

NCI Summer Curriculum in Cancer Prevention
Neuroscience Center Building (NSC)
6001 Executive Boulevard
Conference Rooms C & D
Rockville, Maryland 20852
(+1) 301-435-1470 (Lobby/Security)

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Introduction

Welcome! The National Cancer Institute (NCI), located in Rockville, Maryland (MD), is the federal government's principal agency for cancer research and training. Our team of approximately 3,500 is part of the National Institutes of Health (NIH), one of 11 agencies that make up the Department of Health and Human Services (HHS). See our [Visitor Information](#) for location and directions.

NCI leads, conducts, and supports cancer research across the nation to advance scientific knowledge and help all people live longer, healthier lives. As the leader of the cancer research enterprise, collectively known as the National Cancer Program, and the largest funder of cancer research in the world, NCI manages a broad range of research, training, and information dissemination activities that reach across the entire country, meeting the needs of all demographics—rich and poor, urban and rural, and all racial/ethnic populations.

The main campus of the NIH is home to more than 18,000 employees and located a few miles south of NCI in Bethesda, Maryland. Both NCI and NIH are located just outside of Washington, District of Columbia (DC), the nation's capital and home to more than half a million people. DC is also located between the Appalachian Mountains, the Atlantic Ocean, and the Chesapeake Bay. More than two-thirds of the US population live within 8 hours of the DC metro area, providing you with access to a wealth of cultural, educational, and recreational opportunities.

The purpose of this document is to help make your transition to the Rockville, Maryland area as easy and stress-free as possible. While we cannot anticipate meeting every need you might have while here, we hope that this guide will help you during your time in the DC area.

We are delighted that you will be participating in the Summer Curriculum and hope that your time with us will be productive, educational, and enjoyable!

Regional Overview

The [Maryland.gov Website](#) provides a wealth of information on services for visitors through this link <http://www.maryland.gov/pages/visitors.aspx>.

The [Bethesda Up](#) and [City of Rockville](#) websites are resources for events and services in the immediate vicinity of the current location of the NCI Summer Curriculum in Rockville, Maryland.

The [visitAnnapolis](#) and [Live Baltimore](#) websites are resources for events and services in the Annapolis and Baltimore suburbs of Maryland.

[DC.gov](#) is an excellent resource for events and services in the District of Columbia. Visitors can visit <https://dc.gov/page/visitors-resource-center>.

Specific Information

AIRPORTS

Three major airports serve the DC Metro area:

- [Baltimore/Washington International Thurgood Marshall Airport \(BWI\)](#)
- [Washington Dulles International Airport \(IAD\)](#)
- [Ronald Reagan Washington National Airport \(DCA\)](#)

BWI and Dulles airports both accommodate [international](#) flights. They are equipped with [customs](#) and [immigration](#) facilities.

[Baltimore/Washington International \(BWI\)](#) is located about 38 miles from the current location of the NCI Summer Curriculum in Rockville, Maryland and a few miles outside of Baltimore, Maryland. Public transportation is available, including trains, buses and connections to the DC metro system. [BWI Airport Taxi](#) serves this airport.

[Reagan National Airport \(DCA\)](#) is located in Arlington, Virginia, approximately 20 miles from the current location of the NCI Summer Curriculum in Rockville, Maryland. The DC subway ([Metrorail](#)) has its own stop for the airport on the Blue and Yellow Lines, connecting to the concourse level of terminals B and C. [On-Airport Shuttles](#) run between the Metro station and the main Terminal A. [Metrobuses](#) also serve the airport metro station.

[Dulles International Airport \(IAD\)](#) is located in Chantilly, Virginia, approximately 26 miles from the current location of the NCI Summer Curriculum in Rockville, Maryland. The closest Metrorail stop is the [Silver Line Wiehle-Reston East Metro Station](#). The [Washington Flyer Silver Line Express Bus](#) provides direct service from this Metro Station to Dulles Airport.

Door-to-door shared-ride van services will transport you and your luggage to the airport for a flat rate. Rates vary according to distance to the airport. Services in the DC area include:

- [GO Airport Shuttle](#)
- [SuperShuttle](#)
- [SupremeShuttle](#)
- [The Airport Shuttle](#)

Two mobile apps commonly used for transportation in the greater DC area are [Lyft](#) and [Uber](#). A private driver will arrive at your location soon after a transport request is made via the mobile app. Transportation fees are paid via the app.

