

# Resource Guide for International Spouses

Produced by  
International Student and Scholar Services  
American University  
Chemayn Gray  
Coordinator of International Family Program  
(202) 885-3355 (202) 885-3354 fax  
**[cgray@american.edu](mailto:cgray@american.edu)**

## **WELCOME**

This resource guide is designed for international students and their dependents as a way to ease your transition from your home country to the U.S. You are an important part of our community and we want you to feel as comfortable as possible here in the Washington, DC, area.

If you have any questions or updates to this guide, please let us know as your input is invaluable. We look forward to meeting you soon and wish you a safe journey.

## Table of Contents

Utilities.....	1
Cable TV.....	1
Cell Phone Companies.....	1
Internet Phone Companies.....	1
Local Post Office.....	2
Local Banks.....	2
DC Motor Vehicle.....	3
Transportation.....	3
<b>Shopping.....</b>	<b>4</b>
❖ Household Supplies.....	4
❖ Pharmacies.....	4
❖ Shopping Malls.....	4-5
❖ Electronics and Computer Needs.....	5
❖ Furniture Stores.....	5
❖ International Grocery Stores.....	6
❖ Outdoor Food/ Seafood/ Flea Markets.....	7-14
<b>DC Coffee/ Tea Shops.....</b>	<b>15</b>
<b>English Classes.....</b>	<b>16-17</b>
<b>Community Agencies &amp; Immigration Services.....</b>	<b>17</b>
<b>Children’s Section.....</b>	<b>18</b>
❖ Immunization/Health.....	18
❖ Public Schools.....	18-20
❖ Child Care Service Providers.....	21
❖ Department of Recreational Services.....	22
❖ Children’s Museum.....	23
❖ ZOO’S & Aquarium.....	24
❖ Fun Day Trips.....	25
❖ Amusement/Theme Parks.....	26
❖ Family Magazines/Newspapers.....	27
<b>Health Information.....</b>	<b>28</b>
❖ Insurance.....	28
❖ Hospitals.....	29
❖ Gyms.....	30
<b>Religious Centers.....</b>	<b>31</b>
<b>Finding a Volunteer Job.....</b>	<b>31</b>
❖ Suicide & Rape Centers.....	32
❖ Mentoring.....	33
❖ Keeping People Healthy.....	33
❖ Giving Food & Shelter.....	33-34
<b>Foreign Language Book Store.....</b>	<b>35</b>
<b>Museum’s 4 Everyone.....</b>	<b>36</b>
<b>Amusement Parks 4 Everyone.....</b>	<b>36-37</b>
<b>Theatres.....</b>	<b>38</b>
<b>Walking Tours 4 Everyone.....</b>	<b>38</b>
<b>Cultural Activities.....</b>	<b>38</b>
<b>Parks &amp; Gardens.....</b>	<b>39</b>



## **UTILITIES**

The following listing provides information on how to obtain heat, water, electricity and telephone for your home. Please be advised that when opening a utility account you may experience delays and additional cost due to lack of a credit history. These extra costs are usually refunded upon disconnection of services.

### **VERIZON Telephone**

Please call the numbers below to set up service.

DC 202-954-6263

MD 301-954-6260

VA 703-954-6222

<http://www.verizon.com>

### **Washington Gas**

101 Constitution Avenue, Washington, DC  
703-750-1400 or 1-800-752-7520.

<http://www.washingtongas.com/start.cfm>

### **Washington Water**

5000 Overlook Avenue, SW

Washington, DC 20032

202-787-2000

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

### **PEPCO Electric**

I 701 Ninth Street, N.W.

Washington, D.C. 20068-0001

202-872-2000

<http://www.pepco.com/index.asp>

## **CABLE TV COMPANIES**

These companies also provide internet and phone services

### **Comcast Cable Services**

[www.comcast.com](http://www.comcast.com)

### **Cox**

[www.cox.com](http://www.cox.com)

### **Satellite Cable**

[www.DirectDishSatelliteTV.net](http://www.DirectDishSatelliteTV.net)

## **CELL PHONE COMPANIES**

### **Sprint**

[www.sprint.com](http://www.sprint.com)

### **Cingular**

[www.cingular.com](http://www.cingular.com)

### **Boost Mobile**

Tel: 888-BOOST-4U

[www.boostmobile.com](http://www.boostmobile.com)

### **T-Mobile**

[www.t-mobile.com](http://www.t-mobile.com)

### **Verizon Wireless**

[www.verizon-wireless.com](http://www.verizon-wireless.com)

## **ALTERNATIVE PHONE COMPANIES**

These companies provide phone service via your internet connection

### **Sun Rocket**

Tel: 800-786-0132

[www.SunRocket.com](http://www.SunRocket.com)

### **Skype**

[www.skype.com](http://www.skype.com)

### **Vonage**

Tel: 1-877-4von-001

[www.vonage.com](http://www.vonage.com)

## **Local Post Office**

You will be able to send and receive mail and packages, send money overseas, purchase stamps and a whole lot more at your local post office.

4005 Wisconsin Avenue, NW  
Washington, DC 20016  
202-842-333

Hours: Monday - Saturday 8:00am-6:00pm  
Sunday 10:00am-2:00pm

<http://www.usps.gov>

## **International Shipping Services**

Air or shipping worldwide transportation services, freight, package, envelope, shipping, tracking, rates, transit times & package management.

### **International Shipping**

Call Toll Free: 800-752-6773

[www.discount-shipping.net](http://www.discount-shipping.net)

### **DHL Global**

1-800-CALL-DHL or 1-800-225-5345

<http://www.dhl-usa.com/home/home.asp>

### **FedEx**

1-800-Go.FedEx OR 1-800-463-3339

[www.fedex.com](http://www.fedex.com)

### **UPS**

1-800-782-7892

[www.ups.com](http://www.ups.com)

## **DC Area Banks**

### **Chevy Chase Bank**

AU Main Campus

1-800-987-BANK (out of area)

[www.chevychasebank.com](http://www.chevychasebank.com)

### **PNC Bank**

4835 Massachusetts Avenue, NW

Washington, DC 20016

1-877-PNC-1000

[www.pncbank.com](http://www.pncbank.com)

### **Suntrust**

3301 New Mexico Avenue, NW

Washington, DC 20016

800-876-8787 or TDD 800-854-8965

[www.suntrust.com](http://www.suntrust.com)

## DRIVER'S LICENSE

### **DC**

**202 727-5000**

<http://dmv.washingtondc.gov/serv/dlicense/getlicense.shtm>

### **Maryland**

**301 729-4550 or 1800 950-1682**

<http://www.mva.state.md.us/DriverServ/Apply/apply.htm>

### **Virginia**

**703 761-4655**

<http://www.dmv.state.va.us/webdoc/citizen/drivers/index.asp>

## TRANSPORTATION

The easiest and fastest way to get around the DC area is through the Washington Metro system. Please check out their website for cost and arrival times.

202 637-7000

<http://www.wmata.com>

For a comprehensive list of **TAXI CABS, BUSES, TRAINS, CAR POOLING, VAN POOLS, CAR SHARING, AIRPORT SERVICE** and fees.

<http://www.commuterpage.com/index.cfm>

## TAXI CABS

### DC

- **American Cab Association**, (202) 398-0529
- **A-S-K Enterprises Inc.**, (202) 726-5430
- **Automotive Care Center Inc.**, (202) 554-6877
- **B & B Transportation Service**, (202) 561-5770
- **Best Cab Association**, (202) 265-7834
- **Capitol Cab Co-Op Association**, (202) 546-2400
- **Capital Motors**, (202) 488-1370
- **Central Cab**, (202) 484-7100
- **Checker Cab Association**, (202) 398-0532
- **City Cab**, (202) 269-0990
- **Classic Cab Company**, (202) 399-6815
- **Coastline Purchasing Corporation**, (202) 462-4543
- **Courtesy Cabs Inc.**, (202) 269-2600
- **DC Express Auto Shop Inc.**, (202) 526-5656
- **DC Express Cab Association**, (202) 484-8516
- **DC Flyer Cab Association**, (202) 488-7611
- **Delta Cab Association**, (202) 543-0084
- **Dial Taxicab Radio Service**, (202) 829-4222

- **Diamond Cab**, (202) 387-6200
- **Elite Cab Association**, (202) 529-0222
- **Empire Cab**, (202) 488-4844
- **E & P Transportation Service Inc.**, (202) 399-0711
- **Executive Cab Company**, (202) 547-6351
- **Fairway Cab Association**, (202) 832-4662
- **Family Transportation**, (202) 291-4788
- **General Cab Co-Op Association**, (202) 462-0200
- **Georgetown Cab Association Inc.**, (202) 529-8979
- **Globe Cab Company**, (202) 232-3700
- **Gold Star Cab Company**, (202) 484-5555
- **Hill Top Cab Association**, (202) 529-1212
- **Holiday Cab Association**, (202) 628-4407
- **HTT**, (202) 484-7100
- **Lincoln Cab Auto Repair**, (202) 484-2222
- **Meritt Cab**, (202) 554-7900

### Montgomery Co. MD

- **Action Taxi**, (301) 840-1222, No wheelchair accessible vehicles
- **All County Cab**, (301) 924-4344

- **Barwood Transportation**, (301) 984-1900
- **Checker Cab**, (301) 816-0066
- **Montgomery Taxi Cab**, (301) 762-2001,  
Only 1 wheelchair accessible vehicle
- **Regency Cab**, (301) 990-9000

#### Arlington, VA

- **Airport Metro Connection**, (703) 413-4667
- **Arlington Yellow Cab Company**, 24 Hour  
Dispatch: (703) 522-2222  
Wheelchair accessible cabs are available with 3 hour  
advance request. Yellow Cab also honors
- **Blue Top Cab Company**  
24 Hour Dispatch: (703) 243-TAXI (8294)  
Web: [www.bluetop.com](http://www.bluetop.com)  
*Wheelchair accessible taxicabs are available by  
advance request.*
- **Crown Cab Company**, (703) 528-0202

- **Red Top Cab Company**  
24 Hour Dispatch: (703) 522-3333

#### Alexandria, VA

- **Alexandria Yellow Cab Inc.**, (703) 549-2502
- **Diamond Cab Company**, (703) 548-7505
- **King Cab Company**, (703) 549-3530

#### Falls Church, VA

- **Airport Express**, (703) 241-9747
- **Dulles Yellow Cab**, (703) 437-9100
- **Falls Church Yellow Cab** (703) 534-1111
- **Red Top Cab of Fairfax** (703) 333-3333

## SHOPPING

### HOUSEHOLD SUPPLIES

#### **K-Mart**

6411 Riggs Road, Hyattsville, MD.  
301-125-3102.  
1-866-KMART-4U

**Directions:** Take the green metro line to the Fort  
Totten station and then take the R2 or R3 bus.  
<http://www.kmart.com/home.jsp>

#### **WalMart Stores**

1-800-966-6546  
<http://www.walmart.com/>

#### **Linens n' Things**

202-244-9025  
1-866-568-7378

**Directions:** (Pentagon City Station). Take the yellow  
metro line to Pentagon City station.  
<http://www.lnt.com/home/index.jsp>

#### **Rodman's**

5100 Wisconsin Avenue, NW.  
202-363-3466.

**Directions:** Take the red metro line to the Friendship  
Heights station, and then walk  
southwards <http://www.rodmans.com/>

#### **Target**

3001 Jefferson-Davis Highway, Alexandria, VA,  
1-800-440-0680 extension 1  
**Directions:** take the yellow or blue metro lines to the  
pentagon station. Take bus 9A or 9E to Target.  
[www.target.com](http://www.target.com)

#### **TJ Maxx**

5252 Wisconsin Ave., NW,  
800-285-6299

**Directions:** Take the red metro line to the Friendship  
Heights station. It is behind the Mazza Gallery.  
[www.tjmaxx.com](http://www.tjmaxx.com)

### PHARMACIES

#### **Rite Aid**

1-800-RITE-AID or 1-800-748-3243

**Directions:** The Foxhall Square mall is on the left side  
of New Mexico Avenue.  
<http://www.riteaid.com/>

#### **CVS**

4851 Massachusetts Avenue  
(near AU's Washington College of Law)  
1-888-607-4CVS

**Directions:** CVS pharmacy is located in the small  
shopping center (next to the AU law school) Take  
Law School AU shuttle bus.  
[www.cvs.com](http://www.cvs.com)

### Shopping Malls

**Crystal City Shops**, Arlington, VA,  
703-922-4636.

**Directions:** take the yellow or blue metro lines to the  
Crystal City station.  
<http://washington.dc.retailguide.com/data/m100521.htm>

**Fashion Center at Pentagon City,**

1100 South Hayes Street Arlington, VA 22202  
Arlington, VA, 703-415-2400.

**Directions:** take the yellow or blue metro lines to the Pentagon City station.

<http://www.simon.com/mall/default.aspx?ID=157>

**Georgetown Park**, 3222 M Street,  
Washington, DC, 202-298-5577

**Directions:** take AU shuttle to Wisconsin Avenue/Tenley Campus. Then take any even numbered 30 (30,32,34,36,38) bus south to M Street.

