Tuck Partner Resource Guide

Mary-Ryan Lambert
2015-2016 TPRG Chair
maryryan.lambert@gmail.com
Welcome to the Tuck Family!

Dear Partners,

Welcome to Tuck! We are so excited that you and your significant other have chosen Tuck and we can't wait to get to know you in the months ahead.

One short year ago we were just beginning this adventure and settling into our new lives in the Upper Valley, anxious for the road ahead. We quickly found ourselves among a great community of TPs who were more than willing to offer insight and support that we will now be able to share with you.

Our Tuck Partner community is made up of both individuals who have made the move to Hanover as well as those who are supporting their students from afar. Regardless of location, our mission is to maintain a support network for all partners and families.

This guide has been created as a resource to help you learn more about Upper Valley living and to answer your basic questions – everything from the location of the nearest grocery store to how to register your car to activities to do with family and friends when they visit. We hope the information included helps make your transition to Tuck as seamless as possible.

Many thanks to Mary Ryan Lambert TP’16 whose hard work helped make the Tuck Partner Resource Guide a continued success.

If you have any questions at all, please don’t hesitate to reach out to me or any of the TP’16s.

See you at Tuck!

Anne M. Linge TP’16
Tuck Partner Board Chair
annemarielinge@gmail.com
# TABLE OF CONTENTS

Tuck Partner Board

- Introduction & Mission Statement
- Tuck Partner Board
- Partner Clubs

Upper Valley Information

- Lay of the Land
- Climate

Getting to the Upper Valley

- Climate
- Transportation
- Lodging

Moving to the Upper Valley

- 12
- Moving to the Upper Valley with Children
- 21

Once You Arrive

- 24

Finding a Job

- 27

Special Considerations for Internationals

- 29

Day to Day Life

- Restaurants, Shopping, Salons, Places of Worship
- 31

Staying Active in the Upper Valley

- 44

Fun Activities in the Upper Valley

- 47

Arts and Entertainment

- 48

Tuck Academic Calendar

- 52
TUCK PARTNER BOARD

Introduction

The Tuck Partner Group is a diverse and close-knit collection of women and men who are the partners of Tuck students. Each year, these individuals come from all over the world to 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!

The Tuck Partners Group acts as a conduit for 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 attend events when you are visiting your student and like the Tuck Partner Facebook page to keep up with Hanover activities.

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

The Executive Board is led by first-year Tuck partners for the tenure of the academic year. The Executive Board provides a forum within which partners organize 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.

Executive Board Roles and Descriptions (2014-2015)

Partner Board Chair
Anne Linge – anne.m.culp@tuck.dartmouth.edu

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.

Treasurer
Colleen Muldoon - muldoon.coleen@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
Dena Peyster - dena.peyster@gmail.com
Lauren Eggbeer - laureneggbeer@gmail.com
Danise Olague - daniseo@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
Kelly Janco - kelly.janco@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.

**International Partners Chairs**
*Fernanda Rios - rios.fernanda85@gmail.com*
*Mary-Ryan Lambert - maryryan.lambert@gmail.com*

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

**Orientation Chairs**
*Haley Turley - haleyturley8@gmail.com*
*Angela DeMartin - angela.demartin17@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**
*Mary-Ryan Lambert - maryryan.lambert@gmail.com*

Update and edit the content of the Tuck Partner Resource Guide.

**Social Chair**
*Carly Lochala - carly.lochala@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 Chair**
*Mary-Ryan Lambert - maryryan.lambert@gmail.com*

Maintains and updates partner social media efforts including the Partner Facebook Page.

**Tiny Tuckie Chairs**
*Haley Turley - haleyturley8@gmail.com*
*Shirley Schneider - rs.shirley@gmail.com*
Hadley Lund - hadleylund08@gmail.com

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

**Tuck Dogs Chairs**
*Sarah Thelen - sarah.slamer@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.

**Visitor Coordinator Chairs**
*Erin Gallagher - ecfgallagher@gmail.com*
*Allyson Himelstein - ahimels@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!

