

A STUDENT'S GUIDE TO D.C.



**Tips & tricks for spending the summer
in our nation's capital**



Spring 2020

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INTERNSHIPS

First, decide which fields of internship you are interested in pursuing. Next, identify some top choices within that category and research their deadlines. Then utilize Notre Dame resources including databases (Handshake, Brad Traverse, ect.) and alumni connections to apply for internships. Put the most work into applying for your top internships, but cast a wide net -- students typically apply for anywhere from 20 to 40 internships to get offers in D.C. The [Center for Career Development](#) can help you develop a plan tailored to your goals and go over your resume and cover letters.

Types of Internships

Although D.C. is often considered to be a politically-focused city, internship opportunities range beyond government jobs. Prior Notre Dame students have interned in a number of different fields, including media, consulting, engineering/computer science, nonprofits, think tanks, federal agencies, and Capitol Hill.

Media: Students have worked at ABC News, CBS, CNN, C-SPAN, and NBC, as well as smaller news organizations such as Rewire.News and Defense News. The timelines vary significantly, and there are a variety of options. Most summer internships begin taking applications in the spring, but some -- like the Washington Post -- have a fall deadline. News organizations are highly competitive, so put yourself out there to as many organizations as you can. Communications positions are similar, as many organizations have a comms team. Start compiling a list of organizations/politicians that you are interested in working for as early as possible, and cast a wide net.

Consulting: The most common consulting internship for Notre Dame students is the “Summer Games” program at Booz Allen Hamilton. A number of Notre Dame alumni work at Booz Allen Hamilton and several undergraduates have participated in this internship during past summers. If your interested in this position, make sure to reach out to fellow students and alumni to discuss the opportunity! Other consulting opportunities include Deloitte, McKinsey, Bain, and smaller consulting firms. Booz Allen Hamilton typically posts its internship opportunities in early to late fall while other consulting firms begin their recruiting process as early as late summer/early fall. It is best to begin your consulting internship search the summer before you apply, that way you can be on top of deadlines and not miss out on Notre Dame’s consulting week that occurs in the first few weeks of fall semester.

Engineering/computer science: An array of organizations accept engineering and computer science interns. It is best to start with a general idea of the field you want to intern in, as options include tech companies, firms that provide government services, nonprofits, web development, and analytics/systems engineering -- and then begin searching for internships. Government services that require a service clearance hire early in the fall semester, while nonprofits will likely have a later timeline in the spring. Raytheon, Northrop Grumman, Lockheed Martin and SAIC all have offices just outside of D.C. and hire interns. The NSA also hires computer science interns.

Nonprofits: D.C. has upwards of 12,000 nonprofits, which address issues including homelessness, environment, education, gun policy, veterans' affairs, and pro-life/pro-choice policies, and many others. Notre Dame students have previously worked at a number of different nonprofits, and you should start by identifying a few specific issue areas and research which nonprofits are in the D.C. area. Find a comprehensive, although not exhaustive, list of nonprofits [here](#). Nonprofits often -- although not always -- have later internship deadlines, ranging from March to May. Try to find emails of current employees that you can reach out to at nonprofits that don't seem to have internships listed, as often times they are still looking for help even if they aren't posting formal opportunities.

Think Tanks: Students have previously interned at American Enterprise Institute, Brookings Institution, Hudson Institute, The Heritage Foundation, Center for American Progress, and more. Some think tanks lean right, others lean left, and a few are centric, so there are opportunities for students with all political beliefs. Internships at more prominent think tanks tend to be highly competitive, while internships at smaller organizations might offer you more responsibility and be easier to secure. These opportunities are often posted on each institution's website and other databases, including Brad Traverse, in February and March.

