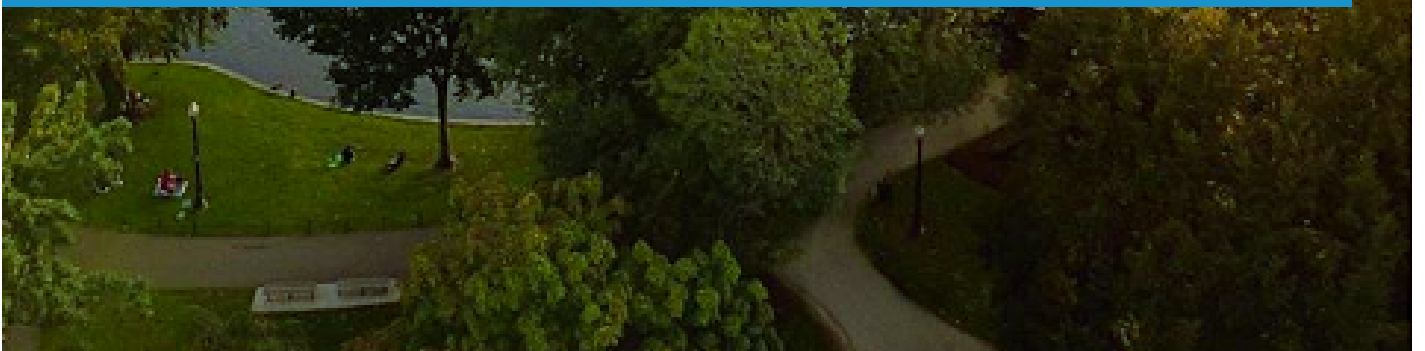




Welcome Guide

For the International Community at Tufts University & Affiliated Hospitals



Tufts
UNIVERSITY



Tufts International Center.

<https://global.tufts.edu/tufts-international-center>

617-627-3458 | InternationalCenter@tufts.edu

Welcome Message

The International Center at Tufts University is excited to have you as a member of our community, and we hope that you have a very rewarding experience at Tufts and in the United States. The International Center provides services for international scholars and students from the Medford/Somerville campus, the School of the Museum of Fine Arts, the Health Sciences campuses in Boston and Grafton, and their affiliated hospitals including but not limited to Tufts Medical Center and Lahey Hospital. Some of these services include advising on immigration, cultural adjustment, and getting settled at Tufts. We currently have a population of about 2,000 international students and scholars.

We have prepared a Welcome Guide to help you and your dependents navigate some of the many resources available to you in the state of Massachusetts; and the cities where our population of students, visiting faculty and scholars reside during their stay at Tufts. We hope that you can take advantage of this information to help you settle into your new home. Moreover, we invite you to check our “Things to Do” section and motivate yourself to see New England while experiencing its people and their cultural heritage.

Do not hesitate to reach out to us if you need support with your transition and cultural adjustment in the U.S. We are more than happy to help you.

Sincerely,

Tufts University International Center Staff

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Preferred Neighborhoods of Members of the Tufts International Community¹

Allston / Brighton

Allston's buzz of activity and Brighton's residential atmosphere complement each other nicely to give this area a somewhat suburban feel within Boston city limits. The area contains dozens of parks and other open spaces and has one of the lowest median age levels in Boston. With highly diverse demographics, a wide selection of shops and restaurants, and a large student population from the nearby Boston University and Boston College campuses, Allston is the "funkier" of the two neighborhoods. In exchange for shops and services, Brighton offers parks and open space, tree-lined streets, and a more family-oriented, "community" feel. Both are approximately 30-45 minutes away from the Boston campus by the "B" Green Line and various bus routes. Both are approximately 45-60 minutes away from the Medford campus by the Red line and various bus routes.

Arlington

Arlington offers a town beach, sailing on Spy Pond, and several parks and bike trails at Menotomy Park. A recent influx of professionals in recent years has fostered a strong cultural awakening to the arts through its Center for the Arts, which provides classes, poetry readings, open studios, and other activities. Arlington is approximately 20-45 minutes away from the Medford campus by various bus routes.

Brookline

Located minutes from downtown Boston by car or T, the Town of Brookline has a distinctively suburban feel, but with the convenience of a city. Excellent schools, exceedingly safe streets, a strong sense of community, and proximity to Boston make Brookline one of the more desirable towns in the Boston area. The town revolves around the shops and commercial areas of several bustling neighborhoods, of which Brookline Village and Coolidge Corner are the most notable, while a number of parks, tot lots, and a public swimming pool provide ample recreational space. Commute to the Boston campus from Brookline is on the "B", "C", or "D" trains of the Green Line T and varies depending on distance from campus.

Cambridge

Home to the world-renowned intelligentsia of Harvard University and MIT, the City of Cambridge is also a stimulating collection of neighborhood and ethnic sights and sounds. Cambridge is an eminently diverse and student-friendly community. The Fresh Pond area offers parks, tennis courts and a golf course, while community boating is available on the Charles River. Commute to the Boston campus is on average 20 minutes; it varies depending on location but is easily accessible via the Red Line subway. Commute to the Medford campus is accessible via the Red Line and various bus routes as well.

Jamaica Plain

Sometimes referred to as America's "most integrated neighborhood," JP's racial, ethnic, and socio-

¹ Boston neighborhood descriptions were referenced from the Tufts School of Medicine's [housing website](#).

economic diversity is unmatched in metro Boston. An eclectic collection of restaurants and shops on Centre Street, quiet residential neighborhoods, and the beautiful Jamaica Pond and Arnold Arboretum, make JP a great place for students and scholars to live. Commute to the Boston campus is by the “E” Green Line or the Orange Line.

Medford

Medford is a student-friendly city; it is a place for young professionals who commute to the city for work and for families alike. Conveniently located on Route 93, Medford features such diverse offerings as the sprawling Middlesex Falls Reservation, two malls, the Tufts School of Arts & Sciences & Engineering, swimming for residents in Wrights Pond, numerous parks scattered throughout the city and plenty of restaurant choices. Commuters may take bus routes to the Medford campus or the commuter rail and the orange line in Wellington Station to the city of Boston.

Malden

Malden is one of the most affordable neighborhoods for students and scholars and their families at Tufts. It offers considerable shopping facilities, a diverse ethnic makeup contrasting a strong suburban feel, numerous town squares, and TUSM’s Sharewood Clinic. Malden is a 20-minute commute by car or a 30-45-minute commute via the Orange/Red line to the either campus.

Somerville

Somerville is also home to the Tufts School of Arts and Sciences & Engineering. It’s the most densely populated city in New England, yet each part of it has a real neighborhood feel. All the squares have a very strong identity and a unique personality, because there are so many small, independent shops and restaurants and nightclubs. Somerville is close to downtown Cambridge. It is almost exclusively residential but has a lot to offer in terms of culture, cuisine, and lifestyle, especially in the Davis Square area. It is a very student-friendly community and is a walkable city connected by various bus routes throughout the city and about 45 minutes away on the Red Line from the Boston campus.

Quincy

Quincy offers a multitude of can’t-miss things to do, from attending special events, to getting involved in the arts and learning about local history; to dining at independent restaurants and staying active at area parks. The city has become an alternative real estate market for students and Boston commuters; it is also known for its emerging diverse population. The city is reachable by four subway stations: Quincy Adams, Quincy Center, Wollaston, and North Quincy. There is a commuter rail station in Quincy Center as well.

Watertown / Belmont/ Waltham

Watertown, Waltham, and Belmont are suburban towns along the Charles River outside of Boston. They offer many recreational facilities, excellent shopping in the Arsenal Mall. Access to Route 2 and the Mass Pike is easy, making commute to campus best accomplished by car (about 30-35 minutes), but there are trolley lines that bring commuters to Harvard square, and to the Red Line T.

Other Neighborhoods

Metro Boston Neighborhoods

Back Bay

The Back Bay is a neighborhood where old Boston charm blends with the latest in style and entertainment. Bordering the Charles River from the Public Gardens to Massachusetts Avenue, the Back Bay offers a wealth of culture and shopping. Neighborhood jewels include the Commonwealth Avenue Mall, a beautiful grassy strip running the length of the street; the Public Gardens and lagoon, the Boston Public Library, the Mall at Copley Place, the Prudential Center plaza, the Esplanade park adjacent Charles River, and Newbury Street, where brownstone apartment buildings perch above trendy shops, galleries, and boutiques. Perhaps the most desirable neighborhood in Boston, it tends to be pricier than most other neighborhoods; however, all of the Back Bay area is walking or easy T-ride distance to the Boston campus.

