Welcome to UCSF

GUIDEBOOK FOR INTERNATIONAL VISITORS

This Guidebook is intended for the international community at the University of California, San Francisco. It is written primarily for international students, scholars, faculty, and their families, but many sections will be applicable to all members of the UCSF international community, whether visiting for a conference or guest lecture or moving to San Francisco from anywhere in the world.

This Guidebook does not provide specific advice, nor does it endorse any specific service, but rather provides general information and a guide to academic and community resources in the Bay Area. This Guidebook is based on information available as of August 2014 and is subject to change. Please send comments and suggestions for future editions of the Guidebook to visa@ucsf.edu.

Updated August 2014

International Students and Scholars Office
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San Francisco, California 94143-0477
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E-mail: visa@ucsf.edu
Website: http://isso.ucsf.edu
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Congratulations! You will soon be leaving for San Francisco, California to join one of the most prestigious health and life science institutions in the world. We are excited for you and know that you will find the University of California, San Francisco (UCSF) and the entire Bay Area a wonderfully diverse place where internationals often feel very much at home. In fact, on an ordinary day in the city you may hear someone speaking your native language, find a local restaurant that serves food from your hometown, or discover a neighborhood shop carrying products from your home country. San Francisco was the landing point for many immigrants and continues to be one of the most desired places to live in the U.S.

San Francisco also has much to offer in the areas of art, entertainment and sporting events. The city is home to an internationally acclaimed opera company, symphony, and ballet. It hosts some amazing museums and has nightclubs to meet any taste in music including avant-garde, classical, folk, rock and jazz. Do not miss the opportunity to see a “Forty-Niners” football game at Candlestick Park or the “Giants” baseball team play in the bayside AT&T Park Stadium. In addition, you will not go hungry with more restaurants per capita than any other city in the U.S., again reflecting the vast ethnic diversity of the Bay Area.

Your time at UCSF will be a wonderful opportunity for you to grow professionally and explore an exciting and beautiful city. But in order to make your transition a smooth one, it is very important that you plan your stay carefully. This chapter of the guidebook is dedicated to helping you prepare for your move. To begin, it is a good idea for you to do some research on your own with regards to living in San Francisco so that you will know what to expect. We recommend the following books and websites:

**WEBSITES**

- **UCSF Website**
  www.ucsf.edu
  Maps, resources, news, events, individual campus information.

- **UCSF International Students and Scholars Office (ISSO) Website**
  http://isso.ucsf.edu
  Information on visa regulations, UCSF policies, and upcoming workshops & events.

- **ISSO Facebook Page**
  https://www.facebook.com/UCSFInternationalStudent
  sandScholarsOffice
  Connect with other international students and scholars at UCSF and view photos of recent events.

- **SF Gate**
  www.sfgate.com
  San Francisco Bay Area news, entertainment and weather information. Includes link to the San Francisco Chronicle Newspaper.

- **SF Station**
  www.sfstation.com
  City events, film, performing arts, visual arts, music, club and entertainment information.

- **San Francisco City and County Government**
  http://sfgov.org
  City agencies, public monuments, libraries, tourism, and more.

- **FunCheap SF**
  http://sf.funcheap.com
  Listings of free and low-cost events in San Francisco and around the Bay Area.

- **US Visas – U.S. Department of State**
  http://travel.state.gov/content/visas/english/html
  Information on the visa application process with tips for living and studying in the U.S. for students.

**BOOKS ON SAN FRANCISCO**

Numerous guides for San Francisco and the Bay Area are available. We have included a couple of our favorites below. They are published in the U.S. but may be found on the internet at www.amazon.com or at any local San Francisco bookstore or library once you arrive.

*The National Geographic Traveler: San Francisco*

*Newcomer's Handbook for Moving to San Francisco and the Bay Area*

*Lonely Planet San Francisco*
By Alison Bing. Lonely Planet. (2014)

*The Best of San Francisco*

*Walking San Francisco*
**PREDEPARTURE CHECKLIST**

There will be many things to consider before you leave for the U.S. Check the following to see if you have the most essential things ready for travel.

**Passport**

If you are entering on a J-1 or F-1 visa, please make sure that your passport is valid for at least six months past the intended date of arrival in the U.S. For all other visa categories, your passport should be valid for at least six months beyond your initial intended period of stay in the U.S. Otherwise, officials at the U.S. Port of Entry may not allow you to enter the U.S. For Canadians who do not have a passport, an enhanced driver’s license may be used to enter the U.S by land or sea.

**Name as it Appears in Passport**

It is very important that you use your name exactly as it appears in your passport for all U.S. documents such as your visa stamp, I-94 card, UCSF employment paperwork, driver’s license, social security card, bank accounts, tax returns, etc. The failure to do so may result in delays or denials in the issuance of your documents.

**Visa Stamp in Passport**

With the exception of Canadian citizens, you must apply for a non-immigrant visa stamp at the U.S. embassy or consulate in your home country to be allowed entry into the U.S. For instructions on how to apply for a visa stamp, go to the embassy or consulate website where you will be applying. You can find contact information for U.S. embassies and consulates around the world at [http://usembassy.state.gov](http://usembassy.state.gov). For visa wait times check [http://travel.state.gov/content/visas/english/general/wait-times.html](http://travel.state.gov/content/visas/english/general/wait-times.html).

According to the U.S. Department of State, under U.S. law, all applicants for non-immigrant visas [B-1, F-1, J-1, TN, O] are viewed as intending immigrants unless they can convince the consular officer that they are not. You must therefore be able to show that you have reasons for returning to your home country that are stronger than those for remaining in the U.S. Ties to your home country are the things that bind you to your hometown, homeland, or current place of residence, such as: job, family, financial prospects, property that you own or will inherit, investments, and so on. Therefore, be prepared to explain or to provide evidence that you will be returning to your home country at the end of your program. H-1B visa holders are eligible to pursue permanent residency and therefore will not need to prove their non-immigrant intent to consular officers.

Also note that the waiting period for visa issuance can range from a few days to several months so you should make an appointment as soon as you receive your visa documents from UCSF.

**Visa Documents**

If you are a J-1 student or scholar, UCSF will issue you a Form DS-2019 to enter the U.S. If you are an F-1 student you will be issued a Form I-20. For all other visa categories, you will be given specific instructions on what documents you will need to enter the U.S. when you receive your welcome package from UCSF.

It is very important that you do not forget to bring these documents with you to the U.S. You will not be allowed to enter the country without them. Please contact your host department if you do not receive a welcome package.

**Other Important Documents**

If you have dependents that will be accompanying you to the U.S., be ready to show officials at both the U.S. Embassy and the U.S. Port of Entry an original and English translation of your marriage certificate and birth certificates for any children.

For students, you should carry your UCSF letter of pre-employment entry to the U.S. Please check the following: visa stamp, I-94 card, UCSF employment paperwork, social security card, bank accounts, tax returns, etc. The failure to do so may result in delays or denials in the issuance of your documents.

**Airline Reservation**

We recommend that you wait until you receive your visa stamp in your passport before you make airline reservations since the waiting period for visa issuance is so unpredictable.

Also note that F-1 and J-1 visa holders are not allowed to enter the U.S. more than 30 days prior to their program start date and air travel should be planned accordingly. For all other visa types, please contact the International Students and Scholars Office for additional information regarding pre-employment entry to the U.S.

If you land at one U.S. Port of Entry but must make a connecting flight to San Francisco, be sure to give yourself at least three hours or more between flights to go through customs.

**Health Insurance**

Unlike many countries, the U.S. does not offer socialized national health care that automatically covers everyone. Medical care in the U.S. is also very expensive, and having inadequate or no health insurance can result in catastrophic situations for an individual or their family. By law, J visa holders and their dependents are required to have health insurance. Also, it is mandatory for all UCSF students to have health insurance (it is included in the payment of registration fees). If you are in the U.S. on any other visa, we highly recommend that you obtain health insurance.
recommend that you carry health insurance at all times. Please check with your department for more details.

Money

Be sure to bring a sufficient amount of cash in US$ and an optional credit card to cover the costs of your first few weeks in San Francisco.

If you are coming to work at UCSF and will be receiving a paycheck, please be aware that there may be a one month or longer delay before you get paid and should plan your finances accordingly. Furthermore, if you plan to rent your own apartment or house in San Francisco you may need more than $4,000 to cover the costs of the first and last month’s rent as well as the security deposit. See GETTING SETTL ED chapter for more information on housing costs.

Clothing

Although temperatures are considered moderate for the United States (46° to 64° Fahrenheit, 7° to 17° Celsius), winters as well as summers in San Francisco can get rather cold. There is an average rainfall of 19 inches a year and a chilling fog that can sometimes last for weeks. September and October are considered the “summer” months with temperatures sometimes rising to 90° Fahrenheit, but this is rare. In fact, on any given day of the year, it can be warm in the morning and freezing cold in the afternoon. To accommodate this unpredictable weather, the average San Franciscan will dress in layers - a coat over a sweater over a shirt.

Short Term Housing Reservation

While most of you will be living in San Francisco for more than a few months, we highly recommend that you wait until you arrive to search for more long-term housing. You will want to find a room, apartment, or house that is comfortable, clean, safe and conveniently located. This can be difficult to determine over an internet website. Therefore, prior to your departure, it is important that you make reservations for short-term housing for the first few days while you look for a place to live. Below you will find a list of short-term housing accommodations located within walking distance to the UCSF Parnassus Campus. When making reservations, do not forget to inquire about UCSF discounts or special rates, which may be available at some of these facilities.

Please note that UCSF students and faculty are eligible for on-campus housing and may not need to make short-term housing reservations. For more information on on-campus housing or other short-term housing in different parts of the city please check the UCSF Housing website at http://www.campuslifeservices.ucsf.edu/housing/default1.php.

*Please note that the listings below are not affiliated in any manner with UCSF. UCSF does not investigate, endorse or guarantee the accommodations listed.

Carl Hotel
198 Carl Street, San Francisco 94117
(415) 661-5679
Toll Free 1-888-661-5679
email: Carlhotel@aol.com
website: http://carlhotel.ypguides.com

Great Highway Inn
1234 Great Highway, San Francisco 94122
(415) 731-6644
Toll Free: 1-800-624-6644
email: greathighway@pacbell.net
website: www.greathwy.com

The Metro Hotel
319 Divisadero Street, San Francisco 94117
(415) 861-5364
email: info@metrohotelsf.com
website: www.metrohotelsf.com

Moffatt House Bed and Breakfast
1401 7th Avenue, San Francisco 94122
(415) 661-6210
email: innkeeper@moffatthouse.com
website: www.moffatthouse.com

Red Victorian, The
1665 Haight Street, San Francisco 94117
(415) 864-1978
email: reservations@redvic.com
website: www.redvic.com

Stanyan Park Hotel
750 Stanyan Street, San Francisco 94117
(415) 751-1000
email: sales@stanyanpark.com
website: www.stanyanpark.com

Near Mission Bay

Hotel Zetta
55 5th Street, San Francisco 94103
(415) 543-8555
email: reservation@viceroyhotelgroup.com
website: www.viceroyhotelgroup.com/en/zetta

Synergy Furnished Apartments
2235 Third Street, San Francisco 94107
(925) 807-1155 and (800) 600-1115
email: ehypnar@synergyhousing.com
website: www.synergyhousing.com/ucsfhousing

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Arrival in the U.S.