Federal Agencies: Students have previously interned at the Departments of State, Defense, Health and Human Services, Homeland Security, Justice, and Treasury, as well as USAID and EPA. Intelligence Agencies like the CIA, FBI, and NSA also offer internship opportunities. Agency internships tend to be posted on their websites and have earlier deadlines (usually about 1 year before their start date) given the need to procure a security clearance. Make sure to flag alerts for postings on USA Jobs because postings happen early. When using USA Jobs, be sure to answer prompts verbatim, as a computer system and HR rep will go through the application before the person hiring you sees it. The State Department internship applications are due in early October while USAID usually hires in mid-December. If you need to apply for a security clearance, make sure to keep track of all international travel (including semester abroad), be

prepared to answer questions about where you have lived and have contacts from previous employment, answer all questions quickly and honestly, and make sure you continue to follow up with your investigator. Dress code for these internships tends to be very formal, so bring professional clothes.

Capitol Hill: Hill-terns can work for House Representatives, Senators, or House or Senate Committees. Members of Congress often prefer hiring from their state, so check out your local representatives. Indiana representatives often hire Notre Dame students as well. If you are interested in committee work, apply to Members' offices who serve on committees that interest you. Working for a Member of Congress tends to involve constituent work like answering phones and filling "flag requests," while committee work tends to be more substantive as there are no constituents for committees. Working hearings and briefings, conducting research, and delivering letters tends to be the norm, but experience varies by office. The application process for the Hill tends to begin around March for summer internships, but some may be offered even earlier. Some internships are posted on job boards like the House Vacancy Announcement email list or on individual Members or committee websites, but others are not listed online. If you are interested in working for a particular Member of Congress or committee but don't see anything online, it is worthwhile to call the office and ask about available internships.

Law/Lobbying: Prior students have interned at law firms, such as K&L Gates and Holland & Knight LLP, and other legal organizations, such as the NAACP, ACLU, and American Bar Association. There are a number of Notre Dame alumni at law firms in D.C., so make sure to utilize LinkedIn and IrishCompass to reach out. For lobbying internships, you can either research a specific issue area you know you want to work on (i.e.: gun policy) or search for lobbying or government relations firms at large. Make sure to familiarize yourself with jargon and terms that pertain to 'government affairs' and lobbying. Many organizations do not explicitly call themselves 'lobbyists,' preferring to identify as government affairs/relations, strategic communications, or issue advancement.

Other: Internship opportunities are not limited to these fields, and if you are interested in spending time in D.C. but unsure of the exact field, please consult the Center for Career Development. Finally, it is worth noting that many organizations in D.C. operate to be on a later timeline and post internships in late March through early May, so it is worthwhile to be persistent.

Databases

If you know which organizations you want to work for, you should first check their websites to determine the application timelines. If you are unsure or want to apply for a variety of opportunities, you can utilize a variety of resources provided by Notre Dame.

Brad Traverse: This D.C. specific database is essential to the internship search. Employers from all of the internship categories previously mentioned post internship (and job) offers here. Notre Dame students should login through Notre Dame [here](#) and click on the “Internships” section. You can search for specific internships, or scroll through the most recent postings to learn more about opportunities and apply for them. This is a good way to narrow your internship search to D.C. specifically and search through a variety of opportunities.

USA Jobs: All federal jobs must be posted on [USA Jobs](#), and many internships are listed here as well. Search the database for internships at specific organizations and make sure to list D.C. as your desired location.

UCAN: To access, login [here](#) with your short ND email and ndID as your password. UCAN has a similar look to Go IRISH except it is a collection of internships from 20 top institutions.

Other resources offered by the Center for Career Development can be found [here](#), while Libguides for specific areas of interest, like [government resources](#), can be accessed [here](#).

Networking

Notre Dame has a strong network of alumni in D.C. Students can use [IrishCompass](#) or [LinkedIn](#) to find alumni working at places they are interested in interning and reach out to these individuals. On LinkedIn, type in “University of Notre Dame” in the search bar and click on the school. On the left side of the page, you should be able to click “Alumni” and filter based on location (Washington D.C. Metro Area). If you are already logged into your account, click [here](#). From there, search for alumni at a specific organization you are interested in or simply scroll through the options of “Where they work.” IrishCompass is a Notre Dame exclusive professional platform where you can directly message alumni who are on the site specifically to give back and help one another.