Beacon Hill

Generally regarded as the most prestigious of Boston neighborhoods, Beacon Hill is conveniently located near the downtown shopping district and the Boston Common, the neighborhood also embraces the Massachusetts State House and Charles Street, the main commercial area on the Hill. The neighborhood enjoys access to community sailing on and spectacular views of the adjacent Charles River. This is financially the most exclusive neighborhood in Boston, but is mostly within walking distance of the Boston campus.

Charlestown

Rich with history, Charlestown is home to such landmarks as the Bunker Hill Monument, the Phipps Street Burying Ground, and the U.S.S. Constitution, the oldest commissioned ship in the U.S. navy. Charlestown also boasts unique architecture, safe streets, and a quick commute to downtown Boston by car, bus, or water taxi. In addition to several beautiful old homes, the Charlestown Navy Yard has been restored in recent years to include new condominiums, restaurants, and offices, with a superb view of the Boston skyline.

Fenway / Kenmore

With a large student population from nearby Boston University, Northeastern University, Emmanuel College, Simmons College and Wheelock College, the shops and services of Kenmore Square and the Fenway area cater primarily to a younger crowd. Kenmore Square tends to be dominated by the nearby Boston University campus and its students. From Fenway Park to the nightclubs of Landsdowne Street to the restaurants and stores of Kenmore Square, the neighborhood is a busy one. It offers a 10-15-minute commute to the Boston campus via the Green Line subway.

Fenway is one of the smallest neighborhoods in Boston, yet also one of the most densely populated, the area is also home to the Museum of Fine Arts, as well as the Isabella Stewart Gardner Museum. Contrasting with the bustle of Kenmore Square, the beautiful Back Bay Fens, part of the Emerald Necklace string of city parks, provide a quiet refuge from the urban din.

North End

Decidedly Italian in flavor and atmosphere, Boston's North End maintains an antiquated neighborhood charm despite a steady influx of tourism and commercialism. The neighborhood enjoys a location convenient to the Faneuil Hall Marketplace, Haymarket and downtown Boston. While already blessed with ten City-owned parks, recreational facilities and wharfs with marvelous harbor

views, the area will be the recipient in coming years of an extensive new Rose Kennedy Park system. In addition to scores of local shops and restaurants, the Waterfront area is also home to the New England Aquarium, the Children's Museum and the Computer Museum.

South Boston **B**

Primarily a residential, heavily Irish neighborhood, South Boston enjoys a substantial amount of ocean frontage of which facilities such as Castle Island Park, Carson Beach and the L Street Bathhouse make full use. Very much part of a "neighborhood" atmosphere, South Boston's population consists of many families.

East Boston **B**

Located in the shadow of Logan International Airport, East Boston (which is actually located north of central Boston) is another waterfront, primarily residential community. The neighborhood, whose median age is among the highest in Boston, centers on the shops and services of Central, Day, and Maverick Squares. The Callahan and Sumner Tunnels under Boston Harbor provide access to and from Boston. Commute to the Boston campus is via the Blue Line subway and varies in length.

South End **B**

With the distinctive charm of Victorian row houses and tree-lined streets, the South End is a beautiful neighborhood with reasonable prices. One of Boston's most racially and ethnically diverse neighborhoods, the South End's demographics includes young professionals, the elderly, and students. The area has seen a renaissance of sorts in recent years, with new housing and commercial initiatives, and is one of the most convenient areas of the city for Tufts students to live.

Newton **B**

Despite proximity to Route 128 and the Mass Pike as well as extensive shopping facilities, Newton contains several quiet residential neighborhoods along with excellent schools and recreational facilities and a safe suburban feel within 30 minutes of Boston. Parts of Newton are close to the "D" Green Line subway, with an approximately 45 minutes commute to the Boston campus.

West of Boston

Cities such as Framingham and Natick are approximately 20 miles west of Boston. Both offer easy access to the area's main highways including the Massachusetts Turnpike, Route 9, and Route 30, as well easy access to the commuter rail train.

Apartment Hunting

It is not a good idea to rent an apartment without seeing it first. In cities like Medford, Somerville, and Cambridge most long-term apartments become available on September 1st. In other situations, apartments become available 30 to 45 days before the date you are looking to move in, so, if possible, plan your visit accordingly. Contact at least 2 or 3 rental agents or landlords a few days before you arrive to set up appointments to see apartments. Be persistent and try not to get discouraged! You will find something you like if you keep trying!

Cost

How much are you willing to pay in rent per month? (See below for price ranges). Living in Boston can be expensive. You will pay for location as well as convenience.

Note: These ranges are only approximations, and a number of these areas might fall under two or more of the specific ranges.

HIGHER PRICED apartments	MODERATELY PRICED apartments	LOWER PRICED apartments
STUDIOS \$1200-\$2000+ per month	STUDIOS \$1300-2000+ per month	STUDIOS \$900-1500+ per month
1 BR \$1600-2200+ per month	1 BR \$1600-2000+ per month	1 BR \$1300-1800+ per month
2 BR \$2200-3500+ per month	2 BR \$2200-2400+ per month	2 BR \$2000-2200+ per month
3 BR \$2600-3500+ per month	3 BR \$2600-3200+ per month	3 BR \$2400-3000+ per month
<i>Beacon Hill, Back Bay, Bay Village, South End, Cambridge</i>	<i>Fenway/ Kenmore, Brookline, Medford, North End, Charlestown, Somerville, Allston / Brighton</i>	<i>South Boston, Malden, Jamaica Plain, Quincy, East Boston</i>

How Will You Commute?

Boston Health Sciences campus

- **Walking** – Beacon Hill, Back Bay, the South End, and parts of South Boston are considered walking distance to campus.
- **Ride a bicycle** - You are welcome to ride a bike on all public rights-of-way within the Commonwealth, except limited access highways. You'll know you can't bike there because signs are posted. You are required to follow all traffic laws and regulations, including stopping at stop signs and following all traffic lights, unless signs are posted otherwise. You must bike in the same direction of traffic unless the street is signed otherwise. Learn more here: <https://www.boston.gov/departments/boston-bikes/bike-laws-boston> . Check out some tips here: <https://bikeleague.org/ridesmart> . Rent a bike through the Hubway Bike Sharing Program: <https://www.boston-discovery-guide.com/hubway.html> .
- **Driving** – In the state of Massachusetts, a driver's license can only be obtained if the applicant possesses an immigration document valid for minimum one year from the date of the application. Please review the requirements on our [website](#). If you don't qualify for a driver's license, you may use a non-English foreign license accompanied by an International's Driver's Permit or English Translation. Review the requirements on our [website](#).

- There are many wonderful aspects of living in Boston; unfortunately, owning and driving a car is not one of them. Especially within Boston city limits, off-street parking is usually an expensive proposition, while on-street parking is often difficult to find consistently. If you do not have a specific need for a car in your first year (such as a commute requiring one), we strongly recommend that you leave it at home. Some things to keep in mind as you consider whether to bring your car to school:

Within 30 days of moving to Massachusetts, you must either:

- A. Register your car with the police department of the city you live in and with Tufts University Police here on the Boston campus. The relevant form for the city is located at <http://www.massrmv.com/>.
 - B. Register your car with the state of Massachusetts as a Massachusetts resident at the Registry of Motor Vehicles. Failure to comply with this state law may result in a fine. To register a car in Massachusetts, will be required to prove Massachusetts residency to obtain a registration.
 - C. You must obtain an insurance policy through a licensed Massachusetts insurance agent. Insurance rates are set by the state but vary according to where you live, what kind of car you have, and your driving history; these rates tend to be quite expensive within Boston city limits. Registration Conversion fees and title fees, plus a license conversion fees apply. If you never paid a sales tax on your car in your home state, you will be required to pay a 6% tax on the sale price of your car. For more information on registering your car, check the RMV website at <http://www.massrmv.com/>.
 - D. If you live in a Boston neighborhood that requires an on-street resident parking permit, you must follow one of the above procedures before you can qualify for a permit. Resident parking permits are obtained at Boston City Hall and are free of charge. For more information about resident parking permits, please visit the city of Boston website: <http://www.cityofboston.gov/parking/residentparking>.
- **Public Transportation** – The Massachusetts Bay Transportation Authority (MBTA), better known as “the T,” operates the public transportation system in Boston and the surrounding communities. Options include buses, subway, and commuter rail trains. Commutes via public transportation vary depending on place of origin. Discounted monthly T passes are available at the [Tufts Bursar’s Office](#). For more T information, check their website at <http://www.mbta.com>.
 - a. Bus routes 9, 11, 43, and the Silver Line all stop in front of Tufts Medical Center.
 - b. The 4 subway lines in Boston (Orange, Red, Green, and Blue) all have stops within walking distance of the Tufts Health Sciences Campus, though Blue line commuters find it easiest to change to the Orange line instead of walking to campus.
 - c. The commuter rail serves communities outside of the immediate Boston area. These trains run on specific daily schedules arrive at various subway stations within the city. Some commuter rail lines arrive in South Station; which is within a 10-minute walk from the Health Sciences campus.

