

2017 - 2018

Dartmouth Postdoc Resource Guide

Created by DCPDA

dcpda2017@gmail.com

<http://sites.dartmouth.edu/dcpda/>



Welcome to Dartmouth, Postdocs!

We want to make your arrival at Dartmouth as easy as possible by providing you with useful information about life in the Upper Valley. This guide will help you learn more about living in the Upper Valley and provides answers to some basic questions like: How do I buy and register a car? How do you survive (enjoy!) the winter months? 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.

You are encouraged to join us at one of the upcoming New Postdoc Welcome/Orientation lunches, the dates for which are listed below. Please let us know which you plan to attend by responding to: Victoria.a.blodgett@dartmouth.edu

Welcome/Orientation Sessions

12-1:30pm (location TBD)

~~November 8, 2017~~

~~December 13, 2017~~

~~January 24, 2018~~

~~February 28, 2018~~

~~March 28, 2018~~

May 9, 2018

July 11, 2018

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The Dartmouth College Postdoc Association (DCPDA)

Web: <https://sites.dartmouth.edu/dcpda/>

Twitter: @DCPDA_

Email: dcpda2017@gmail.com

Facebook: <https://www.facebook.com/DCPDAnow>

Our mission

“For and governed by postdoctoral scholars, the Dartmouth College Postdoctoral Association aims to aid in the professional development of its members, foster a sense of community and identity among them, and enhance their overall experience at Dartmouth College.”

Postdoctoral scholars comprise a vital and significant part of the academic community. The purpose of the DCPDA is to give each and every postdoc an opportunity to succeed according to their individual wants and needs, whether it is to increase their network, participate in social activities, or benefit from the training/career enhancement seminars the association will plan and/or sponsor. Equipping postdocs with the tools needed to find and obtain satisfying and fulfilling careers within or outside of academia is one of the goals of the DCPDA. The DCPDA advocates for Dartmouth Postdocs by fostering institutional recognition of 1) postdocs as a group associated with the College and 2) of our individual training and professional development needs. We play a critical role in creating a centralized resource for postdocs to find personal, professional and career resources needed to succeed within and outside of academia.

Definition of Postdoctoral Scholar for Dartmouth

“A postdoctoral scholar is an individual who has received a doctoral (or equivalent) degree and is appointed for a limited period of time of mentored advanced training to enhance the professional skills and research independence needed to pursue his or her chosen career path. The primary purpose of a postdoctoral scholar is to engage in advanced study and training; in some cases teaching may be part of that training. A postdoctoral scholar may be supported by external awards or fellowships.”

President, Dartmouth College Postdoctoral Association

Lorna Young (Lorna.E.Young@dartmouth.edu)

As president, Lorna is the chief coordinator of both the professional and social endeavors of the DCPDA.

A message from Lorna:

Welcome to Dartmouth! I'd like your time as a postdoc here to be as enjoyable as mine has been. Whether you're moving here alone, or with a family, DCPDA is here to create a community for you!

Assistant Dean for Postdoctoral Affairs, School for Graduate and Advanced Studies

Victoria Blodgett (Victoria.a.blodgett@dartmouth.edu)

A message from Victoria:

“It is my great pleasure to welcome you to the community of scholars at Dartmouth. Postdocs contribute significantly to the outstanding research and teaching enterprise both of which are core to the mission of Dartmouth College. You join a unique community with postdoctoral scholars across all fields of study. Small in number but mighty in our impact, the postdocs at Dartmouth are a smart, fun, and inspired group of scholars. You’ll have numerous opportunities to engage in personal and professional development activities, and we encourage you to take full advantage of all that Dartmouth and the Upper Valley have to offer.”

Victoria is responsible for support for the postdoctoral community at Dartmouth, including professional development. Visit this site to learn more about her background and mission: <https://graduate.dartmouth.edu/news/2017/07/victoria-blodgett-assistant-dean-postdoctoral-affairs>

DCPDA Buddy Program

A new program for 2017! We would like all incoming post docs feel welcome, and to be part of our community. Please refer to our webpage to see a list of our current Buddies. Each Buddy is a current post doc who has been at Dartmouth for at least a year. You can get in touch with all of us as a group, or as individuals. We can help with specific questions, or would love to just get a cup of coffee and chat!