**U.S. PORT OF ENTRY**

When you arrive at the U.S. Port of Entry, a Customs and Border Protection (CPB) official will give you a short interview and ask you for your visa documents which will be date-stamped and returned to you. At some airports you may be asked to go to a second room where you may be interviewed about your UCSF program and other details associated with your travel.

**TRANSPORTATION FROM AIRPORT**

If you are arriving at San Francisco International Airport (SFO) you can take Bay Area Rapid Transit (BART), a metro rail service, into San Francisco. BART is safe, fast, and comfortable and is available from early morning to midnight every day of the week. Please check [http://www.bart.gov](http://www.bart.gov) for updated BART schedules and fares.

If you have a lot of luggage, you can arrange to take an airport shuttle (approximately $20.00 per person) or taxi (approximately $50.00) into San Francisco. Airport shuttle and taxi stops are located on the Arrivals/Baggage Claim level of all terminals. There is no need to make a reservation in advance. Both shuttles and taxis are available 24 hours a day. Rental cars can also be reserved in advance and are available 24 hours.


**CHECK-IN AND ORIENTATION**

It is mandatory that you check-in with your UCSF Human Resources representative (for J scholars) or the International Students and Scholars Office (for students) immediately upon your arrival to the United States. Any failure to do so may result in the termination of your program and can lead to serious consequences if we cannot confirm your arrival with the U.S. Department of Homeland Security. Please bring your passport and visa documents with you. Be prepared to inform your representative of your current residential address, even if it’s a hotel address, as well as emergency contact information such as addresses and phone numbers of family and friends. Also, if you have dependents, please bring their passports and visa documents to your meeting. If you are an employee, Human Resources will supply you with your employee I.D. number so that you can get a campus I.D. badge. After your check-in, an orientation will be scheduled for you to go over your responsibilities as an international visitor in this country and to answer any questions that you may have.

UCSF’s International Students and Scholars Office (ISSO) is located at Mission Bay campus inside the Rutter Community Center, 1675 Owens Street, CC-290. ISSO’s office hours are 9am to 4pm Monday through Friday. Please stop by or call (415) 476-1773 if you have questions.

**DEPARTMENT CHECK-IN**

After you have checked in with Human Resources (for J scholars) or ISSO (for students) you will want to visit your department. If you are an employee, your department will supply you with your library card and UCSF e-mail account. If you are a student, you will want to check in with your academic department. You will receive your I.D. badge, library card and UCSF e-mail account after you register for classes and pay tuition and fees.

**ESTABLISHING A BANK ACCOUNT**

In the U.S. it is not considered safe to keep in your residence or to carry around large amounts of cash. Upon your arrival, you will want to keep your money in a secure location, such as a safety deposit box if staying at a hotel. Be sure to open a bank account as soon as possible. Americans use a combination of check writing, ATM Check/Debit card or credit cards to make purchases and pay bills.

**Checking and Savings Accounts**

We recommend that all students and scholars open a checking account to pay bills such as rent or utilities. Checks are also commonly used at grocery stores or retail shops to pay for purchases, although you will need to show some form of photo ID such as a passport or driver’s license for this purpose. You can find instructions on how to write a check at [http://www.nyc.gov/html/ofe/html/save/write.shtml](http://www.nyc.gov/html/ofe/html/save/write.shtml).

To open a checking account, you may have to pay a monthly fee of approximately $20.00 per month. The fee is dependent on how much you deposit into the bank and how much you maintain in your checking account month to month. If you are receiving a paycheck from UCSF and choose to have it directly deposited into your checking account every month (a safe and convenient option), the fees may be waived. If you have excess money not needed for daily expenses, you may want to open a Savings Account to earn interest on your money. Please ask the bank teller for current interest rates.
ATM Check Cards/Debit Cards

When you open a checking account, you may also want to apply for an ATM (Automatic Teller Machine) Check Card that will allow you to have access to money from your checking account without having to visit your bank or carry checks around with you.

If you simply need cash, ATM machines are conveniently located throughout the city, on each of the UCSF campuses, in grocery stores, gas stations, and in front of bank entrances so that you may withdraw money from your checking account 24 hours a day. Be aware that if you do not use your own bank's ATM machine, you may be charged a fee ranging from $1.00 to $3.00 by both the machine and also your own bank.

Most stores and restaurants accept ATM Check Cards for payment, but please note that although there may be a Visa or MasterCard logo on the card, this is not a credit card. The money will be automatically deducted from your checking account within 24 hours. Therefore, the ATM Check Card is also called a "debit" card.

Credit Cards

Since internationals have no credit history in the U.S., it may be difficult to obtain a credit card. If you are interested in establishing credit so that you may be eligible for credit cards in the future, ask the bank teller to tell you about the "Secure Credit Card" which will require you to put down a deposit for usage. Within a few months of using the Secure Credit Card, you may be eligible for other credit cards. *Please note: you will need a Social Security Number to apply for it.

Transferring and Exchanging Money from Your Home Country

Once you know your bank account number, send the information to your home bank in order to make transferring, or "wiring", money easier and faster. Never send cash through the U.S. mail service. Only certain bank locations are able provide foreign money exchange services. Please ask your bank for more details.

Bank Locations

The following bank locations only require you to have a passport to open a bank account (although you may want to bring your visa documents) and are within walking distance to the UCSF Parnassus Campus. Both banks have ATM machines located throughout the city, including the first floor of Millberry Union on the Parnassus campus and next to UCSF Housing at Mission Bay.

- **Bank of America**  
  800 Irving Street (corner of 9th and Irving Street)

- **Wells Fargo**  
  725 Irving Street (between 8th and 9th Avenue)

**SOCIAL SECURITY NUMBER and INDIVIDUAL TAXPAYER'S IDENTIFICATION NUMBER**

United States citizens are issued a social security number for federal tax purposes from the time of birth. Internationals who will be receiving a paycheck from UCSF (or other U.S. employer) will also need to apply for a social security number. For all internationals who are eligible, do not go to a Social Security office without first checking with the International Students and Scholars Office (ISSO). ISSO will provide you with a current list of documents needed and locations of where you can apply.

It is also advisable to wait at least two weeks after your arrival in the U.S. before you visit the Social Security Office. This will give the U.S. Port of Entry enough time to transfer your arrival information.

Your social security card will be delivered to the address that you put on the application. Depending on whether your information was subject to a security check or not, it can take anywhere from a few days to several weeks to arrive. If it has been over a month and you still have not received your social security card please contact the Social Security Office where you applied or contact ISSO.

*Please note that social security numbers are no longer needed for purposes of general identification (bank accounts, tax returns, driver’s licenses, residential telephone service, etc.).

**CALIFORNIA STATE I.D.**

A California State I.D. may replace your passport for identification when you are within city limits. You will need some form of picture I.D. that specifies your age to buy alcoholic beverages (drinking age is 21 and over), enter most concert halls and clubs, and cash checks. You can apply for a California State I.D. card (cost is approximately $28.00) at the Department of Motor Vehicles (see TRANSPORTATION chapter for more information). *Please note, if you will be applying for a California Driver’s license you do not need to apply for a California State I.D.

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TELEPHONES

International Calling Card

You can call home by using an international calling card, using a credit card, or by placing an operated-assisted or collect call. Collect calls are the most expensive way to place long distance calls. International calling cards are by far the least expensive of the three and can be purchased on the internet at very low rates or at most grocery or convenience stores throughout the city such as Walgreens.

Tips for Making Calls

- If you are calling a number outside the U.S., you will need to dial 011 + country code + area code + phone number.
- If you are calling a number within the U.S. but outside San Francisco, you will need to dial 1 + three digit area code + seven digit phone number.
- If you are calling a number within San Francisco from San Francisco, you do not need to dial the 415 area code, just enter the seven-digit phone number directly.
- At any time, you can dial “0” to receive operator assistance or “411” for directory information. Please note there is a $0.46 - $0.95 charge for this service.

For more information on having Residential Telephone Service installed in your home or obtaining a Cell Phone, see the GETTING SETTLED chapter.

INTERNET ACCESS

The following locations near the UCSF Parnassus campus allow the use of their computer terminals for web access and for checking e-mail accounts.

- UCSF Kalmanovitz Library at Parnassus
  Interactive Learning Center (ILC)
  530 Parnassus Ave, 2nd Floor
  (415) 476-2336 *UCSF I.D. required

- UCSF FAMRI Library at Mission Bay
  William J. Rutter Center
  1675 Owens St., 1st Floor
  (415) 514-4060 *UCSF I.D. required

- Tart to Tart Bakery *Fee charged for service
  641 Irving St. (between 7th & 8th Ave)
  (415) 504-7068

POSTAL SERVICES

United States Post Office

If you need to buy stamps, postcards, or aero grams, change your address, or send letters and packages by first class, priority, express, certified, or registered mail, you can visit the local US Post Office. For more information on locations and hours call 1-800-275-8777 or check the website at www.usps.co/locator/welcome.htm. See below for U.S. post offices near UCSF Campuses:

- 821 Irving St. (between 9th and 10th Ave)
  (415) 643-3790
  Monday - Saturday: 9:00am – 5:00pm

- 550 Townsend St.
  (415) 552-2330
  Monday - Friday: 9:30am – 5:00pm
  Saturday: 9:30am – 1:00pm

If you just need to buy stamps and send a letter using regular mail, you can visit the Central Desk at 500 Parnassus Ave, Millberry Union (West), Level G.

U.S. Mail Boxes

To simply mail letters, look for blue colored U.S. mail drop boxes located on street corners throughout the city. The pick-up times are written inside the door lever.

Courier Services

If you need quick delivery of a package overseas, please contact the following courier services:

DHL Worldwide Express
1-800-225-5345
www.dhl.com

Federal Express
1-800-463-3339
www.fedex.com
UCSF SHUTTLES

Free shuttles operate between UCSF campuses and hospitals and are available to all students and employees. Shuttles run approximately every 15 minutes from early morning to early evening Monday through Friday. Shuttle schedules are available in the International Students and Scholars Office or can be downloaded from the UCSF Parking and Transportation Office website listed below. For students and employees who live in Marin County or the East Bay, UCSF offers commuter services for a monthly fee.

