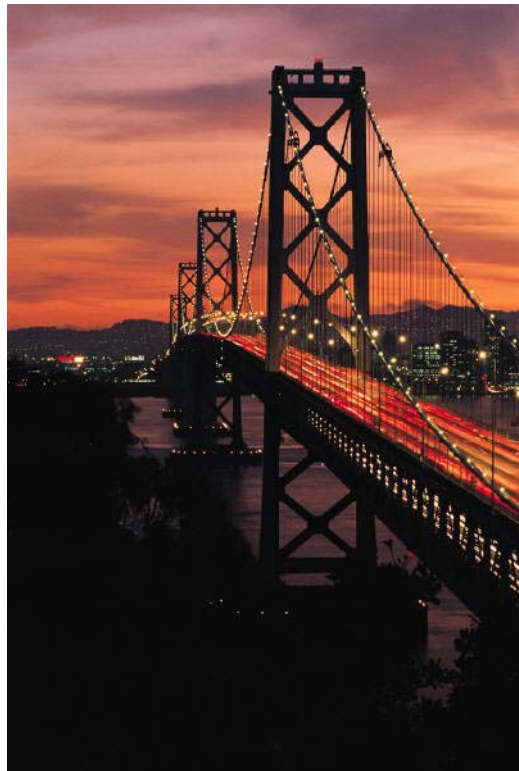


Argosy University



*Housing and Services
Resource Guide*

2004-2005

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Welcome to Argosy University!

This guide has been compiled to help familiarize you with the Bay Area. Whether you are here for just a short while, or are planning to stay, this guide will provide you with useful information to make the process more enjoyable.

As you begin your housing search, there are many questions to consider. Many of the on-line house-finders are helpful in locating the home that's right for you. You may also be interested in connecting with other Argosy students to share housing. If you are interested in finding roommates, please contact the Student Services Department (Ariana Heller) to give permission for your name and e-mail address to be released onto our incoming student mail board. There you can dialog with other new students coming to the Bay Area, as well as some that are already here, build connections to help you with your move, and look for potential roommates and house openings.



Some of our current students have offered to answer questions, or dialog with you about school, so feel free to contact them as well:

Dawn Barbic	831-252-7675	dwnbarbic@aol.com
Marla Nakamura	510-703-6409	marlanakamura@comcast.net
Lisa Burroughs	415- 642-6198	lisaburroughs_6@hotmail.com
Ema Davilla	415-464-9291	cerrgj6@aol.com
Sri Prabha	510-352-7742	sri@aams-inc.com

You are also welcome to contact us with any questions as well, as we would like to help you make this transition as smoothly as possible. **866.215.2777 (toll free)**

Because the housing in the Bay Area varies in price, quality and availability, we recommend that you begin your housing search as early as possible, to give you the best options.

Best of Luck!



SAN FRANCISCO BAY AREA CAMPUS

999-A Canal Boulevard • Point Richmond, California 94804-3547 • phone 510-215-0277 • fax 510-215-0299 • toll free 1-866-215-2777

Student Government Association

Dear Prospective Student,

On behalf of the entire student body here at the Argosy University-San Francisco Bay Area Campus, I would like to extend my warmest welcome and commend you for taking this courageous step in your life.

As the largest system of schools of professional psychology in the country, Argosy University is the only true trans-national university. It also maintains a leadership position in professional training in psychology today. As the student government president of this leading and diversity-rich San Francisco Bay Area Campus, I am pleased to see that you have chosen to join the Argosy community.

The Student Government Association (SGA) plays a pivotal role on campus. Its purpose is to represent student interests, needs, and welfare within the university, and to promote open communication on issues affecting student life and the community at large. The SGA has been influential in all university related policies and procedures that affect student welfare and is continually working toward improvement of existing policies and procedures. The SGA also offers numerous other education opportunities such as: Brown Bag Series, and funding to improve the student life of campus by providing opportunities for participation in social, intellectual, educational and cultural activities of diverse types and varying magnitudes.

I hope you will give Argosy University serious consideration if you are truly interested in pursuing a career in clinical psychology. I want to wish you the very best in your future professional endeavors. If I can be of further assistance, please do not hesitate to e-mail me at ArgosyUSGA@yahoo.com. I will be more than happy to answer any of your questions.

Best wishes,

Dawn Barbic
President
Student Government Association
Argosy University, SFBA

Driving Directions to Argosy University

From San Francisco:

Cross the Bay Bridge toward OAKLAND	
From the Bay Bridge, take I-80 E/I-580 W.	4.1 miles
Take I-580 West exit towards RICHMOND/SAN RAFAEL	0.3 miles
Merge onto I-580 W.	4.8 miles
Take the <u>CANAL BLVD. Exit</u>	0.2 miles
Turn LEFT onto CANAL BLVD.	0.6 miles

From the NORTH (Vallejo area):

From the Carquinez Bridge, take I-80 W. <i>approximately</i>	7.0 miles
Take the RICHMOND PARKWAY/FITZGERALD DR. Exit	0.2 miles
Turn RIGHT onto RICHMOND PARKWAY	5.2 miles
Proceed on RICHMOND PARKWAY stay middle or left lane	
RICHMOND PARKWAY turns into CANAL BLVD.	0.5 miles

From the WEST (Marin County/San Rafael)

From US-101 take I-580 EAST RAMP	
towards RICHMOND BRIDGE/OAKLAND	
Merge onto I-580 East	2.2 miles
Follow I-580 across the Richmond/San Rafael Bridge	5.4 miles
Take the <u>CANAL BLVD Exit</u>	0.3 miles
Turn RIGHT onto CANAL BLVD	0.5 miles

From the SOUTH (Oakland):

Take I-580 ramp towards SAN FRANCISCO/HAYWARD	
Merge onto I-580 WEST RAMP	0.3 miles
Merge onto I-580 WEST	1.3 miles
I-580 W becomes I-580 W/I-80 E	4.1 miles
Take I-580 W towards RICHMOND/SAN RAFAEL	0.3 miles
Merge onto I-580 W.	4.8 miles
Take the <u>CANAL BLVD. Exit</u>	0.2 miles
Turn LEFT onto CANAL BLVD.	0.6 miles

