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PARTNERS



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**2013 - 2014
Tuck Partner Resource Guide**

TPRG Chair

Valerie Byrnes
vbyrnes@gmail.com

Welcome to Tuck

Welcome Partners!

First and foremost – congratulations! You and your significant other are about to embark on an incredible adventure, and we couldn't be more excited for you.

One short year ago, we were the new kids in town – many were settling into our lives in the Upper Valley and anxious for the road ahead. We quickly found ourselves among the experts who had come before us and were there to lend a helping hand. Those partners offered insight and support that we will now be able to share with you. Our Tuck Partner community is made up of individuals who have made the move to Hanover and others who are supporting their students from afar. Regardless of location, our mission is to maintain a support network for you.

This guide has been created as a resource to help you learn more about Upper Valley living, and to answer some basic questions like: Where is the grocery store? How do we register our car? Where are good places to shop and eat? What are some activities I can do with families and friends when they visit (and believe me – they do!)? We hope this guide assists in making your transition as smooth as possible.

Many thanks to Valerie Byrnes TP'14, whose hard work, creativity and stellar organization skills helped to make this guide a continued success!

See you at Tuck!

Sara C. Parshley TP'14
Tuck Partner Board Chair
scparshley@gmail.com

TABLE OF CONTENTS

Tuck Partner Board.....	6-11
Introduction & Mission Statement	
Tuck Partner Board	
Partner Clubs	
Upper Valley Information.....	13-14
Lay of the Land	
Climate	
Getting to the Upper Valley.....	15-18
Transportation	
Lodging	
Moving to the Upper Valley.....	20-27
Moving to the Upper Valley with Children.....	29-32
Once You Arrive.....	33-35
Finding a Job.....	37-39
Special Considerations for Internationals.....	40-41
Day to Day Life.....	42-56
Restaurants, Shopping, Salons	
Places of Worship	
Staying Active in the Upper Valley.....	57-60
Fun Activities in the Upper Valley.....	61
Arts and Entertainment.....	62-65
Tuck Academic Calendar.....	66

TUCK PARTNER BOARD

Introduction

Tuck Partners is a diverse and close-knit group of women and men who are the partners of Tuck students. Each year, these individuals from literally all over the world create an active and supportive community bound by a common connection to Dartmouth. We hope you find a network of new friends within that community to help you enjoy your Tuck experience over the next two years!

Tuck Partners acts as a conduit of information from Tuck to the partner community, helping partners get involved. In addition to the great activities the Upper Valley has to offer, you can join partner and student clubs, attend events on and off campus, run for a position on the Tuck Partner Board, or audit a class.

If you are a remote Tuck Partner, first know that you are not alone and there will be plenty of ways to participate in the Tuck experience. We encourage you to “like” the Partner Facebook page to keep up with Hanover activities, and attend events when you are visiting your student.

Mission Statement

Tuck Partners is an organization established to represent the interests of boyfriends, girlfriends, fiancé(e)s and spouses of Tuck students. Tuck Partners strives to create a social and supportive network for all students and partners, which may take the form of clubs, committees, social events and philanthropic activities, in which everyone is encouraged to actively participate. The goal of Tuck Partners is to recognize and be supportive of the transition made by every partner when he/she makes the decision to come to Tuck, as well as to be inclusive of all members of the Tuck community. Tuck Partners creates an environment of support and encouragement for the greater Tuck community, including its students, faculty, staff and alumni. To that end, all events and activities hosted or organized by Tuck Partners are open to everyone.

Tuck Partner Board

Tuck Partners is led by executive board members (the "Executive Board"). The Executive Board provides a forum to foster the organization of events for the Tuck Partner community, facilitate communication amongst partners and with the Tuck community, and promote integration between the Tuck Partners and the Tuck community.

The Executive Board conducts monthly meetings with Tuck Partner club leaders to discuss past and future events and issues. The full partner community convenes several times per academic year.

The Executive Board consists of the following positions, held for the tenure of the academic year by first-year partners.

Executive Board Roles and Committee Descriptions (2012 - 2013)

Partner Board Chair

Sara Parshley - scparshley@gmail.com

Schedules and runs Executive Board and full partner community meetings. Coordinates activities of all Tuck Partner Clubs as necessary. Serves as the point person to the partner community for others in the broader Tuck/Dartmouth community. Monitors issues and interests of all members of the partner community. Contact person for prospective partners.

Treasurer

Sara Parshley - scparshley@gmail.com

Oversees allocation and management of Tuck Partner Board funds. Works with the Executive Board to best utilize funds. Collects receipts from event organizers and submits reimbursement requests through the Tuck Student Board.

Admitted Students Weekend Chairs

Claire Barden – claire.a.barden@gmail.com

Lauren Hargrove – lekennedy22@gmail.com

Laura Hull – laura.a.hull@gmail.com

Plan and coordinate partner events for Admitted Student Weekend in April. Work with the Partner ASW committee, student ASW committee, and the Admissions Office.

Helping Hands Chair

Rachel Hagstrom – tuckhelpinghands@gmail.com

Coordinates support and assistance for members of the Tuck community in need including meals for families with new babies, illness, or emergency. Coordinates partner activities to benefit the Upper Valley including a toy drive for local Toys for Tots and formal clothing collection for Upper Valley Cinderella Project.

International Partners Chairs

Claudia Gonzalez de Leon – gclaudiad@gmail.com

Lisa Scherer – lisa.scherer86@gmail.com

Coordinate events focusing on celebrating cultures represented by the partner community. Remain aware of concerns and issues affecting international partners, and address them with the help of the Executive Board.

Orientation Chairs

Heidi Sicard – heidi.sicard.01@gmail.com

Hanna Smith – hannars@gmail.com

Plan and coordinate partner orientation events in August. Coordinate with student Orientation Committee members and the MBA Program Office.

Partner Resource Guide Chair

Valerie Byrnes – vbyrnes@gmail.com

Updates and edits the content of the Tuck Partner Resource Guide, and obtains ads from local businesses to produce the guide.

Social Chair

Claire Barden – claire.a.barden@gmail.com

Coordinates events and activities for the partner community. Plans and promotes social activities designed to integrate groups within the Tuck community.

Social Media Chairs

Valerie Byrnes – vbyrnes@gmail.com

Sonia Pargellis – sopargellis@gmail.com

Maintain and update partner social media efforts including the Partner Facebook Page. Work with Social Chair to keep information fresh and accurate.

Tiny Tuckie Chairs

Stephanie McKenzie – stephanie.mckenzie85@gmail.com

Candace Monteleone – candace.monteleone@gmail.com

Plan weekly meetings and coordinate field trips/ events for the children of Tuck families. Provide information regarding resources and child-friendly activities in the Upper Valley.

Tuck Dogs Chair

Sonia Pargellis – sopargellis@gmail.com

Coordinates seasonal dog-centric walks and events to get students and partners together with their dogs. Resource for partners moving to the Upper Valley with pets.

Upper Valley Appreciation Chair

Stacia Burd – staciaburd@gmail.com

Works with different nonprofits and agencies, local vendors and businesses to plan and promote events. Responsible for making reservations (if needed), collecting RSVPs, and finding leaders for each event.

Visitor Coordinator Chairs

Jessica Macken – jessica.macken@gmail.com

Lisa Scherer – lisa.scherer86@gmail.com

Connect prospective partners with current partners during campus visits and answer questions. If you are coming to campus and would like to meet with someone, please contact the Visitor Coordinator Chairs!

Tuck Partner Clubs

Tuck partners and students are welcome to attend any club event. Activities are often in the evenings or on weekends to accommodate partners that are busy during the day.

Leadership positions are held by first-year partners chosen at the beginning of each school year. If you have a hobby or interest that a current club does not represent, we encourage you to start a new club! Please contact the Partner Board Chair with your ideas.

Book Club

Shannon Winn – scstoval@gmail.com

The club's primary goal is to bring partners together to discuss interesting literature. Books are selected a month in advance by the leader, and the club meets the following month to discuss the book. Snacks are always served!

Gourmet Club

Amber Daudt – amberdaudt@yahoo.com

The club consists of members who share a passion for cooking and/or eating. Gatherings consist of a “theme” that is selected by the leader. Some events are pot-luck style where members bring a dish to fit the theme. All cooking levels are welcome!

Craft Club

Jessica Macken – jessica.macken@gmail.com

The Craft Club is a time for partners to come together to create a variety of handmade items whether it's artwork, gifts, or decorations. The Club leader brings the materials and partners bring their creativity. No prior crafting necessary!