Medford/Somerville Campus

- **Walking-** Medford, Somerville, and Arlington are surrounded by multi-family houses. You can walk from Medford and Somerville or take the bus routes 80, 86, 94, 96, and more. Check the [MBTA](#) website for more detailed information.
- **Ride a bicycle-** To review the requirements on how to ride a bike near Somerville/Medford please review the information from the section above on page 6. Check out some tips here: <http://www.somervillebikes.org/faqs.html>
- **Driving-** Most multi-family houses have restrictions on how many cars you can park in their garage. In addition, you must apply for a parking permit with the city to park your car on the street. To review the requirements on how to own a car in Massachusetts, please review the Driving information from page 6.
 - Medford parking: <http://www.medfordma.org/departments/collector/parking/>
 - Somerville parking: <https://www.somervillema.gov/departments/traffic-and-parking>
- **Public Transportation-** You get different MBTA bus routes throughout the cities. You can also access Davis Square from the [subway's red line](#). You can get to Medford and Malden from the [subway's orange line](#).

Grafton Campus

- **Ride a bicycle-** To review the requirements on how to ride a bike in the Grafton area, please review the information from the section above.
 - Tips for Grafton/Worcester riders: Bicycles can be carried on to MBTA Commuter Rail trains on weekdays, except during peak periods, and on the weekends. There are also bike racks located on the Worcester Regional Transit Authority buses that service the Grafton campus.
- **Driving-** To drive a personal car you must register it with the state of Massachusetts as a Massachusetts resident at the Registry of Motor Vehicles. Failure to comply with this state law may result in a fine. Please review the Driving Information from page 5.
- **Public Transportation-** Check out more information here: <https://sustainability.tufts.edu/wp-content/uploads/Grafton-Commuter-Brochure-2017-18-FINAL-web.pdf>
 - **The Commuter Rail-** Tufts' Grafton campus is less than a 10-minute walk from the Grafton Station on the MBTA Framingham/Worcester Commuter Rail Line, which runs between South Station in downtown Boston, and Worcester. From the Grafton Commuter Rail Station, exit the parking lot and take a right onto Pine Street and a left onto Route 30 (Westboro Road). The Cummings School is just up the road.
 - **The Worcester Regional Transit Authority (WRTA)-** is a bus system that alleviates the challenges of traveling around Tufts. Bike racks are available on the WRTA buses. Bus Route B stops at the Grafton commuter rail station and makes stops at some supermarkets, Department stores and Grafton Town Common. Many

WRTA buses depart from the Union Station hub where the Commuter Rail makes its final stop in Worcester and they travel to malls, movie theaters, and shopping plazas all over the region.

Fees and Cost to Sign a Lease

Many apartments are listed with realtors who charge a standard fee equal to one month's rent if you rent an apartment they showed you. It is possible to find apartments without a fee. These are usually listed directly with the landlord or management company.

Be sure to ask the realtor or landlord if anything is included with the rent. If the current tenants are available, ask them how much they typically spend on utilities each month to help you estimate your budget.

You can expect to pay a small application fee to apply for an apartment you like. It will usually take one month's rent as a deposit to have the realtor de-list the apartment. This should generally be refundable if you choose not to sign, but make sure to ask first before giving them a check. At least two additional months' rent will be due at lease signing; all together, you will pay first month's rent, last month's rent, and security deposit, (three months' rent at signing). The security deposit is returned to you at lease end, less assessment of apartment damage. Some realtors also charge a key deposit, which is a small fee returned to you at lease end when the keys are turned in.

Roommates

The decision to have a roommate should be based on how willing you are to share your space with another person and how much you are willing to spend on the apartment. Living alone, without sharing costs, can be an expensive proposition. With increasing numbers of roommates, costs go down. On the other hand, more roommates can lead to conflicting schedules, lifestyles, and personalities. We urge you to carefully consider roommate prospects before signing a lease.

Apartment Hunting

If you decide to find a vacant apartment either for yourself or for you and a roommate, there are a few ways to go about this:

- Check out the Tufts Off-Campus Housing Services at <https://offcampus.tufts.edu/> to review apartment listing, search for roommates and post listing of rentals and sublets. You must sign up to see the listings on this page.
- Check out [JumpOffCampus](#): Tufts University School of Medicine has partnered with JumpOffCampus, an online housing resource available to all medical students and visitors. The site offers a variety of features to assist you with searching available apartment listings, search and post sublets, and offers a Marketplace for you to advertise furniture, electronics, etc. that you are trying to sell.

Students most commonly use on-line resources such as www.boston.com, www.craigslist.org, etc. These are good place to start, as you can get a general sense as to cost, location, and amenities available in

different areas. On the other hand, many of these apartments are listed through realtors and will charge a fee, usually equal to one month's rent, to sign a lease. Also, contacting a rental agent on a specific listing may induce them to try and sell you other listings that may not be right for you. Your best judgment will serve you well while using online resources. Check out more resources in the I-Center website: <https://global.tufts.edu/international-center/programs-orientations-and-resources/resources/find-housing>.

Trustworthy, no-fee realtors are available in the Greater Boston area. However, it is a good idea to contact more than one as each realtor has different listings. With a realtor, you tell them what you are looking for (i.e., how much you are willing to spend, number of bedrooms, amenities, etc.) They will often have a good idea if their listings can match your needs, but it is not uncommon that they will take your contact information to get back to you if they find something later on. Your best chance to see multiple units on one visit will happen while using a realtor. They will also drive you to each unit, which cuts down on your stress level and travel time.

Program Disclaimer: Tufts University does not endorse or guarantee in any manner the service or quality of service offered by any landlord, management company, realtor, or individual who lists with the Off-Campus Housing program. Students are under no obligation to utilize the Off-Campus Housing program's services or to rent from companies or individuals in its listings.

Things to Consider When Apartment Hunting in the Greater Boston Area:

Do's and Don't's:

- **DON'T** put down a deposit on an apartment unless you are really sure you want it. If you are interested in an apartment but still want to see others, you should only fill out an application.
- **DON'T** let the realtor pressure you into making any commitment you are not ready to make. YOU control this process, not the realtor. But on the other hand...
- **DON'T** wait too long for the perfect apartment – there is no perfect apartment! A really good one you saw but waited too long for could end up rented by someone else!
- **DO** bring references with you. The rental application will ask for past landlords, employers, credit information, and sometimes personal references. You can also use a copy of your acceptance letter for this purpose.
- **DO** bring a few checks with you – if you find a place you really like and wish to rent you can fill out the application and leave a deposit. Once a deposit has been made, the realtor will take the apartment off the market while a background check is done and the landlord reviews your application.
- **DO** read the lease before signing it. While Massachusetts requires all rental agencies to use a standardized form (called the “RHA lease”) for apartments, you should still familiarize yourself with the contents of the lease to know your rights. If you should do an unofficial rental contract, say with someone who is renting their condo to you; make sure that you are protected legally in the contract if something should go wrong.
- **DO** ask if the above can be done through the mail if you must leave Boston before finalizing your apartment. While the preliminary agreement process can be done by phone/fax, originals are required for formal lease signing. Most agencies are willing to accommodate mail business.
- **DO** ask your parents to co-sign the lease if required. Many landlords are reluctant to rent to students because they do not have a source of income. They will, however, rent to students if someone else cosigns, and the landlord has the right to demand this before entering into a lease. The cosigner will pick up the payments if you are unable to make them.
- **DO** ask for an explanation if you are not accepted for an apartment you applied for, as it will help you in your future search. If this happens, you should get your deposit back.

