Dear Exchange Students:

The staff at the Frank J. Guarini Institute for International Education is exhilarated to welcome you to Hanover, New Hampshire!

We are so glad that you have chosen to join us at Dartmouth for your off-campus experience. To educate ethical citizens, a university must be driven by a set of values embraced by the entire community. At Dartmouth, we integrate our core values into our curriculum, our culture, and our campus so that students, staff, and faculty live by those principles. Through Dartmouth’s mission, the Guarini Institute endeavors to prepare students for a lifetime of learning and ethical civic engagement through transformative global academic experiences.

As an incoming exchange student to Dartmouth, you are an important addition to our campus community. We hope that you find yourself immersed in opportunities that will allow you to study a new culture and disciplines in depth.

This guide is intended to help prepare you for your time at Dartmouth, from how to get here, and registering for courses, to maximizing your free time. Each student's exchange experience is different, we hope that the information presented here is a helpful resource for you as you prepare for and explore opportunities on campus.

Please don’t hesitate to reach out to us with any questions throughout your time at Dartmouth. We hope that you find this to be a fun and informative learning experience!

The Guarini Institute Staff
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Travel to Dartmouth

We recommend that students take the **Dartmouth Coach** bus from **Logan International Airport** in Boston, which takes students directly to campus in a comparatively short amount of time.

Nonetheless, there are other options you might want to consider:

### Planes

- **Lebanon Airport**: Lebanon, NH about 5 miles, or 15 minutes driving time, from campus. Please note that there is no direct bus service to Hanover and rideshare services (Lyft, Uber, etc.) are not reliable in this area.
- **Manchester-Boston Regional Airport**: Manchester, NH about 75 miles, or 1.5 hours driving time, from campus. Please note that there may not be direct bus service from this airport to Hanover.
- **Logan International Airport (Logan)**: Boston, MA (BOS) about 120 miles, or 2.5 hours driving time, from campus. There is direct bus service from Logan Airport to Hanover.
- **LaGuardia Airport**: Queens, NY (LaGuardia) about 265 miles or 4.25 hours driving time, from campus. There is direct bus service from Manhattan, NY to Hanover.
- **John F. Kennedy International Airport (JFK)**: Queens, NY, about 275 miles, or 4.5 hours driving time, from campus. There is direct bus service from Manhattan, NY to Hanover.

### Buses

- **Dartmouth Coach** offers daily service between the Dartmouth campus and Boston’s Logan Airport and South Station, as well as stops in Manhattan, NYC.
- **Greyhound** offers stops in NYC, Boston, and White River Junction VT. While Greyhound offers a large selection of stops, the travel time to the Upper Valley is significantly longer than a trip would take on the Dartmouth Coach due to the increased number of stops.
- **Advance Transit** is a local bus company that serves the Upper Valley region of New Hampshire and Vermont. Rides are free on all Advance Transit bus routes, buses operate Monday-Friday. This is a great service to use during your time at Dartmouth.
Trains

Amtrak’s “Vermonter” service, connecting Northern New England with New York City and Washington DC, arrives daily in White River Junction, Vermont which is about 5 miles, ten minutes driving time, from campus.

Taxis

Below is a non-exhaustive list of local taxi cab companies and car services. Reservations are recommended.

**Taxi companies**

- Best Transportation, LLC – (603) 448-4004, [https://www.bestuvride.com](https://www.bestuvride.com)
- Big Yellow Taxi – (603) 643-8294
- Lebanon Taxi – (603) 448-7027
- New Aces Transportation – (603) 558-311
- Twin State Cab – (802) 295-7878

Cars

You may choose to drive to campus but if you plan to keep your car on campus long term, please contact the parking office for a permit.

There’s a very limited supply of taxis and rideshares in the Upper Valley, which makes service expensive and unreliable. We recommend having a backup plan or setting up an appointment to guarantee service.

**Car services**

- Door to Door Driving Services – (603) 996 1522, [https://doortodoordrivingservices.com](https://doortodoordrivingservices.com)
- Grace Limousine and Shuttle – (603) 666-0203, [https://gracelimo.com](https://gracelimo.com)
- Hanover Limousine – (603) 298-8880
- North Country Auto – (603) 448-0538, [https://www.northcountryautonh.com](https://www.northcountryautonh.com)
- Regal Limousine Service – (603) 964-9460
- Tri State Transportation – (802) 885-3130, [https://www.tristatetransportvt.com](https://www.tristatetransportvt.com)
- VTrips – (781) 762-6998, [https://www.vtripstrade.com](https://www.vtripstrade.com)
Academics

Liberal Arts at Dartmouth

One of Dartmouth’s missions is to educate the most promising students and prepare them for a lifetime of learning and responsible leadership, through a faculty dedicated to teaching and the creation of knowledge. Dartmouth’s liberal arts curriculum lets students explore big ideas and pursue particular passions. It is about breadth: a liberally educated person is one who has been exposed to a wide range of fields and insights.

Class Schedule

Most classes are either offered on a Monday-Wednesday-Friday period, or a Tuesday-Thursday period. A screenshot of the class schedule is located on the following page.

Breaks
The time in between classes is 15-minutes to allow you enough time to walk across campus to your next class.

X Hour
X hours are flexible, 50-minute classes offered once per week that complement the regular class period. Not all professors use their X hours, but many will use them regularly or on occasion so try to remain available during these blocks.

8 and 9S Classes
8 and 9S classes are offered on Mondays, Tuesdays, Wednesdays, and Fridays. Their X hours are distributed on Wednesdays. The length of a class period is 50 minutes.

9L, 10, 11, 12, and 2 Classes
These classes are offered on Mondays, Wednesdays, and Fridays. Their X hours are on either Tuesdays or Thursdays. The length of a class period is 65 minutes.

A and B Classes
These classes are offered at varied times during the week. The length of a class period is 1 hour 50 minutes; therefore, they are offered only twice per week. The exception is 6B, which is offered only
once per week on Tuesdays and is 3 hours long. These defined time slots prevent scheduling conflict.