Knitting and Stitching Club

Olivia Jaras – olivia.jaras@gmail.com

Bibba Kahn – bibbakahn@gmail.com

The club's primary goal is to bring partners together to knit and talk. Everyone is welcome, from experienced knitters and crocheters to the complete beginner! Members of the group are happy to teach you to knit, and we all help each other figure out patterns. The group is informal, and meetings are scheduled based on interest.

Other Activities and Clubs

Tuck Partners are also invited to get involved in student activities and clubs. Partners are encouraged to join the International Club, the Wine Society, Outdoor Club, and attend Women in Business events.

Many Tuck Partners also join the Hockey Club (TRIPOD). Don't worry if you don't have any experience or equipment; there is time to learn and practice once you arrive, and inexpensive, used equipment for sale!

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UPPER VALLEY INFORMATION

Lay of the Land

Dartmouth College is located in Hanover, New Hampshire alongside the Connecticut River, which defines the border between New Hampshire and Vermont. The area is part of the scenic Upper Valley, a region that extends from Walpole, NH and Westminster, VT in the south to Bath, NH and Ryegate, VT in the north.

Campus is two hours northwest of Boston, three hours south of Montreal, and five hours north of New York City. Hanover is accessible via Interstates 89 and 91.

Hanover is closely neighbored by the city of Lebanon and the district of West Lebanon, NH. Less than ten minutes away from Hanover are the villages of White River Junction and Wilder, VT, and the town of Norwich, VT.

Helpful NH and VT Websites

Valley News (local newspaper)	vnews.com
Hanover Chamber of Commerce	hanoverchamber.org
Lebanon Chamber of Commerce	lebanonchamber.com
Town of Hanover	hanovernh.org
Town of Norwich	norwich.vt.us
State of New Hampshire	nh.gov
State of Vermont	vermont.gov
Tuck Partners Facebook	facebook.com/TuckPartners
Upper Valley Info	theuppervalley.com
Upper Valley Events	calendar.theuppervalley.net
Dartmouth College	dartmouth.edu
Tuck	tuck.dartmouth.edu

Climate

New Hampshire is one of six states comprising the New England region. Changes in weather occur fairly often within the four seasons. You will be arriving at the end of summer which can be quite warm and humid at times. After the mild fall season, shorter, cooler days start sometime in October. Snow often may not fall until November, but once it starts and begins to stick, you might not see much of the ground until

March! From December through February, the temperature is typically between 10° and 35° Fahrenheit (-12° and 2° Celsius). It's uncommon, but temperatures can dip below 0° Fahrenheit (-18° Celsius).

Winter - is it really that bad?

This is probably one of the most frequently asked questions! Don't worry, if you're adequately prepared, you'll be just fine and might even find you enjoy the change of seasons and plethora of winter activities.

How to Prepare

If you've never lived in snow, it's likely you won't have the proper equipment for a comfortable New England winter. Below are a few items to consider purchasing before it gets too cold. See page 50 for shopping options once you arrive.

- Warm clothes - warm jacket (down works well), wool socks, sweaters, long johns, gloves, a scarf, a winter hat, and waterproof winter boots.
- Warm bedding - a few extra blankets (down or wool, if possible), flannel sheets.
- Winter sport equipment - skis, ice skates, snow shoes, sleds, etc. If you can't beat 'm, join'm!

Driving in the Snow

There is a good chance you'll have to drive in the snow as not all of the nearby amenities are within waking distance. If you are bringing a car to Tuck, consider investing in snow or all-season tires. Four-wheel drive is a great idea if you are purchasing a car. Fortunately, Hanover is fantastic about clearing the roads and maintaining safe driving conditions.

For additional tips please visit:

aaa.com

The good news is that even though the winter is cold, most days are sunny, bright, and far from gloomy. It's a beautiful place in all seasons, so bundle up and enjoy!

GETTING TO THE UPPER VALLEY

Airports

There are several different airports that are convenient to access the Upper Valley.

Boston Logan Airport, MA (BOS) massport.com

This is the largest international airport in the region and is about 2 hours away. Dartmouth Coach offers a regular shuttle service from Hanover to Logan Airport.

Manchester, NH (MHT) flymanchester.com

This smaller airport is about 1 hour and 25 minutes away, and offers service throughout North America. It has very convenient parking and, depending on the time of day, you may be able to avoid many of the lines and crowds at Logan. Southwest Airlines, Delta, United, and US Airways are just a few of the airlines operating service to and from MHT.

Burlington, VT (BTV) burlingtonintlairport.com

This is another smaller but convenient regional airport about 1 hour and 30 minutes away. Many of the larger airlines use both MHT and BTV for service to New York or other larger airports. Jet Blue, Delta, and United fly out of BTV.

Lebanon Municipal Airport, NH (LEB) fyleb.com

This local airport is very small, but is less than 15 minutes from Hanover. Cape Air flies out of LEB, offering daily flights to Boston Logan Airport and White Plains Westchester County airport in New York. Cape Air offers complimentary shuttle service into New York City from White Plains airport. For more information, visit their site. capeair.com

Rental Cars

Hertz, Avis, and Enterprise

If you are traveling from places other than these airports and want to rent a car, we recommend visiting the rental companies' website directly. Hertz, Avis, and Enterprise have offices at each of the airports and drop-off points in and around Hanover, Lebanon or White River Junction.

Zip Car

zipcar.com/dartmouth/find-cars

If you live close to Hanover, Zip Car is a great and convenient alternative to renting a car. Membership covers gas, insurance and up to 180 free miles/day. There are two cars available on the Dartmouth campus.

Buses

Dartmouth Coach

dartmouthcoach.com

Heavily used by students, Dartmouth coach offers service from Hanover to Logan Airport, Boston's South Station and New York City.

Greyhound

greyhound.com

There is a Greyhound terminal located in White River Junction approximately ten minutes from Hanover. This terminal offers bus services to Boston, Manchester, New York, and Philadelphia.

Train

Amtrak

amtrak.com

There are several ways to use Amtrak to get to the Upper Valley. You may choose to arrive in Boston's South Station and take the Dartmouth Coach to Hanover, or come directly to the train terminal in White River Junction, VT. White River Junction's terminal is small and offers limited daily service.

Lodging

Below are a few Inns and Hotels in the Upper Valley, with contact information and distance to Tuck.

Hanover Inn (on campus)

Corner of Main and Wheelock Streets
2 South Main Street, Hanover, NH 03755
(603) 643-4300

hanoverinn.com

Six South Street Hotel (downtown Hanover)

6 South Street, Hanover, NH 03755
(603) 643-0600

sixsouth.com

Norwich Inn (2 miles/4 mins)

235 Main Street, Norwich, VT 05055
(802) 649-1143

norwichinn.com

Chieftain Motor Inn (2.5 miles/6 mins)

84 Lyme Road (Route 10N), Hanover, NH 03755
(603) 643-2550

chieftaininn.com

Courtyard Marriott (3 miles/8 mins)

10 Morgan Drive, Lebanon, NH 03766
(603) 643-5600

marriott.com

Residence Inn by Marriott (3 miles/8 mins)

32 Centerra Parkway, Lebanon, NH 03766
(603) 643-4511

marriott.com

Trumbull House Bed and Breakfast (4 miles/9 mins)

40 Etna Road, Hanover, NH 03755
(603) 643-2370

trumbullhouse.com

Days Inn (5 miles/5-10 mins)

135 Route 120, Lebanon, NH 03766
(603) 448-5070

daysinnlebanon.com

Fireside Inn & Suites (5.5 miles/13 mins)

25 Airport Road, West Lebanon, NH 03784
(603) 298-5900

afiresideinn.com

Hampton Inn (6 miles/10 mins)

104 Ballardvale Drive, White River Junction, VT 05001

(802) 296-2800

hamptoninn.com

Best Western at the Junction (6 miles/9 mins)

306 N. Hartland Road, White River Junction, VT 05001

(Rt. 5 and I-89 at Exit 11)

(802) 295-3015

bestwestern.com

Comfort Inn (6 miles/11 mins)

56 Ralph Lehman Drive, White River Junction, VT 05001

(802) 295-5900

comfortinn.com



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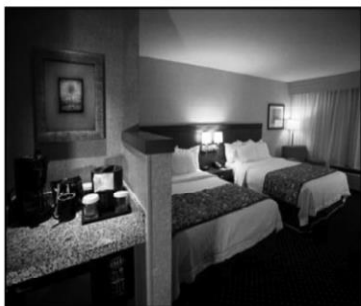
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MOVING TO THE UPPER VALLEY

Moving Timeline

4 – 6 Months Before

- **New Home**
 - Start looking as soon as possible, but don't worry – everyone finds a home. Dartmouth owned properties including Sachem Village are often strong options.
 - There are also several realtors in the area that assist Tuck students with housing in NH and VT.
 - There are many options and we encourage people to explore, and find the perfect place for them.
 - Online Resources
 - craigslist.com
 - dartmouthre.com

- **New Schools for Children**
 - See pages 29-32 for more information

- **Updated Drivers' License**
 - New Hampshire DMV
 - nh.gov/safety/divisions/dmv
 - Vermont DMV
 - dmv.vermont.gov
 - If you're in the process of changing your name – be sure you do it in the correct sequence for New Hampshire or Vermont.
 - *Internationals* – ask for a notarized record issued by your home country, in English, that proves you hold a valid license.