Please note that on the Parnassus campus there are emergency night shuttle services available from 5:00pm to 1:00am that leave from the front entrance of Moffit Hospital and will take you wherever you need to go within a one-mile radius. Please check with your department to find out about night shuttles on other campuses.

PUBLIC TRANSPORTATION

Public transportation is generally good in San Francisco and in the surrounding Bay Area. There are buses, streetcars, cable cars, trains, and ferries that transport people throughout San Francisco Bay. As soon as you arrive, be sure to purchase a copy of the “Official San Francisco Street & Transit Map”, available at bookstores throughout the city for approximately $2.00. This map is very detailed and outlines the routes of every mode of transportation within the city. You can also check the websites or call the transportation services listed below for trip scheduling, times tables, and maps.

San Francisco Municipal Railway (MUNI)

Dial 311 for information
http://www.sfmta.com

The MUNI system includes streetcars (trains), buses, and cable cars that run within the city of San Francisco. These are all surface lines except for streetcars, which serves both the street level and underground level of Market Street down town. Beginning Sept. 2014, the basic fare is $2.25 for adults (free for children under 5) and you must have the exact change. Please remember to always get a transfer (ticket) from the driver when boarding buses and streetcars or from a vendor when passing through turnstiles at underground stations. Passengers who are caught riding MUNI without a transfer may be fined up to $75.00. Transfers are valid on any MUNI mode of transportation for at least 90 minutes.

You can also buy a monthly MUNI Pass on your Clipper Card valid for unlimited monthly use for $66.00 at the Transportation Services Offices on the UCSF Parnassus and Mission Bay campuses or at grocery and convenience stores located throughout the city. *To purchase monthly, weekly, or daily passes, discounts for youths, seniors or the disabled at other locations, please visit http://www.sfmta.com/getting-around/transit/fares-passes.

MUNI bus and streetcar stops are marked by a brown and orange sign, a yellow band painted on a pole, or a white stripe painted on the street labeled “Coach Stop.” Buses may be designated as express, limited or local. Most buses run frequently during daytime hours. Express buses run only during peak rush hour times and make very few stops. Owl streetcar lines run all night from stops marked with “Owl”.

Bay Area Rapid Transit System (BART)

(415) 989-2278
http://www.bart.gov

BART is a subway-type system that serves the entire Bay Area. Stops include San Francisco Airport (SFO), Daly City, downtown San Francisco and East Bay cities such as Oakland, Berkeley, Fremont, Richmond, and Concord.

BART runs seven days a week. Fares vary according to the distance to be traveled. When you enter a BART station, you must buy your ticket from a ticket machine before boarding. You will receive a small card which you will then insert into a machine marked “enter.” Remember to keep it until you arrive at your destination. When you leave the BART station, you insert the card again in the machine marked “exit.” If there is any money left on your card, it will be returned to you. Otherwise, the machine will keep your card. Children 12 years old and under are eligible for special discount tickets available at BART stations. No monthly passes are available but you may buy prepaid cards ($30 - $50) at the Transportation Services Office on the UCSF Parnassus campus. Please check the website for additional vendor locations.
All BART stations and trains are wheelchair accessible. All MUNI rail stations, some rail street stops, and several bus routes are also wheelchair accessible. For more information about wheelchair accessible MUNI transportation, call (415) 923-6142. People with disabilities can obtain a Regional Transit Connection Discount Card.

Caltrain
1-800-660-4287
http://www.caltrain.com/

Caltrain is a high-speed rail service that serves the peninsula from San Francisco to San Jose. The San Francisco Caltrain terminal is at 4th Street and Townsend Street. The fare varies depending on distance traveled. Monthly passes are available and are also priced by zones. For daily commuters, the cost of a monthly pass provides substantial savings. For fare prices please visit the website.

AUTOMOBILES

Obtaining a California Driver's License

If you are here in F-1 or J-1 visa status, you are considered a "resident" for the purposes of driving, and are therefore required to obtain a California Driver's License if you intend to drive a car or motorcycle in the state of California.

If you are a short-term visitor in California and have a valid driver's license from your home state/country, you may drive in this state without getting a California driver's license as long as your home state/country license remains valid. Also note that an International Driving Permit (IDP) is not recognized in the State of California.

To obtain a California driver's license you will need to visit a local DMV Office or make an appointment online for faster service:

DMV
1377 Fell Street
San Francisco
1-800-777-0133
http://www.dmv.ca.gov

You will need to bring the following documents:

- $31 Fee (Consult DMV website for current fees. Bring cash or checkbook. No credit or debit cards accepted)
- Passport (Birth Certificate is acceptable for Canadians)
- Valid I-94 Printout
- Visa Documents (Form DS-2019 for J-1's; Form I-20 for F-1's; Form I-797 or receipt of extension for H-1's)
- Social Security Card (if eligible*)

If you have applied for a Social Security number but have not yet received your card, the DMV will need a receipt from the Social Security Office that proves you have already applied.

*Note: The DMV has stated that if you are not eligible for a Social Security Card, you are exempt from Social Security Card requirements and may apply for a California Driver’s license without it. However, you may be required to prove you are not eligible (bring RM 00299.020 Form SSA-L676 - Refusal to Process SSN Application)

If this is your first time applying for a driver's license in the U.S., please be aware that you will need to take both a written and a road test. If you can show proof that you have a driver's license from another state in the U.S. and apply within 30 days of establishing residence in California, you will only be required to take the written examination.

To study for the required written examination, you can download copies of the California Driver's Manual along with sample tests from the DMV website listed above. The test is available in many different languages and if you don’t pass the first time, you can take it up to 5 times in one day!

Once you have passed the written test, you can make an appointment to take the road test (often scheduled several days later). You will need to bring your own car. Please make sure that the car you use has insurance and has been registered with the DMV. Once you pass the road test, you will be issued a temporary driving license until your permanent one arrives in the mail four to six weeks later.

The DMV is normally open from Monday through Friday from 8:00am-5:00pm. Please check the website for current hours of operation. Be aware that this office is very busy and notoriously slow. For faster service you can download the forms needed for a driver’s license from the website and call ahead to make an appointment.

Owning a Car

Everything having to do with owning a car in San Francisco is expensive. In addition to the cost of buying a car, you will need to pay annual registration fees, car insurance, smog tests and parking costs. Added with the difficulty of finding a parking space (it often takes twice as long to park than it would to take public transportation) and you may give up the idea of having a car in San Francisco. But if you are determined to have a car, please read through the guidelines below. You can find advice on buying a new or used car on the Better Business Bureau website at http://www.bbb.org.

Registration

You must register your car with the state within 20 days if you brought it with you from another state and within 30 days if you purchased it here. Failure to do so can result in a penalty and other legal difficulties. Registration can be accomplished at the DMV. If your car does not have a California emissions control system, you may have to pay $300 in fees or have your car retrofitted. Your car may also have to undergo a smog control test. This will cost about $100. The test can be done at most gas stations, but look for an official "STAR" sign. Don't panic if your car fails the first time. You may only need a tune-up. Consult the Vehicle Registration booklet which you can download from the DMV website for registration fees.
Automobile Insurance

Drivers have a financial responsibility for personal injury and property damage caused during accidents. The State of California requires that all drivers be insured for this. Major carriers include AAA, Allstate, State Farm, and GEICO (Government Employees Insurance Company). Please check the Better Business Bureau website at http://www.bbb.org for valuable tips on understanding, shopping for, and minimizing the cost of auto insurance. Hint for international drivers: a California driver's license is required to get your car insured. Some of the cheaper insurance companies will not insure you for the first 18 months. Expect to pay more expensive rates for the first 18 months of U.S. residency, then shop around and consider switching to a cheaper insurance company for potential savings in the hundreds of dollars per year!

Parking

Parking is a major problem in this city. Many neighborhoods require a residential permit in order to park on the street during the day. In order to get a resident permit, you must go to City Hall. Bring your California driver's license (the temporary will do), car title and registration. The cost is about $110 per year. For more information, call (415) 554-5000 or visit www.sfmta.com.

Parking on UCSF Parnassus Campus is a challenge! Parking spaces for employees are available only after several years of service at UCSF. Public parking garages are available but will cost you up to $20 a day. Free parking is available on the streets, but at some distance from the hospital; allow 15-20 minutes to walk from your parked car. Parking at the VA and SFGH is a little easier. Visit the UCSF parking website at http://campuslifeservices.ucsf.edu/transportation/services/parking for parking info around UCSF campuses.

Also, be sure to watch the signs for 2-hour parking limits and street cleaning times. Failure to obey these signs or parking in illegal spaces will result in parking citation fees of $65 and up. Failure to pay fines may block vehicle registration and can result in the towing of your vehicle at a high cost to you.

Bicycles

Some people ride their bikes in, around, and out of town. Look for bicycle lanes, bicycle paths and bicycle route signs on streets shared with cars. Bicycle Maps are available at San Francisco bookstores. Route and rental information may also be obtained from the following resources:

San Francisco Bicycle Coalition
http://www.sfbike.org
(415) 431-2453

Bay Area Bike Share
http://www.bayareabikeshare.com
1 (855) 480-2453

There are bicycle racks and locked cages on the Parnassus, Mission Bay and Laurel Heights Campuses. For more information on where to park your bicycle call UCSF Parking and Transportation at (415) 502-1727 or check online at http://campuslifeservices.ucsf.edu/transportation/services/biking.
The following chapter is dedicated to helping you get settled into your life here in San Francisco. We hope to provide some guidance on issues such as how to obtain housing, how to arrange for telephone service, gas and electricity, and where to shop for furniture, groceries, and other essential items. Some people visit San Francisco ahead of time to search for housing. We realize that this may be difficult for most of you so we have included maps and websites that will help you become familiar with the local neighborhoods, housing options and costs before you arrive.

**HOUSING RESOURCES**

Below is a list of housing resources that will help you locate housing in San Francisco and the Bay Area.

**UCSF Housing Office**
Mission Bay
1505 4th Street
(415) 514-4550
[http://campuslifeservices.ucsf.edu/housing/](http://campuslifeservices.ucsf.edu/housing/)

The UCSF Housing Office has an off-campus housing list on their website that is updated regularly and can assist you in finding apartments, flats, summer subleases, accommodations to share, and private rooms in homes. You can also call or visit the office which has a housing board Monday through Friday between 8:00am and 5:00pm for more assistance.

**Craig’s List**
[www.craigslist.org](http://www.craigslist.org)

A popular local website to help you with finding roommates, shared housing, rooms in private homes, or your own apartment, flat or house. You can also use Craig’s List to find used furniture and appliances for sale and even items for free!

Before using Craig’s List, please review this important information on avoiding scams and staying safe: [http://www.craigslist.org/about/scams](http://www.craigslist.org/about/scams).

