouthmoving.com](mailto:tim@dartmouthmoving.com)

- **Exit 17 Self Storage**, 42 Riverside Drive - Lebanon, NH 03766 – Phone: 1(603) 448-1200 (8.0 miles from Hanover). <http://www.exit17selfstorage.com/>
- **Great Bow Self Storage**, 227 Mechanic Street – Lebanon, NH 03766 – Phone: 1(603) 448-4203 (6.1 miles from Hanover).
- **Hanover Transfer & Storage**, 9 Great Hollow Rd./ Etna Rd. – Hanover, NH 03755 – Phone: 1(800) 639-4103, <http://www.hanovertransfer.com>, [HanoverTS@valley.net](mailto:HanoverTS@valley.net) (2.3 miles from Hanover).
- **Olcott Self Storage**, Route 5 & Olcott Drive – Wilder, VT 05088 – Phone: 1(802) 296-5770 (2.3 miles from Hanover).
- **Professional Moving Services and Heated Self Storage**, 443 Miracle Mile, Lebanon NH 03766  
1(603) 448-0015 • 1(800) 200-2888 • Fax (603) 448-1342 [info@pro-moving.com](mailto:info@pro-moving.com)
- **U-Haul Center of Lebanon**, 87 Hanover (Route 120 & I-89) – Lebanon, NH 03766 – Phone: 1(603) 448-6400, <http://www.uhaul.com/storage/> (5.7 miles from Hanover).
- **The Space Place**, 41 Interchange Drive (Behind Wal-Mart) – West Lebanon, NH 03784 – Phone: 1(603) 298-8991, (7 miles from Hanover).

## Moving Truck Rentals

TIP! If you are renting a Ryder or U-Haul truck to move, please note that you do not have to drive it back to Concord once you are finished. There is a Ryder drop off, just past the Miracle Mile strip mall in Lebanon and U-Haul drop off on Hanover Street in Lebanon or Interchange Drive in West Lebanon.

### Ryder

USA: 1-800-297-9337, One Way Rentals not available in USA

Canada: 1-800-297-9337, One Way and Local Rentals

362 Miracle Mile, Route 4, Lebanon, NH 03766, 603-448-3600, 800-297-9337,

<http://www.ryder.com/>

### UHaul

USA: 1-800-468-4285

U-Haul Center of Lebanon, 87 Hanover (Route 120 & I-89), Lebanon NH 3766

1-(603)-448-6400

Open 7 Days, Trucks, Trailers, Storage, Hitches, Boxes, Propane, Carpet Cleaners

Online Reservations and Rate Quotes:

[http://reservations.uhaul.com/\(4hb5ms45r2f25m55jnr15e45\)/Default.aspx](http://reservations.uhaul.com/(4hb5ms45r2f25m55jnr15e45)/Default.aspx)

<http://www.uhaul.com/trucks/index.html>

## **LIVING IN HANOVER WITH CHILDREN**

Relocating to any city can be an overwhelming task in itself, but moving with children can be an adventure all its own. This section is intended to answer some frequently asked questions regarding moving to Hanover with children. Current partners are also a valued resource for this type of information, so feel free to ask lots of questions.

### **Introduction to Schools & Daycares...**

For daycares, it is imperative that you enroll your children as soon as you can because some programs fill up quickly. You should try to at least make telephone contact with these programs in the spring after you have decided to come to Tuck, even if you are not sure where you are going to live in your first year. With school-age children, be advised that the town where you reside can restrict you to certain school districts.

### **Daycare Resource: The Child Care Project**

Parents of young children should contact [the Child Care Project](#) for information on childcare and preschool arrangements. This organization is a clearinghouse for all local providers, and is supported by the United Way and other non-profit agencies. After a consultation on your needs and your means, they will recommend appropriate places for you to contact. Many current partners advise that you start this search early, even when you are visiting the campus after you have been accepted. They are centrally located on the Dartmouth Campus in the McNutt building, on the Green, on North Main Street. The ChildCare Project can be reached by phone at (603) 646-3233. Even if you don't know where you'll be living next year, it's important to try to at least begin telephone contact with several programs as they fill up quickly.

### **School Enrollment:**

For information on enrolling a student, call the Superintendent's office number listed below for your area:

Hanover, NH / Lyme, NH (603) 643-6050

Norwich, VT / (802) 649-1703

Lebanon / West Lebanon / Plainfield / Grantham, NH (603) 448-1634

Windsor, VT (802) 674-2314

White River Junction, VT / Hartford, VT (802) 295-8647

Also check out [www.valley.net/links/k12school.html](http://www.valley.net/links/k12school.html)

## **Daycare, Nursery and Elementary School Programs**

Please confirm this information by calling your programs of choice directly. We cannot guarantee accuracy as programs may change from year to year.

### **Toddlers Morning Out**

Contact: Heather Hansen

Church of Christ

40 North College St.

Hanover, NH 03755

603 643-6747

Programs:

Class 1- child must be 18 months by September 30th;

Class 2- child must be 2 years old and under 3 by September 30th;

All classes are 2.5 hours long.

### **Cooperative Preschool of Lebanon**

Contact: Jen Frederick

76 Seminary Hill

W. Lebanon, NH 03784  
603 298-7746

A cooperative non-profit school where the organizational and administrative responsibilities are shared by the parents. Programs for children 2 – 5 years old.

**Child Care Center of Norwich**

Contact: Allison Colburn  
P.O. Box 69  
Norwich, VT 05055  
802-649-1403

Offer Nursery/Pre-School programs for children ages 6 weeks through age 7.

**Norwich Nursery School**

Contact: Bobbye Donohue, Director  
P.O. Box 126  
Norwich, VT. 05055  
802 649-1804

Program for 3 year olds: Monday through Thursday -Mornings (8:45 11:15am)

Program for 4 & 5 year olds: Monday through Thursday (12:20 –2:50pm)

Program for 2 year olds: Friday's only (8:45-11:15am).

Optional early drop off and optional lunch program.

**Montessori Discovery School**

Contact: Elise Thayer, Director  
44 Maple St.  
W. Lebanon, NH 03784  
603 298-7226

Both a 5 day program as well as a 3-day program. Classes run from 8:30-11:30am

Kindergarten program, which runs from 8:30-2:30pm

Additional hours of daycare are available for children who are enrolled in Montessori classes.

**Montessori Children's School**

Contact: Kim Milliman or most anyone else can help you.  
P.O. Box 5606  
Hanover, NH. 03755  
603-643-2828

Montessori pre-school & kindergarten (children 2 yrs 9 months to 6 yrs).

**Montshire Museum Preschool**

Contact: Main number (802) 649-2200  
1 Montshire Road  
Norwich, VT 05055

Wednesday morning program 9:30-11:30am

Wednesday afternoon program 1:00-3:00pm

Programs are for children ages 4 & 5

**Hanover Nursery School**

Contact: Barbara Ross, Director  
40 Valley Road Extension  
Hanover, NH 03755  
603 643-3315

Traditional nursery school serving children ages 3 –5

Programs are as follows:

Morning program for 3 year olds from 8:45-11:15am

Afternoon program for 4 year olds from 12:30-3:00pm

After Kindergarten program: Monday's and Friday's from 11-3:00pm  
Summer program: 9:00-12:15pm for 3-5 year olds

**Hampshire Cooperative Nursery School**

Contact: Dominique Lightbody 643-3746  
Or call the school directly at: 603-643-4640  
104 Lyme Road  
Hanover, NH 03755  
NAEYC-accredited pre-school programs for children 2 yrs 9mos – 5 yrs.

**Mt. Lebanon Elementary Public School and Daycare**

Contact: Ann Richardson, Preschool Coordinator  
5 White Avenue  
West Lebanon, NH 03784  
603 298-6436  
Morning program for 3 year olds 9:00-11:00am Monday, Tuesday, Wednesday  
Afternoon program for 4 year olds 12:00-2:30pm Monday, Tuesday, Wednesday

**Bable-on-Daycare**

544 Sykes Mountain Ave.  
White River Junction, VT  
802 295-4839

**Children's Center of the Upper Valley**

178 Mechanic St.  
Lebanon, NH  
603 4481615

**Schools**

If you have school-age children, we recommend you connect with a first-year or second-year partner right away to learn about our local schools. If your children will attend public school, their school is determined by where you live, so you will want to take this into consideration when choosing a home. If you have not arranged this before arrival, this will be one of your priorities.

If you have toddlers or preschoolers, you should review the options for nursery schools and apply to several immediately. Spaces are very limited, so the sooner you apply, the better your chances of getting one of your top choices.

To find a partner to advise you, please email or call the Tuck Admissions Office, and they will put you in touch with an Admissions Partner Liaison (see Appendix 6), who will find a good match for you. In addition your student will be assigned a link during the summer. This would be a second-year student that would act as an information advisor throughout the year.

Visit the Tuck Partners website

[http://mba.tuck.dartmouth.edu/pages/clubs/partners/tuck\\_kids.htm#daycare\\_introduction](http://mba.tuck.dartmouth.edu/pages/clubs/partners/tuck_kids.htm#daycare_introduction) and email the representatives of the Tiny Tuckies (the club for the children of Tuck students) for advice  
[http://mba.tuck.dartmouth.edu/pages/clubs/partners/partner\\_clubs.htm](http://mba.tuck.dartmouth.edu/pages/clubs/partners/partner_clubs.htm).

**Crossroads Academy**

Contact: Betsy Warren  
95 Dartmouth College Hwy  
Lyme, NH 03768  
603-795-3111  
Co-ed K-8 independent day school.

**Mt. Lebanon Elementary Public School**

5 White Avenue  
West Lebanon, NH 03784  
603 298-6436

**Bernice Ray Public School**

Reservoir Rd.  
Hanover, NH 03785  
603 643-6655

**Marion Cross Public School**

Main St.  
Norwich, VT. 05055  
802 649-1703

**Dothan Brook Elementary School: *servicing Wilder and Hartford, VT***

230 Christian St.  
White River Jct. VT 05001  
802 295-8647

**White River Elementary School**

Pine Street  
White River Jct. VT 05001  
802 295-8650

**Ottaquechee Elementary School**

School St.  
Quechee, VT. 05059  
802 295-8654

**Fun Things to Do with Children**

There are some great resources for kids in the Upper Valley, from the simple pleasures of berry, apple or pumpkin picking to the advanced science classes held at the local Montshire Museum of Science.

**The Family Place**

Hanover area mothers all agree; The Family Place has the best playgroups. In addition to playgroups, the parent-child center offers lectures, parenting classes, and services such as tuition assistance for daycare. The Family Place also has indoor and outdoor play spaces. Outdoors you'll find swings, a huge sandbox, slides, a play log cabin, even a mini trampoline and a sprinkler! A snack of juice and crackers, and even sunscreen is provided. All free! Playgroups are held from 9:30 to 11:00, and vary according to age. Located just after the Norwich Racquet Club on Route 5 South, Norwich, VT: 802-728-6155 or 800-261-6155.

**Montshire Museum of Science**

Great interactive museum where kids can get their hands on bubbles, balls, kaleidoscopes, etc! To get there, go over Connecticut River Bridge. Get in left lane; you'll see a sign to your right that says the museum is a left turn just up ahead. Membership's available and highly recommended! Montshire Road, Norwich, VT: 802-649-2200

**Apple/Berry Picking**

Check out many of the local farms, where you'll see signs out front offering this fun activity.

### **Kindermusik Group**

This is an interactive music group for moms and babies (newborn to 3 years old.). Encourages kids' appreciation of music, and strives to highlight the relationship between music and literature. 2 books and 2 compact discs are included with the price of the course. Held at the Congregational Church in West Lebanon, music groups are divided into ages 0-18 months, and 18 months to 3 years old. There are fifteen sessions, 30 minutes each per week, for a total of \$135. Sessions offered each September and January. Kindermusik: Held at the Congregational Church in W. Lebanon: Molly Bonhag: 603-448-6044

### **MusicTogether**

Fantastic introduction to music for children of all ages! Locally taught by Julane Deener, this program strives to develop a child's "basic music competence" - singing in tune, keeping a beat, and possibly playing an instrument. The program started as an educational project of the Center for Music and Young Children and is now taught nationwide. Classes are 45 minutes. Cost is \$125 for 10 weeks, September through June and \$80 for six classes and \$95 for eight classes during summer months. There is a one-time registration fee of \$10. Included with tuition are a tape, a CD, a songbook, and an information booklet. Julane even sells the instruments used in class. One Tuckie partner liked this class so much, she plans to start the same program when she returns to Japan next spring! Classes are for children ages' birth through preschool. Music Together: Contact Julane Deener: 802-463-9719

### **Northern Lights Gymnastics**

NLG programs are for boys and girls ages 16 months through Kindergarten. Included in each program are musical warm up, circuits, games and trampoline. This is a great way for the kids to burn off some energy, especially during the long New England winters. Classes year round. 94 Olcott Drive, White River Junction, VT. 05001 (802) 295-2070

### **Occum Pond Skating & Sledding**

Just north of campus is Occum Pond, a popular skating spot for adults and children. In winter, the pond is plowed with designated areas for pick-up hockey games and a large circle, where people skate around and around. The DOC lodge next door also rents skates. The golf course across the street has a large open hill, where little Tuckies like to go sledding or tubing. Make the most of winter!

### **Storrs Pond Swimming**

Beautiful pond with beach area and lifeguards. Pool, swings, jungle gym, tennis courts and a special function tented area with grilling facilities. Water toys for children are provided. \$4.00 admission. After 5 pm, admission drops to \$2.00. Season passes are available. Storrs Pond Recreation Area, Reservoir Road, Hanover: 603-643-2134

### **Norwich Pond Swimming**

This little swimming hole is a well-kept secret. There are no signs directing you to it. From Beaver Meadow Road, just take the dirt road right after the Beaver Meadow B & B. The only signs you'll see warn that "the Norwich pool" as the town refers to this pond, is closed after dark. The pond is barely larger than a pool. What it lacks in size, it makes up for in refreshment: the pond is significantly cooler and fresher than Storr's Pond, as it is fed by moving water. There are two beach areas, one shallower than the other. There are toddler and children swings, picnic tables, changing areas, and two nature trails. The pond is a great retreat for a quiet waterside afternoon or an intimate evening picnic.

### **CCBA**

The CCBA is a community center located in Lebanon, NH. The center offers a fitness center, swimming pool, preschool programs, basketball courts, and variety of classes ranging from karate to tennis. Swimming lessons are also available for children of all ages and beginning as young as 6 months. Lessons are available to non-members as well.

1 Campbell Street Lebanon, NH 03766, 603-448-3005

<http://www.joinccba.org/index.html>

**Vermont Raptor Center**

Opening June of 2004, The New Nature Center and Raptor Exhibits will be open to the public. A great place to learn about birds and view them up close. Memberships available.

Route 4, Quechee, Vermont. (802) 457-2779

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

**Howe Library**

Public library, catalog, ask a question, form on website.

13 E South St Hanover, NH: 603-643-4120

[www.thehowe.org](http://www.thehowe.org)

**Etna Library**

Public library, catalog, ask a question, form on website.

130 Etna Road, Etna, NH 03750: 603 643-3116

[http://www.hanovernh.org/twn\\_etna.html](http://www.hanovernh.org/twn_etna.html)

**Hopkins Center**

The largest entertainment complex in the area.

Dartmouth College, Hanover, NH: 603-646-2422.

[www.hop.dartmouth.edu](http://www.hop.dartmouth.edu)

**Vermont Institute of Natural Science**

Church Hill Road, Woodstock, VT: 802-457-2779

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

**Billings Farm & Museum**

The Billings Farm & Museum is a living museum, as well as a working dairy farm. Throughout the year the farm hosts various events for families from tractor rides in the summer to sleigh rides in the winter.

Route 12, Woodstock, VT: 802-457-2355

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

**Norwich Farmers Market**

A must on Saturday mornings (9 am – 1 pm) May through October, the Norwich Farmers Market is a great place to shop for local produce, meats, crafts, clothing, and sweet treats. Organic food available. Most Saturday's also include music by local musicians. A great event for the family.

Route 5, Norwich, VT.

<http://web.valley.net/norwichfarmersmarket/>

**Upper Valley Fun & Games**

Lots of bowling fun for the entire family.

94 Bowling Lane, White River Junction, VT 802-296-2442

**Toys and Memories Gift Shop & Museum**

A wonderful place to take the kids on a rainy day. Take a trip down memory lane with an amazing display of toys dating back to the 1940's. Every toy you ever held dear is on display as well as many you thought you'd forgotten. Everything from Slinky to cabbage patch kids; this museum is a must see. And best of all for the kids is a room with 3 very large, fully functioning model train sets. Kids can push the button and see the trains go. They also have a little train set for play. On nice weekends in the spring/summer and early fall, they have a full size merry-go-round as well as a train ride for families.