- **Official Papers**
 - Be sure you have your birth certificate(s), social security card(s), medical record(s), dental record(s) etc.
 - *Internationals* – visit your embassy to understand the official documents you will need to maintain for your time in the United States.

Passport

- You may have the opportunity to travel internationally (Canada is close). Be sure the passports in your household are valid.
- **Pets**
 - Understand travel guidelines associated with animals.
 - *Internationals* – visit your embassy and the U.S. embassy websites to learn how to transport your pet(s).
- **Cars**
 - If needed, make arrangements to ship your car to the Upper Valley.
 - *Internationals* – visit the U.S. embassy website to learn about regulations.
- **Job Search**
 - One can never start this process too early. Please feel free to contact any member of the Tuck Partner community to begin your networking process.
 - Helpful sites to help kick off your search:
searchjobs.dartmouth.edu
careers.dartmouth-hitchcock.org

2 – 3 Months Before

- **Research moving options**
 - Request several estimates from movers; ask how they insure your belongings.
- **Storage Facility**
 - Determine where you will store belongings you don't plan to bring (Parents' home, storage unit, etc.).
- **Vaccinations**
 - Are you up to date? Make sure you and your family (student included) is in compliance with what the Dartmouth Health Services require. Keep a record of your vaccinations.

- **Health Insurance**
 - Dartmouth Student Group Health Plan, COBRA, or other.
dartmouth.edu/~health/depts/insurance
 - Medical insurance in the U.S. is generally expensive so be sure to research your options sooner than later.
- **Flight Reservations**
 - Start researching so you know what the best deals look like.
- **Visa Questions**
 - Contact the U.S. Embassy in your country or the office of Visa and Immigration Services at Dartmouth: dartmouth.edu/~ovis/

1 Month Before

- **Mail Forwarding**
 - Don't forget to update your addresses with your bank, credit cards, phone, magazines, alma mater, friends, and family.
- **Utilities**
 - National Grid
 - Cable/Internet
 - Water Removal
 - Cell Phone
 - Snow Removal
 - Check with your landlord for specifics.
- **Pack**
 - Don't forget to bring lots of warm clothing, plus a few silly items for theme parties!
- **Make Travel Reservations**
- **New Keys**
 - Confirm how and when you're going to collect your new keys.

Finding a Home

This may be one of the biggest areas of concern for new Tuck students, partners, and families. The Dartmouth College Real Estate Office is a great resource for finding housing in Hanover, Norwich, and surrounding areas. Many incoming Tuck students and partners use this site to find apartments (both Dartmouth and non-Dartmouth owned) outside of Sachem (described below).

dartmouthre.com

Many students with partners live in Dartmouth College housing in Sachem Village. Sachem Village is about 1.5 miles from Tuck and about 1 mile from Downtown Hanover. With so many Tuck students living in this area, it is easy to catch a ride, join a play group, or host a dinner party. Its playgrounds are also great for children and the Lebanon District School Bus picks up near the community center. You can learn more about Sachem and the application process at

dartmouthre.com/for-sale-housing/neighborhoods/sachem-village/

Additional resources:

Craigslist (explore VT and NH)
Valley News (local paper)

craigslist.com
vnews.com

There is also the option to purchase a home. Realtors here are happy to work with Tuck students to help you find a home that suits your needs. Incoming Tuck students also purchase homes or condos from graduating students, so keep an eye on the web-board if this seems like a good option for you.

Rest assured, with a little patience and perhaps a little luck, you will have no trouble finding a great place to call home for the next two years.



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www.LindeMac.com linde@lindemac.com

Moving your Belongings

Once you've found the perfect place to live, the next part is getting everything here! Students in the past have used a wide variety of shipping methods. You may choose to rent a Penske, U-Haul, or Ryder truck and drive it yourself, or to hire professional movers. Just be sure to understand all of the charges, so you won't be surprised at the final bill.

Utilities

You will likely be responsible for setting up an account for each utility with the individual company. This may include electricity, heat, or water. You may also choose to set up telephone, cable television, and internet. Check with your landlord or the current tenant to determine which specific companies provides service in your area.

TV Cable or Satellite

The primary cable company in New Hampshire and Vermont is Comcast. You could also choose to subscribe to satellite service or DirectTV (Note: Sachem Village does not allow satellite or DirectTV).

Telephones – Home and Cellular

Due to spotty cell phone service in the Upper Valley, some Tuck students and partners choose to set up a land line. Skype is another great alternative. If you wish to set up a landline, most people use Comcast or Verizon.

If you are purchasing a new cell phone, there are several stores in West Lebanon and Lebanon offer a range of services.

Rental Insurance

You may wish to purchase Renter's insurance to protect your belongings against theft, floods, or fire and smoke damage. Many nationwide insurance agencies offer multi-line discounts, so you may be able to save money by using the same company that insures your car. If not, there are many convenient local insurance agencies that are easy to work with.

Health Insurance

All Tuck students are required to have health insurance that meets a specified standard of coverage. The process for partners can be a bit confusing at times, but the below website outlines options and available benefits.

dartmouth.edu/~health/depts/insurance

Dartmouth Student Group Health Plan (DSGHP)

- Students are automatically enrolled in the *Dartmouth Student Group Health Plan (DSGHP)* and billed related fees to their student account. DSGHP provides free consultation services at Dick's House, Dartmouth's on-campus health clinic.
- A *DSHGP Family Plan* may be purchased to cover medical expenses of family members and spouses of students who are eligible for the College Health Service Program.
- Please note that only married and same-sex partners are covered under DSGHP Family Plan. Unfortunately, the plan is not available to unmarried partners.

Alternative Insurance

- If partners purchase insurance through an employer other than Dartmouth, and wish their student to also be on the plan, a waiver form must be completed to exempt them from the Student Health Coverage within the first month of enrollment.

Health Insurance Options for Children

In addition to insurance available through Dartmouth, New Hampshire and Vermont offer low-cost and free health coverage for children, teens, and pregnant women of families that fall within certain income guidelines.

New Hampshire benefits.gov/benefits/benefit-details/1608
Vermont vermont.gov/portal/health/index.php?id=212

Bank Accounts

There are many banks in the Upper Valley, all of which have ATMs and can receive wired funds. Contact the bank directly for specific information about opening an account.

Internationals – you may need to bring additional information, so check with your specific branch or contact the International Office.

Here is a list of a few banks that are easily accessible:

Bank of America

63 South Main Street, Hanover, NH

(800) 225-5353

bankofamerica.com

Citizens Bank

80 Lyme Road, Hanover, NH

(603) 643-3577

citizensbank.com

Lake Sunapee Bank

12 South Street, Hanover, NH

(603) 464-4820

lakesunbank.com

Ledyard National Bank

38 South Main Street, Hanover, NH

(603) 643-2244

ledyardbank.com

Mascoma Savings Bank

225 Lebanon Street, Hanover, NH

(603) 643-9829

mascomabank.com



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MOVING TO THE UPPER VALLEY WITH CHILDREN

Relocating to any city can be an overwhelming task in itself, but moving with children can be an adventure all on its own! This section is intended to provide information about daycare programs and schools in the Upper Valley. Current partners are also a valuable resource, so feel free to reach out to us for advice.

Daycare programs fill up quickly, so it is important to enroll your children as soon as possible. It is recommended to contact a few programs as soon as you decide to come to Tuck, even if you are not sure where you will be living yet.

With school-age children, be advised that the town where you reside can restrict you to certain school districts.

Below you will find lists of:

- Daycares and Preschools
- Elementary Schools

A few great resources:

The Child Care Project

17 ½ Lebanon Street, Suite 2, Hanover, NH

(603) 646-3233 or (800) 323-5446

dartmouth.edu/~ccp/

Contact The Child Care Project at Dartmouth for information on childcare and preschools. This organization advises parents on choosing child care, best practices and state regulations, as well as offering referrals to child care providers who may best meet their families' needs.

