



## Welcome to Vienna!

Here begins your wonderful experience in the US but before you start a whirlwind few weeks finding your feet, please take the time to look through this guide. I have put this together to benefit new families that arrive to make it easier to 'find your feet'.

I hope you enjoy your time here, if you need anything else just contact me and I will do my best to help you.

**Vienna Rep**

### Moving in:

- Phone/internet/TV package. Not a great deal of choice and not much difference in competitors' pricing. Verizon or Cox are the usual suspects but they can have long lead times for installation. Check if your house already has them fitted before, usually they will have and you can save time and money by completing a self-install. **You may be expected to pay a deposit, as you won't have a credit history.**
- Remember the beds are slightly different sizes to the UK, US are larger, deeper and are called by different names i.e. single is a twin, Double is a Full and a king is a Queen.
- Washing machines and dryers here have a bigger capacity but washing machines tend to be top loaders (think campsite facilities). They don't seem to wash as well as we are used to, this is due partly to the machine and the detergent, which lacks the cleaning power that we have at home (some ingredients are missing). You can supplement with additives, which can increase cost.
- The majority of Americans tumble everything. If you want to dry outside, you will have to do so on a clothes' horse (biggest and cheapest can be found in Ikea). Most houses are part of neighbourhood associations and they have rules to say you can't dry outside (it can lower the tone)!
- Join the local library. You can have a membership card for just one or the whole family, you can check out up to 50 items on 1 card!! No charges for audio books/cd's/dvd's. Fines for overdue are low but you can renew online or drop off in the box out of hours. **Patrick Henry Library, Maple Ave, Vienna**
- You can also pick up the Virginia state driver booklet at the library to prep for the 'Theory test - multiple choice'. The DMV is on Gallows Rd. 1968 Gallows Rd, Vienna (804) 497-7100 Take your test, register the Vehicle and License plates (Computer says 'No' attitude prevails over here, so be patient).
- SSN - Social Security Administration, **Address:** 11212 Waples Mill Rd, Fairfax, VA 22030 **Phone:**(800) 772-1213

# Stores

## Tysons Corner Mall

Tysons Corner Center is one of the premier shopping malls on the East Coast and the largest mall in the Washington, DC area. With more than 290 stores, you'll find a great selection of merchandise including everything from high fashion apparel to home furnishings.

Anchor stores at Tysons Corner Center include Nordstrom, Bloomingdale's, Hecht's, Lord & Taylor, L.L.Bean, and AMC 16 Theatres. There is a huge food court and several restaurants including California Pizza Kitchen, The Capital Grille, Gordon Biersch Brewery Restaurant, Silver Diner and T. G. I. Fridays.

### Address:

1961 Chain Bridge Road

[McLean, Virginia](#) 22102

(703) 893-9400 Toll Free: (888)-2TYSONS

Tysons Corner Center is located just off of I-495 near the intersection of Routes 7 and 123

**Official Website:** [www.shoptysons.com](http://www.shoptysons.com)

### Mall Hours:

Monday-Saturday: 10 a.m. – 9:30 p.m. Sunday: 11 a.m. – 6 p.m.

## Bed, Bath & Beyond

They sell goods primarily for the bedroom and bathroom, as well as kitchen and dining room. This store also has a world Market which carries some English products such as Marmite and Yorkshire Tea!

### Store Details

8204 Leesburg Pike  
Vienna, Virginia 22182

### Hours

**Mon - Sat: 9:00am - 9:30pm**  
**Sun: 10:00am - 7:00pm**

## Target

Target is a one stop shop for clothes, grocery, household, toys and more.

### Store Details

Merrifield with Fresh Grocery

2905 District Ave S Ste 400

Fairfax, VA, 22031

**M-FR: 8:00 a.m.-11:00 p.m**

**SA: 8:00 a.m.-11:00 p.m.**

**SU: 8:00 a.m.-10:00 p.m.**

*Pharmacy, Photo Center, Fresh Grocery, Starbucks, Target Mobile, Wine Available*

## Walmart

Walmart is the parent company of Asda, it carries pretty much everything. Walmart have just opened (14th August) on route 7 (Leesburg Pike).

### Store Details

Westwood Center Drive,  
Tysons Corner  
Va

## Best Buy

Electronics, computers, appliances, cell phones, video games & more.