Route 4 Quechee, VT 802-296-2224

### **Ford Sayre Ski Council**

The teaches all kinds of skiing to children of all ability levels. They are located 8 Algonquin Trl – Hanover, NH 03755. They can be contacted at (603) 643-2226 or visit their website at <http://www.fordsayre.org/index2.html>

### **Tiny Tuckies**

The Tiny Tuckies have an abundance of activities going on each quarter. Both second year and first year kids get together for weekly playgroups, outings and other activities within the Tuck community as well as around town. Playgroups are usually twice a week for a couple of hours each and alternate between both Sachus playgrounds in the spring/fall and Sachus 11/12 during inclement weather. A great way to meet other Tuck parents as well as fun for the kids.

### **Shopping for Children**

- **Church's Children Clothes**, 137 Main Street – Hanover, NH – Phone: 1(603) 526-6904
- **Rugged Bear**, 254 Plainfield Road (Rt. 12A) – West Lebanon, NH – Phone: 1(603) 298-6640
- **Mini-Corp**, 12 Centerra Parkway – Lebanon, NH – Phone: 1(603) 643-2633
- **Kid to Kid and Maternity Too**, 1 Glen Road (off Rt. 12A/Plainfield Road) – West Lebanon, NH – Phone: 1(603) 298-6640. Resale/consignment shop for gently used clothing.
- **Dartmouth Bookstore**, 33 South Main Street, Hanover: 800-624-8800
- **Sunny Day Toys at Woodstock Pharmacy**, Woodstock, VT: 802-457-1306
- **Toadstool Toys**, 44 South Main St Hanover: 603-643-2932
- **KB Toys**, Route 12A, West Lebanon: 603-298-5081
- **Noah's Ark**, Route 4, Quechee, VT. (802) 280-2275

### **Health Insurance for Children**

In addition to insurance available through Dartmouth College, the state of New Hampshire offers full and either free or discounted medical/dental coverage for the children of New Hampshire whose families fall within certain income guidelines. The insurance is only for children or pregnant women who live in New Hampshire. Additionally, a wide range of state programs exists for families with reduced income.

Enrollment to these programs usually takes up to 45 days to process so early application is best. For more information and all eligibility requirements, please check out the website:

<http://www.nhhealthykids.com/>

## HOUSING INFORMATION

There are many ways to find apartments near campus and in the area. One way is to talk to second years during Admitted Students Weekend to see if their apartments are available for next year. But don't feel like you've missed the boat if ASW has passed and you still don't have a place to live. You have plenty of resources to help you find a place with or without a trip to Hanover. There are rentals available that will take pets, but you will need more time and possibly more money, to find and rent them. You will also need more time to house hunt if you plan on buying.

The towns surrounding Dartmouth offer a variety of housing options, including apartments, condominiums, and houses. In New Hampshire, students tend to live in Hanover, Lebanon, or West Lebanon. However, because Hanover lies on the border of New Hampshire and Vermont, many students cross into Vermont. Wilder, Norwich, and White River Junction are popular Vermont options.

Winter weather can make driving challenging, so try to select a place to live that is relatively close to campus. Hanover, Norwich, and Wilder tend to be more expensive but are also closest to Tuck. If you will not have a car, you should plan to live in Hanover or Norwich within walking distance of Tuck.

The first step in locating off campus housing should be to consult the Dartmouth Housing Program Office at 7 Lebanon Street, above the Talbots clothing store. This office produces the Upper Valley rental list that lists rooms, apartments, and houses available for rent. Both furnished and unfurnished accommodations are listed. The best way to access the list is on the Internet at [www.dartmouthre.com](http://www.dartmouthre.com). The list is updated once a week, so check it frequently. If you don't have access to the Internet, call the Dartmouth rental housing office at 603-646-2170 and request a printed copy of the listings (there is a \$5 charge for the printed copy).

Rents range anywhere from \$700 per month to \$1,800 per month, depending on location, and most require a one-year lease. Also, check out the following web page for more information on housing options [http://mba.tuck.dartmouth.edu/pages/clubs/partners/hanover\\_housing.htm](http://mba.tuck.dartmouth.edu/pages/clubs/partners/hanover_housing.htm).

Listed below are some representative rent costs, based on current students' experience. The following listings are not an endorsement!

### **Dartmouth Rental Housing Office / Sachem Village**

Many Tuck students with partners, and in particular with children, live in Sachem Village. It is convenient to go to campus and West Lebanon (the main place to shop!), and it is a great place to meet people and make friends! There is an application on-line that you can print and mail in. Please refer to the Sachem Village floor plans to help you apply for the unit that best meets your needs. If you are considering Sachem, mail in your application right away because there is no guarantee that you will receive a unit.

**Dartmouth Real Estate Office** 7 Lebanon Street, Suite 107, Hanover NH 03755  
Voice (603) 646-2446, FAX (603) 646-3322, Email [Rental.Housing@Dartmouth.EDU](mailto:Rental.Housing@Dartmouth.EDU)  
and the website <http://www.dartmouthre.com/uvr/vl.php>. To apply online for a unit in Sachem go to [http://www.dartmouthre.com/shp\\_g\\_a.php](http://www.dartmouthre.com/shp_g_a.php). Hours of operation: Monday through Friday 8:30 am - 4:00 pm

#### Sachem Village

Contact info: Dartmouth Real Estate Office (see above)

Location: left off S. Main St. (near ice rink)

Recommendations: Put your name in early—not everyone will get one who wants one. Priority goes to families with children.

Rent: inexpensive (~\$700/month)

Pluses: great Tuck community, playground for children, close to Tuck

Minuses: small (~600 square feet), fairly old (built in the 1960s as Army barracks)

If you are interested in living in Sachem Village and do not get assigned the housing that you were hoping for, be persistent. As students enroll, withdraw, and move, changes in the housing are occurring all during summer. Call the housing office periodically to see if there is anything new going on. Also, there is another Dartmouth graduate student housing complex called Rivercrest; however, most Tuck families live at Sachem since Rivercrest is located closer to Dartmouth Medical School and suits the needs of those students a little better.

## Buying Real-Estate

Some Tuckies opt to buy a condo or house while they are here if they cannot find one to rent that suits their needs (for kids, pets or space, for example). Often, they resell their units to incoming Tuck couples when they leave the Upper Valley, or rent to students themselves. Once you begin your housing search, you will see that good housing is in high demand. Therefore, the earlier you start your search, the better.

If you want to avoid paying a fee to a broker, you can look on the Tuck Bulletin Boards for notices posted by second-years who are selling their places. Another option is to visit <http://www.picketfence-vt-fsbo.com/> - it's a website that only lists "FSBOs" – "For Sale By Owner" properties. If you do go the FSBO Route, you should consult a lawyer, or at minimum, one of the many "Home Buying for Dummies" type books, to help you structure a sound, binding purchase and sale agreement.

Many local developments have maintenance or sales offices, but because most of the units are privately owned, the best way to find a unit is to monitor the listings maintained by the Dartmouth Housing Program Office and local real estate agents. Another resource is the Valley News newspaper, online at [www.vnews.com](http://www.vnews.com). If you do decide to go the realtor route, the following list may be of some help. This listing is not an endorsement of any specific realtor or company.

### Hanover Realtors:

- **Bay-Son Co.**, 37 South Main Street – Hanover, NH 03755 – Phone: 1(603) 643-1992 - Email: [bsteven929@aol.com](mailto:bsteven929@aol.com)
- **Coldwell Banker Redpath & Company**, 8 West Wheelock Street – Hanover, NH 03755 Phone: 1(603) 643-6406 Fax: 1(603) 643-1887 – Email: [homes@cbredpath.com](mailto:homes@cbredpath.com) website: [www.cbredpath.com](http://www.cbredpath.com). *Willing to help renters, call 603-643-9499 and contact Mary Lou Hathorn*
- **Energy Shield Realty (Century 21)**, 367 Route 120 – Hanover, NH – Phone: 1(603) 643-0127
- **Housing Solutions**, [www.housingsolutionsrealestate.com](http://www.housingsolutionsrealestate.com), 603-643-4800
- **McLaughry Associates GMAC**, 32 Main Street - Hanover, NH 03755 – Phone: 1(603) 643-6400 Fax 1(603) 643-6067 – Email: [realestate@mclaughry.com](mailto:realestate@mclaughry.com) and the website [www.mclaughry.com](http://www.mclaughry.com).
- **Sixty-three South Main Street Realty Trust** 63 South Main Street, Hanover, NH 03755, 603-643-1920
- **Sotheby Int Realty**, 32 South Main Street – Hanover, NH 03755 – Phone: 1(603) 643-6400
- **Welcome Homes And Land** 10 Buck Road, Hanover, NH 03755, 603-643-4663
- **Re/Max**, 603-643-1818, [www.hanovernhrealstate.com](http://www.hanovernhrealstate.com) *Willing to help renters, contact Barney Griggs, [bgriggs@remaxgroupone.com](mailto:bgriggs@remaxgroupone.com)*
- **Roger Clarkson Real Estate**, 603-643-6004, contact: Roger Clarkson, [roger@rogerclarkson.com](mailto:roger@rogerclarkson.com), [www.rogerclarkson.com](http://www.rogerclarkson.com) *Willing to help renters*

### Lebanon and West Lebanon Realtors:

- **Gomez Realty**, 7 Main Street – West Lebanon, NH 03784 – Phone: 1(603) 298-8857 *Willing to help renters*
- **McLaughry Assoc. Inc.**, 93 South Main Street – West Lebanon, NH 03784 – Phone: 1(603) 298-5155
- **Patrick E. Flanagan Real Estate**, 32 Main Street – West Lebanon, NH 03784 – Phone: 1(603) 298-7670

- **Magnell McNamara & Assoc** 367 Rt. 120 Lebanon, NH, (603) 643-6085 Office, (603) 643-6320 Fax, Email: [Mary@Magnell.com](mailto:Mary@Magnell.com), <http://www.magnell.com/>
- **C.G. Shepherd & Associates** 603-448-3278 [www.shepherdrealty.com](http://www.shepherdrealty.com)

#### Norwich Realtors:

- **Clerkin Agency**, 565 Maple Street, White River Junction, VT– Phone: 1(802) 295-1355
- **Fidelity Real Estate**, 16 Hemlock Ridge Dr., White River Junction, VT– Phone: 1(802) 295-3533x126 Contact: Lisa O’Neil [lisa@simpsondevelopment.com](mailto:lisa@simpsondevelopment.com)
- **Fox Run Realty**, 344 Bragg Hill Road – Norwich, VT 05055 – Phone: 1(802) 649-5539 Email: [Fox.run@Valley.net](mailto:Fox.run@Valley.net)
- **RE/MAX - Group One Realtors**, 306 Main Street – Norwich, VT 05055 – Phone: 1(802) 649-1333, [cherrmann@remaxgroupone.com](mailto:cherrmann@remaxgroupone.com)
- **McLaughry Associates Inc.**, 316 Main Street – Norwich, VT 05055 – Phone: 1(802) 649-3830
- **Warren Realty**, 802-649-3928

*Property Managers (Property managers are responsible for the care and upkeep of the premises and often coordinate leasing activities either directly or through the designated leasing agent):*

- **Simpson Development:** 802-295-7961 X122, contact: Lyn Gortner, [lyn@simpsondevelopment.com](mailto:lyn@simpsondevelopment.com), <http://simpsondevelopment.com/> 2458 Christian Hartford, VT
  - Hemlock Ridge-one bedroom condominiums
  - Woodhaven in Wilder-townhouses
  - Lake Views in Enfield-condominiums
  - BrookHollow in Hanover
  - School St. Apartments
- **Cura Property Management:** 603-298-7368, contact: Tony or Melissa, 127 Hanover St. Lebanon, NH [curapropmgmt@aol.com](mailto:curapropmgmt@aol.com), [www.curaproperties.com](http://www.curaproperties.com)
- **C.D. Grafton Associates:** 603-632-5580, 44 Fitzgerald Dr. Enfield, NH
- **Lebanon Property Management:** 603-448-3524
  - Stone Farm Apts. in Lebanon
- **Great North Property Management:** 603-448-6181
  - The Boulders condominiums in Lebanon
  - Wolf Run condominiums in Lebanon
- **Staggs-Warren Property Management:** 603-632-5525, [www.staggs-warren.com](http://www.staggs-warren.com)
  - Local houses,
  - Cambridgeville apartments in Enfield
- **J&R Properties:** 603-448-3839, [j.r.properties@valley.net](mailto:j.r.properties@valley.net) 10 Slayton Hill Rd. Lebanon, NH
  - They handle many of the Wheelock St. properties/walking distance to Tuck

## **Renting Real-Estate**

Although local realtors (see above) can be helpful in showing you houses, condominiums, or apartments for rent in the area around the college, their primary goal is to sell houses. If you are searching for an apartment from a remote location, make sure you see pictures before signing a lease! Do not believe everything you read on websites. To get a feel for what is available, look at [www.vnews.com](http://www.vnews.com), [www.dartmouthre.com](http://www.dartmouthre.com), the Tuck Bulletin Boards, or Rents ‘R’ Us at [www.vermontre.com](http://www.vermontre.com) (call 802-296-6000, contact: Ruth). A note on renting a home that is NOT part of a complex. Ask the landlord how much it costs to hire a contractor for trash collection/yard work/snow removal, if he will be prepaying for the oil (if you have oil heat, you need to prepay early in the summer for the entire winter in order to get the best rate), and whether he will be painting and steam cleaning carpets in between tenants. Also, make sure that high speed cable and/or DSL will be available to you.

## **Information on Apartment, Condo, & Townhouse Complexes**

### **Stonefarm Apartments**

Contact info: Jennifer Ovitt at 603-448-9400, [www.stonefarmnh.com](http://www.stonefarmnh.com)

Location: 42 Wolf Rd. Lebanon, NH Take route 120 away from Hanover, right onto Old Etna (at car wash), right onto Wolf Rd., continue to end of road.

Rent: medium (\$975-\$1075/month)

Pluses: they are all 2 bedrooms, small gym on-site, many Tuckies live here, fairly new (oldest were built 10 years ago and newest were built 2 years ago), most apartments come with washer/dryer and dishwasher, many students carpool

Minuses: 15 minutes driving from campus, no storage area, no covered parking, on the small side (~900 sq. ft.),

### **West Wheelock St. Apartments.**

Location: 23 West Wheelock, Hanover, NH, Right at end of Tuck Drive onto N. Main St., right onto W. Wheelock St.

Recommendations: Good for a couple without children

Rent: medium (\$1150/month—will go up soon),

Pluses: One minute walk to campus, includes one covered parking space

Minuses: fairly small

### **24 School Street Apartments**

Contact: Dartmouth College Real Estate Office [www.dartmouthre.com](http://www.dartmouthre.com) or Simpson Development

Location: Behind the CVS at 24 School Street, Hanover, NH - Go down Tuck Drive, turn right onto North Main St, continue straight through downtown Hanover. Take a right before the gas station, left at stop sign onto School St., left into complex at the sign that says “slow children.”

Rent: more than \$1200/month

Pluses: 1 minute from town (walking), 5 minutes from campus (walking), spacious, lots of storage, new appliances, some covered parking

Minuses: high rent

### **Hanover Court Apartments**

Contact: Dartmouth College Real Estate Office [www.dartmouthre.com](http://www.dartmouthre.com)

Location: Hanover, NH, located on Maple Street at the end of West Street.

Rent: high (\$1450/month for 2-bedroom apts)

Pluses: walking distance to school, spacious, some covered parking, basement storage

Minuses: high rent

### **Bacchus Circle Houses**

Location: Bacchus Circle, Hanover, NH, Take Route 120 (from Tuck), left onto Greensborough Rd., left onto Velvet Rocks, left into Bacchus Circle

Rent: most people buy (ranging from \$515k-650k+)

Pluses: brand new housing development, 2 car garages, very large, second phase of development starting soon

Minuses: high mortgage

### **Brook Hollow Condos**

Contact: Simpson Development at (802) 295-7961

Location: Hanover, NH--Down Tuck Drive, turn right onto North Main St, straight until traffic light at Wheelock St. Turn left onto Wheelock Street, cross the next light at the tennis courts/gym (Rt 120). At the bottom of the hill turn left on Verona Street just before going uphill. Sign for development will be on your left.

Rent: most people buy (2 bdr ~ \$200k)

Pluses: 1.2 miles from Tuck Drive, walking distance to town, spacious 2 and 3 bedroom condos

Minuses: high mortgage

### **Dartmouth's Employee Housing**

Contact: Dartmouth Real Estate Office

Location: Hanover, NH W. Wheelock, near Thayer drive

Rent: low (\$875/month for a 2 bdr),

Pluses: walking distance to town/school, great landlord, no security deposit, utilities included, storage in basement

Minuses: on small side, coin operated laundry in basement, no dishwasher, walls are VERY thin, must be a regular, full-time employee at Dartmouth to live here.