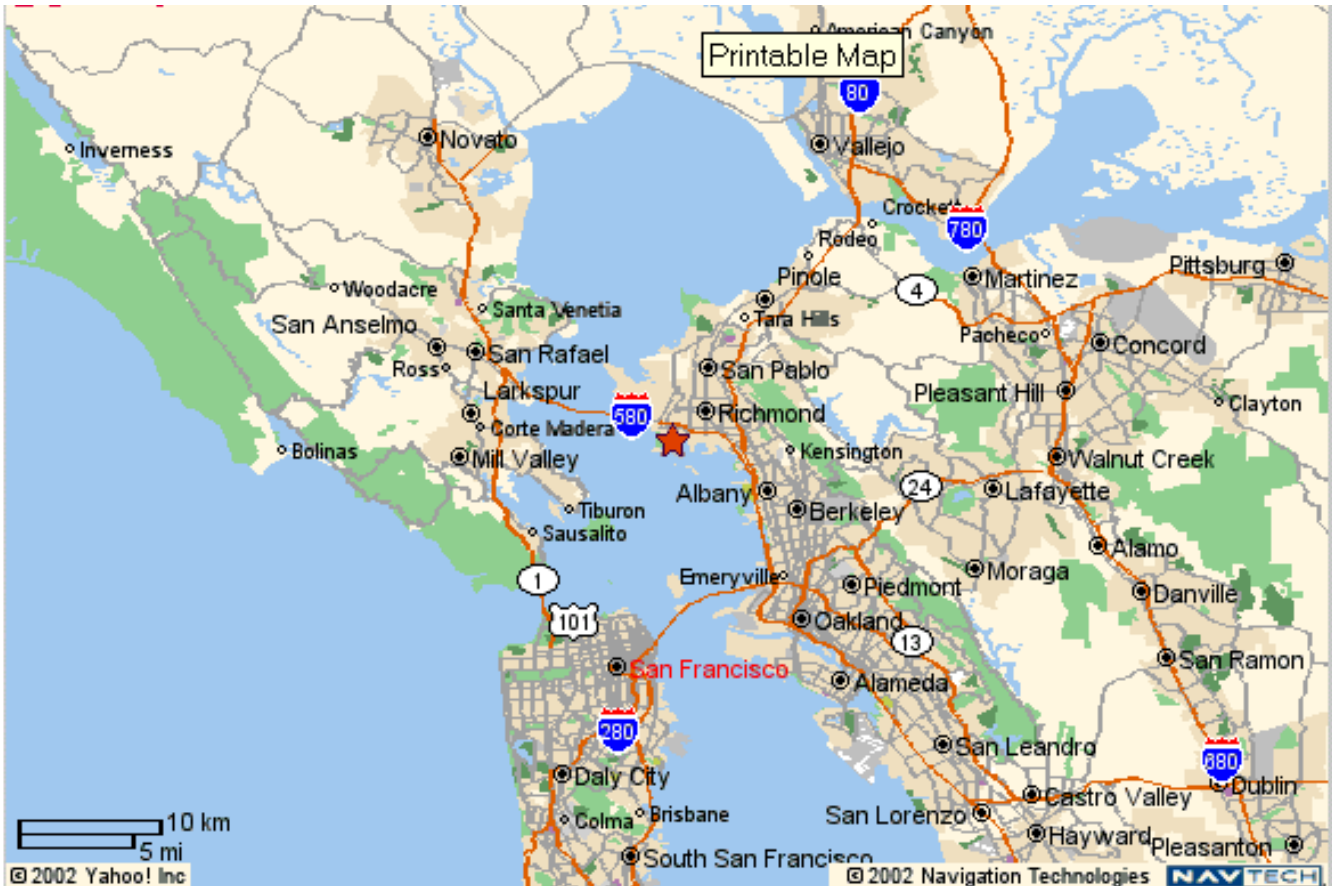
From the EAST (Walnut Creek):

From I-680, take CA-24 West toward Oakland	12.5 miles
Take I-580 ramp towards SAN FRANCISCO/RICHMOND	1.0 miles
Take I-80E/I-580W toward RICHMOND/BERKELEY	4.0 miles
Take I-580 W towards RICHMOND/SAN RAFAEL	0.3 miles
Merge onto I-580 W.	4.8 miles
Take the <u>CANAL BLVD. Exit</u>	0.2 miles
Turn LEFT onto CANAL BLVD.	0.6 miles

From all directions: Continue through the intersection at W. Cutting (there will be a Chevron gas station); travel .25 mile on Canal, & take the driveway on the right, just after the white sign,

1001 Canal Blvd. , Argosy University is in the middle of the building.

★ 999 Canal Blvd, Richmond, CA 94804-3547



Relocation Resources

General Resources:

1. Craigslist- www.craigslist.com -rentals, classified ads
2. Yahoo Maps – [_http://maps.yahoo.com/py/maps.py](http://maps.yahoo.com/py/maps.py)
3. McCormack Guides – books – i.e. McCormack Guide to Alameda & Contra Costa Counties-gives overviews of cities, demographics, etc.
4. Thomas Guide Maps – California & regional

Housing - East Bay (Alameda & Contra Costa counties):

1. Homefinders – <http://www.homefindersbulletin.com/> (510-549-6450)
2. MetroRent (Berkeley Connection) – www.berkeleyconnection.com (510-845-7821)
3. Rental Solutions – www.rentalsolutions.com (510-649-3880)
For 1 month's rent, they'll find a place for you
4. EHousing – www.eHousing.com (510-549-2000)

Classified ads in the following newspapers:

- A. S.F. Chronicle – daily (a.m.) – <http://sfgate.com>
- B. S.F. Examiner – daily (p.m.) - <http://sfgate.com>
(These papers combine on Sundays, & have one set of classified ads – the best day to look – they are available Saturday. p.m. in many locations)
- B. Contra Costa Times – daily - <http://www.hotcoco.com/> (there are also localized versions, i.e. Lafayette Times, etc., but they may all have the same classified ads)
- C. Oakland Tribune – daily -
<http://www.newschoice.com/newspapers/alameda/tribune/default.asp>
- D. East Bay Express – Thursdays – www.eastbayexpress.com– good source for shared & single rentals

Miscellaneous

1. Berkeley Public Library (BPL) - <http://www.ci.berkeley.ca.us/bpl/index.html#mark>
2. Berkeley Information Network (BIN) -
<http://library.ci.berkeley.ca.us:81/screens/mainmenu.html>
Great searchable source for local agencies & organizations – developed & maintained by the Berkeley Public Library.
3. Buggy Bank – Used cars – <http://www.buggybank.com>
4. Kelly Blue Book www.kbb.com

North Bay (Marin County/ Sonoma County)

1. Marin Rentals – www.rentinmarin.com (415-383-5611) Rental and roommate referral.
2. Classified ads in the following newspapers:
 - A. Marin Independent Journal – daily – www.marinij.com (415-883-8600)
 - B. Sonoma Independent – daily- www.metronews.com this web page will take you to a place where you can access the Sonoma Independent (707-527-1200)
 - C. Pacific Sun – Once a week/ comes out on Wednesdays



Airport Transportation

The following is a list of airport ground transportation. For more transportation services in your area, please consult the telephone book under "Airport" or "Airport Transportation Service."

