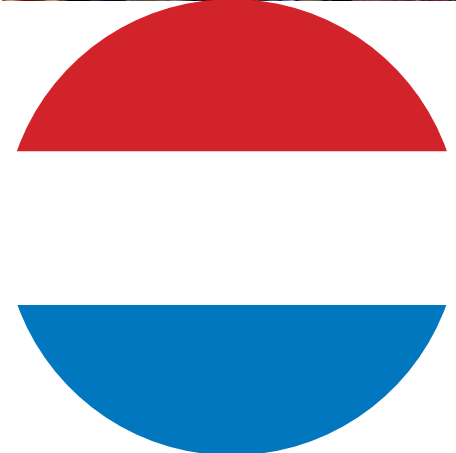


welcome to

PCS Guide 2023–2024

NATIONAL CAPITAL *Region*





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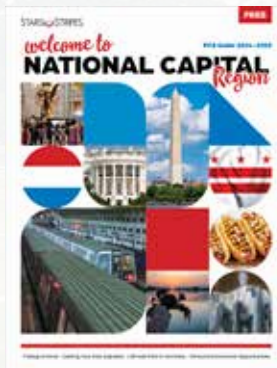
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The National Capital Region

your new home



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GET TO KNOW YOUR NEW HOME

Congratulations on your transition to the National Capital Region (NCR)! You may have a lot of questions and even feel overwhelmed by your new assignment. Not to worry, this guide is here to help make your transition a smooth one.

The NCR encompasses not only Washington, D.C., but various counties in Maryland and Virginia as well. The NCR houses all 3 branches of the Federal Government, hundreds of federal departments and agencies, and is also home to more than 2,000 political, social and humanitarian nonprofit organizations. This region sees millions of tourists each year and is home to some of the most important symbols of American democracy.

Individuals from all cultures and walks of life reside in this area. Washington, D.C., especially, is a bustling, melting pot. The area is very diverse and therefore sees plenty of different cultural highlights, most revolving around the arts and cuisine. Living in the NCR exposes you to new, exciting opportunities you won't find elsewhere. Once you get past the initial shock of housing prices and crazy traffic, there are plenty of things to love about living in and around our nation's capital.

Fast facts about the ➤ **National Capital Region**

- ▶ You might hear people refer to the area as the "DMV". This acronym stands for District of Columbia, Maryland and Virginia.
- ▶ Washington, D.C. is a remarkably international city that is home to more than 175 embassies and international cultural centers. Fifteen percent of D.C. residents speak a language other than English.
- ▶ NOVA=Northern Virginia. This expansive area with no hard boundaries is home to large cities like Alexandria and Falls Church. Installations like the Pentagon and Fort Belvoir are located in this area.
- ▶ The cost of living is high, but there are affordable options out there. Find an area that fits your budget.
- ▶ The Washington Metrorail, or simply the Metro, is one of the busiest public transportation systems in the country! Its expansive network of tunnels and above ground tracks connect all four quadrants of DC with suburban Virginia and Maryland. The network has six lines and 98 stations and is popular among commuters.
- ▶ Washington, D.C. gets more rain than Seattle, Washington averaging 39 inches of rainfall per year.
- ▶ Get ready to sit in traffic. Rush hour is no joke!
- ▶ You won't find any skyscrapers in D.C. This is due to the 1910 Height of Buildings Act. The act regulates building height based on the width of the street the building faces, generally capped at 130 feet (roughly 11 stories) on commercial streets.
- ▶ You're just a short drive away from plenty of weekend getaway activities and green spaces. Try hiking in Virginia's Shenandoah National Park or river tubing/rafting in Harpers Ferry, WV.
- ▶ Taxes work differently in D.C. The sales tax in the city is 6%, but some purchases are taxed at a higher rate. For example, restaurant meals are taxed at 10%. Do your research so you know what to expect.

WELCOME TO THE NATIONAL CAPITAL REGION

Installations

D.C.

