



HBCU National Center

**The Intern's
Guide to DC:
All You Need to
Know About the
Nation's Capital**

vol.1

*Experiential Learning and Living for
Students and Alumni in DC*

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HBCU NATIONAL CENTER

The HBCU National Center is a program established by the Hon. Jacqueline M. Lewis to foster experiential learning, mentorship, and networking in Washington, DC for students attending historically black colleges and universities (HBCU). Advancing diversity in America and its workplaces is critical to its continued success. Washington, DC, as the center of public policy making, offers unparalleled learning and networking opportunities for college students to gain experience and make key connections. Participating in an experiential learning/internship program in DC can be the key to the path to next-generation leadership roles. With these tenets at the forefront, the HBCU National Center aims to create a living, learning, and mentoring community for HBCU and HBCU students interning in Washington, DC.

Colleges and universities, particularly those not located in or around DC, face challenges in trying to access the resources of Washington in a manner that makes it convenient and affordable. Institutions seeking to advance their standing among higher education and national policymakers need to establish and promote their presence in DC but often do not have the resources to establish a foothold in Washington. And the high cost of living in the city hampers student access to DC internships. For those without the means, these housing costs prevent promising students from gaining valuable internship experience. The HBCU National Center programs aim to address these challenges by bringing together a facility in DC (HBCU National Center Building) where HBCU and their students can create a community for living, learning, and networking, and a housing grant program to cover student intern housing costs.

DISCLAIMER

All information in this guide is based on opinions and firsthand experiences. As such, any mention of a particular establishment or area is for informational purposes only and does not constitute or imply endorsement by the HBCU National Center or Washington Intern Housing (WISH).

ACKNOWLEDGMENTS

Gratitude is extended to all who have supported the push for diversifying the ladder to leadership, the HBCU initiative, and the HBCU National Center. Your continuous efforts do not go unnoticed.

WELCOME FROM THE HBCU NATIONAL CENTER AMBASSADOR

Greetings HBCU National Center Interns,

I am Anyiah Chambers, the Program Ambassador. Welcome to the HBCU National Center for experiential learning,, living for students and alumni in DC.

I welcome you to the center and Washington, D.C. I hope this intern guide provides you with resources and information about how to navigate DC and also your internship - for those who are new to the city or interning.

I am here to make your journey a prosperous and successful one, I am here for you! Your undergraduate years are short-lived, so it is my mission as your Program Ambassador to help support the sustainability of collegiate life in this program.



OUR PROMISE

As your Program Ambassador and leadership, we are here for YOU, we advocate for YOU, and we are empowered by YOU! I am proud to serve and support every HBCU student to make sure they have post-graduation success. While also being connected to professional development and networking opportunities. . Remember to always take advantage of opportunities put before you and strive for success in whatever way that looks for you. Most importantly, do not forget that your journey is your journey alone. No two paths are the exact same so go after what YOU want!

Embrace this opportunity and your experience. Many individuals work their entire lives to walk into the rooms and spaces you are already in. You are exactly where you need to be. Take great care everyone!

Best Regards,
ANYIAH S. CHAMBERS

BEFORE YOU LEAVE

Banking

Chase, Union Bank, U.S. Bank, and many other Credit Unions are **NOT** located in DC, so don't rely solely on your checking account from your state or region. If you don't already have a debit card, consider getting one that is linked to your checking account. You can use it like a credit card, but the money comes from your checking account. Everyone takes credit cards (American Express is **NOT** accepted everywhere), and at many places, you can even get cash back with the cards.

ATMs are available around DC, but you will be subject to fees to have money withdrawn (ranging from \$1.00 a transaction to 3-4% of the money withdrawn.) Also, if you're expecting to deposit any checks, keep in mind that you can't do it through a machine not affiliated with your bank. Check with your bank and their terms and conditions.

For your convenience, an ATM is located inside of Union Station roughly a 10 min walk from the HBCU National Center.

Mail

Mail service is available to students staying at the HBCU National Center. Each apartment is assigned a mailbox on the 1st floor when you walk in. Packages can also be retrieved from that space during Sunday - Sunday - 24 hours a day.

Under certain circumstances, it may be advisable to alert organizations with which you do business (such as your bank or even your campus) of your temporary change of address. Mail or packages sent to you do not need to include an apartment number but should have your full name in the address line. Also, you should be aware that the HBCU National Center does **NOT** forward mail to residents who have departed after your said checkout date, so you should also be sure to inform those institutions of when you plan to return home to ensure that all of your mail is delivered properly.

The HBCU National Center is at 215 Constitution Ave. NE Washington, DC 20002

WHAT TO BRING

Debit card and/or credit cards

Student ID, State ID/DL, and lanyard to keep your keys, ID and SmarTrip card safe

Medical insurance card(s), vitamins, and necessary medications or documents

Pillows, extra-long twin-size bed sheets, and body towels, and extra hangers

If you like to cook, perhaps a Ziploc of seasonings or travel mug/water bottle

Laptop, charger, and Ethernet cord

Bathroom amenities (blow dryer/straightener, hand towel, tote bag, and toiletries)

At least three complete professional outfits with dressy shoes/socks and belt

Professional bag or purse or briefcase

Umbrella, raincoat, and rain boots (there are many unexpected rainstorms)

Comfortable walking shoes (you will walk a lot in DC)

Small travel duffle for weekend trips

Workout attire, pajamas, casual attire, nightlight attire, “winter” coat, gloves, (it is a lot colder for the months of October-April)

ARRIVAL

The HBCU National Center is located at: **215 Constitution Ave. NE Washington, DC 20002**

Plane/ Airport

National Airport (aka Ronald Reagan Washington National Airport, DCA) is the closest airport to the center. There is a metro stop at the airport, but it is recommended to take a taxi/ uber/ lyft for convenience. A taxi/uber/lyft ride should take 15-20 minutes and cost approximately \$20 (surge hour depending).

Dulles International Airport (IAD) is 26 miles west of DC in northern Virginia. The drive can take between 40 minutes and an hour. A Super Shuttle to HBCU National Center costs approximately \$29 and there is a Super Shuttle boarding area on the lower level of the Dulles Airport (www.supershuttle.com). Another option is the Washington Flyer Express bus (www.washfly.com). You may also choose to flag down one of the many taxis waiting outside the airport, but be aware that a trip from Dulles to the HBCU National Center will cost you around \$60.