[www.shopsatgeorgetownpark.com](http://www.shopsatgeorgetownpark.com)

**Montgomery Mall**, 7101 Democracy Blvd., Bethesda, MD. 301-469-6000.

**Directions:** take the red line metro to the Grosvenor station, then take bus, number 47, toward the mall.

[www.westfield.com](http://www.westfield.com)

**Potomac Mills/Ikea**, 2700 Potomac Mill Circle,  
Woodbridge, VA. 703-643-1770.

**Directions:** drive on 395 south to the Woodbridge/Potomac Mills exit. For the bus service from DC call 703-551-1050.

[www.potomacmills.com](http://www.potomacmills.com)

**White Flint Mall**, Rockville, MD.  
301-468-5777

**Directions:** Take the red line metro to White Flint. Then take a White Flint shuttle bus which takes you directly to the mall.

[www.shopwhiteflint.com](http://www.shopwhiteflint.com)

**Union Station**, 50 Massachusetts Ave, NE.  
202-371-9441 or 800-872-7245

[www.unionstationdc.com](http://www.unionstationdc.com)

**Landmark Mall**, 5801 Duke Street,  
Alexandria, VA. 703-354-8405

**Directions:** Take the blue Line to the Pentagon station, exit the station and take Metrobus 21B toward Landmark to the Duke Street & Walker Street stop. Or take Blue Line to the Van Dorn station. Then take Dash 5 Bus toward Braddock

Road Metro or the 25B Metrobus toward Ballston to the Landmark Shopping Center stop.

[www.landmarkmall.com/html/Mallinfo.asp - 22k](http://www.landmarkmall.com/html/Mallinfo.asp - 22k)

**Springfield Mall**, 6500 Springfield Mall, Springfield, VA. 703-971-3600.

**Directions:** Take Blue Line to the Franconia-Springfield station. Then take the Metrobus S80 Springfield Circulator-Metro Park Shuttle (TAGS) to Springfield Mall.

[www.springfieldmall.com](http://www.springfieldmall.com)

**Prince Georges Plaza**, East-West Highway,  
Hyattsville, MD 301-559-8844.

**Directions:** Take the Green Line to the Prince Georges Plaza station and walk 1 block north on Belcrest Road.

<http://www.princegeorgesplaza.com/pages/index.jsp>

## Electronics & Computer

**Best Buy**, Tenleytown, 202-895-1580

**Directions:** Take AU shuttle to Tenley Town, walk towards Tenley Town Metro. You will see it across the street.

[www.bestbuy.com](http://www.bestbuy.com)

**Radio Shack**, Tenleytown,  
202-537-0600

**Directions:** Take AU shuttle to Tenley Town. Walk up towards Metro Entrance, take a right. Radio Shack is on your right hand side.

[www.RadioShack.com](http://www.RadioShack.com) .

**Circuit City**, Pentagon City Mall,  
703-418-2290

**Directions:** Take the yellow or blue metro lines to the Pentagon City station. One of the exits takes you directly to the main mall.

[www.circuitcity.com](http://www.circuitcity.com)

## **Furniture Stores**

Dollar signs show how much you might spend when shopping.

**\$ Inexpensive    \$\$ Moderate    \$\$\$ Expensive**

### **\$\$Crate & Barrel**

4820 Massachusetts Ave., NW, 20016  
202-364-6100  
[www.crateandbarrel.com](http://www.crateandbarrel.com)

### **\$\$\$Danker**

1211 S. Fern St., Arlington,  
703-416-0200

### **\$Ikea**

10100 Baltimore Ave., College Park,  
301-345-6552  
[www.ikea.com](http://www.ikea.com)

### **\$\$Marlo Furniture**

725 Rockville Pike Rockville, MD  
301-738-9000

### **\$\$\$Mastercraft Interiors**

1428 Rockville Pike Rockville, MD 20852 301  
301-770-0400  
[www.mastercraftinteriors.com](http://www.mastercraftinteriors.com)

### **\$\$Room Store**

1150 Rockville Pike Rockville, MD 20852  
301-762-6164  
[www.roomstore.com](http://www.roomstore.com)

### **\$\$\$Scan Furniture**

7220 Wisconsin Ave. Bethesda, MD 20815  
301- 656-2900  
[www.scanfurniture.com](http://www.scanfurniture.com)

### **\$\$Storehouse Furniture**

6700 Wisconsin Ave Bethesda, MD 20815  
301-654-6829  
[www.storehouse.com](http://www.storehouse.com)

### **\$\$\$Theodores**

2233 Wisconsin Ave.; Washington, DC  
202-333-2300

### **\$\$\$The Colony House**

1700 Lee Hwy., Arlington,  
703-524-1700  
[www.colonyhouse.net](http://www.colonyhouse.net)

## **Kids Furniture**

### **\$\$Babies R Us**

5700 Leesburg Pike Falls Church, VA  
703-575-9542  
[www.babiesrus.com](http://www.babiesrus.com)

### **\$\$\$Baby to Teen**

7145 Main Street Clifton, Virginia  
703-815-8600  
[www.baby2teen.com](http://www.baby2teen.com)

### **\$\$Buy Buy Baby**

1683 Rockville Pike Rockville, MD 20852  
301-984-1122  
<http://www.buybuybaby.com>

## International Grocery Stores

Dollar signs show how much you might spend when shopping.

\$ Cheap

\$\$ Moderate

\$\$\$ Expensive

### HALAL MEATS:

[www.aaagw.org/Washington/Halal\\_stores.htm](http://www.aaagw.org/Washington/Halal_stores.htm)

#### **Kosher Stores:**

[www.kosherdelight.com/kosherrestaurantsDC.htm](http://www.kosherdelight.com/kosherrestaurantsDC.htm)

#### **Asian Grocery Stores:**

[www.geocities.com/terpscribe/asian.html](http://www.geocities.com/terpscribe/asian.html)

[www.supermart.com/about\\_us/about\\_us.htm](http://www.supermart.com/about_us/about_us.htm)

### AMERICAN GROCERY STORES WITH ETHNIC FOOD

#### **\$Shoppers Food Warehouse**

[www.shoppersfood.com](http://www.shoppersfood.com)

#### **\$Rodman's Int'l Food & Chocolate, Small**

Appliances, Household items

5100 Wisconsin Avenue, NW

Washington, DC 20016

202-363-3466

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

#### **BULK FOOD**

Items purchased in large volume.

#### **\$\$BJs Wholesale**

Must purchase an annual membership: Food,  
Cleaning Supplies, Pharmacy, Electronics.

<http://www.bjs.com>

#### **\$\$Costco**

Must purchase an annual membership: Food,  
Cleaning Supplies, Pharmacy, Electronics,

1200 South Fern Street

Arlington, VA 22202

703-413-2324

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

#### **\$\$\$Sams Club**

Must purchase an annual membership

Food, Cleaning Supplies, Pharmacy, Electronics,  
Appliances

<http://www.samsclub.com>

### ORGANIC FOOD STORES

#### **\$\$Trader Joes**

6831 Wisconsin Ave.

Bethesda, MD 20815

301-907-0982

<http://www.traderjoes.com>

#### **\$\$Whole Foods**

4530 40th Street NW

Washington, D.C. 20016

202-237-5800

<http://www.wholefoods.com>

#### **\$Takoma Park Co-Op**

201 Ethan Allen Ave

Takoma Park, MD 20912

301-891-2667

### CARIBBEAN GROCERY STORES

#### **Caribbean Market**

7505 New Hampshire Ave

Langley Park,

301-439 5288

#### **Red Apple Market,**

7645 New Hampshire Ave,

Langley Park, MD

301-434 1810

#### **Marchone's,**

11224 Triangle Lane,

Wheaton, MD

### CHINESE GROCERY STORES

#### **Asian Foods Inc.**

2301 University Boulevard

Wheaton, MD

301-933-6071

#### **Chinatown Market**

(Also offers Japanese and Korean Foods)

521 H Street, NW

202-842-0130

**Maxim**  
4600 Hungerford Drive  
Rockville, MD  
301-279-0110

**Maxim**  
640 University Boulevard  
Silver Spring, MD  
301-439-0110

### **ETHIOPIAN GROCERY STORE**

**Dukem Ethiopian Market & Carry Out**  
1114 U. Street NW  
Washington, DC  
202-667-8735

### **GERMAN GROCERY STORE**

**German Deli**  
1331 H Street, NW  
Washington, DC  
202-347-5732

### **INDIAN GROCERY STORE**

**Indian Spices & Gifts**  
3901 Wilson Boulevard  
Vienna, VA  
703-522-0149

**Muskan Fine Indian Grocery**  
956 Thayer Avenue  
Silver Spring, MD  
301-588-0331

### **ITALIAN GROCERY STORE**

**A Litteri's**  
517 Morse Street NE  
Washington, DC  
202-544-0184

**Italia**  
8662 Colesville Road  
Silver Spring, MD  
301-588-6999

**Listrani's Italian Gourmet**  
5100 MacArthur Boulevard  
Washington, DC  
202-363-0619

### **JAPANESE GROCERY STORE**

**Daruma**  
6931-E Arlington Boulevard  
Bethesda, MD  
301-654-8832

### **KOREAN GROCERY STORE**

**Chang Joon Tae**  
3620 14<sup>th</sup> Street, NW  
Washington, DC  
202-722-4102

### **LATIN AMERICAN GROCERY STORE**

**Bodega Los-Primo**  
3170 Mt. Pleasant Street, NW  
Washington, DC  
202-332-8440

**Casa Lebrato,**  
1733 Columbia Rd NW,  
Washington, DC  
202-234-099

**El Progreso Market**  
3158 Mt. Pleasant Street, NW  
Washington, DC  
202-462-1151

**Americas Mercado Latino,**  
8651 16th St, Silver Spring,  
301 588 0882  
& 6303 New Hampshire Ave, Hyattsville,  
301-559 2927