<http://sites.dartmouth.edu/dcpda/contacts/post-doc-buddy-program/>

DCPDA events

We are enthusiastic about creating a fun, supportive, and social postdoc community. We organize regular events, which are described on our webpage and Slack channel. These include workshops, an annual Research Day, pub nights, and other activities.

Check out our DCPDA calendar:

<http://sites.dartmouth.edu/dcpda/events/>

Upper Valley Information

Where is Dartmouth College?

Dartmouth College is located in a beautiful town called Hanover, New Hampshire alongside

the Connecticut River. The Connecticut River defines the border between New Hampshire and Vermont. Hanover is in a scenic region called the Upper Valley.

Campus is two hours northwest of Boston, three hours south of Montreal, and five hours north of New York City. Other fun nearby cities include Burlington VT, Portsmouth NH, and Portland ME. Hanover is accessible via Interstates 89 and 91.

Hanover is closely neighbored by a number of towns including Lebanon and West Lebanon, (NH); White River Junction, Wilder, and Norwich (VT). These towns are approximately 10-15 min drive away, and are good options for living.

Infamous New England weather

In our opinion, the four seasons are what makes New Hampshire truly special! Spring is fairly short, but appreciated! Summers are warm and few days are overly humid. Fall is mild and the colours are spectacular!! Winter is... Winter!! It can start snowing in November, or it may be as late as January. Winter can last until March. It can get as cold as -15 Fahrenheit (-26 Celsius), but on average it will be between 10 and 35 Fahrenheit (-12 and 2 Celsius). (-12 and 2 Celsius). However, although it can be cold, it is often bright and very sunny during in the winter.

Winter - how to survive?

This is probably one of the most frequently asked questions! If you aren't used to these low temps, it can feel quite chilly... BUT don't worry, if you're adequately prepared, you'll be just fine! Plus you might even find you enjoy the change of seasons and plethora of winter activities!!

How to Prepare

If you've never lived in snow or freezing temperatures, 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.

- Heating: Winter 2017/2018 has been particularly cold and many places were left with **burst pipes** in their houses. This is not only very annoying but can also get very expensive.
 - Check your lease for who is responsible to pay for damages due to extreme cold (in most cases it is the renter unless you can show that the heating failed)
 - Keep your house warm (at least at 55F) at all times when the temperatures drop below freezing. Some leases even specify how warm you have to keep your house.
 - Identify drafty windows/doors and insulate them (you can find cheap and easy to use DIY window insulation kits on amazon). It can save you a lot of money on your heating/electricity bill
 - Get renters insurance in case something happens

- Warm clothes
 - Warm jacket: down or wool work best. You can also use a 2-layer jacket with fleece inside and windbreaker outside, but most first-timers find that's not warm enough.
 - Snow boots: waterproof, with insulation. Some boots have a removable lining (which helps them dry faster if they get wet). Sometimes fashion takes a back seat when choosing good boots, but you'll be glad you focused on being practical!
 - Wool socks: yes, really. Thick cotton socks are just not warm enough.
 - Gloves or mittens: you're looking for wool, fur-lined or ski (synthetic) gloves or mittens. A winter hat or head covering of some sort. 40-45% of body heat is lost through the top of your head!
 - Optional but recommended: sweaters, long johns, a scarf,
- Warm bedding - a few extra blankets (down or wool, if possible), flannel sheets. They will change your life.
- Winter sport equipment - skis, ice skates, snowshoes, sleds, etc. If you can't beat'em, join'em! Most equipment can be found on campus to rent or borrow, so don't buy it until you try it.

DCPDA tip:

There are several places in the UV that will sell you quality winter gear. Try Huberts, LLBean, or Eastern Mountain Sports in Lebanon, NH. A wider selection can be found in Farm-way in Bradford, VT. All have good sales in October. There is also a large tent sale by Ibex and other companies, usually in Burlington, VT sometime in October. REI is a good resource online. Concessions sales at Outdoor Gear Xchange in Burlington VT is good too. There are also ski and winter gear swaps at the end of October.