**San Francisco Chronicle Newspaper**

You can either pick up a copy of the Sunday edition of this newspaper when you arrive to check for rentals or check the above website.

**HOUSING SEARCH STRATEGY**

You can start your search for housing before you leave for San Francisco but be aware that rentals go quickly and are usually not available much in advance. Finding housing in San Francisco can actually be done in a weekend if you are not too particular, but the better approach would allow several days after arrival. Here are some suggestions for starting your search:

- **Become familiar with housing vocabulary.** A helpful list can be found on: [http://www.macmillandictionaries.com/MED-Magazine/October2003/12-feature-us-uk-housing-vocab.htm](http://www.macmillandictionaries.com/MED-Magazine/October2003/12-feature-us-uk-housing-vocab.htm)

- **Prepare a Renters Resume.** An example can be found here: [http://housing.ucsc.edu/cro/pdf/tenants_resume.pdf](http://housing.ucsc.edu/cro/pdf/tenants_resume.pdf).

- Most landlords require a record of credit history and rental history references. Their applications might also ask for a social security number or a driver’s license number. Since you are an international student or scholar, you may not have any of these documents. Instead, you may want to request a recommendation letter from your faculty mentor or someone in your department to give to the landlord. It also helps to mention that you are an employee or student at UCSF and that you have a degree (B.A., M.S., Ph.D.).

- **Become familiar with the names of neighborhoods** (see MAP OF SAN FRANCISCO NEIGHBORHOODS). You will want to look for housing in a neighborhood near the UCSF campus where you will be working or studying, or along public transportation lines to make your commute more convenient since parking is difficult to find. For a detailed description of the neighborhoods in San Francisco, go to: [http://www.sfgate.com/neighborhoods](http://www.sfgate.com/neighborhoods).

- **Search for rentals from the “Housing Resources” list.**

- **Check bulletin boards** at UCSF (most ads are for roommates). The most popular ones are located at 513 Parnassus Ave in the Medical Science Building near the main elevators on the first and second floor.

- **Walk or drive around looking for “For Rent” signs** posted in the windows of houses and apartments.

- Some people utilize **rental agents** who screen and match renters with landlords for a fee, usually for 50% of one month's rent. Although this may seem expensive, it is a non-threatening, fairly risk-free way of procuring optimal housing quickly and easily. For names of rental agents, you can check free rental guides available at grocery and convenience stores.
After compiling a list of places that you are interested in, call to make appointments for viewing. It might be a good idea to borrow or lease a cell phone from a telephone or electronics store (see Telephone Service section). You may also want to prepare a script when leaving telephone messages for the landlord, mentioning that you are a new employee or student at UCSF and that you are looking forward to seeing the rental property. Remember to speak slowly and clearly state your name and telephone number where you may be reached.

When you find an apartment that you like, do not hesitate to let the landlord know immediately that you are interested. Suitable accommodations that satisfy your unique needs are hard to find in San Francisco. You should be prepared to make a substantial deposit to reserve the property.

Appropriate questions to ask your landlord might include what utilities are included in the rent (water, gas, electricity); when the apartment will be available; deposit amounts; safety of neighborhood; parking availability and costs; acceptability of pets (be aware that few landlords permit pets, especially dogs).

If you are looking for a roommate, it is perfectly acceptable to meet with the person for an interview. You would not want to move in with someone that might not be suitable for you. In fact, because the cost of housing is so high in San Francisco, it is common that people will live with several roommates to help share the cost of rent. Do not be surprised if you are asked for an interview yourself from everyone in the house.

HOUSING RENTAL GUIDELINES

The most common rental arrangements are by lease (usually 1 year) or month-to-month, and a written rental agreement is fairly standard (and advisable). Read it before you sign it; many terms may be negotiable. Basic legal facts of property rental in California are available in a booklet entitled, "What Should I Know Before I Rent?" published by the State Bar of California (See ADDITIONAL RESOURCES chapter).

In general, San Francisco housing costs fluctuate depending on the current economy and are rather high. An older, two bedroom flat or apartment within two miles of the UCSF Parnassus campus will cost approximately $3000/month; one bedroom apartments may be available for as little as $1600/month. Houses with two or three bedrooms rent for $3500/month and up. Many are attached to neighboring houses and have a garage and storage area on the ground floor with living quarters above. Prices will vary greatly depending on location and condition. You may be able to find an inexpensive room for rent in a private house or with roommates.

Some people choose to live in Marin County or the East Bay (See BAY AREA MAP). The advantages are lower rent and newer, quieter neighborhoods. The disadvantages are the long commute and the high costs of the commute, especially if you drive. See the TRANSPORTATION chapter for commuter services to the UCSF campuses.

When renting, expect to pay first and last months’ rent plus a security deposit. The security deposit may be as much as rent, and must be refunded with interest when you depart (less costs of damage you may cause). Utilities (gas, electricity, water, and garbage) may or may not be included in the rent. For those that are not, you will need to make arrangements for starting service, the subject of the next few paragraphs.

TELEPHONE SERVICE

AT&T Telephone Service
www.att.com

Customer Service and Support
Monday through Friday: 8 am to 5 pm Pacific
- House Phone: 1-800-288-2020
- Cell Phone: 1-800-331-0500

To acquire a telephone line for your home, you will need to call the above service once you have a permanent home address. The cost per month is approximately $35.00, depending on what services you would like to purchase (flat rate, measured rate, call waiting, caller I.D., etc.). Please check the website for a description of these services.

You will also need to pay a fee of approximately $35.00 to start the service and will need to purchase your own telephone. Telephones can be purchased at major department stores or electronics stores around the city.

If you do not have a driver's license, a state-issued ID card, or social security number, you will be asked to fax them a copy of your passport or birth certificate for identity verification.

Do not make long distance phone calls from your home telephone unless you have a long distance carrier. They will be extremely expensive. Instead, you can use international calling cards [see section on telephones in chapter ARRIVAL in the U.S.] or you can purchase a long distance plan for your residential phones from a long distance carrier such as 10 + 10 numbers, GE Residential, AT&T or others. AT&T will not be able to give you recommendations so you might want to check internet listings for the lowest prices.
CELLULAR PHONES

To purchase a cellular phone, you will also want to search the internet or the AT&T Yellow Pages under “Cellular” for stores in the city that specialize in cellular phones such as T-Mobile, AT&T, Nextel, Verizon, and Sprint. Although most plans require you to have a social security number, some will allow you to lease a phone for short-term use or pay a large deposit (minimum $500.00) for long-term use.

An alternative to the above may be to purchase a cellular phone plan from Metro PCS at www.metropcs.com/coverage/citiesSanFrancisco.shtml, a company that does not require you to have a social security card or credit history. The only drawback is that the plan only covers calls made within the San Francisco Bay Area.

GAS AND ELECTRICITY

Pacific Gas & Electric (PG&E)
www.pge.com
1-800-743-5000

To acquire gas and electricity for your home, you will need to call the above service once you have a permanent home address. Gas and electricity service are billed together. Monthly payments may fluctuate between $12.00 and $75.00, depending on how much gas and electricity you use. A deposit billed over the first 3 months and refunded after one year will be required.

WATER

Water is usually paid for by the landlord, but if not, contact Water & Wastewater Resources at (415) 551-3000 or visit www.sfwater.org.

GARBAGE AND RECYCLING

Most landlords also provide garbage service. Make sure to ask or there can be serious consequences if you fail to make payment to the garbage collectors.

Most people living in neighborhoods around the UCSF Parnassus campus use Recology SF. For more information, please call (415) 330-1300 or visit http://www.recologysf.com.

FURNITURE AND HOUSEHOLD ITEMS

To save on expenses, many people choose to shop for used furniture and other household items on http://www.craigslist.org, garage sales and second-hand stores. For new and used furniture stores you can try the ones listed below or check the SBC Telephone Yellow Pages under the heading “Furniture” or the www.sfgate.com shopping section for more listings.

Garage Sales

Garage sales are a fun way to find used furniture, household items, and everything imaginable. At garage sales, people sell their used (and sometimes new) items in front of their house or apartment building at a reasonably affordable price. Oftentimes, depending on the seller, you can even bargain! Garage sales are most frequently held on Saturday and Sundays. Heading out as early as 9 am gives you a better chance of purchasing the best items, although shopping in the afternoon when customer sales start declining might reward you with substantially discounted items. Sellers usually announce their garage sales by posting signs on telephone poles, by placing ads in the Sunday edition SF Chronicle newspaper or www.craigslist.org, and on UCSF bulletin boards.

Free Household Items

An internet group called Freecycle has a local San Francisco chapter. Membership is free. Freecycle posts household items that are being given away, and this is one option for locating household furniture and other items. The website is www.freecycle.org.

Second-Hand Furniture Stores

- Thrift Town
  2101 Mission Street
  www.thrifttown.com
  (415) 861-1132

  This shop has a big selection. You can also check www.sfgoodwill.org for local Goodwill second-hand stores or visit http://www.sfstation.com/clothing-accessories for used clothing stores.

- The Salvation Army (Richmond District)
  3921 Geary Boulevard
  (415) 876-6390

  Used clothing, furniture and household goods

- The Salvation Army (Mission District)
  1500 Valencia Street
  (415) 401-0698

  Used clothing, furniture and household goods
New Furniture and Household Item Stores

- **Ikea**
  
  www.ikea.com  
  4400 Shellmound Street  
  Emeryville, CA  
  (510) 420-4532

  Inexpensive furniture that you can order online or get there by BART (MacArthur Blvd Station exit) if you do not have a car.

- **Target**
  
  www.target.com  
  City Target  
  2675 Geary Blvd.  
  San Francisco, CA  
  (415) 796-5280

  Major retail store selling inexpensive household appliances and furniture.

**SHOPPING**

Most people will start out in the city by shopping in their neighborhood for groceries, household items, clothing, etc. In this section, we have compiled a list of popular stores by neighborhood that can be reached by public transportation.

**Chinatown**

http://www.sanfranciscochinatown.com/

Famous for being the largest Chinatown outside of Asia, this is a place you will want to visit over and over again. Begin your tour at the Gateway to Chinatown on Grant Ave and Bush Street. Apart from the great produce shopping on Stockton Ave (between Columbus and Broadway), you do not want to miss the Golden Gate Bakery at 1029 Grant Ave, House of Nanking restaurant at 919 Kearny St. (near Jackson), the Wok Shop at 718 Grant Ave, and the Chinese New Year Parade held in February.

**Costco**

www.costco.com  
450 10th Street (between Harrison and Bryant Street)  
(415) 626-4388

To shop at Costco requires membership—UCSF employees qualify. The merchandise varies from week to week and includes food, alcohol, clothing, sporting goods, hardware, camera equipment, electronics, etc. Most of the food items are sold in bulk quantities, but the prices can’t be beat. The annual membership fee for employees is $45. The employee must be present to join, and must show a recent paycheck stub or employee ID card.

