



The Washington Center

Quarantine Guide

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What to Know About Your 2-Week Quarantine

What does quarantining really mean?

Quarantining means you must remain in your assigned apartment unless it is for an essential activity. "Essential activities" include:

- Seeking medical care
- Purchasing groceries
- Brief outdoor recreation time such as a walk around the block

You should not be leaving your apartments for anything that is not essential. During the quarantine period, you are not able to have any TWC guests, gatherings, etc.

During this time, common spaces will be inaccessible, and any packages will be delivered directly to your doors. If you are waiting on a time-sensitive piece of mail from USPS, you should notify us so your mailbox can be checked and we can deliver that to your door. If you have any questions, please contact **housing@twc.edu**.

How is TWC enforcing quarantining?

Our 24/7 front desk staff and Student Services Community Life (SSCL) department will be monitoring to the best of their abilities. Students who have been found responsible for breaking quarantine via our conduct process will be put on automatic Final Warning.

Stay up to date with D.C. [COVID-19 Policies](#)

Tips & Tricks for Setting Up Your Home Office

Since apartments at the RAF do not include a desk, you can use your kitchen table, coffee table, or even the spare bed in your room to create a DIY home office.

If you prefer to work with a desk, consider buying a cost-effective one from IKEA, or look on Facebook Marketplace or NextDoor for second-hand options.

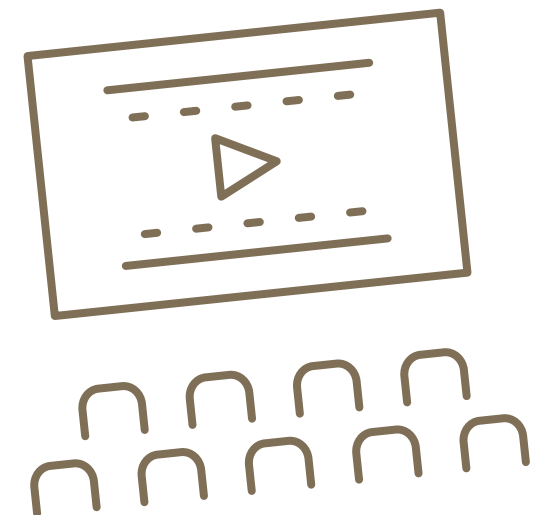
Things to consider when creating your home office:

- **Lighting:** protect your eyes from strain and make sure you can be seen in your Zoom meetings by having appropriate lighting. Put your workstation by a window, or add a lamp to your desk!
- **Background:** make sure your background looks professional enough to be seen in your video calls (i.e. your bed is made if it's in the background.) Don't want to worry about your background being seen? [Download a virtual background in Zoom!](#)
- **Design:** have fun with creating your home office! Add your style and design to it by adding a plant, pictures of family/friends, or whatever brings you joy - think Marie Kondo.

Top 10 D.C.-Related Movies/TV Shows to Watch During Quarantine

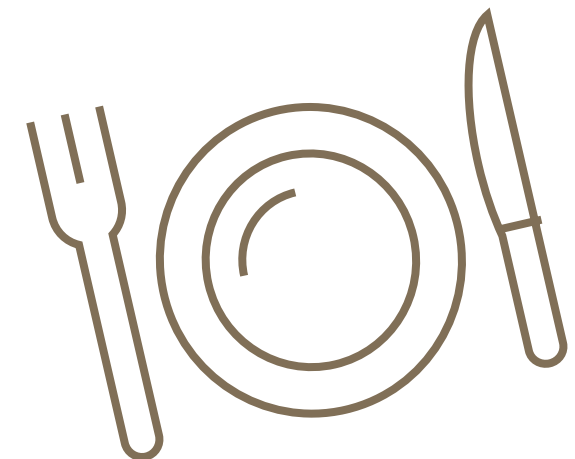
Consider watching one of these movies with your fellow TWC friends on **Teleparty** (the new Netflix Party).