BANKING

Both local and national banks maintain offices in the Washington, DC, metropolitan area. In addition, some national banks provide services almost exclusively online. Examples of banks providing online services include:

- [Bank of America](#)
- [Capital One Bank](#)
- [Chase](#)
- [Citibank](#)
- [HSBC Bank](#)
- [ING Direct](#)
- [PNC Bank](#)
- [SunTrust](#)
- [U.S. Bank](#)
- [Wells Fargo](#)

Visit [XE Currency Converter](#) to find current currency exchange rates.

HOUSING

The following housing resources are for informational purposes only. They are partial listings of rental resources in the NSC/NIH commuting area. No investigation is made of the renter or landlord. Neither the Federal Government, the National Institutes of Health, nor the National Cancer Institute guarantees the availability, price, suitability, or quality of the listings or agents; nor do they endorse any private rental agency, lessor, or firm. All listings must be available without regard to race, color, sex, religion, or national origin. All listings must also be in compliance with all state and county housing codes and requirements. All complaints against landlords or tenants should be reported to the local county Office of Landlord and Tenant Affairs.

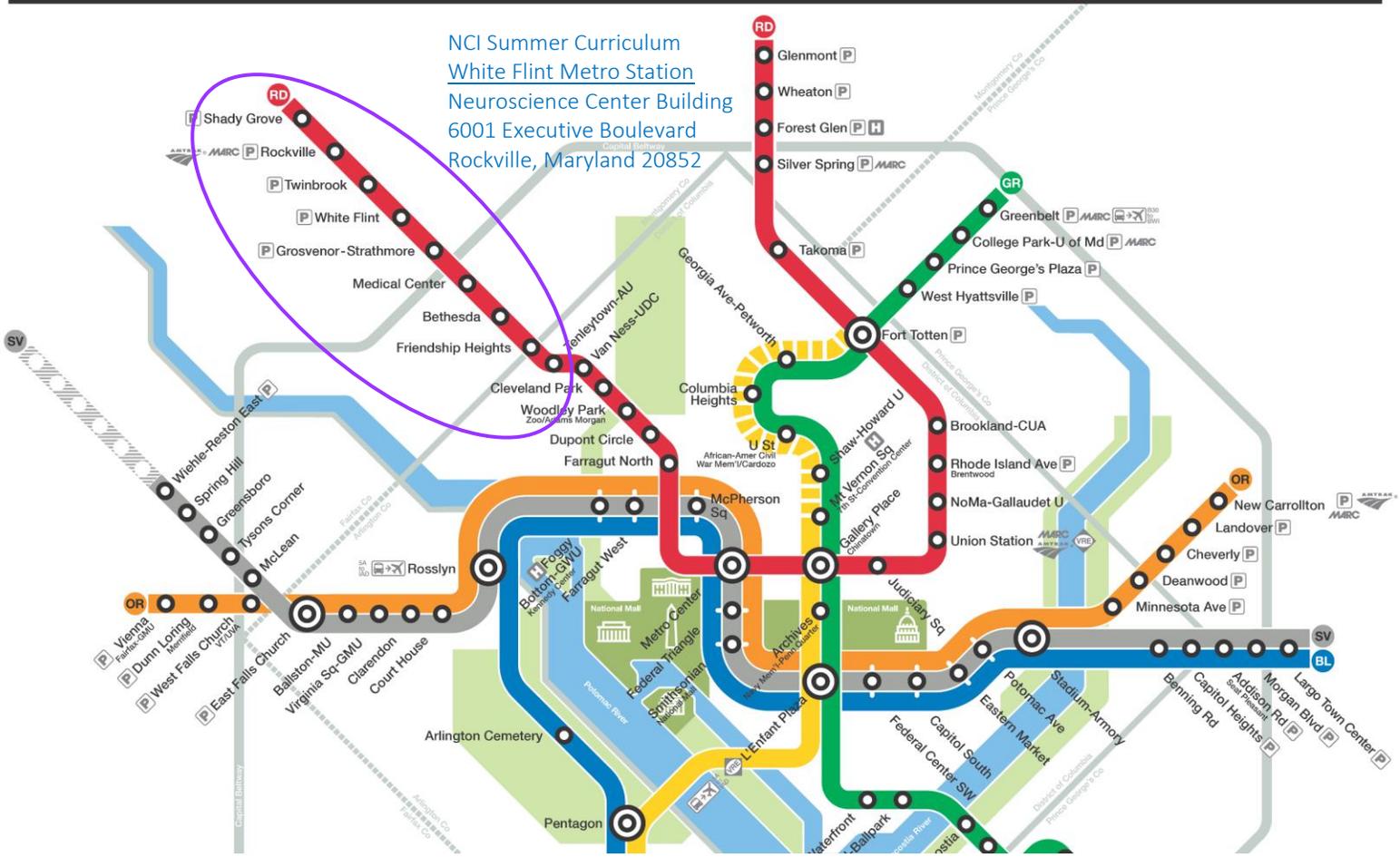
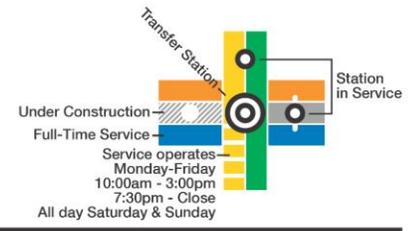
The DC area can be an expensive place to live, and the NCI is unable to provide housing for participants. (See this [rent map](#) for a visual display of the estimated cost per bedroom as a function of location.) Public transportation including subway, train, and bus in the city is excellent. A car is often necessary if you choose to live in suburban areas. Getting around via Metro is generally a good choice. It might help you to know that the NCI Summer Curriculum ([White Flint Metro Station](#)) & the NIH ([Medical Center Metro Station](#)) are located on the Red Line of the [D.C. Metro](#). Please choose lodging near the **PURPLE** circled portion of the Metro RED Line in order to be located within 30 minutes of the Courses.