SFO = San Francisco Airport OAK = Oakland Airport SJC = San Jose Airport

A-1 Shuttle Services

(888) 689-2663

OAK

AC Transit- Route 58

(510) 839- 2882

OAK

Air Bart

(510) 577-4294

OAK from Oakland

Coliseum/Airport

BART station

Airway Shuttle (

925) 274 9545

OAK

Air Transit Shuttle

(510) 568-3434

OAK

American Airporter

Shuttle

(415) 546-6689

SFO

Bay Shuttle

(415) 564-3400

SFO/OAK/SJC

Caltrain-SFO Shuttle

(800) 736 2008

M&M Luxury Airport Shuttle

(415) 552-3200

(800) 286-0303

SFO/OAK

Sam Trans- Route 3X, 3B

(800) 660-4287

SFO

South & East Bay Shuttle

(408) 866-6660

(From SJC)

(408) 225-4444

(from SFO)

(800) 548-4664

Super Shuttle

(415) 558-8500

(800) BLUEVAN

SFO

BAY AREA RESTAURANTS

Point Richmond

Starbucks Coffee
133 Park Place
(510) 236-6021

Rosemaria's Café
(Mexican food)
101 Park Place
(510) 234-2384

Hidden City Café
109 Park Place
(510) 232-9738

Little Louie's Deli
49 Washington Ave.
(510) 235-3108

Hotel Mac Restaurant
50 Washington Ave.
(510) 233-0576

Prego Pizzeria
151 Park Place
(510) 235-0551

Berkeley

American/Burgers:

Mel's Diner
2240 Shattuck Ave.
(510) 540-6351

Barney's Gourmet Hamburger
1591 Solano Ave. (510) 526-8185
5819 College Ave. (510) 601-0444

Chinese Cuisine:

King Yen
2995 College Ave. (near Ashby)
(510) 845-1286

Indian Cuisine:

Viceroy India Cuisine
21 Shattuck Square
(510) 549-1814

Berkeley (cont.)

Japanese Cuisine:

Kirala
Shattuck & Adeline
(510) 549-3486

Mediterranean Cuisine:

La Mediterranee
2936 College Ave. (near Ashby)
(510) 540-7773

Pomegranate
1585 University Ave.
(510) 665-5567

Mexican Cuisine:

Cancun
2134 Allston Way
(510) 549-0964

Juan's Place
941 Carleton at 9th
(510) 845-6904

Picante Cocina
1328 6th St. (near Gliman)
(510) 525-3121

La Burrita
2530 Durant Ave.
(510) 845-4859

New York Style Deli:

Saul's
1475 Shattuck Ave. (near Cedar)
(510) 848-3354

Pizza:

Zachary's Chicago Pizza
153 Solano Ave.
(510) 525-5950

Berkeley (cont.)
Thai Cuisine:

Plearn Thai
2050 University Ave.
(510) 841-2148

Emeryville
Italian Cuisine:

Bucci's
6121 Hollis
(510) 547-4725

Italian Style Deli:

Cabucci's
5858 Horton St.
(510) 547-5380

Tex/Mex:

Chevy's
1890 Powell
(510) 653-8210

World Market:

Emeryville Public Market
5959 Shellmound
(510) 652-9300

Oakland
American/Burgers:

Barney's Gourmet Hamburger
4162 Piedmont Ave.
(510) 655-7180

Chinese Cuisine:

Eve's Hunan
5620 College Ave.
(510) 601-9888

Oakland (cont.)
Korean Cuisine:

Hahn's Hibachi
63 Jack London Square
(510) 628-0717

Italian Cuisine:

Milano
3425 Grand Ave.
(510) 763-0300

The Old Spaghetti Factory
62 Jack London Square
(510) 893-0222

Pasta Pomodoro
5500 College Ave.
(510) 923-0900

Spettro
3355 Lakeshore Ave.
(510) 465-8320

Japanese Cuisine:

Isobune Sushi
5897 College Ave.
(510) 601-1424

Kotobuki
3920 Piedmont Ave.
(510) 658-3119

Yoshi's
510 Embarcadero West (Jack London
Square)
(510) 238-9200

Pizza:

Pizza Pazza
3905 Piedmont Ave.
(510) 653-0157

Pizzeria Uno Chicago Bar & Grill
499 Embarcadero West (Jack London
Square)
(510) 251-8667

Oakland (cont.)

Pizza:

Zachary's Chicago Pizza
5801 College Ave.
(510) 94618

Thai Cuisine:

Lotus Thai
4133 Piedmont Ave.
(510) 658-8491

San Francisco

Antico Trattoria (Italian Cuisine)
Union & Polk
(415) 928-5797

Brandy Ho's (Hunan)
217 Columbus
(415) 788-7527

Buca di Beppo (Italian Cuisine)
855 Howard
(415) 543-7673

East Bay Neighborhoods

Alameda

(moderate to high rent)

Alameda is located in the heart of San Francisco Bay, just 12 miles east of San Francisco and 18 miles south of Point Richmond. It is separated from Oakland by an estuary. Alameda's two ferry services and Bay Area Rapid Transit (BART) make it easy to cross the Bay and leave the traffic - and the car - behind. Tree-lined streets, Victorian Homes, historic shopping districts and six miles of sandy beach are just a part of what makes Alameda such a unique island by the Bay. From restored Victorian homes to advanced technology business parks, Alameda offers the best of both worlds.

Berkeley

(moderate rent)

With top-notch culinary, artistic, and intellectual offerings, Berkeley holds its own with any metropolis, and then some. But its sophistication is complemented by friendliness and accessibility usually found only in smaller towns. Newcomers will also discover that Berkeley holds many surprises. While it's easy to focus on the presence of the University of California, some of the most pleasurable aspects of life in Berkeley can be found far beyond the campus borders, in neighborhoods like North Shattuck, Solano, and Elmwood.

Concord

(moderate rent)

Concord is a place for families. Local lifestyle reflects a careful blending of the city's early California heritage with modern development. This approach has resulted in a harmonious community of quiet neighborhoods, an excellent park system, convenient shopping centers, a modern high-rise business center, large preserves of scenic open space, and an exciting downtown business core that radiates from historic Todos Santos Plaza.

Hayward

(moderate rent)

Hayward is located on the east shore of San Francisco Bay, 25 miles southeast of San Francisco, 14 miles south of Oakland and 28 miles south of Point Richmond. The city encompasses 61 square miles ranging from the shore of the bay eastward to the southern Oakland-Berkeley hills. Hayward has a pedestrian-friendly downtown comprising two-story buildings with a mix of housing, retail shops, offices, and restaurants- and parking is free! The city is developing a Civic Center complex with government offices in a new City Hall, retail stores, and condominiums adjacent to the downtown BART station. Across from the Civic Center, 83 townhouses, the first phase of 250 new residences, have been built.