Our Advice
Though it’s not always easy to manage, students usually take three classes per term. 10-week terms are fast-paced, and it is easy to get behind; therefore, it is best to take a variety of classes. The nature of some classes can be more time consuming than others so keeping a good balance between toilsome classes and those that may provide less work will make your course load and time at Dartmouth more manageable.

Registering for Classes
To sign up for your classes, you will need to log into DartHub with your Dartmouth email and password. For more information on this process, review the Registrar’s Course Election Reference Guide, watch the student-created tutorial on how to register for classes, and/or read the step-by-step instructions in Appendix A.
Advising and Accommodations

As an exchange student at Dartmouth, you will have access to many different resources for advising, accommodations support, and student services. You are encouraged to reach out to various offices on campus as you need them. If you need some general guidance or are unsure what office can best meet your need, reaching out to your Dean and/or the Guarini Institute are good places to start.

Academic Skills Center (ASC)

ASC supports all students in achieving academic success through learning strategies workshops, study groups, coaching, tutoring and other programs.

Baker Library, Suite 224
ASC Website

Dartmouth offers a wide range of library locations and options throughout campus. Library services include assistance with searches and research, workshops, off-campus access, and more.
Campus Billing & DartCard

Campus Billing provides services for student billing and payment, dining plan management, and provides services for the campus ID card (DartCard). This office manages tools like D-Pay, DA$H discretionary funds, the campus billing and payment system, and GET, the financial system associated with the campus card, to make it easier to manage student finances.

Your DartCard is used for:

→ Identification and accessing residence halls
→ Paying for meals through your dining plan
→ Checking out library books
→ Attending campus events

Department of Safety & Security (DoSS)

DoSS provides safety and security services that include incident response, investigation, and follow up of all security related matters. This office also helps with bicycle registration, transport for sick or injured students, unlocking buildings or rooms you get locked out of, and they also maintain a Lost & Found. The office also monitors the following apps:

→ LiveSafe: a convenient way for you to quickly report a safety concern to DoSS
→ DartAlert is Dartmouth’s Emergency Notification System

The Guarini Institute for International Education

Staff at the Guarini Institute are available to speak to exchange students about any concerns that come up while you are here and can help in connecting you with offices on campus that can address any specific questions or issues you may have.
Health Services at Dick’s House

The Dartmouth College Health Service, located at Dick’s House, provides a patient-centered medical home to all Dartmouth students. Every student has access to Dick’s House for primary care, counseling, and pharmaceuticals. Please visit the website for the full range of services. You can walk in or make an appointment on Darthub.

All Dartmouth students are required to have health insurance. Exchange students will be automatically enrolled and billed for Dartmouth provided insurance, however if you already have other health insurance you may submit a waiver up to one week before your first term at Dartmouth. Otherwise, you must purchase the insurance through the college using the Dartmouth Student Group Health Plan (DSGHP).

You will receive communications from the DSGHP office about this enrollment.

Hinman Mail Center

Hinman is the on-campus "post office" handling incoming mail and packages for Dartmouth students, and intra-campus mail for faculty, staff, and students. It is conveniently located in the Hopkins Center for the Arts, a hub of student activity. Every student gets a Hinman Box and a mailing address, formatted below:

Student’s Name  
Dartmouth College  
#### Hinman (given mailbox number)  
Hanover, NH 03755

Information Technology & Consulting (ITC)

The ITC office provides assistance by live chat, phone, e-mail, and in person to help with a myriad of IT issues. If you have any technological problems, you can submit a ticket for the Service Desk through their Web Services Portal.

603.646.2999  |  ITC Website
Office of Pluralism & Leadership (OPAL)

The OPAL’s mission is to foster a Dartmouth where all students can thrive, value difference, and contribute to the creation of a socially just world. In addition to a student’s Undergraduate Dean, OPAL Deans provide student advising for Black, international, first generation and/or low income, Latinx, LGBTQIA+, and Pan Asian students, in addition to women and gender student advising.

Collis Center, Suite 211
OPAL Website

Office of the Registrar

The Office of the Registrar maintains students’ permanent academic record and provides services for students in the areas of academic policy, enrollment, and course information. This office also provides transcripts. Check out their website as you will become familiar with it during your time here! For course registration regulations, see the Organization, Regulations, and courses (ORC) Catalog.

McNutt Hall, Room 105
Registrar Website

Office of Visa & Immigration Services (OVIS)

OVIS is Dartmouth’s resource for immigration-related needs, offering services to international students, scholars, faculty, and staff.

63 South Main St. (Downtown Hanover)
OVIS Website
Student Accessibility Services (SAS)

SAS promotes an inclusive, universally designed campus community and provides guidance to students, faculty members, and staff in making classes, programs, services, and activities accessible.

If you qualify for accommodations at your home institution, you will likely be eligible for accommodations at Dartmouth. Students may request reasonable accommodations by applying for services and submitting documentation to support your accommodation request.

Title IX

At Dartmouth, we value integrity, responsibility, and respect for the rights and interests of others, all central to our Principles of Community. We are dedicated to establishing and maintaining a safe and inclusive campus where all have equal access to the educational and employment opportunities Dartmouth offers. We strive to promote an environment of sexual respect, safety, and well-being.

The Title IX office provides information on Dartmouth's programs for promoting sexual respect, and resources, policies, and procedures for preventing and responding to sexual assault, sexual and gender-based harassment, and other forms of sexual misconduct.

You can reach out to the Title IX office for guidance and support regarding sexual or gender-based harassment, sexual assault, sexual exploitation, dating or domestic violence or stalking while at Dartmouth. See Appendix B for a detailed list of Title IX resources.

The Office of Institutional Diversity & Equity (IDE) is focused on supporting, assisting, and enhancing Dartmouth’s commitment to learning and pluralism. This office provides resources and programming to help maintain and build an environment that accepts and welcomes difference.
The Tucker Center

The William J. Tucker Center for Spiritual and Ethical Life cultivates spiritual and ethical lives, builds relationship and understanding across identities, and engages in dialogue on meaningful issues. Tucker collaborates with academic departments, campus centers, House Communities, and numerous student groups to host programs such as storytelling, lectures, dialogues, films, music, and theater programs to explore questions of meaning, purpose and humanity. Tucker also offers pastoral counseling.

