

MOVING TO THE NATIONAL INSTITUTES OF HEALTH

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

July 2008

This document is intended for informational purposes only and does not constitute advice. These materials do not provide an inclusive list of all companies and/or services available. Inclusion of companies and/or services in this list does not imply approval or support of these companies and/or services by the National Institutes of Health, the Department of Health and Human Services or the United States Government.



MOVING TO THE NIH

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General Information: Moving to the Baltimore-Washington Corridor

Welcome to the NIH! The main campus of the National Institutes of Health is located just a few miles outside of Washington DC, the nation's capital and home to over half a million people. DC is also located between the Appalachian Mountains, the Atlantic Ocean, and the Chesapeake. Over 2/3 of the US population is within 8 hours of the DC metro area, providing DC residents with access to a wealth of cultural, educational, and recreational opportunities. New York, Boston, and Chicago are all within a day's drive, as is the Canadian border.

The main NIH campus in Bethesda, Maryland is home to over 26,000 employees who work on any number of biomedical, biophysical, and psychological issues. You will be part of a large community of researchers, fellows, and employees who are striving to improve medical research, training and care throughout the world. You will also be part of a larger community of Federal employees and trainees who are working in the DC area.

As a result of its central location and its being the headquarters for the Federal government, as well as any number of government-funded and government-sponsored agencies, embassies, and non-profit organizations, the DC area population is both politically charged and transient. People move in and out every few years, generating a mix of ethnicities, nationalities, stages of life, socioeconomic classes, and so on. If you are looking for a place that has a variety of cultures and living styles, DC is such a place.

DC area housing ranges from older, larger homes to condominium high rises. Cost of living increases with proximity to public transportation, the type of neighborhood and accessibility to the downtown area. As a result, housing in Maryland and Northern Virginia is generally less expensive and provides a more suburban feel. Such areas also tend to have more public services, shopping and recreation options, and lower taxes. A car is often necessary if you choose to live outside of downtown. In the metro area a car can sometimes be cumbersome, as parking is not always easy and is rarely cheap. Public transportation in the city, however, is excellent. Rents vary widely based not only on the above listed factors but also on the crime rate, school quality, and age of the neighborhood. Links that will help you access these statistics are included in this guide.

The purpose of this document is to help make your transition to the NIH as easy and stress-free as possible. We cannot anticipate every need you might have, but this guide will hopefully help you through the major adjustments you will need to make on relocating to the area. Information is also provided on campuses in Baltimore and Frederick. If you are moving to another area, such as Phoenix, Rocky Mountain Labs, or NIEHS, contact your program coordinator for information on adjusting to the location, as well as any resources they may have regarding finding housing, employment, schooling, transportation, and so forth.

We are delighted that you are joining the NIH and hope that your time with us is as productive, educational and enjoyable as possible!

Airports

There are three major airports in the DC Metro area: [Baltimore/Washington International Thurgood Marshall Airport \(BWI\)](#), [Washington Dulles International Airport \(IAD\)](#), and [Ronald Reagan Washington National Airport \(DCA\)](#).

[BWI](#) is located about 30 miles from downtown DC and a few miles outside of Baltimore. There is hourly, daily, express service and long term parking within the immediate area. BWI is accessible by [Amtrak](#) and [MARC](#) trains from Union Station and New Carrollton (which are accessible by [Metro](#)). A free shuttle bus connects the BWI Airport Rail Station and the airport. The [BWI Express bus](#) also runs from the Greenbelt Metro station on the Green Line to BWI's Concourse E. The airport is also accessible by taxi for approximately \$60 one-way from downtown DC.

[Dulles](#) is located in Chantilly, Virginia, approximately 28 miles from downtown DC. Hourly, daily, long-term, and valet parking are available. [Metrobus](#) operates a [bus](#) from the L'Enfant Plaza Metro station, stopping at the Rosslyn metro station, the Tysons-Westpark Transit Station and the Herndon-Monroe Park and Ride Lot. This bus offers service to the airport. Within Loudoun County in Virginia, [Virginia Transit](#) offers hourly service on weekdays between the airport and the Dulles Town Center. The [Washington Flyer bus](#) travels from the West Falls Church Metro station to Dulles. Dulles is also accessible by taxi; fares are approximately \$50 one-way from downtown DC.

[Reagan National](#) is located in Arlington, Virginia, approximately 5 miles from the center of DC. Hourly, daily, and long-term parking are available. The airport is accessible via the Metro with its own stop on the Blue and Yellow Lines. Shuttles also run between the Metro station and the main Terminal A. The airport is also accessible by bus, with [Metrobuses](#) connecting the National Mall and Arlington National Cemetery stopping at the base of the subway station. Taxi fare is approximately \$15 one-way from downtown DC. [Amtrak](#) and [Greyhound](#) also service this airport.

Transportation to and from airports is also offered by chauffeur services and [SuperShuttle](#). SuperShuttle is a door-to-door shared ride van service that will pick you and your luggage up before the flight for a flat rate, depending on how far they have to travel. [The Airport Shuttle](#) and [GO Airport Shuttle](#) are other door-to-door airport shuttle services servicing the DC metro area.

Banking

In addition to the local and national banks listed under each region, there is also the opportunity to use banking that is almost totally online. Companies providing such services include [ING Direct](#), [Chase](#) and [E*TRADE](#). There are advantages and disadvantages to using such a service; look into it fully before you decide where to keep your money.

Also, the NIH offers its own credit union, available for free to NIH employees and trainees and their families. Please see the [NIH Federal Credit Union](#) website for information on their loan rates, locations, account types, and so forth.

Craigslist

Craigslist.com is a great resource no matter which area of the country you are moving to. It provides a venue for people living in many major metropolitan areas to list things they wish to buy, sell or give away, or roommates they hope to find. There are also local job and housing listings. Take a look at the website from time to time if you have an identified need, as the website is updated by users on a daily basis. Keep in mind that this site is not monitored for the truthfulness of postings and so be on your guard when purchasing items or inviting people into your home. Similar services are provided by classified ads in local newspapers, such as the Washington Post and the Washingtonian.

Employment

If you or other family members are searching for a job in your new location, there are many internet resources that can provide helpful information. Some major national websites that provide job listings for many different types of employment include Careerbuilder, Careers.org, CareerJet.com, The Vault, Craiglist.com and Yahoo Careers. For medical or biotech jobs specifically, MedZilla offers employment listings at a variety of major employers.

Local newspapers are also a good source of information regarding area jobs. The Department of Labor is a good resource, not only for job searching, but also for information on other career fields. This includes average salaries and job projections for many different fields in the next several years. The Occupational Outlook Handbook also provides information on different jobs, such as training and education, earnings, and expected job prospects.

Finding Housing

In addition to Craigslist.com, there are many other national websites that provide information on apartments for rent throughout the country. The following list is by no means inclusive and you should use the Internet and other resources at your disposal to continue your search for quality, affordable housing: MyCheapApartments.com, Apartment Ratings, Apartment Guide, Apartments.com, Apartment Search and Rent.com. The NIH also maintains a housing website through R&W, the Recreation and Welfare Association at the NIH.