**Male Partner Chair**
*Brian Williams - brianwilliams8989@gmail.com*

Building a partner community that integrates fun, interesting activities that appeal to our male partners.
Tuck Partner Clubs

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
Mitzi Sampson - mitzi.sampson@gmail.com

The club brings partners together monthly to discuss interesting literature. Books are selected a month in advance.

Gourmet Club
Ashley Dempsey - apdempsey@gmail.com
Brittany Ferreri - brittany.ferreri@gmail.com

The club consists of members who share a passion for cooking/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
Fernanda Rios - rios.fernanda85@gmail.com
Brooke Hogan - brda87@gmail.com

The Craft Club facilitates partners to coming together to create a variety of handmade items, including artwork, gifts, or decorations. The club leader brings the materials, and partners bring their creativity. No prior crafting necessary!

Upper Valley Appreciation Chair
Lauren Clark - laurenc003@gmail.com

Outdoor Club Chair
Brooke Hogan - brda87@gmail.com

Wine Club Chair
Lauren Eggbeer - laureneggbeer@gmail.com

This club is for partners who love to learn about and drink wine. Gatherings happen once a month at different partners homes. Each
month features a different wine varietal or is themed. We learn the basics of the chosen varietal through a tasting paired with socializing. The club leader helps select the wine for the month and the partners bring wine/side dishes to compliment it.

**Remote/Work from Home Club Chair**

*Sarah Thelen - sarah.slamer@gmail.com*

*Alana Crandall - alanacrandall@gmail.com*

This club is for partners who work from their homes the majority of the time. We usually go out for a lunch or dinner and just chat. It is so nice to talk to a real, live, person since most of the rest of the week it's video conferences or phone calls. Everyone is welcome!

**Other Activities and Clubs**

Partners are also encouraged to join students clubs, including 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!
UPPER VALLEY INFORMATION

Lay of the Land

Dartmouth College is located in Hanover, New Hampshire alongside the Connecticut River. 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 towns of White River Junction, Wilder, VT, and Norwich, VT.

Helpful NH and VT Websites

- Welcome to Hanover: welcometohanover.com
- Valley News (local newspaper): vnews.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
- Dartmouth College: dartmouth.edu
- Tuck: tuck.dartmouth.edu

Climate

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. After the mild fall season, shorter, cooler days begin sometime in October. Snow may not fall until November. Once the snow begins to stick, you probably won’t see much of the ground until March! From December through February the temperature is typically between 10° and 35° Fahrenheit (-12° and 2° Celsius). Temperatures do 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 are adequately prepared, you will be just fine. You may find that 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, snowshoes, sleds, etc.

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 walking distance. If you are bringing a car to Tuck, you should invest in snow tires or all-season tires. Four-wheel drive is a great idea if you are purchasing a car. Fortunately, Hanover tends to be good about clearing the roads and maintaining safe driving conditions. Even though the winter is cold, there are still days that 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)  
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)  
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)  
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)  
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’ websites directly. Hertz, Avis, and Enterprise have offices at each of the airports and drop-off points in and around Hanover, Lebanon, and White River Junction.
Zipcar  
[zipcar.com/dartmouth](zipcar.com/dartmouth)
If you live close to Hanover, Zipcar 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](dartmouthcoach.com)*
Dartmouth coach offers service from Hanover to Logan Airport, Boston's South Station, and New York City. This service is a great alternative to paying for parking at the airport!