Baltimore-Washington International Airport (BWI) is 25 miles northeast of DC, about an hour drive from downtown DC. Taxis cost \$50-80. There are Super Shuttle buses into Washington every 30 minutes, daily from 6:00am-11:30pm for approximately \$45 one-way. It's cheaper to take the train from BWI Airport, either the frequent peak hour departures of the MARC commuter line (check the website for schedules and fares: www.mtamaryland.com) or check the daily Amtrak trains (www.amtrak.com) These services take 35-40 minutes and terminate at Washington's Union Stations where taxis are plentiful.

Train

Arrive at Union Station. Step out of the station and get a glimpse of the Capitol Building through the fountains of Capitol Plaza. Cabs are always waiting to take you to your destination, or the Metro Bus.

THE HBCU NATIONAL CENTER

You will be living at the HBCU National Center, at 215 Constitution Ave. NE Washington, DC 20002 You can see photos of the Center at www.hbcunc.org Each apartment is efficiencies or one-bedrooms typically shared by two students. All apartments are complete. The living room has a couch, coffee table, chair, dining table and chairs, and cable television.

Each bedroom has extra-long twin beds with drawers, a wardrobe, and a desk with a bookshelf; some have clothes hangers. There is also a fully equipped kitchen with a microwave and dishes, utensils, kitchenware, refrigerator, stove, sink, pots, and pans.

NEIGHBORHOOD NECESSITIES

Groceries

Some of the grocery stores in the area are part of or are owned by national chains that also have locations in California. If you have a preferred customer card with a local store, it's worth trying to use your phone number when you check out at a store here in D.C. Even if you don't, it's easy to apply for a card and is worthwhile as it's a free way to significantly reduce your grocery bill.

Another thing to be aware of is that, due to a local ordinance, stores and restaurants in DC charge \$0.05 per plastic or paper bag used. This may not sound like much, but it can add up over the course of a term. Most grocery stores sell reusable shopping bags for \$1, which is not only inexpensive but is also good for the environment.

Finally, it is strongly recommended that you bring a friend or check out a cart from the security desk when going shopping. Even a few bags can be heavy if you have to walk several blocks!

Safeway

1701 Corcoran St NW
(202) 667-6825

Whole Foods

1440 P St NW 1631
(202) 332-4300

Harris Teeter

Kalorama Rd NW
#100
(202) 986-1415

Trader Joe's

1914 14th St NW
(202) 986-1591

Pharmacies

Walgreens

50 Massachusetts Ave
(Union Station)
(202) 774-3868

CVS

661 Pennsylvania Ave. SE
(202) 543-3305

Grubb's Specialty

Pharmacy 326 East Capitol
St NE
(202) 543-4400

It is not uncommon for students to get sick during the term, especially in the weeks after arrival. D.C. is a new environment with its own allergens and, due to the lack of private transportation, it can be a more "communal" experience than you may be used to. Colds and flus can be common, so it is strongly recommended that you identify the medical resources that are available to you before you need them as you may not be in a condition to do so after you have gotten sick.

If you require emergency medical care, there are several hospitals with emergency rooms in the area:

BridgePoint Hospital Capitol Hill 223 7th St NE (202) 546-5700 Medicare/Medicaid	Howard University Hospital 2041 Georgia Ave NW (202) 865-6100 Medicare/Medicaid accepted	Sibley Memorial Hospital 5255 Loughboro Rd NW (202) 537-4000
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accepted		
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TRANSPORTATION

D.C. is a mecca of internships, nightclubs, bars, restaurants, museums, theaters, memorials, and road trip opportunities. Fast, affordable transportation adds to the enjoyment of each spot you attend.

Public transportation in DC must be paid for at the time of service. The most convenient way to do so is to use a SmarTrip card, which is accepted on both Metro and bus services. To add funds to your card, you may either use the charging stations located at every Metro station or register your card on WMATA's website and use their online system, where you can also set your card to be automatically recharged whenever the balance gets low.

It is advised to download the "Transit" app because it has the most up-to-date transit options based on your location.

Metro

D.C.'s subway - the Metrorail or simply the Metro - is quick, cheap, and easy to use. It currently runs on six lines which cover most of the downtown areas and suburbs (with the notable exception of Georgetown), while a number of new stations are due to open over the next few years. Each line is color-coded and studded with various interchange stations: Metro Center, L'Enfant Plaza and Gallery Place-Chinatown are the most important downtown. Stations are identifiable outside by the letter "M" on top of a brown pylon; inside, the well-lit, uncluttered, vaulted halls make the Washington Metro one of the safest in the world, though you should take the usual precautions.

Metrorail service hours begin at 5am Monday through Friday and close at midnight from Sunday- Thursday. Stations open at 7am Saturday and Sunday, and close at 3am on Friday and Saturday. During rush hour, services run every five-six minutes on most lines, and every 10-12 minutes at other times.

Each passenger needs a SmarTrip fare card before passing through the turnstiles. Fares are based on when and how far you travel; maps and ticket prices are posted by the machines.

Tap your card at the turnstile before passing through; when you do the same thing at the end of the journey, the total fare, based on how far you traveled, is deducted from the value of your card. If you don't have enough money remaining on the card for the journey, insert it into one of the special exit- fare machines, deposit more money and try the turnstile again. You don't need to remove your card from your wallet because the machine will sense your card in your wallet.

More information, including maps, fare schedules, and trip planners are available at the Washington Metropolitan Area Transit Authority's website at wmata.com.

Bus

Metro buses are perhaps the most often used mode of transportation. At some major Metro subway stations, information on major lines serving that particular station is available at the attendant booth. Maps of bus routes are available. To get to Georgetown from the Hill you can take any even numbered 30 line (30, 32, 34, etc.). If you are working in DuPont Circle, the G2 bus is your ticket to Georgetown. The bus costs \$1.75 and that includes up to two transfers within a two-hour period.

As a supplement to its normal bus lines, DC also offers a bus service called the Circulator that offers cheap and frequent trips between popular locations in the city. Each trip costs \$1 and buses are scheduled every ten minutes throughout the day. More information about Circulator routes and schedules is available on its website at <http://www.dccirculator.com/>

These two systems work together. If you take the circulator (\$1.00) and then transfer to a bus, your bus fare will only be \$0.75. If you take a bus (\$1.75) and transfer to a circulator, you will not be charged an additional fare. If you transfer from Metrorail to a bus, your bus fare will be \$1.25. If you transfer from bus to Metrorail, there is no discount on your Metrorail ride.