There are many factors to keep in mind when renting, especially when renting a home. These include whether or not the rent can be raised during the lease, who has access to the home, how utilities are handled, who to contact for maintenance, if you are allowed to sublet, and who controls the heat and air conditioning.

If you are looking to buy a home, some major realtors include Long and Foster, Coldwell Banker, Century 21, and Re/Max. For information on housing specifically in Virginia, the Virginia Association of Realtors maintains listings and information on the state's real estate market. You can use their or another real estate company's services or find a home on your own. Many newspapers and online housing sites also provide lists of homes for sale. Also, if you are a member

of NIHFCU, they have their own partnership with [CU Realty](#) that allows unlimited access to home listing databases, information on local schools, neighborhood demographics, and a cash rebate when you buy or sell through an approved agent.

One other thing to consider is a cost of living change between your current location and your final destination. There are multiple online cost-of-living calculators to help you assess what changes you can expect in prices and costs, as well as what sort of change in your salary is necessary to maintain your current standard of living. Websites such as [CNN Money](#), [Salary.com](#), and [BankRate.com](#) provide information on cost-of-living differences between major US metropolitan areas. [HomeFair.com](#) and the [Riley guide](#) also provide information on relocating, including cost of living and salary calculators, moving companies, and reports on local schools.

Grocery Stores

There are many specialized, local grocery stores throughout the Baltimore-Washington area that are not listed here, but these are some of the main grocery chains in the area:

[Albertsons](#)
[Bloom](#)
[Cost Plus World Market](#)
[Costco](#)
[Food Lion](#)
[Giant](#)
[Magruders](#)
[My Organic Market](#)
[Safeway](#)
[Trader Joe's](#)
[Weis Markets](#)
[Whole Foods Market](#)

For information on local grocery stores or stores featuring a particular type of food item, you can use a [Google search](#) or check your local phone directory.

Places of Interest

You can also use a [Google search](#) to find places of interest. Go to [Google Maps](#) and type in your address. From there you can click on “Find businesses” and then locate places of interest in your area by typing in a keyword describing what you are looking for (e.g. grocery store, restaurant, library, etc.). You can also search for directions to a particular location by clicking on “Get directions” and entering the address or cross street of your destination.

The [Places of Interest Guide](#) provides information on almost 2,000 places, including colleges and universities, hospitals, libraries, places of worship, post offices and metro stations. If you are looking for information on where to go in the area for food, nightlife, or entertainment, there are

multiple websites that provide this information. Some major websites include the [Washington Post](#) and the [Washingtonian](#) magazine. While these focus on what to do in the DC area, they also provide information about events in the surrounding areas. The Internet also has a wealth of independent resources discussing things to do in the DC area that may be of interest.

Places of Worship

[Verizon Superpages](#) offers a map-based search feature as well as a listing of places of worship by affiliation. You can also search via [Google](#) or [Mapquest](#) for places of worship located near you.

Post Offices

To find a post office in your area, visit the [USPS](#) website and click on “Locate a Post Office.” You can also use this website to purchase postage, track packages, find zip codes and change your address. [FedEx](#) and [UPS](#) also offer shipping services.

Statistics and Safety

For statistics on anything from cancer rates to employment to the environment, the Federal government maintains a [website of statistics](#). They are searchable by area and include international comparisons. The [United States Census Bureau](#) also maintains information on populations, income, and economic indicators.

Moving to Washington DC

There are a number of interesting and engaging things to see and do in the DC area, whether you live in the city itself or the surrounding area. Some websites that provide information on local activities are [Explore DC](#), [H-DC](#), [Washington DC.org](#) and [Cultural Tourism DC](#).

Some popular locations to visit include [The Smithsonian Institute](#), [The U.S. Holocaust Memorial Museum](#), [The National Archives](#), [The Library of Congress](#), [The National Library of Medicine](#), [The Folger Shakespeare Library](#) and [The National Mall](#).

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

Maps of the area can be found at [AboutDC.gov](#).

Animals and Pets

The [Washington Humane Society](#) provides information on donations and volunteering, as well as fostering and adopting pets. [GoodDogz.org](#) is a metro DC organization that supports dog rescue organizations and dog adopters by providing free resources for new pet owners. The [Washington Animal Rescue League](#) and [Friends of Homeless Animals](#) also provide options for adopting and volunteering.

Wildlife sanctuaries are located throughout the DC area. A list of these sanctuaries can be found at the [Metropets](#) website, along with information about local dog parks.

Banking

There are a number of both national and local banks serving the DC area. Some of these are listed below. However, this list is not inclusive and we encourage you to choose a bank that meets your financial needs. You can use the [Yellow Pages](#) or other online resources to find a complete listing of banks in the DC area.

[The Adams National Bank](#)

[Bank of America](#)

[Bank of Georgetown](#)

[BB & T](#)

[Chase](#)

[Chevy Chase Bank](#)

[Citibank](#)

[Eagle Bank](#)

[Industrial Bank](#)

[M & T Bank](#)
[PNC Bank](#)
[SunTrust Bank](#)
[Wachovia](#)
[Washington Mutual](#)

Child Care

Information on early child care and education is provided by the [Department of Education](#). Further information can be found at the [Education Center](#) website. The NIH also provides [child care](#) for its employees through the [Office of Research Services](#) but there is a wait list; you may need to seek external sources for child care.

Courts

For information on the courts system of DC, as well as self-representation, marriage licenses, and job listings, please visit the [District of Columbia Courts website](#).

Customer Service Operations

This [website](#) provides information on services provided to DC residents by the [Department of Public Works](#), [Department of Transportation](#), and [Department of Health](#). You can request anything from leaf collection to animal pick-up by calling the Mayor's Citywide Call Center at 311 or filling out a form (accessible via the [website](#)).

Dining

DC houses a wealth of international and specialty cuisines, both in the city and in the surrounding suburbs. Here are some websites with information about and reviews of many of the local restaurants:

[Active Diner](#)
[DC Pages Restaurant Guide](#)
[DC Registry Dining Guide](#)
[DineSite.com](#)
[Open Table](#)
[WashingtonDC.com](#)
[Washingtonian](#)
[Washington Post](#)

Employment

For those seeking employment in the DC area, there are many websites to assist you in your search. The [Washington Post](#) lists many local job opportunities, as does [DC Jobs](#).

For other similar employment websites, please visit [the DC government website](#). A list of [local employment agencies](#) is provided by the DC government and can help you find employment in the metropolitan area.

Employment information within Washington DC is provided by the [Department of Human Resources](#). Information for federal jobs can be found at [DC Job Source](#), [USAJobs](#), [FedJobs](#), and [GOVJOBS](#). The [Department of Employment Services](#) also provides job listings.

Farmers Markets

Farmers markets provide a venue for local farms and small businesses to sell their products in a centralized location. These markets can include anything from fresh fruit and produce to cider to baked goods to handmade soaps and furniture. The Washington Post has compiled a list of [local farmers markets](#), complete with websites, dates and times, and contact information. Generally farmers markets only operate in late spring, summer, and early fall. Contact individual markets for more details. [FreshFarm Markets](#) also provides information on Maryland and DC farmers markets.