Oakland Neighborhoods

With a population of 387,600, Oakland is the 8th largest city in California. Featuring traditional, well-kept neighborhoods, Oakland is progressive, dramatically growing city with superior cultural and recreational amenities. More than eighty different languages and dialects are spoken in the city. Oakland offers 19 miles of coastline to the west and magnificent rolling hills to the east that afford one of the most beautiful views in the world: the crystal clear bay, the Golden Gate and The San Francisco/Oakland Bay Bridges, and the majestic Pacific Ocean.

Lake Merritt**(low to moderate rent)**

In the Adams Point community, Lake Merritt is a landmark surrounded by a necklace of lights. Lake Merritt includes a popular boating dock, Children's Fairyland, the turn-of-the-century Alameda County Courthouse and walking trails that circle the lake. Lake Merritt in the Oakland downtown corridor is ideal for jogging enthusiasts and midday daydreamers.

Montclair/Oakland Hills**(moderate to high rent)**

The Oakland Hills area runs for several miles and includes neighborhoods such as Glenview and Montclair Village, which offer restaurants, cafes, and boutiques. There are more houses than apartments for rent in these areas, and the commute to San Francisco or Point Richmond is usually not more than 30 minutes. The area is above Highway 580 and along Highway 13 with good views and nice weather.

Rockridge**(moderate to high rent)**

Located south of Alcatraz Avenue, north of Broadway, bisected by College Avenue, and flanked by the city of Berkeley, this densely populated pocket of North Oakland is an easy and exceedingly pleasurable jaunt to make from anywhere in the Bay Area. While the neighborhood is not nearly as racially or ethnically diverse as the rest of Oakland (possibly the most ethnically integrated city in the country), it is eclectic. A quick trip down College Avenue and you'll likely see lots of stroller-pushing parents, a scattering of post-punk hipsters, Cal students, grandparents, and whoever else wants to enjoy an evening in the thriving, live-and-let-live community of Rockridge.

Orinda**(high rent)**

Located east of Oakland and within 30 minutes of downtown San Francisco and 19 miles from Point Richmond, Orinda is in southwest Contra Costa County. Orinda is a family oriented community, which offers its 17,000 residents a serene setting in contrast to the more urban existence of the surrounding area. The tree-studded hillsides of the 12.8 square-mile city contribute to Orinda's aesthetic beauty.

Richmond**(low to moderate rent)**

Richmond is 16 miles northeast of San Francisco, across San Francisco Bay, and right adjacent to Point Richmond. The city's total area is 56.0 square miles, of which 33.7 are land area and 22.3 are water. Today, Richmond is a growing maritime, industrial, and residential community with a thriving and charming economy, a dynamic business environment, and strong potential for further growth.

Walnut Creek**(moderate rent)**

Walnut Creek is in a scenic valley at the foot of Mount Diablo and is only a 45-minute commute to San Francisco, and about 30 minutes from Point Richmond. An extensive park and open space system, coupled with biking jogging, and equestrian trails make Walnut Creek especially attractive to active families. Houses and apartment complexes are available at reasonable rents.

East Bay Public Transportation

For additional information please visit the San Francisco Bay Area Transit Information Website at www.transitinfo.org

AC Transit

(510) 839-2882

Buses connect San Francisco with East Bay cities in Alameda and West Contra Costa counties, including Oakland and Berkeley. In San Francisco, AC Transit buses depart daily from the Transbay Terminal at First and Mission Streets (1/2 block from Golden Gate University). During peak commute hours, buses run 8 to 30 minutes apart. During non-rush hours, they run 15-60 minutes apart. To obtain complete schedule information, call the number above. Fares vary according to the distance traveled. Commuter ticket books are available at a discount.

Alameda/Oakland Ferry Service

(510) 522-3300

Operated by the Blue and Gold Fleet, the Alameda/Oakland Ferry Service provides ferry service between Alameda Main Street/Jack London Square, Oakland to the San Francisco Ferry Bldg., and San Francisco Pier 39 (Fisherman's Wharf) terminal. Both Alameda and Oakland terminal provide free parking. For complete Alameda/Oakland Ferry schedule information, call the 24-hour FerryFone.

BART

(510) 465-2278

Bay Area Rapid Transit (BART) rail lines link the East Bay with San Francisco. There are five routes that service the East Bay: Richmond to San Francisco/Colma; Fremont to San Francisco/Colma; Fremont to Richmond; Pittsburg/Bay Point to San Francisco/Colma; and Dublin/Pleasanton to San Francisco/Colma. Please consult a BART station map for more information regarding East Bay routes and stations nearest you. BART trains run from 6 a.m. to midnight Monday through Saturday and 9 a.m. to midnight on Sunday. Fares vary according to the distance traveled. All trains and stations are wheelchair accessible. For information regarding schedules, fares, and special services call BART.

County Connection

(925) 676-7500

The Central Contra Costa Transit Authority (County Connection) provides bus service in Central Contra Costa County with connections to Pleasanton and Antioch. Riders who transfer frequently from County Connection buses to BART may be interested in the Commuter Card, which provides 20 roundtrips at a discount.

Vallejo Transit

(800) 640-2877 or (707) 648-4666

Vallejo Transit provides local service in the city of Vallejo and express service between Sonoma County, Vallejo, Hercules, and El Cerrito Del Norte BART station. There are local fares, inter-city fares, and monthly passes and tickets.

Vallejo Baylink Ferry

(707) 64-FERRY

The Vallejo Baylink Ferry provides service between San Francisco and Vallejo. There is free parking directly across from the docking area in Vallejo, Monthly passes and tickets are available.

San Francisco Neighborhoods

Bayview

(low to moderate rent)

3 Com Park, (formerly Candlestick Park), home of the San Francisco Giants and 49ers, is the focal point of the nearby Bayview-Hunters Point District. The Bayview neighborhood, bordered by Cesar Chavez (Army) Street, Highway 280, and Third Street, is one of the city's most family-oriented communities. Nearly two-thirds of the homes here are owner-occupied and families occupy almost three-quarters of those.

Bernal Heights

(moderate rent)

Located a few miles from downtown, this neighborhood is bound by Mission Street to the West, Cesar Chavez (old Army) Street to the north, Bayshore Blvd. to the east, and Alemany Blvd. to the south. The population is a mixture of gay, straight, black, white, Asian, Latino, blue-collar, old and young. Housing styles include Victorian and stucco homes on quiet streets. There is a lot of industry surrounding the area, and transportation is limited.