**Geary Boulevard/Clement Street**

Trader Joe’s at Masonic/Geary is a one-of-a-kind grocery store offering healthy international specialty foods (frozen entrees, pasta, produce, tea, coffee, wine) at a very low price. On the opposite side is Best Buy (electronics) and City Target. Further down on **Clement Street** between Arguello Street and 20th Avenue is a chain of international restaurants, cafes and shops (Thai, Burmese, Indonesian, Chinese, Malaysian, Taiwanese, Vietnamese, Russian, Japanese to name a few), as well as a wonderful new/used bookstore known as Green Apple. On Geary and 21st is a very good produce market.

**Haight Street**

Starting at Golden Gate Park, Haight Street is famous for their trendy shops and alternative atmosphere. With Cala Foods, Amoeba (giant discounted music and video store), and Goodwill (second hand clothes and furniture), it is always worth a visit.

**Irving Street**

Between 20th and 25th Avenue on Irving Street, you can find several inexpensive and good quality Asian grocery stores, bakeries and restaurants. It is also a great place to buy inexpensive household items. Try Sunset Super on 25th Avenue for one of the most inexpensive and complete Asian food shopping experiences in San Francisco.

**Japantown**

http://www.sfjapantown.org

Located on Geary Blvd between Fillmore and Laguna, it’s a must visit for authentic Japanese food, groceries, gifts, books and antiques. Be sure to check out Kabuki Hot Springs (indoor bath spa), and Kinokunia Bookstore in the Japan Center at 1581 Webster St.

**Market Street and Union Square**

Union Square is at the Powell Street Station exit if you are taking public transportation. Outdoor shopping with all the major department stores (Macy’s, Neiman Marcus, Nordstrom, Sax Fifth Avenue) and all the specialty stores (Tiffany’s, Banana Republic, Gucci, Prada, Armani, William Sonoma). On the weekend, there is entertainment and art fairs in the square and it is beautifully decorated at Christmas.

**Produce Markets**

There are excellent produce markets in virtually every neighborhood and the prices are generally much better than in supermarkets. In addition, on Wednesdays, farmers’ markets are open from 10:00 am - 2:00 pm on Parnassus and Mission Bay campuses. On Saturdays try the Alemany Farmer’s Market at 100 Alemany Blvd. (where Hwy 101 and I-280 intersect in San Francisco) or the Farmer’s Market at Ferry Plaza in the Embarcadero (at the end of Green Street).
Stonestown Galleria  
www.stonestowngalleria.com

Located on 19th Ave and Winston St., the Galleria is an upscale shopping mall featuring specialty shops such as Nordstrom, Macy's, Banana Republic, Esprit, The GAP (clothes), Gymboree (children’s clothes), See’s Candy, several shoe shops, and household item stores. There is also a small movie theater and food court. Free parking.

Serramonte Metro Center (Daly City/Colma)  
www.serramontecenter.com

Located off Highway 280 at 3 Serramonte Drive. 130 stores including Target (household items, clothes, toys) and Macy’s. Home Depot (home and garden supplies), Nordstrom Rack, Marshall’s, JoAnn’s (crafts, fabrics) are located nearby at the 280 Metro Center (http://280metrocenter.com).
family resources

SPOUSES

One of the most important determinants in whether your transition to the U.S. will be smooth or not, is making sure that your spouse is well cared for. This means that he or she will need to have his or her own support system and activities outside of the University.

Education

If your spouse is interested in taking classes only for recreation, there are many colleges and universities in the Bay Area, but they can be expensive when paying out-of-state tuition. A good alternative is the free non-credit courses offered at City College of San Francisco including free non-credit English language classes (see COMMUNITY RESOURCE chapter for more information on English language instruction in San Francisco). Please check their website or visit the campus at:

- City College of San Francisco
  www.ccsf.edu
  50 Phelan Ave
  San Francisco, CA 94112
  (415) 239-3003

When you arrive, you can also check the local newspapers for community classes and art programs. If your spouse does decide to pursue a degree program while in the U.S., you will want to check with the Services to International Students and Scholars Office to make sure that it is legally possible under their visa. For example, F-2 visa holders must change their visa status to F-1 before beginning a degree program. This process could take some time, so you will want to speak with an ISSO advisor far in advance of this decision.

J-2 Employment

Federal regulations prohibit employment for all dependent visa types except for J-2 visa holders (dependents of J-1 visa holders). Although J-2’s are free to seek employment anywhere they like, the purpose of the employment should be for cultural enrichment and should not be based on financial need.

*Be aware that your spouse cannot apply for work permission until they are physically present in the U.S. as a J-2 visa holder. Also note that they cannot begin working until they have received an employment authorization card from the U.S. Citizenship and Immigration Services (USCIS). Currently, employment authorization cards are taking three or more months to process from the time of application and will need to be renewed yearly. Please check with ISSO when you arrive for more information on J-2 employment application requirements and forms.

CHILDREN

An excellent book for all sorts of information about early childcare in the Bay Area is "Bay Area Baby" by Paula Belknap Reynolds and Jenny Andros. Another good reference guide is "The Best of the Bay Area for You and Your Child" by Susan Waldman. You can find these books at the local library.

The PARENT and PARENTS' PRESS magazines are also great resources for finding fun things to do with the kids every month and provide a lot of useful information. You can find them in and around supermarkets, in public libraries and at most places that cater to children. Best of all, they are free.

When A Baby Is Born in the U.S.

To apply for an American passport for your newborn child, you will need the following documents:

- Birth certificate of the child (request it immediately after the birth of the baby). The U.S. address is on the hospital document you receive after the delivery.
- Social security number of the child
- 2 identical pictures of the child
- Passport/Execution Fee $105.00 (personal check or cash accepted)
- ID or Passport of the mother or father
- Application Form (from the post office)

You and your child must apply in person at designated sites in San Francisco. For listings on where you can apply, go to: http://iafdb.travel.state.gov. It takes at least 4 to 6 weeks to receive the passport in the mail. For more updated information on required documents and fees, please see the Department of State website at http://travel.state.gov/content/passports/english.html.
**Baby-Sitting/Day Care Information**

- **UCSF Child Care Referral Service**  
  [http://campuslifeservices.ucsf.edu/childcare/](http://campuslifeservices.ucsf.edu/childcare/)  
  (415) 476-2692

  This service is open to all employees of UCSF. It will assist in locating day care, preschools, after-school and summer programs, and programs for children with special needs (bilingual or handicapped). Nanny and babysitter services are also available.

- **Enterprise for High School Students**  
  200 Pine Street, Suite 600  
  San Francisco, CA 94104  
  (415) 392-7600

  Bulletin board with ads of students in your zip code area available for babysitting, mothers' helpers, gardening, moving and more. Non-profit. No fee to agency.

- **Children's Council of San Francisco**  
  [www.childrenscouncil.org](http://www.childrenscouncil.org)  
  Church Street Office  
  445 Church Street  
  (415) 276-2900

  For 30 years, the Children's Council of San Francisco has been working to improve the well-being of children, parents, families, and child care providers, and to make affordable, high-quality child care a reality for all working families. Provides information and referrals on licensed family day-care homes and centers, cooperatives, and in-home care agencies. They also have listings for children's activities and support groups for parents.

**Preschools (Ages 2 1/2 - 5)**

You do not need to reserve a space in a preschool prior to your arrival, although spaces at some of the better schools fill up quickly. Before choosing a preschool for your child, visit several to decide where your child would feel most comfortable. Fees range from approximately $375/month (part time) to $800/month (full time). Extended day care (beyond normal referral service school hours) may or may not be included in the monthly tuition. Hours and days vary. Most preschools require the children to be toilet trained. For an extensive list of schools that is updated monthly and includes information such as schedules, fees and space availability, please contact the UCSF Child Care Referral Service listed above.

**Kindergarten (Age 5)**

Kindergarten is not mandatory in the United States. If you decide to send your child to kindergarten in the public school system, your child must be 5 years old by December 1st to begin kindergarten in September of the same year. Some private schools require that your child be 5 years old by September 5th or October 10th to begin school in September of the same year. It is also necessary to enroll your child by January of the same year although some schools may accept late enrollments. All children undergo a kindergarten readiness test before beginning school. See the San Francisco Unified School District website at [www.sfusd.edu](http://www.sfusd.edu) for more information.

**Elementary and Middle Schools (Ages 6-13)**

Before you arrive in San Francisco, you should try to get as much information as possible on the school system and the different schools. A good place to start is [www.greatschools.org](http://www.greatschools.org). It provides information about school size, test scores, diversity, teacher credibility, parent’s comments and so on. Additionally, it helps to know what to look for when you visit a school or talk to a principal. A good place to begin looking for an elementary or middle school is at the local public, private, and parochial (catholic) schools in your area.

**Public Schools**

Please visit the website of the San Francisco Unified School District at: [www.sfusd.edu](http://www.sfusd.edu) for information on the various public schools. Although each of the schools represent themselves well on the website, you may want to do some additional research. Public school is free of charge, but you will have to pay for after-school care (after 3:00pm) if needed. Some schools offer after-school care free, but it is illegal for internationals to accept public benefits, so be careful to ask whether the program is government-sponsored or not.

Once you arrive, you will need to visit the San Francisco Unified School District Educational Placement Center (see below) to enroll your children in school.

- **Educational Placement Center (EPC)**  
  555 Franklin Street  
  Room 100  
  San Francisco, CA 94012  
  Phone: (415) 241-6085  
  Fax: (415) 241-6087

  You can download the school application form from the SFUSD website. Be sure to follow the instructions very carefully. Children are placed into public schools according to where siblings attend, diversity, and availability. You should take the time and visit several schools to find the right one for your child.

  Non-English speaking and bilingual students will need to take a language test, although the result of the test really has no influence on the placement. If your child is tested as “Non-Fluent,” she or he will receive free additional English lessons at his/her school.

**Private and Parochial (Christian/Catholic) Schools**

Private and parochial schools also educate a large percentage of San Francisco's students, but are often filled quite early and charge tuition. Again, as all elementary schools vary in their curriculum, it is advisable to arrange a visit in order to find the school that best suits your child's needs. A comprehensive list can be found at [www.greatschools.org](http://www.greatschools.org). You might also want to check out the following book:

**Private K-8 Schools of San Francisco & Marin**

**High Schools (Ages 14-17)**

For high school age children you will again want to visit the website of the San Francisco Unified School District at: [www.sfusd.edu](http://www.sfusd.edu) for information on the various public schools or [www.greatschools.org](http://www.greatschools.org) for private schools. A good book for information on private schools for this age group is: *Peterson’s Private Secondary Schools*

**Children’s Programs**

- **San Francisco City College Parent Education Program**
  1860 Hayes Street  
  (415) 561-1921
  
  The San Francisco City College offers Child Observation Classes for mother and one child from infancy to 5 years old in which parents can learn more about their child's developmental stages by observing them in play situations. Activities are organized into indoor play (art, playdough, blocks, dramatic play etc.), circle time, snack time, outside play; clean up and closing circle time. Nominal fee (donation).