### **Hemlock Ridge**

Contact: Fidelity Real Estate at (802) 295-3533 or Simpson Development at 802-295-7961

Location: Down Tuck Drive, turn right onto North Main St, straight until traffic light at Wheelock St. Turn right onto Wheelock and continue across bridge to Vermont. At second traffic light after the bridge turn left onto Rt 5 South. Continue for about a minute until you see the Vermont Cut Flower store on the right. The road will dip down then come up. At the immediate top of the crest, turn right into Hemlock Ridge Development (marked by red building on far right). Throughout the development there are little roads, the first ones are for townhouses, if you continue along the loop you will see houses.

Rent: medium (\$1100/month)—most people buy

Pluses: 5 minute drive to Tuck, spacious, nice neighborhood, can rent or buy

Minuses: walls are thin, just far enough away from school that you need to drive.

### **Woodhaven Manor**

Contact: Simpson Development at 802-295-7961

Location: Down Tuck Drive, turn right onto North Main St, straight until traffic light at Wheelock St. Turn right onto Wheelock and continue across bridge to Vermont. At second traffic light after the bridge turn left onto Rt 5 South. Continue until you pass Hemlock Ridge and the Dothan Brook School on the right. Just after the school, bear right down Christian Road. The development will be on your right—Woodhaven Drive.

Rent: most people buy (\$140,000 to \$150,000)

Pluses: low mortgage, nice neighborhood, 2.5 miles from campus, good Tuck community, some covered parking

Minuses: just far enough away from school that you need to drive.

### **Hayden Apartments**

Location: 123 N. Main St. in West Lebanon, NH--Take right out of Tuck Dr. onto N. Main St., continue straight through downtown Hanover. Continue straight until West Lebanon. Apt. complex will be on right across from Highland Ave.

Rent: medium (\$1000/month)

Pluses: 5 minute drive to campus (~3miles), 2 bedrooms, 2 stories

Minuses: just far enough away from school that you need to drive.

### **College Hill Condominiums**

Contact: Moseley Associates LTD 802-296-2600

Location: Hanover, NH Take 120 towards Lebanon, left onto Greensboro Rd., left onto Gibson St, right onto College Hill, left into second set of condos

Rent: most people buy (\$250k - \$350k)

Pluses: close to campus (5 min drive), spacious (2-3 bedrooms, 2 stories), good for couples/families, some covered parking

Minuses: not many Tuckies live here, too far to walk to school

**Other Complexes** (less Tuckies may live in them, but they are still viable options)

- **Meadow Brook Village** 603-298-5610, [geoffatmbv@aol.com](mailto:geoffatmbv@aol.com), contact: Geoff, one and two bedroom studio apartments
- **The Boulders** (route 120, right onto Old Etna, right onto Wolf Rd.): 603-448-6181
- **Ivy Place Condos** (route 120, right onto Old Etna, right onto Wolf Rd.): 603-448-2474
- **Wolf Run** (route 120, right onto Old Etna, right onto Wolf Rd.): 603-448-6181
- **Emerson Garden Apts:** 19 Spencer St. Lebanon (near the green at the center of town), NH 603-448-9605 or 603-626-1144 [www.emersongardens.com](http://www.emersongardens.com) Brand new complex, 1115 sq. ft, many floor plans available
- **Lake Views:** in Enfield, NH-condominiums
- **Ledgestone Commons** Directions From Tuck: Down Tuck Drive until Baker Library/North Main St. Turn right onto North Main St, straight until traffic light at Wheelock St. Turn right onto Wheelock and continue across bridge to Vermont. At second traffic light after the bridge turn left onto Rt 5 South. Continue on Rt 5 for several minutes. You will pass the cutoff to Woodhaven. Turn left onto Colonial Drive. Turn immediately to the left into the development.
- **The Courtyard at Hanover** Directions from Tuck: Down Tuck Drive until Baker Library/North Main St. Turn right onto North Main St, straight until traffic light at Wheelock St. Turn left onto Wheelock Street, cross the next light at the tennis courts/gym (Rt 120). At the bottom of the hill turn left on Verona Street just before going uphill. Pass Brookhollow then take the second street on the right
- **Oak Knoll Apartments** (802) 296-2555 Directions from Tuck: Down Tuck Drive until Baker Library/North Main St. Turn right onto North Main St, straight until traffic light at Wheelock St. Turn right onto Wheelock and continue across bridge to Vermont. At second traffic light after the bridge turn left onto Rt 5 South. Continue on Rt 5 for several minutes. You will pass the cutoff to Woodhaven. Turn left onto Colonial Drive and continue up. Oak Knoll will be on your right.
- **Sterling Springs** Directions from Tuck: Down Tuck Drive until Baker Library/North Main St. Turn right onto North Main St, straight until traffic light at Wheelock St. Turn right onto Wheelock and continue across bridge to Vermont. Take 91 South to Exit 12 (first exit). Take right off the exit onto Bugbee Street. Take first left into Sterling Springs.

## SETTLING IN

There will be many items to take care of before you are able to settle in your new home in the Upper Valley. The *Resource Guide*, which you will be receiving in the mail in May, is full of information for you and your family. It would make settling easier if you keep your important documents together in the *Resource Guide*.

In addition, the Tuck Partners website gives you a lot of information about shopping. Visit [http://mba.tuck.dartmouth.edu/pages/clubs/partners/hanover\\_shopping.htm](http://mba.tuck.dartmouth.edu/pages/clubs/partners/hanover_shopping.htm).

## Cars

Even if you decide to live close to campus, a car is very useful especially for errands. There are several car dealers in the area and they are aware of Tuck students looking to buy a used car. You can arrange a tour of several car dealerships with a mechanic. You can negotiate with him/her a price for the day, but you can also ask him/her to visit the car dealership and do the inspection on his/her own. The mechanic will ask you to pay around \$45-\$50 to give you an opinion about the available car. To find a good mechanic, ask first-year or second-year students.

Certain car dealers might ask you to give a price right away to negotiate the car purchase. If you are not sure about the car, don't sign anything and don't take the car. Sometimes car dealers offer a warranty through another company, and sometimes the car dealers give you a three-month or six-month warranty from their own garage. It is best to negotiate a warranty that covers most of the car parts for as long as you can. Also, check out the Kelley Blue Book value ([www.kbb.com](http://www.kbb.com)) to know if you are getting a good price for the car.

If you decide to buy a car, you will have to sign several papers:

- A sale agreement issued by the car dealer (optional)
- A sale contract which describes the sale (read it carefully)
- A certificate of temporary plates
- An odometer disclosure statement (to verify the mileage of the car)
- A "title" certificate to change the name of the car owner
- A warrant contract if you have negotiated one
- A "WE OWE" form indicating any repairs or work the dealer has agreed to do to the car before you take delivery of it

In **New Hampshire**, you are not legally required to drive with car insurance; however, for your financial health and security, it is highly recommended that you (at a minimum) get liability insurance and comprehensive insurance if you can afford it. It is better to go to an insurance company with all the papers before picking up the car. See the "Insurance" section below for suggestions on vendors.

The car dealer will then give you temporary plates to allow you to drive for 20 days. During this period of time you will have to go to the City Hall of the town you live in to get your new plates. Bring cash or checks along with all the necessary paperwork (ie proof of identity, proof of residency, title of car, etc). Once you have your plates, you have ten days to get the car inspected. This can be done at the car dealership where you bought the car or in a car garage. It will cost you around \$25, and they will put a sticker on your front windshield with the month you will have to renew it. Each year you will have to get your car inspected.

Hanover Town Office: 41 South Main Street at Lebanon Street (next to Molly's) Hanover, NH 03755 – Phone: (603) 643-0712

Lebanon City Hall: 51 North Park (on the green) Lebanon, NH 03766 – Phone: (603) 448-3054

**Vermont** residents will have to go through similar steps. Check with your town office regarding registration. Some towns, including Hartford (White River Junction and Wilder) and Norwich, allow you to register your car on-site. The main DMV (Department of Motor Vehicles) office is located in Vermont's capital, Montpelier, which is about 45 miles north of Hanover on I-89

Vermont DMV: State Office Building 120 State Street Montpelier, VT. Phone: (802) 828-2000, Days & Hours: Monday, Tuesday, Thursday, and Friday, 7:45a.m. – 4:30 p.m. Wednesday, 1:00 p.m. – 6:00 p.m. except scheduled holidays.

You can visit the Vermont DMV website for more information about office hours (see and more details about each branch. <http://www.aot.state.vt.us/dmv/dmvhp.htm>.

#### New Hampshire Car Dealers:

**ABC Motors** Miracle Mile – Lebanon, NH – Phone: (603) 448-6000  
**Flanders & Patch Inc.**, 425 Miracle Mile – Lebanon, NH – Phone: (603) 448-3363  
**Gerrish Honda**, 369 Miracle Mile – Lebanon, NH – Phone: (603) 448-6969  
**Miller Auto**, Route 120 – Lebanon, NH – Phone (603) 448-3770, (603) 448-7002, and (603) 448-6363  
**Shaker Valley Auto** Route 4 – Enfield, NH – Phone: (603) 632-7901  
**Smith Auto Sales**, 51 Evans Dr – Lebanon, NH – Phone (603) 448-3500

#### Vermont Car Dealers:

**Boardman's Auto**, 124 Dewitt Dr – White River Junction, VT – Phone: (802) 295-2671  
**The Car Store**, Route 5 – Norwich, VT – Phone: (802) 649-1603  
**Dean Hill Motors**, 131 Ballardville Dr – White River Junction, VT – Phone: (802) 359-5100  
**Gateway Motors, Inc.**, 190 Sykes Avenue – White River Junction, VT – Phone (802) 295-3124  
**Hartford Motors Inc.**, 43 Pine Street – White River Junction, VT – Phone: (802) 295-3171  
**White River Toyota**, 20 Sykes Avenue – White River Junction, VT – (802) 299-2800

## How to Apply for your Driver's License

Your home country driver's license will be valid **for two months** after arrival. After that you must obtain a New Hampshire or Vermont driver's license depending on where you live. The process is not especially difficult, and the International Office at Dartmouth has detailed information for interested students and their families. You can visit the International Office website for more details <http://www.dartmouth.edu/~intl/updates/prearrival/license/index.html>.

For foreign nationals, the state requires vision, written, and driving tests. You should write the department at the address listed below for a copy of the driver's test manual to aid in studying for the exams, **or stop by the International office at Dartmouth and ask for a copy**. Please note that citizens of Saudi Arabia, Canada, and France holding valid licenses from their home countries may be exempt from the written and road test requirement. Documents to bring to the DMV (Department of Motor Vehicles):

- Your driving license from your own country
- A copy of your driving record/history from your home country, in **English**, to prove that your driver's license is not under suspension. This document has to be notarized and the MBA Program Office has two notaries public.
- I-20 or IAP-66
- Passport
- I-94 card
- A letter signed by the International Office
- Cash or check for payment. Both are accepted. No credit card. It is around \$50 per person.
- A person that already has a NH ( or VT, if you are a VT Residence) driver's license need to drive you there
- One document that can prove that you live at NH (or VT, if you are a VT Residence)

### For New Hampshire residents

Go to the DMV (Department of Motor Vehicles) in Concord – 10 Hazen Dr. – Concord, NH 03305 – Phone: 1(603) 271-2371 Fax: 1(603) 271-1080

Take Rte 89 South to Concord. Take the last exit on Rte 89 and head North on Rte 93. Take Exit 14 for the State Offices. Turn right at the end of the exit ramp. Go over the bridge, through one set of lights, and up a short hill. At the top of the hill at another stoplight, turn left into the State Offices complex. Continue for a quarter/mile or so and watch for signs for the DMV (Department of Motor Vehicles). It will be on your left. If you want to check their website first, go to <http://www.nh.gov/safety/dmv/> and see Driver Licensing. For **US citizens**, there is no need to go to the Concord DMV!!! Instead, go to their location in Miracle Mile Plaza off Rt. 4 in Lebanon. They are only open limited hours, so be sure to ask your City Hall Clerk for the exact hours of operation.

### For Vermont residents

Go to the DMV (Department Motor Vehicles) of Vermont for driver's licenses and car registrations.

The main DMV office is located in Vermont's capital, Montpelier, which is about 45 miles north of Hanover on Rte 89: State Office Building 120 State St , Montpelier, VT – Phone: 1(802) 828-2702

**Days & Hours:** Monday, Tuesday, Thursday & Friday, 7:45 a.m. - 4:30 p.m. Wednesday, 1:00 p.m. - 4:30 p.m. (except scheduled holidays). If you want to check their website first, go to

<http://www.aot.state.vt.us/dmv/dmvhp.htm> and see [Licenses/Permits/](#).

A mobile unit comes to the American Legion Hall in White River Junction, VT, a 10 minutes drive from campus.

## **Insurance (Home and Automotive)**

Once you arrive we recommend that you buy insurance for you and your dependants, your house (renter's or home owner's insurance,) and your car. You can choose a plan and adapt it according to your needs. Take time to discuss details with the insurance company, and don't be afraid to ask a lot of questions. Here is a list of the nearest insurance companies:

**Allstate Insurance**, Glen Road Plaza #201 – West Lebanon, NH – Phone: (603) 298-7971

**Centurion Corp.**, Hanover Road – Hanover, NH – Phone: (603) 643-2000

**Degnan-Hough & Co.**, 8 South Park Street – Lebanon, NH – Phone: (603) 448-2832

**Geico Insurance** – Phone (800) 861-8380 – Website: <http://geico.com/>

**Goss Logan Insurance Inc.**, 17 Mascoma Street – Lebanon, NH – Phone: (603) 448-2556

**Hanover Agency Inc.**, 45 Lyme Road – Suite 106 – Hanover, NH – Phone: (603) 643-4404 – Email: [Hanover.Agency@valley.net](mailto:Hanover.Agency@valley.net)

**Harrison Insurance Inc.**, 54 Bank Street – Lebanon, NH – Phone: (603) 448-3211

**Kielly Agency**, 88 Main Street – West Lebanon, NH - (603) 298-9898

**Liberty Mutual Insurance**, 30 Airport Road – West Lebanon, NH – Phone: (603) 298-5547

**Nationwide Insurance**, Phone: (800) 421-3535

**Parker Agency**, 160 Gates Street – White River Junction, VT – Phone: (802) 295-9377

**Progressive Insurance**, Phone: (800) 776-4737

**Prudential**, 30 Bank Street – Lebanon, NH – Phone: (603) 448-0010

**Rankin Cam Clark-Mortenson Agency**, 2 Buck Road – Hanover, NH – Phone: (603) 643-8913

**State Farm**, 97 South Main Street – West Lebanon, NH – Phone: (603) 298-7834

**Townsend Insurance**, 85 Mechanic Street #6 – Lebanon, NH – Phone: (603) 448-2044

## **Social Security Numbers**

Dartmouth College requires each student, scholar, and faculty member to have a social security number. Any individual in valid non-immigrant F-1, J-1, H-1B, TN, or O-1 statuses is eligible to apply for a number. Individuals in J-2 status who have applied for and received an Employment Authorization Document (card) may also apply for a social security number. The US government has, in recent years, restricted the issuance of social security numbers to only those individuals who are authorized to work in the US. As a result, individuals in F-2, H-4, or ill status will not be issued social security numbers. For tax form filing

purposes, these individuals will need to apply for ITIN numbers, issued by the Internal Revenue Service (IRS). You may access information about the IRS by going to the following website: <http://www.irs.gov>. Download form W -7, and file according to the directions at [http://www.irs.gov/forms\\_pubs/forms.html](http://www.irs.gov/forms_pubs/forms.html). For additional information on applying for social security numbers, go to [http://www.ssa.gov/SSA\\_Home.html](http://www.ssa.gov/SSA_Home.html).

Every international faculty member, scholar, and student must bring their social security card and their Dartmouth ID to the International Office as soon as the card is received. Failure to do so may result in a hold being placed on academic records for students, or incorrect tax withholding for scholars and faculty.

Please contact the International Office at (603) 646-3474 or [international.office@dartmouth.edu](mailto:international.office@dartmouth.edu) if you have any questions.

### **How to Apply for Social Security Card:**

Any individual in valid non-immigrant F-1, J-1, H-1B, TN, or O-1 status is eligible to apply for a number. Individuals in J-2 status who have applied for and received an Employment Authorization Document (card) may also apply for a social security number.

Please be advised that the social security office must verify a foreign national's immigration status with the United States Citizenship and Immigration Services (CIS) before issuing a social security number. This can delay issuance of the social security number for up to several months, so it is important to apply for the number as soon as you arrive on campus. You must submit the following documents to a social security office in person (locations and directions are listed below):

- Valid I-20 (for F-1 students), IAP-66 (for J-1 or J-2 visa holders), I-7997 (for H-1 B workers or O-1 visa holders), or passport/I-94 endorsement (for TN status holders)
- Valid passport and valid I-94 card
- For F-1s and J-1s: Letter of authorization concerning eligibility for on-campus or off-campus employment
- For J-2 dependents: Employment Authorization Document
- For H-1B, TN, and O-1 status holders: Letter of appointment or employment offer social security card application - available at the International Office or at the Social Security Office

**On Campus**, Representatives from the Social Security Office in Littleton, New Hampshire, visit the Dartmouth campus once each year, usually in the third week of September. Please monitor the International Blitz Bulletin in early September for the exact date. If you miss their visit, you will need to go in person to one of the following offices:

**Concord Center**, Concord, NH 03301 – Phone: 1(603) 224-2309

Driving Directions: From the Hanover Inn corner (Main Street and Wheelock Street) take Wheelock Street west towards Norwich, Vermont. After crossing the bridge, follow the signs to Interstate 91 South. Take I-91 South to I-89 South. Proceed to Concord (about an hour's drive). Take I-93 North to I-393 / exit 15 w. At the first light East of Main Street, go past the Marriott Hotel. The social security offices are on the first floor of the office building on the right.