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** (<https://dartmouthcoach.com/>) 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) flyleb.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
- Montreal airports - sometimes cheaper to fly to Europe!

Buses

- **Dartmouth Coach** offers service from Hanover to Logan Airport, Boston's South Station and New York City. Reliable! Free snacks and WiFi on board too.
www.dartmouthcoach.com
- There is a **Greyhound** terminal located in White River Junction approximately ten minutes from Hanover. This terminal offers bus services to Burlington, Boston, Manchester, New York, and Philadelphia, and Montreal (via WRJ).
www.Greyhoundgreyhound.com

Train/Amtrak

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.

www.amtrak.com

MOVING TO THE UPPER VALLEY

Finding a Home

This may be one of the biggest areas of concern for new postdocs. If you haven't already started looking for a home do so as soon as possible, but don't worry – everyone finds a home and most places won't be available until ~2 months before move in date.

The Dartmouth College Real Estate Office (dartmouthre.com) is a great resource for finding housing in Hanover, Norwich, and surrounding areas. Many incoming postdocs and students use this site to find apartments. Start looking as soon as possible, but don't worry – everyone finds a home and most places won't be available until ~2 months before move in date.

Additional resources:

- Craigslist: make sure to look in NH and VT.

<https://www.craigslist.org/about/sites>

- Valley News (local paper)
www.vnews.com
- Dartlist: Craigslist type website for Dartmouth community
<http://www.dartlist.com/>
- Zillow and similar real estate websites can give you an idea about price rates
www.Zillow.com
- Realtor
www.realtor.com

DCPDA tips:

- Most landlords in the area are nice, but if you can, ask around before you sign a lease; Reach out to postdoc buddies or DCPDA if you have any questions
- Look for a lease that includes snow removal in winter or be prepared to shovel :)
- If you don't have a car, live <1 mile from campus, or on the bus line.
- It can be hard to find a place from a distance, especially for international scholars. The most effective way is often to reach out to local resources (your advisor, new colleagues, DCPDA) and ask for help and advice. It could be a good idea to initially find a temporary sublet, and use it as a home base to finding a more permanent place.
- If you are coming from far away, it might be easiest to look for furnished places. Luckily these are usually easy to find.
- If you work with a realtor: know that there may be finder fees associated with their services.
- The closer to the college the more you pay.
- Dartmouth is in New Hampshire but Vermont is just across the river; Look on both sides! Depending on your living situation it might be better for you to live in NH or VT; For example, there is no state income tax in NH but property taxes are significantly higher.
- If possible reach out to the current tenant or landlord about utilities setup.

Moving your Belongings

Once you've found a place to live, the next part is getting everything here! Postdocs 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.

DCPDA tip:

- Moving from abroad? Sendmybag.com is a fairly cheap way of moving cases sendmybag.com.
- If you are moving with a family, we would advise you to check with your PI/or HR department if you are eligible for relocation funds.

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 to determine which specific companies provides service in your area.

Cell phone

If you are purchasing a new cell phone, there are several stores in West Lebanon and Lebanon that offer a range of services. Wifi is readily available on Campus.

DCPDA tip:

- Check cell coverage in the area: most carriers work fine in town, but service can get inconsistent pretty quickly once you get away from campus. Verizon is a good bet, and offers a 22% discount to college employees.

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. Rental insurance is generally cheap and like any insurance, helpful when you need it. Landlords are NOT responsible for your personal items should there be some damage done.

Health Insurance

Don't panic! This will be covered in depth at your welcome orientation. Dartmouth offers various plans for health insurance which will be described once you arrive.

Bank Accounts

There are many banks in the Upper Valley, all of which have ATMs and can receive wired funds. Banks in Hanover include Bank of America, Citizens Bank, Lake Sunapee Bank, Ledyard

National Bank, and Mascoma Savings Bank. 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. Open your account once you have arrived.