Cabs in Washington, D.C. are readily available and metered. The base fare starts at \$3.25 and there are additional charges per person (\$1.50 per person).

To save money, try to share a cab with someone. Also, be sure that the cab is a registered cab and not a “fake;” you can tell by making sure that they've posted their identification cards on their sun visors.

You can call for a pick-up, but there is a \$2 increase in prices. The top three tax companies are the following: Yellow Cab Company of D.C. 202-546-7900, Taxi Transportation Service 202-398-0500, and V.I.P. Cab Company 202-269-9000.

In recent years, an alternative to “traditional” cab services have grown in popularity in the DC area. Uber and Lyft, and particularly the UberPOOL service, provides a cheaper and in many ways more pleasant car service experience. Uber is notable in that you can generally arrange (and schedule) a pickup and drop-off anywhere in DC (DC cab drivers sometimes refuse to drive to certain neighborhoods) and that all payment is handled through the app, so you don't have to worry about having enough cash. Riders should be aware that Uber practices “surge pricing,” meaning that the cost of a ride increases when rider demand is high in an area. More information can be found on Uber's website at www.uber.com.

If you plan to take frequent trips or can split the cost between several people, consider investing in a Zipcar membership or car2go. Several campuses have partnerships with Zipcar and reduced or discounted membership fees may be available. Zipcar and car2go spots are common throughout the city, including several directly across the street from the UC

Washington Center. More information about Zipcar student rates is available at <http://www.zipcar.com/universities> and car2go at <https://www.car2go.com/US/en/>. Capital Bikeshare <https://www.capitalbikeshare.com/> provides DC with an extensive bike-sharing network that includes over 2,500 bicycles and 300 stations (one of which is located adjacent to the UC Washington Center). When the weather is good, bicycling to work can be much faster than taking a train or bus and is better for you! While Capital Bikeshare offers monthly memberships, you may also rent a bike from one of the many stations throughout the city using only a credit card.

STAYING SAFE

You may have grown up or be attending college in a major city like Los Angeles or San Francisco, but don't let the fact that you can navigate downtown areas build up a false sense of security. D.C. will be a new environment for you and should be respected while you are learning your way around. While certain neighborhoods are "safer" than others, crime can occur anywhere and so common sense and caution should be exercised at all times. Here are some simple rules that should apply to everyone, regardless of gender:

- 1) Try to travel in groups after dark.
- 2) Take taxis at night.
- 3) Carry a small pocket map.
- 4) If you leave with five people to go somewhere, return with five people.
- 5) If you listen to music while jogging or walking, be extra cautious.
- 6) If you've been drinking, do not drive and take a cab home.
- 7) Don't carry lots of cash or flaunt expensive jewelry/watches.
- 8) Keep your wallet in a safe place.
- 9) Carry your bags across your body, and not just over your shoulder.
- 10) Stay in well-lit areas.
- 11) If you're going somewhere unfamiliar, pay attention to the quadrant.
- 12) Always look as though you know where you're going; look confident, not scared.
- 13) Most importantly, be aware of your surroundings.

DRESSING FOR WASHINGTON, D.C.

Clothes for Work

The following are recommendations and are by no means meant to perpetuate gender stereotypes.

Before you wear professional clothing, ask your employer for guidelines on acceptable office attire. Some interns are able to dress casually, while other workplaces require suits year-round.

Self-Identifying Women

Blouses, skirts, slacks and dresses are the form. Cottons and linens are the coolest when the weather is very humid. Silk and rayon are pretty but hot! Since you will inevitably do a lot of walking, you should wear comfortable shoes. During the cooler months, blazers, tights, waterproof and warm boots and coats are recommended. Be prepared for extreme weather during the winter. If you are wearing heels, consider bringing a pair of athletic shoes to change in and out of on your way to work (this is especially true if you plan on spending a lot of time in Georgetown -- a town whose cobblestone streets are designed to ruin heels in a week.

Self-Identifying Men

The work uniform for men is standard -- slacks, shirt, with a coat and tie. Use it your first week to feel out the beat of the office. Once you have established credibility and you're ready to break out of the mold, then you can move to the wild ties, and socks in your wardrobe. Bring waterproof shoes and a coat for the winter months.

To guide you as you get a feel for your workplace, here are some important points to remember:

WORKPLACE ETIQUETTE

Dos

Have realistic expectations

Your abilities are undeniable; we know that you can perform as well as a paid staff member at the organization for which you'll be an intern. However, the reality is that you are not a paid staff member and your work assignments should be relegated to those of an internship. Therefore, make sure you approach your internship with realistic expectations. Administrative tasks are a part of all jobs and internships and so you should expect to have to perform some clerical duties. With that in mind, sometimes employers may not make an effort to ensure that interns receive a mix of substantive and administrative tasks. If you feel you are not being given enough opportunities to learn new skills, please speak with your Program Administrator about how to address your concerns with your supervisor.

Though you may be ready and able to write legislation or argue cases in front of a judge, remember that the organization may limit the depth of your projects because of many factors. First, they can't really assign work that can have consequences if there are mistakes made, meaning they have to be able to hold someone accountable. Second, you'll be interning for a finite amount of time, so they have to assign projects that can have a start and end date, as opposed to long-term projects. Lastly, an internship is an opportunity for you to acquire professional experience to complement your academic studies to then make you well-rounded candidate when you are applying for jobs after graduating. Any work that you perform for your internship should not displace a paid staff member; that is, you should not perform work that someone would normally be paid to do. This would be considered free labor, and in the United States, this is illegal.

Know who your direct supervisor is

Of course you want to be as helpful as possible as an intern and will probably say "yes" when asked by a staff member other than your supervisor to help out with something. However, in general, it's unfair to student interns when this happens because it puts students in an uncomfortable position and the work that students should give priority to may get overlooked. Your work should be assigned by your direct supervisor; any additional work that a different staff member may ask you to assist with should first get approved by your direct supervisor. However, use common sense: if the CEO, Executive Director, your supervisor's boss, etc. assigns you a project then you should give that first priority while informing your supervisor.

Everybody runs late in the morning occasionally and sometimes there are elements beyond your control that can make you late for work; roommates hogging the bathroom, delayed Metro trains, traffic, etc. However, chronic tardiness will negatively affect the way that you are perceived by your supervisor and staff members. This can make you look unreliable and can result in a negative evaluation at the end of your internship. Make sure to give yourself plenty

of time in the morning to get ready as well as to travel from the UCDC Center to your internship so that you can be on time, if not a few minutes early.