[HomeFair.com](#) and the [Riley Guide](#) provide information on relocating, including cost of living and salary calculators, moving companies, crime, and reports on local schools. For information on towns and neighborhoods including crime rates, cost of living, schools, housing, demographics, and other info, see the following sites:

- [American Fact Finder](#)
- [Areavibes](#)
- [City-Data.com](#)

- Legend**
- **RD** Red Line • Glenmont / Shady Grove
 - **OR** Orange Line • New Carrollton / Vienna
 - **BL** Blue Line • Franconia-Springfield / Largo Town Center
 - **GR** Green Line • Branch Ave / Greenbelt
 - **YL** Yellow Line • Huntington / Mt Vernon Sq / Fort Totten
 - **SV** Silver Line • Wiehle-Reston East / Largo Town Center

- Station Features**
- Bus to Airport
 - Parking
 - Hospital
 - Airport
- Connecting Rail Systems**
- Amtrak
 - VRE
 - MARC



Washington, DC Metro System Map; current as of November 2018.

Please choose lodging near the **PURPLE** circled portion of the Metro RED Line in order to be located within 30 minutes of the Courses.

Temporary and Short-term Housing:

A variety of temporary and short-term housing options can help meet your short-term needs. These include hotels, corporate apartments, subleased apartments, furnished apartments for rent — even privately-owned houses, condos and vacation properties. You can also investigate [Airbnb](#) and [VRBO](#) (Vacation Rental by Owner).

Many different hotels are near the Neuroscience Center Building (NSC), NIH, on an NIH shuttle route, or within walking distance of the White Flint and Medical Center metro stations ([NIH Clinical Center: Hotels and Motels](#)). One of the closest hotels to the NSC Building (0.3 miles) is Canopy Bethesda

North (<https://canopy3.hilton.com/en/hotels/maryland/canopy-by-hilton-washington-dc-bethesda-north-DCABNPY/index.html>).

The [Club-PCR Yahoo Listserv](#) is for young scientists and professionals in the Bethesda area; to join send an email to clubpcr-subscribe@yahoogroups.com. You can use this listserv to find short-term housing, sell items, arrange carpooling, or gather information. This Listserv is not associated with the NIH, and you should use an email address other than your NIH email address to subscribe. Please state your name and reason for joining the group when you request membership.