**Littleton**, 177 Main Street – Littleton, NH 03561 – Phone: 1(603) 444-2945 and 1(800) 772-1213

Driving Directions: From the Hanover Inn corner (Main Street and Wheelock Street) take Wheelock Street West towards Norwich, Vermont. After crossing the bridge, follow the signs to Interstate 91 North. Take I-91 North to Exit 17. Take New Hampshire State Route 302 into the town of Littleton. The Social Security Administration is located on Main Street (Route 302) in Littleton. The office is in a one-story, brick building with a flat roof. The building is across the street (though not directly) from Dunkin' Donuts. (it is recommended for our ( Hanover) area)

**Boston Area**, Marks Building Davis Square – 240 Elm Street – Somerville, MA 02144 – Phone: 1(800) 772 –1213. The office is on the Red Line of the Boston Mass Transit System.

**Montpelier**, 33 School Street – Montpelier, VT 05602 – Phone: 1(800) 772-1213 and 1(802) 223–3476. The building is one block off Main Street.

## Health Services and Insurance

Enrolled students are required to have a health insurance plan at least equal to the Dartmouth College Student Group Health Plan (DSGHP) to cover expenses associated with hospitalization, emergency room, and other health services not provided under the prepaid College Health Program. International Students are automatically enrolled in the Dartmouth Student Group Health Insurance Program unless they have requested otherwise and been approved for the waiver.

The program provides free consultation services at Dick’s House, Dartmouth’s infirmary. DSGHP provides worldwide coverage and must be purchased for a full 12-month year, with one exception: those students whose waiver ceases to be valid during the year must purchase the group insurance at that time. A DSGHP Family Plan may be purchased to cover the medical expenses of family members of students who are eligible for the College Health Service Program. Information about the Family Plan is described in the pamphlet *Dartmouth Student Group Health Plan* that you will receive in the mail. Please note that only married couples are covered under the DSGHP Family Plan. That means that if the student and partner are not married, then unfortunately, the partner is not covered under the plan.

Please note that all J-1 students and scholars are required to have medical insurance in effect for themselves and any accompanying spouses and dependants in J status. For more information please consult the staff of the Insurance Office at Dick’s House at (603) 650-1438 or (603) 650-1439 or send them an email: [Dartmouth.Student.Health.Plan@dartmouth.edu](mailto:Dartmouth.Student.Health.Plan@dartmouth.edu)

For those of you with families, Dick’s House does not have an in-house pediatrician; therefore, you will be automatically referred to a local hospital. See the “Moving to Hanover with Children” chapter for more information about insurance for children.

If you have chosen Dartmouth’s insurance plan, you have to be aware that it does not cover dental and vision issues. However, you can take dental and vision insurance on your own (and it is recommended that you do so.) For international students and partners, you may want to ask your local insurance company if they have a plan to cover your dental and vision spending in the United States or you may want to open a policy in the US. Here is a list of companies that specialize in Dental or Vision insurance:

**Anthem Blue Cross and Blue Shield**, 3000 Goffs Falls Road – Manchester, NH 03111-0001 – Phone: (603) 695-7000,

<http://www80.anthem.com/jsp/antiphona/bcbs/landing.jsp?role=member&state=NH>

**Delta Dental Plan of New Hampshire**, One Delta Drive – P.O. Box 2002 – Concord, NH 03302-2002 – Phone: (603) 223-1000 Fax: (603) 223-1199 Email: [nedelta@nedelta.com](mailto:nedelta@nedelta.com),

<https://www.eligibility.nedelta.com/mainframe.htm>

**Design Benefit Plans**, P. O. Box 66835– Falmouth, ME 04105 – Phone: (207) 781-5773 Fax: 207-442-7761 Email: [dbpmaine@prexar.com](mailto:dbpmaine@prexar.com), <http://www.dbpmaine.com/>

**Priority Dental Health Inc.**, P.O. Box 3664 – Concord, NH 03302 – Phone: (603) 225-0008 and (800) 895-9099 Fax: (603) 223-0321 Email: [info@PriorityDental.com](mailto:info@PriorityDental.com),

<http://www.prioritydental.com>

### Dartmouth Student Group Health Plan (DSGHP)

Feedback from past students and partners suggests that it may be frustrating to work with DSGHP. Included here is information on how to get to the web page that houses all the Dartmouth health insurance information as well as useful information from one of our past partners (based on her

experiences) that may be helpful to know beforehand, especially for students and partners who expect to need medical care immediately upon arrival (e.g. pregnancy.) The caveat: although the information and recommendations presented herein have been compiled from sources believed to be reliable, we make no guarantee as to, and assume no responsibility for, the correctness, completeness, or sufficiency of such information or recommendations.

Helpful things to know:

- 1) The Dartmouth Student Group Health Plan (DSGHP) is provided by the insurance company Klais & Co. at 1867 West Market Street, Akron, OH 44313 – Phone: (800) 331-1096
- 2) Specifics on plan coverage are available online at <http://www.dartmouth.edu/~health/depts/insurance/index.html>. This information is especially helpful if you're trying to decide whether to use the plan offered by Dartmouth or to seek and alternative.
- 3) Look for the Health Packet that will be mailed to your student over the summer. An insurance enrollment form will be included in this packet, BUT it is only for the student. **You must fill out an additional form requesting family coverage.**
- 4) Do not expect to receive confirmation from the DSGHP office that they have received your completed forms. For example, one partner worried that she wasn't covered since two months had lapsed since submitting the forms and they had not heard from the DSGHP office. Her calls to their office eventually revealed that she was covered. You can always try calling the DSGHP office for reassurance, but the success you have with this is dependant upon who you speak with.
- 5) Because September is considered open enrollment month by the DSGHP office, they turn over NO information to the insurance company until open enrollment ends. Even if you return your forms over the summer, do not expect to receive an insurance card or to be "in the system" before October.
- 6) Should you need medical attention once arriving in Hanover but before receiving an insurance card – seek help anyway. **Remember to go to Dick's House first for further referrals (like an HMO) unless you are in an emergency situation.** If you are unsure you could call the DSGHP office and they will be helpful in letting you know how to proceed. For example, one partner was five months pregnant when she arrived and was not sure if she could go straight to the OB-GYN clinic at the Medical Center without first having seen a doctor at Dick's House. It turned out that a first visit to Dick's House was not necessary.
- 7) Should a doctor at Dick's House refer you to seek further medical attention at the Dartmouth-Hitchcock Medical Center, go. Fortunately, DHMC is very understanding and will not deny medical attention just because you cannot show them an insurance card. Do explain that you have enrolled in the DSGHP and are waiting to receive your card in October/November.
- 8) Although DSGHP may tell you that once you have received medical attention at DHMC you will then need to fill out a claim form and submit it to Klais & Co., this is not necessarily true. You will notice on the claim form that it asks for you to attach all bills to the claim form and send them to Klais. By the time one couple received their first bill from DHMC, almost two months had passed since the time of the treatment and they were only being billed for the percentage they were supposed to pay under the guidelines of the insurance plan.
- 9) If your doctor proposes medical care beyond the basics (e.g. a Tuck student needed a Visiting Nurse Service for a short time) do check with Klais & Co. directly about their policies regarding that treatment, especially where pre-registration may be necessary. Although in some instances, the hospital may inform you that they would handle all of that, do call Klais anyway just to make sure.
- 10) Be persistent. It may require several phone calls to both the DSGHP office and Klais & Co. to get your questions or concerns addressed. Hang in there and don't give up.

## Bank Account

Most people find it more convenient to have an account in a US bank. You will have to write checks to pay utility bills as well as Dartmouth College bills. You can either choose a checking account or a savings account, although many people open both types of accounts. A general point to keep in mind is that savings accounts often pay a small percentage of interest, while checking accounts do not. The following examples are typical of basic account information:

### Regular Checking Account:

Account rules vary by bank. In most cases, a checking account will allow you to write checks and access Automatic Teller Machines (ATM) to withdraw cash from your account. Some banks even offer online banking to allow you to manage your funds and pay bills online.

### Regular Savings Account:

Again, account rules vary by bank. In most cases, you will earn a small amount of interest on the money you put into a Savings account, but some accounts limit the number of transactions (withdrawals and deposits) per month and you usually cannot write checks from this type of account.

We recommend that you request a debit card with your checking account; it can be used in virtually every store and the money is taken directly from your account. Communities in the United States have local banks, as opposed to the branches of national banks found in most countries. Differences between the institutions you can find in Hanover are minor. If you plan to use your debit card at ATMs frequently, you should research which banks' accounts give you the best access and charge you the fewest fees.

Banks in the area are mainly:

**Citizens Bank**, 80 Lyme Road – Hanover, NH – Phone: (603) 643-3577,

<http://www.citizensbank.com>

**Bank of America**, 63 South Main Street – Hanover, NH – Phone: (800) 225-5353,

<http://www.bankofamerica.com/>

**Ledyard National Bank**, 38 South Main Street – Hanover, NH – Phone (603) 643-2244,

<http://www.ledyardbank.com>

**Mascoma Savings Bank**, 225 Lebanon Street – Hanover, NH – Phone: (603) 643-9829,

<http://www.mascomabank.com>

## Income Tax

Anyone over the age of two years, regardless of whether or not you earn a US income during a calendar year, is required to file an income tax return for that year in April. Tax forms are available in the International Office by February of each year, and must be submitted by April 15 (if you have earned income) or June 15 (if you have no US -source income). The International Office will sponsor workshops to assist in completing the forms. The Internal Revenue Service (IRS) issues taxpayer identification numbers (ITIN) to anyone who is ineligible for a social security number.

For tax form filing purposes, these individuals will need to apply for ITIN numbers, issued by the Internal Revenue Service (IRS). You may access information on ITIN's by going to the following website: <http://www.irs.ustreas.gov/>. Download form W-7, and file according to the directions.

## Budget

Ask questions of first-year and second-year students when you visit the campus or email them to learn more about this issue. It depends which country you come from and which currency you are going to

exchange, but don't try to evaluate your budget here with prices in your country. Visit the websites provided in this section to determine the cost of living in the US. One piece of advice: it is better to overestimate than underestimate. In general, the Upper Valley/Hanover area is expensive.

What is the exchange rate of my currency against the dollar? To learn more about that go to <http://www.oanda.com/convert/classic?lang=en..>

## Electricity

Your landlord may tell you which electric company to use for the apartment or house you rent. For those who get a unit in Sachedem, you will receive your first bill through the mail. If you have to find one by yourself, here are two addresses:

In New Hampshire:

**Granite State Electric Co.**, 407 Miracle Mile – Lebanon, NH – Phone: (603) 443-4200

In Vermont:

**Green Mountain Power Corp.**, 163 Acorn Lane - Colchester, VT – Phone: (888) 835-4672

Note that the price for electricity is relatively high and you can expect a noticeable increase in rates during the winter months. Whenever possible, avoid renting or buying a place with electric heat, otherwise your electric bill can reach between \$300-\$400 a month during our coldest months!

## Heat

Your heat could be electric, fuel oil, forced hot air, wood stove, or propane. Whenever possible, avoid renting or buying a place with electric heat – electric bills for such places can reach between \$300-\$400 a month during our coldest months! Propane and fuel oil tend to be the most cost effective options, especially if you pre-buy fuel during the summer or early autumn. Contact one of the following fuel companies for more information about pre-buying fuel/budget payment plans.

If you live in Sachedem, you will receive a bill from Johnson & Dix Fuel Corp. as soon as you arrive. They fill the tank just before you arrive and the company will take care of filling it when it gets low. For those who live outside Sachedem, see the following list:

- **Cota & Cota Oil**, 8 Barnes Ave – Harford, VT – Phone: (802) 295-0000 – <http://www.cotaoil.com>
- **Irving Oil Corporation**, 103 Glen Road – West Lebanon, NH – Phone: (603) 298-8190
- **Johnson & Dix Fuel Corp.**, 54 Bridge Street - White River Junction, VT - Phone: (877) 367-5349 – <http://www.jdix.com>
- **Perry's Oil Service**, Main Street – Bradford, VT – Phone: (802) 222-9211 or (800) 654-3344 – <http://www.perrysoil.com>

## Water

Most of the time you don't have to worry about water services because it is usually included in your lease. In case you do, here is the contact information:

In New Hampshire:

**Hanover Water Works Co.**, 41 Grasse Road – Hanover, NH – Phone: (603) 643-3439

**Lebanon Water Superintendent**, 51 North Main Street – Lebanon, NH – Phone: (603) 448-1569

In Vermont:

**Woodstock Aqueduct Co.**, Cox District Road – Woodstock, VT – Phone: (802) 457-3040 and (802) 457-4497

## Telephone

One of the first things you may want to do upon arrival in Hanover is telephone home to assure your family of your safe arrival. To place an international call at a pay phone, dial "0" and ask to speak with the international operator. Request the rates for phoning your country before placing the call. Most international calls will be expensive and therefore require a large number of coins for even a short call. The following are some examples of rates for prime-time international calls: Paris, France (\$1.33); Karachi, Pakistan (\$4.13); Accra, Ghana (\$2.17); India (\$2.64); United Kingdom (\$1.09). You may wish to purchase a pre-paid phone card at any gas station or convenience store, as their rates tend to be far more reasonable. Follow the instructions provided with the card. You can also buy a telephone card online, most of the times these have better rates.

TIP ! You can save a lot of money on long distance phone calls by using calling cards and discount calling services that can get you international calling rates of as low as approximately 4.6 cents a minute. Check out sites like [www.callingcards.com](http://www.callingcards.com), [www.101-6400.com](http://www.101-6400.com) and others.

When placing calls from the United States to cities within the US or Canada, it will require you to use **'long distance'** service if the number is outside of your town. In North America you will need to dial "1" plus the area code (three-digit state code, NH is '603', VT is '802') and the seven-digit phone number. When calling other countries, you will also need to dial '011', the country and sometimes a city code. Inside the front of every phone book are dialing instructions and codes. You can get a phone book free of charge from the local telephone company and a supply of phone books will be in the student mailroom at the start of the academic year.

There are many telephone companies in the area that offer various plans. The local provider is Verizon, you can also hire it for your long distance service (which is a call within the US but outside your state) with this provider. You can also take an additional plan to be able to call outside of your state of residence. Here are several telephone companies and websites you can check. Don't forget that you can ask for an operator who speaks your language. *Among all of them MCI seems to be the most competitive especially for international calls. Ask them for their best offers.*

**Verizon**, 124 W Pearl Street – Nashua, NH 03060 – Phone: 1(603) 594-4257,  
<http://www22.verizon.com/>

**AT&T**, Phone: 1(800) 222-0300 and other phone numbers are available at  
<http://www.att.com/contact/consumer.html>.

**MCI**, 124 W Pearl Street – Nashua, NH 03060 – Phone: 1(603) 882-2502,  
<http://www.mci.com/index.jsp>

Note: 1-800, 1-866, and 1-888 numbers do NOT work outside the US. You will have to wait until you come to the US to call these numbers.

## TV Cable or Satellite

Most students go through Adelphia Cable Company, especially those who live in Sachem. But you can also choose to subscribe to another company or have a satellite dish. Here is a list of several providers in the area:

In New Hampshire:

**Adelphia**, 106 Hanover Street – Lebanon, NH 03766 – Phone: 1(603) 448-6280, [www.adelphia.com](http://www.adelphia.com)  
**Ski Sat Cable TV**, P.O. Box 465 - Waterville Valley, NH 03215 – Phone: 1(603) 236-4850

In Vermont:

**Adelphia**, 539 Charlestown Road – Springfield, VT 05156 – Phone: 1(802) 885-4529,  
[www.adelphia.com](http://www.adelphia.com)

**Cable Connection**, 100 River Street # 215 – Springfield, VT 05156 – Phone: 1(802) 885-4288

## Internet

It is recommended that you have some form of access to email. You can use the computers on campus (you will have access to these resources). Most of the communications that are made to the partner community from Tuck are done via email. In addition, Tuck students have access to a wireless system, and many students join "Instant Chat" Programs like AOL Instant Messenger, MSN Instant Messenger and Yahoo Instant Messenger to communicate with each other and with their partners while they are at the school (making them much easier to find!). Tuck students will have a dial-in number to get onto the secure Tuck network from home.