Be on time

Dress appropriately

What's considered professional attire by Californian standards may actually be considered business casual by DC standards. So, how do you know what's appropriate attire for your organization? The simplest way to find out is to ask your supervisor; however, you should also observe how paid staff members dress. If everybody wears a suit to work, then chances are you should follow suit, no pun intended. If everybody dresses casually, then you should too. When in doubt, it's always a safe bet to come to work overdressed rather than underdressed. Above all else, do not wear clothes that may make you appear sloppy, unkempt or distracting (i.e. low-cut blouses, micro-mini skirts, very tight-fitting clothes, etc.)

Behave appropriately

Most organizations are great about treating interns like they are staff members as opposed to "lowly interns". This is wonderful; it boosts interns' confidence because they rightfully feel like they are being treated with respect. However, this can present problems when interns start to feel too comfortable in the office by treating staff members as though they are peers, thus potentially behaving inappropriately, such as engaging in office gossip or divulging too many details about their personal lives. It makes the work atmosphere much more fun when you have a collegial, friendly relationship with your officemates, but always remember that these are the people you work with; they are not your friends. Always behave in a manner that will reflect positively on yourself and the HBCU National Center Program.

The responsibility for the success of your internship falls mainly on your shoulders. Your attitude -- about your job, your employer, and yourself -- will be a big determinant. You are going to DC to learn -- actively, not passively. Interns are expected to be able to work well with minimal supervision. However, always remember: when in doubt, ASK! Better to take up some time asking a question or two than to have to re-do the entire project. No one expects you to know everything, but they will expect you to make an effort to learn.

As a HBCU National Center intern, you are representing your university, your campus, and the HBCU National Center Program to organizations in D.C. The program's chance of placing another intern in your job next term depends greatly on your behavior and performance. You are entitled to have your own personality for the term-- JUST REMEMBER WHO YOU ARE AND WHAT YOU REPRESENT!!

Embrace the mundane

Researching and entering information into an Excel spreadsheet may not be the most exciting project; however, your efforts are truly helping an organization. Employers don't ask you to create/maintain spreadsheets just to keep you busy; they genuinely need the

information to use for larger projects and your spreadsheet becomes the foundation of sorts. So, take pride in the spreadsheet you work on!

Update your resume regularly

You'll be exposed to new experiences and gain professional skills while you are interning in DC. Don't wait until it's time for you to apply for a job before you update your resume to include your DC internship experience. Keep track of your projects and achievements as your internship progresses so that you can update your resume while the details are still fresh. It will be difficult to accurately recall the details once you've returned to California, and you may forget to include impressive accomplishments that you made while you were a UCDC intern.

Don'ts

Take things personally

Why doesn't he/she like me? What did I do wrong? These are questions that you'll ask yourself if you perceive that somebody in your office is acting unfriendly toward you, but chances are, his/her behavior most likely has nothing to do with you personally. You never know what people are going through in their professional and/or personal lives that can affect how they interact with people in the office. They might have received a speeding ticket on the way to work; they might have a headache; they might have gotten into an argument with their significant other the night before... The possibilities are endless and never have anything to do with interns directly.

If you think someone is treating you negatively, first observe how he/she interacts with everyone in the office. If you notice a distinct difference between the way this person interacts with you specifically versus how he/she interacts with others, you should speak to either your supervisor or your Program Administrator about it.

Get involved in office politics

It is an indisputable fact that office politics exist in every organization and during your internship, you'll have the opportunity to observe professionals behaving very unprofessionally. You'll witness petty behavior or hear back-handed comments. Sometimes there will be power struggles to see who comes out the alpha-employee; other times there will be popularity contests to see who is liked the most by everyone. Sometimes staff members will treat you as a confidant and share negative feelings about another colleague. Whatever it is, don't get caught up in the workplace drama. If someone tries to involve you in workplace drama, just politely tell him/her that the conversation is making you feel uncomfortable and that you would appreciate it if he/she didn't involve you in it. This will set appropriate boundaries and might also be a lesson from an intern on how to behave professionally!

Sit around and wait for something to get assigned to you.

In theory your supervisor will have on-going assignments that will keep you busy and engaged with your internship; the reality is that there will be times that you may not have anything to do. Don't just sit around and wait for your supervisor to come up with something for you to do because you may end up waiting for a while. If you finish your assignments early and are ready for a new project, go ahead and ask your supervisor the open-ended question, "What can I work on next?" By being proactive, you'll increase your satisfaction with your internship because you'll continually challenge yourself to learn more. If your supervisor doesn't have anything immediate for you to work on, ask other staff members if they need assistance with anything. By engaging with other staff members you'll develop relationships with them that will expose you to different areas of the organization that can also lead to further networking opportunities for you.

Use company email accounts for personal matters

Yes, it's impressive to see your name with an @senate.gov, @mail.house.gov, first.last@yourinternship.org, @cnn.com, etc. email address and you want to show it off to the world. As tempting as that may be, your work email address should be used for work matters only; save the personal correspondence for your personal email accounts. Your work email account is the property of the organization for which you're an intern and is subject to scrutiny for any reason. People have been fired for using work email accounts inappropriately.

Spend your work time on Instagram, Facebook, on-line shopping, etc.

It's normal to have downtime at work and it's becoming increasingly normal to use that downtime to peruse through Facebook or to buy the latest Groupon during said downtime. Don't do it. Instead, take the time to learn more about your organization and the areas that it specializes in; increase the depth of your understanding about Congress, foreign affairs, the media, policy, education, etc. You can spend time on Facebook anywhere but you only have this academic term to intern in DC; make the most of it!

LINGUA FRANCA: YOUR GUIDE TO DC VOCABULARY

The Post (n) - The Washington Post. This is the newspaper that every Washingtonian should read. The Style section is full of Washington tidbits. Check out the front section for daily listings of special events.

The Times (n) - The New York Times. Also known as "the paper of record." There is another paper called The Washington Times; it looks like the stepchild of USA Today and presents itself as the alternative to the 'liberal' Washington Post.

The Hill (n) - Originally described by Pierre L'Enfant as a "pedestal waiting for a monument", this easternmost side of The Mall is where the U.S. Capitol sits. The Senate side is on the north, and the House side is on the south.

1600 Pennsylvania Ave. (n) - Street address for the large white building where the President lives.

Capital vs. Capitol – Please avoid making this mistake. CAPITAL is the city (e.g. 'Washington DC is the capital of the United States of America.'), while CAPITOL refers to the building where the U.S. Congress meets (e.g. 'I'll meet you by the Capitol building').