Finding Housing

In addition to the [initial section](#) on finding housing, here are some websites and resources that might prove useful in finding acceptable housing:

[Apartment Showcase](#)

[Homes Database](#)

[Washington City Paper](#): (focuses on housing to share)

[The Washington Times](#)

For information on housing credits, taxes, and so forth, the following websites may be of service:

[DC Ownership Opportunities](#)

[First-Time Home Buyer Tax Credit](#)

[Home-Buying Workshops](#)

[Real Property Taxes](#)

[Rental Housing Commission](#)

[Tenant's Guide to Safe and Decent Housing](#)

Many neighborhoods in the DC area maintain [websites](#) with information about local events, neighborhood statistics, shopping, restaurants, and so on. Another resource for information by neighborhood can be found on the [Cultural Tourism website](#). [DC Pages](#) also provides information on many neighborhoods, as well as input from DC residents.

Local universities also provide housing information for their students that may prove useful to you in your housing search. Some of the universities with more helpful websites include:

[American University](#)
[The Catholic University of America](#)
[The George Washington University](#)
[Georgetown University](#)
[Howard University](#)

Healthcare and Hospitals

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

Your healthcare provider will be able to give you information about which hospitals and doctors are covered under your insurance. Listed are some of the major area hospitals. There are also medical facilities located in Montgomery County and in Virginia.

[Children's National Medical Center](#)
[The George Washington University Hospital](#)
[Georgetown University Hospital](#)
[Howard University Hospital](#)
[National Rehabilitation Hospital](#)
[Providence Hospital](#)
[Sibley Memorial Hospital](#)
[Washington Hospital Center](#)

K-12 Education

The District of Columbia website provides multiple ways to search for and evaluate schools throughout the District. They provide [school listings](#); you can also search for schools by [ward](#) or by [keyword](#). The website also features a "[compare schools](#)" function that provides lists of schools with particular characteristics, including alternative and charter schools. [Student performance statistics](#) can also be found on this website.

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

Information on preschools, K-12 schools and post-secondary schools, as well as parental support resources, can be found at the [District of Columbia's Education Center](#). Information on rules and regulations, types of schools, calendars, and so forth can be found at the [Education Center](#).

Libraries

For locations of libraries throughout the metropolitan area, please visit the [DC Library](#) website. The website also provides information on applying for a library card, checking out books, performing research and using library resources.

Newspapers

Newspapers in the area include the [Washington Post](#) and the [Washington Times](#). These newspapers provide not only information about daily news, but also have sections on jobs, real estate, classified ads, and so forth. The [Washingtonian](#) is a monthly magazine providing news stories as well as ratings by DC area residents on restaurants, doctors, and schools, and information on events, travel, homes and other topics of interest.

Newspapers in DC specifically include the [Washington City Paper](#), which provides information on music and entertainment and the [Washington Business Journal](#).

Performing Arts

General information on performing arts in the DC area is provided by a number of sources, most prominently by the local papers. Information on particular events can also be found on the respective websites. Here are some major performing arts groups and venues in the area and their corresponding websites.

[Arena Stage](#)

[Birchmere](#)

[Capitol Hill Arts Workshop](#)

[Clarice Smith Performing Arts Center](#)

[Daughters of the American Revolution Constitution Hall](#)

[District of Columbia Arts Center](#)

[Folklore Society of Greater Washington](#)

[Ford's Theatre](#)

[Lisner Auditorium](#)

[Kennedy Center](#)

[National Theatre](#)

[Shakespeare Theater Company](#)

[Strathmore](#)

[Studio Theatre](#)

[Warner Theatre](#)

[Washington National Opera](#)

[Washington Performing Arts Society](#)

[Wolf Trap Foundation for the Performing Arts](#)

[Woolly Mammoth Theatre Company](#)

Other popular music venues, both large and small, can be found at DC's [Resident Resource Center](#).

Post-Secondary Education

For information on training opportunities, please visit the Training portion of the DC Government's [Resident Resource Center](#). Some local universities also provide training and education in [career development areas](#). For further information you can also directly contact local educational institutions.

There are a number of colleges and universities in the DC area. These include:

[American University](#)
[Catholic University of America](#)
[Gallaudet University](#)
[George Washington University](#)
[Georgetown University](#)
[Howard University](#)
[University of the District of Columbia](#)

Other schools in the DC metro area also offer 2-year, 4-year, graduate and professional education.

Recreation

The [Department of Parks and Recreation](#) provides information on parks in the DC area. There is also a [National Arboretum](#) and the [National Park Service](#), as well as the [National Zoo](#), which is located in Rock Creek Park. The [DC Registry](#) also provides information on recreation groups within the city. For specific venues for parks and recreation areas in DC, please visit the appropriate link: [tennis courts](#), [swimming pools](#), [senior recreation program centers](#), [recreation centers](#), [large parks](#), [triangle parks](#), and [unstaffed parks](#).

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

Local area sports leagues include [The Amateur Softball Association](#), [The DC Metro Senior and Adult Baseball League](#), [Mid-Atlantic Volleyball](#), [Neighborhood Athletic Association](#), [Northwest Washington Little League](#), and [The Onsports Soccer League](#).

There are likewise many local sports organizations. Among these are [Bike Washington](#), [Capital Rowing Club](#), [DC Registry Sports Page](#), [DC Road Runners](#), [DC Ski](#), [Kayak and Canoe Club](#), [Washington Area Bicyclist Association](#). The NIH also sponsors its own [Recreation and Welfare Association](#). This group provides discount recreation tickets and organizes events for the NIH community; membership is a nominal yearly fee.

Statistics and Safety

For information on local crimes statistics by neighborhood, as well as monthly and yearly crime statistics, visit the [Metropolitan Police Department](#). You can also find your [police district](#), or get more information about a particular district.

[Important phone numbers](#), including numbers of the [Department of Public Works](#), [Poison Center](#), and [the Metropolitan Police Department](#), can also be located online.

Taxes

For information on DC taxes, including property, income, and business taxes, please visit the [Office of Tax and Revenue](#). This website also provides information about earned income tax credits and tax rates and revenues. For information on Federal income taxes for [individuals](#), please visit the [IRS website](#). There is also online information for Federal [business](#) and [small business](#) taxes.

Transportation

One of the most common forms of public transportation is run by the Washington Metropolitan Area Transit Authority, commonly referred to as [Metro](#), which provides both rail and bus service throughout the greater DC area.

[Amtrak](#) provides train services in DC and the surrounding area. The main station in DC is Union Station, located close to the Capitol and accessible via Metrorail and Metrobus. Commuter rail is also available via [MARC](#), which provides rail service in the greater DC area, including Maryland and West Virginia. [Virginia Railway Express](#) also provides service to Virginia locations.

Buses are also available to take you out of the DC area. [Greyhound](#) and [Peter Pan](#) provide service into and out of DC and across the country. Both Virginia and Maryland also have their own local bus systems that sync up with the Metro systems.