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! Many postdocs have managed to do this successfully and they'll be an invaluable source for you. Feel free to reach out to us for advice.

For children under 5, you may want to find a daycare facility.

- We note that daycare programs fill up quickly, so it is important to enroll your children as soon as possible. You may be put on a waiting list until a position becomes available (especially for children under 2). It is recommended to contact a few programs as soon as you arrive, even if you are not sure where you will be living yet, just incase!
- A full-time day usually runs from 7:30AM to 5:30PM, and will cost ~\$1000/month.
- Prices are higher for children under 2 or 3, and may be higher (per hour) if you choose to send your child part-time. Prices may be lower if you have >1 child at the center, or if your income is lower.
- Ask the center when they will be closed - you may find they are closed for certain holidays. Most centers are open through the summer.

With school-age children, be advised that the town where you reside can restrict you to certain school districts. There are town schools in Hanover and the surrounding towns, as well as the private Ray School in Hanover.

- Town schools are free of charge, and run from 8:00AM to 3:00PM
- If you want, your child can ride the school bus, or else you can drop them off at school.
- Kindergarten may end at 11:30AM in your town - check with your local school.
- Some day-care centers run after-school programs for primary school children.
- The school will be closed frequently (holidays, winter break, summer break) - check their calendar.

The Child Care Project

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.

www.dartmouth.edu/~ccp/

Dartmouth College Child Care Center

<http://www.dartmouth.edu/~dcccc/>

Upper Valley Connections

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.

www.uppervalleyconnections.com/events

ONCE YOU ARRIVE

Buying a (used) car

If you don't know much about cars this can be a painful process but there are a lot of good resources to help. Once you have bought a car you'll need it to be inspected, registered and you will need to get insurance.

- Dartlist: people from the Dartmouth community often sell their cars here.
<http://www.dartlist.com/>
- Kelly Blue Book: KBB will tell you a price range you should expect for a used car; also has information about dos and don'ts)
<https://www.kbb.com/>
- Consumer Reports: good advice on car makes and models and the ins and outs of buying a car.
<https://www.consumerreports.org/cro/cars/used-cars/buying-advice/index.htm>
- Some other useful resources:
 - General guidance on how to buy a car:
<https://www.usa.gov/buy-a-car>
 - More information, for internationals in particular:
<https://www.wikihow.com/Buy-a-Car-in-the-USA-As-a-Foreigner>

DCPDA tips:

- Know what you want and what you want to pay! It is very easy to get talked into features that you don't want or need. Keep the cold weather in winter in mind (see section below "Driving in the snow")
- Check Craigslist and Dartlist for cars. Sometimes you can be lucky and buy a car off someone who is just leaving. Or buy from someone you know!
- Local car dealerships are of course an option too, but it helps to know in advance what you want. If you can, go with someone who knows about cars.
- If you have a specific car in mind check out its Vehicle Identification Number (VIN) and look at the service and accident history of the car:
<https://www.dmv.org/vehicle-history/find-vin.php>

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.

NH: <https://www.nh.gov/safety/divisions/dmv/registration/vehicle.htm>

VT: <http://dmv.vermont.gov/registrations>

- After your car is registered, you have 10 days to have the car inspected by an authorized garage (e.g., the one near the Hanover co-op).
- Inspection will cost approximately \$60; prices are regulated and should be on open display at any garage that does them. 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.

Parking on campus

Check with your department once you arrive. Here is a link below:

<http://www.dartmouth.edu/~fom/services/parking/info/employee.html>

DCPDA tip: Be cautious when driving on campus. Students sometimes forget there are cars on the roads!!

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. Fortunately, most towns (including Hanover) are good about clearing

the roads and maintaining safe driving conditions. The same is true for Interstate highways. However, if there has been a big snow “dump” or if it is actively snowing while you drive, there may be snow on the road. How to drive in the snow:

- Bear in mind that when driving on snow you must go slower, break gently if at all, accelerate gently and leave plenty of room between you and the next car.
- Even when the roads appear clear, there can be “black ice” - which is really dangerous because you can’t easily see the ice on the road.
- Practice: when the first snow comes down, it might be a good idea to take your car out on a (very!) short drive, to practice snow-driving.