If you are looking for Internet access, here are a couple of options:

- **Adelphia:** [www.adelphia.com](http://www.adelphia.com), high speed cable (faster than DSL but also more expensive)
- **Turnpike Technologies** [www.tpk.net](http://www.tpk.net), high speed internet access, plans from approximately \$39/month and up. Contact Scott Antonivich at 1-(603)-448-0009 for availability in your area.
- **Verizon** : [www.verizon.com](http://www.verizon.com), look for DSL plan
- **Sovernet** <http://corp.sover.net>
- **Valley Net** <http://www.valley.net>

## All Purpose Stores

- **Wal-Mart**, 285 Plainfield Rd, West Lebanon, NH 03784. Phone 1 (603)298-5014  
[www.walmart.com](http://www.walmart.com)
- **K-Mart**, Route 12 A, West Lebanon, NH 03784. Phone 1 (603) 298-6915 and 1(603) 298-8086  
<http://www.kmart.com>
- **Bj's Wholesale Club**, 298 Plainfield Rd, West Lebanon, NH 03784. Phone 1 (603) 298-9418  
[www.bjs.com](http://www.bjs.com)

## Appliances, Including Washers and Dryers

- **Family Dollar Stores**, 390 Miracle Mile – Lebanon, NH 03766 – Phone: 1(603) 448-2028 This is the most recommended place if you are looking to buy a used washer and dryer. They are located next to the movie theater in Lebanon. They sell reconditioned washers and dryers. They are great with repairs, and will buy the appliances back from you when you move. Their selection varies, and the longer you wait after you move here the tougher it may be to find a good one. Remember Sachem Village units do not have individual washers and dryers.
- **Sears Roebuck & Co.**, 250 Plainfield Road (Rt.12A) – Unit 303 – West Lebanon, NH 03784 – Phone: 1(603) 298-0603, <http://www.sears.com>.

## Carpets

Many places, including those in Sachem Village, do not have carpeted floors. Carpeting helps to make your home warmer and quieter during the cold months. Many people choose to buy inexpensive carpets or carpet remnants for their apartments. The following are some local carpet stores.

- **Carpet King**, 103 Hanover St., Lebanon NH 03766. Phone (603) 448-1040
- **Carpet Mill USA**, 213 Mechanic St., Lebanon NH 03766. Phone (603) 448-3902
- **Cole's Flooring**, 14 Main St., West Lebanon NH 03784. Phone (603) 298-5111
- **Hem's Floor Coverings**, 126 South Main St., West Lebanon NH 03784. Phone (603) 448-2185
- **Khan Oriental Carpets**, 2 Lebanon St., Hanover 03755. Phone (603) 643-4008
- **Plaza Carpets Bargains**, Colonial Plaza, West Lebanon NH 03784. Phone (603) 298-5440
- **Upper Valley Carpet Center**, 8 Commerce Ave., West Lebanon NH 03784. Phone (603) 298-6577

## Furniture

- **Allard's Furniture Stores**, 185 North Main St, West Lebanon NH 03784. Phone (603) 298-6800
- **Allard's Finished & Unfinished**, 100 Beswick Dr., White River Junction VT 05001. Phone (802) 295-2333. Offering inexpensive wooden pieces like bookshelves and desks that you can paint or stain. They also have used furniture, you could be lucky and find something in good shape.
- **Bridgmans**, 387 Miracle Mile (routes 10 & 4, exit 19 off I-89), Lebanon NH. Phone (603) 448-2510 [www.bridgmans.com](http://www.bridgmans.com)
- **Brown Furniture**, 5 Interchange Dr. (just off of 12 A/Plainfield Rd.), West Lebanon NH 03784. Phone (603)298-5755 and 1-800-539-5000 [www.brownfurniture.com](http://www.brownfurniture.com)
- **Copeland Furniture Company Outlet**, 64 Main St., Bradford VT. Phone (802) 222-5300 Vermont manufacturer Copeland supplies Crate & Barrel and a number of other retailers who market their designs under their own name. Check the Tuck insider for discount coupon.
- **C. Beston & Co.**, 7 Lebanon St., Hanover NH 03755. Phone (603) 653-0123. Relative newcomer, expensive than some others, but neat products.
- **K-Mart**, Route 12 A, West Lebanon, NH 03784. Phone 1 (603) 298-6915 and 1(603) 298-8086 <http://www.kmart.com>
- **Pier 1 Imports**, 254 Plainfield Rd, West Lebanon NH 03784. Phone (603) 298-0162 [www.pier1.com](http://www.pier1.com) Expensive, but nice.
- **Pompanoosac Mills**, 3 Lebanon St., 2<sup>nd</sup>. Floor, Hanover NH. Phone (603) 643-1530 [www.pompy.com](http://www.pompy.com) Another neat local to explore.
- **Wal-Mart**, 285 Plainfield Rd, West Lebanon, NH 03784. Phone 1 (603)298-5014 [www.walmart.com](http://www.walmart.com)

## Food and Beverages

- **Co-op Food Stores**, a) *Hanover store*: 45 South St., Hanover NH 03755. Phone (603) 643-2667. b) *Lebanon store* (much bigger): Centerra Park, phone (603) 643-4889
- **New Hampshire Liquor Store**, 10 Benning St., West Lebanon NH 03784. Phone (603) 298-8629
- **Price Chopper**, 285 Plainfield Rd., West Lebanon NH 03784. Phone (603) 298-9670 [www.pricechopper.com](http://www.pricechopper.com)
- **Shaw's Supermarket**, 250 Plainfield Rd., West Lebanon NH 03784. Phone (603) 298-8223 [www.shaws.com](http://www.shaws.com)
- **Bj's Wholesale Club**, 298 Plainfield Rd, West Lebanon, NH 03784. Phone 1 (603) 298-9418 [www.bjs.com](http://www.bjs.com)

## Clothing & Gear

- **Dan & Whit's**, 319 Main St., Norwich VT 05055. Phone (802) 649-1602 (Old fashioned general store, carrying everything from groceries to hardware, to hunting gear. Their motto: "If we don't have it, you don't need it").
- **Eastern Mountain Sports (EMS)**, Glen Rd., West Lebanon NH 03784. Phone (603) 298-7716. Outdoor clothing, shoes and gear. [www.ems.com](http://www.ems.com)
- **Farm-Way**, 286 Waits River Rd., Bradford VT 05033. Phone (802) 222-9316. A destination shopping experience for outdoor gear and functional clothing (shoes, boots, coats, sweaters, work pants, the whole gamut from Carhart to Patagonia). They offer a discount for Dartmouth ID holders.
- **Gap**, 20 South Main St., Hanover NH 03755. Phone (603) 643-6733 [www.gap.com](http://www.gap.com)
- **Huberts**, 410 Miracle Mile (route 10 & 4), Ste.16, Lebanon NH 03766. Phone (603) 448-6549
- **JC Penney**, 250 Plainfield Rd. Unit 202, West Lebanon NH. Phone (603) 298-5971 [www.jcpenney.com](http://www.jcpenney.com)
- **Rare Essentials**, Main St. Hanover and Powerhouse Mall, West Lebanon. One of just a few shops with formal dresses in Hanover (also see Rosey and Jeke's below). Staff tends to be more helpful at the Powerhouse Mall location.

- **Rosey Jeke's**, 15 Lebanon St., Hanover NH. Phone (603) 643-3693. Hip, but pricey. Great café on bottom floor.
- **Talbots**, 7 Lebanon St., Hanover NH 03755. Part of national chain.
- **T.J. Maxx**, 200 South Main St., West Lebanon NH 03784. Phone (603) 298-8733. Discounted designer goods. Can be hit or miss.
- **Omer and Bob's**, 7 Allen St., Hanover NH. Phone (603) 643-3525.
- **Bob Skinner's Ski and Sports**, Sunapee, NH
- **L.L. Bean**, Powerhouse Mall, West Lebanon NH 03784
- **Golf and Ski**, 290 Plainfield Rd., West Lebanon, NH 03784. Phone (603) 298-8282

If you are looking for used sports equipment (like skis, skates, or snow boards for the winter) don't forget to look for garage sales and students selling their equipment on the Dartmouth sales board.

## Outlets

**Tilton (1 hour 15 minute drive from Hanover)** Take I-89 South for 25 miles to Exit 11 (Route 11 East/King Hikk Road, New London). Follow 11 East about 25 miles (you will cross over I-93). Some stores are Gap, Ralph Lauren, J. Crew, Liz Claiborne, Bass, Osh Kosh, London Fog, Eddie Bawer, Levis, Dockers, etc. Address: 120 Laconia Road – Tilton, NH – Phone: 1(603) 286-7880, <http://www.tangeroutlet.com>

**Manchester-VT (2 hour drive from Hanover)** Take I-89 North. Take Exit 1 (Route 4), and follow Route 4 West towards Woodstock/Rutland. Take Route 4 about 45 miles, and it will merge with Route 7 South. Continue another 25 miles to 7A. Take a right on 7A and follow to Manchester Center. **Address:** Route 11 & 30 – Manchester, VT 05255 – Phone: 1(802) 362-2539, <http://www.manchestervermont.com> (2 hours from Hanover).

If you enjoy driving you can also try these outlets:

**Kittery-Maine ( 2 1/2 hour drive from Hanover)** : Merge onto I-89 S via the ramp- on the left; Merge onto I-93 S toward MANCHESTER/BOSTON (Portions toll); Merge onto NH-101 E via exit number 7- on the left- toward SEACOAST/PORTSMOUTH; Merge onto I-95 N (Portions toll); Merge onto HAROLD L DOW HWY/ME-236 S via exit number 2 toward US-1 S/TRAFFIC CIRCLE/US-1 BYP/DOWNTOWN; Enter next roundabout and take 3rd exit onto ME-236; ME-236 becomes SHAPLEIGH RD.

**Wrentham-MA ( 3-4 hours from Hanover)** : Merge onto I-89 S via the ramp- on the left; Merge onto I-93 S toward MANCHESTER/BOSTON (Portions toll); Merge onto I-495 S via exit number 44B toward LOWELL; take exit 15 at Rt 495. This has more stores than the others.

## Health & Beauty

- **Campion's Women's Shop**, 44 south Main St., Hanover NH 03755. Phone (603) 643-1700. They sell Clinique and Estee Lauder products.
- **Makin' Waves**, 34 south Main St., Hanover NH 03755. Phone (603) 643-1244.
- **Hair Trends**, 4 Waterman Pl, Quechee VT. Phone (802) 295-6150
- **River Valley Club**, (health club, spa and salon), Centerra Park (33 Morgan Dr.), Lebaon NH. Phone (603) 643-7720
- **Walt and Ernie's**, Old Nugget Alley, Hanover NH 03755.
- **Hanover Barber Shop**, 30 south Main St., Hanover NH 03755. Phone (603) 643-5425
- **Ivy League Cut's and Tans**, 53 south Main St., Hanover NH 03755. Phone (603) 653-0067.
- **Classy Cuts and Tans**, 40 Currier St., White River Junction VT 05001. Phone (802) 295-3900
- **Belleza**, PowerHouse Mall in West Lebanon, NH. Phone (603) 298-7630

# WHAT YOU HAVE TO KNOW ABOUT THE AREA

## What time is it in Hanover?

Before calling check the time difference in your country: <http://www.timeanddate.com/time/>

## Community Statistics [www.Neighborhoodplace.com](http://www.Neighborhoodplace.com)

## Personal Safety

Dartmouth's Department of Safety & Security is located on Rope Ferry Road on the Dartmouth campus in Hanover and is open 24-hours a day, year-round. The primary objective of this department is to provide a safe and secure environment through its patrols, programs, and activities. It is also responsible for ensuring that safety policies are uniformly executed and conveyed to students. Potential criminal actions can be reported directly to Safety and Security by calling 1 (603) 646-3333. Crime prevention programs offered consist of safety awareness tips, a bicycle registration program, engraving bicycle u-lock demonstration, explanation of shuttle and escort services, and any current safety information. There are many blue exterior emergency telephones in various locations around campus that can be used to contact Safety & Security.

The Hanover area is relatively crime-free, but caution should be exercised within American cities like Boston and New York after your arrival. Never openly display large amounts of cash or valuables and do not travel alone at night if it can be avoided. If you perceive danger at any point call the police immediately. Throughout the United States the number "911" can be dialed from any public or private telephone. If at a pay phone, no coins are required, the call is free. This number is used to contact the police or to get medical assistance from an ambulance. If you need the police but it is not an emergency please look up the number in the front of the telephone book and call your local police department directly. However, if you are in doubt as to whether it is an emergency or not, please call 911.

## Climate

New Hampshire is one of six states comprising the region of the country known as New England. Changes in weather occur fairly often within the four seasons. You will be arriving during the fall season, which starts out quite mildly at about 18-20 degrees Celsius and gradually becomes colder as the end of November approaches. You should come prepared for very cold winters (as low as -29 degrees C or 0 to -20 degrees F). The beginning of spring (also known affectionately as "Mud Season") is often a carryover of the end of winter, so come prepared to cope with slushy and muddy conditions. After the first few weeks into spring, the weather gets very pleasant with temperatures ranging from 20-26 degrees C. Summer can be quite warm, between 25-35 degrees C. Make sure you bring lightweight cotton clothes for warm summer days.

## Average Maximum & Minimum Temperatures in New Hampshire

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
High	32°F 0°C	34°F 1°C	42°F 6°C	56°F 13°C	69°F 21°C	78°F 25°C	83°F 28°C	81°F 27°C	72°F 22°C	62°F 17°C	48°F 8°C	35°F 2°C
Low	11°F -12°C	12°F -11°C	22°F -6°C	32°F 0°C	42°F 6°C	51°F 11°C	56°F 13°C	54°F 12°C	46°F 8°C	36°F 2°C	27°F -3°C	15°F -9°C

Conversion: Temp[°F] = (Temp[°C] x 1.8) + 32

## Clothing

You should bring with you, or plan to purchase, three types of clothing: light-weight for warm, humid weather; raincoat, or medium-weight coat/jacket for cool weather; and heavy overcoat, boots, hat, and gloves for cold and snowy weather. We strongly recommend you wait until October to purchase heavy coats and boots. You will have a better idea of what you will want and need by then.

In the summer you will want to have some shorts as well as short-sleeve shirts and blouses. They are not suitable for work but are worn regularly for leisure activities. However, be cautioned that many companies do not allow men to wear short sleeve shirts to work except on casual days. You will need to check with your employer before starting your internship. Many people wear casual sandals or loafers, and more often than not, they do not wear socks during leisure activities.

In order to stay warm in the winter months you should dress in several layers because it helps preserve your body heat. It is recommended that in the winter months you wear long underwear pants and shirt, heavy socks, outer pants, a turtleneck (or crew neck type shirt), a wool sweater, or a fleece vest/sweater/jacket, wool hat, insulated mittens or gloves, and a scarf. Finally you will need insulated, waterproof boots with thick socks and a heavy, well-insulated, waterproof coat. When going outside in the winter you should not be concerned about fashion because you will soon learn that staying warm is what matters. If you plan to ski or to be outside playing in the cold and snow, you may want to buy a pair of "snow pants". These are insulated and waterproof and are very similar in construction to your winter coat.

The spring and fall seasons are fairly similar in temperature. The exception being that in the spring the temperatures are gradually getting warmer and in the fall it is becoming progressively cooler. In the spring you begin shedding layers and start wearing lighter weight layers so that you can take off some clothes during the day as the sun warms the air. In the early spring you also have to deal with melting ice and snow. As such, be prepared for lots of mud and it tends to be a little bit rainier. In the fall you start adding layers and wearing medium-weight coats in the morning and evening hours.

## Preparing Your Vehicle for Winter

The harsh winter weather dictates the need to prepare not only our clothing for winter but also our home and vehicle. You should review the winter checklist found in the Appendix by November to be sure your car or truck will be ready for the cold winter temperatures. Check out AutoZone in West Lebanon for supplies.

## **Preparing Your Home for Winter**

Heating can be very expensive in the winter months so in order to reduce your costs, you may want to use a few tricks. First, if your windows are drafty and air flows in through the sides, you can purchase plastic from any store, such as Wal-Mart, K-mart, or LaValley Building Supply. You cut the piece to the size of your window, then the plastic along the windowsill. Attach the plastic and then heat it with a hairdryer to shrink it to the window size. You will not be able to open the windows after the plastic is applied but there is no need to open them in the winter.

Turn down your thermostat during the day or if you go away for the weekend. You must be careful not to set it too low because then your water pipes might freeze and burst. Often your insurance will not cover the flooding; therefore, you should have someone check on your place during the winter months if you go away on vacation or for the weekend.

A few additional tricks to make your place warmer: roll up a towel or blanket to put along the bottom of drafty doors, put down rugs or carpets, and use storm windows.

## **Tips on American Culture**

The following items address some aspects of American culture with which visitors should be familiar. You may also wish to purchase one of the many travel guides available at bookstores, prior to or upon arrival. Here are a few highlights of some information you may read about in these books.

