



California Institute of Integral Studies

Housing and Relocation Resources For New and Prospective Students

Dean of Students Office
Room 401
1453 Mission Street
San Francisco, CA 94102
415-575-6118 / 415-575-6158
studentaffairs@ciis.edu

Housing and Relocation Resources For New and Prospective Students

Welcome to CIIS! We are thrilled to welcome you to the San Francisco Bay Area and to our unique educational community. What follows is a general overview of Housing and Relocation resources that we hope will help you with your transition to the Bay Area.

You will find useful tips, housing related internet sites, and short-term housing options. Also included are descriptions of all of the San Francisco neighborhoods to help you make the best decision for your needs and lifestyle.

Additional helpful information to assist you in learning about your new home includes general information on things such as San Francisco transportation, important phone numbers, local government information, hospitals, interesting statistics, and annual festivals. We hope this will serve you in joining us in the Bay Area!

TABLE OF CONTENTS

1. **Tips to Get Started.** *Pg. 4*
2. **Disclaimer.** *Pg. 4*
3. **Short Term Housing:** Hotels, Residence Clubs. *Pg. 4-8*
4. **Resources for Finding Housing:** CIIS Resources, Golden Gate Hall, Websites, Rental Agencies, Housing Boards, Additional Resources. *Pg. 8-10*
5. **Map of San Francisco Neighborhoods.** *Pg. 11*
6. **Descriptions of San Francisco Neighborhoods and Bay Area County Profiles and Resources.** *Pg. 12-23*
7. **Commuting, Parking, and Transportation:** Public Transportation Resources, Commute Times, DMV, Auto Registration, Parking Info, Parking Garages, Bicycle Parking. *Pg. 24-29*
8. **San Francisco Municipal Resources:** Emergency Services, Local Government and Voting Information, Frequently Called Telephone Numbers, Utilities. *Pg. 29-31*
9. **Mental Health Resources:** 24-Hour Hotlines, Other resources. *Pg. 31-33*
10. **Medical Resources:** Hospitals, Men's and Women's Health. *Pg. 34-35*
11. **Fast Facts about San Francisco and the Bay Area and List of Annual Festivals.** *Pg. 36-40*

1. TIPS TO GET STARTED

Climate: San Francisco enjoys a temperate climate and mild weather year-round. Temperatures usually range between 40 F (5 C) and 70 F (21 C). Morning and evening fog rolls in during the summer months, so lightweight summer clothes are seldom practical in San Francisco. The warmest months of the year are in the fall, and the coolest are in the winter. The weather can vary from one neighborhood to another.

Neighborhoods: San Francisco offers a variety of unique neighborhoods. It is recommended that you explore the City and identify several neighborhoods that you think would fit your needs. At the end of this document is a description of each neighborhood, as well as a map. Watch for signs on doors, windows and in neighborhood gathering spots (cafes, shops, bookstores, laundromats, etc.) that often have community bulletin boards available.

Rents: Depending on the neighborhood you will find rents starting at approximately \$900 for a studio and \$1,250 for a one-bedroom. Expect to pay higher rents for the more desirable neighborhoods. Average rent information: <http://www.move.com/apartments/main.aspx> Remember to take transportation costs into consideration when choosing a location. Rents tend to be cheaper in the East Bay and outlying areas; however, our commuter rail system, BART (www.bart.gov), can add over a hundred dollars to your monthly expenses.

Deposits: New tenants are expected to pay the equivalent of first and last month's rent plus a security deposit payable at move-in. As an example, if your rent is \$900 per month, expect to write a check for \$1800-\$2700.

Parking: Parking in San Francisco neighborhoods is often restricted and requires a residential permit. Community parking permits are available at the San Francisco Residential Parking Permit Office, 0 Grove Street, and telephone (415) 554-9910.

2. DISCLAIMER

The California Institute of Integral Studies has no relationship with any of these vendors. This list is provided as a guide to accommodations in the area and is neither comprehensive, nor favors these providers over others in the area.