**Brazilian Market,**  
11425 Grandview Ave,  
Wheaton, MD  
301-942-8412.

**La Salvadorenita Grocery,**  
11417 Georgia Ave,  
Silver Spring, MD  
301-942 8126

**Las, & Las Americas International Market,**  
785-E Rockville Pike  
Rockville, MD  
301-424 9550

**El Chaparral Meat Market,**  
2719 Wilson Blvd,  
Arlington, VA  
703-276-8336

## **MIDDLE EASTERN**

**Salaam Bakery**  
2849 Georgia Ave. NW  
Washington, DC 20001-0380  
202-265-1855

**Abdallas Newstand**  
3720 Rhode Island Ave.  
Mount Rainier, MD 20712-2009  
301-699-1131

**Dar Es Salaam**  
4000 34th Street,  
Mount Rainier, MD  
301-209-0010

**Bismillah Halal Meat**  
1401 University Boulevard,  
Langley Park, MD  
301-434-0051

**Bismillah Halal Meat**  
1401 University Blvd E,  
Hyattsville, MD 20783-4029  
301-434-0051

**Sabah Halal Meat**  
1366 Holton Ln,  
Hyattsville, MD 20783-4606  
301-434-8282

**Zam Zam Market**  
9017 Gaither Road  
Gaithersburg MD 20877  
301-840-2225

**International Super Market & Halal Meat,**  
1545 Rockville Pike,  
301- 816-9811

**Middle East Bazaar Inc**  
1010 Rockville Pike,  
Rockville, MD 20852-141  
301-309-9000

**Marhaba Bakery**  
12 North Washington St.  
Rockville MD 301-251-0941

**Rockville Gourmet Halal Meat**  
1331 Rockville Pike,  
Rockville, MD 20852-1444  
301-424-4444

**Middle East Market**  
7006 Carroll Avenue,  
Silver Spring, MD  
301-270-5154

**Crescent Halal Meats**  
2105 N Pollard St,  
Arlington, VA 22207-3811  
703-243-0444

**Arlington Grocery and Halal Meat Center**  
3425 Wilson Blvd,  
Arlington, VA 22201-2235  
703-527-9720

**Khyber Halal Market,**  
5216 Wilson Blvd,  
Arlington, VA  
703-525 8323

**Sharieff Halal Meat Market**  
5135 Lee Hwy,  
Arlington, VA 22207-1603  
703-536-4322

**Usman Halal Meat & Groceries**  
4221 Fairfax Dr,  
Arlington, VA 22203-1606  
703-527-7144

**Afghan Market**  
5709 Edsall Rd,  
Alexandria, VA 22304-4711  
703-212-9529

**Seven Stars Halal Market**  
6333b S Kings Hwy,  
Alexandria, VA 22306-1052  
703-660-6755

**Farrah Grocery & Halal Meat**  
156 Enterprise St B,  
Sterling, VA 20164-3276  
703-450-5531

**Asian Halal Meat & Spices**  
200 Old Ox Rd,  
Sterling, VA 20166-0941  
703-478-0002

**Mustafa Halal Market**  
13255 Occoquan Rd,  
Woodbridge, VA 22191-1041  
703- 490-1756

**Halal Food Company**  
10967 Lute Ct,  
Manassas, VA 20109-2440  
703-257-1383

**Assal Market**  
118 Maple Ave,  
Vienna, VA 22180-0572  
703-281-2248

**Al-Nakheel Gourmet & Butcher**  
S 334 Maple Ave W,  
Vienna, VA 22180-0561  
703 -938-4220

**Lebanese Butcher**  
113 E. Annandale Road  
Falls Church, VA, 22046  
703-533-2903

**Samadi Sweets**  
5916 Leesburg Pike,  
Falls Church, VA  
703-578-0606

**Yas Bakery and Pastries**  
114 E Fairfax St,  
Falls Church, VA 22046-2902  
703-237-9271

**Middle East Market**  
6039 Leesburg Pike,  
Falls Church, VA 22041-2203  
703-578-3232

**Halalco**  
108 E Fairfax St,  
Falls Church, VA 22046-2902  
703-532-3202

**Halal Meat Market**  
108 E Fairfax St,  
Falls Church, VA 22046-2902  
703-532-3202

**Afghan Bakery**  
134 Rear W Jefferson St,  
Falls Church, VA 22046  
703-241-7855

**Mount of Olives**  
3405 Payne St  
Falls Church, VA, 22041  
703-379-1156

**Astrolabe Pictures**  
585 Grove Street #300  
Herndon, VA, 20170  
800-392-7876

**Halal Meat and Spices**  
313 Spring St,  
Herndon, VA 20170-5212  
703-904-7000

**Afghan Mini Market**  
6566 Backlick Rd,  
Springfield, VA 22150-2801  
703-644-3954

**Afghan Halal Meat**  
6671 Backlick Rd,  
Springfield, VA  
703-569-0642

**American Halal Meat**  
7653 Fullerton Rd,  
Springfield, VA 22153-2835  
703-451-9240

## **THAI GROCERY STORE**

**Thai Market**  
902 Thayer Avenue  
Silver Spring, MD  
301-495-2779

## **OUTDOOR FOOD / SEAFOOD / FLEA MARKETS**

These outdoor “flea markets” consist of used clothing and furniture. You may also find arts, crafts and food at these sites. They do not usually accept checks and credit cards so have your cash ready. The following link below will provide you a list of farms around the DC area.

**Please call the following places before going as times may change due to weather.**

[http://www.eco-local.org/DC/LF\\_farm\\_markets\\_14.htm](http://www.eco-local.org/DC/LF_farm_markets_14.htm)

### **14th Street Heights Community Market**

[www.14thstreetheights.org](http://www.14thstreetheights.org)

Location: 4730 14th Street, NW Suite 300

Washington,DC 20011

Contact Information: Carole Boos

202-726-1804

### **Adams Morgan Farmers Market**

Location : 18th and Columbia Rd.

Washington DC, 20009

year round

### **Agora Farms Inc.**

on the corner of 7th & C Streets Southeast,  
Washington, DC.

Contact Information: Dan Donahue

*Saturdays 8:00 AM-5:00 PM,*

*Sundays 10:00 AM - 4:30 PM*

You can find some of the finest available vegetables, fruits, flowers, plants, Christmas trees & baked goods. Seasonal harvests are fresh from the Amish and Mennonite farms of Lancaster, Pennsylvania.

### **Anacostia Farmers Market**

[www.ams.usda.gov/farmersmarkets/Anacostia](http://www.ams.usda.gov/farmersmarkets/Anacostia)

Location: 1225 W St. SE

at Union Temple Baptist Church

Washington,DC 20032

Contact Information: Jodie Steiner

202-526-5344

Every Friday early June through late November,  
3 - 6:30pm

Locally-grown produce and handmade crafts and prepared foods by neighborhood vendors.

Seasonal special events include cooking demonstrations by local chefs, free samples, and a fall harvest festival. Tours for partnering farms also available.

### **Columbia Heights Community Marketplace**

[www.innercity.org/chcm](http://www.innercity.org/chcm)

Location: 14th and Irving St. NW

Washington,DC 20009

Contact Information : Bethany Spicher

Saturdays

CHCM is truly a community marketplace.

Located between the Columbia Heights metro stop, a bustling street, and a colorful mural, the marketplace represents the diversity of the neighborhood and provides fresh, local, good food for everyone. Area farmers - chemical-free and conventional - share space with neighborhood vendors who are selling everything from homemade cobbler to second-hand clothing. There's something different happening every Saturday: a community fair, a musical performance, a visit from the surplus bread truck. All summer long, CHCM is the best place to meet the neighbors on a Saturday.

### **DC Open Air Farmers**

<http://www.freshfarmmarket.org>

Location : RFK Stadium, parking lot 6,

Oklahoma Avenue and Benning Road,

Washington DC, 20002

Contact Information: Al Smith

202-678-0610

April-November

Tuesday, Thursday, Saturday, 7:00 a.m.- 5:00 p.m.

### **Dupont Circle Freshfarm Market**

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

Location: 20th Street, Northwest between Q Street and Massachusetts Avenue and the PNC Bank parking lot.

Washington,DC 20036

Contact Information: Bernadine Prince

202-362-8889

open every Sunday, rain or shine, 9 am to 1 pm, all year 'round.

The Dupont Circle FRESHFARM Market is a producer-only farmers' market. Only regional

growers from the Chesapeake Bay watershed region (DE, MD, PA, VA and WV) may sell at market. Brokers or resale vendors are not permitted to sell. The market is convenient to the DC metro -- Red Line, exit Dupont Circle North. Market includes "Chef at Market" cooking demonstrations as well as flower arranging, food sampling, food preservation demonstrations and activities for kids. Educational materials are available every week at the Market Information Table. A market newsletter is sent every week to let patrons know what will be at market. The market newsletter is available free by sending a message to [bernie@freshfarmmarket.org](mailto:bernie@freshfarmmarket.org)

#### **Eastern Market**

Location: 7th St. & North Carolina Avenue, SE Washington DC, 22032  
Contact Information : John Harrorld  
202-543-7293  
Open year round Saturdays & Sundays

#### **Georgetown Fresh Farm Market**

[www.freshfarmmarket.org](http://www.freshfarmmarket.org)  
Located in the Hyde Elementary School playground at 3219 O Street, NW., Washington,DC 20015  
Contact :Bernadine Prince  
202-62-8889  
Every Saturday morning from 8 am to 12 noon. The market season is usually from mid July through late October. You will find the freshest, seasonal foods from our regional farmers including fruits, vegetables, organic meats, handmade cheeses, breads, eggs, plants, flowers and more!

#### **Heritage Park Farm Stand**

Location:Division Avenue and Foote Street, NE Washington,DC 20019  
Contact Information: Steve Coleman  
202-GO-2-PARK  
May-October, Sat. from 9:00 a.m. to 1:00 p.m  
Located in the heart of a stream valley that is home to one of the nation's longest continuous African American urban populations, the Heritage Park Farm Stand is a miracle. Started by children in the neighborhood and now run by a team called the DC Park Savers, the farm market stands on the site of a former heroin market-- a powerful symbol of this once forgotten community renewing itself. Customers can find a variety of very fresh organic food grown nearby at the Urban Oasis farm led by Community Harvest, along with local music and celebration.

#### **Mt. Pleasant Farmers' Market**

located at the triangle of 17th, Lamont, and Mt. Pleasant Streets, in Washington D.C.  
2003 schedule:  
open every Saturday from May 31st through November 1st from 8 am to noon.

#### **North Capitol Neighborhood Farmers' Market**

Location: Corner of Florida Avenue and North Capitol Street, NW Washington,DC 20001  
Contact Information  
Matthew Payne  
202-483-2100  
June-September, Sunday Mornings from 10am - 2:30pm  
You will find farm fresh produce, hand-crafted items, and baked goods, as well as music and live entertainment.

#### **Penn Quarter Fresh Farm Market**

[www.freshfarmmarket.org](http://www.freshfarmmarket.org)  
Location :8th Street, NW, Washington,DC  
Contact Information: Bernadine Prince  
202-362-8889  
July-October, every Thursday from 3 pm to 7 pm,  
rain or shine producer-only farmers' market-Delicious locally grown foods, plants, handmade soaps, meats, cheeses, eggs and more are available every week.  
Closest Metros: Archives, Metro Center or Chinatown/MCI.

#### **U.S. Department of Agriculture Farmers Market**

[www.ams.usda.gov/farmersmarkets](http://www.ams.usda.gov/farmersmarkets)  
Location: Whitten Building parking lot Corner of 12th and Independence Avenue SW, WDC, 20250  
Contact Information:Nichole Holley  
800-384-8704  
May-November, Fridays 10:00- 2:00pm

#### **U.S. Department of Labor Farmers Market**

Location : in front of main entrance  
200 Constitution Ave. NW, Washington DC,  
Contact Information: Violet Graham  
202-219-5710 ext. 163  
June-October Thursdays, 10:00- 2:00pm

**U.S. Department of Transportation Farmer's Market**

Location: open pavilion within office complex  
400 7th Street NW, Washington DC, 20590  
Contact: Eileen Dyer 202-366-0674  
May-November, Tuesdays 10:00- 2:00p.m.

**Alexandria, VA**

**Del Ray Farmers' Market**

Location: Oxford & Mt. Vernon, Alexandria,VA  
Contact :Patricia A. Miller  
703-518-8767

**Kingstowne Farmers' Market**

Location: Kingstowne Center, off Manchester  
Lakes. Alexandria,VA 22315  
Contact :Sandy Flowers  
703-941-7987  
May-October  
4:00pm to 7:00pm

**Annandale, VA**

**Annandale Farmers' Market**

Location : Mason District Park 6621 Columbia  
Pike Annandale,VA 22003  
Contact:Sandy Flowers  
703-941-7987  
May-November 8:00am to 12:30pm

**Arlington, VA**

**Arlington Farmers' Market**

[www.arlingtonfarmersmarket.com](http://www.arlingtonfarmersmarket.com)  
Location: At the intersection of N. Courthouse  
Rd. and N.14<sup>th</sup> St., Arlington, VA22201  
Contact :Tom Tyler  
703-228-6423  
Year round, Saturdays, from 8:00 AM to noon  
Located one block from the Courthouse Metro  
stop on the Orange Line.