### **Equality and Informality**

Americans frequently will tell you that the United States is a country in which "all people are created equal". There is a pervasive disdain for discrimination based on race, sex, age, class or any other quality. In general, Americans conduct themselves in an informal manner. They show respect in different ways that may contrast the formality of some international students.

### **Time**

The United States is an extremely time-oriented society. Appointments and events are expected to begin on time. A delay of as little as five minutes can cause an individual to lose his/her place in the schedule. Professors often take offense if students are even a few minutes late to class.

### **Tipping**

It is considered extremely bad form to neglect to add 15-20% to bills of services such as taxi rides, haircuts, and meals at restaurants. There are times when tipping is appropriate even when no bill is presented, such as when your luggage is carried to your room at a hotel. In such an instance it is customary to tip \$1 per bag. Consult the International Office if you have questions about tipping.

# THINGS TO DO IN THE UPPER VALLEY

## Museums & Performing Arts

The Upper Valley has many wonderful museums, galleries, theatres, etc... Listed below are only a few, so please refer to these sites on the Internet for complete listings. New Hampshire State Council on the Arts [www.state.nh.us/nharts/](http://www.state.nh.us/nharts/), Vermont Arts Council [www.vermontartscouncil.org/](http://www.vermontartscouncil.org/), Vermont Museum & Gallery Alliance [www.vmga.org/](http://www.vmga.org/) and Vermont Crafts Council [www.vermontcrafts.com](http://www.vermontcrafts.com)

- **Enfield Shaker Museum** preserves and interprets a historic religious site and features exhibits and tours. They are located at 24 Caleb Dyer Lane in Enfield, NH. They can be contacted at: 1(603) 632-4346, <http://www.shakermuseum.org/>.
- **Hood Museum of Art** is located at Dartmouth College. In addition to regular and special art exhibits, they also offer lectures in the Arthur M. Loew Auditorium. All are free to the public. Museum hours are from 10:00 am to 5:00 pm, Tuesday through Saturday, from 12:00 pm to 5:00 pm on Sunday, and from 10:00 am to 9:00 pm on Wednesdays. Assistive listening devices are available and all exhibits are wheelchair accessible. For more information call 1(603) 646- 2808, [www.Dartmouth.edu/~hood](http://www.Dartmouth.edu/~hood).
- **The Children's Museum of Portsmouth**, 280 Marcy Street – Portsmouth, NH 03801 – Phone: 1(603) 436-3853, Fax: 1(603) 436-7706, <http://www.childrens-museum.org/index.cfm>.
- **The Hopkins Center of Performing Arts** “The Hop” is Dartmouth's performing arts center <http://www.dartmouth.edu/~hop/>.
- **Northern Stage Co.** is a professional theatre company with year round productions and classes. They are at the Briggs Opera House in White River Junction, VT. You can visit their website at <http://www.northernstage.org>.
- **Nugget Movie Theatres** offers first-run Hollywood features and foreign films with digital surround sound. They are located at 57 South Main Street, Hanover, NH (603) 643-2769, <http://www.nugget-theaters.com/>.
- **Opera North**, 40 North College Street – Hanover, NH 03755 – Phone: 1(603) 643-1946 Fax: 1(603) 643-3287, <http://www.operanorth.org/>. Opera North, a non-profit organization, produces opera for northern New England with the highest musical and dramatic standards.

## General Volunteer Opportunities

The Upper Valley offers many opportunities for helping in the community, for such interests as working with the elderly, with children, with disabled individuals, with new parents, with organic gardens, with farmland, with animals, and with students. Listed below are only a few, so please refer to the offerings on the Internet under <http://www.dartmouth.edu/~tucker/dcs/> or [www.volunteernh.org](http://www.volunteernh.org)

- **Dartmouth Community Services**, 6154 S. Fairbanks Hall – Hanover, NH 03755 – Phone: 1(603) 646-3419
- **Adopt-A-Grandparent** matches volunteers with residents of the Hanover Terrace, a local nursing home. The few hours a week spent with your “grandparent” are easily filled with casual conversation and other activities, providing a learning experience for the volunteer and important stimulation for the grandparent.
- **Big Brother/Big Sister** pairs individuals with a little sibling in a one-to-one relationship with children from 6-13 years old. Big siblings act as mentors and companions to children who come from a variety of family and social situations. BBBS requires a lot of commitment, but three decades of big sibs say it has been one of their best experiences.
- **Connections Program** pairs volunteers in a mentoring relationship with youth from age eight to twenty-one with developmental and emotional disabilities. The program gives emotionally and physically challenged children and teens a chance to participate in activities from which they often feel excluded. By talking on the phone, going to the movies, or just hanging out at a shopping center, the volunteers and their matches are able to build strong, lasting friendships.

- **Dartmouth Habitat for Humanity** works in collaboration with the Upper Valley Habitat for Humanity to provide affordable housing for lower income families. A typical afternoon at the site is spent hammering, sawing, siding, painting, bonding, and enjoying the outdoors.
- **Fighting Hunger (FH)** works to combat hunger in the Upper Valley and beyond. FH seeks to raise awareness about local, national, and global hunger-related issues while meeting local needs through direct service. Volunteers cook community dinners, organize food drives, sponsor an annual Race Against Hunger, and plan campus educational activities. In addition, FH also helps with the Harvest Partners Community Garden in Norwich, VT, which harvests food for local shelters and food pantries.
- **Just for Kids** is a playgroup for young children with developmental and emotional disabilities and their siblings. Coordinated with United Developmental Services, Just for Kids offers respite time for parents and fun, positive interaction for the children. Each weekly session features activities centered on themes such as apples, under-the-sea, or insects.
- **Operation Insulation (OI)** works to repair and weatherize homes for households that are unable to do so on their own. From caulking a window to skirting a trailer, from replacing roofing to repairing ramps, OI volunteers work with people to find efficient ways to maintain and weatherize their homes. Education is also an important part of OI's mission. They have established a tool library at the LISTEN Center in Lebanon for community use.
- **STAR Mentoring Program** matches volunteers who live or have lived with chronic illness with adolescents who are also challenged by chronic illness in the Upper Valley and surrounding areas. Mentors serve as role models for these young adults with special needs who often experiences social isolation. Volunteers relay a "you can do it" message while spending time together walking, attending a sporting or music event, or even just hanging out.
- **Upper Valley Humane Society (UVHS)** go through a couple orientation classes which then allow you to walk dogs or help feed cats. Contact Robin Stern at (603) 448-6888 X123 or email: [training@uvhs.org](mailto:training@uvhs.org)

## Volunteer Opportunities in Health Care

- **AIDS Workcrew** links volunteers with area families and individuals affected by AIDS and seeks to raise awareness on campus about AIDS-related issues. Volunteers perform services such as grocery shopping, relocating, cleaning, and helping out with special events. They may also be matched with a buddy affected by HIV/AIDS to provide ongoing companionship and support.
- **Dartmouth-Hitchcock Medical Center (DHMC)** has placements in pediatrics, mental health activities, therapy, the emergency department, the Elderlife program and many more.
- **David's House** is similar to Ronald McDonald House and serves as a home-away-from-home for parents of children receiving treatment at the Dartmouth-Hitchcock Medical Center. Volunteers serve as house assistants and guest greeters to insure that the visitors are comfortable and that the house is supervised. For more information please call (603) 643-2298.
- **Elderlife Program** volunteers work with elderly patients to help them maintain their life skills while in the hospital. Volunteers aid older patients with the transition from hospital to home by providing company to them, helping patients during mealtime, keeping patients physically and mentally active and other useful activities.
- **VA Medical Center** provides a broad spectrum of medical, surgical, and rehabilitative care, in addition to a wide array of support and services, to our community's veterans. Volunteers can work in radiology, social services, labs, nursing, physical therapy, and dietetics.

## Volunteer Opportunities in Education

- **Adult Basic Education (ABE)** places volunteers in one-to-one and small group relationships with adult learners attempting to advance their educational level. Tutors help with subjects on the General Equivalency Diploma (GED) and others such as algebra, geometry, literacy, and problem solving.
- **Book Buddy Program** volunteer is matched with a child and models fun with books and other reading related activities after school hours. The Book Buddy program encourages children to

discover the joy of books within the home and community environments, and to become readers and writers themselves.

- **English as a Second Language** volunteers work in collaboration with the Lebanon School District to provide tutoring and support services to students who do not speak English as their first language. Volunteers tutor individual ESL students and also facilitate multicultural awareness activities.
- **Multicultural Project** sends a diverse group of volunteers into school classrooms to work with area K-12 teachers to enhance multicultural education. Volunteers share aspects of their culture through presentations about their personal experiences, holiday traditions, art projects, social movements, or historical events. Panel presentations on diversity to school staff as in-service training opportunities may also be arranged. *Spectrum*, a sub-project within the Multicultural Project, works specifically with a group of Hanover High students interested in exploring issues of diversity through discussions and speakers.
- **Prison Project** volunteers travel weekly to Woodstock and Windsor Correctional facilities as tutors, teachers, and discussion leaders to assist residents working toward their high school equivalency degrees. Volunteers can work as tutors in individual relationships or can teach a course in a favorite subject, such as languages, great issues, arts and crafts or music. The ultimate goal of the program is to create the opportunity for change.

School Volunteers find that tutoring is a great way to share your knowledge, study skills, and to form friendships with children and young adults in the Upper Valley. Tutors are needed for many subjects at many skill levels including English as a Second Language, math, reading, foreign language and study skills.

## Continuing Education and Community Classes

- **Auditing Classes at Dartmouth or Tuck School of Business** After choosing the course(s) you are interested in auditing at Dartmouth College or Tuck, all you need is the professor's permission. You can contact the professor by email or by telephone (seek his/her name in the Dartmouth Name Directory <http://ultraseek.dartmouth.edu:8765/>) after you make your course selection <http://www.dartmouth.edu/~reg/courses/index.html>. Once the professor has approved your participation, you should contact the Tuck registrar at 1(603) 646-2246 for the Tuck classes and then report to class according to its schedule.
- **AVA Gallery and Art Center** You can learn to draw, paint, and make books as well as view exhibitions by NH and VT artists. They also offer some course for children. They are located at 11 Bank Street – Lebanon, NH 03766 – Phone: 1(603) 448-3117 or [ava@valley.net](mailto:ava@valley.net), <http://www.avagallery.org/>.
- **College for Lifelong Learning** This is part of the University of NH system. They offer accredited Bachelor's and Associate's degrees, certificates and courses for adults. They are located at 325 Mt. Support Road – Suite #2 – Lebanon, NH 03766 – Phone: 1(603) 448-6797, Fax: 1(603) 448-2010, <http://www.cl.edu/>.
- **Dartmouth Miniversity** These are non-credit courses offered in the evenings. There is a wide range from which to choose: ballroom dancing, cooking, yoga, photography, etc... They usually meet once a week for 6-8 weeks. Price per session differs according to the course. Call 1(603) 646-4370 for more information or visit their website at <http://www.dartmouth.edu/~sao/collis/mini.html>
- **ESL (English as a Second Language)** For those who want to learn English or another language contact The Rassias Foundation. They are located on the Dartmouth Green. The Rassias Foundation, Dartmouth College – 6071 Wentworth Hall – Hanover, NH 03755-3526 – Phone: 1(603) 646-2922 ~ Fax: 1(603) 646-2240 ~ <http://www.dartmouth.edu/~rassias/>
- **The Hanover/Lebanon Co-op Food Store** They offer cooking, nutrition, and health classes periodic. Lebanon Co-op Food Store – 12 Centerra Parkway - Suite 75 – Lebanon, NH 03766 – Phone: 1(603) 643-4889, <http://www.coopfoodstore.com/class.html>.

- **League of NH Craftsmen** You can learn the craft of weaving, pottery, and jewelry making as well as exploring the gallery exhibits. They are located at 13 Lebanon Street – Hanover, NH 03755 – Phone: 1(603) 643-5050, [craftsst@totalnetnh.net](mailto:craftsst@totalnetnh.net), <http://www.NHcrafts.org/>.
- **Lebanon College** This College offers undergraduate and lifelong education to students of diverse ages and educational goals. You can take the Test of English as a Foreign Language (TOEFL), G MATH and other similar tests there. The college is located in 15 Hanover Street – Lebanon, NH 03766 – Phone: 1(603) 448-2445, is <http://www.lebanoncollege.edu>.
- **Physical and Recreational Activities at Tuck** One can still enjoy outdoor activities without having to purchase all the equipment. Dartmouth Outdoor Rentals rents the following items: mountain bikes, in-line skates, climbing shoes, helmets, tents, sleeping bags, stoves, pots, backpacks, lanterns, first-aid kits, mountaineering boots, snowshoes, skis & boots and winter clothing. You can contact them at 1(603)-646-1747 or send them an email at [DOR@Dartmouth.edu](mailto:DOR@Dartmouth.edu) or you can visit the website at <http://www.dartmouth.edu/~outtrntls>. If you are interested in playing hockey, the Tuck hockey club has a used equipment sale in the fall. Many students also share equipment if they are on different teams. If you are interested in purchasing new sports equipment there are a couple of stores in the area that sell equipment for various sports.
- **Two Rivers Printmaking** A non-profit organization offering workshops, seminars, lectures and exhibitions. They also have studio space available for rent. They are located in the Tip Top Bldg in White River Junction. For more information visit [www.tworiversprintmaking.com/](http://www.tworiversprintmaking.com/)

## Athletic Facilities

- **Dartmouth Athletic Facilities** Tuck partners may use Dartmouth's athletic facilities on an informal basis. The majority of these facilities are located in and around Alumni Gym and the Berry Sports Center, which are on East Wheelock Street. Tennis (outdoor and indoor), squash, handball, racquetball, and basketball courts in addition to a swimming pool and indoor/outdoor tracks are some of the options available. For more information call 1(603) 646-3074 or visit their website at <http://www.dartmouth.edu/~athfac/>.
- **Dartmouth College FLIP program** This program includes aerobics, spinning, box-aerobics and swimming, and fitness classes. There are specialty classes available also (Yoga, dance, etc.) for an economical rate. For more information call 1(603) 646-3903 or visit their website at <http://www.dartmouth.edu/~physed/html/flip.html>.
- **River Valley Club** This health spa and sports club has a gym and offers aerobics, Tae Bo, spinning, and yoga classes. It is located at Centerra Park – 33 Morgan Drive – Lebanon, NH 03766 – Phone: 1(603) 643-7720, Fax: 1(603) 643-0513 and their website <http://www.rivervalleyclub.com/content/home.asp>. All employees of the River Valley Club receive free memberships, so several partners have taken on part-time work there, as class instructors, kids club teachers, or administrators. In addition, all Tuck partners qualify for the student rate.
- **LaCorte Fitness Center in Whittemore Hall** After the orientation session after the beginning of the year, you can go whenever you want to the exercise gym located in Whittemore dorms building. There is no fee!
- **CCBA** A community center located in Lebanon, NH. The center offers a fitness center, swimming pool, preschool programs, basketball courts, and a variety of classes ranging from karate to tennis. 1 Campbell St., Lebanon, NH 03766, 603-448-3005, [www.joinccba.org/index.html](http://www.joinccba.org/index.html)

## Outdoor Activities

- **Dartmouth Outing Club (DOC)** is open to any registered student at Dartmouth. Some activities include ice climbing, winter camping, hiking, cross-country skiing, and ice-skating. They are available at 113 Robinson Hall on Sundays through Fridays from 2:00-6:00 pm or can be reached by telephone at 1(603) 646-2429. They can also be contacted by email at [Dartmouth.Outing.Club@Dartmouth.edu](mailto:Dartmouth.Outing.Club@Dartmouth.edu) or you can visit their website at <http://www.dartmouth.edu/student/doc/>.

- **Dartmouth Riding Center at Morton Farm** has an indoor arena, outdoor jumping ring, standard dressage area and both elementary and novice cross-country courses. Offers adaptive horseback riding as well as riding lessons for non-disabled riders. Adaptive riding is a therapeutic activity for individuals with disabilities and can increase self-confidence and physical and emotional well being. For more information please contact them by phone: 1(603) 646-3508, email: [Sally.Boillotat@dartmouth.edu](mailto:Sally.Boillotat@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~drc/>.
- **Dartmouth Skiway** is located in Lyme, NH. This is just a 20-minute drive from Tuck. Membership passes and skiing lessons are available. Skis can be rented at the Skiway or prior to the winter season through the physical education department at Alumni Gym. For more information please contact them by phone: 1(603) 795-2143, Email: [doug.holler@dartmouth.edu](mailto:doug.holler@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~skiway/>.
- **The Hanover Country Club** is Dartmouth's public 18-hole championship golf course. The 5,876-yard layout was built in 1899. Instruction and club rental are available. They offer reduced greens fees for Dartmouth students, season golf passes, and cross-country skiing trails. The golf is located Rope Ferry Road – Hanover, NH 03755. For information please contact them phone by 1(603) 646-2000 or visit their website <http://www.dartmouth.edu/~hccweb/>
- **The Ledyard Canoe Club** is part of the Dartmouth Outing Club and members have access to canoes and kayaks. The DOC office is located on Robinson Hall. For more information please contact them at Ledyard Canoe Club, P.O. Box 9 – Robinson Hall – Hanover, NH – Phone: 1(603) 643-6709, Email: [lcc@Dartmouth.edu](mailto:lcc@Dartmouth.edu) or visit their website <http://www.dartmouth.edu/~lcc/>.