Tucker is inclusive and affirming of all students, faculty, staff and alumni including those who identify:

→ With a particular faith or tradition
→ As questioning or searching for a spiritual/religious path
→ As atheist or agnostic or no faith
→ As spiritual but not religious
→ Seeking to understand and appreciate diversity

Undergraduate Deans (UG Deans)

Deans offer support for undergraduate students. Their missions are to support students in their engagement with the curriculum and in their overall educational experience at Dartmouth. Students can schedule appointments with any of the deans even if not assigned to them.

Deans can offer:

→ sources for academic, personal, and social advising
→ sources of information about Dartmouth procedures, academic and conduct regulations
→ sources of encouragement and information for students
→ referrals to other College offices
→ guidance with selecting courses
→ creating social/student organizations and programs
→ resolving personal and family encumbrances or hardships
→ maximizing the Dartmouth experience, both academic and extracurricular
You should familiarize yourself with the policies in the Dartmouth undergraduate Student Handbook. Students are subject to College rules and regulations as soon as they arrive on campus. Please be aware that the College reserves the right to make changes in this handbook in order to update its operations, programs, activities, standards and procedures.

**Alcohol Policy**

The legal drinking age in New Hampshire is 21 years old. All students and sponsoring organizations must comply with federal, state, local laws, and regulations concerning the service of alcohol at all times, including members-only events. Students and sponsoring organizations must also observe the [Dartmouth College Student Alcohol Policy](#). Please be aware that Dartmouth has a hard alcohol ban.

**Good Samaritan Policy**

Student health and safety are the primary concerns of the Dartmouth community, and students are expected to contact Safety and Security (DOSS) when they believe that assistance for an injured, ill, or intoxicated/impaired student is needed. Because of this, Dartmouth has a Good Samaritan policy, which states that students and/or organizations that seek assistance from DOSS and/or emergency services and the individual(s) assisted will not be subject to the College disciplinary action with respect to violation of the Alcohol Policy and/or the use of other drugs.

Note that this policy does not preclude disciplinary action regarding other violations of College standards, such as causing or threatening physical harm, sexual abuse, damage to property, harassment, hazing, and other violations of the Drug Policy, etc. Additionally, students should also be aware that this College policy does not prevent action by local and state authorities. To learn more about the policy, students should visit the Student Affairs website.
Dartmouth Dining

Dartmouth is committed to offer students a wide variety of food options, and a variety of dining plans to meet their needs. You can read more about this on the Dartmouth Dining website.

Use your DartCard to pay for meal swipes and Dining Dollars (DBA) which can be used at all of the undergraduate dining facilities, residential snack bars, and College-operated concession stands at sporting events, but are not accepted at the Tuck School of Business’ Byrne Dining Hall or the Dartmouth Skiway.

Paying for Food

There are several ways to pay for meals, but the two most common methods using your DartCard are for an equivalent meal swipe or using Dining Dollars (DBA). Depending on the situation, using one over the other may be a more cost-effective option.

Other options include Dartmouth Student Charge, DASH discretionary, cash, or a credit card to pay the balance of your meal in lieu of the meal exchange value.

Meal Swipes
Each meal swipe gives you access to:
→ one meal at '53 Commons, Dartmouth's all-you-care-to-eat dining hall, or
→ the daily special, an entree and beverage, at one of our cafes.

A meal swipe can also be exchanged for a set value towards a purchase at any of the cafes or snack bars on campus.

Dining Dollars (DBA)
DBA is a convenient way to pay for additional items outside of '53 Commons. This spending account comes with every dining plan and may be used at all dining venues, or snack bar locations on campus. For students staying for multiple terms, up to $100 in remaining DBA will roll over from one term to the next.

Mealtimes & Cost Equivalents

The meal periods below are not the hours of operation for any specific dining venue but are times when the value of a meal exchange changes, and the periods in which you can only use one swipe.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time Served</th>
<th>Meal Swipe Allotment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>7 – 10:59 AM</td>
<td>$5.25</td>
</tr>
<tr>
<td>Lunch</td>
<td>11 AM – 3:59 PM</td>
<td>$7.75</td>
</tr>
<tr>
<td>Dinner</td>
<td>4 - 8:59 PM</td>
<td>$10.00</td>
</tr>
<tr>
<td>Late-Night</td>
<td>9 PM – closing time for venues open late</td>
<td>$5.25</td>
</tr>
</tbody>
</table>
Dining Plans

Exchange students are automatically enrolled in the Ivy Unlimited plan and must remain enrolled in the Ivy Unlimited plan for their first term at Dartmouth.

Exchange students who attend Dartmouth for more than one term may change their dining plan only after their first term in Hanover. At that time students may have the option to switch to other dining plans such as the 115 Block Plus or 80 Block Plus Plan. While Dartmouth Dining also offers the On-Campus Apartment and Off-Campus meal plans, these options are not available to exchange students.

Ivy Unlimited Plan
The Ivy Unlimited plan is Dartmouth's preferred dining plan. It is designed to provide the best service and flexibility for the broadest range of student needs. This plan gives students unlimited access to ‘53 Commons every day and includes $250 Dining Dollars to use at Dartmouth’s cafés, snack bars, and at college-operated athletic concessions.

115 Block Plus Plan: This plan includes 115 swipes per term and $475 in Dining Dollars (DBA).

80 Block Plus Plan: This plan includes 80 swipes per term and $725 in Dining Dollars (DBA).
Residential Life

Student Housing

All student rooms contain a twin bed, wooden desk, desk chair, dresser and bookcase for each student, and a closet or wardrobe. Other features in each room include local and domestic long-distance telephone service, computer ports with Ethernet connections, and access to approximately 60 television channels.

General community amenities include a common kitchen, and study and lounge spaces. Each cluster has an ice machine and a microwave, both of which are usually found in the kitchen. The clusters also have at least one lounge that contains a television and DVD/VCR player. Some may also have a piano for students to play, as well as board games. The common spaces and amenities are for all community residents to use. These spaces can be used for private studying or get-togethers, as well as for community programs sponsored by the community student staff or other College organizations.