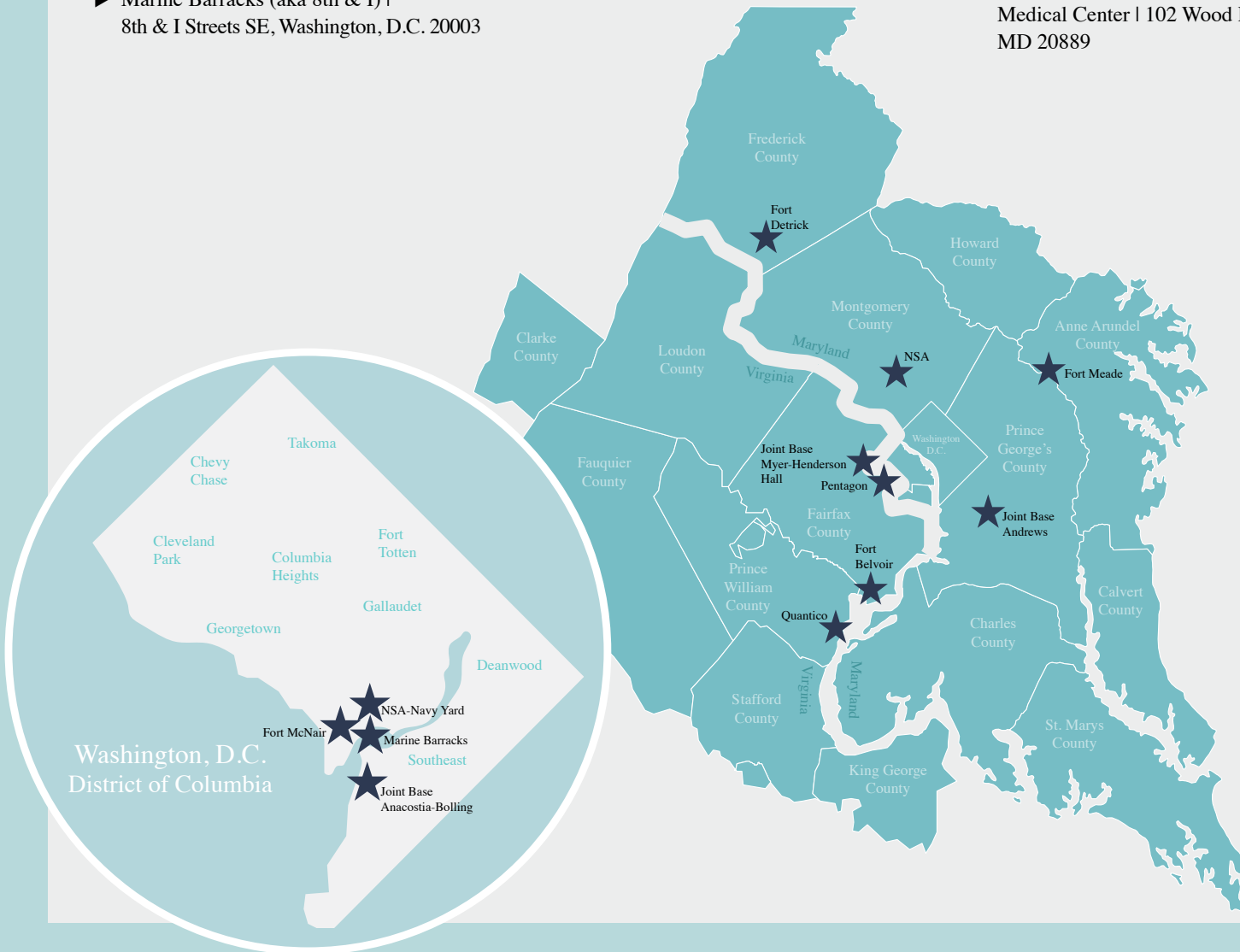
- ▶ Joint Base Anacostia-Bolling | 20 MacDill Blvd SE, Washington, D.C. 20032
- ▶ Naval Support Activity (NSA) Washington Navy Yard | 1411 Parsons Ave SE Washington, D.C. 20374
- ▶ Fort McNair | 1600 2nd St SW, Washington, D.C. 20319
- ▶ Marine Barracks (aka 8th & I) | 8th & I Streets SE, Washington, D.C. 20003

Virginia

- ▶ Fort Belvoir | 9800 Belvoir Road Building 200, Fort Belvoir, VA 22060
- ▶ Pentagon | 1400 Defense Pentagon Arlington, VA 22202
- ▶ Joint Base Myer-Henderson Hall | 24 Carpenter Rd, Fort Myer, VA 22211
- ▶ Marine Corps Base Quantico | 3019 Embry Loop Quantico, VA 22134

Maryland

- ▶ Fort Detrick | 810 Schreider St, Fort Detrick, MD 21702
- ▶ Fort George G. Meade | 4409 Llewellyn Ave, Fort Meade, MD 20755
- ▶ Joint Base Andrews | 1832 Robert M Bond Dr, Joint Base Andrews, MD 20762
- ▶ Naval Support Activity (NSA) Bethesda, Home of Walter Reed National Military Medical Center | 102 Wood Rd, Bethesda, MD 20889



House Hunting in the NCR



There are many options for housing in the National Capital Region. When choosing where you want to live, you have to determine your priorities. Consider factors such as house size and price, and how long you are comfortable commuting. Remember, the closer you live to D.C., the more you pay, but your commute will be shorter. The further away from D.C. you are, the more you will save, but your commute will be longer.

AREAS/NEIGHBORHOODS

Washington D.C.

- ▶ Washington, D.C. is split into eight wards and within each ward are dozens of neighborhoods. It is also important to note the city is organized in four quadrants: northwest, northeast, southwest and southeast.
- ▶ Common neighborhoods to live in in D.C. include: Adams Morgan, Capitol Hill, Columbia Heights, Georgetown, Logan Circle, Mount Vernon Square, Navy Yard.

Northern Virginia

- ▶ Virginia counties & cities in the NCR: Alexandria, Arlington County, Fairfax County, Fairfax, Falls Church, Loudoun County, Manassas, Manassas Park, Prince William County.
- ▶ Common areas to live in Northern Virginia include: Ashburn (Loudoun Co.), Chantilly (Fairfax Co.), Clarendon (Arlington Co.), Dumfries (Prince William Co.) Leesburg (Loudoun Co.), Manassas Park, McLean

(Fairfax Co.), Tysons (Fairfax Co.), Woodbridge (Prince William Co.).