Getting Around the City:

Guide to the City of Boston

- Getting Around Boston: <https://www.boston.gov/getting-around-boston>
- Moving: <https://www.boston.gov/moving>
- Winter: <https://www.boston.gov/winter-coming>
- Events: <https://www.boston.gov/events> and <http://www.thebostoncalendar.com/>

Guide to the City of Medford:

- Medford Community Resource Guide: <http://www.medfordma.org/about-medford/>

Guide to the City of Somerville:

- Information for new residents: <http://www.somervillema.gov/welcome#trash>
- Moving to Somerville: <https://www.somervillema.gov/moving>
- Winter: <http://www.somervillema.gov/snow>

Guide to the City of Grafton:

- Town of Grafton website: <https://www.facebook.com/TownofGraftonMA> ,
<http://www.grafton-ma.gov/>

Transportation Resources:

For all campuses:

If you have a mobile device with internet data, you can use the following apps to get a ride to your preferred destination

- [Lyft](#)
- [Uber](#)

For Boston and Medford:

The Massachusetts Bay Transportation Authority (MBTA) or the T offers bus, subway, rail and boat services to the Greater Boston and some nearby suburban areas. The MBTA allows you to get daily, weekly, and monthly passes. If you are planning on using public transportation as your main source of transportation we recommend that you get a CharlieCard. CharlieCards are reusable and rechargeable while CharlieTickets are more flexible. For more information visit the MBTA website here: <http://www.mbta.com/>



Boston Campus:

Commuting options for the following campuses:

- Visiting the School of Medicine at Tufts: <https://medicine.tufts.edu/directions>
- Visiting the School of Dental Medicine at Tufts: <https://dental.tufts.edu/academics/travel-information>
- Visiting the Sackler School of Biomedical Sciences:
<https://sackler.tufts.edu/studentLife/campusCommunity/directions>
- Visiting the Friedman School of Nutrition: <https://nutrition.tufts.edu/about/visiting>

- Visiting Tufts Medical Center: <https://www.tuftsmedicalcenter.org/About-Us/Locations-and-Directions>

Medford Campus:

- Public Transportation: <http://publicsafety.tufts.edu/adminsvc/shuttle-services/mass-transit/>
- Tufts Shuttle Services: <http://publicsafety.tufts.edu/adminsvc/shuttle-services-2/>

Grafton Campus:

- Getting Around and Travel Logistics: <http://vet.tufts.edu/about/visit-us/travel-logistics/>
<http://vet.tufts.edu/about/visit-us/maps-directions-and-parking/>
- Worcester Regional Transit Authority: <http://www.therta.com/>

Tufts SafeRide Services

The Tufts University Police Department is pleased to offer a re-designed safety service called the Tufts SafeRide, offered for your personal safety. You should use this service as an alternative to walking alone at night. To learn about the services offered by each campus please visit the websites below:

- **Boston Campus:** <http://publicsafety.tufts.edu/police/safe-ride-services-boston-grafton/>
- **Grafton Campus:** <http://publicsafety.tufts.edu/police/safe-ride-services-boston-grafton/>
- **Medford Campus:** <http://publicsafety.tufts.edu/police/safe-ride-services-medford-somerville/>

Getting a Tufts University Identification

Obtain your picture ID at the Department of Public and Environmental Safety.

You will be issued a University picture identification card. Please keep your I.D. with you while you are on University premises. Entrance to some University buildings and departments, such as libraries. When you leave employment at Tufts, you are required to return any Tufts identification cards, keys, and other University property. When you leave employment at Tufts, you are required to return any Tufts identification cards, keys, and other University property.

- Information for Tufts employees: <http://publicsafety.tufts.edu/adminsvc/id-issuance/>
- Information for affiliates (Visiting scholars not paid by Tufts):
<http://publicsafety.tufts.edu/adminsvc/id-issuance/affiliate-authorization-process/>

Medford Campus: Location: Dowling Hall Garage, 419 Boston Ave. Medford, MA 02155. Phone number: 617.627.3692

Boston Campus: Location: Biomedical Research & Public Health Building, 136 Harrison Ave., M&V Wing, 1st Floor, Boston, MA 02111. Phone number: 617-636-0392

Grafton Campus: Location: Administrative Services Building, 200 Westborough Road, Grafton, MA 01536. Phone number: 508 887 4392

HNRCA: Prior to receiving a Tufts ID to enter the HNRCA building you must await to receive clearance from the Federal government. Please contact your Department to learn about the process.

Medford Campus: Location: Dowling Hall, 1st Floor, 419 Boston Avenue, Medford MA 02155. Phone number: 617-627-3692.

Tufts Medical Center: You must contact your Department administrator to get information on how to apply for a Tufts Medical Identification. Affiliates from Tufts Medical Center will not have access to Tufts University buildings without a Tufts University staff present.

Building Accessibility for Dependents

Using the Gym on the Medford Campus:

Students, employees and dependents of Tufts employees and affiliates can access the gym facilities in the Medford campus. Tufts employees can use the Tufts University Gantcher Center on the Medford campus for their athletic endeavors. For more information about the facility and hours, visit <http://www.gotuftsjumbos.com/facilities/information>. Dependents can use the gym if the employee goes to the gym and registers the dependents there, showing his/her employee ID. The Gym can advise on the rules for dependents using the facility.

Using the Gym on the Boston Campus:

The Tauber Fitness Center is located on the lower level of the Sackler Center and can be accessed by elevator or stairs. You must have a valid Boston Campus student-ID with you in order to access the facility and will be asked to use the card swipe at the front desk to confirm eligibility. Only faculty and staff who are Boston Campus employees who are benefits eligible per our HR department, will be eligible for gym memberships. The membership fee is \$25.00 per month and will be pre-billed quarterly: January 1, April 1, July 1 and October 1. Any individuals wishing to cancel may do so after any quarter and their space will be filled by the next person on the lottery waitlist. The membership fee is non-refundable. For more information please visit this site: <https://medicine.tufts.edu/student-community/fitness-recreation> .

Using the Tisch Library in the Medford Campus:

Students, employees and dependents of Tufts employees and affiliates can check out books and use the library facilities by registering with them. For more information visit the Tisch Library website: <http://tischlibrary.tufts.edu/use-library/borrow-renew-or-request/other-library-patrons/facultystaff-spouse-library-privileges> .

Using the Hirsh Health Sciences Library in the Health Sciences Campus (Boston):

The Tufts University Hirsh Health Sciences Library is not open to the general public. Access is limited to the following:

- Faculty, staff & students of Tufts University
- Tufts Medical Center staff
- Retired and emeritus faculty/staff of Tufts University
- Tufts-affiliated institutions/organizations
- Alumni of Tufts Boston-campus schools. Other Tufts campus alumni with alumni library card.
- Individuals with valid identification from a Boston Library Consortium member-institution (a valid BLC card is also required for BPL card holders)
- New England School of Law Student

If you have any questions about access, please visit contact the Library staff at 617.636.6706. or visit their website at <https://hirshlibrary.tufts.edu/about-us/policies/access-policy> .

Opening a U.S. Bank Account

As an international scholar, you should research the banks you are considering using so they meet your individual needs. Use the banks' websites and feel free to contact the banks via phone, email, or in-person. Do not be afraid to ask any questions you may have.

Things to consider about U.S. banks:

- Most banks operate during office hours 9am-5pm Monday-Friday and might be open only until 1pm on Saturdays. For the most part, U.S. banks do not open on Sunday.
- You can open a checking or a savings account. Your checking account will allow you to withdraw money from an ATM with a debit card that looks like a credit card for Visa or MasterCard.
- Your checking account allows you to get check books to pay for bills such as rent and utilities. Having a check book is not compulsory.

Some questions to consider before opening a bank account

- Are there bank offices and/or ATMs near Tufts University?
- What are the fees associated with wiring money from/to overseas?
- What requirements and penalties are there regarding a minimum balance?
- Does my account earn interest?
- Are there monthly service fees or other fees?

Documents needed to open a bank account:

- Form DS-2019 or I-797
- Passport and I-94 record
- Social Security number (if available)
- Proof of address such as personal mail or utilities bill (varies per financial institution)
- Other documents as required by each institution

Most Common Banks in Massachusetts:

- [*Bank of America*](#)
- [*Capital One*](#)
- [*Citizens Bank*](#)
- [*Eastern Bank*](#)
- [*Santander*](#)
- [*TD Bank*](#)

***There are many local banks and credit union facilities around Tufts and your city of residence. Please consider researching all your options prior to making a decision.**

Telephone Service:

When purchasing a cellular (mobile) phone, you will be asked to provide the company with Social Security Number (SSN). The SSN will be used to check your credit information. If you do not have one and are not eligible for one, you will be asked to pay a security deposit. The amount of the deposit varies according to the provider.