### Store Details

8449 Leesburg Pike  
Vienna, VA 22182

### STORE HOURS

#### SUN

11:00 - 7:00p

#### MON - SAT

10:00a - 9:00

## Potomac Mills Mall

Potomac Mills is Virginia's largest outlet mall and features an indoor shopping experience with over 200 stores, including Bloomingdale's-The Outlet Store, Last Call by Neiman Marcus, Saks Fifth Avenue OFF 5TH, Nordstrom Rack and Nike Factory Store. Ikea and Costco are also nearby.

2700 POTOMAC MILLS CIRCLE,  
WOODBIDGE, VA 22192

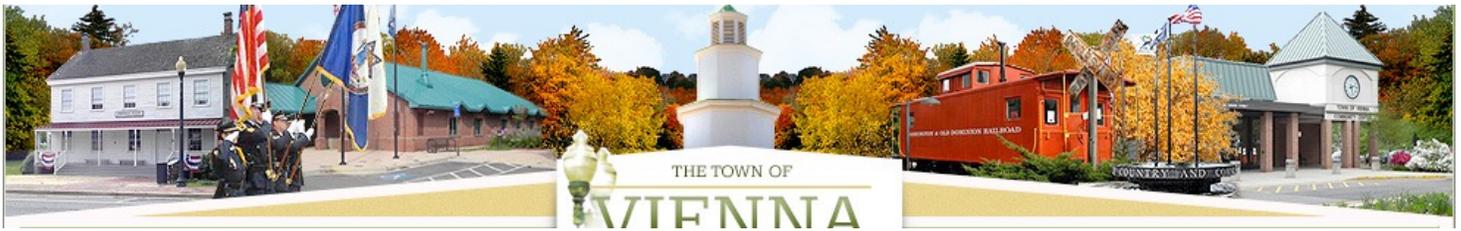
MON-SAT 10:00 - 21:00

SUN 11:00 - 18:00

## Marshall's, Home Goods and Pier1 Imports

These stores are all grouped in the same area and sell similar items. Very much like TK MAXX (known as TJ MAXX here) which is also along this same road. Pier 1 is very much like the Cargo stores at home.

8353 Leesburg Pike, Vienna, VA 22182



## Food & Supermarkets

America may be the land of plenty but you pay more for the food you buy – restaurants are cheap for the size of portions which is why Americans tend to eat out/take away more than we do but when it comes to groceries it's more expensive with less choice than at home. It is very difficult/expensive to buy bread, ready-made sauces and similar products that don't contain High Fructose Corn Syrup (even savoury food and familiar brands to home can contain it, Heinz is a good example. You may find a version that is fructose free such as Simply Heinz tomato ketchup). It pays to get a bread maker and make your own. Dairy is highly pasteurized; it lasts longer but has less flavour (beware, butter can contain sugar or syrup too). Cream and cheese (forget the lovely English/continental stuff – hard to get and very expensive) tend not to be cultured and have a different fat content – the nearest equivalent to double is heavy but heavy has a lower fat content so won't whip up the same. You can hunt for the right stuff but you will pay a hefty price for it. **Vegetarians beware** always check the labels on yoghurt for Gelatin, even if it's a brand you are familiar with at home.

Fruit & Veg tends to go off quicker, can be comparatively more expensive and with less flavour. Spuds are a great example of this. You will also find many things have different names than we are used to, see helpful terminology... <http://www.thenibble.com/fun/more/facts/translation.asp>

Coffee, Americans drink the ground coffee so if you fancy a quick instant or decaf it isn't as good or as much choice available.

**Use the embassy shops, which are usually open Tuesday & Thursday for some British essentials as well as Spirits, Beers, Wines & Tobacco. Ensure you have ID with when assessing this facility.**

**Giant** – You can get majority of things **BUT ENSURE** you get a free loyalty card first, as they have a different price structure for cardholders. They also have a home delivery service called Peapod.

359 Maple Ave E  
Vienna

Hours  
Mon-Sat 06:00 - 00:00  
Sun 06:00 - 23:00

**Wholefoods** – Nice but can be very expensive. Great cheese, meat, fish counters and fresh speciality breads. The café is good and some great bargains can be found.

143 Maple Ave E  
Vienna

Hours  
Mon-Sun 08:00-21:30

**Freshmarket** – Very nice but also very expensive. Again some bargains can be found, such as bags of spices and herbs.

150 Branch Rd SE  
Vienna

Hours  
Mon-Sat 09:00 - 21:00  
Sun 10:00 - 20:00

**Aditi Spice Depot** – Spices, fresh herbs, fruit & veg. Indian sauces and chutney and a few British chocolate bars such as Crunchies.