**Bethesda, MD**

**Montgomery Farm Women's Co-op Market**

Location: 7155 Wisconsin Avenue 7155  
Wisconsin Avenue  
Bethesda,MD 20814  
Contact: 301-652-2291  
June-October, Wednesday & Saturday 7:00 a.m.-  
3:00 p.m.

**Burke, VA**

**Burke Farmers' Market**

Location:VRE Parking Lot, 5671 Roberts  
Parkway,  
Burke,VA 22015  
Contact : Sandy Flowers  
703-941-7987  
May-November, 8:00am to Noon

**Cooksville, MD**

**Howard County Farmer's Market #3**

2350 Rt. 97, Cooksville, MD 21723  
Contact:R J Caulder  
410-442-1807  
[www.rjcaulder.com](http://www.rjcaulder.com)  
Every Saturday from June 12th until September  
18th. Hours 9:00am-12:00 noon.  
Offering the finest in vegetables, fruits, flowers,  
herbs, jams, goat's milk soaps, herbs, mustards,  
vinegars etc.  
Please join us!

**Dale City, VA**

**Prince William County Farmers' Market**

Location: Dale City Commuter Lot, Dale  
City,VA 22193  
Contact :Bonnie Adams  
703-670-7115

**Fairfax, VA**

**Fairfax Farmers' Market**

Location: Van Dyke Park on Old Lee Hwy.  
Fairfax,VA 22030  
Contact : Sandy Flowers  
703-941-7987  
May-October , 8:00am to Noon

**Mount Vernon Farmers' Market**

Location :Sherwood Regional Library 2501  
Sherwood Hall Lane, Fairfax,VA 22306  
Contact:Sandy Flowers  
703-941-7987  
May-November, 8:00am to Noon

**Falls Church, VA**

**Falls Church Farmers' Market**

Location: 300 Park Avenue  
Falls Church,VA 22046  
Contact:Howard  
703-241-5027

## **Frederick, MD**

### **Frederick Farm Market**

Church and East Street, Frederick, MD.  
2003 schedule: open every Thursday between  
June 5th through October 30th from 3-6 p.m.

## **Herndon, VA**

### **Herndon Farmers' Market**

Location: Old Town Herndon next to Red  
Caboose  
Herndon, VA 20170  
Contact: Sandy Flowers  
703-941-7987  
May-October, 8:30am to 12:30pm

## **Hyattsville, MD**

### **Prince George's Plaza Farmers Market**

Location: Prince George's Plaza East-West  
Highway Hyattsville, MD 20782  
Contact : Monica Marker  
301-432-8076  
May-November, Tuesdays 3:00 p.m.-6:00 p.m.

## **Manassas, VA**

### **Historic Manassas Farmers' Market**

Location: Center & West Streets (Gazebo Area)  
Manassas, VA 20110  
Contact : Tricia Davis  
703-361-6599

## **McLean, VA**

### **McLean Farmers' Market**

Location: 1659 Chain Bridge Road Lewinsville  
Park. McLean, VA 22101  
Contact : Sandy Flowers

703-941-7987

May-November, 8:30am to 12:30pm. Closed for  
McLean Day Celebration

## **Reston, VA**

### **Reston Farmers' Market**

Location: Lake Anne Village Center N. Shore  
Dr. & Village Rd, Reston, VA Contact: Sandy  
Flowers: 703-941-7987  
May-November 8:00am to Noon

## **Silver Spring, MD**

### **Silver Spring Farmers Market**

Location: Fenton Street Village parking lot  
Silver Spring, MD 20912  
Contact: 301-924-2960  
June-September, Saturdays, 7:00 a.m.-1:00 p.m.

## **Takoma Park,**

### **Takoma Park Farmers Market**

Location: Old Town section on Laurel Avenue  
between Eastern & Carroll Avenues  
Takoma Park, MD 20912  
Contact : 301-422-0097  
April-December, Sundays 10:00 a.m.-2:00 p.m.

## **Vienna, VA**

### **Vienna Farmers' Market**

Location: Nottoway Park on Courthouse Rd.  
between Nutley and Sutton, Vienna, VA 22181  
Contact : Sandy Flowers  
703 -941-7987  
May-October 8:00am to 12:30pm

## Coffee & Tea Shops

### **Tryst**

2459 18<sup>th</sup> Street NW  
Washington, DC 20009  
Tel: 202-232-5500  
[www.trystdc.com](http://www.trystdc.com)

### **Caribou Coffee**

1501 U Street, NW  
Washington DC  
Tel: 1-888-CARIBOU or  
1-888-227-4268  
[www.cariboucoffee.com](http://www.cariboucoffee.com)

### **Cake Love**

1501 U Street, NW  
Washington, DC  
Tel: 202-588-7100  
[www.cakelove.com](http://www.cakelove.com)

### **Mocha Hut**

4706 14<sup>th</sup> Street, NW  
Washington, DC  
Tel: 202-829-6200  
petworthdc.net

### **Teaism**

800 Connecticut Ave, NW  
Washington, DC  
Toll free: 888-8TEASIM  
[www.teaism.com](http://www.teaism.com)

### **Café Ole**

4000 Wisconsin Ave., NW  
Washington, DC  
Tel: 202-244-1330  
[www.tourofdc.org/restaurant/](http://www.tourofdc.org/restaurant/)

### **Dos Gringo Cafe**

3116 Mount Pleasant St, NW  
Washington, DC  
Tel: 202-462-1159  
[www.dosgringoscafe.com](http://www.dosgringoscafe.com)

### **Mayorga Coffee**

8090 Georgia Ave.  
Silver Spring, MD 20910  
Tel: 301-542-9090  
[www.mayorgacoffee.com](http://www.mayorgacoffee.com)

### **Baked & Wired**

1052 Thomas Jefferson St., NW  
Washington, DC  
Tel: 202-333-2500  
[www.bakedandwired.com](http://www.bakedandwired.com)

### **The Beanbag Coffee Shop**

14000 Old Georgetown Rd  
Bethesda, MD20814  
Tel: 301-530-8090  
[www.thebeanbag.com](http://www.thebeanbag.com)

## English Classes

### DC

**Berlitz** [recorded message] (202) 331-1160

**Carlos Rosario International Charter School** (free – all classes for DC residents only) (202) 234-6522

**English NOW** 4903 Montgomery Lane, Bethesda, MD 20814 (301) 718-3575  
[www.english-now.com](http://www.english-now.com)

**Center for Tutoring Mentoring & Enrichment**

6109 Broad Street, Bethesda, MD  
<http://www.Enrichmentcenters.com>

**Comprehensive Language Inc.**

4200 Wilson Boulevard Suite 950  
Arlington, VA 22203  
<http://www.comlang.com>

**Eurocentre**

101 North Union Street, Suite 300  
Alexandria, VA 22314  
<http://www.eurocentres.com>

**International Center for Language Studies Inc.**

727 15th St. NW Suite 400 (202) 639-8800  
[www.icls.com](http://www.icls.com)

**International Language Institute**

4301 Connecticut Avenue, NW  
(202) 362-2505

**Inlingua Language Service Center**

1901 N. Moore St. Arlington, VA 22209  
(703) 527-8666  
[www.inlinguadc.com](http://www.inlinguadc.com)

**Kaplan International Programs**

2000 L St. Suite 406 Wash., DC 20036  
[www.kaplan.com](http://www.kaplan.com)

**Language ETC.**

2200 California St NW (low-cost)  
(202) 387-2222

**Language Learning Enterprises**

1627 K Street, NW  
(202) 775-044  
<http://www.lle-inc.com>

**Lado** (202) 223-9265

**Sanz** (202) 628-5800

**Spanish Education Development [Sed] Center,**

1840 Kalorama Road, N.W (202) 462-8848

**USDA Graduate School**

600 Maryland Ave., SW WDC, 20024  
(202) 314-3662  
<http://grad.usda.gov>

### ARLINGTON

**Arlington Education & Employment Program (REEP)**

2801 Clarendon Blvd. (703) 228-4200

**Lado, 1550 Wilson Blvd** (703) 524-1100

**Sanz, 2938 Patrick Henry** (703) 237-6200

**School of Education** (703) 284-1560

**YMCA** 3422 North 13th St(703) 841-9465

### ALEXANDRIA

**Adult Learning Center,**

25 S. Quaker Lane (703) 461-4179

**NOVA - Alexandria Campus,**

3001 N. Beauford St. (703) 845-6200/6242

**TC Williams High School**

3330 King St (703) 824-6845

### BALTIMORE, MD

**Bilingual Education, ESOL & Foreign Languages**

(410) 396-8544

## **FAIRFAX**

**Adult ESL** (703) 714-5560

**Bilingual Information** (703) 714-5560

**English** [recorded] (703) 227-2361

**Farsi/Khmer** (703) 227-2365

**Korean** (703) 227-2363

**Spanish** (703) 227-2362

**Vietnamese** (703) 227-2364

**UMC Churches** (703) 841-0292

**Northern Virginia Community College - Annandale Campus,**  
8333 Little River Turnpike (703) 227-2362  
Information. (703) 323-300,  
**ESL Department** (703) 323-3291

## **FALLS CHURCH**

**George Mason High School,**  
7124 Leesburg Pike (703) 248-5686

**Willston Center** [Seven Corners]  
(703) 536-2049

## **MONTGOMERY, MD**

**Adult Education**  
<http://www.mcps.k12.md.us/adulted/ESOL/>  
(301) 517-5005

**PRINCE GEORGE'S**  
Adult Basic Education [ESOL Program]  
(301) 445-8450

**PRINCE WILLIAM**  
**ESL Classes** [Manassas, Quantico]  
(703) 791-2776

## **IMMIGRATION SERVICES**

The following sites assist internationals with **Asylum, Permanent Resident, H-1B, and Refugee** services.

**Arlington Employment Center,**  
3033 Wilson Blvd.  
[Refugee Counselors, call for an appointment] (703) 228-1433

**Arlington Free Clinic** [recorded message]  
2926 Columbia Pike [M-F, 9:00 am - 5:00 pm] (703) 331-1160

**Comite Hispano** [recorded message]  
[M-F, 8:00 am - 4:30 pm] (703) 671-5667,  
(703) 243-3033

## **Citizenship Information/Classes**

**Central Library** 1015 N. Quincy St. (703)  
228-5990

**Fenwick Center,** 800 S. Walter Reed Dr.  
[Refugees] (703) 228-5590

**Hispanos Unidos** (703) 533-9300

**Hogar Hispano** [literacy classes  
English/Spanish] (703) 534-9805  
6201 Leesburg Pike, Suite 307, Falls  
Church, VA 22044Fax (703) 534-9809

**Indochinese Community Center** (703)  
241-0300

**Literacy Council of Northern Virginia**  
3431-A Carlin Springs Rd  
(703) 575-7900

**Senior Citizen Center** (703) 228-6300

**Spanish Catholic Center,** Washington, DC  
(202) 483-1520

**Spanish Catholic Center,** Gaithersburg,  
MD (301) 417-9113

# PARENT'S & CHILDREN

## Public School Systems

The following websites will give you the information needed to enroll your child in your local area school system. You will find names of areas of schools

### DC Schools

<http://dcschoolsearch.dc.gov/schools/index.asp>

### Immunizations needed to enter DC school:

At entry, all DCPS students, including those in day care, must have:

- DPT (Diphtheria/Pertussis/Tetanus); OPV(Oral Polio Vaccine); MMR (Measles/Mumps/Rubella); Hib (Hemophilus Influenza type b); HepB (Hepatitis B); Varicella - if the child has not had chicken pox

**Note:** The HepB and Varicella requirements have been added within the last three years. Older students may not have received these immunizations. If your child is at or above the fifth grade, check to see if they are on his/her record.

All students at or above fifth grade should also have a Tetanus/Diphtheria booster shot, unless it has been less than five years since a previous immunization. Call: 202-442-5141.