Maryland

- ▶ Maryland counties in the NCR: Anne Arundel County, Charles County, Frederick County, Montgomery County, Prince George's County.
- ▶ Common areas to live in Maryland include: Annapolis (Anne Arundel Co.), Bethesda (Montgomery Co.), Gaithersburg (Montgomery Co.), Rockville (Montgomery Co.), Silver Spring (Montgomery Co.), University Park (Prince George's Co.).

- In June 2023, Fairfax County, Virginia, home prices were up 4.8% compared to last year, selling for a median price of \$720K.

- In June 2023, Montgomery County, Maryland, home prices were up 5% compared to last year, selling for a median price of \$630K.

(Data from Redfin.com)

HOUSING MARKET

The housing market in the National Capital Region is fairly competitive. However, prices have fluctuated over the past year.

For example:

- In June 2023, Washington, D.C. home prices were down 15.5% from last year, selling for a median price of \$612K.



CITY	AVERAGE SALE PRICE
Washington, D.C.	\$612,500
New York City	\$800,000
Boston	\$810,000
San Francisco	\$1,405,000

Source-Redfin.com

The cost of buying a house in the NCR is higher than the national average, but not as much as houses in cities like Boston, New York and San Francisco. If buying a home doesn't fit into your plan, renting is always an option. Similarly to owning a house in the NCR, rent prices are higher than the national average, but this varies depending on the area you choose to live.

CITY	MEDIAN 1 BR RENT	MEDIAN 2 BR RENT
Alexandria, VA	\$1,838	\$2,200
Arlington, VA	\$2,166	\$2,591
Bethesda, MD	\$1,914	\$2,345
Herndon, VA	\$1,665	\$2,065
Rockville, MD	\$1,916	\$2,353
Silver Spring, MD	\$1,814	\$2,053
Washington D.C.	\$1,838	\$1,816

Source- Apartment List as of August 2023 (https://www.apartmentlist.com/dc/washington#rent-report)

(To see if buying or renting is best for you, check out SmartAsset.com's "Rent vs. Buy Comparison tool")

It is recommended you find a realtor to assist you in your journey to secure housing. The process can be overwhelming and often has challenging circumstances. Work with a real estate agent with knowledge of the area you are looking to live. Make sure they have licenses for different states if you're looking across state lines.

Unless PCS'ing from other expensive locations such as California or Hawaii, you'll want to prepare savings accounts to adjust to rental and home buying costs.

COST OF LIVING

When moving to the NCR, you have to consider the cost of utilities, groceries, transportation, and more. Basic utilities for a 915 sq ft apartment in D.C. cost an average of about \$178 a month, which is about 5.6% less than the national average. Dining out in the D.C. area can be pricey, especially for dinner. Restaurant meals and takeout are subject to a 10% sales tax. For groceries, expect to pay about 10% more than the national average. The monthly minimum recommended amount of money for food per person is about \$469 per month, according to numbeo.com.

Check out this chart to get a better idea of the cost of living in the National Capital Region.

ITEM	RANGE OF COST
Meal, inexpensive restaurant	\$12.50 - \$35
Meal for two, mid-range restaurant	\$65 - \$160
Regular coffee, cappuchino, or latte	\$3.50 - \$8
Basic utilities (electricity, heating, cooling, water, garbage)	\$127 - \$303
Internet	\$40 - \$79
Gasoline (1 gallon)	\$3.50 - \$4.28
Fitness club, monthly fee for 1 adult	\$40 - \$140

Source-numeo.com, August 2023 (https://www.numbeo.com/cost-of-living/in/Washington)

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NCR

SCHOOLING

The National Capital Region is home to some of the greatest schools in the country.

Northern Virginia is known for its exemplary public schools. Of the top 10 high schools in Virginia, 8 are in the Fairfax County Public School District, according to U.S. News. Other school districts in Northern Virginia include: Alexandria Public Schools, Arlington County Public Schools, Falls Church Public Schools, Loudoun County Public Schools, Manassas Park Public Schools, Manassas Public Schools, and Prince William County Public Schools.

Maryland also has exceptional school districts. Montgomery County Public Schools and Howard County both are high ranking districts. U.S. News named seven out of the top 10 Maryland high schools in these districts. Other school districts in Maryland include: Charles County Public Schools, Frederick County Public Schools and Prince George’s County Public Schools.

If you decide to live in within the **Washington, D.C.** limits or if you’re PCSing to Joint Base Anacostia-Bolling, Fort McNair, Marine Barracks Washington, D.C. or Washington Navy Yard and planning to live on your installation, you’ll be zoned for a District of Columbia Public School (DCPS). DCPS has 21 high schools, 25 middle schools and 80 elementary schools. The district also has various education campuses and alternative schools. (Visit dcps.dc.gov for more details.) Also in D.C. is the independently governed District of Columbia Public Charter Schools (DCPCS). DCPCS provides oversight to 135 public charter schools which are managed by 69 independently run nonprofit organizations called local education agencies. Visit dcpcsb.org for more information about the district.