Additional services and items in individual residential buildings include vending machines containing snacks and beverages, public phones, and recycling areas. Recycling bins are located in every residence hall, and students are encouraged to make recycling practices a regular part of their daily routines. A custodial staff of over 45 people provides general upkeep and maintenance of building common areas and public and private bathroom facilities. In most instances there is one custodian assigned to a building on a permanent basis. In addition to cleaning and general maintenance, the custodial staff will report larger maintenance issues and uphold College housing standards. The custodial staff is a valuable and helpful resource for the students.
Laundry
A laundry room is available 24-hours a day on the ground or first floor of each residence hall, academic affinity, special interest and College-owned undergraduate society or Greek letter organization house.

The cost is $1.50 to wash and $1.50 to dry and can be paid by credit/debit cards or the CSCPay Mobile App from your phone. The CSCPay Mobile app can be downloaded from the App Store or Google Play, where you then add funds and use the app to start machines. Please note that the readers do not accept the Dartmouth ID.

Bedding
You will not be provided bedding or linens such as towels. We recommend that you order your linens from Residence Hall Linens, as the bedding available fits Dartmouth’s extra-long twin beds. Residence Hall Linens does not ship internationally. Please place your order ahead of time in order for your package to be here upon your arrival. When you order linens from this service you can ship to your Hinman mail address. Be aware that depending on when you plan to arrive Hinman mail may not be open.

If you do not order from Residence Hall Linens, you will need to either pack linens and bring them with you or purchase them after your arrival.

House System

In 2015, Dartmouth created "House Communities" in order to transform the undergraduate living experience, bringing more continuity to students’ on-campus living experiences, and presenting greater opportunity for faculty-student interaction beyond the classroom.

Every student has a House membership, regardless of where you live. As a House member, you’ll be eligible to participate in all House programs and activities, even if you live off-campus or in Greek housing or Living Learning Communities. You can choose how much you want to be involved.

House Leadership
Each of the six House Communities is co-lead by a live-in Residential Education professional staff member and a House Professor who lives nearby. In addition, each House Community leadership team consists of four Resident Fellows and a team of Undergraduate Advisors (UGAs). An administrative assistant is also a part of the House team and student leadership opportunities exist through the House Executive Council.
**House Activities**
You can participate in all House activities, including dinners and events at your House Professor’s residence. Being a member of a House doesn’t determine your schedule, and it doesn’t change any of the other ways in which you’re involved in campus life and student organizations. In the past house communities have organized trips to NYC, Six Flags amusement park, apple picking, etc. These events are completely free for students.

**House Centers**
House Centers increase currently available “living room space” for Allen House and School House on the west side of campus and North Park House and South House on the east side of campus. As with similar spaces within East Wheelock House and West House, these centers provide flexible, open living room space for House members to hang out, study, meet, or to use for House gatherings.

**House Outreach**
Your house will send you regular e-mails that you should check to find out about upcoming activities and events. You may also want to find and follow your house on social media, for instance most houses have an Instagram account that you can follow to stay up to date.
Dartmouth’s Houses
Cell Phones

International students should research options for using a cell phone in the U.S. before you arrive. A good place to start is always checking in with other students from your home country for suggestions.

If you need to obtain a cell phone or SIM card while in Hanover, you have a few options. You may keep your current phone and insert a new SIM card or buy a new phone after you arrive. Should you need access to a phone store, there is a Verizon Wireless store in downtown Hanover, and an AT&T store and US Cellular in West Lebanon.

Public Transportation

Since most students do not have cars, one of the best options for travel around the Upper Valley is the Advance Transit bus system. Advance Transit is a free transport system that connects the Upper Valley during weekdays. Students can use the bus to get to shopping in Lebanon, King Arthur Baking Company in Norwich, or to White River Junction for a meal and maybe a train (or bus) out of town.

Shopping

Grocery Stores
The local public bus, Advance Transit, can take you to grocery stores in the area. There are Co-op food stores located in Hanover, Lebanon, Lyme, and White River Junction. There are also some regional grocery store chains on Route 12A in West Lebanon including Hannaford, Shaw’s, and Price Chopper.

Clothing
Retail options are limited in the Upper Valley. Main Street in downtown Hanover offers a few options, and there are a few more stores in the shopping plazas on Route 12A in West Lebanon such as: Old Navy, a Gap factory store, Kohl’s, Maurice’s, TJMaxx, Birth of the Blues (Levi’s jeans), and the L.L. Bean Outlet, along with some specialty stores in the PowerHouse Mall.

Thrift stores include the Salvation Army in West Lebanon, and the Listen Centers on the Miracle
dMile in Lebanon and Main Street in White River Junction.

**Personal Care Products**
For personal care products, the CVS in downtown Hanover can provide many options. Norwich is home to the local favorite Dan and Whit’s General Store, and West Lebanon has a CVS, Walgreens, Wal-Mart, and a small Target.

**Sporting Goods**
Sporting goods can be found in West Lebanon at the L.L. Bean outlet, the Golf and Ski Warehouse, and Olympia Sports in the Upper Valley Plaza, along with Stateline Sports near Main Street in White River Junction. A little farther out, Claremont also has Runnings, which sells outdoor recreation equipment.

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**Fun Things to do in the Upper Valley**

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**Climate and Weather**

<table>
<thead>
<tr>
<th>Season</th>
<th>Summer Term</th>
<th>Winter Term</th>
<th>Fall Term</th>
<th>Spring Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>(June to the end of August)</td>
<td>Average Max. Temp. is 26.57°C/80°F</td>
<td>Average Max. Temp. is 1.47°C/34°F</td>
<td>Average Max. Temp. is 14.6°C/58°F</td>
<td>Average Max. Temp. is 16.4°C/61.5°F</td>
</tr>
<tr>
<td></td>
<td>Average Min. Temp. is 13.6°C/56.33°F</td>
<td>Average Min. Temp. is -9.63°C/15°F</td>
<td>Average Min. Temp. is 3.73°C/38.67°F</td>
<td>Average Min. Temp. is 3.43°C/38.25°F</td>
</tr>
</tbody>
</table>

→ See Appendix C for packing list suggestions by season.
Campus Fun

First Year Trips

The Dartmouth Outing Club (DOC) First-Year Trips is a student-run pre-orientation program committed to easing the transition of first-year students to college life. Trips is a safe, genuine, and accessible outdoor experience that extends beyond pre-orientation, setting an inclusive, supportive, caring tone for the Dartmouth community for the upcoming school year. The program offers a five-day outdoor experience accessible to all skill levels and backgrounds. More than 350 upperclassmen from all areas of campus work tirelessly to welcome students to life at Dartmouth while celebrating the diversity of Dartmouth experiences.