Through either resource, you can ask to schedule a 15-minute phone chat, sometimes called an “[informational interview](#).” It is an opportunity for you to learn more about the organization and towards the end of your conversation you can ask if they have any advice for internship applications or if they know of other similar places you should

apply. You can also use IrishCompass to set up a job shadow or a short-term mentorship. Most alumni are happy to help out students and can be valuable resources. Make sure to [sign up for emails](#) and like the [Facebook page](#) of the Notre Dame Young Alumni Club of DC to stay up to date on social events, networking opportunities and other activities with the ND family.

FUNDING

If your internship is unpaid, you will likely want to pursue funding options to help cover your basic food, transportation and housing needs. Or, you can plan on supplementing an unpaid internship with a part-time paid job.

The Center for Career Development funding is highly competitive and offers \$3500 for unpaid internships or up to \$1000 for paid internships, which students expect to only cover partial costs of a summer in D.C. The deadline is April 21st for summer 2020; students will know their awards by May 10th. Interested students can find more information [here](#). Some deadlines for other sources of funding are much earlier, so start the search as soon as you have secured your internship.

Other sources of funding include:

Center for Undergraduate Scholarly Engagement (CUSE)

- The Center for Undergraduate Scholarly Engagement provides grant support for independent research, scholarship or creative endeavors conducted outside of regular coursework.

Kellogg Institute Summer Internships

- The Kellogg Institute for International Studies will support Notre Dame undergraduate students for internships that fit within Kellogg's themes.

Undergraduate Research (UROP) Through the Institute for Scholarship in the Liberal Arts

- Students enrolled in the College of Arts and Letters are eligible to receive financial support to engage in independent research and creative projects.

Majors, minors, and concentrations also offer funding.

- The Department of Political Science offers the Downes Grant for current junior or sophomore Political Science majors who will not be able to intern without this additional funding. Interested students should contact Carolina Arroyo.
- Hesburgh Program in Public Service minors should reach out to Claudia Francis to apply for funding on a rolling deadline.
- Past students in D.C. have also been funded by the Gender Studies Boehnen Internship Fund and the Notre Dame International Security Center. Please

contact the department office affiliated with your major or minors to explore further funding options.

- The Latino Studies Cross-Cultural Leadership Program also provides housing, transportation, and additional funding for qualified students to intern in D.C. More information can be found [here](#).

NOTE: Because of the University's status as a nonprofit, University departments/units are unable to fund internships with political campaigns and political parties (i.e. The Republican National Committee, The Democratic National Committee, etc.).

Students who are unable to get funding through the University or elsewhere should search for paid internships, budget wisely, and consider taking a part-time job to cover additional costs. Given the high costs of housing in D.C, students without funding should also consider living with family or family friends.

HOUSING

Roommates

Students who have previously interned in D.C. recommend living with other Notre Dame students when possible. Students should visit the [Washington Program Summer page](#) to post on the housing board and join the Google Group to find roommates. Students can also post in Notre Dame Facebook groups to find others who plan to intern in Washington. When searching for roommates, try to match with students who have similar internship dates to yourself, as it will make it easier to secure a lease. Another option to look for student roommates from other universities, which can be found on student DC summer pages, or by reaching out to friends at other schools.

Housing Options

Housing in D.C. is incredibly expensive, so it is important to start the search as soon as you know you will be in D.C. to find the best, more affordable options. D.C. as a whole is a fairly safe city, although the “safest” neighborhoods are generally considered to be in the Northwest Quadrant. Some areas near the Capitol are less safe than others. The Northeast and Southeast quadrants are considered less safe, but it varies heavily by neighborhood. Prior students have highly recommended living in the District itself. Foggy Bottom is a hub for George Washington University, and has a lot of student housing, easy access to a metro, and is considered one of the safest areas in DC for students. Dupont Circle, Logan Circle, and Shaw are also neighborhoods with great food, social life, and lots of college aged interns, but fall on the pricier side. Areas that are more cost effective are Columbia Heights and Pentworth that still are metro accessible with a great food and social scene without breaking the bank. Although rent may be less expensive living further away (such as Rockville, Arlington, etc.), this may result in spending lots of money on metro commute and potentially Ubers, if you travel after the last train. Living near a metro stop is preferable as it will decrease your commute time.