Castro

(moderate to high rent)

Steep streets and brightly painted Victorian houses give this Upper Market neighborhood that distinct San Francisco look. Located west of the Mission, below Twin Peaks, the Castro is a trendy, pricey neighborhood with a large gay and lesbian population. It features the historic Castro Theatre, a colorful street scene, lively nightlife, and a series of cafes, restaurants, bookstores and boutiques.

Chinatown

(low to moderate rent)

For an ethnic immersion, explore Chinatown where more than 10,000 of San Francisco's Chinese residents have preserved their rich cultural heritage. San Francisco has the largest Chinese population in the world outside of China. As you pass through the dragon-adorned pagoda Gates on Grant Avenue at Bush Street, exotic smells, bright neon, and the sound of open-air marketplaces and foreign languages will arouse your senses. Most of the tourist attractions are on Grant Avenue. Enjoy an authentic Chinese meal for lunch or dinner.

Civic Center

(low to moderate rent)

The Tenderloin and the Western Addition flank the seat of city government. The domed City Hall building, the Bill Graham Civic Auditorium, and the San Francisco Public Library are just a few examples of the architectural splendors of the Civic Center. Opposite City Hall on Van Ness Avenue is a 4-block strip of the City's beaux-arts facilities. The War Memorial Opera House, the birthplace of the United Nations, and now the home of the San Francisco Opera and Ballet, and Louise M. Davies Symphony Hall, built in 1981 for the San Francisco Symphony, are the two greatest performance halls in the city.

Cole Valley

(high rent)

Located between the Upper Haight, Sutro Forest, and Buena Vista Heights, Cole Valley is a quiet neighborhood that feels more like a village than the big city. It is populated with young urban professionals. Unique shops and restaurants make this an enjoyable area to live.

Cow Hollow/Union Street**(high to very high rent)**

The upscale, pricey Cow Hollow neighborhood is bordered by Broadway, Lyon, Lombard, and Van Ness. The first neighborhood in San Francisco to convert its gingerbread Victorians into popular boutiques, art galleries, and restaurants, Union Street's distinct turn-of-the-century atmosphere makes a walk along its streets a delightful journey back in time, at least from an architectural perspective. The attitude along modern day Union Street, however, is anything but old-fashioned.

Downtown/ Union Square**(very high rent)**

In the center of downtown San Francisco, Union Square is know for its pals, political rallies, pigeons, and a 4-level underground parking garage. Many elegant department stores, luxurious boutiques, street merchants, hotels, and bed-and-breakfast inns surround Union Square.

Excelsior**(low to moderate rent)**

In the Excelsior area, many of the original farmhouses stand next door to 1930's homes. This neighborhood is bounded by McLaren Park to the east, the city line to the south, and Highway 280 to the north and west. This is one of the city's best places to find affordable housing. As young couples and families search for affordable homes in San Francisco, and as the police presence in the area grows, there seems to be a sense of renewal for the neighborhood.

Financial District**(very high rent)**

Extensive construction in the last 20 years has dramatically altered the Financial District's skyline. Starting at Montgomery Street and extending east towards the Embarcadero, the bustling center of corporate and financial institutions is called the "Wall Street of the West." Along the edge of the waterfront is the Embarcadero Center, a 4-building complex of offices, retail shops, restaurants, and apartments built by David Rockefeller and Associates.

Glen Park**(moderate rent)**

Glen Park is bordered by Noe Valley, Glen Canyon Park, and Highway 280. A rural community at the turn of the century, Glen Park became the dairy capitol of the region in the 1850's after Cow Hollow was condemned following a cholera outbreak. San Francisco bought Glen Canyon Park in 1992 and the rest of the area was sold for home sites. A diverse group of people calls Glen Park home, including a large gay community, many young families, and people of all ethnicities. A nearby BART station makes transportation easy.

Golden Gate Park/North of the Panhandle (NOPA)**(moderate rent)**

Golden Gate Park is among the largest metropolitan parks in the country, stretching west from Stanyan Street, between Fulton Street and Lincoln Way, out to the Pacific Ocean. A stretch of Golden Gate Park west of Divisadero Street and east of Stanyan between Fell and Oak is knows as the "Panhandle." The residential area north of the Panhandle (NOPA) from Fell Street to Geary includes Victorian houses and the University of San Francisco. NOPA residents may be eligible for special neighborhood discounts at the USF Koret Health and Recreation Center, a state-of-the-art health and fitness center.

NOPA's close proximity to Golden Gate Park ensures easy access to the park's many recreational facilities. For outdoor fun, rollerblade through the park, stroll amid the rhododendrons, or paddle a boat around Stow Lake and enjoy a picnic lunch. On Sundays, cars are not allowed in the central part of the park.

Haight-Ashbury**(moderate to high rent)**

Adjacent to Golden Gate Park's panhandle is the birthplace of the 1960's hippie-era, Haight-Ashbury. Some sections of the Haight are still reminiscent of that colorful period with vintage boutiques, dark nightclubs, bookstores, and cafes. The intersection of Haight and Ashbury streets, formerly referred to as Hashbury, was the gathering place for deadheads who came to pay tribute to Jerry Garcia when he died in 1995.

The Haight is divided into two sections: Upper and Lower Haight. The Upper Haight is bordered by Stanyan, Fulton, Divisadero, and Waller Streets, while the Lower Haight is defined by the half-dozen blocks of Haight Street between Buchanan and Divisadero streets. The gorgeous, century-old Victorian houses that dominate the area's residential streets are split into multi-unit apartments.

Hayes Valley**(moderate to high rent)**

The neighborhood is filled with galleries, boutiques, antique shops, and restaurants for any taste. The area includes Hayes Street from Alamo Square at Pierce to Davies Symphony Hall at Van Ness Avenue.

Ingleside**(low to moderate rent)**

The Ingleside District was the site of one of San Francisco's early racetracks and is now a large-scale residential neighborhood. When viewed from the air (or on a map), Urbano Street is still shaped like the one-mile horse track built on the site in 1880. The main commercial area of the district is Ocean Avenue, feeding traffic between 19th Avenue and Highway 280. One of the more unusual local landmarks is the Ingleside sundial. Built in 1913 and measuring 34 feet in diameter and 28 feet high, the sundial is found near one of the gateways to Ingleside Terrace.

Japantown**(moderate rent)**

Japantown, bordered by Van Ness Avenue and Eddy, Steiner, and Pine Streets, is a bit of a misnomer, since less than five percent of San Francisco's Japanese-Americans still gather here for cultural activities such as concerts, martial arts presentations, tea ceremonies, and the spring Cherry Blossom Festival. The focal point of this neighborhood is the Japan Center, at Post and Buchanan Streets. The five-acre complex of hotels, shops, showrooms, theaters, sushi bars, and restaurants is centered around the 100-foot Peace Pagoda.