FOR THE STUDENT BUDGET

Washington, D.C. is a very expensive city, so you will need to budget! Past participants have reported spending roughly \$1000 per quarter or \$1500 per semester on personal expenses such as food, drinks, and Metro/cab fare. When you get off the plane and your stomach is grumbling for something other than 'snack-size' bags of peanuts, you'll notice that everything seems a little bit more expensive. Ten cents here and there may not sound like much, but these things add up and can make or break your budget.

One thing you could do is avoid buying lunch every day. You will have a fully furnished kitchen with plates, pots, frying pans and utensils, so you'll be able to make your lunch before you go to work. This will save you a lot of money (purchasing lunch will cost you between \$7-12 and can add up to as much as \$600 per quarter if you do it every day). Many resourceful interns have taken advantage of frequent after-hours receptions held on Capitol Hill and happy hour munchies at a local watering hole to reduce dinner expenses. HBCU National Center also frequently hosts student events for which dinner is provided. Finally, don't forget: if the grocery store has a discount card or coupons, you can save a lot of money (Vons=Pavilions=Safeway).

CULTURAL ACTIVITIES

The best things in life are free!! Below is a list of things to do in Washington that are not only thoroughly enriching experiences -- but absolutely free!!

There are also a variety of blogs and suggestions online, which you may find helpful. Here is a list of websites that are very informative:

<http://www.culturaltourismdc.org/portal/home>

<http://www.archives.gov/calendar/know-your-records/index.html>

<http://travel.nationalgeographic.com/travel/city-guides/free-washington-dc-traveler/>

INSTAGRAM:

dcspots

Hypefoodies.

Danastargazertruitt.

Foodsinmyheart.

Lifeisfoodieful.

DCcarnivores.

Xoxojudie.

Lunch_at_the_bar.

Thepickyramenlover.

TIK TOK:

_skyesmommy

Denise.osei

bagoha. 6721.

Jaquita.harris

Celestialnails

Shestrippin

liana.oa. 5811

robinwannabefly

MUSEUMS

The Smithsonian Institute offers free and fascinating museums (<http://www.si.edu/Museums>)

African American History and Culture Museum

African Art Museum

Air and Space Museum

Air and Space Museum Udvar-Hazy Center

American Art Museum

American History Museum

American Indian Museum

Anacostia Community Museum

Arthur M. Sackler Gallery

Freer Gallery of Art

Hirshhorn Museum and Sculpture Garden

National Zoo

Natural History Museum

Portrait Gallery

Postal Museum

Renwick Gallery

Smithsonian Institution Building, The Castle

Arts and Industries Building

OTHER NON-SMITHSONIAN MUSEUMS

The International Spy Museum: the only public museum in the U.S. dedicated to espionage.
<http://www.spymuseum.org/>

The Newseum: a large and well-polished exposition of news coverage of notable events.
<http://www.newseum.org/>

Corcoran Gallery of Art: currently closed. <http://www.corcoran.org/>

The National Archives: tours are given weekdays by appointment only.
<http://www.archives.gov/>

National Firearms Museum: This museum illustrates the history and development of firearms through exhibits of antique and modern guns from around the world.
<http://www.nramuseum.org/>

National Geographic's Explorers Hall: <http://www.nationalgeographic.com>

National Museum of Women in the Arts: <http://www.nmwa.org/>

Phillips Collection: place has an incredible collection of Impressionism. Especially notable is an original Renoir. <http://www.phillipscollection.org/>

MEMORIALS AND HISTORICAL SITES

This is a partial list of the many monuments and buildings around town that you can tour and see for free:

Arlington National Cemetery: The easiest way to see it is on a tour, either by buying a ticket on the Mall and doing a complete sightseeing tour, or by buying the Cemetery tour at Arlington. Here you'll see the Tomb of the Unknown Soldier with the changing of the guard every half hour. Arlington House, open daily, was once the residence of General Robert E. Lee until it was confiscated by the United States government during the Civil War. There are many famous people buried here including Pierre Charles L'Enfant (original architect of Washington, D.C.), General John J. Pershing, Secretary of State John Foster Dulles, President William Howard Taft, and General Phil Sheridan. The most famous resting sights, and most visited, are those of the Kennedy brothers, John F. and Robert F. Kennedy. By arriving as close to 8am as possible, you can experience the mood of quiet contemplation the site of JFK's eternal flame evokes when not mobbed by tourists. Nearest Metro: Arlington Cemetery.

Mary Mcleod Bethune Memorial: In Lincoln Park on the east slope of Capitol Hill. This memorial is to the ground-breaking educator of young African-American women who served in President Franklin D. Roosevelt's informal Depression-era "black cabinet"; she was also the first black woman to head a federal office as director of 'Negro Affairs' in 1936. This is DC's first statue in a public park honoring an African- American as well as the first one honoring a woman.

The Bureau of Engraving and Printing: Weekdays only; closed legal holidays. Twenty- five minute self- guided tours, preceded by a short introductory film about the Bureau, depart continuously during these hours. Free \$100 bill souvenirs for the first 100 visitors (Yeah, right). Nearest Metro: Smithsonian.

C & O Canal Boat Trips: Depart from Thomas Jefferson St. NW in Georgetown. The boat, a mule-drawn replica of a 19th century canal boat, travels through the Georgetown section of the canal. Tickets are sold at the information minimum. It's a slow trip, but that's the whole idea.

The Capitol Building: With entrance on East Capitol Street and 1st Street NW. Once again, it is best to get tour tickets from your congressperson or senator for the VIP tour. Only on the longer VIP tours do you visit the House and Senate chambers. There are free 35-minute guided tours that leave the Rotunda every 15 minutes. Nearest Metro: Capitol South.

Frederick Douglass Home National Historic Site (Cedar Hill): 1411 W Street SE, open daily. This was the last home of the former slave, statesman, and abolitionist. He lived in this house from

1877, when he was 60, until his death in 1895. Many of the house's 19th century Victorian furnishings are original. Congress has also designated it the first Black National Historic Site.

The visitor center has interpretive exhibits and film documenting Douglas' life. Walk-in tours are given in half an hour.

The Federal Bureau of Investigation: Open weekdays only, closed weekends and federal holidays. Be aware that tickets can only be obtained through a member of Congress. Nearest Metro - Metro Center, or Federal Triangle.