Renting an Apartment or House:

In addition to Craigslist.com, many other national websites provide information on apartments for rent throughout the country. The following list is by no means complete. You should use the Internet and other resources at your disposal to continue your search for quality, affordable housing:

- [Apartments.com](#)
- [Apartment Guide](#)
- [Apartmentlist.com](#)
- [Apartment Ratings](#)
- [Apartment Search](#)
- [Apartment Showcase](#)
- [ForRentUniversity.com](#)
- [Govemployee.com](#)
- [Homes Database](#)
- [Hotpads](#)
- [MyCheapApartments.com](#)
- [Rent.com](#)
- [Samslist](#) (focuses on NIH or government employees who have houses/apartments/rooms to rent)
- [Trulia](#)
- [Washington City Paper](#) (focuses on housing to share)
- [Zillow.com](#)

GROCERY STORES

Many specialized, local grocery stores are found near the current NCI Summer Curriculum. Exact locations and hours of operation can be found on their websites:

- [Giant](#)
- [Harris Teeter](#)
- [Hmart \(Asian grocery\)](#)
- [Lotte Plaza \(Asian grocery\)](#)
- [My Organic Market \(MOMs\)](#)
- [Safeway](#)
- [Shoppers](#)
- [Trader Joe's](#)
- [Whole Foods Market](#)

HEALTH CARE AND HOSPITALS

You can visit an urgent care center for non-life-threatening conditions. Such centers are often open long hours, are typically managed by a physician, and may offer services such as X-rays, diagnostic tests, and prescription filling. You can find additional information on urgent care centers on the [Patient First](#) and [Righttime Medical Care](#) websites, which are located within a few miles of the current locations of the Summer Curriculum. [Suburban Hospital](#), located near the main NIH campus in Bethesda, MD, can treat you for more serious conditions.

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

MOVIE THEATERS

There are several movie theaters near the current location of the NCI Summer Curriculum. You can access most theaters and movie show times through the websites and mobile apps of [FANDANGO](#) or [atom Tickets](#). Many of the local theaters are listed below:

- [iPic](#)
- [Bethesda Row Cinema](#)
- [Arclight Cinema](#)
- [Regal Rockville Center Stadium 13](#)
- [AMC Loews Rio Cinemas 18](#)

NEWSPAPERS

Newspapers in DC include the [Washington Post](#) and the [Washington Times](#), the [Washington City Paper](#), which provides information on music and entertainment, and the [Washington Business Journal](#). These newspapers include not only daily news, but also listings of jobs, real estate, and classified ads. The [Washingtonian](#) is a monthly magazine that publishes 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.

NIH RESOURCES/SOCIAL MEDIA

Social Media:

The NCI Summer Curriculum has a non-affiliated, Summer Curriculum Participants-only Facebook page called “The Cancer Prevention Global Network”. This networking group was created in 2015 by a Principles course alum and currently has 142 members, all of whom are more than happy to answer any questions you may have related to the Courses and life in the DC metro area. All registered participants are invited to join. Again, this is not an official NCI social media account.

Emergency Services:

A situation that requires immediate assistance from the police or fire department or an ambulance is considered an emergency. In case of an emergency, dial “911” on your phone to reach an emergency services operator. The caller may be charged a fee if additional services are involved, e.g., if the

medical emergency involves transportation via an ambulance.

Listservs:

Visit the [NIH Listserv](#) page to find groups to join. You will find groups focused on scientific interests, Institutes/Centers, hobbies, and other special interests. Groups specifically for scientists originating from countries such as Italy, France, India, Germany, Belgium, China, and Lebanon are included among NIH listservs.

The NIH and trainee communities have created additional listservs that will help you keep up with social activities and trainee happenings. Please take a moment to review the following options.