Lake Merced**(moderate rent)**

In the southern-most part of the city, bordered by the ocean, Sloat and Junipero Serra boulevards, and the county line you'll find the Lake Merced Area, home to San Francisco State University, Stonestown Galleria, Fort Funston, and Lake Merced. Somewhere between 1869 and 1895, Lake Merced metamorphosed from salt water to fresh water. There is a five-mile circular path around the edge of the lake popular with joggers, walkers, rollerbladers, bike riders, and dog walkers. You can also fish in Lake Merced in designated zones, and rent small boats. Fort Funston, an old army fort that sits on top of bluffs overlooking the Pacific, has several paths and is known for its hang-glider launch and landing site. Park Merced, bordering Lake Merced and located next to San Francisco State University, is a development of homes and high-rise apartment buildings.

Laurel Heights**(moderate to high rent)**

This is the area often confused, maybe rightfully so, with Presidio Heights. The neighborhood is west of Divisadero Street, north of Pine and Geary, east of Arguello, and south of Broadway and the Presidio. Development of Laurel Heights began around the 1880s, with the building of mostly large homes. Even by the turn of the century, Laurel Heights was not completely settled, and it has fewer single-family homes and mansions plus more apartment buildings than Pacific Heights. The closer you get to the Presidio, the more expansive and grandiose the houses become. The business district is centrally located on California Street and has a variety of shops and restaurants.

Marina**(very high rent)**

The Marina District is almost exclusively residential. Off Marina Blvd., grand stucco houses and flats dominate streets. Young professionals and wealthy socialites come to the elegant restaurants and stores on Chestnut Street. The residents enjoy a few minutes' walk to the Marina Green for jogging, kite flying, or sunbathing. The Palace of Fine Arts, designed by Berkeley architect Bernard Maybeck, houses the Exploratorium, an intriguing, hands-on science museum.

Mission**(low to moderate rent)**

The Mission District is home to much of the city's Hispanic population, as well as Filipinos and Southeast Asians. Housing is mainly low cost Victorian flats and houses. Local attractions include Mexican taquerias, Mission Kolors, Dolores Park, the painted outdoor murals of brilliant colors depicting Latin American and San Francisco history, and colorful discount stores along Mission Street. The original Levi-Strauss factory is located on Valencia Street. The "Valencia Corridor" between 16th and 24th streets features many trendy but affordable restaurants, bars, and thrift stores.

Nob Hill**(very high rent)**

Nob (from "Nabob," meaning big shot) Hill is bordered by Chinatown, Russian Hill, and Union Square. Cable Cars coming from downtown and the financial district cross at the top of the hill, near four of the city's most famous hotels: the Fairmont, the Mark Hopkins, the Stanford Court, and the Huntington. On top of the hill is Grace Cathedral (Episcopalian), the largest Gothic structure in the West, built in 1928. Across the street is the Masonic Auditorium, often the site of concerts and special events, and the Pacific Union Club, which was formerly the Flood Mansion, built by James Flood in 1886.

Noe Valley**(high rent)**

Noe Valley is roughly bordered to the north by 22nd Street, to the east by Dolores Street, Glen Park on the south, and Glen Canyon Park and Market on the west. The heart of Noe Valley's remarkable "Little Village," 24th Street boasts a wide array of shops, public houses, outdoor cafes and restaurants, some slightly offbeat. Noe Valley attracts many young professionals with its restored neighborhood with Victorians and beautiful views.

North Beach**(moderate to high rent)**

Nestled between the bustle of Chinatown and Fisherman's Wharf is North Beach, where the Beatnik movement originated in the 1950s. A beach until the 1850s and now land filled, North Beach is home to more than 10,000 people of Italian descent. Food is a major draw of North Beach, with its many restaurants, bakeries, and Italian delicatessens full of homemade salami, fresh mozzarella, and ravioli. North Beach is also an entertainment district of nightclubs and bars.

Pacific Heights**(very high rent)**

Grand mansions and steep hills define the Pacific Heights neighborhood, west of Van Ness Avenue between Union and California streets. Since the turn of the century, these stately houses, with spectacular Bay views and lush tree-lined streets, have been home to many of the city's most affluent citizens, as well as numerous foreign consulates.

At the southwestern section of Pacific Heights is Fillmore Street, characterized by crowded bars, trendy cafes, Cajun oyster bars, specialty boutiques, and thrift shops.

Outer Sacramento Street is a fashionable shopping area, with a French country appeal.

Potrero Hill**(moderate rent)**

Not far south of SoMa is a residential neighborhood called Potrero Hill, an isolated community originally inhabited by artists and immigrants. Housing ranges from old Victorians to stucco houses and modern apartments. The district where O.J. Simpson grew up is home to plenty of middle-class families, but young professionals and artists are planting roots here too. This area usually has the sunniest weather and best views of the downtown skyline in the city. At the foot of the hill is Showplace Square, an area lined with antique shops, furniture warehouses, and wholesale import centers.

Richmond/Presidio Heights**(moderate rent)**

The Richmond District is a quiet middle class residential neighborhood bordered by the beaches of San Francisco, the Presidio, the Golden Gate Bridge, and Golden Gate Park. The neighborhood's main arteries, Geary Boulevard and Clement Street, parallel each other east and west, just one block apart. The diverse Inner Richmond has a profusion of Chinese restaurants and markets, Italian Pizzerias, Irish bars, bookstores, Russian bakeries, Middle Eastern and German delis, Vietnamese, Tai, Korean, Laotian, and Cambodian restaurants, and much more. Lincoln Park, at Land's End, is home to the newly removed California Palace of the Legion of Honor art museum, and an 18-hole golf course that skirts the Golden Gate.

Russian Hill**(high rent)**

Named for a Russian sailors' cemetery, this haven for writers and artists, with wonderful bay views, gardened cul-de-sacs and lush green parks, is mostly residential compared to adjacent districts. The neighborhood is between Van Ness and Columbus Avenues, Broadway and Fisherman's Wharf. The summit of Russian Hill became a haven for intellectuals, writers, artists, and architects. Consider that Mark Twain, Jack London, Frank Norris, Ambrose Bierce, and the amazing Willis Polk all enjoyed the dramatic views from this area. Jack Kerouac pounded out much of his work in Neal Cassady's tiny attic on Russell Place. The section of Lombard Street that is atop Russian Hill is the famous "crookedest street in the world."

South of Market (SOMA)**(moderate to high rent)**

South of Market has recently been transformed from a warehouse and industrial area into a trendy artists' and high-tech neighborhood. (It is often now referred to as "multimedia gulch.") Sandwiched between the Mission District and the industrial waterfront, SoMa is gaining popularity as the nightlife center of San Francisco. With an extensive selection of factory outlets, avant-garde restaurants, crowded dance clubs, experimental theaters, and art galleries, as well as artists' lofts, SoMa is becoming similar to the SoHo district of New York City. The San Francisco Museum of Modern Art (MOMA) is on Third Street, across from the Yerba Buena Center for the Arts and the Moscone Convention Center.

