



WORLD BANK FAMILY NETWORK

INFORMATION EXTRACTED FROM WhatsApp BUDDIES WBFN

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Disclaimer:

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1. When arriving
2. What to bring with you

- 2.1. Family Network in the location
- 2.2. Settling in the first 2 months

Work authorization(EAC)

- **Instruction** to EAC for G4 dependents on WB HR site:
<http://web.worldbank.org/WBSITE/EXTERNAL/EXTSTAFF/EXTHR/0,,Cat2:764215~Cat3:22158156~contentMDK:22158156~menuPK:6482493~pagePK:64233720~piPK:444052~theSitePK:444049,00.html>
- For **seminar** about the work authorization application process please check regularly WBFN Facebook page.
- **Forms (I-765)** downloaded from HR website: Be sure you use the most recent form!
- **Renewal:** Please apply in time for your work permit (EAC) renewal. Pay attention to the expiration date!
- You should ask EAC for **self-employment**. After you got the work permit you can be employee as well.
- **Self-employment letter:** Keep it simple. Use example letter provided by HR.
- **Resume/CV** is required. Keep it simple. Format does not important (US or EU etc).
- **Photo** for EAC (or any other purpose): MC2 photo lab: Tuesday and Thursday 2-4pm. You can make an appointment outside those hours by email photolab@worldbank.org. Free of charge. For EAC you need new photos (ones that have not been used before).
- **Photo outside WB:** CVS or Fedex office stores. Fedex charges \$17 for 2, and \$5 for subsequent sets. CVS charges \$13-14 for a set of 2, and \$0.35 for any subsequent photo. There is a truck (mobile studio) outside the department of state that takes photos at a low cost.
- You can get **SSN number** if you have valid work permit.

3. Short term housing
4. Housing & understanding your lease
5. Neighborhoods
6. Schools and daycares

College/high school counselor

- Many schools have special college counselors.
- prepmatters.com (they give an info session at World Bank every year)
- Jeff Knox at Prepmatters,
- Potomac Oaks Tutoring: to prepare for college applications and to lead through the whole process.

7. Special needs

8. Security

9. Healthcare providers & emergencies

Specialist	Name	Contact info	Address	Area
Chiropractor	BeAti Acupuncture Wellness Clinic	(202) 999-8986	1712 I St. NW, suite 503	DC
Dentist	Family Dental	(301) 881 6708	Rockville, Congressional lane	MD
Dentist	VENKAT N REDDY DDS LLC	(301) 530-4300	Bethesda	MD
Dentist		http://www.bethesdasmilecenter.com		MD
Dentist	Sawsan Abousy Iris Dental Care	http://www.sawsanabousy.com	Vienna	VA
Dentist	Top DC dentist		close to WB	DC
Endocrinologist	Dr Anurag Gupta	(301) 468 1451	Bethesda	MD
Eye clinic		https://www.washingtoneyecom		MD
Gastroenterologist	Dr Louis Korman	(240) 770 1806	Chevy Chase	MD
Gastroenterologist	Dr. Ninmmagadda	(703) 356 5400	Mclean/Fairfax/Vienna	VA
General doctor	Dr. Michelle Nino-			MD
Orthopedist surgeon	Dr Steven Bernstein	301 657 9876	Chevy Chase	MD
Orthopedist surgeon	Dr Scott Faucett	202) 912-8480	close to WB	DC
Orthopedist surgeon	Dr Benjamin Stein	(202) 835 2222	M street	DC
Orthopedist surgeon	Several doctors	http://mdorthospecialists.com/	Germantown or Bethesda	MD
Orthopedist (for spinal surgery)	S. Babak Kalantar	202) 444-8766	Georgetown Hospital or in McClean	DC/VA
Orthopedist	Dr. Anthony Unger	301 657-1996	5454 Wisconsin Ave, Chevy Chase	MD
Oral Surgeon	Dr. Jarred Abel	301 652-7372	Chevy Chase	MD
Obstetric Gynecologist	GW MFA		Foggy bottom	DC
Obstetric Gynecologist	Malcolm Desouza			DC
Obstetric Gynecologist	Capital Women's Care	http://www.cwcare.net/	2141 K St. NW, suite 808	DC
Obstetric Gynecologist	Dr.Kenneth Blank	Capital Women's Care http://www.cwcare.net/		
Obstetric Gynecologist	Dr. Safran	Capital Women's Care http://www.cwcare.net/		
Ophthalmologist	Dr. Robert H. Chu	(301) 770 2020		MD
Ophthalmologist		www.myeyedr.com		VA
Ophthalmologist	Lisa L. Wei	www.docwei.com		MD