- Club-PCR is for young scientists in the Bethesda area; to join send an email to clubpcr-subscribe@yahoogroups.com. You can use this listserv to find housing, sell items, arrange carpooling, or gather information. This Listserv is not associated with the NIH, and you should use an email address other than your NIH email address to subscribe. Please state your name and reason for joining the group when you request membership. [Join Club-PCR](#) 
- Club PCR Facebook Page: This is a forum that enables young scientists in the Bethesda area to meet up for social events, volunteering, learning, playing sports, and having fun. Do not use this group to sell items, find housing, arrange carpools, or gather information. Again, this is not an official NIH Listserv. Use a personal email to subscribe. [Visit Club PCR Facebook Page](#) 
- Visiting Fellows Facebook Page: The Visiting Fellows group has a Facebook Page to help international scientists in the Bethesda area meet up for social events, sports, and other activities. Again, this is not an official NIH social media account. Use a personal email to subscribe. [Visiting Fellows Facebook Page](#)

Mobile Apps:

- *NIHCC Take Me There Wayfinding App* - The Clinical Center's free app for smartphone devices enables users to pinpoint their current location and view directions to nearly anywhere inside Building 10. *NIHCC Take Me There* is available to download from the [Apple Store](#) or [Google Play](#). There is also a [web version](#), which allows users to view directions online and share with others via email or print.

NIH Bethesda Campus Resources:

- [About NIH](#)
- [Bethesda Campus Map](#)
- [NIH Employee Shuttles](#)

PARKING SERVICES

Parking is available onsite at the current NCI Summer Curriculum location for a daily fee should you choose to drive to the Course. There are also several parking facilities nearby that may offer monthly parking for a discount. Listed below are websites that also have mobile applications that can help you locate parking.

- [SpotHero](#)
- [ParkMe](#)
- [ParkWhiz](#)

POST OFFICES

To find a post office in your area, visit the [United States Postal Service](#) website and click on “Locate a Post Office.” You will also find information about your area, including basic demographic information, area code, zip code, and a map. You can use this website to purchase postage, track packages, and find zip codes. [FedEx](#), [UPS](#), and [DHL](#) also offer shipping services.

RECREATION AND TOURISM

Whether you live in the city itself or the surrounding area, you can see and do a number of interesting and engaging things in the DC area. Two websites that provide information on local activities are [Washington DC.org](#), and [Cultural Tourism DC](#).

District of Columbia:

Locations of interest include:

- [Smithsonian Institution](#)
- [US Holocaust Museum](#)
- [National Archives](#)
- [Library of Congress](#)
- [International Spy Museum](#)
- [National Library of Medicine](#)
- [Newseum](#)
- [Folger Shakespeare Library](#)
- [National Mall and Memorial Parks](#)
- [National Zoo](#)

The major government seats of the Federal government are also 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](#). The [Department of Parks and Recreation](#) provides information on parks in the DC area. Other areas of interest include the [National Arboretum and the National Zoo](#). The latter is located in Rock Creek Park. The [National Park Service operates multiple sites in the DC area](#).

The DC [official tourism website](#) provides information on tourist destinations in the area. DC is also home to a number of [museums](#) and [galleries](#). Sports are popular, whether this means participating in a league or team or attending professional sporting events. DC boasts professional teams that play hockey ([The Capitals](#)), men’s soccer ([DC United](#)), women’s basketball ([The 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.

Maryland:

The [Montgomery Parks](#) website provides park maps; information on recreation facilities and trails; and the option to register online for classes and programs. The [Active Montgomery](#) website provides information on park activities, summer camps, aquatic centers, classes, public facilities, and more.

[Montgomery County Golf](#) includes information on golf courses in the area.

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 sites of interest in the area include the [National Aquarium](#), [The Maryland Zoo in Baltimore](#), the [Maryland Film Festival](#), and [Fort McHenry National Park](#).

RELIGIOUS COMMUNITIES

You will find a variety of religious communities and places of worship in the DC metro area. The following resources may help you find one in your area:

- [Asian Indian and NRI Churches](#)
- [Buddhanet](#)
- [Church Angel](#)
- [Church Finder](#)
- [Hindu Temple Finder](#)
- [Maven Search](#) - Synagogues
- [Mosques and Islamic Centers](#)
- [Salatomic](#) – Mosques & Islamic Schools
- [Sikh Gurdwaras](#)
- [Washington Jewish Week](#)

STATISTICS

For statistics on anything from cancer rates and crime to education, energy, economics, health, employment, and the environment, the Federal government maintains a reliable, updated [website of statistics](#). It is searchable by area and includes international comparisons. The [United States Census Bureau](#) also maintains information on populations, income, and economic indicators.

