



**A Campus Guide for Spouses/Partners and Families**

A woman in a green t-shirt stands in a kitchen area, smiling and holding a small object. She is addressing a group of people seated around a wooden table. The room has blue walls, a round clock, and a framed picture. The scene is brightly lit, suggesting a daytime gathering.

## **A Guide for Spouses / Partners and Families**

Transitioning to a new community can be difficult. We have created this guide to help you and your family navigate the process of moving and settling down on campus or in the local MIT area as smoothly as possible. We have included step-by-step instructions for your first few days in our community, as well as information on resources that you will use throughout your time at MIT.

# ARRIVING - FIRST DAY

Congratulations! Welcome to our amazing community of friendly and welcoming people. More importantly, we think you will find a strong community of long-lasting friendships here.

## If you are living on campus:

### 1. Claim your keys from the house desk

Your front desk has your keys and welcome guide.

### 2. Find the laundry room

The laundry room is in the basement of the residence building. You can check the number of washers and dryers available at real-time from the links below.

Westgate: <https://www.laundryview.com/home/74/1364814/M.I.T./WESTGATE>

Eastgate: <https://www.laundryview.com/home/74/136486/M.I.T./EASTGATE>

### 3. Learn how to request on-campus housing repairs

Housing repairs are handled by MIT's Department of Facilities. Requests may be submitted here: <http://web.mit.edu/facilities/services/repairs/repairs.html>

### 4. Bookmark your residence website and sign up for residence email lists

Residence websites contain important policies, events, and announcements relevant to the community.

Westgate: <https://westgate.mit.edu/>

Eastgate: <http://eastgate.mit.edu/>

Sidney Pacific: <http://s-p.mit.edu/>

Edgerton House: <http://eh.mit.edu/>

## If you are living off campus:

### 1. Bookmark your city or town's guide for residents

Cambridge: <https://www.cambridgema.gov/>  
<https://www.finditcambridge.org/>

Somerville: <https://www.somervillema.gov/moving>

Boston: <https://www.boston.gov/guides>

Arlington: <https://www.yourarlington.com/>

Medford: <https://www.medfordma.org/about-medford-ma/>

Quincy: <https://www.quincyma.gov/default.htm>

Malden: <http://www.cityofmalden.org/>

### 2. MIT's Housing Office

The MIT Housing Office can help with some matters related to living off campus, such as understanding the terms of your lease: <https://www.mitoffcampus.com/>

## For all students and families: Get Connected

### 1. Connect to the MIT Wi-Fi

Connect to the MIT wireless network, see instructions here:

<https://ist.mit.edu/wireless>

### 2. Download "MIT Mobile" App

For information on campus shuttles, campus map, emergency contacts, and many other resources. Visit <https://mobi.mit.edu/> or download app ([Google Play Store](#) / [iOS App Store](#))

## If you have a child or children:

### 1. Sign up for the family email list

To keep up to date on activities and announcements

Westgate: <https://westgate.scripts.mit.edu/main/mailling-list/>

Eastgate: <http://eastgate.mit.edu/resources.php>

MIT Spouses & Partners: <https://spouses.mit.edu/join/subscribe>

### 2. Find the campus playgrounds

The Westgate and Eastgate residences have an outdoor playground space open to both on-campus and off-campus student families. Playground toys may be used by all children. For the safety of all, please remember that children using the playground must be supervised by a parent or other adult caregiver at all times.



# COMMUNITY

## Shuttles

A variety of shuttle services are available to safely transport members of the MIT community to, from, and around the MIT campus.

<https://web.mit.edu/facilities/transportation/shuttles/index.html>

## MIT Spouses & Partners Connect

MIT Spouses & Partners Connect offers a variety of programs, services, activities and opportunities for all spouses and partners of MIT students, faculty, and staff. Visit their website at <http://spouses.mit.edu> and follow them on Facebook at <https://www.facebook.com/mitspousesandpartners/>

## New and Expecting Parents Group

The new and expecting parents group is for moms, dads, working parents, stay-at-home parent, and other caregivers. They usually meet on Wednesday mornings at 11 a.m. in the Westgate basement lounge. The group is sponsored by the MIT Spouses & Partners Connect. Anyone is welcome; however the events are targeted to new parents or soon-to-be parents. Most parents who attend have kids under two years old. There are speakers, play dates, cooking classes, outings, and many other activities together. They would love to connect with you!

## Graduate Residential Education

MIT staff in the Graduate Residential Education area of the Division of Student Life are here to help with all your residential needs. They plan events for graduate students and their families as well as offer support when life gets challenging.

<https://studentlife.mit.edu/graduatestudentresources>

## Office of Graduate Education (OGE)

Through the [Office of Graduate Education \(OGE\)](#), MIT graduate students have access (according to eligibility) to two different leaves when they give birth or undertake significant responsibilities for a newborn child or a child newly placed with them: Childbirth Accommodation and/or Parental Leave. Students must initiate planning with their department; the Office of Graduate Education (OGE) provides final review and approval. Please see [“Approval”](#) for details. See also [Childbirth Accommodation and Parental Leave FAQ](#).



# CARING FOR CHILDREN

The [MIT Work-Life Center](#) offers resources to support you and enhance your quality of life at MIT and at home. Resources for graduate students include:

## **MIT Graduate Assistance and Information Network (GAIN)**

A free, confidential resource for graduate students and their household family members. Services include personalized child care research and referrals, financial planning, legal assistance and relocation support.

<https://hr.mit.edu/worklife/gain>

## **Work-Life Seminar Series**

Knowledgeable speakers present on topics including young professionals' concerns, career and finances, strategies and tools for managing stress, and parenting.