- **San Francisco Public Library Children’s Center**
  [http://sfpl.org](http://sfpl.org)  
  100 Larkin Street  
  (415) 557-4554
  
  Each branch offers storytelling sessions, “lap sits” (for younger babies) and films for children. You can get a free library card for your child too. Call your nearest branch for opening times and dates. In every library branch you can get a monthly newsletter.

- **The San Francisco Recreation and Parks Department**
  [http://sfrecpark.org](http://sfrecpark.org)  
  (415) 831-2700
  
  Offers programs in neighborhood parks and playgrounds. Also check the SBC City Government Section of the Yellow Pages for listing on swimming pools, softball leagues, camps, and other recreational services for children.

- **Yerba Buena Gardens**
  Located in downtown San Francisco, it features an ice skating rink and bowling center ([www.skatebowl.com](http://www.skatebowl.com)) and Children’s Creativity Museum ([www.creativity.org](http://www.creativity.org)).

- **Randall Museum**
  [www.randallmuseum.org](http://www.randallmuseum.org)  
  199 Museum Way  
  (415) 554-9600
  
  Live animals and petting corral exhibits, after-school workshops in lapidary, chemistry, ceramics, woodworking, and animal care. Free!

- **Cable Car Museum**
  [www.cablecarmuseum.org](http://www.cablecarmuseum.org)  
  1201 Mason Street  
  (415) 474-1887
  
  Features displays of cable cars, historic photographs, and videos as well as a gift shop.

- **The Fire Department Museum**
  [www.sffiremuseum.org](http://www.sffiremuseum.org)  
  655 Presidio Avenue  
  (415) 563-4630
  
  Displays the city's first fire engine, along with other memorabilia and info about the 1906 earthquake fire.

- **Exploratorium**
  [www.exploratorium.edu](http://www.exploratorium.edu)  
  at Pier 15  
  Embarcadero at Green Street  
  (415) 528-4444
  
  Wonderful museum that features hands-on exhibits in science, technology, and human perception. Bay Area residents receive discounted admission.

- **San Francisco Zoo**
  [www.sfzoo.org](http://www.sfzoo.org)  
  1 Zoo Road  
  (415) 753-7080
  
  In addition to the regular exhibit, it features barnyard animals to feed, pet and touch. Also, there is an insect zoo with live tarantulas, scorpions and observation beehive exhibits. Consider membership if you plan to go more than twice a year. Note: San Francisco residents receive discounted rates and free admission one day each month. Please bring California Driver’s License or I.D.

- **The American Gymnastics Club**
  [www.americangymnasticsclub.com](http://www.americangymnasticsclub.com)  
  2520 Judah Street  
  (415) 731-1400
  
  Has existed since 1981 and has a very good reputation. It offers programs for tots (ages 2-5) and for boys and girls (ages 5-17).

- **Cameron House**
  [www.cameronhouse.org](http://www.cameronhouse.org)  
  920 Sacramento Street  
  (415) 781-0401
  
  Asian, faith-based community organization offering summer camp (6 weeks) for grades 1-8, with games, songs, cookouts, and crafts, overnight trips for 5th-8th graders, and assistance to youth, adults and families throughout the year. Most activities are held in Golden Gate Park.
Children's Art Center
www.childrensartcenter.org
Fort Mason, Building C
(415) 771-0292
Art classes for children.

Millberry Union Fitness Center
www.campusf&servicess.ucsf.edu/fitnessrecreation/services/programs/youth_programs
500 Parnassus Avenue
(415) 476-1115
Offers swimming and sports lessons for children.
Check on sign up dates and get ready to line up very early in the morning in order to get a space.

Toys and Clothing
For great ads and ideas, check out the “Parents Press” and "San Francisco Parent”, free monthly newspapers. Both are available at children’s stores or the public library.

Peek-A-Bootique
1306 Castro Street (at 24th Street)
(415) 641-6192
Nice small shop for used and new clothes, toys, etc.

Tuffy’s Hopscotch
3307 Sacramento Street (at Lyon)
(415) 440-7599
European shoes for children

City Kids
152 Clement Street (at 3rd Avenue)
(415) 752-3837
Has EVERYTHING for babies. Good customer service.

Small Frys
4066 24th Street (at Noe)
(415) 648-3954
Good quality hip stuff for babies and toddlers.

Baby Furniture And Toys
Inexpensive furniture and toys can be found at garage sales, Target, and ToysRUs. If you are looking for something more special or with a higher educational approach, you may consider looking at one of the following:

Ambassador Toys
www.ambassadortoys.com
186 West Portal Avenue
(415) 759-8697
or
Two Embarcadero Center
(415) 345-8697
Great collection of international toys.

Ark Toys, Books, and Crafts
http://www.thearktoys.com
3845 24th Street
(415) 821-1257
Especially remarkable wooden toys.

Imaginarium
3535 California Street
(415) 387-9885
Good selection of high-quality toys for all ages.

Talbots Toyland
5th and B Streets
San Mateo, CA
(650) 342-0126
Maerklin railroads and other collectibles.

Help for Parents
The “Parent” and “Parent’s Press” magazines are also good resources for addresses. You can find the free magazines at most places that cater to children.

UCSF Great Expectations Pregnancy Program
http://www.whrce.ucsf.edu/whrc/gex/
(415) 353-2668
Information on childbirth preparation, newborn care, breast feeding, and related subjects.

Parents Place
http://www.parentsplaceonline.org/
parentsplacesf@jfcs.org
1710 Scott Street
(415) 359-2454
A Jewish faith-based place to share the joys and frustrations of parenthood. Includes a drop-in center and supervised play area. Offers parental support groups and two-hour workshops on various topics. Also has a circulating library of children's topics.

Natural Resources
http://www.naturalresources-sf.com/
1367 Valencia Street (at 25th Street)
(415) 550-2611
Natural Resources are an independent, community-based resource center focusing on pregnancy, childbirth, and early parenting. They provide women and their families with personalized information, referrals, products, classes, and workshops. They also offer library and video rentals, as well as products for the pregnant woman, new baby, and mother. “Rhythm Kids,” a music program for children, is also available.
Health and Well Being

PERSONAL SAFETY

Although San Francisco is one of the safer cities in the U.S., you still want to be careful. Below are some safety tips.

1. Avoid walking alone at night. If you have to walk alone, try to walk in well-lit areas, pay attention to your surroundings, and act like you know where you are going.

2. If you are on the UCSF Parnassus campus at night, go to the entrance of Moffit Hospital if you feel you may be in danger. An emergency night shuttle service will take you where you need to go within a one-mile radius. Please check with your host department to find out about night shuttles on other campuses.

3. Do not leave your belongings (backpacks, purses, money, laptops) unattended. Keep office doors and desks locked when not present.

4. Make a list of emergency telephone numbers like the ones below and keep them available at work.

**Emergency Phone Numbers**

- **Fire, Police, Medical Emergencies**
  - Dial 911
  - From UCSF campus phones: 9+911

- **Poison Control (State wide)**
  - 1-800-222-1222

- **Campus Emergency Information HOTLINE**
  - (415) 502-4000

**UCSF Emergency Preparedness Plans**

Major earthquakes, fires, terrorism and other disasters are rare but it is important to be prepared. The UCSF Police Department has an emergency preparedness program with safety plans that you can download from the website below. You can also visit them to get free pamphlets and emergency information cards.

- **UCSF Police Department**
  - [www.police.ucsf.edu](http://www.police.ucsf.edu)
  - (415) 476-1414
  - 500 Parnassus Avenue, MU P-7 Room 18
  - 600 16th Street, Genentech Hall 124 (Mission Bay)

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CULTURE SHOCK AND THE PROCESS OF ADJUSTMENT

What is it?

Culture shock is the natural reaction to a series of transitions that occur when we are uprooted from our cultural environment and transplanted into a new situation where the language, gestures, customs, signs and symbols that have previously helped us to make sense of our surroundings suddenly have no meaning or have new meanings. Most of all, we have lost our social supports (family, friends, classmates, coworkers) and we are having to begin again in a world where things are unpredictable. While the words “culture shock” imply something immediate, the onset is usually gradual and cumulative.

How can I avoid it?

Since culture shock is a natural response, your strategy should not be how to avoid it, but instead, how to manage it. Being able to anticipate the feelings you may encounter, and having an understanding of the cycle of adjustment should help minimize much of the difficulty of adjusting to life in the United States. While at times it may be an unpleasant experience to go through, adapting to a new culture provides great opportunities for personal growth and development.

What are the stages of culture shock and cultural adjustment?

1. “Honeymoon stage” – When you first arrive, the differences you observe are new, exciting and interesting. You are optimistic and are likely to focus on the positive aspects of your new environment.

2. “Hostility stage” – As some time passes, the differences that were once interesting have now become obstacles for you to get things done or communicate effectively. You may begin experiencing any of the following feelings or behaviors:

   - disorientation and confusion
   - acute homesickness for family, friends and places
   - loneliness
   - helplessness
   - irritability
   - sadness and depression
   - frequent frustration
   - being easily angered
   - fatigue
   - withdrawing from friends or other people
   - self-doubt, sense of failure
   - recurrent sickness
   - desire to go home
3. “Recovery and Adjustment stage” – Gradually, you begin to feel more comfortable in the new culture and are functioning well at work or school. Your confidence builds as you start to adjust to the differences and expand your social network. You are able to view things more objectively and are becoming more flexible.

4. "Reverse Culture Shock" – Do not underestimate the adjustment that will be required when you return home from your sojourn. People go through a similar series of stages upon re-entry to their home culture.

**How long will it take for the unpleasant symptoms to go away?**

Sometimes the symptoms of the hostility stage last just a few days, but more commonly, a few weeks or even months. Your friend may appear to adjust easily while you are suffering miserably. Several different factors, such as your pre-departure expectations, coping skills, and any past experience living overseas can affect the degree to which a person is affected by culture shock, making each individual’s experience unique. Also, people often move back and forth between the stages throughout their stay.

### Suggestions on how to make your adjustment as smooth as possible.

- **Realize that what you are going through is normal.** Remember that the unpleasant feelings are temporary, natural, and are common to any transition that a person makes during their life.

- **Be patient and give yourself the time to work through this process.**

- **Take good care of yourself.** Eat well, exercise, learn relaxation and stress reduction techniques.

- **Maintain a sense of humor.** Be able to laugh at yourself and at the predicaments you get into.