If you are interested in riding your bike to work or around town, DC maintains a website regarding [bicycle routes](#) in the DC area, as does the [Department of Transportation](#) for the District.

Utilities

For information on energy deregulation, visit the website compiled by the [Washington Post](#).

Electricity is provided by [Potomac Electric Power Company](#) (PEPCO) and other companies such as [Baltimore Gas and Electric Company](#) and [Allegheny Power](#). Gas is provided by companies including [Washington DC Gas](#), [Baltimore Gas and Electric Company](#), also [Chesapeake Utilities](#). [American Water](#) services the DC area's water needs. Telephone services are provided by companies including [Cox Communications](#), [Qwest](#), and [Verizon](#). Some major cable providers include [Comcast](#), [Verizon](#) and [RCN](#).

Sewer and public works are provided by the [DC Sewer and Water Authority](#) and the [Department of Public Works](#), respectively. The [Washington Post](#) has assembled a list of some of the many Internet providers in the DC area. Information on recycling, including what is recyclable in DC, can be found at the [Office of Recycling website](#).

This list is not necessarily inclusive. There may be other providers of these utilities in the area. Likewise, depending on where you live, certain companies may be required to provide you with particular services. Please bear that in mind as you choose your utility companies.

Vehicle Registration and Driver's Licenses

For information on obtaining license plates and a DC driver's license, or to register your vehicle, please visit the [Department of Motor Vehicles](#) website. They provide information on local outposts where you can take advantage of these services as well as information on vehicle inspections, towed vehicles and obtaining parking permits. Upon moving to DC you only have 30 days to obtain a driver's license. Keep in mind that getting a license in DC might change your state of residency, which could have implications for residency decisions should you plan on attending a state college or university. Many places in DC also require you to register your car or get a parking permit for street parking. Because this varies based on where in DC you live, you can look into this in more detail when you decide upon a place of residence within the district.

Volunteering

DC maintains one of the largest volunteering networks of any major US metropolitan area. Visit the links below for access to some of the opportunities available to DC area residents:

[DC Cares](#)

[DC Citizen Corps](#)

[Georgetown: DC-Based Volunteer Opportunities](#)

[Global Youth Service Day](#)

[Mentoring Programs](#)

Moving to Maryland

The [Maryland State Website](#) provides a wealth of information on services provided to Maryland residents. It includes information on environmental issues, housing programs, veteran's affairs, camping and museums, resources for funding of higher education, and motor vehicle laws and restrictions, amongst other things. For these and other resources, or for information on other sources of information for you and your family as you move into the area, please visit their website.

Animals and Pets

[The Dog Kennel](#) provides an online resource for finding kennels in your area, as well as training, grooming and other pet services. For a list of veterinarians, check your local phone directory or visit [VetWeb.net](#).

Farmers Markets

Farmers markets provide a venue for local farms and small businesses to sell their products in a centralized location. These markets can include anything from fresh fruit and produce to cider to baked goods to handmade soaps and furniture. The Maryland Department of Agriculture compiled a list of [local farmers markets](#), complete with contact information, dates, times and locations. Generally farmers markets in this area operate from May through October, but check with individual markets to confirm availability.

Finding Housing

In addition to the general housing websites mentioned [elsewhere](#) in this document, local universities often provide their students with resources for finding off-campus housing that might be useful to you. Some universities with especially helpful websites are [Johns Hopkins University](#) and [University of Maryland](#). For information and statistics on cities within Maryland, including information on typical employment, crime ratings and distance from other nearby cities, please visit [City-Data.com](#). The state provides a brochure with information on the [Homeowners Property Tax Credit](#). For previous sale information and current taxes on any particular home, visit the [Maryland Department of Assessments and Taxation](#). Also, keep in mind that oral leases are legal in Maryland, but it is always wise to get your contract in writing.

Libraries

Visit the [Maryland Public Libraries](#) website for locations of libraries throughout the state of Maryland. For further information on specific libraries, visit their individual websites.

Newspapers

In addition to the newspapers servicing the DC area, such as the [Washington Post](#) and the [Washingtonian](#), many of which also cover events in the greater metropolitan area, [The Gazette](#) includes information on many Maryland community newspapers.

Taxes

Maryland State Tax information is available from the [Comptroller of Maryland](#). The Internet also provides information on [assessment and taxation](#). Federal income tax information can be found at the [Internal Revenue Service](#) website.

Vehicle Registration and Driver's Licenses

The [Motor Vehicle Association](#) provides information on getting tags, title, registration, and driver's licenses for you, your family and your car. All vehicles must pass the state Vehicle Emissions Inspection Program. Their website also provides hours and locations of offices. You can also ask for information on car seat laws and obtaining licenses for new drivers. Keep in mind that you are expected to obtain a Maryland state license within 60 days of moving to the state. Also, obtaining a driver's license in a new state might have implications for residency, should you be planning to attend a state college or university.

Moving to Frederick

Frederick County maintains a [tourism website](#) with further information about shopping, dining, and attractions in the area. The [city of Frederick](#) also maintains a website with information on everything from taxes to parking tickets.

Animals and Pets

The [Animal Control Division and Shelter](#) provides shelter to and adoption services for homeless animals and works to prevent animal cruelty and abuse. The [Frederick County Humane Society](#) also provides services for abandoned pets and facilitates adoptions.

Banking

In addition to some of the national banks that service the Frederick area, there are also regional and local banks that are available for your financial needs. Here are some financial institutions that may help you transition to the Frederick area:

[Bank of America](#)
[BB & T](#)
[Chevy Chase Bank](#)
[Farmers and Mechanics Federal Savings and Loan](#)
[M & T Bank](#)
[PNC Bank](#)
[SunTrust Bank](#)
[Wachovia](#)
[Wells Fargo](#)
[Woodsboro Bank](#)

Child Care

The [Maryland Committee for Children](#) provides resources on finding licensed child care and out of school activities for children of all ages. [Frederick.com](#) also provides resources for finding local child care.

Dining

[EatInFrederick.com](#), [DineSite.com](#) and [Frederick.com](#) all provide listings and rankings of local restaurants. [The Guide to Frederick](#) also provides information on dining and restaurants in the Frederick area, as well as local entertainment venues and events.

Employment

Some websites providing employment information specific to the Frederick County areas include [Frederick County Workforce Services](#), the [Frederick County government](#), and [The Frederick News Post online](#). The last resource is the newspaper for the Frederick area.

Finding Housing

In addition to the [general housing information](#) provided at the beginning of this document, Frederick County has a [Housing and Community Development](#) team committed to providing housing for all residents, especially low income and special needs populations. Some websites, such as [HomeGain.com](#) and [Frederick Home Finder](#), may be able to help you locate a home in the area.

Healthcare and Hospitals

[Frederick Memorial Hospital](#) is the local hospital in Frederick. The website provides information on services and the hospital as well as a service that allows you to search for doctors in your area. [Advanced Urgent Care of Frederick](#) also provides medical services.

K-12 Education

[Frederick County Public Schools](#) maintain information on how to enroll your child as well as information on schools, their policies and calendars, and transportation to and from schools. [Private School Review](#), [Frederick.com](#), the [local school directory](#) and [Private Schools Report](#) all provide information on private schooling in Frederick County.