Although the program is targeted at first-year students, exchange students studying at Dartmouth in the fall term are welcome to join, as it can be a great way to get to know people and get to know the area. DOC also has outdoor clubs that students can participate in throughout the year.

Greek Life

Fraternities and sororities are an important social aspect of life on campus. There are weekly alcoholic and nonalcoholic events for both affiliated and nonaffiliated students. Check your Dartmouth email for event notifications.

Community Service

The Dartmouth Center for Social Impact provides multiple community service-oriented activities such as mentoring, internships, and practicums. You can also partake in Educational Service Trips in addition to others. See more about community services opportunities on the website.

Fitness & Sports

Dartmouth offers various fitness experiences such as the Fitness and Lifestyle Improvement Program (FLIP) which offers classes in dance, spinning, skiing, martial arts, yoga, etc.; the Alumni/ Zimmerman Fitness Center which offers fitness equipment and personal training; and the Berry Sports Center which offers racquetball, squash, and basketball facilities. There are also many seasonal recreational sports, such as skiing in the winter and canoeing in the summer.

Skiing: Dartmouth students have access to the Dartmouth Skiway, located only 25 minutes away in Lyme, NH. The skiway provides a free shuttle for the Dartmouth community every day of the winter term. Generally, the bus leaves for the skiway twice a day from Monday to Friday, and leaves once an hour on weekends and holidays. See here for the campus shuttle schedule. Students can also rent gear in advance from the skiway by visiting their website.
**Ice Skating:** Another popular activity for Dartmouth students is ice skating. Students can rent skating equipment from the DOC House and skate on Occom Pond.

**Canoeing:** A popular spring, summer, and fall activity is paddling on the Connecticut River. Dartmouth students can rent canoes, kayaks, and stand-up paddleboards from the Ledyard Canoe Club (located at 9 Boathouse Road)

For more information, check out the intramural and club sports sections on the Physical Education website. Additionally, DOC club members frequently lead free outdoor activities, such as hiking, cross-country skiing, and ice climbing. Students can sign up for those events and request gear at no additional cost on the Trailhead website.
Clubs

Dartmouth offers a wide variety of clubs and activities for its students. You can explore the many clubs on the “Dartmouth Groups” page. For other student activities, visit The Collis Center for Student Involvement.

Hopkins Center & Hood Museum for the Arts

The Hop is Dartmouth’s cultural hub, and is home to the drama and music departments, a woodshop, and a jewelry studio. The Hop hosts performances, and facilitates student groups such as choirs, dance groups, and bands. It is connected to the Hood Museum of Art. Beneath the museum is the Hood Auditorium, which regularly has movie showings. The Hop is currently undergoing renovations and will reopen in 2025.

Summer Term Events and Traditions

Vendors from the Upper Valley set up a farmers’ market on the green every Wednesday from 3 PM to 6 PM every week in the summer and fall. Enjoy a variety of local products!
At the beginning of the fall term, freshmen are greeted by Dartmouth students wearing costumes or colorful wacky clothing. This tradition helps to make the campus less intimidating and allow students to relax and express their creativity. All Dartmouth students have some “flair” in their closet – including some passed down from other students.

Homecoming, also known as Dartmouth Night, is a century old tradition where alumni are invited back for a football game, parade, bonfire, and other festivities. It’s also tradition for freshman students to run laps around the bonfire. The number of laps depend on the class year.
Winter Term Events and Traditions

Winter Carnival

Tree Lighting Ceremony

Winter carnival includes winter sports, ice sculpture contests, carnival games, and cookouts. Every year there is a new theme and a giant ice sculpture in the middle of the green.
Green Key is an annual live music event that usually occurs during the Spring term. Prepare for a weekend of free food and loud music!
Psychologist Janice Abarbanel uses the term “culture shift” to describe how people process and integrate new information when traveling or studying on off-campus programs, and the stress that can come with that experience. Learning to shift cultures successfully means practicing the ability to transition into another culture with healthy expectations and skills to foster resiliency when experiencing change and adaptation.

Students who study on an off-campus program, whether in a domestic or international setting, may find themselves adjusting and shifting into the new culture that they are immersed in. Sometimes this shift can come with periods of stress, insecurity, or even elation. By being aware of potential stressors unique to shifting cultures, students can be better prepared to support themselves and others while on program. Noticing signs that you have shifted cultures can help you identify when to employ strategies to help manage this transition.

Some common signals that you have shifted cultures:
→ Homesickness
→ Irritability and hostility
→ Boredom
→ Withdrawal
→ Need for excessive amounts of sleep
→ Compulsive eating or drinking
→ Stereotyping of host culture
→ Loss of ability to work effectively
→ Physical ailments

Some effective culture shift strategies:
→ Consult with mentors and peers
→ Develop a support network
→ Stay alert to the signals as signs of change
→ Eat well, exercise, keep a mood journal
→ Breathe! Slow down. Walk in the park.
→ Build in quiet time
→ Minimize catastrophic thinking by turning “What if’s” into “What else...”

Takeaways
1. Reach out to your support network: this could be peers on your program, program staff, mentors, friends, or family
2. Practice self-care: eat well, go for a walk, journal
3. Be patient with yourself, it can be normal to feel stress when shifting cultures

If you’re experiencing culture shift, know that there are several resources at Dartmouth that can help, including any of those listed in the student affairs and services section.

If you would like to learn more about navigating a new culture and better understand your own cultural values before embarking on your off-campus journey check out What’s Up with Culture?
Documenting Your Experience

Whether you want to share your experience with your family and friends, remember exactly how you felt at a specific moment abroad, or enter a photo contest, there are several ways to document your time while on exchange.