## International Student Organizations

- **International Students Association** The purpose of the International Student Association (ISA) is to present cultural and political viewpoints on campus and to provide social activities and other services to its members. The Association organizes a wide range of activities, including dinners, lectures, films, cultural shows, and receptions for international visitors, dances, and intramural sports. Membership is open to all interested Dartmouth students. You can contact the board members by email: [isa@dartmouth.edu](mailto:isa@dartmouth.edu) or visit their website at <http://www.dartmouth.edu/~isa/home.html>.
- **Amnesty International** is a worldwide movement, which works on behalf of “prisoners of conscience”—persons being punished solely for their race, religion or ideas who have neither used nor advocated violence. It is an organization that is independent of government, political factions, ideology or religious creed. Interested students should stop by the Tucker Foundation or contact them by email: [Amnesty.international@dartmouth.edu](mailto:Amnesty.international@dartmouth.edu). You can visit the web page dedicated to Amnesty International on Tucker Foundation website at <http://www.dartmouth.edu/~tucker/issues/amnesty.html>. And if you want to learn more about this organization visit their website <http://www.amnesty.org/>.
- **AfriCaSO** The African and Caribbean Students Organization was set up to focus on the needs and concerns of African and Caribbean students at Dartmouth. In addition, AfriCaSO aims to increase awareness of major African and Caribbean issues. For more information please contact them by email at [africaso-info@dartmouth.edu](mailto:africaso-info@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~africaso/>.
- **Dartmouth Asian Organization** The DAO promotes an exchange of ideas by presenting Asian American and Asian cultures to the Dartmouth community. The organization also serves as a center for social as well as intellectual interaction between Asian American and Asian students as a platform for the representation of ideas by its members. Activities depend on the particular interests of the membership, and in the past have included Asian dinners, speakers, intercollegiate conferences, seminars with faculty members, movies, informal get-togethers and Chinese New Year parties. Membership is open to all members of the Dartmouth community. For more information please contact them by email: [Dartmouth.asian.organization@dartmouth.edu](mailto:Dartmouth.asian.organization@dartmouth.edu) or visit their website [http://www.dartmouth.edu/~asianorg/dao\\_old/orgs.htm](http://www.dartmouth.edu/~asianorg/dao_old/orgs.htm).

- **Dartmouth China Society** Dartmouth China Society hopes to promote Chinese language and culture at Dartmouth and to improve understanding between people in the China and United States. For more information please contact them by email: [Dartmouth.china.society@dartmouth.edu](mailto:Dartmouth.china.society@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~dchinese/beta.htm>
- **Dartmouth Japan Society** The Dartmouth Japan Society is an organization dedicated to the promotion of Japanese culture on campus. It sponsors conversation tables, films, lectures, Japanese meals and cultural events. The Society also has set up resources to help those who are interested in studying or working in Japan. The Society is run by students and is open to the community. For more information please contact them by email: [Dartmouth.japan.society@dartmouth.edu](mailto:Dartmouth.japan.society@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~djs/>
- **Dartmouth Rainbow Alliance** is the gay, lesbian, bisexual, transgender, questioning, queer, allies, and other support group. DRA serves as a political, social, and support outlet for both the Dartmouth community and Upper Valley. Confidentiality is assured. You can contact them at Dartmouth Rainbow Alliance, 5057 Collis Center - Hanover, NH 03755 – Phone: 1(603) 646-0800, [dra@dartmouth.edu](mailto:dra@dartmouth.edu), <http://www.dartmouth.edu/~dra/>.
- **Irish Society** The goal of this society is to promote Ireland and Irish culture through academic and social means. The society has been active in inviting speakers to campus and organizing cultural evenings and dinners. For more information please contact them by email: [irish.society@dartmouth.edu](mailto:irish.society@dartmouth.edu).
- **Korean American Students Association (KASA)** was established to promote a better understanding of Korean heritage, culture, language and concerns of the Dartmouth Korean community. For more information please contact them by email: [kasa@dartmouth.edu](mailto:kasa@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~kasa/>
- **La Alianza Latina** The purpose of La Alianza Latina is to bring together all persons interested in Latin cultures, studies, and languages at Dartmouth, as well as to unite them with those of other campuses. It actively projects the presence and awareness of Latin culture at Dartmouth and provides a support network for Latin students on campus. For more information please contact them by email: [alianza@dartmouth.edu](mailto:alianza@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~alianza/>.
- **Milan**, (pronounced Mill-Uhn), a Hindi/Urdu word meaning "gathering", is the name for the South Asian social and cultural student group at Dartmouth College. The group's scope spans all of South Asia and serves as a focal point for students of South Asian origin and for students with an interest in the region. For more information please contact them by email: [Milan@dartmouth.edu](mailto:Milan@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~milan/>.
- **Movimiento Estudiantil Chicano de Aztlan** The MEChA aims to educate the Dartmouth community on the diversity of Latinos and to promote Chicano culture and education. For more information please contact them at email: [mecha@dartmouth.edu](mailto:mecha@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~mecha/>
- **Students for a Free Tibet** SFT's mission is to speak out on behalf of the people of Tibet in their struggle for human rights. They educate the campus and community about the realities of China's occupation of Tibet, and translate awareness into action through non-violent political, economic and social campaigns. SFT works with a coalition of peace and social justice, interfaith and human rights organizations to accomplish its goals and foster dialogue and understanding within our global community. For more information please contact them by Email: free. [Tibet@dartmouth.edu](mailto:Tibet@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~sft/>.
- **World Affairs Council** The WAC helps promote discussions of issues relating to American foreign policies and international politics. The objective of the WAC is to provide a non-partisan forum for discussion of these issues. The Council initiates and organizes public speeches and informal discussions with Dartmouth professors and visiting dignitaries and scholars. For more information please contact them by email: [world.affairs.council@dartmouth.edu](mailto:world.affairs.council@dartmouth.edu) or visit their website <http://www.dartmouth.edu/~wac/>.

## International Programs

- **International Friendship Program** This program gives international students the opportunity to become well acquainted with an American family in the Upper Valley area. Host families volunteer to help students adjust to college life, and serve as a “window on American culture” during their stay at Dartmouth. Students get to know their host family through occasional visits to their host family's home, and by spending time with them for special occasion and outings. You will have an opportunity to be matched with a host family by completing a host family application form during your international orientation. Contact International Office for more information at [International.Office@dartmouth.edu](mailto:International.Office@dartmouth.edu) or visit the following web page <http://www.dartmouth.edu/~intl/news/friendship/index.html>.
- **The International Women's Club of the Upper Valley** is a women's social organization with a new twist. They bring together women with an international origin, background, experience or interest and create an environment of lively exchange with a group of pees. Come share your customs, experiences and interests with them! The IWC welcomes all women of the Upper Valley, (Not all members are foreign-born). If you want to know more about them please contact them at IWC, PO Box 5428 – Hanover, NH 03755 – Phone: 1(603) 643-6255, [pcon@valley.net](mailto:pcon@valley.net).
- **AASPIRE (Asian Women's Group)** This is an informal group for Asian and Asian American women with flexible membership. It provides Asian and Asian American women with the opportunity to come together to share, support, and help one another. For more information please contact them by email [Nora.Yasumura@dartmouth.edu](mailto:Nora.Yasumura@dartmouth.edu) or see their web page <http://www.dartmouth.edu/~assembly/reports/2001orgsguide5.html#aaspire>.
- **Agapê Christian Fellowship (ACF)** The Agapê Christian Fellowship holds Bible studies and other gatherings to share the Christian faith. Everyone is welcome. For more information please visit their website <http://www.dartmouth.edu/~acf/>
- **Dartmouth Vietnamese-Southeast Asian Student Association (VSASA)** The purpose of VSASA is to share, promote, and appreciate Vietnamese and Southeast Asian culture. People of all backgrounds are encouraged to join and attend cultural and educational events. For more information please send an email at [vsasa@dartmouth.edu](mailto:vsasa@dartmouth.edu).

## General Web Sites: Things To Do in the Upper Valley

For more information on activities in the Upper Valley you can visit the following websites:

<http://mba.tuck.dartmouth.edu/pages/clubs/partners/> ~ The Tuck partners website.

<http://www.hanoverchamber.org/> ~ This is the Hanover Chamber of Commerce website.

<http://www.nh.com/> ~ A lot of information about New Hampshire can be found here.

<http://www.vtchamber.com/> ~ This is the Vermont Chamber of Commerce website.

<http://www.vermont.com/> ~ This website is very useful to travel or enjoy the Vermont.

<http://www.vnews.com> ~ The Valley News newspaper website. Check for classified ads (jobs, housing, furniture), a calendar of events and the news.

<http://www.communityinfo.com> ~ This website contains a lot of information on everything about the Upper Valley. This is a great way to get familiar with the area, including town and government information, a restaurant list, a business directory and an events calendar.

<http://www.valley.net> ~ This website is a gold-mine of Upper Valley information.

<http://www.dartmouth.edu> ~ Everything you need to know about Dartmouth, and keyword searchable!

<http://www.tuck.dartmouth.edu> ~ Here it is the Tuck's web page.

# APPENDIX

## Appendix I: Embassies and Consulates

### In Boston

**Austria**, 15 School Street -3rd floor – Boston, MA 02108-4307 – Phone: 1(617) 227-3131, Fax: 1(617) 227-8420, <http://www.austria.org/govoff.htm#embassy>.

**Brazil**, 20 Park Plaza – Suite 810 – Boston, MA 02116 – Phone: 1(617) 542-4000, Fax: 1(617) 542-4318, <http://www.consulatebrazil.org/>.

**Finland**, 31 Street James Avenue – Suite 700 – Boston, MA 02116 – Phone: 1(617) 654-1800, Fax: 1(617) 654-1735, <http://www.finland.org/honcon.html>.

**France**, 31 Saint James Avenue – Boston, MA 02116 – Phone: 1(617) 542-7374, Fax: 1(617) 542-8054, <http://www.consulfrance-boston.org/>.

**Germany**, 3 Copley place – Boston, MA 02116 – Phone: 1(617) 536-4414, Fax: 1(617) 536-8573, [http://www.germany-info.org/newcontent/gc/consul\\_boston.html](http://www.germany-info.org/newcontent/gc/consul_boston.html).

**Hungary**, 75 State Street – 27th floor – Boston, MA 02109 – Phone: 1(617) 342-4022, Fax: 1(617) 342-8231, <http://www.hungary.com/boston-consul/>.

**Iceland**, Winslow Evans & Crocker – 33 Broad Street – Boston, MA 02210 – Phone: 1(617) 227-4300, Fax: 1(617) 227-5505, <http://www.iceland.org>.

**Italy**, 100 Boylston Street – Suite 900 – Boston, MA 02116 – Phone: 1(617) 542-0483 and 1(617) 542-4088, Fax: 1(617) 542-3998, <http://www.italianconsulateboston.org/>.

**Israel**, 20 Park Plaza – Suite 1020 – Boston, MA 02116 – Phone: 1(617) 542-0041, Fax: 1(617) 338-4995, <http://www.israelemb.org/boston/>.

**Japan**, Federal Reserve Plaza – 14th Floor – Boston, MA 02210 – Phone: 1(617) 973-9772, Fax: 1(617) 542-1329, <http://www.embjapan.org/boston/>.

**Norway**, C/O Nordic Group Inc. – 286 Congress Street – 6th Floor – Boston, MA 02210 – Phone: 1(617) 423-2515, Fax: 1(617) 423-2057, <http://www.norway.org/>.

**Portugal**, 899 Boylston Street – 2nd Floor – Boston, MA 02115 – Phone: 1(617) 536-8740, Fax: 1(617) 536-2503, <http://www.portugalemb.org/>.

**Sweden**, 286 Congress Street – 6th Floor – Boston, MA 02210-1038 – Phone: 1(617) 451-3456, Fax: 1(617) 451-0746, <http://www.swedenemb.org>.

**Venezuela**, 545 Boylston Street – 6th Floor – Suite 603 – Boston, MA 02116 – Phone: 1(617) 266-9368, Fax: 1(617) 266-2350, <http://www.embavenez-us.org/>.

### In New York

**Australia**, 150 East – 42nd Street – 34th Floor – New York, NY 10017 – Phone: 1(212) 351-6500, Fax: 1(212) 351-6501, <http://www.australianyc.org/default.htm>.

**Canada**, 1251 Avenue of the Americas – New York, NY 10020-1175 – Phone: 1(212) 596-1628 Fax: (212) 596-1790, [http://www.can-am.gc.ca/new\\_york/](http://www.can-am.gc.ca/new_york/).

**China**, 520 – 12th Avenue – New York, NY 10036 – Phone 1(212) 736-9301, <http://www.nyconsulate.prchina.org/eng/>

**Colombia**, 10 East 46th Street – New York, NY 10017 – Phone: 1(212) 949-9898, Fax: 1(212) 972-1725, <http://www.colombiaemb.org/>.

**Denmark**, One Dag Hammarskjold Plaza – 885 Second Avenue – 18th Floor – New York, NY 10017-2201 – Phone: 1(212) 223-4545, Fax: 1(212) 754-1904, [www.denmark.org](http://www.denmark.org).

**Greece**, 69 East 79th Street – New York, NY 10021 – Phone: 1(212) 988-5500, Fax: 1(212) 734-8492, <http://www.greekembassy.org/consular/newyork/>.

**India**, 3 East 64th Street – New York, NY 10021 – Phone: 1(212) 774-0600, Fax: 1(212) 861-3788, <http://www.indiacgny.org/contact.html>.

**Russia**, 9 East 91 Street – New York, NY 10128 – Phone: 1(212) 348-0926, Fax: 1(212) 831-9162, <http://www.ruscon.org/>.

**Spain**, 150 East 58th Street –New York NY 10155 – Phone: 1(212) 355-4080, Fax: 1(212) 644-3751, <http://www.spainconsul-ny.org/>.

**Taiwan**, One Dag Hammarskiold Plaza – 885 Second Avenue – 17th Floor - New York, NY 10017 – Phone: 1(212) 486-0088, Fax: 1(617) 421-7866, <http://www.taipei.org/newpage/a-srvs2.htm>.

**The Netherlands**, One Rockefeller Plaza – 11th floor – New York, NY 10020-2094 – Phone: 1(212) 333-3603 Fax: 1(212) 581-6594, [http://www.cgny.org/f\\_explorer.html](http://www.cgny.org/f_explorer.html).

**Ukraine**, 240 East 49th Street – New York, NY 10017 – Phone: 1(212) 371-5690, Fax: 1(212) 371-5547, <http://www.brama.com/ua-consulate/>.

**United Kingdom**, 845 3rd Avenue – New York, NY 10022 – Phone: 1(212) 745-0200, Fax: 1(212) 754-3062, <http://www.britain-info.org/consular/ny/ny.asp>.

**Uzbekistan**, 866 United Nations Plaza – Suite 327 A – New York, NY 10017 – Phone: 1(212) 754-6178, Fax: 1(212) 838-9812, <http://www.uzbekconsul.org/>.