1. The West Wing (TV Show)
2. House of Cards (TV Show)
3. Designated Survivor (TV Show)
4. VEEP (TV Show)
5. Parks and Recreation (TV Show) *(It may not be exactly D.C. related, but Leslie Knope wants to be the President of the United States, so we'd classify this show as Washington, D.C. inspired.)*
6. Captain America (Movie)
7. All the President's Men (Movie)
8. Air Force One (Movie)
9. The American President (Movie)
10. The Exorcist (Movie)



Top 10 D.C. Restaurants to Order Delivery/Take-Out

1. Indigo (across the street from the RAF)
2. Laos in Town (across the street from the RAF)
3. Roti
4. Red Bear Brewing Co.
5. Fancy Radish (vegan)
6. Seoulspice
7. Wiseguy Pizza
8. Carving Room NOMA
9. District Rico
10. Cafe Fili



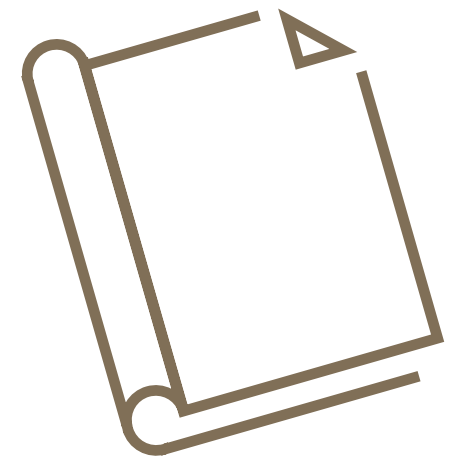
Top 10 Podcasts to Listen to During Quarantine (TWC staff favorites!)

1. How I Built This
2. The Daily
3. This American Life
4. An Oral History of the Office
5. Slow Burn
6. You Must Remember This
7. History This Week
8. Unlocking Us with Brene Brown
9. Serial
10. Throughline



Top 10 D.C.-Related Books to Read During Quarantine

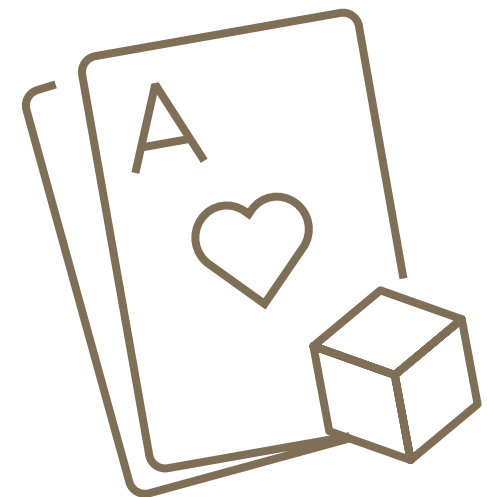
1. *Advise and Consent* by Allen Drury (political fiction)
2. *Lost in the City* by Edward P. Jones (fiction)
3. *This Town* by Mark Leibovich (nonfiction)
4. *Personal History* by Katharine Graham (memoir/biography)
5. *Red, White, Blue* by Lea Carpenter (fiction)
6. *Savage News* by Jessica Yellin (political fiction)
7. *The Beautiful Things That Heaven Bears* by Dinaw Mengestu (fiction)
8. *Becoming* by Michelle Obama (memoir)
9. *Murder in the White House* by Margaret Truman (fiction, mystery)
10. *All the President's Men* by Bob Woodward and Carl Bernstein (biography, true crime)



Top 10 Games to Play During (& After) Quarantine

Hop on Zoom and play some virtual games with your new TWC friends!

1. Houseparty
2. Jackbox
3. Pictionary
4. Psych!
5. Uno
6. Monopoly
7. Yahtzee
8. Scattergories
9. Would You Rather?
10. Boggle With Friends



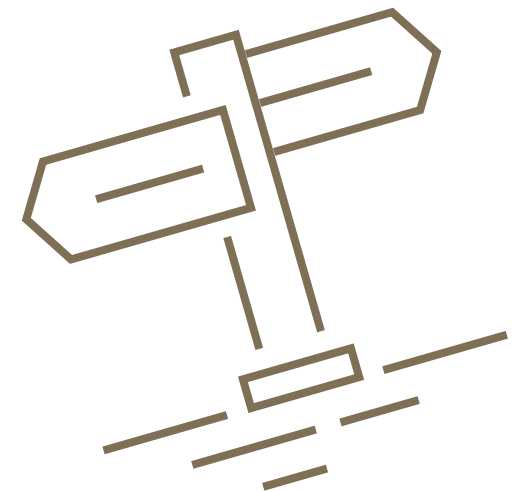
Top 10 Ways to Stay Sane During Quarantine

1. Shower daily
2. Get dressed
3. Move your body - Do a virtual workout class with your roommate!
4. Talk to friends/family on the phone
5. Meditate
6. Establish routine - make a daily plan for yourself
7. Make plans for after quarantine is over - it won't last forever!
8. Plan your meals
9. Limit your media intake
10. Open the windows & let some fresh air in!