Taking Photos

Photos help you communicate your experiences to friends and family.

Some tips for taking photos:

→ Take photos of anything you might want a shot of later. Don’t regret not having taken your camera or missing a photo.

→ Capture the moment and your emotional memories.

→ Take pictures of how you see the world you are in and how it makes you feel. Document what you experience internally.

→ Take candid pictures of your friends.

→ Candid photos capture what you were doing and what kind of mood you were in, which in turn will make your memories more vibrant.

→ Consider NOT taking a photograph. Sometimes your camera can feel like a burden, making you anxious about whether you’ve captured the perfect memory, but ironically, making you miss the actual moment. Take some time to explore without it occasionally.

Writing in a Journal

Even if you have never kept a journal before, you may find that while you are on exchange you may feel more inspired to write down how you are feeling and things you want to remember. You may also find it relieves some of the stress and homesickness that often comes with being far away from home.

What should you write in your journal?

→ As much descriptive detail as possible; you want to create a sensory memory

→ First impressions and lingering images

→ Narratives of what you do, what you say, and what others do and say

→ Names, places, snippets of information, addresses of people you meet and places you stay or visit

→ Go by yourself to places, and write about these “solo” experiences

→ Record your reflections. What inspires you? What’s exciting? Frustrating? What’s different? What’s similar? How is this experience influencing your world perspective?
Identifying Off-Campus Program Goals

Do you remember why you decided to study on exchange? The process to get to your exchange destination can be long and winding. Throughout the journey sometimes students lose sight of why they chose to pursue the experience in the first place. It is important to reconnect with your goals for studying in another location to ensure you maximize your experience and take full advantage of the location where you will be studying.

Did you hope to visit a significant cultural landmark, learn a new sport or try a new activity, make connections with a local organization or business network? Regardless of your initial motivation it is helpful to reevaluate what you hope the outcomes will be so that upon return to your home school you feel that you accomplished what you set out to do.

Every term is an opportunity to build on your strengths, develop skills, narrow your academic focus, and carve out a path for your future; exchange programs are no exception, rather the alternative… a unique opportunity to distinguish yourself and help you reach your goals.

Closing Remarks

In closing, we would like you to reflect on some of the many reasons that you may have chosen to study off campus:

1. Broaden your academic experience, earn credit towards your degree and connect academic theory to practice.
2. Immerse yourself in new contexts and with new communities and real-world challenges.
3. Deepen your intercultural knowledge and competence; develop new relationships.
4. Increase your understanding of global issues from cross-cultural and cross-national perspectives.
5. Fulfill your language requirements and strengthen your language proficiency.
6. Deepen your personal development and cultivate a deeper sense of self in the world.
7. Explore how to identify and apply new learning, interests, and experiences after studying off campus.
8. Learn about yourself in a new context and relation to others.

Best wishes for an enjoyable and rewarding time here at Dartmouth!
Important Information

You will receive instructions on how to register for courses from the Registrar's office.

All exchange students are listed in Banner by the Registrar as "Undergraduates" or "UG". Your class year at your home institution is not listed. As exchange students are listed as "UG" and not as a specific type of upperclassmen, they are never given priority in course registration but are no more disadvantaged than first years, sophomores, or non-majors.

Many classes do not have priority selection and select students randomly. Core or topic classes for a major often do have priority selection categories, especially in popular departments.

If you wish to apply to a course that uses selection priorities, we recommend that you write to the professor of the course to explain that you are an exchange student and the specifics of your situation (year at home institution, major at home institution, interest in coming to Dartmouth in part because of X program).

In preparation for the possibility that you are not able to get into all of your first-choice courses, we recommend that you consider a few alternative courses of interest to you or that may be useful in counting toward your major or minor at your home institution.

For more information about course priorities, please visit the "Priorities for Limited Enrollment Courses" page on the Registrar's website.

Instructions

→ Watch the student-created tutorial on how to register for classes
# Appendix B: Title IX Resources

## Confidential Resources and Support

<table>
<thead>
<tr>
<th>The resources listed in this section are designated as confidential and may not share your information without your expressed consent unless there is imminent danger to self or others, or as otherwise required by law (e.g. mandatory reporting for sexual violence against minors)</th>
</tr>
</thead>
</table>

## Responsible Employees

| Responsible Employees (non-confidential) are required to promptly share a disclosure of sexual or gender-based harassment, sexual assault, sexual exploitation, dating or domestic violence and stalking, including all known details, with the Title IX Coordinator. This information will only be communicated with other individuals on a need-to-know basis or as required by law |