*Greyhound  [greyhound.com](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](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](hanoverinn.com)

*Six South Street Hotel* (downtown Hanover)
6 South Street, Hanover, NH 03755
(603) 643-0600  [sixsouth.com](sixsouth.com)

*Norwich Inn* (2 miles/4 mins)
235 Main Street, Norwich, VT 05055
(802) 649-1143

Courtyard Marriott (3 miles/8 mins)
10 Morgan Drive, Lebanon, NH 03766
(603) 643-5600

Residence Inn by Marriott (3 miles/8 mins)
32 Centerra Parkway, Lebanon, NH 03766
(603) 643-4511

Trumbull House Bed and Breakfast (4 miles/9 mins)
40 Etna Road, Hanover, NH 03755
(603) 643-2370

Days Inn (5 miles/5-10 mins)
135 Route 120, Lebanon, NH 03766
(603) 448-5070

Fireside Inn & Suites (5.5 miles/13 mins)
25 Airport Road, West Lebanon, NH 03784
(603) 298-5900

Hampton Inn (6 miles/10 mins)
104 Ballardvale Drive, White River Junction, VT 05001
(802) 296-2800

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

Comfort Inn (6 miles/11 mins)
56 Ralph Lehman Drive, White River Junction, VT 05001
(800) 295-5900
MOVING TO THE UPPER VALLEY

Moving Timeline
4 – 6 Months Before

● New Home
  - See page 24 for more information
  - Start looking as soon as possible, but don’t worry – everyone finds a home. Dartmouth properties, including Sachem Village, are often popular options.
  - There are also several realtors in the area that assist Tuck students with housing in NH and VT.
  - 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 are in the process of changing your name, be sure you follow 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, including to Canada. 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](http://searchjobs.dartmouth.edu)
    • [careers.dartmouth-hitchcock.org](http://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 all members of your family are in compliance with Dartmouth Health Services requirements. Keep a record of your vaccinations.

• **Health Insurance**
  - See page 27 for information on student 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/](http://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

- **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](http://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
playgroup, or host a dinner party. Its playgrounds are also great for children, and the Lebanon District School Bus picks up near the community center.

Additional resources:

Craigslist (explore VT and NH)  
craigslist.com

Valley News (local paper)  
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.

**Moving your Belongings**

Once you’ve found the perfect place to live, it is time to move 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 landline. Skype is another great alternative. If you wish to set up a landline, most people use Comcast or Verizon.

Renter’s 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 will work with you.

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
MOVING TO THE UPPER VALLEY WITH CHILDREN

Relocating to any city can be an overwhelming task in itself, and moving with children definitely adds to the adventure! This section provides information about daycare programs and schools in the Upper Valley. Current partners are also a valuable resource, so reach out to them for advice.

Daycare programs fill up quickly, so it is important to enroll your children as soon as possible. It is recommended that you 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.

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 online 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

Area Schools/School Systems

School Administrative Unit #70
sau70.hanovernorwichschools.org
Public schools of Hanover, NH and Norwich, VT

Supervisory Unit #88
sau88.net
Public schools of Lebanon, NH

The Hartford School District
hartfordschoolsvt.com
Public schools of White River Junction, Vermont

Crossroads Academy
crossroadsacademy.org
Independent (Private) Day School in Lyme, NH
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.
http://www.dmv.state.va.us/vehicles/#vehiclereg.html

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
http://www.nh.gov/safety/divisions/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. 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. 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. 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
FINDING A JOB

A job search can be an overwhelming experience, but do not be discouraged. There are jobs here!

The best advice partners can give is to start your job search early. While there are jobs, there are also many graduating Dartmouth students and incoming partners competing for these jobs. 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. You can use these two years to add diversity to your skill set or to pursue something you enjoy before going back to your old position.

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 being 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. 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 job opportunities to the partner list serve, which can be a great resource for part-time or 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. 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.

**Dartmouth College Job Site**  
[jobs.dartmouth.edu](http://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](http://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](http://vnews.com)  
The Valley News posts daily job listings, although the Sunday paper is the best day to look.

**Federal Government Job Site**  
[usajobs.gov](http://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](http://admin.state.nh.us/hr/employment.html)  
[vermont.gov/portal](http://vermont.gov/portal)  
These sites list all kinds of state job listings across various fields.

**Hanover Chamber of Commerce**  
[hanoverchamber.org](http://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. It’s a great lead for positions and a great way to learn about the businesses operating in 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.