Upper Valley Connections

uppervalleyconnections.com/events

Upper Valley Connections is a comprehensive on-line event resource for kids and their families, providing listings for area activities, events and resources ranging from playgroups and library story times to parenting resources, special events and recreational opportunities.

Daycares and Preschools

Cooperative Preschool of Lebanon

76 Seminary Hill, West Lebanon, NH

(603) 298-518

lebanoncoop.org

Dartmouth College Child Care Center (DCCC)

1 Reservoir Road, Hanover, NH

(603) 643-4490

dartmouth.edu/~dccc

Child Care Center of Norwich

75 Montshire Road, Norwich, VT

(802) 649-1403

childcarenorwich.org

FitKids Child Care at RVC (River Valley Club)

33 Morgan Drive, Lebanon, NH

(603) 643-7720

rivervalleyclub.com/services/childcare

Hampshire Cooperative Nursery School

104 Lyme Road, Hanover, NH

(603) 643-4640

hampshirecooperative.org

Hanover Nursery School

40 Valley Road Ext, Hanover, NH

(603) 643-3315

hanovernursery.com

Lyme Nursery School

155 Dartmouth College Hwy, Lyme, NH

(603) 795-4567

lymenurseryschool.com

Maple Leaf Children's Center

2596 Route 113, Thetford, VT

(802) 785-2074

mapleleafchildrenscenter.org

Montessori Children's School

67 Trescott Road, Hanover, NH

(603) 643-2828

montessorihanovernh.org

Montessori Discovery School

44 Maple Street, West Lebanon, NH

(603) 298-7226

Norwich Nursery School

312 Main Street, PO Box 126, Norwich, VT

(802) 649-1804

norwichnurseryschool.org

Toddlers Morning Out

40 North College Street, Hanover, NH

(603) 643-6747

toddlersmorningout.com

CCBA Preschool Programs

1 Taylor Street, Lebanon NH

(603) 448-1804 ext 115

joinccba.org/Preschool

TODDLER'S MORNING OUT



40 N. College Street, Hanover, NH 03755



TMO is a preschool enrichment program for children from 18 months through 3 years old. TMO is committed to providing a safe, nurturing, play-based environment to stimulate physical, social and emotional growth.



TMO CHILDREN...

- * paint * sing * read * play * cuddle * dress up*
- * use playdough * blow bubbles * share * climb * dance *
- * explore * create * discover * and HAVE FUN! *



Please visit toddlersmorningout.com for applications and information.

toddlersmorningout@gmail.com

603.643.6747

Elementary Schools

Bernice A. Ray School rayschool.org
26 Reservoir Road, Hanover, NH; (603) 643-6655

Crossroads Academy crossroadsacademy.org
95 Dartmouth College Hwy, Lyme, NH; (603) 795-3111

Dothan Brook School dbsvt.com
2300 Christian Street, White River Junction, VT; (802) 295-8647

White River School wrsvt.com
102 Pine Street, White River Junction, VT; (802) 295-8650

Marion Cross Public School marioncross.org
22 Church Street, Norwich, VT; (802) 649-1703

Mt. Lebanon Elementary Public School mls.sau88.net
5 White Avenue, West Lebanon, NH; (603) 298-8202



**HAMPSHIRE COOPERATIVE
NURSERY SCHOOL**

104 Lyme Rd, Hanover NH 03755 (603) 643-
4640

Learning Through Play since 1963

Proud to be Celebrating our 50th Year of Enrollment!

For children 2yrs 9 months and up
Lunch and Full Day options available

NAEYC accredited, Equal Opportunity School
HampshireCooperative.org

ONCE YOU ARRIVE

Vehicle Registration

Once you move to New Hampshire or Vermont, you have 60 days to register your car with the town/city office. If the vehicle is newer than 15 years old, you will need to provide a valid certificate of title.

- After your car is registered, you have 10 days to have the car inspected by an authorized garage.
- It will cost approximately \$50. You will receive a windshield sticker indicating the vehicle is safe for travel.
- The car will need to be re-inspected yearly and a new sticker will be applied.
- For additional information refer to the below websites or call the DMV.

Hanover Administrative Offices

41 South Main Street, Hanover, NH

(603) 643-0704

hanovernh.org/townclerk

Lebanon City Hall

51 North Park Street, Lebanon, NH

(603) 448-3054

lebcity.com

Vermont

Certain transactions and registration may be completed at local satellite offices for Vermont residents. There is a satellite DMV that comes to White River Junction weekly.

dmv.state.vt.us/registration/registration.htm

Department of Motor Vehicles

New Hampshire

The closest DMV to the Hanover area is about 40 minutes away in Claremont, NH.

Department of Motor Vehicles in Claremont
17 Water Street, Mill #1, Claremont, NH 03743
(603) 227-4000
nh.gov/safety/dmv

Vermont

State Office Building
120 State Street, Montpelier, VT 05602
(802) 828-2702
dmv.state.vt.us

Applying for a Driver's License

Your original license will only be valid for the first few months of being a resident in NH or VT, and you will be required to obtain a local driver's license. U.S. residents should contact the New Hampshire or Vermont DMV for more information.

International Students/Partners

International students and partners must obtain a New Hampshire or Vermont license, depending on state of residency. You will need to travel to the DMV to complete driving test requirements. Be prepared to present your previous driver's license, passport, visa, a copy of your driving record, and proof of residency in New Hampshire or Vermont.

OVIS at Dartmouth

Please contact the Office of Visa and Immigration Services as some international citizens are exempt from the written and road test requirement: dartmouth.edu/~ovis/.

Public Transportation

If you don't have a car, Hanover and the surrounding towns offer a free shuttle service through Advance Transit. The shuttles run about once per hour and make several stops. If you're patient, this can be an effective way to get around and save on gas. Visit their site for maps and schedules. advancetransit.com

Safe Rides

Wednesday through Saturday during the school year, Tuck student and partner volunteers offer a service called Safe Rides. Two volunteers work one shift and will pick you and your car up to take you home after a night out on the town.

Typically, volunteers are available from 10:00 PM until 2:00 AM. It's important to keep in mind that not every evening is covered by Safe Rides, as it relies on volunteers. Before deciding to use it, make sure you have received an email indicating that Safe Rides is running that evening. If you are a Safe Rides user, make sure to take your turn volunteering to drive!


Taxis

As you can probably guess, taxis do not frequent the Hanover area roads as they do in major cities. You'll have the greatest success if you call ahead for your taxi. Calling for your ride home before you go out for the night can be a very savvy option. Otherwise, you may have to wait. As long as you keep this in mind, with patience, you will (eventually) get where you want to go. Area taxi services:


Big Yellow Taxi (Hanover or VT)
(603) 643-8294 or (802) 281-8294

Lebanon Livery Car Service (Lebanon)
(603) 448-7027

P & PS Twin State Taxi (White River Junction)
(802) 295-7878



An Urban Salon in the Upper Valley



*Men's, Women's & Children's hair cuts
Manicures • Pedicures
European Hair Coloring
Purology • Euphora • Thermafuse*

33 Morgan Drive
Lebanon, NH 03766

603.643.5487

FINDING A JOB

A job search can be an overwhelming experience no matter where you are. Coming to Tuck may magnify that overwhelming feeling, but do not be discouraged – there are jobs here!

The best advice partners can give is: start early. While there are jobs, there are also many graduating undergraduate Dartmouth students and incoming partners competing for these jobs, so the earlier you start your search, the more options you will have.

Be sure to expand your search to areas outside your field of expertise. Often, partners find there are a limited number of positions in certain fields, such as government, large businesses, and banking. While there may be positions in these fields, keep in mind they may not be the same job you came from. Remember, you are only here for two years – these are two years you can spend trying a whole new career path, or simply find a job doing something you enjoy before going back to your old position. Employers love diverse backgrounds, and this is your opportunity to add some new and different skills to your resume!

While many jobs pop up right on campus, there are also several partners who commute to their job. Since the Upper Valley is a rural area, it is typical to travel 20-30 miles for a job. That said, it is also important to remember that it can be a long, harsh winter, so if you plan to travel a long distance for work, you may want to stick to the areas serviced by the interstate highways (I-89 and I-91). Traveling 30 miles on a rural country road to get to work may not be as easy as it sounds, especially in the winter months. That being said, if it's the right job, it might be worth commuting for. Just make sure you get some good snow tires.

As you start your job search, you'll find many individuals you meet at Tuck and in the community will happily go out of their way to help partners find rewarding work. Many partners found their jobs by simply stopping into local businesses, talking to Tuck staff at Admitted Students

Weekend, or through contacts they have in the area. Even if you aren't from the area, you'll find networking with people you meet at Tuck and in Hanover will be very helpful in your job search.