Ford's Theater: 511 10th Street NW, between E and F Streets. Open daily. This is the theater where President Abraham Lincoln was attending a production of Our American Cousin when he was shot by John Wilkes Booth. Except when rehearsals or matinees are in progress (call before you go), visitors can see the theater and trace Booth's movements on that fatal night. Free 15 minute talks are given at 10 and 35 minutes after the hour. Be sure and visit the Lincoln Museum in the basement. Nearest Metro - Metro Center.

Peterson House (House Where Lincoln died): Right across the street from Ford's Theater at 516 10th Street NW.

Iwo Jima, the Marine Corps Memorial: Stands near the north (or Ord & Weitzel Gate) entrance to Arlington Cemetery as a tribute to marines who died in all wars. The Jefferson Memorial: open daily from 8am to midnight.

The Library of Congress: Closed on major holidays. Nearest Metro - Capitol South.

The Lincoln Memorial: Open 24 hours daily with park staff on duty 8am to midnight. Nearest Metro - Foggy Bottom.

Franklin D. Roosevelt Monument: The modest block of Vermont marble commemorates the nation's 32nd President. Nearest Metro - National Archives.

Teddy Roosevelt Island: lies in the Potomac River opposite the mouth of Rock Creek. Open daily. Nearest Metro - Rosslyn.

State Department Tour: 22nd and C Streets. Free one-hour tours of the eight floor diplomatic reception rooms are offered weekdays. Reservations are required. Nearest Metro - Foggy Bottom-GWU.

The Supreme Court: If you can, you should try and see the court in action. The Court meets Monday through Wednesday from 10am to 3pm (with an hour for lunch from noon to 1pm). Line up early! When the Court is not in session, there is still a free lecture in the courtroom about Court procedure and the building's architecture. Nearest Metro - Capitol South or Union Station.

The Vietnam Veterans Memorial: Open 24 hours with park staff on duty from 8am to midnight. This memorial honors the men and women who served in the armed forces during the Vietnam War - the longest in our nation's history. It includes two long black-granite walls inscribed with the names of those who died or whose remains are missing as a result of the conflict. This monument is very moving when seen at night. Nearest Metro - Foggy Bottom.

The Washington Monument: There is an elevator that takes you to the top of this 555-foot monument in about 70 seconds. There is another tour called "Down the Steps" Tours which are given based on staff availability. On this tour, you'll learn more about the building of the monument and get to see the 193 carved stones inserted into the interior walls. They range from a piece of stone from the Parthenon to plaques presented by city fire departments. Call before you go or ask a ranger on duty for more details. Timed tickets can be obtained online <http://www.nps.gov/wamo/index.htm>; there is a small administrative fee, but it beats waking up early and standing in line. Nearest Metro - Smithsonian.

The Washington National Cathedral: The Cathedral has been the setting for every kind of religious observance. It is the final resting place of Woodrow Wilson and his wife, as well as Helen Keller, and Anne Sullivan. This was the church in which Martin Luther King, Jr. preached his last Sunday sermon before he was assassinated. Nearest Metro – Cleveland Park

The White House: The best bet is to get tickets from your Congressperson or Senator for the VIP tours at 8:15, 8:30, and 8:45am. This ensures your entrance and entitles you to a more extensive -- and guided -- tour. You need to request them from your Congressperson very early, 8-10 weeks in most cases. The other option is getting public tour tickets for scheduled tours Tues. through Sat. Tickets can be obtained at the White House Visitor's Center, located on the corner of 15th and E St. NW (look for blue awnings) on the morning you would like to tour the White House. Doors open at 7:30 am, but people start lining up even earlier. Nearest Metro - Federal

One-day Excursions

Mount Vernon, Virginia

Home and final resting place of George and Martha Washington, Mount Vernon is a great site for all visitors to DC. There is a charge for admission of \$17 per person. (780-2000). The ticket to Mt. Vernon includes a tour of the house and a chance to walk around the grounds for as long as you like. Mt. Vernon can be reached by car or bus and can easily be seen in a few hours.

METRO will take you most of the way here, and with a transfer bus, you will arrive in about an hour. There is also a riverboat called The Spirit of Mount Vernon that travels up the Potomac from Pier 4 at 6th and Water Streets SW (554-8000) twice a day. Fare for round trip (about 1 and a half hours each way) is \$44.95 but also includes admission to Mt. Vernon. Some people who are more adventurous can bike there from Georgetown. It is about 12 miles away.

Alexandria, Virginia

On the way back from Mt. Vernon, try visiting Alexandria. Or take the Metro to King Street and walk into Old Town along King St. This town is located about 5 miles from DC. While in Alexandria you can sightsee, shop, drink, and eat. This is a delightful little town and is lots of fun for a day visit. If you are interested in visiting historical sights, pick up a brief guide to Alexandria at the Visitor's Center. Note: many of the attractions at Alexandria are closed on Mondays, so it's not the best day to come.

Annapolis, Maryland

This city is full of historical sights, but the main attraction at Annapolis is the Naval Academy. If you visit Annapolis during July, you'll see the newest group of cadets being trained -- a far cry from UC students in blue jeans and backpacks. It is suggested to take a tour of the facilities since the guides can tell you some very intriguing facts about the Academy.

Baltimore and the Inner Harbor, Maryland

A short drive from Annapolis, the Inner Harbor is a huge shopping mall and eating establishment. One of the buildings has more places to eat and types of food than any one has seen under one roof. The Harbor also houses the National Aquarium which was relocated outside of DC just a few years ago. Also, for entertainment, Hammerjacks on South Howard Street is known as the "largest nightclub on the entire East Coast." Finally, in Baltimore itself, the Baltimore Orioles play at Camden Yards, 1300 East 33rd Street in the heart of Baltimore. It is about a one-hour trip from Washington. The MARC commuter train goes from Union Station to Baltimore during the week.

Charlottesville, Virginia

Although this can be a two-day trip, with only eight to ten weeks in DC, it is recommended doing this in one day, or combining it with a trip to Fredericksburg for a weekend away. The two biggest attractions in Charlottesville are the University of Virginia and Monticello, the home of Thomas Jefferson. Both places highlight Jefferson's architectural creativity and

scientific genius. Moreover, the setting is quite beautiful -- a lovely place for a picnic lunch. It's about a 2½ to 3- hour drive.