Some of the most popular telephone service providers are:

- [AT&T](#)
- [Metro PCS](#)
- [Sprint](#)
- [T-Mobile](#)
- [Verizon Wireless](#)

Weather in New England

Massachusetts is part of a region in the United States called New England, where the weather is very unpredictable. Although there are four distinct seasons (summer, fall, winter, spring), the weather often changes quickly and dramatically.

Spring starts in late March and ends in late June. Typically, it starts out cold and windy. It could be quite rainy and sometimes it may continue to snow into the month of April. Recommended clothing for this season includes sweaters, jackets, raincoat, and rain boots or waterproof footwear.

The summer months, June-September, can be very hot and humid, with temperatures ranging from 15° to 36°C (60° to 100°F).

Fall runs from late September through mid-November. The region experiences cooler night temperatures and bright sunshine during the day. The fall can also be rainy and occasionally snow.

The average temperature ranges from 7° to 10° degrees Celsius (45° to 50° F). Recommended clothing for this season includes sweaters, jackets, fall coat, raincoat, light scarfs, and rain boots or waterproof footwear.

The winters (December-March) tend to be cold and wet with snowstorms, and temperatures ranging from 17° to 3°C (0° to 37°F). Snowing is particularly frequent beginning in late January through the end of February. During snow season it is recommended to listen to local news and radio regarding governmental (roads, highway, parking) policies, school and business closure announcements.

Recommended clothing for this season includes winter coats, hat, mittens, winter boots, thick scarfs, thermal underwear and more.



Hospitals and Urgent Care Facilities:

When to visit an Emergency Room (ER) at a Hospital:

First and foremost, the ER is meant for true emergencies and is equipped for nearly any type of medical emergency. Emergency rooms are found at most hospitals and they are typically open 24 hours a day, 7 days a week.

Emergency rooms can handle trauma, x-rays, surgical procedures, and other life-threatening situations. Visit the ER for care when you experience any of the following:

- allergic reactions to food, animal or bug bites
- broken bones
- chest pain
- constant vomiting
- continuous bleeding
- severe shortness of breath
- deep wounds
- weakness or pain in a leg or arm
- head injuries
- unconsciousness
- having serious thoughts about suicide

If you have a true emergency go to your nearest emergency room or call 911.



While the ER can help care for any medical situation, it comes at a steep price. The ER costs an average of three times more than a visit to the urgent care. In a non-life-threatening situation, you can most likely be treated at an urgent care.

When to go to Urgent Care:

Visiting an urgent care center is a great alternative where you will be treated quickly while saving money. Most urgent care centers are equipped to handle non-life-threatening situations that you can typically find at your doctor's office. Most urgent care centers are open late and on weekends and holidays. A true urgent care center will be staffed with doctors and nurses who have access to x-ray and a lab onsite.

When you need immediate care, but you do not have time to see your doctor, urgent care can help you with common conditions such as:

- flu and cold
- coughs and sore throat
- high fevers
- vomiting, diarrhea, stomach pain
- cuts and severe scrapes
- broken bones
- minor injuries and burns
- sports injuries
- and more

Health Care Facilities

Boston:

Brigham and Women's Hospital: <http://www.brighamandwomens.org/>

- **Massachusetts General Hospital:** <http://www.massgeneral.org/>
- **Tufts Medical Center:** <https://www.tuftsmedicalcenter.org/About-Us/Overview.aspx>

Grafton:

- **Saint Vincent Hospital:** <https://www.stvincenthospital.com/>
- **UMass Memorial Medical Center:** <https://www.umassmemorialhealthcare.org/umass-memorial-medical-center/services-treatments/emergency-care>
- **AFC Urgent Care:** <http://www.doctorexpressworchester.com/>
- **CareWell Urgent Care:** <http://carewellurgentcare.com/locations/woresterfair-ma-greenwood-st-urgent-care/>

Medford:

- **Lawrence Memorial Hospital of Medford:** <https://www.hallmarkhealth.org/Lawrence-Memorial-Hospital-of-Medford.html>
- **Hallmark Health Urgent Care :** <https://www.hallmarkhealth.org/Urgent-Care-Center/All-Pages.html>

Somerville:

- **Cambridge Health Alliance (CHA) Somerville Hospital:** <http://www.challiance.org/location/somerville-hospital.aspx>
- **CareWell Urgent Care:** <http://carewellurgentcare.com/locations/somerville-ma-urgent-care/>

Supermarket (Grocery Stores)

Boston (near Tufts University-Boston):

- **Roche Brothers:** 8 Summer Street, Boston MA 02110 <http://www.rochebros.com/location/downtown-crossing/>
- **Whole Foods Market,** Charles River Plaza: 181 Cambridge St. Boston, MA 02114 <http://www.wholefoodsmarket.com/>
- **Star Market:** 53 Huntington Ave. Boston, MA 02199 <http://www.starmarket.com/#1>

Grafton:

- **Super Stop & Shop:** Country Plaza Shopping Center, 100 Worcester St, North Grafton, MA 01536 stopandshop.com
- **Price Chopper:** 731 Boston Turnpike, Shrewsbury, MA 01545 pricechopper.com
- **Walmart Supercenter:** 200 Otis St, Northborough, MA 01532 walmart.com

Medford:

- **Aldi:** Fellsway Plaza, 630 Fellsway, Medford, MA, MA 02155 www.aldi.us
- **Super Stop & Shop:** Fellsway Plaza, 760 Fellsway, Medford, MA 02155 www.stopandshop.com
- **Whole Foods Market:** 2151 Mystic Valley Pkwy, Medford, MA 02155 <http://www.wholefoodsmarket.com/>

Somerville:

- **Market Basket:** 400 Somerville Ave, Somerville, MA 02143 <https://www.shopmarketbasket.com/>
- **Star Market:** Twin City Plaza, 14 McGrath Hwy, Somerville, MA 02143 www.starmarket.com
- **Stop & Shop:** 105 Alewife Brook Pkwy, Somerville, MA 02144 www.stopandshop.com

Shopping Centers:

Boston:

- **The Shops at Prudential Center:** 800 Boylston St. Boston, MA 02199
<http://www.prudentialcenter.com/>
- **Faneuil Hall Marketplace:** 4 South Market Bldg, Boston, MA 02109
<http://www.faneuilhallmarketplace.com/>
- **Newbury Street** in the Back Bay neighborhood

Grafton:

- **Auburn Mall:** 385 Southbridge St, Auburn, MA 01501 <http://www.simon.com/mall/auburn-mall>
- **Westborough Shopping Center:** 24 Lyman St, Westborough, MA 01581
westboroughshoppingcenter.com

Medford & Somerville:

- **Assembly Row:** 100 Foley Street, Somerville, MA 02145 <http://www.assemblyrow.com/>
- **Cambridge Side:** 100 Cambridge Side Pl. Cambridge, MA 02141
<http://www.cambridgesidegalleria.com/>
- **Porter Square Shopping Center:** 1 Porter Sq. Cambridge, MA 02140
-

Postal Services:

USPS

The United States Postal Services (USPS) is a government operated mailing services company that can be found in almost each city or town in the state of Massachusetts. You can call (800) ASK- UPSPS for information or visit their website at <https://www.usps.com/> . Most post offices are open on weekdays and Saturdays.

Business hours varies per city. Some post offices open as early as 8am and close as late as 7pm.

- Mail is delivered once a day, Monday through Saturday, except for special delivery mail, which is delivered as soon as it reaches its post office destination.
- When mailing important documents, you should talk with a representative about the adding insurance, tracking information or other additional services to your mail.
- Mail will not usually be left at your apartment unless your name appears on the mailbox. You must report your change of address to USPS when you move to a new location.
- You can purchase stamps at a USPS store, online or at a supermarket. Regular mail such as letters can be dropped off at blue mailbox for pick up.

Other Domestic and Int'l mailing companies:

- [FedEx](#), [UPS](#) & [DHL](#)



Laundromats:

Boston:

- *Yelp Reviews for Best Coin Laundries:* [Yelp.com](https://www.yelp.com)

Grafton:

- *Yelp Reviews for Best Coin Laundries Nearby:* [Yelp.com](https://www.yelp.com)

Medford:

- Big Bundle Laundromat: 559 Main St. Medford
- Supersuds Laundromat: 199 Rear Mystic Ave. Medford

Somerville:

- Powderhouse Laundromat: 138 College Ave., Somerville
- Teele Square Laundromat: 1141 Broadway, Somerville
- Beacon Street Laundromat: 358 Beacon St, Somerville

Where to Eat

Boston

In Boston, you can find almost any ethnic food that you can think of including but not limited to Mexican, Brazilian, Caribbean, Chinese, Japanese, Korean, Italian, etc. The city of Boston is also known for its seafood. Some of their most famous dishes are lobster roll, clam chowder, and cannolis. Check out a review of these dishes here: <https://theculturetrip.com/north-america/usa/massachusetts/articles/10-signature-boston-dishes-you-need-to-try/> .