## Free Immunization for your child

### Reeves Municipal Center

2000 14th Street, NW, Washington, DC  
Thursdays 4:30 pm

### Congress Heights Community Health Center:

Limited Numbers Seen  
3720 Martin Luther King Jr. Avenue, SE  
3rd Floor Wednesdays 5 pm

### District of Columbia Developing Families Center

Limited Numbers Seen  
801 17th Street, NE, Washington, DC  
(Between Benning Road and Maryland Avenue, on 17th Street near Hechinger Mall); 2nd & 4th  
Tuesday of each month, 4:30 pm

### Israel Baptist Church

Limited Numbers Seen  
1251 Saratoga Avenue, NE, Washington, DC  
(off 12th Street and Rhode Island Avenue, near Brentwood Road)  
1st Wednesday of each month 4:30 pm  
3rd Saturday of each month 12 pm

### DOH/Immunization Program

Limited Numbers Seen  
1131 Spring Road, NW, Washington, DC  
(Corner of 13th & Spring Road)  
Monday & Tuesday 10 am

## Arlington County Schools

<http://www.acps.k12.va.us/>

### How to Register and Immunization Requirements:

We are eager to enroll your child in our kindergarten program. According to Virginia law, your child must be five years old on or before September 30. To complete your child's registration, you must have the following documents:

1. Child's original birth certificate (a copy will be made in the school office).
2. Proof of an adequate series of immunizations against diphtheria, tetanus, whooping cough, polio, measles, mumps, rubella, chickenpox,\* and hepatitis B.
3. Proof of a physical examination given within 12 months of child's first day of school (including a lead screening assessment).
4. Written results of a PPD tuberculin skin test given within 12 months of child's first day of school (to include dates received and read).
5. Urinalysis and hemoglobin, hematocrit or iron-deficiency risk assessment within 12 months of child's first day of school.
6. Two different documents each proving Alexandria City residency (such as a rent receipt, lease agreement, utility bill, cable TV bill, or personal property tax receipt).
7. Child's social security card (a copy will be made in the school office).

\*All children born on or after January 1, 1997 are required to have the chickenpox vaccine.

If you wish to inquire about religious exemptions to the medical requirements or for more information on items 2, 3, and 4, call the school nurse at your assigned school.

### Registration for Children Born Outside the U.S. or Not Fluent in English

Kindergarten registration is held in the ESL Center for children who are not citizens of the United States or who are not fluent in English. Families who may need assistance because English is not their primary language may also register at the ESL Center. The ESL Center is located in Alexandria at 4701 Seminary Road in the Ellen Coolidge Burke Branch Library building (on the ground level). Hours and days to register are 9 a.m. to 2 p.m., Monday through Friday. Please call 703-461-6550 for more information.

The documents needed for registration at the ESL Center differ slightly. In addition to the above requirements, parents or guardians must also provide a social security card (for U.S. citizens and permanent residents). Parents of foreign-born children should bring the child's passport (if one has been issued) and a photo identification of themselves (such as a passport or driver's license).

## Fairfax County Schools

<http://www.fcps.k12.va.us/>

**Registration**, 703-876-5219, provides school enrollment for students whose home languages are other than English (Multilingual registrars are available to help families with limited English proficiency.); foreign exchange students and students requiring I-20 student visas; all students whose natural parents or legally adoptive parents do not reside in Fairfax County; tuition-paying students; and students in foster care placed by other Virginia counties or by out-of-state agencies.

To enroll a student, the following are required:

- the presence of a natural or adoptive parent (a photo ID of the parent may be requested)
- birth certificate
- proof of residency in Fairfax County, generally a lease or a deed
- Social Security number (requested)
- transfer slip or report card from the previous school and/or original transcripts

certificate of a recent (within 12 months) physical examination by a qualified licensed physician or licensed nurse practitioner, or licensed physician's assistant acting under the supervision of a licensed physician for students enrolling for the first time to preschool special education services (home resource or class-based), Family and Early Childhood Education program (FECEP), kindergarten, or elementary school.

Commonwealth of Virginia School Health Entrance Form (PDF document)

- Transfer students entering a Fairfax County elementary school must provide either records of a physical examination completed prior to enrolling in the previous school or a physical examination dated within the past 12 months.
- evidence of a negative tuberculin skin test (TST) and a negative symptom screen completed or a normal chest X-ray administered within 90 days for all students who have resided in a foreign country (with the exception of Canada, Western Europe, Australia, and New Zealand) during the last five years for a consecutive period of five or more months.
- **EVIDENCE OF REQUIRED IMMUNIZATIONS:** Virginia law requires every student to be immunized against certain diseases (see current version of Regulation 2101). Students lacking required documentation of immunizations will be barred from attendance. Objections based on religious grounds may be discussed with the principal.  
<http://www.fcps.edu/Directives/R2101.pdf>

Other registration forms that parents can print and fill out prior to registration include: Student Assignment Application and the Student Health Information forms. These forms need to be submitted by the parent or guardian at the time of registration.

Tuition is charged for students whose parents do not live in Fairfax County. Persons residing in jurisdictions adjacent to Fairfax County (including Montgomery and Prince George's Counties in Maryland and the District of Columbia) are not eligible for tuition-paying enrollment. Contact Student Registration, 703-876-5231, for enrollment of nonresident students.

## Montgomery County Maryland Schools

<http://www.mcps.k12.md.us/>

### Physical Examinations and Immunizations

A physical examination is required for students entering Maryland public schools for the first time or transferring from a private school. The examination must be done within nine months before or six months after enrollment. Please see the Maryland Department of Health and Mental Hygiene's "**Back to School Immunization Requirements.**"

### Acceptable Proofs of Full Immunization Compliance

- Maryland Immunization Certificate 896, or
- Computer generated printout from doctor's office

**Maryland Immunisation Requirements:** <http://edcp.org/html/schoolrequire.html>

Center for Immunization: (410) 767-6679

## **CHILD CARE SERVICE PROVIDERS**

Child Care Services means a service for a day or day to day care of a child or children of pre-school age, or such other age as from time to time may be prescribed

### **Maryland Committee for Children**

608 Water Street  
Baltimore, Maryland 21202  
Phone: 410-752-7588  
E-mail: [mcc@mdchildcare.org](mailto:mcc@mdchildcare.org)  
<http://www.mdchildcare.org>

### **Virginia Child Care Resource and Referral Network**

308 Turner Rd., Ste. Ave  
Richmond, VA 23225  
Toll Free: 866-481-1913  
E-mail: [Sharon.veatch@vacrrn.org](mailto:Sharon.veatch@vacrrn.org)  
Website: [www.vacrrn.org](http://www.vacrrn.org)

### **Washington Child Development Council**

1420 Columbia Rd., NW, Ste.201  
Washington, DC 20009  
Phone: 202-387-0002  
E-mail: [jcastillo@wcdc.net](mailto:jcastillo@wcdc.net)  
Website: [www.wcdconline.org/](http://www.wcdconline.org/)

### **Washington Parent.com**

This website offers a lot of information about the **centers that provide child care services from birth** and after hours care centers.

Phone: 301-320-2321 or  
E-mail: [washpar@washingtonparent.com](mailto:washpar@washingtonparent.com)  
[www.washingtonparent.com](http://www.washingtonparent.com)

### **Creative Child Development Center**

Licensed and accredited child care center offering a structured, yet creative program, which contributes to the physical, social, emotional and intellectual growth of the child. Warm, nurturing environment.

7:15 a.m.-6 p.m. Serving ages 15 months-5 years.  
[hudchildcarecenter@hud.gov](mailto:hudchildcarecenter@hud.gov), 451 7th St., SW, B-278, DC, 202-708-1935.

### **The Child Development Center of the First Baptist Church**

Since 1982, CDC-FBC has offered quality child care downtown. Nine classrooms, indoor gym, courtyard and playground are the secure setting for this nurturing Christian center. 7:30 a.m.-6 p.m. Serving ages 6 weeks-5 years. 202-328-1051, ext. 236.

1328 16th St. & O St. NW, DC,

### **French Maternal School of Georgetown**

For a unique traditional education where children are educated and nurtured in French. Hot lunches. 8:30 a.m.-5:30 p.m. Serving ages 2 1/2-5 years.

3115 P St., NW, DC, 202-276-0465.

### **The Reading Room Child Care Home**

Quality home-based child development program currently accepting applications. Daily activities promote artistic, cognitive, social/emotional and physical development. Two hot nutritious meals daily. Introduction to computer & field trips. Near Brookland/CU metro stop. 7 a.m.-6 p.m. Serving ages birth-4 years.

202-269-9027.

## **Department of Parks and Recreation:**

The following sites will keep you informed of the playgrounds, local classes, summer camps, hikes, and trails that are available in your neighborhood.

### **DC**

<http://dpr.dc.gov>

### **Montgomery County, MD**

<http://www.montgomerycountymd.gov/>

### **Arlington, VA**

<http://www.co.arlington.va.us/Departments/ParksRecreation/ParksRecreationMain.aspx>

### **Alexandria, VA**

<http://ci.alexandria.va.us/recreation/>

### **Fairfax, VA**

[http://www.co.fairfax.va.us/rec/ff\\_rec.htm](http://www.co.fairfax.va.us/rec/ff_rec.htm)

## **Children's Museums**

### **National Children's Museum**

955 L'Enfant Plaza North, SW  
Suite 5100 Washington, DC 20024  
Phone: 202-675-4120  
<http://www.ncm.museum>

### **Chesapeake Museum**

25 Silopana Road,  
Annapolis, MD 21403  
Phone: 410-990-1993  
<http://www.theccm.org>

### **Children's Museum of Richmond**

2626 West Broad Street  
Richmond, VA 23220  
Phone: 804-474-CM  
<http://www.c-mor.org>

### **Amazement Square**

27 Ninth Street  
Lynchburg, Virginia 24504  
<http://www.amazementsquare.org/>

### **Discovery Creek Children's Museum**

7300 MacArthur Blvd  
Glen Echo, MD  
202-337-5111  
[www.discoverycreek.org](http://www.discoverycreek.org)

### **Capitol Children's Museum**

800 3<sup>rd</sup> Street, NE  
Phone: 202-675-4120  
Saturday 10-5pm  
Free to (children two and under) and members.  
The Capital Children's Museum offers three floors of hands on interactive exhibits. Try out a do-it-yourself TV studio, explore a cave visit a miniature Mexican village, climb a pyramid, shroud. Check out a fire station, and delight in other popular attractions like the maze and bubble.  
[www.capitolchildrensmuseum.org](http://www.capitolchildrensmuseum.org)

### **Science Museum of Virginia**

2500 West Broad St.  
Richmond, VA 23220  
Phone: | 800- 659-1727 or 804-864-1400  
Harrisonburg, VA. 22803  
<http://www.smv.org/>

### **Virginia Discovery Museum**

524 East Main Street  
Charlottesville, VA 22902  
Phone: 434-977-1025  
<http://www.vadm.org>

### **Rose Hill Manor Children's Museum & Park**

1611 N Market St.  
Frederick, MD  
301-694-1646  
<http://www.museumusa.org/museums>

### **Port Discovery in Baltimore**

35 Market Place,  
Baltimore, MD 21202  
Phone: 410-727-8120  
<http://www.portdiscovery.org>

### **Harrisonburg Children's Museum**

Harrisonburg, VA. 22803  
Phone: 540-442-8900  
[www.hcmuseum.org](http://www.hcmuseum.org)

## **Zoos**

### **Reston Petting Zoo**

Zoofari wagon rides (included in admission fee) take young and old to see zebras, antelope, bison, ostrich, and lots more. Park staff leads regular animal demonstrations. The **Zoo** encourages animal interaction. There are plenty of places to get "up close and personal" with the animals. Animal feed and lamb bottles are available, too! You won't want to miss the alligators, camels, reptile house, or waterfowl. You will be amazed that such an opportunity is so close to you.

703-757-6222

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

### **The National Zoological Park**

3001 Connecticut Av, NW Washington  
202-357-2700

Directions: take the Woodley Park/Adams Morgan (red line)—uphill walk to zoo or take the Cleveland Park (red line) --- downhill walk to zoo.

[www.nationalzoo.si.edu](http://www.nationalzoo.si.edu)

### **The Baltimore Zoo,**

Druid Hill Park  
Baltimore,MD 21217  
410-396-7102

The Baltimore Zoo is a wild and wonderful 161-acre park that educates and entertains.