- **Resist the temptation to constantly disparage the host country.** Begin to consciously look for logical reasons for anything in the United States that seems strange, confusing, or threatening. There is a reason why Americans do things differently than people do in your country.

- **Most importantly, when you are having a difficult time do not be afraid to talk to someone**, especially if you are thinking of leaving the U.S. You can always talk to family, friends, members of your host department or the staff at the Services to International Students and Scholars Office who have a lot of experience with this process. Professional counseling is a wonderful resource and is available free to all students and is often part of an employee’s health plan. For more information, see **COUNSELING** section below.

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### Books to help you through your transition

The following books are published in the U.S. but may be found on the internet at [www.amazon.com](http://www.amazon.com) or at any local San Francisco bookstore or library once you arrive.

**American Ways: A Cultural Guide to the United States**

**Stress Management for Dummies**
By Allen Elkin. For Dummies; 2nd edition (2013)

**Transitions**

**Beat Stress with Strength: A Survival Guide for Work and Life**
By Stephanie Spera and Sandra Lanto. Park Avenue Books (1997)

**Living in the U.S.A.**

**A Foreign Visitor’s Survival Guide to America**

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### COUNSELING

In the U.S., it is very common to talk with a counselor about problems or difficulties involving academic work, personal relationships, stress, unhappiness, and an individual’s view of himself or herself, etc. In different cultures, these problems may be viewed and treated differently. For example, if you experience difficulties when you are living in your home country, perhaps you would turn to your family or close personal friends for help and advice. During your stay in the U.S., you may be apart from all family and close friends, and you may feel the need to find substitute sources of emotional support.

In the U.S., many people do not live near their families, and it is not always the custom for Americans to depend on their families to solve problems. In many instances, Americans will choose to talk with professional or trained volunteers about problems. A counselor can help you determine what the difficulty is, be in sympathy with your situation, help you see options that you might not have seen, and help you resolve the difficulty. Any conversations you have with a counselor will be treated as confidential.
Counseling can help you sort out confusing thoughts and feelings, increase your self-understanding, change problematic behaviors, and work out solutions to troubling situations. An important goal of counseling is to help you improve your ability to cope with the difficulties and challenges of living. Reasons to see a counselor might include:

- feeling overwhelmed
- stress caused by academic, economic, family, or social pressures
- feelings of depression, anxiety, or alienation
- troubling relationships, loss, or grief
- low self-esteem
- concerns about sex, sexual identity, or health
- suicidal thoughts or feelings
- concerns about a friend or family member
- distress caused by harassment or violence (sexual, racial, ethnic, homophobic, etc.)

These and other concerns can interfere with your sense of well-being and your effectiveness as a student or scholar at UCSF. If you are experiencing difficulties such as these, you may want to talk to someone. Students should contact the Student Health and Counseling office. International scholars should check with your insurance providers on how to make an appointment for counseling. The following resources are also available:

**Health and Well Being Resources**

- **Student Health and Counseling**
  
  [http://studenthealth.ucsf.edu](http://studenthealth.ucsf.edu)
  
  (415) 476-1281
  
  Millberry Union West, Parnassus Campus
  
  500 Parnassus Avenue Level P8, Room 005
  
  William J. Rutter Center, Mission Bay Campus
  
  1675 Owens Street, 3rd Floor, Room 330

  Student registration fee payment includes 10 free counseling appointments per year.

- **Disability Management Services**
  
  [http://www.ucsfhr.ucsf.edu/index.php/dismgmt](http://www.ucsfhr.ucsf.edu/index.php/dismgmt)
  
  (415) 476-2621
  
  Laurel Heights Campus
  
  3333 California Street, Suite 330

  Provides consultation on job injury prevention, disability prevention, and disability management.

- **Faculty & Staff Assistance Program**
  
  [http://www.ucsfhr.ucsf.edu/index.php/assist](http://www.ucsfhr.ucsf.edu/index.php/assist)
  
  (415) 476-8279
  
  Laurel Heights Campus
  
  3333 California Street, Suite 293

  Provides free confidential counseling and referrals for all personal matters for UCSF employees, postdoctoral scholars and their families.

- **Sexual Harassment Prevention & Resolution**
  
  [http://shpr.ucsf.edu](http://shpr.ucsf.edu)
  
  Title9@ucsf.edu
  
  (415) 476-7700
  
  3333 California Street, Suite S-16

  Provides workshops on the prevention and resolution of sexual harassment, investigates complaints, and acts as resource for questions about sexual harassment issues.

- **UC Benefits and Financial Planning**
  
  [http://ucsfhr.ucsf.edu/index.php/benefits](http://ucsfhr.ucsf.edu/index.php/benefits)
  
  (415) 476-1400

  Information on employee retirement and health and welfare programs for faculty and staff paid through the UCSF San Francisco campus.

- **Women's Health Resource Center**
  
  [http://whrc.ucsf.edu/whrc](http://whrc.ucsf.edu/whrc)
  
  (415) 476-5837

  Provides lectures, workshops, library, newsletter, and support groups focused on women’s health.

**RECREATION**

Getting regular exercise is important for both your physical and mental health while you are living abroad. San Francisco is full of variety when it comes to recreation. Listed below are a few of our favorite ways to stay in shape both on and off campus.

- **Baker Fitness and Recreation Center**
  
  [http://campuslifeservices.ucsf.edu/fitness/recreation/](http://campuslifeservices.ucsf.edu/fitness/recreation/)
  
  Mission Bay Campus
  
  1675 Owens Street
  
  (415) 514-4545

- **Millberry Fitness and Recreation Center**
  
  Parnassus Campus
  
  500 Parnassus Avenue
  
  (415) 476-1115

  Both clean and well-equipped facilities offering a variety of fitness classes, sports leagues, pools, sauna, swimming lessons for your children, and a wonderful view of the San Francisco Bay and Golden Gate Bridge at Millberry while you work out.
Outdoor Programs
http://campuslifeservices.ucsf.edu/fitnessrecreation/services/programs/outdoor_programs
1675 Owens Street, Room 406
(415) 514-4581

Interested in backpacking, kayaking, whitewater rafting, hiking, surfing, fishing, and/or skiing? Check out Outdoor Programs who will arrange an adventure for you. Ask about discounted rates for UCSF students and fitness center members.

Golden Gate Park
(415) 831-2700

Offers everything from tennis courts to roller blading. Download schedules of events, maps and other recreation information at the San Francisco Parks and Recreation website at http://sfrecpark.org.

Hiking

There are over 2,000 miles of hiking trails in the Bay Area with breathtaking views and lots to explore in the forests, ranging from challenging excursions for the experienced to easier hikes for families with children. Check out http://www.bahiker.com/ for ideas. Two excellent guides are:

60 Hikes Within 60 Miles: San Francisco

Best Hikes With Kids: San Francisco Bay Area
By Laure Latham. Mountaineers Books; (2011)

Swimming

In addition to the UCSF Fitness Center pools, following are some options for swimming outdoors. Please check the internet for exact directions to lakes and swimming pools.

Lake Anza, Tilden Regional Park, Berkeley Hills
(888) 327-2757, option 3 ext. 4563
www ebparks org/parks/tilden

Nestled just over the hill from Berkeley. Sand beach, snack stand and picnic ground nearby.

Don Castro Reservoir, Hayward Hills
(510) 538-1148
www ebparks org/parks/don Castro

Small but pretty lake with a shallow area that is roped off for children. Snack stand, changing rooms.

Cull Canyon Reservoir, Castro Valley
(510) 537-2240
www ebparks org/parks/cull canyon

A small artificial lake that gets less use than other lakes in the East Bay. Shallow warm water is ideal for families with small children. Snack bar, changing rooms, picnic area.

Lake Temescal, Oakland Hills
www ebparks org/parks/temescal

Little lake with warm water, a sandy beach and roped off child area and changing room. Near intersections of Highway 13 and 24.

Rollerblades and Bicycles

There are many places to ride and skate. Here are a couple suggestions:

Golden Gate Park
Although cars heavily use certain roads through Golden Gate Park, JFK Drive is closed to cars until 5pm on Sundays and Middle Drive west of Transverse Drive is closed to cars on Saturdays.

Blade, bike, tandem, and 4-wheel surrey rentals are available at Golden Gate Park behind the Bandstand. Call (415) 831-2700.

Embarcadero
Run and bike next to beautiful San Francisco Bay via the Embarcadero. A good starting point may be the Ferry Building at the end of Market Street (easily reached by the N-Judah Muni Line or F Muni line.

Ocean Beach
The east parking lots and the beach sidewalk are popular with roller-bladers. Although rough on blades, the east paved pathway is great for bikes and pedestrians.

Lake Merced
Great paved path around lake for blades, bikes, running or walking. Located near the S.F. Zoo.

There are also some great guides on cycling and roller blading in the Bay Area. Check out your local bookstore!

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Additional Resources

UCSF CAMPUS RESOURCES

- Office of Career and Professional Development
  http://career.ucsf.edu
  513 Parnassus Avenue, Medical Science Bldg, S-140
  1675 Owens Street, William Rutter Center, Suite 310
  (415) 476-4986

  Career library, job search information, and job skills seminars.

- Campus Life Services Arts & Events
  http://campuslifeservices.ucsf.edu/artsevents/
  (415) 476-2675

  Information on free on-campus art and music events, discounts on museum and movie tickets and more.

- Millberry Union Information Desk
  Millberry Union East
  500 Parnassus Avenue

  UCSF Shuttle maps, gift certificates, discounted movie tickets, and general UCSF information.

- Office of Diversity and Outreach
  http://www.diversity.ucsf.edu
  3333 California Street, Suite S-16
  (415) 476-7700

  Services include diversity training and education, investigation and resolution of complaints, and the development of employment opportunity activities.

- UCSF Campus Store
  http://www.ucsf.bkstr.com
  500 Parnassus Avenue
  (415) 514-4743

- UCSF Kalmanovitz Library
  www.library.ucsf.edu
  530 Parnassus Avenue
  (415) 476-2336

- UCSF Registered Campus Organizations
  https://orgsync.com/login/university-of-california-san-francisco

  Make new friends, explore your interests, and have fun by joining one of UCSF’s registered campus organizations.

RESOURCES FOR STUDENTS

- Graduate Division
  http://graduate.ucsf.edu
  1675 Owens Street, Suite 310
  (415) 476-2310

  Information on degree programs, admission and registration, financial support, and alumni.

- Office of the Registrar
  http://registrar.ucsf.edu
  500 Parnassus, MU 200 West
  (415) 476-8280

  Check on your admission status, view the academic calendar and course catalog, get information on obtaining your student I.D. card, and use the student portal to view and maintain information on your studies.

- Student Life
  http://studentlife.ucsf.edu
  500 Parnassus, MU 108 West, Parnassus
  550 A-2 Gene Friend Way, Mission Bay
  (415) 502-1484 or (415) 476-9654

  Responsible for a wide range of student services, programs and resources including disabled student services and student legal resources.