Pediatrician	Bethesda pediatrics	(301) 299-8930	Seven locks road	MD
Podiatrist	Dr. Lee Firestone	(301) 913 5225		MD

You can find a doctor based on your zip code by going to **zocdoc.com** or **healthgrades.com**

Health insurance cards:

- Each family member has to have his/her card under his/her name.
- Each family member has to have 4 cards: Aetna, Cigna, CVS and Eyemed.
- The member number is the same for everyone in the family.
- You can see all the cards if you log in on Aetna's website, you can also print out temporary cards from there.

Medical plans

- WBG External Website:
<http://web.worldbank.org/WBSITE/EXTERNAL/EXTSTAFF/EXTTHR/0,,contentMDK:20421800~menuPK:7314072~pagePK:64233720~piPK:444052~theSitePK:444049~isCURL:Y,00.html>
- www.worldbank.org/hrs > Benefits
- WBG internal Website (Intranet): <http://myhr> > Insurance > Medical Insurance
- Option A or Option B
 - U.S. network of medical and hospital services
 - No referrals for care
 - \$15 (Option A) or \$20 (Option B) co-payment per office visit; no claim forms
 - Co-payment does NOT apply to deductible
 - Lower overall costs to you and Bank
- Option C
 - Primary Care Physician (PCP) for each participant:
 Adults: Internal medicine specialists
 Children: Pediatricians
 - Referrals by PCP required to maximize benefits except:
 Obstetrics/gynecology services from in-network specialists
 Mental health services from in-network specialists
 Routine eye exam from in-network specialists
 - \$15 office visit copayments in-network
 - Most In-Network Services are Covered at 100%

	Option A	Option B	Option C
Premium	↑	↓	↑
Deductible	↓	↑	↓
			Managed by Primary Care Physician (PCP)

Dental care

- Be careful in checking dental reimbursements and deductible payments for Cigna dental!
- Every 6 months you can have a check-up visit with teeth cleaning; this is covered 100% if it's in network.
- For orthodontic, Cigna pays \$2,400.00 for a lifetime.

Other information:

- CVS minute clinic consultation is covered by Aetna insurance, only copayment must be paid.

10. Home help/services/utilities

10.1. Housekeeping/driver/gardener

Housecleaning help

- \$20-\$25 an hour
- 2-bedroom house with 3 floors around 100 dollars (3,5 hours).

10.2. House repairs

- Chimney cleaning: Priddy clean
- Helping setting up computers: ABE networks
- Learning about tenant's protection in Montgomery county:
http://www.montgomerycountymd.gov/DHCA/Resources/Files/housing/landlordtenant/handbook_olta_eng.pdf
- Checking prices for many types of home repair: Angie`s list or Home advisors
- Glazier: Chris Sceduri (MD) +1 (301) 351-3816
- Dog sitter: Tatiana Guerrante +1 (202) 999-6133
- Plumber:
 - Len the Plumber
 - Mamikon +1 (240) 625-7900
 - Taskrabbit.com

10.3. Telephone/cellphone s/internet

Internet / TV provider

- Xfinity Comcast: bit expensive. Charges are USD 100 per month including TV and 100mbps internet.
- Verizon FIOS: landline, internet and TV. Internet speed is very fast.
- RCN: reliable and cheap. Speeds up to 1000mps.
- You can bring your own router and modem. Savings of 10 or more a month.

11. Cars & transportation

11.1. Public transport

11.2. Driver's license

Proof of address:

- Usually two proofs of address are required
- It can be:
 - leasing agreement,
 - utilities bills (electricity, gas, water),
 - bank statement,
 - cell phone bill (not prepaid),
 - insurance bill,
 - monthly journals,
 - mail from the public library (after registering via website),
 - if you registered at your embassy for voting and other purposes, they might give a notarized affidavit of residency,
 - driving license issued by your origin country certified by your embassy,
 - marriage certificate in English (sometimes is accepted / required),
 - copy of the letter that was sent from HR to the embassy for your visa.
- The acceptance of the documents sometimes depends on individual you see at MVA.