**Craigslist**  
craigslist.com  
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 large international student population. 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 will 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 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 check your ID to prove you are over 21 years old; it doesn't matter how old you look! If you don't have your ID, you might be asked to leave or refused alcohol. A U.S. driver's license or passport is accepted but Tuck IDs are not.
DAY-TO-DAY LIFE

Restaurants

Here are some of our local favorites:

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*

**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  
*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 cheap 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.*
Starbucks
44 South Main Street, Hanover, NH
(603) 643-4882
Fast and reliable Wi-Fi means this location is always busy.

Umpleby’s
3 South Street, Hanover, NH
(603) 643-3030
Cozy bakery/café. Great sandwiches, soups, and quiches.

SushiYa
74 Main Street, Hanover, NH
(603) 643-4000
Authentic Korean and yummy sushi!

Base Camp Cafe
3 Lebanon Street, Hanover, NH
(603) 643-2007
Traditional Nepalese food.

Market Table
44 Main Street, Hanover, NH
(603) 676-7996
Cafe with outdoor seating when the weather is nice.

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 croissanterie with 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.*

**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.*

**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.*

**Worthy Burger**  
56 Rainbow Street, South Royalton, VT  
(802) 763-2575  
*Craft beer and burger bar. Serves pasture raised meat, line caught fish, local vegetables. Local food at affordable prices.*

**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, fish selection, and steak. Open mic on Thursdays.*
King Arthur Flour Bakery and Café
135 Us Route 5 S, Norwich, VT
(802) 649-3361
Sandwiches, salads, and baked goods. Outdoor seating when the weather is nice.

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 on site while relaxing on the porch.

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](http://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, including specialty foods or niche international product.*

**Hannaford**
West Lebanon: 8 Market Street
[hanaford.com](http://hanaford.com)

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

**Price Chopper**
West Lebanon: 285 Plainfield Road  
Lebanon: 370 Miracle Mile Road  
[pricechopper.com](http://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](http://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](http://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

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

**Chocolate Now**
Hanover Park Building, 3 Lebanon Street, Hanover, NH
[chocolatenow.com](http://chocolatenow.com)
*Large selection of chocolates guaranteed to please any chocolate lover.*

**Dartmouth Co-op**
53 South Main Street, Hanover, NH
[dartmouthcoop.com](http://dartmouthcoop.com)
*“The greatest selection of Dartmouth apparel on the planet.”*

**Designer Gold**
Hanover Park Building, 3 Lebanon Street, Hanover, NH
[designergoldjewelry.com](http://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](http://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](http://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
This location offers a discount for Dartmouth students, so be sure to bring your student shopping with you!

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
rareessentials ltd.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 restring your racquet.

Stateline Sports
22 Bridge Street, West Lebanon, NH
statelinesports.com
Works closely with Tuck to offer great discounts on hockey equipment. Stateline 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, Hair Salons, and Spas

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

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

Christian Roy’s Salon
40 Currier Street, White River Junction, VT
(802) 295-3900

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

Men’s Top Choice
53 South Main Street, Hanover, NH
(603) 653-0055
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

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.

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  
adartmouth.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. In winter the pond is plowed with
designated areas for pickup hockey games and a large circle for free skating. The Dartmouth Outing Club lodge next door offers rentals. The golf course across the street has a large open hill, where you can sled and snow tube.

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
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.
Ancient Healing Arts Yoga Studio
ahayoga.com
A variety of yoga classes for all levels are offered.

FUN ACTIVITIES IN THE UPPER VALLEY

Apple, Berry, and Pumpkin Picking
Riverview Farm
riverviewnh.com
Apple season is August through November, and pumpkin season is September through November.

Skating at Campion Rink
campionrink.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/wildernessstrails
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

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

This multi-faceted cultural resource 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.org
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  
thefamily-place.org  
The Family Place organizes fabulous play groups while the Parent Child Center offers lectures, playgroups, 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.  

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. Baking classes cover areas ranging from cake decorating to yeast breads.  