The Tuck MBA Program Office also sends any job opportunities they hear about to the partner list serve, which can be a great resource for part or even full time work.

Above all, stay positive, use online resources (provided below), and contact current partners for advice and leads. We are here to help! Many of us were in your shoes a year ago and would be more than happy to put you in touch with a partner who may have a similar career path.

The following list contains websites where a number of positions in various fields can be found. Please do not limit yourself solely to this list, or to one particular area (i.e. don't only look in the Hanover area. Be sure to check out Vermont listings too!). We recommend opening up Google maps, or another tool, so that you can map out the distance between locations as you search. As previously mentioned, there are other areas close to Hanover (such as Lebanon, NH, West Lebanon, NH, and White River Junction, VT) that might provide more job opportunities than Hanover.

Dartmouth College Job Site

jobs.dartmouth.edu

Here you will find all the current positions for Dartmouth, Tuck, and the other graduate schools.

Dartmouth Hitchcock Medical Center

dmhc.org

There are usually a good number of postings here, both medical and administrative. If you are in the medical field, look into the VA hospital in the area, as well as clinics and the medical school.

Valley News

vnews.com

The Valley News posts daily job listings, though the Sunday paper is the best day to look.

Federal Government Job Site

usajobs.gov

Try a local search to see what federal jobs are available in the area, in any agency.

State of New Hampshire and Vermont Job Site

admin.state.nh.us/hr/employment.html

vermont.gov/portal

These sites list all kinds of state job listings across various fields.

Hanover Chamber of Commerce

hanoverchamber.org

While there will not be any job postings here, you will be provided with a list of all the local restaurants, shops, banks, etc. Go through these listings and follow up to see if they are hiring. It's a great lead for positions, and a great way to learn the business which operate around Hanover.

Chamber of Commerce Website - Vermont

vtchamber.com

Here you can find the same kinds of listings as the Hanover Chamber, but it will be for Vermont. This is also an excellent resource if you decide to live or work in VT.

Craigslist

craigslist.com

Many of you will already be familiar with this website which offers a variety of employment options in the Upper Valley. When using Craigslist, be sure to expand your search to both Vermont and New Hampshire.

Upper Valley Help Wanted

uppervalleyhelpwanted.com

Browse jobs in NH and VT by category, company and city.

SPECIAL CONSIDERATIONS FOR INTERNATIONAL STUDENTS AND PARTNERS

Tuck has a huge international representation. About 30 percent of students and partners in each class are from outside the U.S. While some cultures share more similarities with the U.S. than others, all International Tuck community members are encouraged to participate and to get involved as much as they want to. Although hockey, skiing or even speaking English might be new to you, we hope that you'll be open to trying new things, because both Tuck and Hanover have so much to offer.

Resources

The Office of Visa and Immigration Services

44 North College St., Suite 6202, Hanover, NH 03755

(603) 646-3474

dartmouth.edu/~ovis

Visa.and.Immigration.Services@Dartmouth.edu

Passports

It is recommended that you keep your passport close and always carry it when traveling out of town. It's also a good idea to carry a photocopy of it when you're driving as extra identification in case you get pulled over.

Phone Calls

When making international phone calls, start with the country code, followed by the area code and phone number. The code to dial out of the U.S. is 001. Many partners use Skype (www.skype.com) to make long distance phone calls inexpensively. You can also purchase prepaid calling cards (try www.callingcards.com) to get better rates on long distance calls.

Time

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

Tipping

Americans generally add a tip of 15-20% to bills for services such as taxi rides, haircuts, and especially for meals at restaurants or drinks at bars. There are times when tipping is appropriate even when no bill is presented such as when luggage is carried to your room at a hotel (generally \$1 per bag) or for a valet who parks your car (a few dollars). Consult the International Office if you have questions about tipping.

Nightlife

Restaurants and bars that serve alcohol will often check your ID to prove you are over 21 years old. It doesn't matter how old you think you look! If you don't have your ID, you might be asked to leave or refused alcohol. A driver's license or passport is accepted but Tuck IDs are not.

THE NORWICH BOOKSTORE

*Thoughtfully chosen books,
toys, cards & other treasures for
everyone in the family!*



*Please visit our website
for a calendar of exciting author events
& access to our digital ebook offerings.*

291 MAIN STREET • NORWICH, VT

norwichbookstore.com

802-649-1114

DAY TO DAY LIFE

Restaurants

There is a wealth of great food in the area. There's no doubt that you'll find your own local favorites, but we thought we'd get you started with a few of ours.

Walking Distance to Tuck

Metro Bakery and Cafe

6 Allen Street #2, Hanover, NH
(603) 643-2245

Open early for delicious baked goods before you go skiing!

Boloco

35 South Main Street, Hanover, NH
(603) 643-0202

Founded by Tuckies, Boloco offers wraps from around the world.

Canoe Club

27 South Main Street Hanover, NH
(603) 643-9660

Live entertainment seven nights a week. You'll almost always find Tuckies eating dinner or at the bar.

The Dirt Cowboy Café

7 South Main Street, Hanover, NH
(603) 643-1323

Local coffee shop with an unimaginable variety of coffee blend;; closes early.

Everything But Anchovies (EBAs)

5 Allen Street, Hanover, NH
(603) 643-613

EBAs delivers late night and thus is a Tuckie favorite.

The Jewel of India

27 Lebanon Street, Hanover, NH
(603) 643-2217

Best Indian food in town; Sunday buffet worth the trip.

Lou's

30 South Main Street, Hanover, NH
(603) 643-3321

A breakfast favorite and Hanover tradition. Get there early on weekends to avoid the crowds.

Thai Orchard Restaurant

44 South Main Street, Hanover, NH
(603) 643-9980

A new executive chef recently refreshed the menu. Extensive Thai cuisine at affordable prices.

Market Table

44 South Main Street, Hanover, NH
(603) 676-7996

Healthy, fresh, local food and an amazing brunch on weekends.

Molly's Restaurant & Bar

43 South Main Street, Hanover, NH
603-643-2570

Diverse menu, bread and butter that is sinful and \$2 margaritas make this a Dartmouth favorite! Kid friendly.

Murphy's on the Green

11 South Main Street, Hanover, NH
(603) 643-4075

Fresh American fare in a polished casual setting. Tuck's unofficial bar.

Pine

Two East Wheelock, Hanover, NH
(603) 643-4300

Pine offers a world-class experience with mouthwatering breakfast, lunch and dinner options.

The Orient

3 Lebanon Street, Hanover, NH
(603) 643-8888

Japanese and Chinese cuisine with the option for delivery.

Ramunto's Brick & Brew

9 South Street, Hanover, NH
(603) 643-9500

Best pizza in town. Grab a slice, a whole pie, or treat yourself to garlic or dessert knots- yum!

Starbucks

44 South Main Street, Hanover, NH
(603) 643-4882

Fast and reliable Wi-Fi means this location is always teeming with students.

Umpleby's

3 South Street, Hanover, NH
(603) 643-3030

Cozy bakery/café. Great sandwiches, soups, and quiches.

Yama

74 Main Street, Hanover, NH
(603) 643-4000

Authentic Korean and yummy sushi! A TP'10 invented the Dartmouth roll; give that and the sweet potato noodles a try. Additional location in West Lebanon.

Other Favorites in the Upper Valley

4 Aces

23 Bridge Street
West Lebanon, NH
(603)-298-6827

Local diner in a real diner car!

Allechante

Main Street & Elm Street, Norwich, VT
(802) 649-2846

Fancy shmancy croissanterie with an additional location in Woodstock.

Ariana's Restaurant

1322 NH Route 10, Orford, NH
(603) 353-4405

Watch the chefs at work in the open kitchen at this romantic, warm French restaurant with excellent wine.

Baker's Studio

25 South Main Street, White River Junction, VT
(802) 296-7201

Fresh bagels and scrumptious baked goods; try the Boston cream pie.

Carpenter & Main

Main Street, Norwich, VT
(802)-694-2922

Bistro has a great \$15 burger (treat yourself at least once). Sit at the bistro or bar for a more casual drink or meal.

Fairlee Diner

Route 5, Fairlee, VT
(802) 333-3569

Small, traditional diner; bike here and burn off the calories on your way home!

Fort Lou's (The Fort)

151 Heater Road, Lebanon, NH
(603)-448-5512

Open 24 hours. Great diner food. You'll meet some friendly truckers.

Farmer's Diner

Route 4, Quechee, VT
(802) 295-4600

Locally-grown ingredients are featured in all their dishes.

Gusanoz

410 Miracle Mile, Lebanon, NH
(603) 448-1408

Mexican food and delicious margaritas.