A 2022 Wallet Hub study, “States with the Best & Worst School Systems”, ranks public schools in D.C. as 30th overall. Virginia comes in at number four and Maryland at five. Make sure to research all the D.C. public schools before making your decision. Keep in mind, just because the district has a lower ranking, doesn’t mean all of their schools have low rankings. It is important to note that DCPS allows students of military parents to apply to a school of their choice within the district. Meaning as long as you are stationed at and live “within the grounds of” one of the installations in the zone, you can choose which DCPS school to send your child to (admittance depends on space and resources).

Private schools are plentiful in Northern Virginia, Maryland and Washington, D.C., but they are costly. You could choose to go the homeschooling route as well; there are plenty of resources available. Whatever you decide to do, it’s important to do your research so you can get a feel of what the environment of the school is and if it’s right for your family. Read reviews, take a tour, or reach out to local parents. You’re sure to find a good fit.

Interstate Compact on Educational Opportunity for Military Children

The Department of Defense, in collaboration with the National Center for Interstate Compacts and the Council of State Governments has developed an interstate compact that addresses the educational transition issues of children of military families.

Currently all 50 States and the District of Columbia participate in the interstate compact that provides a uniform policy platform for resolving the challenges experienced by military children.

Policy areas:

► Eligibility

The Compact asks school districts to examine their rules for eligibility to allow children of military parents to have the continuity they need.

Enrollment

- Children of deployed service members living with noncustodial parents, relatives or friends outside the school district may continue to attend their own school if the caregiver provides transportation.
- A power of attorney is sufficient for enrollment and other actions requiring parental participation or consent.

Extracurricular participation

- Children may participate in extracurricular activities — provided they’re eligible — even if application deadlines and tryouts have passed.

- Schools must make reasonable accommodations but are not required to hold spaces open for military-related transferees.

► Enrollment

The Compact has provisions to facilitate enrollment in the following areas:

Education records

- Parents may take a set of unofficial records to the new school, which include all the information the new school needs to enroll and place the child until the district receives the official records.
- All sending school districts are required to



forward official transcripts within 10 days of a request from the receiving state school district.

Immunizations

- A child needing additional immunizations may enroll and begin school.
- Parents have 30 days to get their child immunized.
- Further immunizations must start within 30 calendar days of enrollment. Tuberculosis testing is not covered since the TB test is not an immunization but rather a health screening.

Kindergarten and first grade entrance age

- If the entrance age requirement is different, children may continue in the same grade if they have already started kindergarten or first grade.
- Children are allowed to move up to first or second grade, regardless of age requirements, if they have completed kindergarten or first grade in another state.

► Placement

For student placement in required classes, advance placement and special-needs programs without a delay, the Compact requires cooperation in the following areas:

Course and education program placement

- A receiving school district must initially honor placement based on the student's enrollment in the sending state, provided the new school has a similar or equivalent program.
- The new school may evaluate the student after placement to ensure it is appropriate, but the school may not put children into "holding classes" while they await assessment.
- The receiving school may allow the student to attend similar education courses in other schools within the district if the receiving school does not offer such courses.

Special education services

- Students covered by the Individuals with Disabilities Education Act receive the same services, although not necessarily identical programs, identified in the individualized education program from the sending state. This is a parallel requirement under federal law.

Placement flexibility

- School districts are encouraged to determine if course or program prerequisites can be waived for students completing similar coursework in the sending school district, allowing students to take advanced courses rather than repeating similar basic courses.

Absence related to deployment activities

- Students may request additional, excused absences to visit with their parent or legal guardian immediately before, during and after deployment.
- Schools have flexibility in approving absences if there are competing circumstances, such as state testing or if the student already has excessive absences.

► Graduation

The Compact requires school districts to make the following accommodations to facilitate on-time graduation:

Course waivers

- School districts may waive courses required for graduation if similar coursework has been completed in another school.
- Such waivers are not mandatory under the Compact, but a school district must show reasonable justification to deny a waiver.

Exit exams

- A school district may accept the sending state's exit exams, achievement tests or other tests required for graduation instead of requiring the student to meet the testing requirements of the receiving state.
- States have flexibility to determine what tests they will accept or require the student to take.

Transfers during the senior year

- If a student moves during the senior year and the receiving state is unable to make the necessary accommodations for required courses and exit exams, the two school districts must work together to obtain a diploma from the sending school so the student can graduate on time.



You might have additional questions about these topics as they specifically relate to Virginia, Maryland and Washington, D.C. State-specific guidance and resources are available to military families at the following websites:

Virginia - <https://www.doe.virginia.gov/programs-services/student-services/military-families>

Washington, D.C. - <https://osse.dc.gov/service/military-families>

Maryland - <http://www.marylandpublicschools.org/programs/Pages/MilitaryFamilies/index.aspx>

Additional education resources for military families:

Military Interstate Children's Compact Commission (MIC3)

The Interstate Commission was developed to establish a uniform standard that eases the state-to-state transition of military personnel, their spouses, and primarily their children as these children transfer from one state to another and from one state to another and from one school system to another as a direct result of the military parent's frequent reassignments. The MIC3 website offers numerous resources related to the Interstate Compact including one page reference documents and training modules.

Military OneSource

Military OneSource is a free service provided by the Department of Defense (DoD) to active duty, Guard and Reserve service members, and their families with comprehensive information on every aspect of military life including deployment, reunion, relationships, grief, spouse employment and education, parenting and child care, and much more.