<https://hr.mit.edu/worklife/seminars>

## **Backup Childcare**

MIT offers a program of subsidized backup child care for MIT graduate students. This program is sponsored by the Office of the Dean for Graduate Education and administered by the MIT Work-Life Center. MIT graduate students can request up to 10 child care referrals per academic year (July 1 – June 30). In-home care is available any time of day or night, any day of the week and in-center care is available Monday through Friday, during daytime hours.

<http://hrweb.mit.edu/worklife/child-care-parenting/backup-child-care>

## **Lactation Rooms**

See a list of private rooms available to the MIT community for lactation needs, sponsored by the MIT Work-Life Center.

<http://hrweb.mit.edu/worklife/child-care-parenting/breastfeeding-support/lactation-rooms/campus>

## **Cambridge Public Schools**

On this website (<https://www.cpsd.us/>) you can find information about public schools in Cambridge. You can see list of school, find more about registration for school, registration deadlines, registration forms, schedule school tours, check school hours and directions.

### Under important dates (2019):

- 9/26 - Three-year-old Info Session at Kennedy Longfellow School (presentation on the Lottery for this age group)
- 10/27 - JK/ K Lottery Info (Saturday) Session at the Peabody School (10-11 a.m.)
- 11/7 - JK/ K Lottery Info Session at the Morse School (6-7 p.m.)

## Cambridge Department of Human Service Programs (DHSP)

On this website (<http://www.cambridgema.gov/dhsp>) you can find information about kids and youth programs such as: after-school programs, community schools, preschools, summer camp, recreation, and baby university.

### Center for Families - Cambridge

The Center for Families offers parenting education and support to Cambridge families with children from birth to age eight. See a full list of programs here:

<https://www.cambridgema.gov/DHSP/programsforfamilies/centerforfamilies>

### Women, Infant and Child Program (WIC)

WIC is a FREE nutrition program that helps families with children under five years old get healthy food and learn how to eat well. It also supports pregnant women, infants, and new moms. WIC stands for Women, Infants and Children and is FREE to Massachusetts families who qualify. Call 617-575-5330 to see if they can help you.

[www.challiance.org/community/women-infants-children-program](http://www.challiance.org/community/women-infants-children-program)

About the Cambridge/Somerville WIC Program:

WIC helps ALL families living in Massachusetts

The WIC program provides:

- Healthy foods for pregnant women, infants and children
- Counseling with trained nutritionists
- Health education
- Breastfeeding support and counseling
- Referrals to health care and social services
- Workshops



# MIT RESOURCES

## Medical Care

MIT students may buy health insurance coverage from MIT for their family members, including spouse or partner and/or children. Information on eligibility, cost, enrollment, and plan coverage are found here:

<https://medical.mit.edu/learn-about-health-plans-student/family-members>

All students and family members who are enrolled in a MIT health plan may visit MIT Medical for a wide variety of health care services, including primary care, pediatrics, and obstetrics/gynecology. <https://medical.mit.edu/services/obstetrics-gynecology>

## Dental Care

Graduate students covered under the MIT Dental Plan may enroll their spouse/partner and child/children. Information on eligibility, cost, enrollment, and plan coverage are found here: <https://medical.mit.edu/gsdp>

## Fitness, Wellness, and Recreation

MIT Recreation offers a 6-month or 12-month student family membership, details and rates found here: <http://www.mitrecsports.com/join/memberships/>

Family membership eligibility includes one spouse or partner and dependents under 18 years old. Access to MIT Recreation facilities for students is covered by their annual student life fee. Many programs are offered, including recreational swimming and youth aquatic, ice skating, and golf lessons. <http://www.mitrecsports.com/>

# FOOD

## MIT Dining Halls

There are several residential dining halls in the vicinity. They all accept MIT TechCASH and provide a good dine-out option. Kids eat free at all the dining halls on Friday evenings beginning at 5 p.m.

<https://studentlife.mit.edu/dining/residential-dining>

## Grocery Stores

The following grocery stores are approximately a mile away.

- Trader Joe's
- Whole Foods
- H-Mart (accepts TechCASH)
- Target

# FAMILY ACTIVITIES

## MIT Museums

Entry to the MIT Museum is FREE with MIT ID.

## Other Museums

There are a handful of museums that give free or discounted entry to MIT students. Wednesday Nights at Museum of Fine Arts (MFA) are free, Friday night admission to the Children Museum are \$1.00 from 5-9 p.m. Check out the many discounts available.

## MIT Activities Committee (MITAC)

MIT Activities Committee offers discounted tickets to the MIT community for local arts and culture, sporting events, and family activities.

<https://mitac.mit.edu/w/sitepages/Home.aspx>

# OTHER HELPFUL INFORMATION

## MIT Federal Credit Union

The MIT Federal Credit Union ([mitfcu.org](http://mitfcu.org)) has been serving the MIT community for over 75 years. Founded as a non-profit financial institution in 1940, the credit union serves the Massachusetts Institute of Technology community (undergrad and grad students, employees, alumni, faculty and their family members). The credit union offers traditional savings and checking accounts as well as mortgages, autos, personal and student loans and mobile and online banking. There are on campus branches and ATMs at the Student Center (W20) and 700 Technology Square in Cambridge. MIT Federal Credit Union is a member-owned, cooperative financial institution whose primary mission is to provide quality financial services that meet the needs of its members while ensuring the financial well-being of the organization.

## MIT Police

For all emergencies - any kind - call MIT Police (617-253-1212) instead of 911.

<https://police.mit.edu/>

