



WORLD BANK FAMILY NETWORK

INFORMATION EXTRACTED FROM WhatsApp BUDDIES WBFN

Covered time: 09/06/2017 – 31/12/2017

Disclaimer:

Information listed in this document is written and shared by members of the WhatsApp BUDDIES WBFN group. Information is based on personal experiences, preferences and knowledge. WBFN cannot guarantee and take responsibility for content of the below information.

Table of content

1. When arriving	3
2. What to bring with you.....	3
3. Short term housing	3
4. Housing & understanding your lease.....	3
5. Neighborhoods	3
6. Schools and daycares.....	3
7. Special needs	4
8. Security	4
9. Healthcare providers & emergencies	4
10. Home help/services/utilities.....	6
11. Cars & transportation	7
12. Documents renewal.....	8
13. Shopping	8
14. Recreational activities.....	8
15. Communities.....	9
16. Useful Resources/Books	9
17. Other recommendations	9

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.