[www.baltimorezoo.com](http://www.baltimorezoo.com)

### **Mill Mountain Zoo,**

Roanoke,VA 24034  
540-343-3241

Exhibits 45 species of exotic and native animals on a ten acre site. Winding pathways and observation areas provide close viewing of such Siberian Tiger, Red Pandas, Golden Lion Tamarins, Hawks, Tree Kangaroos, and reptiles. A popular contact area includes goats and small mammals which children can learn about up close. During the summer season, programs are presented on the Zoo's amphitheater located at the top of Mill Mountain with beautiful views of the Roanoke Valley below.

Roanoke, VA 24034  
540-343-3241

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

### **Salisbury Zoological Park,**

Fun for the whole family!  
Salisbury,MD 21802  
410-548-3188

[zooed@salisburyzoo.org](mailto:zooed@salisburyzoo.org)

### **Leesburg Animal Park**

19270 James Monroe Highway -- Leesburg, VA  
20175

Leesburg Animal Park opened in Leesburg in the spring of 2000. The Park offers many animals you can pet and feed. There is also the opportunity to visit Giant Tortoises, Lemurs, and Serval Cat. Join in on a WAGON RIDE or a PONY RIDE or get up close and personal with some of the resident animals in the park at KEEPER'S CORNER.

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

## **AQUARIUMS**

### **National Aquarium in Baltimore**

Baltimore,MD 21217  
410-396-7102

The National Aquarium in Baltimore seeks to stimulate interest in, develop knowledge about, and inspire stewardship of aquatic environments.

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

### **The National Aquarium**

14<sup>TH</sup> Street and Constitution Ave.,  
Washington, DC 20230  
202-482-2825  
gsi.aquarium@erols.com

## **Family Fun Day Trips**

### **DAY TRIPS**

#### **Canal Boat Ride Georgetown**

1057 Thomas Jefferson St, NW  
202-653-5190

Relive history with a barge ride along the Georgetown section of the C& O Canal, led by period –costumed guides from the National Park Services. Or take time out for a jog, walk or bike ride along the canal's scenic towpath. The Chesapeake and Ohio Canal, a picturesque reminder of the canal-building era, is located just south of Georgetown's busy M Street and stretches unbroken for 185 miles from Georgetown to Cumberland, Maryland.

<http://www.nps.gov/choh/pphtml/planyourvisit.html>

#### **Sandy Point Beach**

50 minute drive - weekends and holidays late April-late October \$5/person; weekdays late April-late May \$3/vehicle; weekdays Memorial Day-Labor Day \$4/person; weekdays September-October \$3/vehicle; weekdays and weekends early November-late April \$3/vehicle. Out-of-state residents add \$1 to all day use

#### **Harper's Ferry Historic Town**

Explore the wonderful town with guided tours and re-enactments. Be sure to spend some time with the John Borwn exhibits. West Virginia Phone: (304) 535-9961

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

#### **Assateague Island National Seashore**

The park boasts hundreds of species of birds and other wildlife nearly as enchanting as the wild horses. The beach itself is nice, with fishing and clamming a great way to spend the time.

7206 Nation Seashore Lane  
Berlin, MD 21811 or 410-641-1441

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

#### **Appalachian National Scenic Trail**

##### **Harpers Ferry Center**

This 2,158-mile footpath treads the ridges and valleys of the Appalachian Mountains all the way from central Maine to northern Georgia.

799 Washington St. Harpers Ferry, WV 25425  
304-535-6331

[www.nps.gov](http://www.nps.gov)

service charges for 2005. The park's beaches, among the finest on the Chesapeake Bay, are guarded during the summer season. Picnic areas are located adjacent to the beach with picnic tables and limited grills. Facilities include showers and restrooms. A food concession, selling snack food and beach and picnic supplies, is located in the South Beach area.

<http://www.dnr.state.md.us/publiclands/southern/sandypoint.html>

#### **Jefferson Memorial—Paddle Boating on the Tidal Basin**

Peddle boating is the perfect way to see the Jefferson Memorial while getting exercise and having fun. Boats are available for rental from the Boathouse located on the Northeast side of the Tidal Basin..

Tel: 202-479-2426

[www.tidalbasinpaddleboats.com](http://www.tidalbasinpaddleboats.com)

#### **Great Fall Destination:**

##### **Cherry Hill Farm and Orchard**

Apple picking from 8a.m-6pm ( Friday and Saturday) And 8a.m -4:30p.m. other fall treats. 12309 Gallahan Road Clinton , MD (301) 292-4642

[www.cherryhillfarm.net](http://www.cherryhillfarm.net)

## AMUSEMENT PARKS

### Water Parks

#### **Great Waves at Cameron Run:**

703 960-0767. Two and under are free

Miniature Golf \$5.50 13-59

Great Waves at Cameron Run includes a wave pool, three-flume waterslide, water playground, lap lanes, bathhouse, snack bar, and raft rental. Also, nearby are a miniature golf course, batting cages, picnic shelters, and a lake. Great Waves Water Park

[www.nvrpa.org/cameron.html](http://www.nvrpa.org/cameron.html)

#### **Water Country USA,**

Williamsburg, VA

1-800-343-7946

Water Country USA is the mid-Atlantic's largest family water play park, featuring state-of-the art water rides and attractions.

[www.watercountryusa.com](http://www.watercountryusa.com)

#### **Splashdown Water Park**

55 minute drive 703 361-4451 Two and under are free. Splash Down features 13 acre water park with 5 different water areas along with all of your favorite summer foods at the Coney Island Café, Paradise Pizza and Sweets N Treats.

[www.splashdownwaterpark.com](http://www.splashdownwaterpark.com)

### Theme Parks

#### **Busch Gardens, Williamsburg, VA**

Tel: 757-253-3350

With dozens of thrilling rides and attractions, ten main stage shows, a wide variety of authentic foods and shops, and a magical children's area, Busch Gardens Williamsburg is the ticket to a world-class adventure.

[www.buschgardens.com](http://www.buschgardens.com)

#### **Paramount's Kings Dominion**

16000 Theme Park Way, Doswell VA 23047

804-876-5000

[www.kingsdominion.com](http://www.kingsdominion.com)

#### **Six Flags America,**

13710 Central Ave, Largo, MD

1-800-491-4FUN

Six Flags America features more than 100 thrilling rides, slides, shows and attractions including state of the art thrill rides, eight fast and furious coasters and the newly expanded Hurricane Harbor Water Park (open seasonally).

[www.sixflags.com](http://www.sixflags.com)

## **Family Magazines & Newspapers**

These publications are committed to providing services for women, parents and their families. Including sports camps, recommendations for pediatricians and schools in the area.

[www.washingtonian.com](http://www.washingtonian.com)

(Everything to know about DC is printed monthly in this magazine.)

[www.washingtonwoman.com](http://www.washingtonwoman.com)

(Deals with women's issues only and is a free publication)

[www.washingtonparent.com](http://www.washingtonparent.com)

(Deals with everything that comes with being a parent in the DC Metro area and it is a free publication)

[www.familiesmagazines.com](http://www.familiesmagazines.com)

(Deals with everything that a parent will need to do for and with their children's education, social activities, sports and pediatrician and is a free publication.)

## **HEALTH INFORMATION**

### **INSURANCE:**

Please go to our website for more info on this subject at  
[http://www.american.edu/ocl/iss/new\\_students/newstude\\_health\\_insurance.html](http://www.american.edu/ocl/iss/new_students/newstude_health_insurance.html)

#### **CMI Insurance Specialists:**

##### **Global Medical USA**

1447 York Road, Suite 300

Lutherville, MD 21093

Phone: (410)583-2595

FAX: (410)583-8244

[www.cmi-insurance.com](http://www.cmi-insurance.com)

see also [Global Medical USA](#)

#### **The Harbour Group, L.L.C.: International Student & Scholar Medical Insurance**

1800 Michael Faraday Drive

Suite 201

Reston, Virginia 20190 USA

Phone: 703-733-0952

Fax: 703-733-0946

E-mail: [info@hginsurance.com](mailto:info@hginsurance.com)

Website: [www.hginsurance.com](http://www.hginsurance.com)

(703) 740-5314, Emergency

#### **HTH Worldwide**

One Radnor Corporate Center

Suite 100

Radnor, PA 19087 USA

Phone: 877-424-4325 (Toll-free)

or 1-800-242-4178

or 610-254-8700 (from outside the US or local)

Fax: 610-254-8797

Website: <http://www.hthworldwide.com/>

Email: [studentinfo@hthworldwide.com](mailto:studentinfo@hthworldwide.com)

#### **International Student Organization**

250 West 49th Street, Suite 806

New York, New York 10019 USA

phone: 1-800-244-1180

fax: 212-262-8920

Email: [mailbox@isoa.org](mailto:mailbox@isoa.org)

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

# HOSPITALS

## DC

**Sibley Hospital**  
[www.sibley.org](http://www.sibley.org)  
202 537-4000

**Georgetown University Hospital**  
[www.georgetownuniversityhospital.org](http://www.georgetownuniversityhospital.org)  
202 715-4000

**George Washington Hospital**  
[www.gwhospital.com](http://www.gwhospital.com)  
202 444-2000

**Washington Hospital Center**  
[www.whcenter.org](http://www.whcenter.org)  
202 877-700

**Howard University Hospital**  
[www.huhosp.org](http://www.huhosp.org)  
202 865-6100

**Children's Hospital**  
[www.dcchildrens.com](http://www.dcchildrens.com)  
202 884-5000

**National Rehabilitation Hospital**  
[www.nrhrehab.org](http://www.nrhrehab.org)  
202 877-1000

## Silver Spring, MD

**Holy Cross Hospital**  
[www.holycrosshealth.org](http://www.holycrosshealth.org)  
301 754-7000

## Rockville, MD

**Shady Grove Adventist Hospital**  
[www.adventisthealthcare.org](http://www.adventisthealthcare.org)  
301 279-6000

## Bethesda, MD

**Suburban Hospital**  
[www.suburbanhospital.org](http://www.suburbanhospital.org)  
301 896-3100

## Baltimore, MD

**John Hopkins University**  
<http://www.hopkinsmedicine.org>  
410 550-5893

## Arlington, VA

**Northern Virginia Community Hospital**  
[www.nvchospital.com](http://www.nvchospital.com)  
703 671-1200

## Alexandria, VA

**INOVA Alexandria Hospital**  
[www.inova.org](http://www.inova.org)  
703 504-3000

## Fairfax VA

**INOVA Fair Oaks Hospital**  
[www.inova.org](http://www.inova.org)  
703 391-3600

## Obstetrician/Gynecologist.

**Foxhall OB/GYN Associates**  
<http://www.foxhallobgyn.com>  
4901 Massachusetts Avenue, NW Suite 112  
Washington, DC 20016  
202 244-3523

**Planned Parenthood**  
<http://www.ppmw.org/>  
1108 16th Street, NW  
Washington, DC 20036  
(202) 347-8512, Appointment

## Gyms

**AU Jacobs Fitness Center:** <http://www.american.edu/jacobsfitness/>

This gym offers classes, at cost; in tai chi, Pilates, kickboxing, yoga, and group cycling. You can also sign up for a personal trainer at an additional cost.

Children's activities are limited to swimming lessons, plus in the summer there are sport camps (tennis, basketball, soccer). The membership is \$200.00 annually for students and their families.

**Fitness First:** [fitnessfirstclubs.com](http://fitnessfirstclubs.com).

This is a family friendly gym that offers babysitting in a safe environment for a minimum charge of \$1-2 an hour. You are able to have baby sitting for a total of 2 hours and you can look in on children through a glass mirror installed on the wall. There is also free personal training to start you on your way to better health, and great group classes. Nine locations in Maryland, four in Virginia, one in DC.

**YMCA:** [www.ymcawashdc.org](http://www.ymcawashdc.org).

This gym is a totally family friendly gym offering activities for infants to grown ups, but sorry no baby sitting. Personal training is offered, aerobic, yoga, Pilates, dance classes are taught and swimming for children and summer camps to keep kids active.

**Golds Gym:** [www.goldsgym.com](http://www.goldsgym.com).

This gym is a no frills muscle building gym with personal trainers. 35 locations in the Washington area.