3. SHORT TERM HOUSING

➤ Hotels

Air Travel Hotel

655 Ellis Street
(415) 771-3000

Best Western Civic Center

364 Ninth St.

(415) 621-2826 / (800) 444-5829

Comfort Inn

825 Polk St.
(415) 673-0411 / (800) 824-0005

Days Inn

465 Grove St.
(415) 864-4040 / (800) 325-2525

Embassy Motor Hotel

610 Polk St.
(415) 673-1404

Holiday Inn Civic 37Center

50 8th St.
(415) 626-6103 / (800) 243-1135

Howard Johnson Abigail Hotel

246 McAllister St.
(415) 626-6500

Inn at the Opera

333 Fulton St.
(415) 863-8400 / (800) 325-2708
www.innattheopera.com

The Oasis Inn

900 Franklin St.
(415) 885-6865 / (800) 843-4021

Hotel Whitcomb

1231 Market St.
(415) 626-8000 / (800) 227-4747
<http://www.hotelwhitcomb.com/>

Red Coach Motor Lodge Inn

700 Eddy St.
(415) 771-2100

Renoir Hotel

45 McAllister Street
(415) 626-5200 / (800) 576-3388
www.renoirhotel.com

Rodeway Inn

101 Ninth Street
(415) 621-3655
www.rodewayinnsf.com

Phoenix Hotel

601 Eddy St.
(414) 776-1380 / (800) CITY-INN
www.thephoenixhotel.com

Opal Hotel

1050 Van Ness
(415) 673- 4711
www.theopalsf.com

Personality Hotels

(415) 474-4800 or (800) 553-1900
www.personalityhotels.com

This is a Boutique Hotel Company with “four trendy and tastefully renovated properties off of Union Square to choose from; they offer 15% off on a stay of three night at all four hotels.

1. **Hotel Diva**
440 Geary St, 94102
415 885-0200
2. **Hotel Metropolis**
25 Mason St, 94102
415-775-4600
3. **Hotel Union Square**
114 Powell St, 94102
(415) 397-3000
4. **Kensington Park Hotel**
450 Bost St., 94102
(415) 788-6400
5. **Maxwell Hotel**
386 Geary, 94102
(800) 533-6800

6. **York Hotel**
940 Sutter, 94109
(415) 885-6800

➤ Hostels and Other Lower Cost Short-Term Housing

www.hostels.com is a good resource with reviews from travelers and guests.

Golden Gate Hostel
1412 Market St. Btw. 10th & 11th
415-703-9988
Full kitchen/TV rooms/laundry

877-359-1915

Amsterdam Hotel & Hostel
749 Taylor
<http://amsterdamhostel.org>

San Francisco Zen Center
300 Page Street
415-863-3136
<http://sfzc.org> → Being Here →
Accommodations
Nightly rates include breakfast.
Weekly rate includes three daily meals
from Mon-Sat; Sun breakfast
only
Shared bath

Elements Hotel
2524 Mission St, between 21st St
and 22nd St.
866-327-8407
www.elementshotel.com

Green Tortoise Hostel & Guesthouse
494 Broadway (Chinatown)
415-834-1000 / 800-867-8647
www.greentortoise.com
200 beds, 4-8 beds per room with
common kitchen
laundry room, TV/VCR, secured storage

Dakota Hotel
606 Post
415-931-7415
www.hotelsanfrancisco.com
Hostelling International
(Marina District)
(800) 909-477
[www.norcalhostels.org /](http://www.norcalhostels.org/)
www.sfhostels.org
Lower prices with HYH membership

Pacific Tradewinds Guest House
680 Sacramento (Chinatown)
415- 433-7970 / (800) 486-7975
www.sanfranciscohostel.org
30 dorm-style beds (coed), w/shared
baths Guest kitchen, laundry service,
Internet access.

**Downtown-Union Square
Fisherman's Wharf**
Building
312 Mason
Building 240, Fort Mason
415-788-5604
415 771-7277

Adelaide Hostel
5 Isadora Duncan

Other Resources:
www.hoteldiscount.com (1-800-715-
7666)

➤ Residential Hotels/Residence Clubs

For students who are relocating from far away, one option is to come and stay at a Residential Hotel while exploring the City for a place that is right for you. There are a few residence clubs in the area which offer weekly and monthly rates. Make sure you ask to see the room before you accept it. Call ahead for detailed information regarding availability, meal plans, room design, and current rates. Below are several options and their rates and amenities.

The Kenmore

1570 Sutter Street
San Francisco, CA 94109
(415) 776-5815
<http://www.kenmorehotel.us/>

Whitt Guest House

1359 4th Avenue
San Francisco, CA 94122
(415) 753-9313

Mosser Victorian Hotel

54 Fourth Street
San Francisco, CA 94103
(415) 986-4400 / (800) 227-3804
www.themosser.com

The Monroe

1870 Sacramento
San Francisco, CA
(415) 474-6200
monroe9@mindspring.com

Visit the website www.vantaggiosuites.com for rates of the following various locations and for comprehensive information on amenities:

Vantaggio Suites Cosmo

761 Post St.
San Francisco, CA 94109
(925)-376-5875 - For reservations only

Vantaggio Suites

Jefferson Square
835 Turk Street
San Francisco, CA 94102
(415) 614-2400

Vantaggio Suites

Union Square
580 O'Farrel Street
San Francisco, CA 94102
(415) 885-0111

➤ Student Halls/Dorms/Co-ops

Golden Gate Hall

www.goldengatehall.com
1412 Market Street
San Francisco, CA 94102
Phone: 415 703 9988
Fax: 415 456 4298
goldengatehall@aol.com

Golden Gate Hall, a relatively new Residence Hall just for students from various schools in San Francisco. It is located just blocks from CIIS and is a way to be in the heart of the City while saving money on transportation and parking as well as precious time commuting.