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 2015–2016
Subject to Change; click [here](#) for up-to-date information

## Fall Term 2015

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 Pre-Term Programs</td>
<td>Sunday, August 16 – Saturday, August 22</td>
</tr>
<tr>
<td>Week 2 Pre-Term Programs</td>
<td>Saturday, August 22 – Saturday, August 29</td>
</tr>
<tr>
<td>First-Year Registration Day</td>
<td>Saturday, August 29</td>
</tr>
<tr>
<td>First-Year Orientation</td>
<td>Saturday, August 29 – Friday, September 4</td>
</tr>
<tr>
<td>Core Term A Classes Begin</td>
<td>Monday, September 7 (Labor Day)</td>
</tr>
<tr>
<td>Elective Classes Begin</td>
<td>Monday, September 14</td>
</tr>
<tr>
<td>Second-Year Reorientation</td>
<td>Wednesday, September 16</td>
</tr>
<tr>
<td>Core Term A Exams</td>
<td>To conclude by 5:00 PM on Tuesday, October 6</td>
</tr>
<tr>
<td>First-Year Term B Classes Begin</td>
<td>Monday, October 12</td>
</tr>
<tr>
<td>Second-Year Recruiting Break (no classes)</td>
<td>Monday, October 19– Friday, October 23</td>
</tr>
<tr>
<td>Elective Examinations</td>
<td>To conclude by 5:00 PM on Tuesday, November 24</td>
</tr>
<tr>
<td>Student Thanksgiving Recess</td>
<td>Wednesday, November 25 – Sunday, November 29</td>
</tr>
<tr>
<td>December Mini Term Classes</td>
<td>Monday, November 30 – Friday, December 18</td>
</tr>
<tr>
<td>First-Year Term B Exams</td>
<td>To conclude by 5:00 PM on Thursday, December 17</td>
</tr>
</tbody>
</table>

## Winter 2016

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classes Begin</td>
<td>Monday, January 4</td>
</tr>
<tr>
<td>First-Year Recruiting Kickoff</td>
<td>Tuesday, January 5</td>
</tr>
<tr>
<td>Martin Luther King, Jr. Day (no classes)</td>
<td>Monday, January 18</td>
</tr>
<tr>
<td>Special Day of Classes (All Students)</td>
<td>Friday, January 22</td>
</tr>
<tr>
<td>First-Half/Second-Half Mini Switch</td>
<td>Monday, February 1 - Thursday, February 4</td>
</tr>
<tr>
<td>Core and Elective Examinations</td>
<td>To conclude by 5:00 PM on Monday, March 7</td>
</tr>
</tbody>
</table>

## Spring 2016

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>First-Year Classes Begin</td>
<td>Monday, March 21, 1:00 PM</td>
</tr>
<tr>
<td>Event</td>
<td>Date/Dates</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>-----------------------------------------------------------</td>
</tr>
<tr>
<td>Elective Classes Begin</td>
<td>Tuesday, March 22, 8:30 AM</td>
</tr>
<tr>
<td>Special Day of Classes (All Students)</td>
<td>Friday, March 25</td>
</tr>
<tr>
<td>First-Half/Second-Half Mini Switch</td>
<td>Monday, April 18 - Thursday, April 21</td>
</tr>
<tr>
<td>Classes End</td>
<td>Thursday, May 19</td>
</tr>
<tr>
<td>Core Examinations</td>
<td>To conclude by 5:00 PM on Friday, May 20</td>
</tr>
<tr>
<td>Elective Examinations</td>
<td>To conclude by 5:00 PM on Tuesday, May 24</td>
</tr>
<tr>
<td>First-Year Project Presentations</td>
<td>Tuesday, May 24 – Friday, May 26</td>
</tr>
<tr>
<td>Investiture</td>
<td>Saturday, June 11</td>
</tr>
<tr>
<td>Commencement</td>
<td>Sunday, June 12</td>
</tr>
</tbody>
</table>