Scams are prevalent! Do not rent a place if you have not had a conversation with the landlord and have seen pictures/video other than the stock photos. Do not give out credit or social information unless you are confident the place is legitimate.

The following matrix offers an overview of the housing options in D.C. and more information on each is provided below.

Option	Location	Cost	Furnished	Pros/Cons
<u>AirBnB</u>	varies	Medium, especially if split between multiple people	Furnished	Flexibility with timing, hard to find one available all summer.
<u>Craigslist</u>	varies	Low – Medium	Furnished	High potential for scams. Easier to find a cheaper sublet, especially for just one person.
<u>George Washington University</u>	Foggy Bottom	Rates vary, typically most expensive. Offers quad rooms (not apartment) or singles in apartment. Rooms in their Greek Housing are also available – typically double rooms. Most accommodations have kitchens/laundry.	Not furnished - bring bedding, pots and pans, hangers, cutlery, etc. Will have desk, wardrobe, bedframe, lighting, ect.	Very safe and secure along with a great location (metro accessible) but high cost for what you get
<u>American University</u>	Tenleytown	Mid-range for single in an apartment	Includes linens, unclear about other furnishings	Not close to metro, potentially long commute
<u>Catholic University</u>	Brookland	On the cheaper side, shared dormroom or single, includes breakfast in dining hall	Includes dorm furniture but students need to bring bedding, towels, lamps, etc.	Could be a very long commute. Dorm rooms, not apartments (hard to cook).

<u>Georgetown University Sublet</u>	Georgetown	Differs, often expensive	Typically furnished	Less accessible via public transit. Have to walk to or bus to metro stop in Rosslyn.
<u>Washington Intern Student Housing</u>	Capitol Hill, Woodley Park	<u>Rates</u> very	Furnished	Live with other student-interns, accommodation quality varies
<u>Thompson-Markward Hall (women only)</u>	Capitol Hill	Reasonable monthly rate for a single room, breakfast & dinner included	Furnished, kitchen access	Built-in community, some <u>strict rules</u> .
<u>Olympus Housing</u>	varies	Reasonable if split between 2-3 people	Has furnished options	Catered to students and interns

Craigslist: When searching, make sure to click “furnished” so you don’t end up with an empty apartment. Especially when it comes to Craigslist, it is important to be wary of scams. If it looks too good to be true, it probably is, and it is best to Skype with the landlord to see the house or have a friend in D.C. check it out. Ask the landlord for references too (previous tenants or other contacts that can vouch for them). If a landlord makes excuses for why they cannot show you more photos of the place (i.e., they promised current tenants they would not do house tours) or refuses to talk on the phone, it is likely a scam. Students should not put all their money down in advance and be clear about the policy for getting money back if the place ends up being different than anticipated.

George Washington University: GW is located in the Foggy Bottom neighborhood of D.C.. Near Georgetown, the State Department, and the Foggy Bottom Metro Station, it is a safe and nice location. The housing options from GW vary greatly by building and price. Some options offer single rooms, doubles, or quads; some have their own bathrooms and kitchens while others are standard dorms. The apartments do NOT include linens, pots, pans, and dishes, so students must buy or bring their own. A benefit of GW housing is that it is reserved exclusively for interns during the summer months so you will be with other student-interns. It is a secure way to find housing and avoid the risks of Craigslist, but it all comes at a fairly significant cost.