Other useful information

- It takes 2-6 weeks to get the letter from State Department.
- The driving license from another country (even in case of international driving license) is valid for a month or two in the US. It differs state by state.
- As a spouse, you will get a denial letter from SSN. You can use that to get your driving license.

. Buying a car

- truecar.com; cars.com
- Advise: Timur (WBFN member) +1 (202) 413-7888

11.3. Driving/Driver

11.4. Car insurance

- Insurance broker: Joon Kim Vision Insurance +1(703)560-3004
- Check online insurance quotes: Geico, Progressive, Harleysville etc

11.5. Accident

11.6. Car repair

12. Documents renewal

13. Shopping

Buying / Selling

- Next door (app)
- EstateSales.net
- Sloan and Kenyon (Wisconsin Avenue in Bethesda)
- Cort

13.1. Supermarkets

African supermarket:

- Red Apple farmers market in MD (7645 New Hampshire Ave, Takoma Park MD 20912)
- New Grand market, 6243 Little River Turnpike, Alexandria VA 22312

13.2. Household appliances

13.3. Furniture

13.4. Fabric and soft furnishings

13.5. Hair & Beauty Salon

13.6. Bakeries

14. Recreational activities

14.1. Restaurants

14.2. Nightlife

14.3. Sports Clubs/Country Clubs

14.4. Rugby/Soccer/Badminton

14.5. Parks

14.6. Walking/Hiking

Group to run or walk - <https://www.facebook.com/momsrunthistown/>,
<http://momsrunthistown.com/local-running-club/>

14.7. Biking/ Mountain Biking

14.8. Weekend getaways

- Sugarloaf Mountain (MD): http://www.sugarloafmd.com/sl_directions.html
- Vineyard: <https://www.smvwinery.com>
- Farm: <http://www.rocklandsfarmmd.com>,
<http://www.hollinfarms.com/pages/peaches.html>
- Hillwood Museum and Gardens: interesting classes from time to time, eg. flower arrangement class.
- Mansion house (O street)
- National Building Museum <https://www.nbm.org/>
- Kennedy Center free performances every day: <http://www.kennedy-center.org/video/upcoming>
- Fun things for kids:
 - Sandy spring adventure park, MD
 - Luray caverns, VA
 - Aquarium in Baltimore
 - Natural history museum in DC
 - Air and space museum in DC and VA
 - 6 fly loudoun (a bit pricey , indoor sky diving)
 - National Harbour, MD
 - Great falls park
 - Science museum in Philadelphia
 - Science museum at the Harbor in Baltimore
 - Fletcher boat house or Belle Haven Marina for water fun
 - Brookside gardens
 - <http://kidfriendlydc.com/>
 - <https://adventureparkusa.com/>
 - <http://climbzone.us/>

15. Communities

- Online networking: Wbfn.org; Meetup.com; Edx.org;
- devex.com
- Woman's National Democratic Club (at DuPont Circle): all sorts of presentations often combined with lunch

16. Useful Resources/Books

16.1. Books–Non-Fiction

- Book about networking in the US - "What Color is Your Parachute"

16.2. Books–Fiction

17. Other recommendations

17.1. Clothing and shoes

17.2. Beauty products

17.3. Pets/Vets

17.4. Other

Learning

- American soul and psychological perspective of what's going in our daily life: <https://www.jung.org/event-2598441>
- Psychology webinar: <http://relate.terryreal.com/terry-real-the-crisis-of-masculinity-webinar-replay/>
- Learning Spanish; Duolingo; inquire with Spanish cultural dept of embassy; local libraries;

Tax form

- G-4 visa holder needs to fill out a 1040 NR form (and NOT the regular form 1040)!!!
- Tax filing due dates are April 15th of each year
- Professional help: HR Block company.

Newspaper to subscribe to (physical copy):

Not very politically inclined, good quality editorials:

- Wall Street Journal
- New York Times
- Financial Times (general news coverage is limited)
- Washington Post
- The Economist (for global news)
- You can check out other countries newspaper front page on Newseum website: <http://www.newseum.org/todaysfrontpages/>

Radio

- National Public Radio (NPR - 88.5 on dial) They work together with BBC Radio and International Public Radio. <http://www.npr.org/>

Other

- **WBG Intranet for spouses** - No access to spouses on the intranet, not even through the WBFN office.
- WB contribution to **metro** usage for staff members: \$40 for month.