Fredericksburg, Virginia

This town is filled with Revolutionary and Civil War history. Battlefields surround the town. (It is highly recommended only visiting one or two as they all begin to look the same after a while). The city itself has lots of homes and shops that were built during the 1740's. Visiting all of these sights can be quite expensive. It is suggested skipping places like the apothecary shop. Don't miss Kenmore (the house of George Washington's sister). For one admission price you can get afternoon (or morning) tea and tour around the house which is said to include two of the most beautiful rooms in America. The town of Fredericksburg is quite charming and is like walking back into the 18th Century.

Harper's Ferry, Virginia

Located close to the West Virginia border is a point where Harper's Ferry and the Shenandoah River meet. This is a wonderful place to go tubing (tube rental runs about \$25). If you get a bunch of people together and rent a car, it is definitely a worthwhile activity for a Saturday or Sunday afternoon. The landscape is incredibly gorgeous. This list BY NO MEANS exhausts the possibilities for one-day trips. These are simply the most well-known and popular places to visit. If you would like more suggestions about where you should visit, please consult tour guidebooks and colleagues at work.

Weekend and three-day road trips

Atlantic City, New Jersey

Although it is not Las Vegas, Atlantic City is a recently renovated resort and gambling spot. Book hotel reservations in advance in order to assure low rates and a good room. The city is located near the water, so if you travel during the warmer months, bring a swimsuit to do a little sunbathing and swimming. Incidentally, this city is the one Monopoly was modeled after, so be prepared to visit "Boardwalk" and "Park Place."

Boston, Massachusetts

We strongly recommend making this a three-day trip. It's about 9-10 hours via Route 95. Be prepared to spend \$\$ for tolls and road fares (They pay for their highways on the East Coast by charging you to drive on them.) Boston is definitely a college town, and if you are interested in seeing the universities in the area, you should set aside a full day to visit Harvard, MIT, Brandeis, Tufts etc. (You can even visit Yale on the way back to DC if you are interested, but watch out for blood in the streets of the town of New Haven.) When you tour Harvard, try to spend some time in Cambridge. Also, visit their student store they call the Coop (like a chicken coop), where you can purchase sweatshirts and other Harvard memorabilia. Boston is also chock-full of buildings and sights from the revolutionary war. Most of these sights can be seen on all of the "Freedom Trail." Be sure to check out the incredible statue of Samuel Adams. There are two parts to the trail, the portion that goes near the Harbor involves lots of walking for a few sights.

If you have a limited amount of time, take the upper trail which visits Faneuil Hall, the place where JFK announced his candidacy for President. If you would like to eat somewhere with great food, but absolutely no atmosphere, go to Durgin Park. They serve huge portions and have the rudest waitresses east of Sam Woo's. If you like fresh seafood, definitely check out the "No Name" restaurant since it is cheap and serves huge portions. Finally, for baseball fans, there is Fenway Park (baseball the way it was meant to be.) Be sure to call ahead for tickets.

Cape Cod, Massachusetts

This seaside resort is known for its summer inhabitants -- the Rockefellers, Kennedys, Mondales. Such people do not populate someplace unless it has a lot to offer as a vacation spot. The "Cape" is rumored to be filled with beautiful beaches, interesting shops, and delicious restaurants. It is a very long drive (about 10 hours) but it might be well worth your time if you are looking for a relaxing weekend on the beach.

Gettysburg, Pennsylvania

Gettysburg can almost be seen in a day as a one-day trip, but it is here because it is best to combine it with another city so that you get your money's worth out of your rental car. Most think that once you get there that Gettysburg is best seen by car; try to follow a map published by the Visitor's Bureau in order to visit all of the highlights and learn about interesting trivia connected with the city and battlefields. At the National Civil War Wax Museum (297 Steinwehr Ave) you can rent an auto tape tour with an option to buy -- it may be cheaper however to just buy a book at the visitor's center. Also at Gettysburg is the Eisenhower National Historic Site which is the only house ever owned by President Dwight D. Eisenhower and his wife, Mamie. Not far from Gettysburg is the Amish country Pennsylvania Dutch.

Hershey, Pennsylvania

In Hershey there are two points of interest. The first, and most important is Hershey's Chocolate World (open 9am-6:45pm) Here you can take a free 11-minute automated tour ride that explains the chocolate- making process -- see how all of your favorite Hershey products are made. You can also visit their gift shop and restaurant which feature many of their chocolate products. The other attraction in Hershey is Hershey Park. This is an 84-acre theme park with eight areas including German, English and Pennsylvania Dutch themes. There are 69 rides including 11 roller coasters and 16 water-related rides. Six theaters house live entertainment daily, including a dolphin show. The park opens at 10:30am and closing hours vary. There is an admission price of up to \$57.95 in the summer, but this price is all-inclusive. The park is closed in the winter.

New York City, New York

The most obvious destination for a road trip is New York; but it is also one of most expensive cities to visit. You can cut costs by taking a bus. Make your reservations early to get a good deal, for example through www.dc2ny.com or www.washny.com The best recommendation for visiting New York is to contact a relative, a friend, or travel with someone

who knows the city and can serve as a tour guide before going to New York so you'll know where to go. If you'd like to see a Broadway play, there are two ways. There is a discount ticket stand on Times Square. Get there early, since the line can get very long. Whatever you do, try and stay on or near Broadway, if you go far off Broadway the quality of the play reflects that distance. Tickets are based on availability and the popularity of the shows. Greenwich Village, SoHo, Wall Street, 5th Avenue, Central Park, the 9-11 Memorial, the United Nations and various boroughs are just a few of the sites to visit. If you visit the Statue of Liberty, try to catch the first ferry, or you'll be waiting a few hours in line to climb to the top of Lady Liberty.

Philadelphia, Pennsylvania

This city is great for history majors and history buffs alike, especially those interested in the early years of American history. Philadelphia, like Boston, has published maps of walking tours you can take. The route takes you past such sights as the Liberty Bell and Betsy Ross' home. Be sure and see the Liberty Bell, and Independence Hall -- where the Constitution was signed.

Rehoboth and Dewey Beaches, Delaware

According to locals, these beaches are a better bet than Virginia Beach. They are supposedly cleaner, nicer and less congested. Call early for hotel arrangements, the summer months fill up quickly. After the hot DC weather, a trip to the beach may be just what you need.

Williamsburg, Virginia

This town is a restoration of a colonial city. While in Williamsburg, you can stay at the Comfort Inn, receive a tour of the town, shop in renovated stores, and visit the restaurants, plays, and pubs. The trip to Williamsburg is definitely a high point of the summer. You may also partake in side trips to various historical sites including Yorktown, Jamestown, and - Carter's Grove Plantation. We have never understood why there are so many waffle houses in this town, but you may as well try one. Williamsburg is also an outlet store town! J. Crew, Calvin Klein, Bass, and Nike, to name a few, all have their discount outlets here. For those with the desire to see cheesiness in action: Eat at the Lobster Palace next door to the Comfort Inn...Moving walls, spinning mirror balls over your faux-glass table...definitely a once in a lifetime experience.