Sunset**(moderate rent)**

Sunset is a quiet area, and usually foggy in the summer. There are many good views of the ocean as well as good transportation. The Inner Sunset, around 9th Avenue and Irving Street, has restaurants and shops with an international flavor. Adventurous surfers head to Ocean Beach's phenomenal waves, while in-line skaters relish the gradually sloping hills. On Friday and Saturday nights watch for campfires on the beach (burning permits are not required).

Telegraph Hill/Coit Tower**(moderate to high rent)**

Northeast of North Beach is Telegraph Hill, named after the Morse Code Signal Station of 1853. Tiny fishermen's shacks once clung to the sides of this landmark hill. The hill survived the 1906 fire and several attempts to tear it down for bay fill. Some of the fishermen's small-frame cottages of early times remain, now commanding top dollar. At the top of Filbert Street is Coit Tower, from which you can enjoy a dramatic 360-degree view of the City. Inside the 210-foot tower is a museum with an art deco mural and information of the structure's architecture and history. Admission is free.

Treasure Island**(moderate rent)**

A former military base located on an island in San Francisco Bay in the middle of the Bay Bridge, Treasure Island now offers housing to the public. The Villages at Treasure Island has 766 residential units in the form of two, three and four bedroom apartments. Units are rented on a first-come first serve basis. To apply, you must complete a Housing Interest Form. When a unit meeting your specifications becomes available, you will be contacted, along with others who have expressed interest. For more information, visit the website www.rentnet.com or call the Villages at Treasure Island at (415) 834-0211.

Twin Peaks/Diamond Heights**(moderate to high rent)**

The windy Twin Peaks are a pair of hills offering the best views of central San Francisco. Mount Davidson, the highest point in the city (elevation 940 feet), is south of Twin Peaks. This middle to upper class neighborhood is a quiet, low crime area with excellent views and apartments more modernly styled. Transportation can be somewhat limited.

Visitacion Valley**(low to moderate rent)**

The majority of Visitacion Valley, the area just below the junction of highways 280 and 101, is composed of well-kept, single family homes. The neighborhood houses a truly integrated mix of people. Historically, this area was home to the shipyard workers from Hunters Point. Today, the neighborhood is mostly industrial. The valley is also home to the Cow Palace, an old livestock pavilion and San Francisco landmark often used for live shows and sporting events.

Western Addition**(moderate rent)**

The Western Addition is fun, eclectic, and diverse. It encompasses the area west of Civic Center, between Pacific heights and the Lower Haight, and includes many neighborhoods. The Western Addition boasts the famous street of painted Victorian houses alongside Alamo Square Park, seen on postcards sent around the world. A spirit of renewal is evidenced by the declaration of the Filmore as a Jazz Preservation District, with new federal funding to help revive the area's heritage as the home of "Harlem West" and West Coast jazz and blues.

San Francisco Public Transportation

**For additional information please visit the San Francisco Bay Area
Transit Information website at
<www.transitinfo.org>**

BART

(650) 992-2278

Bay Area Rapid Transit (BART) rail lines link San Francisco with the East Bay and upper Peninsula communities. In downtown San Francisco, trains run underground along Market Street, with stops at the Embarcadero, Montgomery, Powell, and Civic Center. BART trains run from 6 a.m. to midnight Monday through Saturday and 9a.m. to midnight on Sunday. Fares vary according to the distance traveled. All trains and stations are wheelchair accessible. For information regarding schedules, fares, and special services call BART.

MUNI

(415) 673-6864

MUNI operates San Francisco's buses, trolley cars, metro streetcars, and the historic cable cars. There are 75 public transit lines, including express lines during commute hours and services to and from Candlestick ("3 Com") Park for sporting events. Wheelchair access varies by route. All METRO subway stations are fully accessible. MUNI adult fare is \$1.00. A monthly pass (Fast Pass) is available for \$35 and allows unlimited use on all MUNI vehicles. The MUNI street and transit map is available at local bookstores or by mail from MUNI MAP, 949 Presidio, Room 222, San Francisco, CA 94115.

CABLE CARS

(415) 673-6864

The historic cable cars move by gripping an underground cable, which runs in a slot between the rails at a constant speed of 9.5 miles per hour. There is a 500-horsepower electric motor at the Washington-Mason barn that drives each of the four cables (California, Mason, Powell, Hyde). The current fare for riding on a cable car is \$3. Exact change is not required. You also may use MUNI Fast Passes to ride the cable car. Tickets may be purchased prior to boarding at self-service ticket machines or from the conductor on board the car. The lines operate seven days a week from 6 a.m. to 1 a.m.

North Bay Neighborhoods

The North Bay includes the counties of Marin, Sonoma, and Napa. In general, it offers nice affluent community areas. Its natural beauty stretches from its headlands to mountains and rolling hills to rugged seacoasts and sail-filled bays.

Perhaps the most affordable housing may be found in Marin City, San Rafael, Petaluma, and Novato. Homes range from houseboats to palatial estates and townhouses. More specific information on North Bay housing is to come.

North Bay Public Transportation

Blue and Gold Fleet (Ferry)

(415) 705-5555

Blue and Gold Fleet offer the following services:

- Service from Tiburon to San Francisco's Ferry Building (financial district), with Golden Gate Transit commuter shuttles connecting at either ferry terminal. One-way trip is approximately 20 minutes.
- Service from Pier 41 at San Francisco's Fisherman's Wharf to the Sausalito ferry dock. One-way trip is approximately 30 minutes.

Golden Gate Transit/ Golden Gate Ferry

(415) 923-2000

Golden Gate Transit operates bus service between San Francisco and North Bay communities including Sausalito, Mill Valley, Tiburon, San Rafael, and points as far north as Santa Rosa. In San Francisco, buses stop along Lombard and Van Ness streets, Geary Boulevard, and the financial district. Consult Golden Gate Transit for exact schedules. Fares vary according to distance traveled. There are discount fares and tickets for eligible riders and frequent riders. The Golden Gate Transit website (www.transitinfo.org/GGT/fares.html) has an interactive fare map to determine your fare. Most buses are wheelchair accessible.

Golden Gate Ferry operates daily ferry service between Larkspur or Sausalito (Marin County) and San Francisco.

Peninsula and South Bay Public Transportation

BART

(650) 992-2278

Bay Area Rapid Transit (BART) rail lines link the East Bay with San Francisco. The routes that extend to Daly City or Colma originate in Richmond, Fremont, Pittsburg/Bay Point, and Dublin/Pleasanton. Please consult a BART station map for more information regarding these routes and stations nearest you. BART trains run from 6 am to midnight Monday through Saturday and 9 am to midnight on Sunday. Fares vary according to the distance traveled. All trains and stations are wheelchair accessible. For information regarding schedules, fares and special services call BART.