SHOPPING

There are many shopping centers, districts and malls in the [DC metro area](#). Many stores are accessible via public transportation and you can locate the metro rail and metro buses that service these stores via [wmata.com](#). Below are some of the many retail shopping centers within a few miles of the current location of the NCI Summer Curriculum.

Maryland:

[Westfield Montgomery Mall](#)

[Congressional Plaza](#)

[Pike & Rose](#) (next to the current location of the NCI Summer Curriculum)

[Bethesda Row](#)

[Rockville Town Square](#)

[Rio Washingtonian Center](#) (close to the NCI Shady Grove Campus)

[Shops in Chevy Chase](#)

TAXES

Sales Tax - Some states charge sales tax on items you purchase. It is important to note that sales tax may not be included in the price shown in the store. If a company is located within a state, its online sales are subject to sales tax. In 2017, sales tax was 5.75% in DC, 6% in Maryland, and 5.63% in Virginia. Food purchased at a grocery store is not generally taxed, but food in a restaurant may be. Additionally, hotels, tobacco, alcohol, and other luxury items may be taxed at a higher rate.

TELECOMMUNICATION SERVICES

Telecommunication plays an important role in our modern life and provides access to invaluable news and other information. Mobile phone service providers located in the DC metro area include, but are not limited to:

- [Verizon](#)
- [AT&T](#)
- [T-mobile](#)
- [Sprint](#)
- [Boost Mobile](#)
- [Cricket Wireless](#)
- [The Apple Store](#)

TRANSPORTATION

The Washington Metropolitan Area Transit Authority ([WMATA](#)), commonly referred to as the [Metro](#), provides both subway (Metrorail) and bus (Metrobus) service throughout the greater DC area. [MetroAccess](#) provides free shared-ride, door-to-door, paratransit service for people whose disability prevents them from using bus or rail service. For additional information, see the [MetroAccess eligibility requirements](#).

[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](#) provides service to Virginia locations. Both Virginia and Maryland also have their own local bus systems that link up with the Metro systems.

[Greyhound](#) and [Peter Pan](#) buses provide service into and out of DC, and across the country.

The following bus lines offer inexpensive transportation between DC and New York City:

- [Bolt Bus](#)
- [VAMOOSE Bus](#)
- [DC2NY](#)
- [Megabus](#)
- [Tripper Bus](#)
- [Washington Deluxe](#)

Maryland:

The [Maryland Transit Administration](#) (MTA) website is a central resource for information on the various transit programs and resources within Maryland. You can find information on [Commuter Programs](#), [MTA Tracker](#), and [Transit Maps](#). One of the main public transportation services in Montgomery County is [RideOn](#) transit.

[Central Maryland Regional Transit \(CMRT\)](#) manages public transit services in Howard County, Anne Arundel County, Prince George's County and the City of Laurel.

Maryland Transportation Resource Information Point ([TRIP](#)) is a one-stop website for all things transit in the Baltimore metropolitan region, providing a wealth of information on a wide range of transit services including a hotline for immediate assistance: 1-877-331-TRIP (8747).

Virginia:

The [Virginia Department of Transportation](#) offers a number of resources for Northern Virginia commuters on its [Travel Center website](#), including [Virginia Railway Express \(VRE\)](#), [CommuterPage.com](#), and [Commuter Connections](#).

Bike to Work:

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.

Don't own a bike? You can rent a 3-speed bike from [Capital Bikeshare](#). 440 bike stations have been established throughout the DC metro area, including at many Metro stations. Two locations are near the NIH campus. You can pick up a bike at one location and drop it off at another.

Shuttles:

The NIH runs several shuttle lines. Shuttles are available Monday through Friday, except Federal holidays. Some circle the Bethesda campus at regular intervals, while others connect the Bethesda campus with nearby NIH laboratories and offices such as those on Executive Boulevard and at Rockledge. You can find shuttle routes and schedules on the [NIH shuttle webpage](#).

Updated November 2018. Please address comments regarding this document to Summer Curriculum Coordinator, NCISummerCurriculum@nih.gov.