<table>
<thead>
<tr>
<th><strong>ON-CAMPUS</strong></th>
<th><strong>ON-CAMPUS</strong></th>
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<tbody>
<tr>
<td><strong>Department of Safety &amp; Security</strong></td>
<td>5 Rope Ferry Rd</td>
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<td>603 646 4000</td>
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<tr>
<td><strong>Title IX Office</strong></td>
<td>Emergency</td>
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<tr>
<td>Kristi Clemens, Title IX Coordinator and Acting Senior Director, IDE</td>
<td></td>
</tr>
<tr>
<td>Sophia Brevioli, Deputy Title IX Coordinator for Training, Acting Director Programming, IDE</td>
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<tr>
<td>Gary Sund, Deputy Title IX Coordinator for Response</td>
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<tr>
<td>Parkhurst Hall, Suite 05</td>
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<tr>
<td>For appointments, call 603 646 0922 or email: <a href="mailto:TitleIX@Dartmouth.edu">TitleIX@Dartmouth.edu</a></td>
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<tr>
<td><a href="https://sexual-respect.dartmouth.edu">https://sexual-respect.dartmouth.edu</a></td>
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<tr>
<td><strong>Deputy Title IX Coordinators</strong></td>
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<tr>
<td>For Undergraduate Students</td>
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<tr>
<td>Ian Connole, Athletics</td>
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<tr>
<td>Francine A’Ness, Guarini Institute for International Education</td>
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<tr>
<td>For Graduate and Professional School Students</td>
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<tr>
<td>Gary Hutchins, Guarini School of Graduate &amp; Adv. Studies</td>
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<tr>
<td>Leslie Henderson, Geisel School of Medicine</td>
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<tr>
<td>Holly Wilkinson, Thayer School of Engineering</td>
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<tr>
<td>Sally Jaeger, Tuck School of Business</td>
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<tr>
<td>For Faculty and Staff</td>
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<tr>
<td>Lorin Parker, Human Resources</td>
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<tr>
<td>603 646 2904</td>
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<tr>
<td>All Faculty, Staff &amp; Coaches</td>
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<tr>
<td><a href="https://students.dartmouth.edu/undergraduate-deans/">https://students.dartmouth.edu/undergraduate-deans/</a></td>
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<tr>
<td><strong>Office of Community Standards &amp; Accountability</strong></td>
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<tr>
<td>5 Rope Ferry Road, 2nd Floor</td>
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<tr>
<td><a href="https://students.dartmouth.edu/community-standards/">https://students.dartmouth.edu/community-standards/</a></td>
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<tr>
<td><strong>Student Wellness Center</strong></td>
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<tr>
<td>Robinson Hall, Suite 319</td>
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<tr>
<td><a href="https://students.dartmouth.edu/wellness-center/">https://students.dartmouth.edu/wellness-center/</a></td>
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<tr>
<td><strong>Office of Pluralism &amp; Leadership (OPAL)</strong></td>
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<tr>
<td>Coils Center, Suite 211</td>
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<tr>
<td><a href="https://students.dartmouth.edu/opal/">https://students.dartmouth.edu/opal/</a></td>
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<tr>
<td><strong>Native American Program</strong></td>
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<tr>
<td>Robinson Hall, Room 206</td>
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<tr>
<td><a href="https://students.dartmouth.edu/nap/">https://students.dartmouth.edu/nap/</a></td>
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<tr>
<td><strong>Office of Residential Life</strong></td>
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<tr>
<td>Assistant Directors of Residential Education and UGA’s</td>
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<tr>
<td><a href="https://students.dartmouth.edu/residential-life/about/people">https://students.dartmouth.edu/residential-life/about/people</a></td>
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<tr>
<td><strong>Office of Institutional Diversity &amp; Equity</strong></td>
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<tr>
<td>Parkhurst Hall, Suite 06</td>
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<tr>
<td><a href="https://www.dartmouth.edu/~ide/about/">https://www.dartmouth.edu/~ide/about/</a></td>
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<tr>
<td><strong>Human Resources</strong></td>
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<tr>
<td>7 Lebanon St, Hanover NH</td>
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<tr>
<td>603 646 3411</td>
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<tr>
<td><a href="https://www.dartmouth.edu/~hrs/">https://www.dartmouth.edu/~hrs/</a></td>
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## WISE Campus Advocate

<table>
<thead>
<tr>
<th>866 348 9473</th>
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<tbody>
<tr>
<td>WISE Campus Advocacy is available 24/7 through the WISE Crisis Line. An advocate is on campus every weekday, 8:00 AM to 4:00 PM, and is accessible to the Dartmouth community by appointment. For appointments, call 866 348 9473 or email: <a href="mailto:campus@wiseu.org">campus@wiseu.org</a></td>
</tr>
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</table>

## Dick’s House: Counseling Center

<table>
<thead>
<tr>
<th>603 646 9400</th>
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<tbody>
<tr>
<td>2nd Floor of Dick’s House (use 5 Rope Ferry Rd entrance)</td>
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<tr>
<td>After hours/weekends</td>
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<tr>
<td>The Counseling Center has a team of clinicians who specialize in providing support to survivors of sexual misconduct. Students can request to work with one of these clinicians. It is important to note, however, that all clinicians at the counseling Center have training to support those affected by sexual misconduct.</td>
</tr>
<tr>
<td><a href="mailto:counseling@dartmouth.edu">counseling@dartmouth.edu</a></td>
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## Dick’s House: Health Services

<table>
<thead>
<tr>
<th>603 646 9401</th>
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<tr>
<td>Impatient Department &amp; Nurse Consultation</td>
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<tr>
<td>7 Rope Ferry Rd</td>
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## College Chaplain

<table>
<thead>
<tr>
<th>603 646 3780</th>
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<tbody>
<tr>
<td>South Fairbanks Hall <a href="mailto:College.Chaplain@dartmouth.edu">College.Chaplain@dartmouth.edu</a></td>
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## Faculty/Employee Assistance Program (FEAP)

<table>
<thead>
<tr>
<th>844 216 8308</th>
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<tbody>
<tr>
<td>Call the number above to speak to a counseling professional who can guide you to the appropriate services, including local providers for in-person counseling. Or go to: <a href="https://guidanceresources.com">https://guidanceresources.com</a>. Click on register, enter your company ID (Dartmouth) and follow the registration prompts</td>
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## ANONYMOUS REPORTING

<table>
<thead>
<tr>
<th>888 497 0516</th>
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<tr>
<td>Dartmouth Compliance &amp; Ethics Hotline</td>
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<tr>
<td><a href="https://www.dartmouth.edu/~ethicspoint.com">https://www.dartmouth.edu/~ethicspoint.com</a></td>
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</table>

## WISE 24-hour crisis hotline

<table>
<thead>
<tr>
<th>866 348 9473</th>
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<tbody>
<tr>
<td>WISE provides advocacy and crisis services to those affected by domestic and sexual violence and stalking. All WISE services are free and confidential</td>
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## Dartmouth Hitchcock Medical Center (DHMC)

<table>
<thead>
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<th>603 650 5000</th>
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<tr>
<td>Emergency Room: 1 Medical Center Dr, Lebanon NH</td>
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<tr>
<td>DHMC provides sexual assault forensic exams, emergency and comprehensive care</td>
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## Planned Parenthood

<table>
<thead>
<tr>
<th>802 281 0656</th>
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<tbody>
<tr>
<td>79 S Main St, White River Junction VT</td>
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</tbody>
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Contact us: titleix@dartmouth.edu |
[https://sexual-respect.dartmouth.edu](https://sexual-respect.dartmouth.edu) |
Parkhurst Hall Suite 05 |
603 646 0922 |

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2020-2021 updated 8.15.2020
Appendix C: Packing Suggestions

Packing Suggestions

These are general guidelines and suggestions. Make your own personalized list that best suits your term(s) at Dartmouth. We recommend speaking with a previous participant from your home school to get guidance on what to bring. Keep in mind that you will be able to purchase things you may be missing once you arrive.