What you should own:

- If you are purchasing a car, many people prefer four-wheel or all-wheel drive for the winter. Front wheel drive is ok too as long as you have winter tires. You’ll see that certain brands are very popular around here.
- Winter tires: have them put on your car sometime around October or November. One option is “studded tires” which are only usable during winter.
- Keep an emergency in-car kit: a snow shovel and an ice scraper, blanket, and flashlight.

If the temperature is below 32F (0C), you should start your car several minutes before you intend to drive off, since the engine will be very cold.

DCPDA tip: It is becoming more common that drivers are cited by police for failure to remove snow and ice accumulation from their cars/trucks.

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.

- New Hampshire DMV: nh.gov/safety/divisions/dmv
- Vermont DMV: www.dmv.vermont.gov

Driver’s license for internationals

Make sure you go to the right DMV (you’ll have to go to Concord if you live in NH); it makes a difference if you are a resident or a non-resident alien. This is different from getting your social security number (which you you’ll get from NH → OVIS)

International postdocs 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.

For NH residents: You will have to go to Concord for your license:

<https://local.dmv.org/new-hampshire/branch/concord>

If you are moving from another state in the US but still have your home-country license, check out the requirements of getting a VT or NH license compared to the state you're currently living in. In some states you might be able to simply swap your license (depending on your nationality) and in others you will have to do a test. Check this before you move.

- NH:
<https://www.nh.gov/safety/divisions/dmv/driver-licensing/non-us-citizen/temporary.htm>
- VT:
<http://dmv.vermont.gov/licenses/new>

Living in Hanover without a car

It is do-able, but can be quite inconvenient. If you choose not to buy a car make sure to live within walking distance from the college or an Advanced Transit bus stop (see section below). If you need to rent a car, Dartmouth has Zipcars located on Campus (see section below). Also note, currently no grocery stores offer online delivery.

Public Transportation

If you don't have a car, Hanover and the surrounding towns offer a free shuttle service through Advance Transit. The shuttle runs until 7pm on weekdays, and does not run on weekends. If you're patient, this can be an effective way to get around and save on gas. Visit their site for maps and schedules.

<http://www.advancetransit.com>

Taxis

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.

Uber

Uber has finally come to the Upper Valley, but bear in mind there are few drivers.

Rental Cars

Dartmouth College has Zipcar rentals (hourly car rental service, currently 2 cars on campus):

www.zipcar.com/dartmouth/find-cars

If you live close to Hanover, and don't own a car, Zip Car is an 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.

INTERNATIONALS MOVING TO DARTMOUTH

Undoubtedly, the most important resource for you is OVIS. Of course, it is always helpful to ask other internationals around, but be aware that rules and regulations change every now and then! Plus, these are dependent on visa status, as well as nationality. The most accurate and up to date information is through OVIS!

DCPDA tip: If in doubt, ask OVIS!

The Office of Visa and Immigration Services (OVIS)

You should have been contacted by OVIS before your arrival.

Address: 44 North College St., Suite 6202, Hanover, NH 03755 (603) 646-3474

www.dartmouth.edu/~ovis

Visa.and.Immigration.Services@Dartmouth.edu

Passports and other official documents

It is recommended 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.

Visit your embassy to understand the official documents you will need to maintain for your time in the United States. Remember if you travel internationally check with your home country's embassy if you need a Visa (even travel to Canada!).

Random immigration inspections

Beginning this summer, U.S. Customs & Border Protection (CBP) has reinstated its practice of conducting random immigration inspections at public bus terminals and temporary highway checkpoints, including the bus terminals in White River Junction and Burlington, VT, and along I-93 near Woodstock, NH. OVIS will provide you with information on what documents to carry. More information about CBP's authority to conduct inspections can be found on the agency's website:

https://help.cbp.gov/app/answers/detail/a_id/1084/~/legal-authority-for-the-border-patrol

IMPORTANT THINGS FOR DAY TO DAY LIFE

Doctors, health insurance and the health care system

During your orientation you should get most information regarding the health care Dartmouth will provide. You will get to choose your health insurance package.