Check out restaurants in New England

- <https://eater.com/>
- https://www.tripadvisor.com/Restaurants-g60745-Boston_Massachusetts.html
- <https://www.yelp.com>
- <https://www.opentable.com>
- <http://tasteworcester.com/>
- <https://www.discovercentralma.org/eat-drink/>

Things to do in the Greater Boston Area

Museums

- **Boston Tea Party Ships & Museum** <https://www.bostonteatartyship.com/>
A live theatrical performance reenacting the "single most important event leading up to The American Revolution". A museum with state-of-the-art technology, original tea crate from the Boston Tea Party in 1773.
- **Isabella Stewart Gardner Museum** www.gardnermuseum.org/
This is a private art museum that houses many important European, American, and Asian art, and has a beautiful courtyard. It is located in Fenway on the **Green** Line. Entrance fees are discounted for anyone wearing Red Sox memorabilia!
- **Museum of Science** www.mos.org
With daily live presentations, over 700 interactive exhibits, and a steady rotation of Planetarium, IMAX, and 4-D films, lectures, and special events, there's always something new going on at the Museum. The Museum is accessible on the **Green** Line subway to Science Park station.
- **The Museum of Fine Arts:** <http://www.mfa.org/>
A world-class art museum, the MFA is on the Green and can be reached by a shuttle from the Medford campus and on the **Green** Line subway Museum of Fine Arts station. There are different exhibits and events year-round. The museum is free for Tufts ID holders.
- **The USS Constitution Museum** <https://ussconstitutionmuseum.org/>
The USS Constitution Museum serves as the memory and educational voice of USS CONSTITUTION, by collecting, preserving and interpreting the stories of "Old Ironsides." Open 7 days a week, the Museum is located directly across from CONSTITUTION and invites families and guests to swing in a hammock, furl a sail or enlist onboard Constitution as a sailor in 1812! Admission is by donation.



For more information about museums please visit: <https://www.bostonusa.com/things-to-do/>

Places:

- **Boston Common** is the oldest city park in the US, Boston Common was built in 1643 and is a centrally-located, beautiful place in downtown Boston. The park is accessible on the **Red** Line subway to Park Street station.
- **Boston Chinatown** is an area with a high concentration of Vietnamese and Chinese immigrants, Boston Chinatown has many restaurants from these cuisines and is the only Chinatown in New England. It is accessible on the **Orange** Line subway to Chinatown station.
- **Faneuil Hall Market Place** <http://www.faneuilhallmarketplace.com/>
Located in downtown Boston, steps away from the waterfront, Faneuil Hall Marketplace is alive today as it was in 1742 when our nation's fathers proclaimed it "The Cradle of Liberty." Customers enjoy unique, locally loved, and nationally recognized shops while indulging in the worldwide cuisine at the restaurants, pubs, and in the world-famous Quincy Market Colonnade.



The site is accessible on the **Blue Line** to Aquarium/Faneuil Hall and on the **Orange Line** to State Street or Haymarket.

- **New England Aquarium** <http://www.neaq.org/>
The New England Aquarium is a global leader in ocean exploration and marine conservation. With more than 1.3 million visitors a year, the Aquarium is one of the premier visitor attractions in Boston and a major public education resource for the region.
- **Taza Chocolate Factory:** <https://www.tazachocolate.com/pages/take-a-tour>
The chocolate factory has tours every day of the week and you can book one online at the link above.
- **Trillium Brewing Company:** <http://www.trilliumbrewing.com/#trillium-brewing-events-section>
Named the best local brewery in New England, Trillium has a large selection of beers and host interesting events from barbeques to yoga.

Things to Do:



- **Boston Duck Tours** <http://www.bostonducktours.com/>
Boston Duck Tours is a great way to start off your visit to Boston. We give you a great overview of the city, show you many unique neighborhoods and splash you into the Charles River for a breathtaking view of the Boston and Cambridge skylines.

- **Freedom Trail Tour** <http://www.thefreedomtrail.org/>
The trail is a 2.5-mile, red-lined route that leads you to 16 historically significant sites — each one an authentic treasure. Explore museums and meetinghouses, churches, and burying grounds. Learn about the brave people who shaped the U.S. Discover the rich history of the American Revolution, as it began in Boston, where every step tells a

story.

- **Great Brook Cross Country Ski Touring Center:** <https://www.facebook.com/greatbrookski/>
In less than a 30-minute drive from Medford you can escape the city and enjoy the outdoors while cross country skiing, alone or with your family. Rentals available!
- **See the Boston Ballet:** <https://www.bostonballet.org/home.aspx>



Since 1963, Boston Ballet has been one of the leading dance companies in the world on stage, in the studio and in the community. Under the leadership of Artistic Director Mikko Nissinen and Executive Director Meredith Hodges, the Company maintains an internationally acclaimed repertoire and the largest ballet school in North America, Boston Ballet School.

Boston Sports

- **Red Sox** – Boston’s most famous sports team is the Major League Baseball (MLB) team Red Sox. They play at the historical [Fenway Park](#). The season runs from April through October.
- **Boston Celtic** – Boston’s National Basketball Association (NBA) team. They play at the [TD Garden](#) in Boston. The season runs from October through June.

- **New England Patriots** – The regional National (American) Football League (NFL) team. They play at the [Gillette Stadium](#) in Foxborough, MA. This location is not accessible by public transportation. The season runs from September through February. The iconic Super Bowl is an all-American tradition that captures the attention of numerous families throughout the nation.
- **Boston Bruins** – Boston' National Hockey League (NHL) team. The team plays at the TD Garden. The season runs from October through April.
- **New England Revolution** – This is the regional Major League Football (soccer) team. Even though they are not very popular, they usually have tickets available. They play at the Gillette Stadium. The season runs from March through October.



Local Farmers Markets

- **Boston Public Market** <http://bostonpublicmarket.org/>
Hosts local vendors from across Massachusetts and New England. Located at 100 Hanover Street, Boston and open Wednesday to Sunday 8am-8pm. It also hosts "The Kitchen," with year-round programming that encourages a passion for regionally sourced food and appeals to a diverse audience. The Kitchen is a gathering place for all to share and learn about the healthy bounty of Massachusetts. It is the center of community education, programming and interaction, featuring engaging workshops and programs.
- **Haymarket** <http://www.boston-discovery-guide.com/haymarket-boston.html>
Located close to the Freedom Trail in the historic heart of Boston, Haymarket and the small brick-and-mortar food shops lining Blackstone Avenue form a vibrant market district along with Faneuil Hall Marketplace and Boston Public Market. The shops are accessible on the **Orange** Line to Haymarket station.
- **Somerville Winter Farmers Market** <http://www.somwintermarket.org/>
This weekly market offers the best locally grown and regionally produced agricultural items including vegetable produce, cheese, eggs, meats, fish, breads, pastries, chocolate, and wine. It features rotating guest vendors each week, as well as live entertainment. Location: 191 Highland Ave, Somerville, MA.
- **Davis Square Farmers Market** <https://www.facebook.com/Davis-Square-Farmers-Market-404743659554925/>
Fresh, locally-grown fruit, vegetables, meats, baked goods. Rain or shine, holiday or not. Every Wednesday May 18-Nov. 23, (the day before Thanksgiving). Location: Herbert & Day Streets, Somerville, MA
- **Union Square Farmers Market** <https://www.facebook.com/unionsquaremarkets/>
The market offers a wide range of locally produced vegetables, fruit, meat, eggs, fish, bread, cheese, mushrooms, baked goods, wine/hard cider and specialty foods in addition to weekly live music and activities. Location: 66-70 Union Sq. Somerville, MA.