Military Child Education Coalition (MCEC)

MCEC's mission is to ensure inclusive, quality educational experiences for all military

children affected by mobility, family separation, and transition. MCEC offers numerous resources for parents, information about leadership camps and scholarships, and extensive training for educators about the needs of military-connected students.

National Military Family Association

Founded 43 years ago, the National Military Family Association is a non-profit organization focusing on issues important to military families, such as comprehensive child care, accessible health care, spouse employment options, great schools, caring communities, a secure retirement, and support for widows and widowers.

Military Kids Connect

This site helps military kids connect with each other and share common concerns.

School Quest

School Quest is designed for the military child who is moving to a new school district. This site helps a student (and parents) search for information about schools in the new location.

Tutor.com

Tutor.com can connect you to a professional tutor whenever you need one. This service is provided by the Department of Defense at no cost to military families.

Specialized Training of Military Parents (STOMP)

STOMP is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs.



Transportation

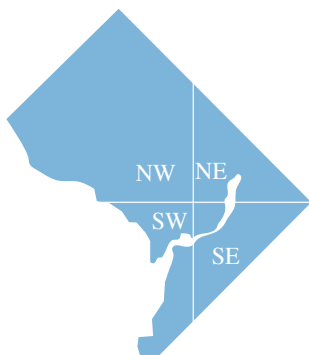
» COMMUTING

The D.C. Region has one of the largest average commutes in the country and your commute time will look different based on where you live. According to a 2019 NCR Transportation Planning Board survey, the average D.C.-area worker spends 43 minutes getting to and from work. There are various options when it comes to commuting, find what works best for you.

DRIVING

If driving, many factors will impact your commute like volume, roadwork, accidents and more. Familiarize yourself with high-occupancy vehicle (HOV) lanes and express lanes. Carpool if you're able! There are ridesharing and ride matching services available online.

► **Slug Lines:** An interesting side effect of HOV and Express lanes in the Washington, D.C. area has been the establishment of unofficial carpool-formation areas called "slug lines." Commuters catch free rides with drivers who need additional riders to be able to use the HOV lanes along their route to and from work. Check out slug-lines.com or sameride.com for more information.



PUBLIC TRANSPORTATION

Public transportation is huge in this area and you'll use the Washington Metro at some point! Many even choose where they live based on the closest Metro stop. If you plan on using public transportation regularly, it would be smart to get a SmarTrip card. These can be used to pay for fare on all Metrorail stations in DC, Maryland and Virginia, Metro parking garages and lots, Metrobus routes, MTA, and partner regional bus providers.

COMMUTER RAILS

The D.C. area also has two commuter rail services – Virginia Railway Express (VRE) and Maryland Area Regional Commuter (MARC). VRE operates Monday through Friday between Union Station in Washington, D.C. and stations in Virginia, along two lines, the Manassas Line and the Fredericksburg Line. MARC provides service between Union Station in Washington, D.C. and stations in Maryland, along three lines, the Penn, Camden, and Brunswick lines. All three lines operate Monday through Friday; the Penn Line also provides service on weekends.

BIKING

Many use a bike for transportation and commuting. Biking is a healthy, fun, and environmentally-friendly way of getting around. The area has hundreds of miles of interconnected off-street trails and on-street bike routes.

Additional transportation

DOD SHUTTLE

The Department of Defense has a shuttle bus service that is available for official business only. Buses are not to be used to, from or between locations for the purpose of conducting any personal business, including commuting. Schedules are available at the CAC-enabled site - my.whs.mil/services/Pentagon-DoD-ShuttleSchedules.

AIR TRAVEL

Three large airports are located in the NCR – Washington Reagan National (DCA), Dulles International (IAD) and Baltimore Washington International (BWI). Metro lines run to both DCA and IAD ■





wmata.com
 Customer Information Service: 202-637-7000
 TTY Phone: 202-962-2033
 Metro Transit Police: 202-962-2121

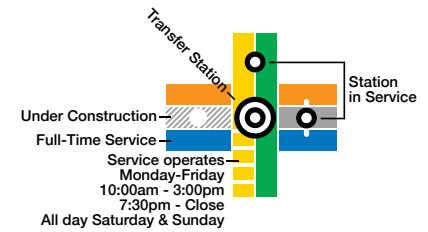
Legend

- RD** Red Line • Glenmont / Shady Grove
- OR** Orange Line • New Carrollton / Vienna
- BL** Blue Line • Franconia-Springfield / Largo Town Center
- GR** Green Line • Branch Ave / Greenbelt
- YL** Yellow Line • Huntington / Mt Vernon Sq / Fort Totten
- SV** Silver Line • Wiehle-Reston East / Largo Town Center

Station Features

- Bus to Airport
- Parking
- Hospital
- Airport

Connecting Rail Systems



Metro is accessible.
WASHINGTON METROPOLITAN AREA TRANSIT AUTHORITY © 2017

Map is not to scale

- No Smoking
- No Eating or Drinking
- No Animals (except service animals)
- No Audio (without earphones)
- No Littering or Spitting
- No Dangerous or Flammable Items