Libraries

Information on the [Frederick County Public Libraries](#), including their locations, hours, and catalog listing, can be found on their website.

Newspapers

The [Frederick-News Post](#) is the main newspaper for the Frederick County area. Their website provides information on regional activities and hosts classified ads for jobs, housing, and so forth. [Gazette.Net](#) and the [Washington Post](#) also report on this region.

Performing Arts

The [Weinberg Center for the Arts](#) provides performing arts services to the community. Their website features an online calendar and the option to buy tickets via the Internet. The [Delaplaine Visual Arts Education Center](#) provides classes for children and adults and also features exhibits throughout the year. [Celebrate Frederick](#) also provides information about local activities and events.

Post-Secondary Education

The following schools are located in or near Frederick and can provide both college and university level education:

[Frederick Community College](#)
[Frostburg State University](#)
[Hood College](#)
[Mount St. Mary's University](#)
[The University of Maryland](#)

Recreation

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

Statistics and Safety

For crime statistics in Frederick, please visit the [Frederick County](#) website. The *Baltimore Sun* also put out rankings of the safety of many Maryland cities; this information can be found on their [website](#). [CityRating.com](#) also provides ratings of city safeness as determined by general crime reports.

Transportation

Public Parking is handled by the [Department of Public Works](#). In addition to operating parking garages and meters, they also oversee the resident parking program, handle handicapped parking, and distribute “no parking” signs for weddings, funerals, and so forth.

In addition to airports in the DC metropolitan area, Frederick boasts its own [municipal airport](#). Information on this airport, as well as requirements for maintaining your own plane at this airport, is available at their website.

For information on public transportation, including schedules, fares, and a system map, visit the Frederick County [TransIT official website](#).

Utilities

For water and sewer information, please visit the [Department of Public Works](#) website. Further information can be found at the [Utilities and Solid Waste Management](#) website.

Refuse and recycling services are provided either by Frederick City or by Frederick County, depending on the service provided. For a list of services rendered, as well as which entity is responsible for these services, please visit the [Department of Public Works](#) website. Guidelines for residential solid waste services can be found on the [city of Frederick](#) website.

Information on recycling can be found via the [Frederick County Government](#) website. This website contains information on curbside and satellite recycling as well as information on recycling of unusual substances such as motor oil, grass, pesticide containers and Christmas trees.

Companies that provide electric service to Maryland include [Pepco](#), [Allegheny Power](#), and [BGE](#), among others. Gas is provided by [BGE](#), [Chesapeake](#), [Washington Gas](#), and other companies. Check the [Maryland Public Service Commission](#) website to determine what company offers service in your area.

Volunteering

Food banks and soup kitchens welcome volunteers. The [Frederick Community Action Agency](#) maintains a list of programs. You can also contact local places of worship and non-profit organizations for further information about volunteer opportunities. More volunteer opportunities can be found on the [city of Frederick](#) website.

Voting

For information on voter registration, finding your polling place, and absentee ballot information, as well as other election information, the [Frederick County Board of Elections](#) is available to assist you with your needs.

Moving to Montgomery County

For information on general services offered to residents of Montgomery County, including information on health programs, education, parks and recreation, public safety, career opportunities, taxes, and transportation, please visit the [Montgomery County](#) website.

Animals and Pets

The Montgomery County [Division of Animal Control and Humane Treatment](#) issues animal-related licenses and permits, investigates animal cruelty and nuisance, and manages a rabies prevention program. The animal shelter provides rescue, care, adoption, and return of pets to their owners. The Montgomery County branch of the [Society for the Prevention of Cruelty to Animals](#) also provides information on how to adopt or foster a pet, as well as volunteer information.

Forms to obtain a license for your pet can be found online at the [Montgomery County Police Department website](#). If you are experiencing wildlife nuisance problems, such as birds in your attic or groundhogs under your porch, please contact [Animal Control and Humane Treatment](#).

Banking

In addition to some of the national banks that service Montgomery County, there are also regional and local banks that are available for your financial needs. While this list is not inclusive, it names some financial institutions that may help you transition to the area:

- [Bank of America](#)
- [BB & T](#)
- [Chase](#)
- [Chevy Chase Bank](#)
- [Citibank](#)
- [Columbia Bank](#)
- [Mid-Atlantic Federal Credit Union](#)
- [Montgomery Teachers Federal Credit Union](#)
- [M & T Bank](#)
- [National Institutes of Health Federal Credit Union](#)
- [Navy Federal Credit Union](#)
- [PNC Bank](#)
- [SunTrust Bank](#)
- [United Bank](#)
- [Wachovia Bank](#)
- [Washington Mutual Bank](#)

Child Care

The [Maryland County Child Care Resource and Referral Center](#) is a service of [the Department of Health and Human Services](#) and works with the [Maryland Child Care Resource Network](#) to provide information on child care in the community. The [Maryland Committee for Children](#) likewise provides services for parents, including a search for licensed child care and for out-of-school activities. The NIH also provides [child care](#) for its employees through the Office of Research Services but there is a wait list; you may need to seek external sources for child care.

Dining

Rankings provided by [The Washington Post](#) and [The Washingtonian](#) provide their information about restaurants and dining within Montgomery County.

Finding Housing

In addition to the [initial section](#) providing general housing information, [Montgomery County](#) provides information regarding apartments in the area. This information is searchable by city name, apartment name, and geographic area.

Healthcare and Hospitals

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

There are also hospitals in DC and in Virginia, many of which have specialty areas, but this list includes many of the larger Montgomery County hospitals.

[Adventist Healthcare](#)
[Holy Cross Hospital](#)
[Laurel Regional Hospital](#)
[Montgomery General Hospital](#)
[National Naval Medical Center](#)
[Shade Grove Adventist Hospital](#)
[Suburban Hospital](#)
[Washington Adventist Hospital](#)

K-12 Schools

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

the child has been in school before, bring his or her most recent report card from the previous school.

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

Newspapers

Newspapers in the area include the [Washington Post](#) and the [Washington Times](#). These newspapers provide not only a source of information about daily news, but also have sections on jobs, real estate, classified ads, items available for purchase, and so forth. The [Washingtonian](#) is a monthly magazine providing news stories as well as ratings by DC area residents on restaurants, doctors, and schools, as well as information on events, travel, homes and other topics of interest.

Performing Arts

Montgomery County, and especially Bethesda, houses a large number of independent and community theaters. Some of these are specifically for children or summer theater but many have performances throughout the year. The following list is not inclusive but names some of the major venues and companies:

[Adventure Theatre at Glen Echo Park](#)
[American Film Institute](#)
[Arts in Rockville](#)
[BlackRock Center for the Arts](#)
[F. Scott Fitzgerald Theater](#)
[Gildenhorn/Speisman Center](#)
[Imagination Stage](#)
[Intact Story Theatre](#)
[Montgomery County Performing Arts Society](#)
[The Montgomery County Playhouse](#)
[National Philharmonic](#)
[Olney Theatre Center](#)
[The Puppet Company Playhouse](#)
[Quotidian Theatre Company](#)
[Robert E. Parilla Performing Arts Center](#)
[Round House Theatre](#)
[Shaker Forest Festival](#)
[Silver Spring Stage](#)
[Soul in Motion Players](#)
[Strathmore](#)
[Victorian Lyric Opera Company](#)
[Wildwood Summer Theatre](#)

Post Secondary Schools

[Montgomery College](#) has locations in Germantown, Rockville and Takoma Park and provides post-secondary classes and degrees in a number of different fields. Johns Hopkins maintains a [Montgomery County Center](#) that offers more than 40 part-time graduate professional degrees and certificates. They offer evening and weekend classes and labs as well as a full-service library. The [University of Maryland at Shady Grove](#) also provides classes and educational services.