Things to do in the Greater Worcester Area (Grafton)

- **Canal District Farmers' Market:** <http://www.canaldistrictfarmersmarket.com/>
The Canal District offers: Horse and Wagon Tours, Local Produce, Organic Produce, Bouquets from a Local Flower Farm, a Fish Share, Locally Raised Meats, eggs, Vegan and Gluten Free Goods, Local Wine, Plants, Sprouts, Herbs, Chocolates, gourmet cupcakes, Homemade Pasta, Baked Goods,

Goats Milk Soap, Tea's, Alpaca Goods and Real Alpacas, Candles, Local Handmade Goods, Dog Treats, Pre-packaged Specialty Items, Cooking Demos, Maple Syrup, Honey, BBQ Sauce, Food Trucks, Coffee, a Coffee Lounge, Live Music, Yoga Classes and Italian Ice. The market is open on Saturdays year-round 9am-12pm.

- **EcoTarium in Worcester:** <http://www.ecotarium.org/>

The EcoTarium is a family-friendly, indoor-outdoor museum located in Worcester, Massachusetts. It offers three floors of interactive exhibits, exciting shows in the digital planetarium, daily Science Discovery programs, live animal habitats, hikes through forest and meadow nature trails, outdoor imaginative play, and a train ride around the grounds (seasonal).



- **Grafton Farmers Market:** <http://www.graftonfarmersmarket.com/>

The market is a volunteer-managed market that provides locally Grown produce, baked goods, artisanal foods, and hand-crafted items during the New England growing season. The market operates from June-October in Grafton Common.

- **The Hanover Theater for the Performing Arts:** <http://www.thehanovertheatre.org/>

The Hanover Theatre draws over 170,000 patrons annually with world-class performances and headlining acts including touring Broadway hits ("Les Miserables," "Mary Poppins," "Jersey Boys"); comedians (Steve Martin, George Carlin, Dave Chappelle); musical acts (Neil Young, Aretha Franklin, The Moody Blues, Diana Ross); and everything in between ("A Christmas Carol," Maya Angelou, Rudy Giuliani, Alvin Ailey American Dance Theatre). Since opening, the theatre has established its place as a world-class performing arts venue, acting as a catalyst for the economic development of downtown Worcester.

- **The Willard House & Clock Museum in Grafton:** <http://willardhouse.org/>

The Willard House is a cultural and historical treasure hidden in the heart of Blackstone Valley. In addition to the beautiful architecture, which dates to 1718, the museum also features one of the finest collections of clocks in the world. Come by for a tour and see where time began in Blackstone Valley.

- **Worcester Art Museum:** <http://www.worcesterart.org/>

The Worcester Art Museum is world-renowned for its 35,000-piece collection of paintings, sculpture, decorative arts, photography, prints, drawings and new media. The works span 5,000 years of art and culture. View paintings by Cassatt, Gauguin, Goya, Monet, Sargent and Whistler; admire floor mosaics from the ancient city of Antioch; see cutting-edge contemporary art; and discover the Museum's many other treasures. Special exhibitions showcase the masterworks, seldom-seen gems, and important works on loan.



English Language Resource List

Boston/Medford Campus ESOL Resource Directory

<http://www.englishatlarge.org/>

- Comprehensive list of English for Speakers of Other Languages (ESOL) agencies in the Greater Boston Area of Massachusetts.
- Also included are programs and classes in job preparation, citizenship, driver's education, GED, and computer literacy.

Irish immigration Center

<https://www.iiicenter.org/what/education-services/>

- English for Speakers of Other Languages (ESOL) program offers students the opportunity to build the critical language skills they need to improve their English language fluency.
- Beginner and intermediate classes match students' level and education goals, learning styles and language needs.
- Conversation classes that build fundamental listening and speaking skills.

One State Street | Boston, MA 02109 | (617) 542-7654

Centro Presente

<http://www.cpresente.org/what-we-do/adult-education>

- English for Speakers of Other Languages (ESOL) (basic, intermediate, and advanced levels)
- US History and Civics (in preparation for US Citizenship exam)
- Computer Literacy classes (basic computer usage, word processing, Internet and email proficiency)
- Classes are offered in 9-week cycles, 4 times a year

12 Bennington Street, Suite 202 | East Boston, MA | 02128

St. James Episcopal Church

<http://www.stjamesomerville.org/esl-at-st-james/>

- Free ESL Practice sessions
- No Sign up required
- Monday evenings 6-8pm

1170 Broadway | Somerville, MA, 02144 | (617) 666- 1063

SCALE – Somerville Center for Adult Learning Experience

<http://www.somerville.k12.ma.us/adult-learning/scale>

- Free classes
- Fees are charged ONLY for orientations, adult evening school, testing, and for the Adult Diploma Program



- may be waitlisted
- Monday- Thursday 8:00am- 8:00pm, Friday 8:00am-4:00pm

167 Holland Street | Somerville, MA, 02144 | 617 629-5500

The Welcome Project

<https://www.welcomeproject.org/>

- Semester registration fee
- Scholarships available for Somerville residents
- 4 different levels for adult English language learners

Monday/Wednesday or Tuesday /Thursday schedule

- Morning classes 9:30am-12:00pm
- Evening classes 6:00pm-8:30 pm

530 Mystic Ave, #111 | Somerville, MA 02145 | (617) 623-6633

Somerville Public Library Programs

<http://www.somervillepubliclibrary.org/services/esl>

- Free English language classes
- No registration required
- No waitlist – just show up!

East Branch

115 Broadway

Session 1: Mondays 6:00-7:00 p.m.

Session 2: Mondays 7:15-8:15 p.m.

Central Library

79 Highland

Session 1 and
2: Tuesdays 6:00-7:30 p.m.

West Branch

40 College Ave

Session

1: Thursdays 6:00-7:00 p.m.

Session

2: Thursdays 7:15-8:15 p.m.

Grafton Campus

Worcester Public Schools - Adult Learning Center

<http://worcesterschools.org/adult-education>

- Free classes
- English Proficiency/Literacy skills

ESL Schedule:

Tuesday & Thursday 9:00- 11:30
11:30am

Tuesday & Thursday 5:30- 7:30

Literacy Skills Schedule:

Monday through Thursday 9:00am-

Monday through Thursday 5:00pm-7:30pm

Fanning Building | 24 Chatham Street | Worcester, MA 01609 | (508) 799-3091 or (508) 799-3171

Worcester State University – English Language Institute
<http://www.worcester.edu/Intensive-English-Language-Institute/>

- Community ESL Program for all skill levels
- Intensive ESL Program for all skill levels
- Registration Required

Shaughnessy Administration Building | Suit A-418|486 Chandler Street | Worcester, MA 01602

Clark University – ESL for Worcester-Area Residents
<https://www2.clarku.edu/school-of-professional-studies/esl/communityESL.cfm>

- ESL instruction at up to 6 levels
- Morning, afternoon and evening course offerings
- Registration required

Clark University | 950 Main Street | Worcester, MA 01610 | (508) 793-7711

Quinsigamond Community College – Adult Community Learning Center
<http://www.qcc.edu/center-workforce-development-and-continuing-education/abe-esl>

- Beginner, Intermediate and Advanced skill levels
- In person registration required (contact Cindy Fanning @ (508) 751-7938 or cfanning@qcc.mass.edu)

25 Federal Street | Worcester, MA01606

Citizenship Assistance Agencies & ESL Classes in Worcester Area
<http://citizenshipservices.blogspot.com/2007/06/esl-classes-in-worcester-area.html>

- Extensive list of ESL classes in and around Worcester, Massachusetts
- Also includes HiSET (formally GED) Classes and Local Citizenship Classes

Registering your children in School

An overview of the American Education System

The American education system is unlike that in many other countries. Formal schooling lasts 12 years, until around age 18. Compulsory schooling ends by age 16 in most states; all other states require students to attend school until they are 17 or 18. All children in the United States have access to free public schools. The education system is divided into three levels: elementary/primary education, secondary education, and postsecondary/higher education (college or university).