The Inn at Pleasant Lake

853 Pleasant Street, New London, NH

A culinary experience! Plated five course meals start at \$50 per person.

Jesse's Restaurant & Tavern

Route 120, Hanover, NH

(603) 643-4111

Great salad bar, nice fish selection and good steak (be sure to try out the mashed sweet potatoes on the side). Open mic night on Thursdays.

King Arthur Flour Bakery and Café

135 Us Route 5 S, Norwich, VT

(802) 649-3361

Sandwiches, salads, and a variety of baked goods. Newly renovated to offer expanded indoor and outdoor seating.

Koto

Route 12A, West Lebanon, NH

(603) 298-2925

Known for its hibachi-style cuisine.

Margarita's

18 Centerra Parkway, Lebanon, NH

(603) 643-8800

Mexican food and happy hour drinks with free nachos.

Norwich Inn

Main Street, Norwich, VT

(802) 694-1143

A great place to grab a beer brewed onsite while relaxing on the porch. Also, the crab cakes are amazing.

Peyton Place

76 Sawyer Brook Road, Orford, NH

(603) 353-9100

Cozy, romantic spot. Worth the 20 minute drive.

Prince & The Pauper

24 Elm Street, Woodstock, VT
(802) 457-1818

Prix fixe menu that changes nightly.

Simon Pearce

The Mill, Quechee, VT
(802) 295-1470

Beautiful location that is great for Sunday brunch or a special and delicious dinner!

Three Tomatoes

1 Court Street, Lebanon, NH
(603) 448-1711

Unusual Italian dishes and chickens full of wine (you'll understand when you go there).

Salt Hill Pub

2 West Park Street, Lebanon, NH
(603) 448-4532

One of the local favorites; great live music and decent pub fare. Bar serves beer, wine, and whisky.

Tip Top Café

85 North Main Street #100, White River Jct, VT
(802) 295-3312

An urban feel with eclectic food; a favorite pre-theater meal spot.

Stella's Italian Kitchen & Market

5 Main Street, Lyme, NH
(603) 795-4302

Casual, yummy Italian food featuring local meat and produce in a cute setting.

Shopping

Grocery Stores

Co-op Food Stores

Hanover:	45 South Street
White River Junction:	209 Maple Street
Lebanon:	12 Centerra Parkway

coopfoodstore.coop

The Co-op is America's second oldest consumer food cooperative. Originally founded by a group of Dartmouth faculty and local residents, the Hanover Consumer Cooperative Society has always sought to provide high quality food at fair prices. You'll find the regions greatest array of local and regional products here. If you're craving hard-to-find specialty foods or niche international products, there is a good chance you'll find them at the Co-op.

Hanaford

West Lebanon:	8 Market Street
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hanaford.com

Convenient, traditional grocery store that carries local brands, organic foods, and has a large specialty diets sections. Coupons made be found both online and in store.

Price Chopper

West Lebanon:	285 Plainfield Road
Lebanon:	370 Miracle Mile Road

pricechopper.com

A more traditional grocery store that is a good value for the price. Don't forget to bring your coupons - they will double them! They also offer an excellent fuel rewards program.

Shaw's Supermarket

West Lebanon:	250 Plainfield Rd
West Lebanon:	10 Benning Drive

shaws.com

Larger grocery store with two locations in West Lebanon. Also offers double coupons.

Dan & Whit's

319 Main Street, Norwich, VT

danandwhits.com

Old fashioned general store, carrying everything from groceries to hardware, to hunting gear. Great grocery spot in Vermont; they sell beer and wine too. Their motto: "If we don't have it, you don't need it."

Asian Super Store

24 Hanover Street, Suite 4, Lebanon, NH

Great spot for hard to find spices and Asian grocery items.

Stern's Farm Stand

Behind the Co-Op, Route 4, White River Junction, VT

Fresh fruit and vegetables, products change often. Cheap prices that are worth the trip but be aware that they only take cash or check.

New Hampshire State Liquor Store

West Lebanon: 10 Benning Street

Lebanon: 12 Centerra Parkway

Beer and wine may be purchased at many stores around town, but you will need to visit these stores to purchase liquor.

Specialty Shopping

Amidon Jewelers

53 South Main Street, Hanover, NH
Powerhouse Mall, 8 Glen Road, Suite 18, West Lebanon, NH
amidonjewelers.com

Full service local jeweler with impressive selection of designers to choose from.

Bella

43 South Main Street- Hanover, NH
Trendy clothing boutique.

Chocolate Now

Hanover Park Building, 3 Lebanon Street, Hanover, NH
chocolatenow.com

Large selection of chocolates guaranteed to please any chocolate lover.

Dartmouth Co-op

53 South Main Street, Hanover, NH
dartmouthcoop.com

"The greatest selection of Dartmouth apparel on the planet."

Designer Gold

Hanover Park Building, 3 Lebanon Street, Hanover, NH
designergoldjewelry.com

This store is both a gallery and working studio. Specializes in custom designed jewelry, with most pieces designed and made on site.

Farm-Way, Inc

286 Waits River Road, Bradford, VT
vermontgear.com

Destination shopping experience for outdoor gear (shoes, boots, coats, sweaters, work pants, the whole gamut from Carhartt to Patagonia). They offer a 20% discount for Dartmouth ID holders.

Huberts

410 Miracle Mile Road (Route 10 & 4), Lebanon, NH

huberts.com

Locally owned family outfitter featuring a variety of brands.

Indigo

57 South Main St, Hanover, NH

Sister store to Bella with more causal options.

J. Crew

20 South Main St, Hanover, NH

jcrew.com

New to Hanover in 2013, this location offers a discount for Dartmouth students, so be sure to bring yours shopping!

Listen Thrift Store

60 Hanover Street, Lebanon, NH

42 Maple Street, White River Junction, VT 05001

listencs.org

Thrift store that is a great resource for Tuck costume parties.

Lemon Tree

44 S Main St, Hanover, NH 03755

Interesting and eclectic gifts and novelty items.

Rare Essentials

3 Lebanon Street, Suite 1, Hanover, NH

rareessentialsltd.com

One of just a few shops with formal dresses in Hanover.

Omer and Bob's Sportshop

20 Hanover Street, Lebanon, NH

omerandbobs.com

Sporting goods; will tune up your bike or restrng your racquet.

Stateline Sports

22 Bridge Street, West Lebanon, NH

statelinesports.com

Works closely with Tuck to offer great discounts on hockey equipment, even comes to Tuck for a pre-season sale!

Shopping for Children

Rugged Bear

Powerhouse Mall, 254 Plainfield Road, West Lebanon, NH

A New England favorite; quality, classic children's clothes.

Mini-Corp

12 Centerra Parkway, Lebanon, NH

Kid to Kid and Maternity Too

1 Glen Road, West Lebanon, NH

Resale/consignment shop for gently used clothing.

The Children's Exchange

8 Carpenter Street, Norwich, VT

A resale/consignment shop for gently used clothing, shoes, toys, strollers, cribs and other items.

Sunny Day Toys at Woodstock Pharmacy

19 Central Street, Woodstock, VT

Noah's Ark

Route 4, Quechee, VT

Country Kids Clothing

Powerhouse Mall, 8 Glen Road, West Lebanon, NH

Clothing store for newborns, toddlers, and young children offering frequent coupons.

Local Retail Stores

Most of the more familiar retail shopping is located in West Lebanon, NH along Route 12-A, such as:

- Best Buy
- BJ's Wholesale Club
- Eastern Mountain Sports (EMS)
- Famous Footwear
- Home Depot
- JoAnn Fabric and Craft Stores
- K-Mart
- Kohl's
- LL Bean
- Pier 1 Imports
- Sears
- Staples
- TJ Maxx
- Wal-Mart

Nearby Shopping Malls & Outlets

Burlington Town Center

49 Church Street, Burlington, VT

(802) 658-2545

burlingtontowncenter.com/directory

Manchester Designer Outlets

97 Depot Street, Manchester Center, VT

(802) 362-3736

manchesterdesigneroutlets.com

Tanger Outlets

120 Laconia Road, Tilton, NH

(603) 286-7880

tangeroutlet.com/tilton

University Mall

155 Dorset Street, South Burlington, VT

(802) 863-1066

umallvt.com/mall_information.php

Furniture Stores

Allard's Furniture Stores

185 North Main Street, West Lebanon, NH

allardsfurniture.com

Allard's Finished & Unfinished

100 Beswick Drive, White River Junction, VT

Offering inexpensive wooden pieces like bookshelves and desks that you can paint or stain. They also have used furniture.