Top 10 D.C. Neighborhoods to Visit After Quarantine

1. Adams Morgan
2. Dupont Circle
3. Georgetown
4. Foggy Bottom
5. Navy Yard
6. Southwest Waterfront
7. Capitol Hill
8. Columbia Heights
9. Shaw
10. Penn Quarter/Chinatown



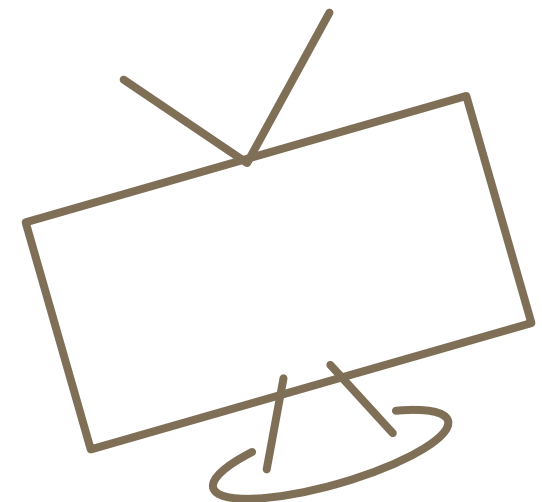
Top 10 Tips for Working Remotely (TWC Staff Recs)

1. **Make your bed.** Start your day by making your bed - this will help so you don't climb back into bed to "work".
2. **Don't work on your bed.** Sleep is far too tempting!
3. **Get dressed.** Put on something different than a fresh pair of PJ's.
4. **Take breaks.** Get up and move around in between tasks or meetings.
5. **Create a workstation.** Having a set place to work helps create work-life balance.
6. **Walk.** Take a walk to start and end your workday (after quarantine is over!)
7. **Make a playlist.** Motivate yourself with some fresh tunes to listen to while working.
8. **Set goals.** Look at the week ahead and set goals/intentions for yourself.
9. **Make lists.** Write down the tasks you need to accomplish each day.
10. **Ask questions!** Communicating remotely can be challenging. Don't be afraid to ask questions.

For The Office Fans: Top 10 Episodes of The Office to Watch During Quarantine

You can watch Seasons 1 & 2 of The Office for free on [Peacock!](#)

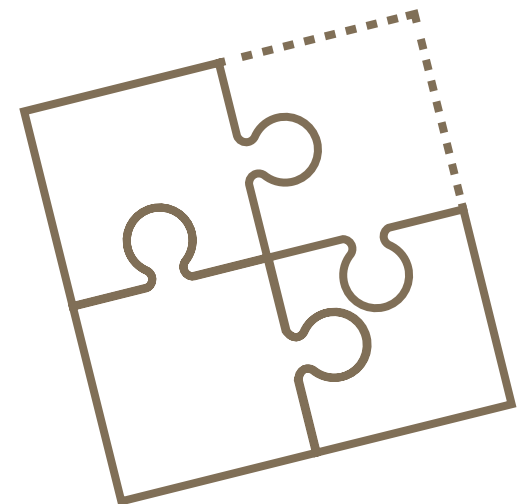
1. The Dundies (Season 2, Episode 1)
2. The Dinner Party (Season 4, Episode 13)
3. Stress Relief (Season 4, Episodes 14 & 15)
4. Beach Games (Season 3, Episode 23)
5. The Injury (Season 2, Episode 12)
6. Christmas Party (Season 2, Episode 10)
7. The Return (Season 3, Episode 14)
8. Threat Level Midnight (Season 7, Episode 17)
9. Safety Training (Season 3, Episode 20)
10. Niagara (Season 6, Episodes 4 & 5)



Top 10 Things to Learn During Quarantine

Now is the perfect opportunity for you to learn how to do the things you've always wanted to learn. We started a list for you...

1. How to juggle
2. How to make pasta
3. How to do origami
4. How to say "I can't, I'm quarantining" in every language
5. How to knit
6. How to do the worm
7. How to solve a Rubik's cube
8. How to do a magic trick
9. How to write with your non-dominant hand
10. How to say the alphabet backwards





The Washington Center

The Washington Center is the largest and most established student internship program in Washington, D.C. Since our founding, we've helped more than 60,000 young people translate their college majors into career paths. We use our scale and expertise to customize each student's experience to be truly transformative.

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