For more information on education throughout Maryland, visit the [Maryland State Department of Education](#).

Recreation

The [Montgomery County Department of Parks](#) provides park maps, facilities and trails as well as the option to register online for classes and programs. The [Recreation Department](#) includes information on community recreation centers, aquatic centers and programs, classes, sports, summer camps and more. The [Revenue Authority](#) includes information on golf courses in the area. For information on use of public facilities, including ball fields, please visit the [Montgomery County](#) website.

Established in 2001, the [Gilchrist Center for Cultural Diversity](#) provides services for the international community in Montgomery County. This includes workshops on English as a Second Language, basic legal assistance, and small business development, as well as information on cultural programs and volunteering.

The following websites provide information on some local areas of entertainment, including parks, golf courses, and museums. This list is by no means inclusive but provides a starting point for your search:

[Bethesda Urban Partnership](#)
[Glen Echo Park](#)
[Jewish Community Center](#)
[Montgomery County Culture](#)
[Montgomery County Golf Courses](#)
[National Capital Trolley Museum](#)
[The Ratner Museum](#)

Statistics and Safety

For crime statistics within Montgomery County, please visit the [Department of Police](#) website. Here you will find information on crimes, types of crimes committed, and the areas where they were committed. This is broken down by city and by area.

For safety tips put out by [Montgomery County](#), including information on car seats, carbon monoxide detectors, pool safety, and other household safety information, please visit the Montgomery County website.

Transportation

Public transportation in Montgomery County is largely serviced by [Washington Metro Area Transit Authority](#), which provides bus and subway services throughout the DC Metro Area. [Montgomery County](#) also provides its own resources for commuting, carpooling and public transit, and also maintains the [Ride On](#) bus system, which is an extension of the WMATA resources. [CommuterPage.com](#) also provides information on DC area transportation resources.

For information on bike trails within Montgomery County, the [County website](#) has a series of maps with bicycling paths, and the [Montgomery County Bicycle Map Project](#) is also working on developing inclusive maps of bicycle routes throughout the county.

Utilities

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

Electricity in the area is generally provided either by [Allegheny Power](#) or [Potomac Electric Power Company](#) (PEPCO). Depending on where you are located, other companies such as [Baltimore Gas and Electric](#) may provide your services. For information on electricity deregulation, visit the [Montgomery County](#) website. Gas is provided by [Washington Gas](#), [Baltimore Gas and Electric](#), [Chesapeake](#), or a number of other companies listed [here](#); you may also buy natural gas from natural gas suppliers. Water and sewer service is taken care of by the [Washington Suburban Sanitary Commission](#). For a list of telephone providers please see the Maryland Public Service Commissions' [utility listing](#). The major providers of cable television and high speed Internet are [Comcast](#), [RCN](#), and [Verizon](#).

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

Trash collection varies in different areas of Montgomery County. In some southern areas it is collected via independent companies. These collection fees are included in your property tax bill and collection occurs once a week on the same day as recycling pickup. In the rest of the county, residents contract with and pay independent trash collection companies. You can look under "Rubbish and Garbage Removal" in the phone book or online for names of companies. Remember to pay your hauler only for collection services. The disposal charge is included in your property tax bill. To find out which area you live in, visit the [Montgomery County](#) website.

For further information about [trash collection and recycling](#) in Montgomery County, please visit their website.

Volunteering

In addition to volunteer opportunities sponsored by local places of worship and non-profit organizations, Montgomery County sponsors volunteer opportunities within the [Fire & Rescue Service](#), [Health and Human Services Department](#), and [Police Department](#), to name a few. Please visit the [Montgomery County](#) website for more information on volunteer options.

Voting

For information on registering to vote, election district maps, and election results, please visit the Montgomery County [voting](#) website.

Moving to Baltimore

There are both urban and suburban residential areas in the Baltimore area. Baltimore City is largely urban and is at the center of the Baltimore region. Baltimore County includes the surrounding area and is larger than Baltimore city proper. Nearby counties include Anne Arundel, Carroll, Harford and Howard. There are pros and cons to both living arrangements. Many of the city's resources, including attractions, private schools, universities, hospitals, dining and nightlife, are nearby if you live in the city. Such residents also tend to have shorter commutes and a larger selection of housing types as well as more public transportation options. However, homes in Baltimore City tend to be smaller, older, and may not have yards. Parking can be more difficult, crime and poverty rates are higher. Suburban homes tend to be newer and larger, the neighborhoods are generally safer, public schools tend to have better standardized test scores than urban schools, and the homes are generally more convenient to larger shopping centers. However, suburban areas tend to have longer commutes, with traffic and congestion issues, and there is less variety in stores and restaurants than in the city.

Whatever you choose, we have provided some basic information on resources in the area and where to find help in pursuing your housing options. The [Live in Baltimore](#) website provides information on renting and buying homes, neighborhoods within the Baltimore area, and housing incentive and loan programs. Further information on Baltimore county, including business and human services, transportation, and public safety, can be found at the [Baltimore County](#) website.

Local universities also often offer information to their students about finding housing in the area. Some of the universities with especially helpful websites that may be of use to you in your housing search include the [Maryland Institute College of Art](#), [Towson University](#) and the [University of Baltimore](#).

Multiple websites provide information on local events within the greater Baltimore area. These websites often provide calendars, maps, and ticket information for the many events occurring throughout the year. Here are some websites to help you locate such events:

[Baltimore Area Convention and Visitors Association](#)

[Baltimore City Paper Online](#)

[Baltimore Office and Promotion of the Arts](#)

[Baltimore Sun Online](#)

Animals and Pets

[Baltimore County](#) provides information on laws and regulations governing pet ownership and licenses, as well as adoptions and volunteering. Adoption and volunteer information is also provided by the [Maryland Society for the Prevention of Cruelty to Animals](#) and the [Baltimore Animal Rescue and Care Shelter](#).

Banking

In addition to some of the national banks that service the Baltimore area, there are also regional and local banks that are available for your financial needs. Here is a list of some financial institutions that may help you make your transition to the Baltimore area:

[1st Mariner Bank](#)
[M&T Bank](#)
[Baltimore County Savings Bank](#)
[Bank of America](#)
[Chesapeake Bank](#)
[Columbia Bank](#)
[First Union](#)
[Harbor Bank of Maryland](#)
[The Johns Hopkins Federal Credit Union](#)
[Mercantile Bankshares Corporation](#)
[Provident Bank](#)
[SunTrust Bank](#)

Child Care

The [Baltimore County Public Library](#) system offers information on child care and development, especially as it pertains to literacy. They also maintain information on local libraries and their programs for children as well as choosing good quality child care.