Most airlines restrict passengers to 2 bags, max weight of 50 pounds per bag, and charge high fees for bags that exceed the allowance. Check with your airline to find out their baggage policies so you are prepared financially and logistically.

Consider packing a little "overnight kit" including a toothbrush, clean underwear, and a t-shirt to take with you on the airplane. If your luggage is delayed, you will be more prepared. Carry all necessary medications, in their original packaging, in your carry-on bag, ideally with a doctor’s note.

Try to prepare for a variety of weather conditions and be sure you can comfortably carry everything you pack. If you cannot, unpack and start again.

Essentials/Medications

- Vaccinations and your vaccination certificate
- Any prescriptions that you are taking, especially if they are life-preserving or you are traveling to a less developed country where it may be difficult to obtain medication (bring a letter from your doctor)
- ANY extra medication MUST be in original bottles and accompanied by prescription copies signed by a doctor, especially if medication contains narcotics
- Extra glasses/contacts & prescription copies
- There is a CVS Pharmacy very close to campus for food, essentials, and medication. You can also use the Dick’s House Pharmacy for your medications and some over-the-counter options while on-campus.

Documents

- Physical and electronic copies of your documentation such as your passport, credit cards, ATM cards and contact numbers for each agency in case of theft.
Clothing

Summer
This time of year can be very hot and humid, bring clothes for warm weather:
- shorts
- t-shirts, tank tops
- sandals
- sneakers
- swimwear
- a light jacket

Fall & Spring
These terms go from being warm to cold and vice versa, so you will need a mix of clothes:
- a parka
- rain/snow boots
- jeans
- t-shirts
- sneakers
- shorts

Winter
You should have warm clothes in order to stay comfortable during the winter term:
- a parka
- rain/snow boots
- gloves
- inner thermal layers
- sweaters
- thick socks
- snow pants

Some items are bulky and difficult to pack, or hard to find depending on where you’re coming from. If you need to buy items after your arrival, there are department stores in West Lebanon reachable by Advance Transit. The L.L. Bean in West Lebanon is a good place to purchase well-made winter and outdoor clothing.

Miscellaneous

- Smaller backpack for short trips
- Rain gear like umbrellas and raincoats
- Surge protector/power-strip
- Wall socket adapter if you are bringing any electronic devices or appliances
- You can buy school and laundry supplies when you reach campus.
  - Shower shoes
  - Personal linens (towels, etc.)
  - Shower caddy
  - Laundry bag/basket
Appendix D: Includifi

About Includifi

As an exchange student at Dartmouth, you will have access to Diversity Abroad's Includifi. Includifi is a comprehensive resource designed to support students before, during, and after global programs. Includifi provides content that is identity-specific and takes into consideration diverse students' concerns, such as their wellness, safety and security.

Instructions

Sign up for an account using your Dartmouth NetID and password at Dartmouth.Includifi.com. From there you can access modules in Includifi. For detailed instructions on creating an account and navigating the website, please visit our website.

Recommended Modules

We recommend exploring some of the following modules - though you can log into the website to see the full offering of resources for more information and pursue any topic that interests you. For students who are doing a domestic exchange and are already living in the U.S., please note that while the terms “abroad” and “global” are often used, much of the content is still applicable to your study away experience:

→ Bringing Your Diversity to the U.S.
→ Managing Mental Health as an International Student
→ US Campus:
  - Classroom Culture
  - Student Resources
  - Beyond the Campus
→ US Diversity:
  - Women
  - Faith & Spirituality
  - Socioeconomics
→ Health, Safety, & Security:
  - Travelers of Color
  - LGBTQIA+ Travelers
  - Travelers with Disabilities
→ Supporting Your Mental Health During a Global Experience
→ Strategies for Surviving Loneliness Abroad
Appendix E: Important Contacts

Emergencies - Dial 911
(from Dartmouth phones, 9 to dial out)

Dartmouth College Safety and Security (for dean/counselor on call)
1 (603) 646-4000 (24 hours/7 days a week)

International SOS Travel and Medical Assistance
1 (215) 942-8226 (24 hours/7 days a week)
Group Membership ID: 11BSGC000018

Title IX Coordinator/Clergy Act Compliance Officer
1 (603)-646-0922

Hanover Police Department
(603) 642-2222
46 Lyme Road, Hanover, NH 03755

The Frank J. Guarini Institute for International Education
Phone: 1 (603) 646-1202
Email: Guarini.Institute@dartmouth.edu
Office Hours: Monday-Friday 9am-Noon & 1pm-4pm EST
Location: 44 North College Street HB6102 Hanover, NH 03755

Emergency Phone Numbers

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________
Appendix F: Suggested List of Apps

The apps listed below can be downloaded from both the App Store and the Google Play Store.

1. **Duo Mobile**: Duo is the two-factor authentication (2FA) service that Dartmouth uses. To register a device, go to: 2FAenroll.dartmouth.edu.

2. **GET Mobile**: GET Mobile allows students to view balances and make deposits/payments. Additionally, students can use the app to order food ahead of time from Ramekin, Collis, and Courtyard Café.

3. **Google Workspace Apps**: Students may find it helpful and convenient to have various Google Workspace apps (e.g., Google Calendar, Gmail, Google Docs, etc.) downloaded on their phone.

4. **Zoom**: Students may find it helpful to have Zoom downloaded on their phone.

5. **GroupMe**: Many extracurricular groups and Greek houses at Dartmouth communicate using GroupMe.

6. **Snackpass**: Many students use Snackpass because it allows them to pre-order takeout at local restaurants with no additional markups while also earning reward points in the process. Students are also able to use the app to gift points to friends in their network for use at that same restaurant.

7. **Venmo**: Venmo is a popular American mobile payment service. Please note that students will need a US bank account to set up a Venmo account and that users must be physically located in the US to complete transactions on the app.