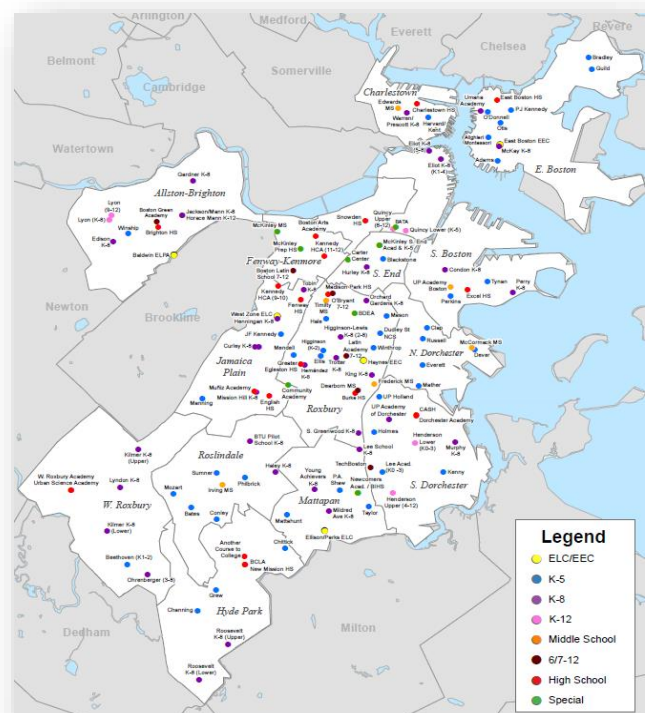
Every State has its own department of education and laws regulating finance, the hiring of school personnel, student attendance, and curriculum. Though the U.S. Federal government contributes approximately 10% to the national education budget, education is primarily the responsibility of state and local government. Public schools have also relied heavily on local property taxes to meet the vast majority of school expenses. American schools have thus tended to reflect the educational values and financial capabilities of the communities in which they are located. Consequently, there is huge variation among schools regarding courses, subjects, and other activities. For more information about the American Education System read the "[Guide to the Education System in the United States](#)" by the University of Minnesota.

Boston Public Schools

Boston, Massachusetts has an estimated population of 667,137 inhabitants. 44.6% of the population is comprised by White Americans, African Americans represent 25.3% of the total population. Hispanics or Latinos and Asians comprise 19.5% and 9.4% of the total population respectively. Almost 17,000 children (30% of all students) in the Boston Public Schools system are English language learners (ELLs).

The Boston Public Schools system is comprised by the following neighborhoods:

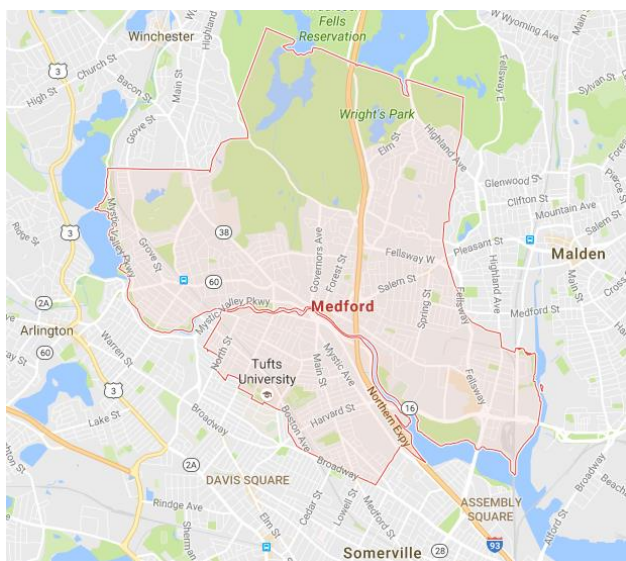
- Allston
- Brighton
- Charlestown
- Dorchester
- East Boston
- Fenway-Kenmore
- Hyde Park
- Jamaica Plain
- Mattapan
- Roslindale
- Roxbury
- South Boston
- South End
- West Roxbury



Medford Public Schools

Medford, Massachusetts is a city of a population of 57,403 inhabitants. 78.6% of the city's population is comprised by White Americans. Meanwhile, African-Americans represent 8.8% of the population, 6.9 % of the population are Asians and 4.49% are Hispanics or Latinos.

To register your child on one of the Medford Public Schools contact The Parent Information Center. The Center is located in the main lobby of Medford High School, 489 Winthrop Street. You can also contact the Center at 781-393-2132 or by email at parentinfocenter@medford.k12.ma.us . Appointments are encouraged. Please call or email for your appointment and a list of items needed for your appointment.



The school district serves students K-12. Students in Kindergarten through fifth grade are assigned to the school in their proximity. Parents of middle school students may choose either the John J. McGlynn K-8 School or the Madeleine Dugger Andrews 6-8 School. Students are assigned according to space availability, sibling placement and diversity plan guidelines. Grades 9-12 are assigned to Medford High School. To learn more about the Medford Public Schools visit this website:

<http://www.medfordpublicschools.org/>

Download a registration form here and submit the documents below with it:

<http://www.medfordpublicschools.org/wp-content/uploads/2015/10/201510290852-1.pdf>

- Birth Certificate
- Immunization Records (a school nurse will review the record to ensure compliance with Massachusetts Department of Public Health requirements)
- Physical Examination (1-year-old or less) with tuberculosis risk assessment/screening
- Two forms for proof of residency (utility bill, or rental lease agreement, mortgage statement)
- Photo ID of parent/guardian

Somerville Public Schools

Somerville, Massachusetts is a city of a population of 80,318. White Americans comprise 73.9% of the entire population. 6.8 % of the population identify as African-Americans, 8.7% Asians and 10.6% are Hispanics or Latinos.

The Somerville Public School System is a home to more than 5,000 students. The system is comprised by eight districts that serve children in grades pre-Kinder through 12th grade. You must reside in the city of Somerville to register your children in any of the eight districts K-8 schools.

More than 50% of the SPS student population speaks a language other than English at home, and nearly 18% of our students receive some form of English language instructional support. In all ELL programs, students learn English as a Second Language while also learning grade-level content.



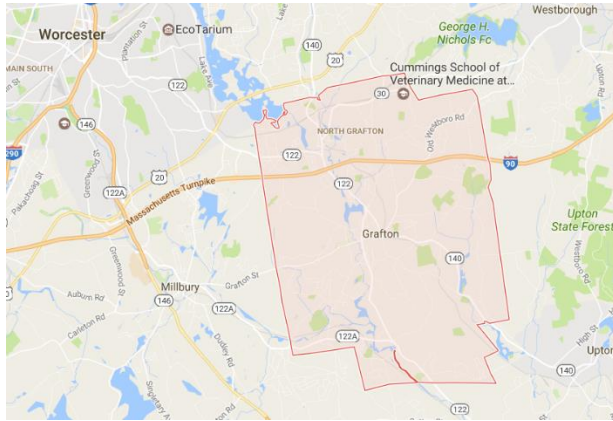
Find tips on how to choose a school by visiting the Somerville Public Schools website: <http://www.somerville.k12.ma.us/>

Download registration information for students in the following grades:

- [Preschool](#)
- [Kindergarten](#)
- [Grades 1-8](#)
- [High School](#)

To register your child in the Somerville Public School district complete one of the registration forms and bring it or mail it to: Somerville Public Schools: Parent Information Center, 42 Prescott Street, Somerville, MA 02143

Grafton Public Schools



Grafton is a town in Worcester County, Massachusetts. The town's population is approximately 17,765 inhabitants. White Americans comprise 85.5% of the entire population, followed by Asians, (7%) Hispanics or Latinos (4%), and African Americans (2.9%).

To register a child in in one of the schools in Grafton you need to contact the school office to set a time for a visit, tour, and registration.

Early Childhood Education

- North Grafton Elementary School serves as an early childhood institution with programs for preschoolers, kindergarteners, and 1st graders. Phone: 508-839-5483
- South Grafton Elementary School is an early childhood school with Preschool and Kindergarten programs. Phone: 508-839-5484

Elementary Education: Grade 2 to 6

- North Street Elementary: Phone 508-839-5428
- Millbury Street Elementary School: Phone 508-839-0757

Middle School: Grade 7-8

- Grafton Middle School: Phone 508-839-5420

High School: Grade 9-12

- Grafton High School: Phone: 508-839-5425

Before visiting one of the schools, visit the Grafton Public Schools website:

<http://graftonps.org/Domain/761> and download and print the required registration forms.

You will need to present the following documents for each of the children that you will be registering at school:

- Original Birth Certificate
- Immunization Records
- Evidence of Residency, Occupancy and Identification

You will be required to show at least one document to confirm your residency, occupancy and personal identification.

For more information about Grafton Public Schools please visit their website at:

<http://www.graftonps.org/>

Check out our calendar of events at
<https://global.tufts.edu/international-center/i-center-calendar-events>



Retirement Party for Jane Elish-Andrews



Trip to the Seaport (Global Orientation 2018)



Welcome Reception (Passport Program 2017)

Parade of Nations





Members of the I-Club & President Monaco at Parade of Nations 2018



ICP Pumpkin carving



End of the Year Backyard BBQ



Annual International Thanksgiving Dinner

Friday before Thanksgiving (November).