Bridgmans

387 Miracle Mile, Lebanon, NH

bridgmans.com

Brown Furniture

14 Interchange Drive, West Lebanon, NH

brownfurniture.com

C. Beston & Co.

1 South Street Hanover, NH

More expensive than some others, but offers a nice selection.

Copeland Furniture Company Outlet

64 Main Street, Bradford, VT

Vermont manufacturer Copeland supplies Crate & Barrel and a number of other retailers who market their designs under their own name.

Salons, Health and Beauty

Nails

All Season Nails

Glen Road, West Lebanon, NH
(603) 298-0550

Nefertiti Nails

3 Lebanon Street, Hanover, NH
(603) 643-8878

Hair Salons and Spas

Belleza Salon

45 Lyme Road, Hanover, NH
Powerhouse Mall, 8 Glenn Road, West Lebanon, NH
(603) 298-7630

Christian Roys Salon

40 Currier Street, White River Junction, VT
(802) 295-3900

Elements Salon at the River Valley Club

Centerra Park, 33 Morgan Drive, Lebanon NH
(603) 643-7720
rivervalleyclub.com

Hanover Barber Shop

39 South Main Street, Hanover, NH
(603) 643-5425

Hilde's Salon Vienna

80 South Main Street, Hanover, NH
(603) 643-4260
hildessalonvienna.com

Ivy League Cuts and Tans

53 South Main Street, Hanover, NH
(603) 653-0067

We're Making Waves

34 South Main Street, Hanover, NH
(603) 643-1244

The Spa at the River Valley Club

Centerra Park, 33 Morgan Drive, Lebanon NH

(603) 643-7720

rivervalleyclub.com

Full spa located in the lower level of the River Valley Club. Do not have to be a member to utilize services.

Strong House Spa

694 Main Street, Quechee, VT

(802) 295-1718

stronghousespa.com

Offers massages, sugaring, and other spa services.

Massage

The Massage Center

Healing Arts Associates, 8 Carpenter Street, Norwich, VT

(802) 296-7040

thaimassagecenternorwich.com

Often have monthly specials on booking two massages.

Hanover Massage Therapy Clinic

44 South Main Street, Hanover, NH

(603) 643-7588

hanovermassage.com

Places of Worship

Given the size of the towns in the Upper Valley, your religious community may not be represented in the immediate area. This is a helpful website maintained by Dartmouth College to assist you in finding a congregation or house of worship.

dartmouth.edu/~tucker/rsl/off-campus.html

STAYING ACTIVE IN THE UPPER VALLEY

New England is an area endowed with amazing natural resources. Every season has something different to offer, either kayaking in the Connecticut River, skiing at the various resorts, hiking a mountain, playing golf, or skating on a frozen lake. Taking advantage of the outdoor activities is a great benefit of the Upper Valley.

Dartmouth Athletic Facilities

Dartmouth Alumni Gym

dartmouthsports.com

Dartmouth Alumni Gym is located just a few blocks away from Tuck, and is not exclusively for Dartmouth students. Married and same-sex partners are able to purchase a yearly membership at a special rate.

If paying a yearly membership is not your choice, you can still access other Dartmouth Athletic Facilities located in the Alumni Gym Building such as racquetball, basketball, squash courts, outdoor and indoor tennis courts, and outdoor and indoor swimming pools.

Dartmouth College FLIP

(Fitness and Lifestyle Improvement Program)

dartmouthsports.com

The Alumni Gym offers a wide variety of fitness classes such as yoga, spinning, strength training, and dance – there is something for everyone. Class availability and cost depends on the length of class and instructor. Students and partners do not need to have a yearly membership to enroll in a FLIP class.

La Corte Fitness Center in Whittemore Hall

There is a small gym in the basement of Whittemore Dorm where you can work out from 6:00 AM to midnight. Access is granted with a key card which you will receive during Orientation. Lockers and bathroom facilities are also available.

Dartmouth Cross-Country Ski Center

dartmouth.edu/~doc/dxc

During wintertime, this is a great place to sled for free with your own sled or tube. You may also cross country ski, ice skate, or snow shoe for a very low fee. Rentals are available at the DOC house at Occum Pond.

Dartmouth Skiway

dartmouth.edu/~skiway

A great option for skiing just a few miles away from Hanover. Affordable ski tickets and family packages are offered. Ski and snowboard school, as well as rentals, are also available.

Ledyard Canoe Club

dartmouth.edu/~lcc

Located on the Connecticut River, next to the Dartmouth boathouse at the base of the Ledyard Bridge. Canoes and kayaks available to rent. (Different from the restaurant!)

Thompson Arena

athletics.dartmouth.edu/facilities/thompson.html

Public skate daily from September – mid-March. Call for schedule and fees. Figure skating lessons for beginners, intermediate and advanced skaters are also offered.

Dartmouth Riding Center at Morton Farm

Laramie Road, Etna NH

dartmouth.edu/~drc

Riding lessons are offered for anyone between the ages of 6 and 70 at all levels and abilities. Morton Farm offers boarding to 14 horses each year.

Dartmouth Outdoor Rentals

(603) 646-1747

dartmouth.edu/~outrntls

One can still enjoy outdoor activities without having to purchase all the equipment. Dartmouth Outdoor Rentals rents the following items: mountain bikes, in-line skates, climbing shoes, helmets, tents, sleeping bags, stoves, pots, backpacks, lanterns, first-aid kits, mountaineering boots, snowshoes, skis & boots and winter clothing.

Dartmouth Outing Club (DOC)

(603) 646-2429

dartmouth.edu/~doc

Open to any registered student at Dartmouth, as well as community members. Activities offered include ice climbing, winter camping, hiking, cross-country skiing, and ice-skating.

The Hanover Country Club

(603) 646-2000

dartmouth.edu/~hccweb/

Dartmouth's public 18-hole championship golf course. The 5,876-yard layout was built in 1899. Instruction and club rental are available.

Occom Pond Skating and Sledding

dartmouth.edu/~doc/naturalareas/occompond

Just north of campus is Occom Pond, a popular skating spot for adults and children. In winter the pond is plowed with designated areas for pickup hockey games and a large circle for free skating. The Dartmouth Outing Club (DOC) lodge next door offers rentals. If you love sledding, the golf course across the street from Occom Pond has a large open hill, where you can enjoy sledding and snow tubing.

*Other Athletic Facilities in the Area***River Valley Club**

33 Morgan Drive, Lebanon, NH

rivervalleyclub.com

The River Valley Club offers fitness classes for all levels, the region's largest selection of cardiovascular and weight training machines, sports conditioning center, indoor tennis facility, spa and salon. Tuck partners qualify for the student rate.

Carter Community Building Association (CCBA)

1 Campbell Street, Lebanon, NH

joinccba.org

A community center in Lebanon offering a fitness center, swimming pool, preschool programs, basketball courts, and a variety of classes ranging from karate to tennis.

Upper Valley Aquatic Center

100 Arboretum Lane, White River Junction, VT

uvac-swim.org

This public aquatic and wellness facility has a diverse range of high quality aquatic programs. They offer fitness, competitive year-round swim teams, water polo, scuba, and more.

Yoga

Bikram Yoga Upper Valley

bikramyogauppervalley.com/Page_3.html

Bikram classes taught only by Bikram trained instructors. Schedule changes frequently

Upper Valley Yoga

uppervalleyyoga.com

Ashtanga-Vinyasa yoga (combines core strength and flexibility with deep focus and concentration). Yoga for all levels Monday – Sunday.

Upper Valley Pilates

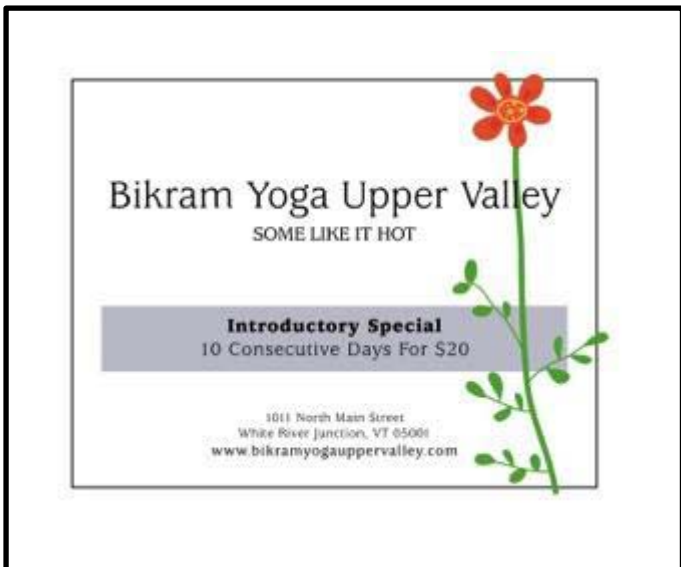
uppervalleypilates.com

Group classes and private sessions are held from Monday – Saturday; all levels.