SAMTRANS and CALTRAIN

(800) 660-4287

SamTrans (San Mateo County Transit) buses provide service throughout San Mateo County with connecting service to San Francisco, the Transbay Terminal, Hayward, and Palo Alto. Express transportation between downtown San Francisco and the San Francisco Airport is also available. Most buses are wheelchair accessible.

CalTrain provides commuter rail service daily from 5 a.m. to 10 p.m. between San Francisco and San Jose. The CalTrain station in San Francisco is at Fourth and Townsend streets. Trains are scheduled to accommodate commute travel. Midday and weekend trains run 1 to 2 hours apart. Fares vary with distance traveled. Call for more information.

Peninsula Neighborhoods

Daly City

(moderate rent)

Daly City is a city of 100,000 people in northern San Mateo County, south of San Francisco, on the Pacific Ocean and just minutes away from San Francisco Bay, and 25 miles away from Point Richmond. This enviable location inspired the nickname “Gateway to the Peninsula.”

One of Daly City’s greatest assets is its affordably priced and conveniently located quality housing. Many homes have spectacular views of the Pacific Ocean, the bay, or some of the most picturesque golf courses in the country: the Olympic Country Club, the San Francisco Country Club, and Lake Merced Country Club. Daly City had approximately 31,100 residential units: 14,500 single-family detached homes, 4,500 townhouse and condominiums, 11,500 apartments, and 600 mobile homes.

Foster City/San Mateo

(moderate to high rent)

Foster City is centrally located in the heart of the Peninsula. Foster City is easily accessible from the East Bay via the San Mateo/Hayward Bridge (SR 92) and from San Francisco and the Silicon Valley along US 101. San Mateo is approximately 20 miles south of San Francisco. San Mateo is both a residential and business community serving a population of about 92,000 in an area of more than 14 square miles. Housing styles are varied with a blend of stately older homes and modern high-rise condominiums in settings that range from waterfront to hillside.

Pacifica

(moderate rent)

Pacifica is located just 12 miles south of San Francisco along the scenic coast of the Pacific Ocean. Known for its natural beauty, Pacifica is filled with numerous hiking trails through rolling hills that overlook the ocean surf and forested canyons.

Redwood City

(moderate rent)

Halfway between San Francisco and San Jose, Redwood City is home to 70,000 people. Redwood City combines residential, industrial, and commercial elements in a largely urban environment. Its waterfront provides a yacht harbor and the only deep-water port in the South Bay. A wide variety of housing types are available.

South San Francisco

(moderate to high rent)

South San Francisco is 2.2 miles north of San Francisco International Airport, nestled between San Bruno Mountain, the Santa Cruz Mountain Range, and San Francisco Bay. South San Francisco is influenced by its coastal location, which keeps hot summer temperatures under control and offers access to San Francisco Bay for water sports and boating activities. Downtown San Francisco is a 15-minute drive.

BAY AREA HOTEL INFORMATION

Richmond

Quality Inn

(Approx. 3 min. Drive to Campus)
915 W. Cutting Blvd.
Point Richmond, CA 94806

Hotel Mac (Downtown Point Richmond;

(Approx. 5 min. Drive to Campus)
10 Cottage Ave.
Point Richmond, CA 94801
(510) 235-0010

Extended Stay America

(Approx. 15 min. Drive to Campus)
3170 Garrity Way
Richmond, CA 94806
(510) 222-7383

Courtyard by Marriott

(Approx. 15 min. Drive to Campus)
3150 Garrity Way
Richmond, CA 94806
(510) 262-0700
<http://www.courtyard.com/>
(San Francisco Bay Area-Richmond/Berkeley)

Berkeley

(Approx. 20 min. Drive to Campus)

Hotel Durant

(Near UC Berkeley & Telegraph)
2600 Durant Ave.
Berkeley, CA 94704
(510) 845-8981
<http://www.hoteldurant.com/>

Radisson Hotel (Berkeley Marina)

200 Marina Blvd.
Berkeley, CA 94710
(510) 548-7920
<http://www.radisson.com/>

Emeryville

(Near SF-Bay Bridge; Approx. 15 min. drive to Campus)

Woodfin Suite Hotel

5800 Shellmound St.
Emeryville, CA 94608
(510) 601-5880
<http://www.woodfinsuitehotels.com/>

Courtyard by Marriott

555 Shellmound St.
Emeryville, CA 94608
(510) 652-8777
<http://www.courtyard.com/>
(Emeryville)

Four Points Hotel by Sheraton

1603 Powell
Emeryville, CA 94608
(510) 547-7888

Oakland

(Jack London Square;
Approx. 20 Min. Drive to Campus)

Waterfront Plaza Hotel

10 Washington
Oakland, CA 94607
(510) 836-0332
<http://www.waterfrontplaza.com/>

Best Western Inn at the Square

233 Broadway
Oakland, CA 94607
(510) 452-4565
(800) 633-5973
<http://www.hotelswest.com/oak>

Jack London Inn

444 Embarcadero West
Oakland, CA 94647
(510) 444-2032
(800) 549-8780
<http://www.jacklondoninn.com/>

San Francisco

(All Near Public Transportation or Approx. 40 min. Drive)

Chancellor Hotel

433 Powell
San Francisco, CA 94102
(415) 362-2004
<http://www.chancellorhotel.com/>

Donatello Hotel

Post & Mason
San Francisco, CA 94101
(415) 441-7100

Handlery Union Square Hotel

351 Geary
San Francisco, CA 94102
(415) 781-7800
<http://www.handlery.com/>

Juliana Hotel

590 Bush
San Francisco, CA 94108
(415) 392-2540
<http://www.julianahotel.com/>

Hotel Triton

342 Grant St.
San Francisco, CA 94108
(800) 800-1299
<http://www.hoteltriton.com/>

Villa Florence Hotel

225 Powell St.
San Francisco, CA 94102
(800) 553-4411
<http://www.villaflorence.com/>

Fisherman's Wharf Youth Hostel

Fort Mason, Bldg. 240
San Francisco, CA 94123
(415) 771-7277
<http://www.norcalhostels.org/>

Larkspur

Courtyard by Marriott *(Across Richmond*

Bridge; Approx. 10 min. Drive to Campus)
2500 Larkspur Landing Circle
Larkspur, CA 94939
(415) 925-1800
<http://www.courtyard.com/>
(San Francisco Bay Area-Larkspur)

*** PLEASE NOTE: Drive Times DO NOT allow for traffic**