## **Appendix II: Informal List of Dentists**

**Dr. Roger Phillips**

2 Buck Road, Suite 5  
Hanover, NH  
1(603) 643 -3190

**Dr. Roger McWilliams (Two people recommended this dentist)**

71 Lyme Road, Hanover, NH 03755  
1(603) 643-3104

**Dr. Darren Phipps**

71 Lyme Road,  
Hanover, NH 03755  
1(603) 643-3104

**Dr. Thomas Schell (Four people recommended this dentist)**

Lebanon, NH  
Phone 1(603) 448-3800

**Dr. Bryant Denk**

35 South Park Street,  
Hanover, NH 03755  
1(603) 643-5405

**Dr. Terry Bradigan**

1(603) 643-4362  
Rt. 120

**Dr. Mark Young**

Norwich, VT

**Dr. Joe Sawyer**

Downtown Boston - Post Office Square  
1(617) 423-6777

**Dr. Bruce Feldstein**

30 Airport Road, Suite 3  
West Lebanon, NH 03784  
1(603) 298-7660

## Appendix III: Conversions (Metric Units, Clothing, Shoe Sizes, Cooking Measures)

### Metric Conversions Length

- ♣ 1 millimeter (mm) = 0.03937 in 1 centimeter (cm) = 10 mm = 0.3937 in 1 meter (m) = 100 cm = 1.0936 yd
- ♣ 1 kilometer (km) = 1,000 m = 0.6214 mile 1 inch (in) = 25.4 mm 1 foot (ft) = 12 in = 0.3048 m
- ♣ 1 yard (yd) = 3 ft = 0.9144 m 1 mile = 1,760 yd = 1.6093 km

### Area

- ♣ 1 square cm (cm<sup>2</sup>) = 100 mm<sup>2</sup> = 0.1550 in<sup>2</sup> 1 square meter (m<sup>2</sup>) = 10,000 cm<sup>2</sup> = 1.1960 yd<sup>2</sup> 1 hectare (ha) = 10,000 m<sup>2</sup> = 2.4711 acres
- ♣ 1 square km (km<sup>2</sup>) = 100 ha = 0.3861 mile<sup>2</sup> 1 square inch (in<sup>2</sup>) = 645.16 mm<sup>2</sup> 1 square foot (ft<sup>2</sup>) = 0.093 m<sup>2</sup>
- ♣ 1 square yard (yd<sup>2</sup>) = 9 ft<sup>2</sup> = 0.8361 m<sup>2</sup> 1 acre = 4840 yd<sup>2</sup> = 4046.86 m<sup>2</sup> 1 square mile (mile<sup>2</sup>) = 640 acres = 2.59 km<sup>2</sup>
- ♣ 1 Teaspoon = 5 ml 3 Teaspoons = 1 Tablespoon 1 US Cup = 16 Tablespoons
- ♣ 1 US Gallon = 2 Quarts = 8 pints = 16 cups = 128 Fluid Ounces

### Volume/Capacity

- ♣ 1 cubic cm (cm<sup>3</sup>) = 0.0610 in<sup>3</sup> ~ 1 cubic decimeter (dm<sup>3</sup>) = 1,000 cm<sup>3</sup> = 0.0353 ft<sup>3</sup>
- ♣ 1 cubic meter (m<sup>3</sup>) = 1,000 dm<sup>3</sup> = 1.3080 yd<sup>3</sup> 1 liter (l) = 1 dm<sup>3</sup> = 0.2642 US gal 1 liter = 0.2200 Imp gal
- ♣ 1 hectoliter (h) = 100 l = 2.8378 US activities 1 cubic inch (in<sup>3</sup>) = 16.387 cm<sup>3</sup> 1 cubic foot (ft<sup>3</sup>) = 0.0283 m<sup>3</sup>
- ♣ 1 cubic yard (yd<sup>3</sup>) = 27 ft<sup>3</sup> = 0.7646 m<sup>3</sup> 1 US dry pint = 0.5506 l 1 US bushel = 64 US dry pints = 35.239 l 1 US liquid pint = 0.4732 l
- ♣ 1 US gallon = 8 US liquid pints = 3.7854 l

### Mass (Weight)

- ♣ 1 gram (g) = 1,000 mg = 0.0353 oz 1 kilogram (kg) = 1,000 g = 2.2046 lb
- ♣ 1 ton (mt) = 1,000 kg = 1.1023 short tons 1 ton = 0.9842 long ton 1 ounce (oz) = 437.5 grains = 28.350 g
- ♣ 1 pound (lb) = 16 oz = 0.4536 kg 1 short cwt = 100 lb ~ 45.359 kg 1 long cwt ~ 112 lb ~ 50.802 kg 1 short ton = 2,000 lb ~ 0.9072 t 1 long ton = 2,240 lb = 1.0161 t

### Temperature, Length and Distances

- ♣ **Conversion F to C** = Subtract 32 - Divide by 1.8 ~ Example: to convert 80 F => 80-32=48 ~ 48/1.8=26.66 C
- ♣ **Conversion C to F** = Multiply by 1.8 Add 32 ~ Example: To convert 27 C 27 x 1.8 = 48.6 ~ 48.6 + 32 = 80.6 F
- ♣ **Oven Temperatures** 250 F (120 C) = very low ~ 300 F (150 C) = low ~ 325 F (165 C) = low/medium ~ 350 F (180 C) = medium ~ 375 F (190 C) = medium/high ~ 400 F (205 C) = hot ~ 450 F - 500 F (230-260 C) = very hot
- ♣ **Electric Current** = The standard US current is 110 volts, 60 cycles alternating current (A.C.) Appliances running on 220-240 volts will not work in the United States. Most appliances or hardware stores in metropolitan areas carry current-conversion kits that will work on appliances. Many visitors bring these from home.

### Water & Energy

- ♣ 1 liter weighs 1 kilogram 1 cubic meter weighs 1 ton
- ♣ **Energy 1,000 British thermal units (Btu)** = 0.293 kWh 100,000 Btu = 1 thermal
- ♣ 1 horsepower = 0.7457 kilowatt 1 calorie (dieticians') = 4.1855 kilojoules
- ♣ **Crude Oil 1 barrel** = 42 US gallons
- ♣ 1 barrel = 0.159 cubic meter 1 barrel = 0.136 ton (approximately)

### Velocity and Fuel Consumption

- ♣ Miles/hour = 1.609344 kilometers/hour = 0.868976 international knots Miles/US gallon = 0.42514 kilometers/liter
- ♣ US gallons/mile = 235.215liters/100 kilometers

## Clothing and Shoe Size

### Women's Clothing

♣ <b>American</b>	06 ~ 08 ~ 10 ~ 12 ~ 14 ~ 16 ~ 18 ~ 20 ~ 22
♣ <b>Continental</b>	34 ~ 36 ~ 38 ~ 40 ~ 42 ~ 44 ~ 46 ~ 48 ~ 50
♣ <b>Japanese</b>	05 ~ 07 ~ 09 ~ 11 ~ 13 ~ 15 ~ 17 ~ 19 ~ 21
♣ <b>British</b>	28 ~ 30 ~ 32 ~ 34 ~ 36 ~ 38 ~ 40 ~ 42 ~ 44

### Men's Suits, Overcoats, & Sweaters

♣ <b>American</b>	34 ~ 36 ~ 38 ~ 40 ~ 42 ~ 44 ~ 46
♣ <b>Continental</b>	44 ~ 46 ~ 48 ~ 50 ~ 52 ~ 54 ~ 56
♣ <b>Japanese</b>	S ~ M ~ L ~ LL
♣ <b>British</b>	4 ~ 36 ~ 38 ~ 40 ~ 42 ~ 44 ~ 46

### Collar Sizes, Men's Shirts

♣ <b>American</b>	14 ~ 14.5 ~ 15 ~ 15.5 ~ 16 ~ 16.5 ~ 17
♣ <b>Continental</b>	36 ~ 37.0 ~ 38 ~ 39.0 ~ 40 ~ 41.0 ~ 42
♣ <b>Japanese</b>	36 ~ 37.0 ~ 38 ~ 39.0 ~ 40 ~ 41.0 ~ 42
♣ <b>British</b>	14 ~ 14.5 ~ 15 ~ 15.5 ~ 16 ~ 16.5 ~ 17

### Women's Shoes

• <b>American</b>	06.0 ~ 06.5 ~ 07.0 ~ 07.5 ~ 08.0 ~ 08.5 ~ 09.0
• <b>Continental</b>	36.0 ~ 36.5 ~ 37.0 ~ 37.5 ~ 38.0 ~ 39.0 ~ 40.0
• <b>Japanese</b>	23.0 ~ 23.5 ~ 24.0 ~ 24.5 ~ 25.0 ~ 25.5 ~ 26.0
• <b>British</b>	04.5 ~ 05.0 ~ 05.5 ~ 06.0 ~ 06.5 ~ 07.0 ~ 07.5

### Men's Shoes

♣ <b>American</b>	05.5 ~ 06.5 ~ 07.5 ~ 08.5 ~ 09.5 ~ 10.5 ~ 11.5
♣ <b>Continental</b>	39.0 ~ 40.0 ~ 41.0 ~ 42.0 ~ 43.0 ~ 44.0 ~ 45.0
♣ <b>Japanese</b>	24.5 ~ 26.0 ~ 27.5 ~ 28.0 ~ 29.0
♣ <b>British</b>	05.0 ~ 06.0 ~ 07.0 ~ 08.0 ~ 09.0 ~ 10.0 ~ 11.0

## Equivalent Measurements for Cooking

<b>Measure</b>	<b>Equivalent</b>
♣ Under 1/8 teaspoon	Dash
♣ 3 teaspoons	1 tablespoon
♣ 4 tablespoons	_ cup = 2 ounces
♣ 5 1/3 tablespoons 1/3 cup	
♣ 8 tablespoons	_ cup = 4 ounces
♣ 10 2/3 tablespoons	2/3 cup
♣ 12 tablespoons	_ cup = 6 ounces
♣ 16 tablespoons	1 cup = 8 ounces
	<b>Equivalent</b>
♣ 1/8 cup	1 ounce = 2 tablespoons
♣ _ cup	2 ounces = 4 tablespoons
♣ 1/3 cup	5 tablespoons plus 1 teaspoons
♣ _ cup	4 ounces = 8 tablespoons
♣ _ cup	6 ounces = 12 tablespoons
♣ 1 cup	8 ounces = 16 tablespoons
♣ 2 cups	16 ounces = 1 pint
♣ 4 cups	32 ounces = 1 quarts

## Appendix IV: Preparing your vehicle for winter

Review the following checklist by November to be sure your vehicle will be prepared for the harsh conditions of the typical northern New England winter. Combined with routine maintenance, these service items will help to insure that you don't end up stranded out in the cold with a dead vehicle!

- ⊖ ANTIFREEZE should be strong enough to provide freezing protection down to -34 degrees Fahrenheit (50/50 mixture of antifreeze and water). Most service stations are equipped to test the strength of the antifreeze in your cooling system; many will perform this service for free.
- ⊖ BATTERY should be in good condition and fully charged. Most service stations will check the condition of the electrolyte (battery water) for a nominal fee, or often for free. Many of the newer sealed batteries have a visual indicator build in. If you are unsure about this, consult an auto service technician or your dealer.
- ⊖ BATTERY CABLES must be tight and free from corrosion. If you notice corrosion around the battery terminals, wash carefully with a warm solution of water and baking soda, using an old toothbrush. Do not let any of this get into the battery cells. Dry, and then apply a liberal coat of grease or Vaseline to the terminals to retard further corrosion.
- ⊖ DOOR LOCKS should be lubricated to prevent freezing. WD-40 or any moisture-displacing silicone based lubricant is recommended. Many come in small spray cans with a plastic tube that will fit into the key-hole.
- ⊖ ENGINE must be in good running condition. If you have an older model car, the fall is an ideal time for a complete tune-up. Starting, stalling, or idling problems will only get worse as the weather turns colder.
- ⊖ EXHAUST SYSTEM must be free from leaks, as these can allow dangerous [odorless and tasteless] carbon monoxide fumes to enter the vehicle. Check for leaks with the engine running. Particularly when it's cold, the escaping exhaust gas will be visible as well as audible. If you have any doubts, take the vehicle to a qualified service technician to be checked.
- ⊖ GAS TANK should be free from leaks. During cold weather, you should refill the tank whenever it reaches "half" in order to avoid the build-up of condensation that can lead to a frozen fuel line. Add a can of dry gas at least once a month during the Winter-it's cheap insurance!
- ⊖ GLOVE BOX should contain an ice scraper, extra pair of gloves, change for making phone calls (and/or have a cell phone in the car), flashlight with extra batteries, and a piece of brightly colored tape, flares. In winter, the hazard (four-way flashers) lights will not last as long as in warmer seasons, and may be obscured from view of oncoming cars by snow banks.
- ⊖ HEATER AND DEFROSTER should be in good working condition. Any problems with these systems should be referred promptly to a qualified service technician.
- ⊖ LIGHTS should be checked frequently, not just for operation but also in case of headlights for proper aim. Snow is highly reflective, and improperly aimed headlights can endanger not only you but also the drivers of oncoming cars.
- ⊖ TIRES should be in good condition, with adequate tread for driving on snow. Snow tires should be used on the drive wheels (all four wheels on front- and four-wheel-drive models). Check the inflation at least once a month, more often if temperatures are fluctuating widely. The recommended tire pressure can usually be found on a sticker attached to the door edge of the vehicle.
- ⊖ TRUNK should contain winter survival gear: First- Aid kit, a small shovel, a warm blanket, extra warm clothes, sand or salt (make -sure salt is well bagged in moisture-proof plastic) and jumper cables (optional). If space permits, extra windshield washer fluid is recommended.
- ⊖ WASHER FLUID must contain an antifreeze solution sufficient to prevent freezing. The premixed varieties sold at most service stations and convenience stores are adequate for this purpose.
- ⊖ WIPER BLADES must be in good working condition. Special blades for winter conditions are available and are recommended.

Most of the above items can be checked quickly by the driver and appropriate action can be taken to remedy the problem or deficiency. Engine tune-ups, oil changes, and headlight aiming are best handled by qualified technicians. The little time taken to be sure your vehicle is equipped and operating properly can save a tidy sum in time lost, repair charges, or at worst, personal injury or loss of life!

## **Appendix V: Tuck Partner Board Positions**

Get involved with Partner Board (and donate your skills to a good cause!). Traditionally, first-year partners hold partner board positions; a brief description of the board positions is included below. Nominations and elections are held at the beginning of each new school year. You do not have to be present to be nominated; let a current board member or a first-year partner know of your interest and they will see that you are nominated.

The names of the person currently holding the position have been listed next to the title. Feel free to contact them if you want additional information prior to the meeting. Each newly elected board member will meet with the prior year board member individually to "transfer the duties".

### **Partner Board Chair (Emily Regennitter)**

This person chairs the partner board and facilitates the monthly board meetings. They schedule meetings and keep abreast of events occurring throughout the partner community. They are a primary contact person for partners and will bring partner concerns up to the board. This person also works with the student groups to assure coordinated efforts between the two. This individual shares Tuck, Dartmouth, and community events with the partners on a regular basis. The Chair works closely with the MBA Program Office.

### **Liaison to MBA Program Office (Courtney Peschel)**

This person is the main point of contact with the MBA Program Office for all partner issues. The position doesn't take a lot of time, just a willingness to know a little bit about each partner activity and to keep your ears open for any partner concerns or questions. Most of the contact between you and the MBA PO will occur in the fall term as students and partners are getting settled and have questions. It is a good position for someone who wants to know what is going on with the partner community and who wants to help make the Partner Board Chair's/President's job a little less time consuming.

### **Liaison to Admissions (Laura Turenne, Jenny Rappole, Victoria Yang, Lauren Cuneo, & Kathleen Gerber)**

This person is the link between the admissions office and the partner board. The liaisons will need to be aware of the admissions calendar to assure partners events are planned accordingly. Some primary areas of responsibility will be planning Admitted Students Weekend (in April) and Orientation (in August) for the incoming partners. This person will also keep abreast of partner employment opportunities and share them as appropriate. This person is in charge of keeping both the Survival Guide and the Job Hunting Guide up to date. This position is well suited for a partner planning to remain in the Hanover area for the summer in order to plan orientation events.

### **Tiny Tuckies Coordinator (Ashley Fuqua, Melissa Hoy, Catherine Leduc, Jenny Rappole, Martha Trail)**

The coordinator plans weekly playgroups, field trips, and holiday events. This is a position that a couple of creative, energetic people might want to share.

### **Social Coordinator (Josie Gluck)**

The social coordinator is the liaison between the partner groups and the board. This person works with all the various groups and creates a weekly and monthly calendar of events. The coordinator brings concerns or requests from the clubs to the partner board.

### **International Student Representative (Fenella Graham)**

This person helps to assure that there are events scheduled that meet the needs and interests of the international partners. The representative brings concerns or issues affecting the international community to the attention of the board. Last year this individual arranged the international lunch which helped international partners share information about living in Hanover.

**Helping Hands Coordinator (Victoria Gaisford, Faina Rodzianko, Betsy Rinehart, & Mihoko Okabe)**

This coordinator keeps a calendar of when partners are due to deliver babies and any other events, such as partner surgeries or injuries that may warrant assistance. When a partner is in need of assistance, the coordinator sends out a message to the entire partner community asking for assistance. They coordinate the schedule to assure the partner's needs are adequately met.

**Treasurer (Amanda Waterbury)**

The partner Club has a modest budget that is used for a variety of events throughout the year. The treasurer balances the budget and works with the board to determine how to best utilize the funds. The treasurer collects the receipts from the event organizers and requests a reimbursement check from Tuck.

**Communications Team—Partner Post & Website (Meagan Demitz, Kate Mazejka-Espinal, Makiko Tanoue, & Brenda Hurtado)**

This is for someone who likes to be creative with his or her computer. Each month, this team will publish a newsletter geared to the Tuck partner community. In the past, issues of the Partner Post have focused on current issues in the Tuck community, schedule of monthly events, and of course all the gossip on pregnancies, births and birthdays, engagements and weddings. Software is available. Also, this team updates and maintains the Partner website. Key responsibilities include maintaining an updated online partner directory and uploading Partner Post Newsletters, Tiny Tuckies Newsletters, and Partner Monthly Calendars.

**Sachem 11/12 Scheduler (Carol Brennan and Valeria Prand)**

This person keeps the key to Sachem 11/12 and keeps a calendar of available dates. The scheduler also assures that the facilities have been cleaned, trash removed, etc. by those who use the building and submits requests to the housing department as necessary. Ideally the coordinator should live in Sachem.