Map courtesy of Washington Metropolitan Area Transit Authority

► **Metrobus:** Is the area's regional bus service and is the 5th busiest bus agency in the United States. Metrobus has a fleet of more than 1,500 buses operating on hundreds of routes. Local jurisdictions also have their own local bus systems that connect to Metrobus routes. (ex. Fairfax Connector, RideOn Montgomery, Dash Alexandria, ART Arlington Transit, DC Circular, DC Streetcar)

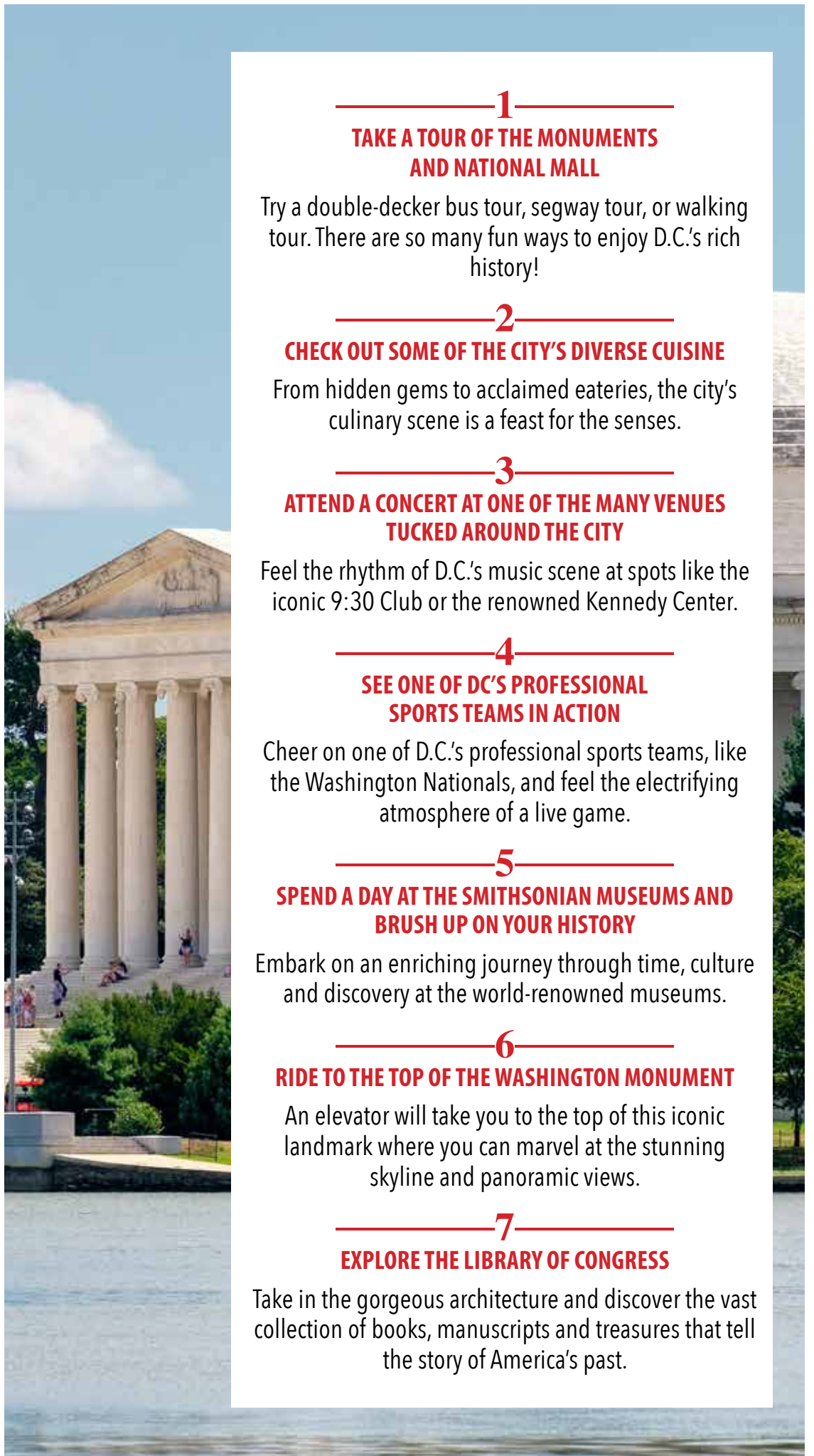
► **Metrorail:** Is the regional subway system, often referred to simply as "Metro." The Metrorail system comprises six color-coded lines: blue, green, orange, red, yellow and silver. The lines intersect at various points, making it possible for passengers to change trains and travel anywhere on the system. Service frequency varies according to day and time from a low of 15 minutes between trains on weekend evenings to a high of three minutes between trains in the peak of the rush hour period.

THE ULTIMATE WASHINGTON, D.C. BUCKET LIST:

UNFORGETTABLE EXPERIENCES IN THE NATION'S CAPITAL

By Alyssa McBeth

Filled with an abundance of history, a melting pot of culture and a never-ending list of things to do, calling the D.C. area home promises nothing short of an exciting tour. While this bucket list will kick start your D.C. adventures beyond the touristy items, don't be surprised if your own personal bucket list continues to grow as you immerse yourself in everything this area has to offer.