Dining

The following are websites that provide listings and ratings of restaurants in the Baltimore area:

[AOL City Guide](#)
[Baltimore Area Convention and Visitors Association](#)
[Baltimore Sun](#)
[Dine Baltimore](#)
[Dining Guide](#)
[Gayot.com](#)

Employment

Some resources for employment specific to the Baltimore area include the [City of Baltimore](#), classified listings in the [Baltimore Sun](#), the [Mayor's Office of Employment Development](#) and [The Employment Guide](#).

Finding Housing

[General housing information](#) is provided in the first section of this guide. The [Baltimore Sun Classified Ads](#) allow you to search by county, price, or housing type. This is the largest newspaper

in Maryland and can provide you access to a variety of resources. Websites such as [Baltimore Apartments](#) and [Baltimore Sublet](#) can also provide information on apartments and temporary housing.

If you are looking to buy a home in the area, the [Baltimore Sun classified ads](#) will again prove useful. Some areas of Baltimore County also offer discounts to [first-time home buyers](#). Please visit the website to see if you qualify.

Hospitals

Along with providing medical services, these hospitals may be able to provide you with names of physicians and specialists in your area:

[Franklin Square Hospital](#)
[Greater Baltimore Medical Center](#)
[Harbor Hospital](#)
[The Johns Hopkins Hospital](#)
[Mercy Medical Center](#)
[St. Agnes Hospital](#)
[St. Joseph Medical Center](#)
[Sinai Hospital](#)
[Union Memorial Hospital](#)
[University of Maryland Medical Center](#)

K-12 Schools

If you are planning on enrolling and registering your child in a Baltimore School, the [Baltimore City Public Schools](#) maintain a website where you can find information on which school district you reside in. If you want to pursue education options outside of your zoned area, you will need a Student Transfer Application. These options include [charter schools](#), many of which have a different curriculum than the city schools. Each of these schools also has a different admission process. Children in K-8 are expected to attend their zone school though you can transfer to out-of-zone schools. For grades 9-12, there are [Baltimore City High Schools](#) without entrance criteria in addition to zoned schools and schools *with* entrance criteria. Any student can apply to the schools without criteria or remain in their zoned school. The [Maryland State Department of Education](#) also provides information on testing results from public schools.

To register your child you will need to contact the school and make an appointment. The school will tell you which documents you need to bring but it will likely include a proof of address, birth certificate, immunization record, and recent report card. The [local departments of education](#) can also provide further information on schools in the area and registering and enrolling your child.

For those living outside Baltimore City but still in [Baltimore County](#), visit the county website for information on registering your student, schools in your area, and regulations and restrictions

concerning zoning and charter schools. If you wish to enroll your child in non-public (including private) schooling in Baltimore County, the [Maryland State Board of Education](#) maintains a list of the approved schools. You can visit their website for a list of non-public schools and from there navigate specifically to private or publicly funded special schools.

There are also many [private schools](#) in the Baltimore area. This list is by no means inclusive and we encourage you to pursue other institutions as you desire.

Markets

Baltimore has a long history of markets providing everything from fresh and prepared foods to tourist attractions and cultural events. Visit the individual web pages for information on what specific products and services each market provides, as well as their times and locations. The markets include [Avenue Market](#), [Broadway Market](#), [Cross Street Market](#), [Hollins Market](#), [Lexington Market](#), and [Northeast Market](#).

Newspapers

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

Performing Arts

The Baltimore area houses multiple theaters in addition to the performing arts resources provided by the DC metro area. There are also a number of theaters at local universities, but these are some of the other companies that perform in the area:

[The Audrey Herman Spotlighters Theatre](#)
[Baltimore Actors' Theatre](#)
[Baltimore School for the Arts](#)
[The France-Merrick Performing Arts Center - The Hippodrome Theatre](#)
[Richard Barry - Classical Guitarist](#)
[Round House Theatre](#)

Post-Secondary Education

The following schools are located in or near Baltimore and provide either or both college- and university-level education. This list is by no means inclusive but provides a starting point for locating advanced educational resources within the area.

[Baltimore Hebrew University](#)
[Baltimore International College](#)
[College of Notre Dame of Maryland](#)
[Coppin State University](#)

[The Johns Hopkins University](#)
[Loyola College in Maryland](#)
[Maryland Institute College of Art](#)
[Morgan State University](#)
[Towson University](#)
[University of Baltimore](#)
[University of Maryland, Baltimore](#)
[University of Maryland School of Medicine](#)

Recreation

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

Statistics and Safety

For crime statistics in Baltimore, please visit the [Baltimore Department of Police](#). [CityRating.com](#) and [FedStats](#) also provide information on crimes committed and areas they were committed in within the greater Baltimore area.

Transportation

The Maryland Transit Administration oversees the main means of public transportation in the state of Maryland. They provide services including: [Metro](#) subway, which services the greater DC area via a series of subways, buses, and shuttles; [Light Rail](#); [MARC](#) train, which has routes from Baltimore to Washington DC, as well as servicing two other lines; and other services. Visit the [Maryland Transit Administration](#) for more information.

If you are interested in bicycling in the Baltimore Area, the [Baltimore Bicycling Club](#) provides information routes, maps, and local biking events.

Utilities

Some types of utilities have multiple providers, whereas some do not. For a complete list of utility companies, and for a listing of companies providing telephone service, please see the Maryland Public Service Commission's [utility listing](#).

Electricity and gas are provided by multiple companies, including [Allegheny Power](#), [Potomac Electric Power Company](#) (PEPCO), and [Baltimore Gas and Electric](#). For information on electricity deregulation, visit the [Montgomery County](#) website. Water and sewer service is provided by the [Washington Suburban Sanitary Commission](#).

Volunteering

Individual groups, including non-profits, hospitals, and places of worship, often maintain their own listings of volunteer opportunities. Some websites that also provide such information include:

[Baltimore County](#)
[BVU's Volunteer Center](#)
[Live Baltimore](#)
[The Maryland Zoo in Baltimore](#)
[Volunteer Firemen's Association](#)
[Volunteer Match](#)

Voting

For information on voting in the city of Baltimore, please visit the [city website](#). For voting in Baltimore County, the [county](#) provides information on finding your polling place, registering to vote, and casting your ballot.

Moving to Virginia

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

Animals and Pets

There are a number of resources to adopt a pet in the Northern Virginia area. These include [Friends of Homeless Animals](#), which also services the greater DC area, the [Humane Society of Fairfax County](#), and the [Society for the Prevention of Cruelty to Animals](#) of Northern Virginia.

To get a license for your pet, you must vaccinate it against rabies. Keep in mind that the Arlington County Code prohibits more than three dogs per household unless approved by the zoning administration and you obtain a kennel license. For more information on these and other regulations, including instructions for obtaining a license, please visit the [Arlington County](#) website.