Other university accommodations include (Details found at link):

- [American University](#)
- [Catholic University](#)
- [Gallaudet University](#)
- [Georgetown University](#)
- [George Mason University](#)
- [Howard University](#)

AirBnB: AirBnB can be a great option for finding housing on a flexible time frame with multiple other Notre Dame students. Start by trying to find an apartment available for the entirety of the dates you are interested in. Make sure to not just look at price per night but rather specifically for your dates, often times you can get a long term discount (ask the seller for this if they don't offer it at first). If no good options appear – which may happen if you are trying to book closer to the summer – try limiting the dates to half of the time you are there. If you can find a place that has only been booked for one weekend out of the entire time you need it, it is worth reaching out to the host to ask politely if they would be willing to cancel their prior booking to accommodate your booking (this has worked for students in the past).

Facebook: Facebook groups exclusively for sublets and shorter term rentals in Washington DC may also provide good leads. If you have friends at Georgetown or George Washington, ask if you can have access to their housing facebook groups – you can often find great sublet deals living with other students.

BUDGETING

Based on your funding and financial support from yourself or your family, set a budget for yourself, including portioning your budget into different categories. Decide what is most important to you, and what you are willing to sacrifice -- food, museums, weekend experiences, housing quality, commute length, etc.

Shopping: When grocery shopping, weigh different grocery stores on the price of items. Use coupons and buy in bulk when possible. Safeway (you can get discounts by signing up for a free Club card) or Giant tends to be cheaper than Trader Joes or Whole Foods, but it depends on the item. Make sure to pack or buy reusable bags, since D.C. charges for plastic bags. Split cooking duties between roommates so you can avoid eating out while also not cooking every day. Roommates can use the Splitwise app to equally divide and keep track of the cost of shared household goods, from rent and utilities to milk and toilet paper.

Eating In: The number one tip for saving money in D.C. is to cook for yourself and limit the times when you are eating out. Simply bringing lunch to work every day instead of going out to eat can save you \$10/day, which can add up to more than \$200 per month. A great tip is when cooking, always make one extra portion that you can take for lunch the next day, that way you don't have to worry about it in the morning. While you do not want to miss out on the D.C. food scene, if you treat eating out a special occasion rather than a regular occurrence, you can cut back on costs significantly. Alloting a certain amount of money to food a week can be a great budgeting strategy. Let's say your weekly budget is \$80, if you spend \$50 of that on groceries, you can allow yourself the extra \$30 to eat out on the weekend.

Eating Out: D.C. eateries are great, but often very expensive. Seek out student deals, day of the week deals, and happy hour prices to get the most out of your budget.

Free Food Events: With some creativity and ingenuity you can stretch your budget by seeking out events with food, and likely learn something in the process. There are three types of such events:

Off the Hill: Speakers and events at think tanks or media organizations

Sign up for email updates/newsletters to see upcoming events. Previous students recommend being open to various ideological leanings, you'll hear a different perspective and maximize opportunities to score a snack. The likelihood of food depends on time of day of the event—look for events that are around meal times, as events at 10am or 4pm are less likely to have food. Some good places to start:

[Politico](#) (occasionally has excellent breakfast and a speaker events)

[Cato](#) (good lunch events)

[AEI](#) (can be fancy)

[Brookings](#) (great talks, usually cookies or light hor d'oeuvres not meals)

[NYU in DC](#) (good evening events + lots of young people to meet at these)

On the Hill: events hosted by industry groups on the Hill

For those interning on/near the Hill, keep your eye on the back pages of Hill publications (Roll Call, The Hill, National Journal) for the schedule of events and hearings. The office mail is often a good source of events. Often, day-of invites from think tanks hosting a lunch will get circulated. Ask your supervisor for permission to go take notes on an event for the office, enjoy a free (and educational) lunch, and write up a memo afterwards. Industry groups often have cocktail/hors d'oeuvres events; ask a Legislative Assistant in the office if you would like to be added to email listservs about these events.

Free giveaways during local festivals, events, etc.

Follow [@DCIST](#) and [@FreeinDCBlog](#) on Twitter to stay informed about free events and food. If you go to a Washington Wizards or Nationals game, hold on to your ticket! These teams often have promotional giveaways where you get free Chick-fil-A or Subway the next day if the team wins.