- Student Academic Affairs
  http://saa.ucsf.edu
  500 Parnassus Avenue, MU 200 West, Parnassus
  1675 Owens Street, Suite 310, Mission Bay
  (415) 514-2440

  Interested in joining student government? Want to know about student events and programs on campus? Need tips on everything from saving money, business networking, and study survival skills? Be sure to check out Student Academic Affairs for more information.

- Student Financial Aid
  http://finaid.ucsf.edu
  500 Parnassus Avenue, MU 201 West
  (415) 476-4181

  Information on obtaining loans and scholarships, financial planning, and student employment.
RESOURCES FOR POSTDOCTORAL SCHOLARS

- **Office of Postdoctoral Affairs (OPA)**
  http://postdocs.ucsf.edu
  The UCSF Graduate Division’s Office of Postdoctoral Affairs provides an avenue of communication among postdoctoral scholars, faculty, and administrators. OPA’s mission is to demystify the processes of recruiting, hiring, training, mentoring and placement of postdoctoral scholars and to empower postdocs through access to information. For more information, contact Assistant Dean Christine Des Jarlais at christine.desjarlais@ucsf.edu.

- **Postdoctoral Union (UAW Local 5810)**
  http://uaw5810.org
  All Postdoctoral Scholars at the University of California are represented by the Postdoctoral Union (UAW Local 5810) which negotiates the minimum standards for Postdoctoral wages, benefits, and terms and conditions of employment at all UC campuses. Postdocs volunteering with the Union offer personal support and advice for Postdocs in all stages of their career. Participation in the Union requires membership, which Postdocs can obtain at the time of their HR check-in or by directly contacting the Union at any time of their appointment. Please visit the website for contact information, explanations of the Contract between UAW and the University, and many other helpful resources, such as legal services, childcare, retail discounts, and financial services.

- **Postdoctoral Scholars Association (PSA)**
  http://saa49.ucsf.edu/psa/
  Join the PSA Listserv to find out about upcoming Practice of Science Seminars, networking dinners, postdoc information fairs, the Postdoctoral/Alumni Mentoring program, and other important events. All postdocs are encouraged to join the PSA and participate in its activities.

COMMUNITY RESOURCES

- **San Francisco Public Library (Main Branch)**
  http://sfpl.org
  100 Larkin Street at Grove Street
  (415) 557-4400
  Borrow books, movies, and music for free by signing up for a library card. Locations throughout the city.

- **Better Business Bureau**
  www.bbb.org/greater-san-francisco/
  (510) 844-2000
  The San Francisco Better Business Bureau publishes a resource book with a lot of consumer information that may be especially valuable for international folks. There are recorded messages on dozens of topics involving automobiles, financial tips, banking information, etc., available over the phone. Consumer advisory booklets are also available on a wide variety of subjects. The book comes out at the beginning of each year. To obtain booklet, call the phone number listed above.

- **State Bar of California**
  www.calbar.ca.gov
  180 Howard Street
  San Francisco, CA 94105
  (415) 538-2000
  Offers free publications concerning legal issues on renting housing, automobile accidents, contracts, etc.

ENGLISH LANGUAGE COURSES

- **English Corner at UCSF**
  Medical Sciences Building-159
  513 Parnassus Avenue
  Wednesdays, 6:30 - 8:30 p.m.
  English Corner is an informal Conversational English Class given as a free community service and provided on a voluntary basis by both people born and raised in the United States as well as many people who have, at one time in their lives, experienced life as a new immigrant to the US. Free snacks are provided. A collaboration between the Association of Chinese Students and Scholars and ISSO. Contact Yi Zheng, yzheng@ucsf.edu with any questions.

- **City College of San Francisco**
  http://www.ccsf.edu/Schedule
  (415) 239-3285
  Free non-credit English as a Second Language (ESL) classes are offered at several locations within San Francisco (the John Adams campus is the closest to UCSF’s Parnassus campus). To enroll, just fill out the Non-Credit online application at https://www.ccsf.edu/Forms/cgi-bin/applicationNC-English.cgi and check-in with your teacher on the first day of class.

  Other English classes may be located by looking on the ISSO website http://isso.ucsf.edu/resources/english-language-resources or searching online for “Language Schools.”
**TAXES**

- **Internal Revenue Service**
  450 Golden Gate Avenue
  San Francisco, CA 94102
  (415) 553-8990

  For forms and questions about federal tax returns. For tax treaty information, download publication 901. Taxes are done each April. Contact ISSO about tax workshops in the Spring.

- **Franchise Tax Board**
  [www.ftb.ca.gov](http://www.ftb.ca.gov)
  1-800-852-5711

  For forms and questions about State of California taxes.
UCSF SHUTTLE SYSTEM
1. UCSF Medical Center (Parnassus Campus)
   513 Parnassus Ave.
   *Inner Sunset, Cole Valley/Ashbury Heights, Haight

2. Laurel Heights
   3333 California Street
   *Presidio Heights, Western Addition, Richmond

3. UCSF/Mount Zion Medical Center
   1600 Divisadero Street
   *Western Addition, Pacific Heights

4. Buchanan Dental Center
   100 Buchanan Street
   *Western Addition, Castro

5. Mission Center
   1855 Folsom Street
   *Mission

5. San Francisco General Hospital
   1001 Potrero Hill
   *Potrero Hill

6. Veterans Affairs Medical Center
   4150 Clement Street
   *Seacliff, Outer Richmond

7. Mission Bay
   600 16th Street
   *South of Market, Potrero Hill
DIRECTIONS TO UCSF PARNASSUS CAMPUS

http://campuslifeservices.ucsf.edu/transportation/information/maps_directions

Driving

From the East Bay - Napa, Solano, Contra Costa, and Alameda Counties (80)
Entering San Francisco from the Bay Bridge, Hwy. 80 South, exit at “Ninth Street-Civic Center”. Turn left (west) onto Harrison Street, drive one block and turn right (north) onto Ninth Street. Drive 4 long blocks and cross Market Street, turning left (west) onto Hayes Street. Drive 4 blocks and turn left (south) onto Gough Street, go one full block and turn right (west) onto Fell Street. Continue 19 blocks to Stanyan Street (past Masonic, get in the right lane of Fell and continue straight as Fell veers to the left here). From the right lane, turn right (south) onto Stanyan Street. Continue 8 blocks, then turn right (west) on Parnassus Avenue.

From Marin and Sonoma Counties (101 and 1)
From the Golden Gate Bridge, take the 19th Avenue exit (on right 1/4-mile after toll plaza) onto Park Presidio Drive. Stay in the right lanes as you pass through Golden Gate Park onto 19th Avenue, where no left turns are allowed. Go three blocks, turn right on Kirkham, right on 20th Avenue, and right (east) on Judah. Follow Judah up the hill to UCSF. Judah becomes Parnassus at 5th Avenue. The entrance to the public parking garage is on the left.

From the South Bay (101)
Take Highway 101 North (Bayshore Freeway). Follow the signs for 101 North/Golden Gate Bridge. As you approach San Francisco, stay in the left lanes and follow the signs marked “Bay Bridge/Civic Center.” Merge on US-101 North towards Bay Bridge/Civic Center. Take the Duboce Ave/Mission St exit. Continue on Duboce Ave. Bear left on Market St. Stay in right lane and bear right on 17th St. Turn right on Stanyan St. Turn left on Parnassus Ave.

From the Peninsula (280)
Take Highway 280 north; stay in the left lanes and take the Golden Gate Bridge exit onto 19th Avenue (north). Proceed in the right lanes and turn right (east) on Judah Street. Follow Judah up the hill to UCSF. Judah becomes Parnassus at 5th Avenue. The entrance to the public parking garage is on the left.

Public Transportation

From the East Bay
Take AC Transit to the Transbay Terminal at First and Mission Streets in San Francisco. From there, take the No. 6-Parnassus bus to the campus; or walk one block to Market Street, enter the Muni Metro/BART Montgomery Street station, and take the N-Judah Muni Metro to the campus.

Take BART to the Civic Center station and take the N-Judah Muni Metro, or exit to Market Street and take the No. 6-Parnassus bus to the campus. The Muni bus line operates along Market Street with a stop in front of the campus on Parnassus Avenue.

From Marin and Sonoma Counties
Take Golden Gate Transit to the Transbay Terminal. Walk one block to Market Street. Enter the Muni Metro/BART Montgomery Street station and take the N-Judah Muni Metro to the campus.

From the Peninsula
Take CalTrain to the San Francisco station. From there, take the N-Judah Muni Metro.

Take SamTrans to 8th and Mission Streets. Walk one block to Market Street and take the No. 6-Parnassus bus, or enter the Muni Metro/BART Civic Center station and take the N-Judah Muni Metro.
DIRECTIONS TO UCSF MISSION BAY CAMPUS

http://campuslifeservices.ucsf.edu/transportation/information/maps_directions

Driving

From the North Bay
- Take US-101 S across the Golden Gate Bridge
- Slight right onto Doyle Dr.
- Continue onto Richardson Ave.
- Slight left onto Lombard St.
- Turn right onto Gough St.
- Turn left onto Broadway St.
- Continue onto Broadway/Robert C Levy Tunnel
- Turn right onto The Embarcadero
- Continue onto King St.
- Turn left onto 4th St.
- Turn right onto 16th St.

From the South Bay / Peninsula
Taking US-101 N toward San Francisco:
- Exit Vermont St/433A
- Turn left onto Vermont St.
- Take the 2nd right onto 16th St.
- Campus starts after train tracks, at Owens St.

Taking I-280 N toward San Francisco:
- Exit 56 for Mariposa St toward 18th St.
- Turn left onto Mariposa St.
- Take the 2nd right onto Mississippi St.
- Take the 2nd right onto 16th St.
- Campus starts after train tracks, at Owens St.

From the East Bay
- Take the I-80 W/I-580 E ramp to San Francisco
- Keep left at the fork and merge onto I-580 E/I-80 W
- Slight right onto I-80 W (signs for San Francisco)
- Take exit 1C toward Ninth St./Civic Center
- Turn left onto 8th St.
- Slight left to stay on 8th St.
- Take the 2nd left onto Brannan St.
- Take the 1st right onto 7th St.
- Turn left onto 16th St.

Public Transportation

The UCSF Mission Bay campus is served by the Muni T-Third Street line, which stops at the UCSF Mission Bay Station located on Third Street near 16th Street. This applies for both north- and southbound travel — that is, going downtown or out to San Francisco’s southeast neighborhoods.
THE SAN FRANCISCO BAY AREA:

A. Sausalito  B. Belvedere  C. Tiburon
D. Angel Island  E. Alcatraz  F. Treasure Island.