A Final Note on Road Trips

Some of students' best HBCU National Center students' memories are of road trips they took. Road trips can be a lot of fun--all it takes is a little planning, a little money and some terrific people. This guide is by no means exhaustive and only skims the surface of places to visit around the D. C. area. Ask friends, relatives, and colleagues for suggestions. Best of luck, and have a great time on your road trips!

SPORTS

For general info on upcoming sporting events, check out the Washington Post on Thursdays for their “Roster” section.

Baseball: For local pride, go out and support the Washington Nationals! They play at Nationals Park, located near the Navy Yard-Ballpark Station. Unsold tickets are frequently available for less than \$10 on game days.

The Baltimore Orioles play out of Camden Yards in the heart of Baltimore. Even if you don't like baseball, you should go just to see the ballpark, it's very cool. The drive to Baltimore is about an hour or so. Amtrak is also very convenient from Union Station if you want to go!

Soccer: The DC United MLS team plays at Robert F. Kennedy stadium

Tennis: The DC National Bank Tennis Classic draws a lot of top talent. It is held in July at the Rock Creek Tennis Stadium.

Basketball: The Verizon Center at 601 F St. NW is home to the NBA Wizards and WNBA Mystics.

Ice hockey: NHL Capitals also play at the Verizon Center. Their season runs from October through April. Call the Verizon Center info line if you're interested in events, because they have different events going on all the time.

Participatory sports

Boating, Canoeing, Kayaking, and Rafting: Fletcher's Boat House rents canoes and rowboats by the hour and per day for use on the C&O Canal. Bicycles are also available for rent. Boats are also available at Thompson's Boat Center at the corner of Virginia Ave. NW and Rock Creek Parkway.

Bicycling: Besides Fletcher's and Thompson's mentioned above, you can also rent at Big Wheel Bikes, at 33rd and M Street NW. For info on local clubs, bike routes, and commuting to work by bike call the Washington Area Bicyclist Association. Also, look into the Capital Bikeshare program for more information on renting bikes quickly.

Golf: DC has several public courses, including two nine-hole/ one 18 hole in East Potomac Park at Hains Point. You'll need a car. There is another two nine-hole course in Rock Creek Park near 16th & Underwood Streets.

Running: DC is a great runners' town, with many miles of scenic paths. Perhaps the most popular is the C&O Canal Towpath, which starts in Georgetown and runs parallel to the Potomac for a couple hundred miles. Other popular runs include the Four-Mile Run Park, between Arlington and Alexandria, the paths along the two-mile long Mall (between the Capitol and the Lincoln Memorial), the Mount Vernon Bike Path (beginning at the Memorial Bridge), the Parcourse at Rock Creek Park, and the path around the Tidal Basin. Also, the

residential area surrounding Georgetown is a great place to explore running routes. During the summer, plan your runs in the morning or evening, unless you are training for the Death Valley Invitational!

Skating: Most ice rinks are open from November through March. Check out the Sculpture Garden Ice Rink, Washington Harbor Ice Rink, and the Canal Park Ice Rink.

Soccer: District Sports (<http://districtsports.org/>) and United Social Sports (<http://unitedsocialsports.com/>) host soccer leagues for players of all experience levels year-round. Pickup games are also played on the Ellipse on the National Mall as well as at several parks and schools in the DC area.

Softball: Along with happy hours and schmoozing, “softball” is the favorite pastime of both bureaucrats and interns alike in DC during the summer months. Many of you will work for agencies, which have their own softball teams. They are at times competitive and they play against each other after work several times per week. All softball games are played on the Mall. You don’t have to be Babe Ruth to swing at a softball -- so get involved! It’s a great way to get to know your co-workers on a social level, and many times famous people will play too (Many of the famous Washingtonians have been known to play for their teams).

Swimming: Indoor pools are accessible to DC residents, particularly at the Wilson High School, which features an Olympic-sized swimming pool. The facility is within walking distance of the Tenleytown metro. The YMCA (at 17th and Rhode Island Ave., NW) also has a swimming pool available to members. UCDC students should inquire about discounted rates.

SHOPPING

For all those shopping enthusiasts, DC offers a multitude of credit card maxing opportunities. This list is not exhaustive, but these places are reliable and nice. They are based on the recommendations of past UCDC participants alone.

Nearby: An H&M is located at Connecticut and Desales St., NW. There is also a Nordstrom Rack (great for picking up business attire you may have missed before leaving for reasonable prices) at 18th and L St., NW.

Metro Center: Very accessible to the UC Washington Center (just one stop away on the Red Line from Farragut North or about a 20-minute walk). The general area includes Macy's, H&M, Forever 21, Zara, American Apparel, Anthropologie, and TJ Maxx.

Friendship Heights: Home to upscale shopping that would not feel out of place in Orange County, CA. Features a Neiman Marcus, Bloomingdale's, Sephora, and J. Crew, as well as a number of excellent restaurants.

Ballston Common Mall: Located just one block from the Ballston Metro in Virginia.

Fashion Centre at Pentagon City: This is an absolutely amazing mall located at the Pentagon City Metro stop. It is four stories high and includes a great food court and a movie theater. It has every store you could possibly want including Nordstrom, Macy's and every little store on earth. Also, conveniently located across the street from the mall are Costco, Chevy's and several other big stores.

Georgetown Park: Is a beautiful center near Wisconsin Ave. An indoor mall, it has over 150 stores including J. Crew.

Old Town Alexandria, off the King St. Metro: Has numerous shopping places, including Banana Republic and a GAP outlet.

Tysons Corner Center and Tysons Galleria: Have two nice shopping centers located right near each other. Tyson's Corner is worth visiting. It is larger and has Bloomingdale's, which are hard to find. It is accessible by the Tyson's Corner metro stop on the new Silver Line.

THANK YOU MESSAGE:

On behalf of the HBCU National Center we want to say thank you to our partners. The HBCU National Center Foundation has enabled more HBCU students to move up the ladder to leadership positions in the workforce. Working with like-minded organizations, corporations, and government entities like you all we are able to bring more HBCU students into leadership positions in the workplace.

Best,

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