Transport: Try to avoid Uber and Lyft and stick to the Metro (it's often faster). If you are traveling in a big group, however, ride-sharing services can be cheaper. If you will be using the Metro a lot, look into buying a [Metro SelectPass](#). Each metro trip is around \$2.50, so also consider walking to places that are close. It's an opportunity to see some of D.C.'s beautiful neighborhoods and the savings add up over the summer. Finally, parking garages in D.C. are highly expensive. Consider being dropped off during the summer (rather than keeping your car in the city). If you do want to or have to keep your car, ask your landlord to help you go to the police station with paperwork to get a visitor's pass or negotiate a parking garage nearby for you to park all summer. Parking spots are also listed on craigslist/facebook groups and may be a cheaper option for keeping your car nearby all summer.

Other Tips:

- Consider finding a restaurant where you can work for a few hours a week or finding a weekend babysitting job to supplement your spending.
- If you are interested in getting a gym membership, see if you can get a free trial or get a special price for short-term use. Resources such as ClassPass allow you to get cheaper workout classes, and often have a first 4-weeks deal that is heavily discounted. Running outside can also be a great way to see the city and save money, although be careful running in the heat. Most workout studios have first classes for free as well.
- Make sure to bring your student ID everywhere and ask if there is a student discount – odds are, there is one!

TRANSPORTATION

Getting to D.C.

- Reagan (D.C.A)
 - Closest to the city: usually an easy 15-30 minute metro ride to get into the city
 - Flights into Reagan can be more expensive
 - Not an international airport
- Dulles (IDA)
 - 1.5 hours on public transit to get into the city, cab/uber rides can be 45 minutes - 1 hr+ depending on traffic
 - Cheaper than Reagan in some cases, but can be a huge hassle (longer on public transit than BWI, but probably a faster Uber ride)
- Baltimore (BWI)
 - Although this may seem inefficient, BWI offers a shuttle to the train, which goes directly to Union Station. The train costs \$8 and takes between 35-50 minutes
 - Often has the cheapest flights
- Amtrak
 - If you are coming from elsewhere on the East Coast, consider taking the train. It is less likely to be delayed due to weather issues and is typically cheaper than flying. Make sure to book ahead of time (more than 4 weeks) for the best prices. Prices increase exponentially when booking within just a week or two.

Getting Around D.C.

Get a SmartTrip card and register it online. If you lose a registered card, you can report it as lost and recover your funds. Registration also allows you to top off online, so you won't get stuck in a situation where you're in a rush and have to wait in a long ticket machine lines. Download the D.C. Metro and Bus app to check how long you have before a train arrives at any particular station. CityMapper and Google Maps also have bus and Metro schedules.

The Metro is efficient and typically on time. Buses are also available, although they may run behind during peak traffic hours. Georgetown does not have a Metro stop and taking the bus is typically the fastest option for getting there. Walking is often a good option as you can explore the city and save money. Uber and Lyft can take longer than the metro during high traffic times, and make sure to look into UberPool and Lyft Line to save money.

The grid setup for D.C. is as follows: horizontally going North and South are lettered streets, and vertically going East and West are numbered streets. There are also state names, which run diagonally. Keep track of where your “grid” location, or the nearest corner that has a number and a letter (i.e. 13th and R) and you should be able to get home easily even without your phone.

SAFETY

Although D.C. is generally a very safe city, it is still important to be conscious of your surroundings at all times. Avoid using earbuds/noise cancelling headphones or when you do, keep the volume low enough that you can hear what's going on around you - including traffic and sirens.

If you've never lived in a city, it's particularly important to remember to always pay attention to the cars. Even if the crosswalk allows you to cross, cars can run red lights or want to turn into the walk, so make sure to keep an eye on everything.

Be smart with your personal belongings. Keep your phone and wallet away from easy reach when riding the Metro or bus. Keep it in a zipped bag.

Pepper spray is illegal in D.C., and some restaurants and bars will search your bag and take it from you before you enter. Just a good thing to keep in mind since this is the go-to tip for college students.