1

TAKE A TOUR OF THE MONUMENTS AND NATIONAL MALL

Try a double-decker bus tour, segway tour, or walking tour. There are so many fun ways to enjoy D.C.'s rich history!

2

CHECK OUT SOME OF THE CITY'S DIVERSE CUISINE

From hidden gems to acclaimed eateries, the city's culinary scene is a feast for the senses.

3

ATTEND A CONCERT AT ONE OF THE MANY VENUES TUCKED AROUND THE CITY

Feel the rhythm of D.C.'s music scene at spots like the iconic 9:30 Club or the renowned Kennedy Center.

4

SEE ONE OF DC'S PROFESSIONAL SPORTS TEAMS IN ACTION

Cheer on one of D.C.'s professional sports teams, like the Washington Nationals, and feel the electrifying atmosphere of a live game.

5

SPEND A DAY AT THE SMITHSONIAN MUSEUMS AND BRUSH UP ON YOUR HISTORY

Embark on an enriching journey through time, culture and discovery at the world-renowned museums.

6

RIDE TO THE TOP OF THE WASHINGTON MONUMENT

An elevator will take you to the top of this iconic landmark where you can marvel at the stunning skyline and panoramic views.

7

EXPLORE THE LIBRARY OF CONGRESS

Take in the gorgeous architecture and discover the vast collection of books, manuscripts and treasures that tell the story of America's past.

8
TAKE A MORNING STROLL THROUGH HISTORIC GEORGETOWN

Admire the architecture and charm of one of the District's oldest neighborhoods.

9
GET ACTIVE AT ONE OF DC'S MANY GREEN SPACES

Escape the hustle by exploring the natural beauty of spots like Teddy Roosevelt Island, Rock Creek Park, Meridian Hill Park, and more.

10
SEE DC FROM A DIFFERENT PERSPECTIVE

Try a sunset boat cruise or even kayak on the Potomac and experience the breathtaking views from the water.



ACTIVITIES & LANDMARKS

FAMILY-FRIENDLY ATTRACTIONS

- City parks and gardens (e.g. the National Arboretum, Kenilworth Park and Aquatic Gardens)
- Georgetown Waterfront Park & shops
- National Mall, Memorials and Tidal Basin (e.g. Lincoln Memorial, JFK Memorial, etc.)
- Old Town Alexandria
- International Spy Museum
- Mount Vernon
- U.S. Botanic Gardens
- National Zoo
- Any of the Smithsonian Museums (e.g. National Museum of Natural History, National Air and Space Museum, National Museum of American History)
- National Children's Museum
- White House Visitor's Center
- Holocaust Museum
- Planet Word



FESTIVALS/EVENTS

- National Cherry Blossom Festival (late March-early April)
- Passport DC (May)
- Memorial Day Parade (May)
- Capital Pride Parade (June)
- Giant National Capital Barbecue Battle (June)
- Smithsonian Folklife Festival (late June-early July)
- Broccoli City Festival (July)
- Fourth of July Fireworks (July)
- Citi Open (late July-early August)
- DC Bike Ride (September)
- H Street Festival (September)
- DC Jazz Festival (September)
- Adams Morgan Day (September)
- Marine Corps Marathon (October)
- National Christmas Tree Lighting (December)
- Metropolitan Washington Restaurant Week (bi-annual)

SPORTS

- Washington Commanders (NFL)
Venue: FedEx Field in Greater Landover, MD
- Washington Capitals (NHL)*
Venue: Capital One Arena in Washington, D.C.
- Washington Nationals (MLB)*
Venue: Nationals Park in Washington, D.C.



- Washington Wizards (NBA)*
Venue: Capital One Arena in Washington, D.C.
- Washington Mystics (WNBA)*
Venue: Capital One Arena in Washington, D.C.
- DC Defenders (XFL)
Venue: Audi Field in Washington, D.C.
- D.C. United (MLS)*
Venue: Audi Field in Washington, D.C.
- Washington Spirit (NWSL)*
Venue: Audi Field in Washington, D.C.
- Baltimore Orioles (MLB)*
Venue: Camden Yards
- Baltimore Ravens (NFL)
Venue: M&T Bank Stadium in Baltimore, MD

* Offers discounted tickets for military personnel through their box office or through GovX



Additional RESOURCES

→ for the *NCR*
military community

Air Force Support Squadron (FSS), Air Force Morale, Welfare and Recreation (MWR)

Joint Base Andrews:

<https://www.andrewsfss.com/>

Joint Base Anacostia-Bolling:

<https://www.jbabfss.com/>

“Some people still call it MWR (Morale, Welfare, and Recreation), but it’s much more than that..” Force Support Squadrons (FSS) enhance the quality of life for service members, DoD civilians, retirees, and families through golf, bowling, arts and crafts, outdoor recreation, and special events. FSS personnel also provide childcare and youth programs for military families worldwide.

Army Family and Morale, Welfare and Recreation (MWR)

Fort Belvoir: <https://belvoir.armymwr.com/>

Fort Detrick: <https://detrick.armymwr.com/>

Fort Meade: <https://meade.armymwr.com/>

Fort Myer (JB Myer-Henderson Hall): <https://jbmhh.armymwr.com/>

Family and MWR is a network of support and leisure services designed to serve the needs, interests, and responsibilities of each individual in the Army community, as well as enhance the quality of their lives. Services are unique and exciting, ranging from family, child and youth programs to recreation, sports, entertainment, travel and leisure activities.