**Washington Sports Club:** [www.washingtonsports.com](http://www.washingtonsports.com).

This gym is an all-around gym offering personal training, aerobic, yoga, Pilates, dance classes. WSC is spread out all over the city. Three locations in Maryland, five in Virginia, seven in DC.

**Results:** [www.resultsthegym.com](http://www.resultsthegym.com)

If luxury and fitness is what you are looking for you might want to go to the Results Gym on Capital Hill they also have one in the U. Street area not far from Dupont Circle. They offer personal training, aerobic, yoga, Pilates, dance classes. They have a Jacuzzi, steam room, pool, climbing wall, massage and an eatery inside

## Religious Centers

### **AU Kay Spiritual Life Center**

<http://www.american.edu/ocl/kay/index1.html>

### **Buddhist**

[http://dcpages.com/Community/Worship\\_and\\_Spiritual\\_Centers/Buddhism/](http://dcpages.com/Community/Worship_and_Spiritual_Centers/Buddhism/)

### **Catholic**

[http://www.switchboard.com/Religion/Washington/DC/Yellowpages\\_Results.html](http://www.switchboard.com/Religion/Washington/DC/Yellowpages_Results.html)

### **Christian**

<http://dcregistry.com/churches.html>

### **Hindu**

<http://www.hindu.org/temples-ashrams/>

### **Jewish**

<http://phonebook.superpages.com/yellowpages/C-Jewish+Synagogues/S-DC/T-Washington/>

### **Muslim**

<http://irshad.org/pages/worship.htm>

## FINDING A VOLUNTEER JOB

To find ways to help in your community, try these local volunteer clearinghouses.

### DC

Greater DC Cares, 1411 K St., NW; 202-289-7378; [www.dc-cares.org](http://www.dc-cares.org).

### MD

Volunteer Center of Montgomery County, 401 Hungerford Dr., Rockville; 240-777-2600; [www.co.mo.md.us/services/volunteer](http://www.co.mo.md.us/services/volunteer)

Prince George's County Volunteer Center, Hyattsville; 301-699-2800; [www.multimax.com/pg/volunteer](http://www.multimax.com/pg/volunteer).

### VA

Alexandria Volunteer Bureau, 2210 Mount Vernon Ave.; 703-836-2176; [www.alexandriavolunteers.org](http://www.alexandriavolunteers.org).

Arlington County Volunteer Office, 3033 Wilson Blvd.; 703-228-1760; [www.co.arlington.va.us/volunteer](http://www.co.arlington.va.us/volunteer).

Loudoun County Volunteer Services, 1 Harrison St., SE, Leesburg; 703-777-0113; [www.co.loudoun.va.us/pio/volunteer.htm](http://www.co.loudoun.va.us/pio/volunteer.htm).

Voluntary Action Center of Prince William County, 9248 Center St., Manassas; 703-369-5292; [www.pwcweb.com/vac](http://www.pwcweb.com/vac).

Volunteer Center of Fairfax County, 10530 Page Ave., Fairfax; 703-246-3460; [www.volunteerfairfax.org](http://www.volunteerfairfax.org).

## **SUICIDE HELP LINES:**

The following organizations need volunteers to staff their helplines:

### **DC**

DC Crisis Helpline, DC Department of Mental Health, 202-673-9010. After 48 hours of training, volunteers usually man the phones four hours a week.

### **MD**

Montgomery County Hotline, 1000 Twinbrook Pkwy., Rockville; 301-424-0656; [www.mhamc.org](http://www.mhamc.org). After hours of training, volunteers help staff the phones.

Prince George's County Hotline & Suicide Prevention Center, Hyattsville; 301-864-7095; [www.pghotline.org](http://www.pghotline.org). Volunteers serve three hours a week.

### **VA**

Arlington Crisis-Link, 5275 Lee Hwy., Suite 301, Arlington; 703-527-6016; [www.crisislink.org](http://www.crisislink.org). Training offered three times a year—September, January, May—and volunteers work 12 hours per month.

## **RAPE-CRISIS / DOMESTIC-ABUSE PHONELINES**

For a woman who is raped or abused, calling a hotline is sometimes the most private way to get help. The following organizations need volunteers to staff their 24-hour hotlines:

### **DC**

DC Rape Crisis Center, 202-232-0789, ext. 203; [www.dcrcc.org](http://www.dcrcc.org). Volunteers commit to six hours of service, four times a month. Counseling can be done from your home.

My Sister's Place, Northwest DC; 202-529-5261; [www.mysistersplace.com](http://www.mysistersplace.com). Twenty-four-hour hotline for women who are victims of domestic abuse.

### **MD**

Victim Assistance and Sexual Assault Program of Montgomery County, 1301 Piccard Dr., Suite 4100, Rockville; 240-777-1355. Outreach volunteers comfort victims in local hospitals.

### **VA**

Alexandria Sexual Assault Response & Awareness Program, 421 King St., Suite 400, Alexandria; 703-838-5030; [www.ci.alexandria.va.us/city/officeonwomen/sara/saraindex.html](http://www.ci.alexandria.va.us/city/officeonwomen/sara/saraindex.html). Volunteers work after 6 PM as needed.

Fairfax County Victim Assistance Network, 8119 Holland Rd., Alexandria; 703-360-RAPE; [www.fcdvc.org/van.htm](http://www.fcdvc.org/van.htm). Spanish-speaking volunteers are especially needed.

## **MENTORING CHILDREN**

### **DC**

Clean & Pure Kids, 2307 Martin Luther King Jr. Ave., SE; 301-868-0703; [www.cleanandpurekids.org](http://www.cleanandpurekids.org). Matches mentors with foster-care kids in DC, Alexandria, and Arlington, and Montgomery and Prince George's counties.

College Bound, 128 M St., NW; 202-842-0858; [www.collegebound.org](http://www.collegebound.org). Volunteers are paired with DC public-school students in grades 8 to 12 for tutoring, SAT prep, and mentoring.

Mentors Inc., 1012 14th St., NW; 202-783-2310; [www.mentorsinc.org](http://www.mentorsinc.org). Mentors are paired with DC high-school students.

### **MD**

Big Brothers/Big Sisters of the National Capital Area, 10210 Greenbelt Rd., Suite 900, Greenbelt; 301-794-9170; [www.bbbsnca.org](http://www.bbbsnca.org). Matches mentors in long-term relationships with youth.

### **VA**

National Mentoring Partnership, 1600 Duke St., Alexandria; 888-432-6368; [www.mentoring.org](http://www.mentoring.org). Lists dozens of mentoring programs, searchable by Zip code.

## **KEEPING PEOPLE HEALTHY**

### **DC**

Bread for the City, 1525 Seventh St., NW; 202-265-2400; [www.breadforthecity.org](http://www.breadforthecity.org). The second floor of this social-services organization is a health clinic.

DC Care Consortium, 1436 U St., NW; 202-332-9091; [www.dccare.org](http://www.dccare.org). Volunteer with a number of HIV/AIDS organizations through the consortium.

Washington Free Clinic, 1525 Newton St., NW; 202-667-1106; [www.digitalfunk.com/freeclinic/index.htm](http://www.digitalfunk.com/freeclinic/index.htm).

Whitman Walker Clinic, 1407 S St., NW; 202-797-3500; [www.wwc.org](http://www.wwc.org). Services for those with HIV/AIDS.

### **VA**

Arlington Free Clinic, 2926 Columbia Pike, Arlington; 703-979-1400.

## **GIVING FOOD AND SHELTER**

Shelters need volunteers to help prepare meals, work with children, and provide other services. Groups that need volunteers include these:

**Alternative House, Dunn Loring;** 703-506-9191; [www.alternativehouse.com](http://www.alternativehouse.com). Provides a safe haven for abused and neglected children.

**Arlington-Alexandria Coalition for the Homeless**, 3103 N. Ninth Rd., Arlington; 703-525-7177; [www.aachhomeless.org](http://www.aachhomeless.org).

**Arlington Street Peoples' Assistance Network**, 2708-B S. Nelson St., Arlington; 703-820-4357; [www.a-span.org](http://www.a-span.org).

**Carpenter's Shelter**, 930 N. Henry St., Alexandria; 703-548-7500; [www.carpentersshelter.org](http://www.carpentersshelter.org). Helps homeless men, women, and children.

**Community Family Life Services**, 305 E St., NW; 202-347-0511; [www.cfls1.org](http://www.cfls1.org). Helps homeless families and individuals with housing, job training, tutoring, and other services.

**Food and Friends**, 58 L St., SE; 202-488-8278; [www.foodandfriends.org](http://www.foodandfriends.org). Delivers food and provides housing for those suffering from AIDS and other illnesses.

**House of Ruth**, 5 Thomas Cir., NW; 202-667-7001; [www.houseofruth.org](http://www.houseofruth.org). Housing and support for homeless or abused women and families.

**Luther Place Night Shelter**, 1333 N St., NW; 202-387-5464. Transitional living facility for homeless women.

**Miriam's Kitchen**, 2401 Virginia Ave., NW; 202-452-8926; [www.miriamskit-chen.org](http://www.miriamskit-chen.org). Provides breakfast and social services to homeless people.

**Montgomery County Coalition for the Homeless**, 600-B E. Gude Dr., Rockville; 301-217-0314; [www.mcch.net](http://www.mcch.net). Offers shelter and rehabilitativeservices.

**Neighbors' Consejo**, 3118 16th St., NW; 202-234-6855. Links low-income immigrants with housing aid.

**Reston Interfaith**, 11484 Washington Plaza W., Suite 400, Reston; 703-787-3100; [www.restonweb.com/interfaith](http://www.restonweb.com/interfaith). Helps Fairfax County residents find shelter, affordable housing, and other services.

**Shelter House**, Falls Church; 703-536-2155. Offers crisis intervention, temporary housing, and social services.

## Foreign Language Book Stores

### **Ginza,**

1721 Connecticut Ave NW, 20009,  
202-331-7991.

A few blocks north of Dupont Circle. A Japanese store which carries some books on things Japanese. Open Mon-Sat 10AM-7PM, Sun 12N-6PM.

### **The Newsroom,**

1753 Connecticut Ave NW a few blocks north of Dupont Circle at S St, 20009, 202-332-1489.

A good selection of national and international newspapers and magazines. Open Mon-Fri 7AM-10PM, Sat 7AM-11PM, Sun 7AM-9PM.

### **Chapters**

445 11<sup>th</sup> St. NW, Washington, DC,

This is a classic bookstore in Washington DC. It has on its shelves serious contemporary fiction,

classics, foreign language titles, and poetry. The store also hosts author readings regularly.