Always tell at least one friend or roommate where you will be, especially if you are going out by yourself. Use "Find my Friends" and share your location indefinitely with roommates/close friends. If you're not responding, they'll be able to see where you are and provide help if needed. If you feel unsafe walking home at night, you can call an Uber/Lyft or use an app like Companion which allows your friends to keep track of your trip home and make sure you don't stray away from your intended path.

If you are living in or out and about in Foggy Bottom, there are blue lights around the area, which are emergency lamp posts that can be used to quickly contact the police. These are placed throughout campus and are meant to keep students safe, so keep an eye for their locations.

DRESS CODE

Summer in D.C. is hot and humid, with temperatures typically in the high 90s and up to 105. Business clothes are not always comfortable in this weather, so consider changing clothes after your commute to work. Prioritize breathable clothing (natural fibers like cotton) wherever possible.

You don't need to spend a lot of money to build up a professional wardrobe. Goodwill and other second-hand stores have great clothing items for low prices. Places like Marshall's, H&M, TJ Maxx, Nordstrom Rack, and others often have less expensive professional clothes.

Before starting your internship, ask your supervisor about the dress code so you know what to pack for your summer in D.C. Even if it is a more casual environment, bring at least one formal work outfit for meetings, networking events, or visits to more professional places. In general, it is smart to dress more nicely than necessary for the first day and adjust your outfits after seeing what others are wearing. Take cues from how your supervisors dress, not how the other interns dress.

For Men

Business formal for men will typically just be a suit with dress shoes. Different places may require ties, no ties, or ties on occasion.



Business casual generally means dress pants or khakis with a tucked collared shirt. Shoes should be a step above sneakers, but typically don't need to be full dress shoes.



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For Women

Business Formal

Internships on the Hill or at more strict places will require business formal dress code. For women, this typically means blazers, blouses, and dress pants or pencil skirts. Brighter colored blazers or shirts are often acceptable and can make a serious outfit more fun. Blouses should be tucked into skirts, and consider wearing Spandex under your skirt and tucking the blouses in so they stay more easily. If heels are recommended at your workplace, wear flats on your commute and bring heels to change into. Otherwise, stick with comfortable flats. Professional outfits don't have to be expensive, but having a few blazers and skirts is a great investment in the long term for future interviews and jobs. Also, be wary of the new shoes in the DC heat – blisters come easy and often, so consider that if you have a long walking commute or do a lot of walking at your job.



Business Casual

Business casual for women encompasses a range of outfits. The more formal end of this spectrum is essential business formal but without a blazer, typically pencil skirts with a tucked blouse and cardigan, or a knee-length sleeved dress with a cardigan. The more casual side of business casual would be button-downs/blouses with pants/skirts. These should be a step up from jeans or informal skirts but do not need to be classic dress-pants or pencil skirts. Less formal dresses that are knee-length and otherwise appropriate are a great option. Loafers, flats, and low heels are a great option for any business casual outfit.