Blue Star Families National Capital Region Chapter

<https://bluestarfam.org/chapters/ncr/>

Blue Star Families was founded by military spouses in 2009 to empower military families to thrive as they serve.

Capital Area Military Spouses (CAMS)

<https://www.instagram.com/camsclubpublicity>

CAMS is an all ranks club in the National Capital Area open to all spouses of the Armed Forces, both active and retired.

Coast Guard Work-Life Program

<https://www.dcms.uscg.mil/worklife/>

The Coast Guard Work-Life Program supports personnel and their families by providing programs and services that help them to manage the challenges of both work and personal life. This includes the CG SPURT Program, Ombudsman Program, Special Needs Program and more.

Dog Tag Inc.

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

Dog Tag Inc. seeks to build a bridge to employment and a productive civilian life for veterans and military families that have served our country so well. The organization provides a transformative opportunity for veterans with service-connected disabilities, military spouses, and caregivers through a five-month fellowship, offering an education at Georgetown University and real life work experience in its small business, Dog Tag Bakery.

Easterseals DC MD VA

<https://www.easterseals.com/DCMDVA/our-programs/military-veteran-services/>

Easterseals provides disability services, with additional support areas serving veterans and military families, seniors, and caregivers.



Marine Corps Community Services

Henderson Hall (JB Myer-Henderson Hall):
<https://hendersonhall.usmc-mccs.org/>

Quantico: <https://www.quantico.usmc-mccs.org/>

Marine Barracks (8th & I): <https://8thandi.usmc-mccs.org/>
 Marine Corps Community Services (MCCS) is a comprehensive set of programs that support and enhance the operational readiness, war fighting capabilities, and life quality of Marines, their families, retirees and civilians. Our programming includes employment, personal financial management, education and transition assistance; fitness and recreation, deployment support and family team building, childcare and youth activities, prevention, counseling and victim support; golf courses; dining and entertainment; and shopping.

Military and Family Life Counseling

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/>

The Military and Family Life Counseling Program supports service members, their families and survivors with non-medical counseling worldwide.

MilitaryByOwner

<https://www.militarybyowner.com/>

MilitaryByOwner provides advertising for homes located near military bases as well as resources related to real estate, home-ownership, and military life.

Military OneSource

<https://www.militaryonesource.mil/>

Military OneSource is a free service provided by the Department of Defense (DoD) to active duty, Guard and Reserve service members, and their families with comprehensive information on every aspect of military life including deployment, reunion, relationships, grief, spouse employment and education, parenting and child care, and much more.

National Military Family Association

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

The National Military Family Association is the leading non-profit organization committed to strengthening and protecting the families of the men and women currently serving, retired, wounded or fallen. Some of their programs include Military Spouse Scholarships as well as Operation Purple Camp, a summer camp for military kids.

Navy Morale, Welfare and Recreation (MWR)

Naval Support Activity, Bethesda:

<https://www.navymwrbethesda.com/>

Naval Support Activity, Washington:

<https://www.navymwrwashington.com/>

Navy MWR conducts activities and events, and delivers high-quality, innovative recreation programs in state-of-the-art facilities worldwide. At these websites, individuals can find more information about support programs, Fleet and Family Readiness/Support and more.

ServingTogether

<https://servingtogetherproject.org/>

ServingTogether, affiliated with AmericaServes, is a coordinated network of public, private and nonprofit organizations serving veterans, service members and their families in the Greater National Capital Region.

The Army Spouses' Club of the Greater Washington Area

<https://aoscgwasecure.wildapricot.org/>

The Army Spouses' Club of the Greater Washington Area (ASCGWA) strives to provide and promote socio-economic and educational outreach to the soldiers, family members, and Department of the Army (DA) civilians assigned to, attached to, or with duty in the National Capital Region (NCR).



The Oakleaf Club of Greater Washington D.C.

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

The Oakleaf Club of Greater Washington D.C. supports the military and civilian employees and families of the Walter Reed National Military Medical Center and command medical and dental departments in the greater D.C. area through social and benevolent activities and events. The club is open to active, retired, reserve officers and their spouses or significant others, as well as GS 7 and above, affiliated with Military Health Services.

United Service Organizations (USO)

<https://uso.org>

The USO strengthens America's military service members by keeping them connected to family, home and country, throughout their service to the nation. The organization operates USO centers at or near military installations across the United States and throughout the world. It also operates USO airport centers which offer around-the-clock hospitality for traveling service members and their families. There are 11 locations in the NCR.



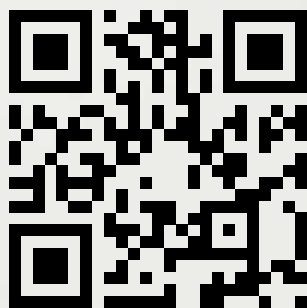
THE EXCHANGE IS YOUR PCS HEADQUARTERS

The Exchange helps service members and their families (*including fur kids*) make a smooth transition from one mission to the next.

Products you'll need

- Free moving checklist
- TV, phone and internet setup
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(*and pet crates too!*)

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