### **Salih Sliman (AD-Diwan Bookstore)**

3811B S George Mason Dr,  
Falls Church, VA, 22041  
703-845-9480

### **Al Hikma Arabic BookStore**

5627 Columbia Pike,  
Falls Church, MD  
703-820-7500

### **Kam Sam Food Products, Inc.**

4316 markham St., Annandale, VA 220003  
703-658-2550

### **Al Hikma Arabic BookStore**

5627 Columbia Pike,  
Falls Church, MD  
703-820-7500

## **MUSEUMS 4 EVERYONE**

### **National Museum of Natural History**

10th Street and Constitution Ave.,  
NW Washington, DC 20560  
(202) 633-1000

Directions: Take the Blue, Orange lines to  
Smithsonian or Federal Triangle

<http://dc.about.com/od/museums/p/NaturalHistory.htm>

### **National Museum of American History**

14th Street and Constitution Ave.,  
NW Washington, DC 20560  
(202) 357-2700

Directions: Take the Blue, Orange lines to  
Smithsonian or Federal Triangle

<http://dc.about.com/od/museums/p/AmericanHistory>

### **National Air & Space Museum**

Independence Ave. at 7th St. SW  
Washington, DC 20560  
(202) 357-2700

Directions: take the Blue, Orange lines to  
Smithsonian or take the Green, Yellow, Blue,  
Orange lines to L'Enfant Plaza

<http://dc.about.com/od/smithsonianmuseums/p/NASM.htm>

### **Museums in Maryland**

<http://dc.about.com/od/museumsinmaryland>

### **Museums in Northern Virginia**

<http://dc.about.com/od/museumsinnorthernva>

### **The International Spy Museum**

800 F Street, NW between 9<sup>th</sup> and 8<sup>th</sup> Streets.  
202-393-7798

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

### **Anacostia Museum and Center for African American History and Culture**

1901 Fort Place, SE Washington DC  
202-287-3306

**Metro:** Anacostia to W2 Metrobus

[www.anacostia.si.edu](http://www.anacostia.si.edu)

### **B'nai B'rith Klutznick National Jewish Museum Collection and Gallery**

2020 K Street, NW  
202-857-6583 or 202-533-6249

**Metro:** Farragut West or Foggy Bottom  
(Orange and Blue lines).

<http://bnaibrith.org/museum/index.cfm>

### **Jewish Historical Society of Greater Washington and Lillian & Albert Small Jewish Museum**

701 3rd St., NW (Corner of 3rd and G St. NW)  
202-789-0900

**Metro:** Judiciary Square (Red line), F Street exit

**Note:** The historic synagogue is not wheelchair accessible

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

### **Latin American Youth Center and Latino Community Heritage Center**

1419 Columbia Road (14th and 15th streets)  
Tel: 202-319-2225

**Metro:** Columbia Heights (Green line) or  
Woodley Park-Zoo/Adams Morgan (Red line)  
and then take Metro bus X3 east at Connecticut  
Ave. and Calvert Street. A 5 - 10 minutes walk  
across the Duke Ellington Memorial Bridge

[www.layc-dc.org](http://www.layc-dc.org)

### **Pope John Paul II Cultural Center**

3900 Harewood Road, NE adjacent to The  
Catholic University of America.  
202-635-5400

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

### **The Istituto Italiano di Cultura**

2025 M St. NW Suite 610  
Washington, DC 20036  
202-223-9800

**Metro:** Farragut West (orange and blue lines),  
Dupont Circle (red line), or Foggy Bottom/GWU  
(orange and blue lines)

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

### **National Postal Museum**

Two Mass. Ave, NE. Washington DC.  
202-357-2700

**Metro:** Union Station.

[www.postalmuseum.si.edu](http://www.postalmuseum.si.edu)

## **ZOOS 4 EVERYONE**

### **Reston Petting Zoo**

Zoofari wagon rides (included in admission fee) take young and old to see zebras, antelope, bison, ostrich, and lots more. Park staff leads regular animal demonstrations. The **Zoo** encourages animal interaction. There are plenty of places to get "up close and personal" with the animals. Animal feed and lamb bottles are available, too! You won't want to miss the alligators, camels, reptile house, or waterfowl. You will be amazed that such an opportunity is so close to you.

703 757-6222

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

### **Reston Zoo,**

Vienna, VA 22182

703-757-6222

[restonzoo@verizon.net](mailto:restonzoo@verizon.net)

### **The National Zoological Park**

3001 Connecticut Av, NW Washington DC  
202-357-2700

Directions: take the Woodley Park/Adams Morgan (red line)—uphill walk to zoo or take the Cleveland Park (red line)

### **Great Waves at Cameron Run:**

15 minute drive 703 960-0767. Two and under are free  
Miniature Golf \$5.50 13-59

Great Waves at Cameron Run includes a wave pool, three-flume waterslide, water playground, lap lanes, bathhouse, snack bar, and raft rental. Also, nearby are a miniature golf course, batting cages, picnic shelters, and a lake. Great Waves Water Park

[www.nvrpa.org/cameron.html](http://www.nvrpa.org/cameron.html)

### **Busch Gardens, Williamsburg, VA**

Tel: 757-253-3350

With dozens of thrilling rides and attractions, ten main stage shows, a wide variety of authentic foods and shops, and a magical children's area, Busch Gardens Williamsburg is the ticket to a world-class adventure.

[www.buschgardens.com](http://www.buschgardens.com)

### **Paramount's Kings Dominion**

16000 Theme Park Way, Doswell VA 23047  
804-876-5000

[www.kingsdominion.com](http://www.kingsdominion.com)

### **Water Country USA,**

[www.natzoo.com](http://www.natzoo.com)

### **Mill Mountain Zoo,**

Roanoke, VA 24034

540-343-3241

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

### **Salisbury Zoological Park,**

Salisbury, MD 21802

410-548-3188

[www.zoed@salisburyzoo.org](mailto:www.zoed@salisburyzoo.org)

### **Catoctin Wildlife Preserve & Zoo,**

Thurmont, MD 21788

Tel: 301-271-4920

[www.cwpzoo.com](http://www.cwpzoo.com)

### **Leesburg Animal Park**

19270 James Monroe Hwy.

Leesburg, VA

703-433-0002

[www.leesburganimalfarm.com](http://www.leesburganimalfarm.com)

## **AMUSEMENT PARKS**

Williamsburg, VA

1-800-343-7946

Water Country USA is the mid-Atlantic's largest family water play park, featuring state-of-the-art water rides and attractions.

[www.watercountryusa.com](http://www.watercountryusa.com)

### **Six Flags America,**

13710 Central Ave, Largo, MD

1-800-491-4FUN

Six Flags America features more than 100 thrilling rides, slides, shows and attractions including state-of-the-art thrill rides, eight fast and furious coasters and the newly expanded Hurricane Harbor Water Park (open seasonally).

[www.sixflags.com](http://www.sixflags.com)

### **Leesburg Animal Park**

19270 James Monroe Highway -- Leesburg, VA 20175

Leesburg Animal Park opened in Leesburg in the spring of 2000. The Park offers many animals you can pet and feed. There is also the opportunity to visit Giant Tortoises, Lemurs, and Several Cats. Join in on a WAGON RIDE or a PONY RIDE or get up close and personal with some of the resident animals in the park. .

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

## **Splashdown Water Park**

55 minute drive 703 361-4451 Two and under are free. Splash Down features 13 acre water park with 5 different water areas along with all of your favorite summer foods at the Coney Island Café, Paradise Pizza and Sweets N Treats.

[www.splashdownwaterpark.com](http://www.splashdownwaterpark.com)

## **THEATRES**

### **The National Theatre**

Washington, DC 20004  
Located near Metro Center, on Freedom Plaza, at 13th and Pennsylvania Avenue, NW,  
202-628-6161

<http://www.nationaltheatre.org>

### **The Lincoln Theatre**

1215 U St. NW, Washington DC  
202-328-6000

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

### **Ford's Theatre National Historic Site**

511 10<sup>th</sup> Street, NW  
202-426-6924

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

### **Kennedy Centre for the Performing Arts**

2700 F Street, NW  
800-444-1324 or 2024674600

[www.kennedycentre.com](http://www.kennedycentre.com)

### **Warner Theatre**

1299 Pennsylvania Avenue, NW  
202-628-1818

[www.warnertheatre.com](http://www.warnertheatre.com)

### **Discovery Theatre**

1100 Jefferson Drive, SW Washington DC  
202-357-1500

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

### **Carter Barron Amphitheater**

4850 Colorado Ave., NW Washington DC  
202-426-0486

[www.nps.gov/foctr/cbarron/](http://www.nps.gov/foctr/cbarron/)

## **WALKING TOURS**

### **Old Town Trolley**

2640 Reed Street, NE  
Washington, DC 20018

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

### **American Heritage Tour of Washington, DC**

Tourmobile Sightseeing  
1000 Ohio Drive, S.W., Washington, D.C. 20024  
202-554-5100

<http://www.tourmobile.com/tour/heritage.html>

### **Monuments by Moonlight**

2640 Reed St NE  
Washington, DC 20018  
(800) 868-7482

<http://www.historictours.com>

### **DC Ducks**

50 Massachusetts Ave, Northeast (Union Station),  
Washington DC 20002-4212

[www.dctours.com](http://www.dctours.com)

### **Bike the Sites**

The Old Post Office Pavilion Rear Plaza  
1100 Pennsylvania Ave., NW

Washington, DC 20004

(202) 842-BIKE Phone

[www.bikethesites.com](http://www.bikethesites.com)

### **Washington Monument**

Constitution Ave. and 15<sup>th</sup> St. SW.

Tel: 202-426-6841

Toll free: 1-800-967-2283

**Metro:** Blue, Orange lines to Smithsonian or Green, Yellow, Blue, Orange lines to L'enfant Plaza.

<http://dc.about.com/od/monuments/p/washMonument.htm>

### **ESPN Zone** 555 12<sup>th</sup> Street, NW

202 783-3776

11:30 am – 11:30 pm

Sports Bar/Restaurant and Game Room for Kids.

Located downtown near metro station.

<http://espn.go.com>

### **East Potomac Park at Haines Point**

8 minute drive 202 488-8087

972 Ohio Dr., SW, Built in the 1920s with stone bumpers and obstacles; this is the elegant grande dame that makes most other courses seem tawdry. Trees shade many of the holes, and the greens are cooled by breezes off Southwest Harbor, where you can watch boats move in and out of their slips.

<http://www.pierandsurf.com>

### **Before there was Harlem there was U Street**

Take a walk with us to the days when U Street was

Washington's "Black Broadway." This is where Duke Ellington grew up and was inspired. Here also, in the shadow of Howard University, African Americans created a strong community that produced leaders for the city and nation.

Metro: U Street/African American –Civil War Mem. /Cardozo, 13<sup>th</sup> Street Exit (Green Line)

**Group discount:** Call 202-661-7576

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

## **CULTURAL ACTIVITIES IN DC**

### **Cultural Tourism DC**

1250 H Street, NW Suite 1000  
Washington, DC 20005  
202-661-7581

[info@CulturalTourismDC.org](mailto:info@CulturalTourismDC.org)

### **Palestine Center**

2425-35 Virginia Avenue, NW  
Washington, DC 20037  
202-338-1290

<http://www.palestinecenter.org/cultural/events.html>

### **Goethe Institut**

812 Seventh Street, NW  
202-289-1200

**Metro:** Gallery Place/Chinatown, 7<sup>th</sup> and H Street Exit (Red, Yellow and Green lines)

[www.goethe.de](http://www.goethe.de)

### **Strathmore Hall Arts Center**

10701 Rockville Pike (Rt.355)  
North Bethesda MD 20852  
301-530-0540

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

## **PARKS & GARDENS**

### **Anacostia Park**

202-426-6905

<http://www.nps.gov/nace/anacostia.htm>

### **Clara Barton National Historic Site**

5801 Oxford Road Glen Echo, MD 20812  
202-338-1290

<http://www.palestinecenter.org/cultural/events.html>

### **Forth Dupont Park**

Randle Circle, SE  
202-426-7723

**Metro:** Blue or Orange Lines to Potomac Ave.

[www.nps.gov/ncro/trailsforever/fodu.htm](http://www.nps.gov/ncro/trailsforever/fodu.htm) - 17k

### **Kenilworth Aquatic Gardens**

Anacostia Avenue. & Douglas St., NE  
202-426-6905

[www.nps.gov/nace/keaq/](http://www.nps.gov/nace/keaq/)

### **Meridian Hill Park**

Between 15<sup>th</sup> & 16<sup>th</sup> Streets, north of W St.,  
NW 202-462-7275

**Metro:** Bus 52,54

<http://www.cr.nps.gov/nr/travel/wash/dc48.htm>

### **Mount Vernon Park**

3200 George Washington Memorial Parkway,  
Tel: 703-780-2000

Metro: Mount Vernon

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

### **Rock Creek Park Nature Center and Planetarium**

5200 Glover Road, NW, Washington DC  
¼-mile south of Military Road

<http://www.nps.gov/rocr/planetarium/>

### **Tudor Place Historical House and Garden**

1644 31<sup>st</sup> Street, NW  
202-965-0400

**Metro Bus:** 32,34,35,36

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

### **U.S. National Arboretum**

3501 New York Ave, NE  
Washington DC 20002-1958  
Tel: 202 245 2726

[www.usna.usda.gov](http://www.usna.usda.gov)

### **African American Heritage Park**

Alexandria City  
Alexandria VA 22314  
703-838-4356

<http://ci.alexandria.va.us>

### **American Horticultural Society at River Farm**

7931 East Boulevard Drive,  
Alexandria VA 22308  
703-768-5700

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