THINGS TO DO

Activities

- **Sports:** tickets to [Nationals baseball games](#) are under \$20 for college students. The [Capitals](#) (NHL Stanley Cup 2018) offer \$25 student tickets (including free Chick-fil-a) to select games. Check out soccer and arena football games. There are a number of great sports bars for keeping up with your favorite teams from home.
- **Museums:** The [Smithsonian museums](#) are all free to enter, but you will need to reserve tickets in advance for the Holocaust and African-American History Museums. The Air & Space Museum and National Portrait Gallery are always highly recommended, and the Renwick Gallery has some incredible exhibits that change around the year. The National Zoo is also free to enter. Other museums worth checking out include the Newseum, the National Building Museum, and Dumbarton Oaks (has beautiful estate with great picture-taking spots).
- **Theatre:** The [Kennedy Center](#) has shows running throughout the summer. The Center's Millennium Stage offers free one-hour shows every day at 6PM. Check out [Shakespeare Theatre Company](#), [Woolly Mammoth](#), [Mosaic Theater Company](#), [Studio Theatre](#), and of course you can't miss a chance to see a show in the famous [Ford's Theatre](#). Wolf Trap National Park for the Performing Arts hosts concerts all summer in a Virginia outdoor theater (semi-accessible by metro, short uber).
- **Free outdoor activities:** Every Friday during the summer there is free "Jazz in the Park" outside at the National Gallery of Art. It is usually very busy (so get there early) but worth checking out, and 21+ students can enjoy a pitcher of sangria with the music. Check out the options for free outdoor movies on [this website](#). Check out the Botanical Garden and markets like Eastern Market and Union Market. The Kennedy Center and Georgetown Waterfront often offer free outdoor yoga classes during summer weekend mornings.
- **Talks:** There are free talks at various schools in the area, and Notre Dame's D.C. office hosts some great events. Get on the email lists for events at think tanks like Brookings, AEI, and Hudson (as mentioned, most of these events have free food).
- **Neighborhoods:** Just exploring some of D.C.'s incredible neighborhoods can be a great way to spend an afternoon. Check out Georgetown (and decide for yourself whether Georgetown Cupcakes or Baked & Wired is the superior cupcake

shop), Adams-Morgan, Logan Circle, Columbia Heights, U Street, Shaw Eastern Market and Dupont Circle. Stroll along to Potomac from Foggy Bottom to Georgetown.

Day/Weekend Trips

- **Hiking:** Shenandoah National Park in Virginia, great camping in the mountains (1.5 hour drive). Catoctin State Park and Sugarloaf Mountain in Maryland (1.5 hour drive). Assateague Island National Seashore, great camping on the beach (3 hour drive). Harper's Ferry in West Virginia has a historic Appalachian Town still in operation and is the headquarters of the Appalachian Trail (1.5 hour drive). Great Falls are great Rock Creek Park for easier hiking day trips.
- **On the Water:** Ocean City, Maryland (near Assateague Island) beach and boardwalk with lots of bars, watersports, and amusement rides. Fletcher's Cove in Georgetown has kayaks and paddle boats for rent on the Potomac - pack a lunch and have a picnic somewhere along the bank.
- **Other Cities:** Annapolis, Maryland has old brick roads and an old town harbor with great seafood restaurants (need a car). Alexandria, Virginia has a wonderful Old Town area and is a great place to spend a weekend afternoon/evening. Baltimore, Maryland has a large harbor downtown, more great seafood, and fun neighborhoods to explore and is accessible by MARC train from D.C.. Check out the Italian Festival on June 1-2 and be sure to get to an Orioles game at historic Camden Yards. Philadelphia, New York, and Boston are also popular weekend trips, but make sure to book tickets in advance. Amtrak can be expensive, consider using [Wanderu](#) to find cheap bus tickets.
- **Getting Around:** D.C. has a number of car rental options for getting out of the city. Maven, Car2Go, and ZipCar tend to be cheaper short-term options for a day. For a whole weekend, compare with rental car companies at Reagan Airport.

Restaurants

- **Cheap & Easy:** Cava Grill, Roti, District Taco, Surfside, & Pizza, We the Pizza, Sweetgreen, Beefsteak, Ben's Chili Bowl, Beau Thai, Colada Shop, Lincoln's Pancake House, Donburi, Taqueria Nacional, and food trucks. **Happy Hour/Bars:** The Bottom Line, Penn Social, Post Pub, Bar Greco, El Centro, Dan's Cafe (late night bar).

- **Brunch:** Founding Farmers, Ted's Bulletin, Busboys and Poets, City Taphouse, The Madhatter, Tryst, Birch and Barley, B Too, Farmers Fishers Bakers, The Smith, Wicked Waffles. Always make a reservation -- D.C. is known for its brunch scene and places get busy fast.
- **Fancier:** Fig & Olive, Barcelona (great Tapas happy hour), Old Ebbitt Grill, Le Diplomate, Chez Billy Sud, Zaytinya, Ghibellina (but if you go for happy hour, their pizzas are only \$10).