409 Maple Ave E,  
Vienna, VA

**Pure Pasty** – British owned proper pasty shop, lovely selection of pasties. They also sell British foodstuffs at a price.

28 Church St NW,  
Vienna, VA

**World market (inside Bed, Bath & Beyond)**. – International foodstuffs including a selection of British, Italian, European and Indian.

### **Further out:**

**Commissary (Military Only)** – Meat, Petrol, store cupboard & Exchanges for other goods such as household, beer and clothes.

Joint Base **Myer**-Henderson Hall

204 Lee Avenue Building 59, Fort Myer, VA

**H Mart** - Korean/Asian Supermarket. Great selection of fresh fruit, vegetables and fish. Asian specialist food, sauces and spices.

8103 Lee Hwy, Falls Church, VA

Hours  
Mon-Sun 08:30 - 23:00

**Great Wall** – Chinese Supermarket. Fabulous fresh fruit, veg & seafood. Also McVities digestive biscuits!

2982 Gallows Rd, Falls Church, VA 22042

Hours

Mon-Sun 08:00 - 23:00

**Trader Joes (<http://www.traderjoes.com>)** – Organic, cheese Selection (Inc. the lovely stuff), milk, baking, frozen and own brand products are HFCS (high fructose corn syrup) free. Also carry a great wine selection at good prices.

7514 Leesburg Pike  
Falls Church

Hours

Mon-Sun 08:00 - 21:00

**Safeway** – ONLY if you have loyalty card!! Same fare as Giant, walmart etc. Offers are good

3043 Nutley St  
Fairfax

Hours - Open 24/7

**Wegmans** – Expensive but has an English section and fantastic delicatessen.

11620 Monument Dr, Fairfax, VA 22030

Hours

Mon-Sun 06:00 - 00:00

**Costco** – Bulk stuff, cheese, nice bread/rolls, coffee, beer, baking, Meat, frozen, Snacks & Petrol (less than standard pump price).

4725 West Ox Road  
Fairfax, VA 22030

**K Mart** – Similar to Walmart products.

494 Elden ST  
Herndon, VA 20170

Hours

Mon-Sun 08:00 - 22:00

# Recreation & Info

Vienna Patch - <http://vienna.patch.com> Provides info, news and blogs for the vienna area inc Concerts, parades and events around town. Can also be found on Facebook.

Vienna Town - <http://www.viennava.gov> Official town page.

Fairfax County - <http://www.fairfaxcounty.gov> Official page inc access to local community ammenities and activites.

## Sport & Health Clubs

Whether you're a fitness newbie or a fitness enthusiast, you'll find all you need here. Stay active with classes at every level, challenging sports, the latest equipment and friendly trainers to improve your life and help you feel great. There are 2 of the 24 clubs within a few miles of Vienna. I know that Military can get 'British Embassy rates' if you join the Regency, Old Meadow lane, McLean. If you pay a little more per month (approx \$10) you can access any of the clubs. They have a kids club which is free for members and you can leave your kids (up to age 11) for upto 2 hours per day.

## Water Mine Family Swimmin' Hole

The Water Mine Family Swimmin' Hole offers more than an acre of slides, flumes, sprays, showers, floatables and interactive play features, circled by Rattlesnake River with a 2.5 mile per hour current that gently nudges tubes along. A bit of the old west is recreated here. Kids careen off covered wagons, float on rattlesnakes and dash through showers tipped from water-filled ore carts.

While the Water Mine's attractions are designed for elementary-aged children, there's something here for everyone. Tenderfoot Pond, with its pint-sized slides and gentle bubblers, gives toddlers a perfect place for water play. Teenagers can join a game of water volleyball, and everyone will enjoy going with the flow in a tube on Rattlesnake River.

It is worth buying the season pass as daily rates are approx \$15 each and it can get busy. Season pass holders get preferred entry and if you go more than 4 times in the season the cost of the pass is covered.

## Lake Fairfax Park

For recreation and fun in western Fairfax, this 476- acre park includes a 20-acre lake with fishing, the Water Mine family Swimmin' Hole, boat rentals, carousel, athletic fields, Cricket ground, picnic shelters and picnic areas with grills, a playground, restrooms, campgrounds, trails and a skatepark.