Banking

There are a number of both national and local banks serving Virginia. Some of these are listed below. However, this list is not inclusive and we encourage you to choose a bank that meets your financial needs. You can use the [Yellow Pages](#) or other online resources to find a complete listing of Virginia banks.

[American National Bank and Trust Company](#)

[Bank of America](#)

[BB&T Bank](#)

[Farmers and Merchants Bank](#)

[The Fauquier Bank](#)

[First National Bank](#)

[Greater Atlantic Bank](#)

[PNC Bank](#)

[Shore Bank](#)

[Summit Community Bank](#)

[SunTrust Bank](#)

[United Bank](#)

[Wachovia](#)

[Washington Mutual Bank](#)

[Wells Fargo Bank](#)

[The World Bank](#)

Child Care

The [Virginia Department of Social Services](#) provides information on, and a search engine for, licensed child care throughout the state. Other sites with similar information include [DayCareVirginia.com](#), [Child Care Central](#) for Fairfax County, [Private School Review](#), and the [Fairfax County Website for Schools and Training](#).

Dining

There are many websites devoted to finding the best restaurants in different cities. Listed below are some websites with recommendations and reviews of restaurants in Virginia.

[ArlingtonVirginia.com](#)

[Chef Moz](#)

[DC-Restaurants.com](#)

[DineSite.com](#)

[DiningVirginia.com](#)

[Top Restaurants](#)

[Virginia is for Lovers](#)

[The Washington Post](#)

[The Washingtonian](#)

[WineCountry.com](#)

Employment

For information on finding employment information specific to Virginia, your local newspaper and [CareerConnect](#), [Virginia Employment Commission](#), and [Virginia Jobs](#) may prove good resources.

Farmers Markets

Farmers markets provide a venue for local farms and small businesses to sell their products in a centralized location. These markets can include anything from fresh fruit and produce to cider to baked goods to handmade soaps and furniture. For information on farmers markets in Fairfax County, please visit the [county website](#). This site includes hours, locations, and contact information. Arlington County also offers a [farmers' market](#) with information on seasonal items, recipes, and producers, in addition to hours and directions of the market.

Finding Housing

In addition to the [general information](#) provided in the first section of this guide, there are multiple websites developed by realty associations, etc. that you may find relevant for finding housing in northern Virginia. These include [the Housing and Community Services of Northern Virginia](#),

[Northern Virginia Real Estate](#), [American Home Guides](#), [Washington Metro Builders' Realty Council](#), and the [Northern Virginia Association of Realtors](#).

Healthcare and Hospitals

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

There are a number of hospitals serving the DC metro area; major hospitals in Virginia include [Fairfax Surgical Center](#), [Inova Health System](#), and the [Virginia Hospital Center](#). Please contact your health care provider to find out if these hospitals are supported by your health insurance.

K-12 Education

The [Virginia Department of Education](#) provides information on public schooling throughout the state of Virginia, including finding a school within your division. Some of the private schools in the Virginia portion of the greater DC metro area are also [listed online](#).

Libraries

Hours, locations, and directions to libraries in [Fairfax county](#) and [Arlington county](#) can be found on their respective websites.

Newspapers

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

Performing Arts

The DC area is home to a wide variety of independent and community theaters. Many are also located in Virginia, including some historic venues. The following list is not inclusive but names some of the major venues and companies:

[American Music Stage](#)
[Center for the Arts](#)
[Elden Street Players](#)
[Fairfax Symphony Orchestra](#)
[McLean Community Center](#)
[Patriot Center at George Mason University](#)
[Reston Community Players](#)
[Richard J. Ernst Community Cultural Center](#)
[Theater of the First Amendment](#)
[Wolf Trap](#)

Post-secondary Education

Virginia is home to many educational institutions, some of which are the oldest in the country. A list of some of the ones that are closest to the DC metro area is provided below, but there are many more places to continue your education throughout the state.

[The College of William & Mary](#)
[George Mason University](#)
[Hampton University](#)
[Marymount University](#)
[Norfolk State University](#)
[The University of Northern Virginia](#)
[University of Virginia](#)
[Virginia State University](#)

Recreation

The following is a list of some of the major parks and entertainment venues within northern Virginia. This list is by no means inclusive but provides a good starting point for your search, especially regarding local parks. DC and Maryland also have a number of recreational areas, as does West Virginia.

[FCPA Golf Courses](#)
[George Washington Memorial Parkway](#)
[Great Falls Park](#)
[Greater Reston Arts Center](#)
[Green Spring Gardens](#)
[Huntley Meadows Park](#)
[Lakefront Parks](#)
[Mason Neck State Park](#)
[McLean Project for the Arts](#)
[Northern Virginia Regional Park Authority](#)
[Penderbrook Golf Club](#)
[Pleasant Valley Golf Club](#)
[Vienna Arts Society Gallery](#)
[Westfields Golf Club](#)

Statistics and Safety

For statistics on larger Virginia cities, including jobs, home sales, crime rates, and so forth, [city-data.com](#) provides a recently compiled list of this information. Individual cities and counties often provide such information on websites for their law enforcement personnel.

Taxes

Information in Virginia state taxes can be found on their [Department of Taxation](#) website. Federal income tax information can be found at the [Internal Revenue Service](#) website.

Transportation

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

[Washington Metro Area Transit Authority](#) also reaches into areas of northern Virginia, providing bus and metro service for commuters and residents. More information, including routes and schedules, can be found on their website.

For those who wish to bike in the Virginia area, [Arlington County](#) provides several [bicycling maps](#). [Fairfax County](#) likewise provides bicycling information and [maps](#).

Utilities

Utility information for Arlington County:

Cable companies include [Comcast of Arlington](#), [Cox Communciations](#) and [Verizon](#). Electricity is provided by [Dominion Virginia Power](#), [Northern Virginia Electric Cooperative](#), and [Appalachian Power](#), among others. [Washington Gas](#), [Columbia Gas of Virginia](#), and [Virginia Natural Gas](#), among other companies, supply natural gas to your home. Phone service is provided by multiple companies, including [Verizon](#), [AT&T](#) and [Cox Communications](#). For trash, recycling, sewer and water services, contact the [Arlington County Utilities Services Office](#).

Utility information in Fairfax County:

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

Vehicle Registration and Driver's Licenses

Information on registering your car in Virginia, as well as obtaining your driver's license, can be found at the [Virginia Department of Motor Vehicles](#) web site. You have 60 days from moving to

the state to register your car and get a driver's license. Also, obtaining a driver's license in a new state might have implications for residency, should you be planning to attend a state college or university. If you live in Arlington County, you will also have to register your car with the county. Basic information, including a list of FAQ, is provided [here](#).

Volunteering

[Arlington County](#) provides a website with information on community and citizen participation. In addition to this website, many places of worship and local charities also sponsor events and are always searching for willing volunteers.

Voting

For information on voting in Virginia, check out the [Virginia State Board of Elections](#) website. This provides information on registering to vote, information the candidates and elections, and how to go about absentee voting.

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For comments regarding this document, please contact Dr. Patricia Sokolove at sokolovp@mail.nih.gov.