Ancient Healing Arts Yoga Studio

ahayoga.com

A variety of yoga classes for all levels are offered.



FUN ACTIVITIES IN THE UPPER VALLEY

Apple and Pumpkin Picking

Riverview Farm
riverviewnh.com

Apple season is August through November, and pumpkin season is September through November.

Skating at Champion Rink

championrink.org

This ice rink offers several ice skating programs for skating, figure skating and hockey.

Ford K. Sayre Memorial Ski Council

fordsayre.org

Several instructional programs are offered such as downhill recreation, freestyle, snowboarding, alpine racing etc.

Upper Valley Trails Alliance

uvtrails.org

Experience the terrain of the Upper Valley by foot. Directions to hiking in many parts of the Upper Valley are provided on their website.

Wilderness Trails & Vermont Fly Fishing School

scenesofvermont.com/wildernesstrails

Beautiful, well-groomed trails for cross country skiing and snowshoeing. Cheap rentals available.

Norwich Pond Swimming

This little swimming hole is a well-kept secret, and the only posted signs warn that “the Norwich pool,” as the town refers to this pond, is closed after dark. There are children’s swings, picnic tables, changing areas, and two nature trails. The pond is a great retreat for a quiet waterside afternoon or an intimate evening picnic.

Storrs Pond Swimming

storrspond.org

Storrs Pond is a beautiful pond and beach area with lifeguards on duty. The site also includes a pool, swings, jungle gym, tennis courts, and a special-function tented area with grilling facilities. Water toys for children are provided. Season passes are available.

ARTS AND ENTERTAINMENT

Night on the Town

The Hopkins Center of Performing Arts

6041 Lower Level Wilson Hall, Hanover, NH

(603) 646-2422

dartmouth.edu/~hop

“The Hop” is Dartmouth’s performing arts center. It offers world-class performing arts, lectures, movies and concerts. Check the website often for inexpensive ways to spend a great evening.

Hood Museum of Art

Dartmouth College, Hanover, NH

(603) 646-2808

dartmouth.edu/~hood

In addition to regular and special art exhibits, they also offer lectures in the Arthur M. Loew Auditorium. All are free to the public.

Opera North

40 North College Street, Hanover, NH

(603) 643-1946

operanorth.org

A non-profit organization which produces opera for northern New England with the highest musical and dramatic standards.

Lebanon Opera House

51 North Park Street, Lebanon, NH

Lebanonoperahouse.org

A multi-faceted cultural resource, the Lebanon Opera House works to benefit all members of the Upper Valley Community. They host both live theater and movie events.

Northern Stage Co.

Briggs Opera House, White River Junction, VT

northernstage.org

A professional theatre company with year round productions and classes.

Nugget Movie Theater

57 S Main Street, Hanover, NH

(603) 643-2769

nugget-theaters.com

Located right in downtown Hanover and owned by the Hanover Improvement Society. Offers first-run Hollywood features and foreign films with digital surround sound.

*Kid-friendly Activities***Montshire Museum of Science**

One Montshire Road, Norwich, VT

(802) 649-2200

montshire.net

Fantastic interactive museum where kids play with bubbles, balls, kaleidoscopes, etc. The museum has special hands-on exhibitions and events throughout the day. Memberships and summer camps are available.

Billings Farm and Museum

Rt. 12, Woodstock, VT

(802) 457-2355

billingsfarm.org

The Billings Farm and Museum is a living museum of Vermont's rural past, as well as a working dairy farm. Children see and touch the animals, and anyone may take workshops throughout the year.

Quechee Gorge Village

Route 4, Quechee, VT

(802) 295-1550 x106

quecheegorge.com

Kids will enjoy rides on the miniature steam train and carousel, and adults will have fun shopping in the antique mall. Take a walk over to the Route 4 highway bridge and check out the 165-foot drop to the river below.

Vermont Institute of Natural Science (VINS)

Rt. 4, Quechee, VT

(802) 359-5000

vinsweb.org

Learn about the Vermont environment and conservation science. VINS offers environmental programs and events, hiking trails, live exhibitions, and summer camps.

Howe Library

13 South Street, Hanover, NH

(603) 643-4120

thehowe.org

The Howe Library in Hanover hosts events for children and families including story time, toddler play groups, and special programming for school-age children.

*Classes for Children***The Family Place Parent Child Center**

319 Route 5 South, Norwich, VT

(802) 649-3268; (800) 639-0039

the-family-place.org

The Family Place organizes fabulous play groups while the Parent Child Center offers lectures, play groups, family events, parenting classes, and support groups. The Family Place also has indoor and outdoor play spaces. Outdoors you will find swings, a huge sandbox, slides, a play log cabin, even a mini-trampoline and a sprinkler.

Kindermusik Group

Congregational Church, West Lebanon, NH

kindermusik.com

An interactive music group for new mothers and babies (newborn to 3 years old). Music groups are divided into ages 0-18 months, and 18 months to 3 years old.

Northern Lights Gymnastics

94 Olcott Drive, Wilder VT

(802) 295-2070

northernlightsgymnastics.com

NLG offers programs for boys and girls starting at 16 months of age. Included in each program are musical warm up, circuits, and trampoline. Classes are year round.

Child Care Center Norwich

75 Montshire Road, Norwich

(802) 649-1403

childcarenorwich.org

The Child Care Center in Norwich offers the highest quality early childhood programs to families of all incomes and backgrounds.

Classes for Adults

Auditing Classes at Dartmouth or Tuck

Tuck Partners are welcome to audit classes at either Dartmouth or Tuck. Contact the MBA Program Office for more information.

ESL (English as a Second Language)

The Rassias Foundation, Wentworth Hall, Dartmouth
(603) 646-2922

dartmouth.edu/~rassias

For those who want to learn English or another language.

League of NH Craftsmen

13 Lebanon Street, Hanover, NH

(603) 643-5050

NHcrafts.org

Learn the craft of weaving, pottery, and jewelry making.

The Hanover/Lebanon Co-op Food Store

12 Centerra Parkway, Lebanon, NH

(603) 643-4889

coopfoodstore.com/classes

Offers cooking, nutrition, and health classes at the Lebanon Co-op.

King Arthur Flour Baker's Education Center

Route 5, Norwich, VT

Contact: Norwich Baking Education Center

(800) 652-3334

kingarthurfLOUR.com

The instructors at the Baking Education Center in Norwich represent some of the most talented bakers in the country and offer classes on bread baking, pastries, and more.

Lebanon College

15 Hanover Street, Lebanon, NH

(603) 448-2445

lebanoncollege.edu

This College offers undergraduate and lifelong education to students of diverse ages and educational goals. Take the TOEFL, GMAT, etc.

TUCK ACADEMIC CALENDAR 2013 – 2014*Subject to Change*

Fall Term 2013	
Week 1 Pre-Term Programs	Sunday, August 11 – Saturday, August 17
Week 2 Pre-Term Programs	Saturday, August 17 – Saturday, August 24
First-Year Orientation	Saturday, August 24 – Friday, August 30
First-Year Term A Classes Begin	Monday, September 2 (Labor Day)
Second-Year Classes Begin	Monday, September 9
First-Year Term A Exams	To conclude by 5:00 PM on Tuesday, October 1
First-Year Term B Classes Begin	Monday, October 7
Second-Year Recruiting Break (no classes)	Monday, October 14 – Friday, October 18
Second-Year Examinations	To conclude by 5:00 PM on Tuesday, November 19
Student Thanksgiving Recess	Wednesday, November 27 – Sunday, December 1
Second-Year December Mini Term Classes	Monday, December 2 – Friday, December 20
First-Year Term B Exams	To conclude by 5:00 PM on Thursday, December 12
Winter 2014	
Classes Begin	Monday, January 6
First-Year Recruiting Kickoff	Tuesday, January 7
Martin Luther King, Jr. Day (no classes)	Monday, January 20
First- and Second-Year Examinations	To conclude by 5:00 PM on Monday, March 10
Spring 2014	
First-Year Classes Begin	Monday, March 24, 1:00 PM
Second-Year Classes Begin	Tuesday, March 25, 8:30 AM
Core Examinations	To conclude by 5:00 PM on Monday, May 26
Elective Examinations	To conclude by 5:00 PM on Tuesday, May 27
First-Year Project Presentations	Tuesday, May 27 – Friday, May 30
Investiture	Saturday, June 7
Commencement	Sunday, June 8



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