<http://www.dartmouth.edu/~hrs/benefits/>

If Dartmouth College does not cover your health insurance for any reason, contact your HR department.

Health insurance for internationals

- Medical insurance in the U.S. is generally expensive so be sure to research your options sooner than later.
- Make sure that the plan you have meets the requirements for your visa status. → Talk to OVIS about this.
- For citizens of some countries it might be worth checking for additional coverage; Most options (2017/18) use deductibles which can still be a lot of money. E.g., for German citizens it might be worth covering that for very little extra money (<https://www.mawista.com/en/>) or VIE for French citizens.

DCPDA tip:

- For primary care/general practitioner, Dartmouth Health Connect (Allen Street in Hanover) is a great resource. Free, and easy to get an appointment!
www.dartmouthhealthconnect.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.

<http://www.dartmouth.edu/~tucker/religious/sacred/off-campus.html>

Support on campus

OMBUDS Office

The Dartmouth Ombuds Office provides confidential and informal assistance in the resolution of college-related concerns, especially those not being addressed adequately through normal procedures.

www.dartmouth.edu/~ombuds

Dartmouth Faculty/Employee Assistance Program

The Dartmouth Faculty/Employee Assistance Program can help if you are feeling overwhelmed or in need of additional support.

<http://www.dartmouth.edu/~eap/>

Dartmouth Center for the Advancement of Learning (DCAL)

DCAL offers numerous services related to improve your teaching and academic job hunt. All DCAL services are available to grad students and postdocs.

<http://dcal.dartmouth.edu/services/graduate-students-and-postdocs>

Employee Resource Network (ERN)

The ERNs are various affinity groups comprised of faculty, staff, families and Upper Valley community members. The groups established on campus are the Black Caucus, Native American Council, Latinx Hispanic Council, LGBT Employee Network, International Employee Network, Veterans Network, Asian and Pacific Islander Caucus (APIC) and EmpowHER.

http://www.dartmouth.edu/~ide/employee_resource_networks/

LIFE OUTSIDE OF WORK

Hanover really is an active community! Taking advantage of the outdoor activities is a great benefit of the Upper Valley, and it will also keep you healthy (and sane) during your postdoc!

Online resources

We don't want to list everything there is to do in the area, so below we list some good online resources where you should be able to find what you are looking for!

- www.google.com - of course!

Also available at the Alumni Gym are FLIP classes. These are an extra charge to the gym membership, but it may be what you need to try that belly dance class you've always fancied!!
<https://dartix.dartmouth.edu/dcad/Online/flip>

More Dartmouth facilities:

- Dartmouth Outing Club (DOC) (oldest and largest outing club in the US; offers outdoor activities, training, and rents out material and cabins).
<http://outdoors.dartmouth.edu/doc/>
- Dartmouth Cross-Country Ski Center (groomed xcountrry ski tracks on the goldcourt).
http://outdoors.dartmouth.edu/services/xc_ski_center.html
- Dartmouth Skiway: downhill skiing less than 30minutes from the school; cheapish season passes too.
<http://skiway.dartmouth.edu/>
- Ledyard Canoe Club_- rent kayaks, paddle boards etc.,
<http://www.ledyardcanoeclub.org/>
- Dartmouth Riding Center at Morton Farm:
www.dartmouth.edu/~drc
- Dartmouth Outdoor Rentals: Lots of outdoor equipment to rent.
<http://outdoors.dartmouth.edu/services/rentals.html>
- The Hanover Country Club and Golf Course, beautiful 18-hole.
www.dartmouth.edu/~hccweb/

Other Athletic Facilities in the Area

- River Valley Club: Lebanon, NH.
www.rivervalleyclub.com
- Carter Community Building Association: Lebanon, NH.
www.joincba.org
- Upper Valley Aquatic Center: 1 White River Junction, VT.
www.uvac-swim.org
- Green Mountain Rock Climbing Center-Quechee: Hartland, VT.
www.vermontclimbing.com/quechee.html
- Upper Valley Running Club
<http://uppervalleyrunningclub.org>
- There is lots of skiing in the area (Killington being the biggest), but also smaller operations nearby like the skiway or Whaleback; or Ascutney if you're into AT.
- Yoga: many places around...Mighty Yoga, Bikram Yoga Upper Valley, Upper Valley Yoga, Upper Valley Pilates, Ancient Healing Arts Yoga Studio.