1400 Lake Fairfax Drive  
Reston, VA 20190

## Wolf Trap National Park for the Performing Arts - 1551 Trap Rd, Vienna, VA 22182

A typical season at Wolf Trap includes something for everyone with performances ranging from pop, country, folk, and blues to orchestra, dance, theatre, and opera, as well as innovative performance art and multimedia presentations. Very much worth a visit. See their website for a full list of performances and ticketing. <http://www.wolftrap.org>

## Meadowlark Botanical Gardens

9750 Meadowlark Gardens Ct Vienna, VA 22182

Beauty, conservation, education and discovery flourish throughout the year at this 95 acre complex of large ornamental display gardens and unique native plant collections. Walking trails, lakes, more than twenty varieties of cherry trees, irises, peonies, an extensive shade garden, native wildflowers, gazebos, birds, butterflies, seasonal blooms and foliage create a sanctuary of beauty and nature.



## Great Falls National Park

9200 Old Dominion Drive, McLean, VA 22102

At Great Falls, the Potomac River builds up speed and force as it falls over a series of steep, jagged rocks and flows through the narrow Mather Gorge. The Patowmack Canal offers a glimpse into the early history of this

Great Falls Park has many opportunities to explore and nature, all in a beautiful 800-acre park



Frying Pan Farm Park is part of the Floris Community in western Fairfax County, known as Frying Pan from 1726 to 1892 when the name was changed to Floris. Today, the park preserves and interprets a 1920s through 1950s farm, agricultural process, rural community life and landscape for the educational, cultural and recreational enrichment of citizens and visitors of Fairfax County

## Great Country Farms

18780 Foggy Bottom Rd Bluemont, VA 20135

Great Country Farms is a 200 acre working farm situated at the base of the Blue Ridge Mountains outside the village of Bluemont, VA. Great Country Farms offers produce as well as the farm experience to its customers. Free entry for Military and they also have playgrounds, live animals, hayrides, PYO and seasonal events. Worth a visit.

# Medical

## Dental

ALWAYS check with the Healthcare team in the embassy before any recommended treatment begins. It is essential that you make sure any treatment is pre-authorized and 'In Network' with confirmation from the healthcare team before commencing. Military, BDS, FCO etc can be on a differing Medical Insurance Package including Dental, hence the caution and pre authorisation before treatment.

Dr Sabet, Vienna Dental Care, 360 Maple Ave, Vienna, Va. - **Please check this dentist is within your Network/Insurance approved provider.**

Dr Sabet has extensive knowledge of the peculiar arrangement with the Embassy/Insurance provider. He is very good with Children and nervous patients. He has also spent a bit of time within the NHS system in the Bristol area of the UK, this makes him very aware of the kind of treatment patients may have experienced in the UK.

## Medical

As with Dental it really is just a matter of minutes to check if you are covered or in network where necessary. **The only time this is not applied is for true emergencies. If you would go to A&E or call 999 at home, DO the same here. 911 is the emergency number and there is an A&E (ER here) not too far from Vienna.**

## **INOVA Fairfax Hospital - ER**

Inova Trauma Center. 3300 Gallows Road Falls Church, VA 22042 - 703-776-3116

This is a 24hour ER, there is no self parking as there is a FREE valet Parking system. Pull into the roundabout and the Valet will give you a ticket and park your car whilst you deal with your emergency. There are separate reception desks for Adult and Paediatric admissions. **ALWAYS have your ID as this is also your Insurance cover. You will receive bills from the hospital and will be more than one as this is how it works out here - separate charges for Doctors, X-rays, meds etc. Contact the Healthcare Team as soon as possible to inform them of the visit and ensure they receive a copy of all the invoices. They will advise you what to do next.**

## **Fairfax Family Health - Military Only (Appointment necessary - 571 432 2700)**

10580 Arrowhead Drive, Fairfax, VA 22030

This is a satellite medical facility of Fort Myer/Belvoir. It is for Military personnel and their dependants only. (Tricare Prime Patients. The military community posted here are Tricare Prime for appointments and Standard for coverage). This facility has an X-ray, Paediatric, Ophthalmology, Phlebotomy Lab, Immunisations and Pharmacy attached. This is the closest GP, Minor appointments facility to the Vienna area. Referrals are usually conducted at Fort Belvoir Community Hospital or National Medical facility (Walter Reed Hospital - Bethesda). **Please confirm with the Healthcare team in the Embassy if in doubt of treatment - normally referrals 'on base' at these facilities are covered but sometimes appointments are not available in a timely manner and you can be referred 'out to network'. It doesn't hurt to check or confirm with the Healthcare team first if in doubt.**