Things to do in the Upper Valley

Outdoor activities

There are so many activities in the UV! Listed below are a few - but please ask us if you have any specific activity in mind!!!

- Riverview Farm: Apple season is August through November, and pumpkin season is September through November.
www.riverviewnh.com
- Skating at Champion Rink
www.championrink.org
- Ford K. Sayre Memorial Ski Council: Several instructional programs are offered such as downhill recreation, freestyle, snowboarding, alpine racing etc.
www.fordsayre.org
- Upper Valley Trails Alliance: Experience the terrain of the Upper Valley by foot. Directions to hiking in many parts of the Upper Valley are provided on their website.
www.uvtrails.org
- Wilderness Trails & Vermont Fly Fishing School: Beautiful, well-groomed trails for cross country skiing and snowshoeing. Cheap rentals available.
www.scenesofvermont.com/wildernesstrails
- Storrs Pond Swimming Storrs Pond is a beautiful pond and beach area. The site also includes a pool, swings, jungle gym, tennis courts, and a special-function tented area with grilling facilities.
www.storrspond.org

Arts and entertainment

- The Hopkins Center of Performing Arts (The Hop): independent films, international dance groups, live music!
www.dartmouth.edu/~hop
- Hood Museum of Art: arts museum with changing exhibits, also offering workshops!
www.dartmouth.edu/~hood
- Opera North
www.operanorth.org
- Lebanon Opera House: local and international musicians, dance, and comedians!
www.Lebanonoperahouse.org
- Northern Stage Co.: Fun theatre company. Changing run and shows, year round.
www.northernstage.org

- Nugget Movie Theater: Local, cute, movie theatre!
www.nugget-theaters.com
- Salt Hill Pubs: one in both Lebanon and Hanover, offering karaoke and trivia.
- Lebanon Co-op Food Store cooking classes.
www.coopfoodstore.com/classes
- King Arthur Flour Baker's Education Center: 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.
www.kingarthurfLOUR.com

Activities for Kids

- Winter Carnival Pond Party: Annual event held on Occom Pond every February. Contact William.W.Young@dartmouth.edu for more details
- Montshire Museum of Science in Norwich, VT, is a fantastic interactive science museum! DCPDA often host events here too!
www.Montshire.net
- Billings Farm and Museum, Woodstock. A fun, living museum of Vermont's rural past, as well as a working dairy farm.
www.billingsfarm.org
- Quechee Gorge Village Quechee, VT. Rides on a miniature steam train, shopping mall, mini-golf, gorge, segway tours!
www.quecheegorge.com
- Vermont Institute of Natural Science (VINS) Quechee, VT. Visit with snowy owls, eagles, and vultures! Learn about the Vermont environment and conservation science. VINS offers environmental programs and events, hiking trails, live exhibitions, and summer camps.
www.vinsweb.org
- Howe Library Hanover. The Howe Library in Hanover hosts events for children and families including story time, toddler play groups, and special programming for school-age.
www.children.thehowe.org

Surrounding towns that are fun to explore

If you want to get out of town here are a list of local towns and cities we find are fun to explore. Admittedly most are for their breweries and restaurants.

Woodstock VT (Worthy Kitchen, shops), Stowe/Waterbury VT (breweries, Ben & Jerry's factory), Burlington (breweries, restaurants, live music), Montpelier, Portsmouth (boardwalks

on the ocean), Portland, Maine (artsy, good seafood), Windsor (glass blowing, Harpoon brewery, Ascutney), Franconia Notch (great hiking and food places, e.g. Schilling Brewery).