Knowing that many students who come to CIIS are looking to build community with fellow students, this provides a great opportunity to do so. Our hope is that over the next year we can create this community living situation with those interested and willing to be the pioneers in doing so.

University Students' Cooperative Association

www.usca.org

2424 Ridge Road

Berkeley, CA 94709

Phone: 510 848 1936

housing@usca.org

The University Students' Cooperative Association is a community of students from various colleges and universities living in 20 properties around the UC Berkeley campus. Being a cooperative means that every resident becomes an owner/member of this non-profit organization.

Living in a cooperative means that there is no need for everyone to own their own set of pots and pans, buy all their own food and supplies, have their own vacuum, go to the grocery store each week, and cook every day. By working together, money is saved, resources conserved, and time spent on chores is saved!

4. RESOURCES FOR FINDING HOUSING

The CIIS Student Listserv: Once you are registered as a student, you may contact the Student Affairs Coordinator at (415) 575-6118 or studentaffairs@ciis.edu and ask to be added to the Student Listserv. Through this list serve you can post and receive e-mails about housing opportunities.

CIIS Housing Bulletin Board: CIIS has its own housing bulletin board on the 3rd floor in the Student Lounge. It is much more informal and does not have nearly as many listings as the ones listed in the following pages, but it is a good place to post especially when trying to connect with other CIIS students.

myCIIS Virtual Bulletin Board: Prospective and current students can look for housing listings at the student portal

https://my.ciis.edu/ics/Campus_Life/Campus_Life_Home.jnz?portlet=Bulletin_Boards

Useful Websites:

www.craigslist.org

Most of our students are interested in renting an apartment and perhaps the best resource in the Bay Area for doing this is Craigslist. Craigslist also provides many useful resources for familiarizing yourself with the Bay Area in general.

In addition to Craig's List, the San Francisco Chronicle, San Francisco Examiner, Bay Guardian and many other Bay Area Newspapers have classified sections which list apartment rentals. Check out the following link which is the SF Examiner web-site.

<http://www.sfgate.com>

After getting to this site, click on "Real Estate" and then click on "Homes for Rent" and then enter in the relevant information related to what you are looking for.

Additional free rental agency listings

www.rent.net

www.rentalguide.com

www.roommateservice.com

Fee-based listings

www.metrorent.com

www.bayrentals.com

www.sf4rent.com

www.renttech.com

www.rentinmarin.com

Housing Boards at other San Francisco Schools:

University of California, San Francisco –500 Parnassus Ave, Milberry Union, Rm. 102

<http://www.ucsf.edu>

San Francisco State University – 1600 Holloway Ave., Student Union – www.sfsu.edu

University of San Francisco – 2130 Fulton St., Housing Office – www.usfca.edu

Additional Resources

www.yelp.com is a useful site where users post reviews of hotels, motels, restaurants, and other establishments in San Francisco and beyond.

The Chamber of Commerce – (415) 392-4520 – 235 Montgomery St, SF CA

This is an excellent resource if you are relocating to San Francisco. They have a great package of information for \$20.00 that includes A guide to Living and Doing Business in San Francisco (some of which you will find in this packet), an Employment Guide, a Real Estate Guide and a School District Guide. It also includes a very good map of San Francisco that includes all of the bus lines and a basic transportation layout for the entire Bay Area. There is a Bus and Ferry Transit Guide connecting the North Bay to San

Francisco and Capitol Corridor Train Schedule (which connects Sacramento to the Bay Area) as well.

Rainbow Grocery: 13th and Folsom. It is a few blocks from CIIS and has a good housing board

The following are newspapers with housing listed in the classified section:

San Francisco Chronicle – Daily-check Saturday for Sunday edition.

www.sfgate.com

SF Bay Guardian – Free weekly, Wednesday distribution – www.sfbg.com

SF Weekly – Free weekly, Wednesday distribution – www.sfweekly.com

SF Advertiser – Free at most markets, Thurs. distribution – www.sfAdvertiser.com

BayArea Reporter- Free, Gay, weekly distribution

East Bay Express- Free weekly, Wednesday distribution –

www.eastbayexpress.com

Marin Independent Journal – Marin County – www.marinij.com

Contra Costa Times – East Bay Daily - www.bayarea.com

Oakland Tribune – Daily – www.oaklandtribune.com

5. MAP OF SAN FRANCISCO NEIGHBORHOODS

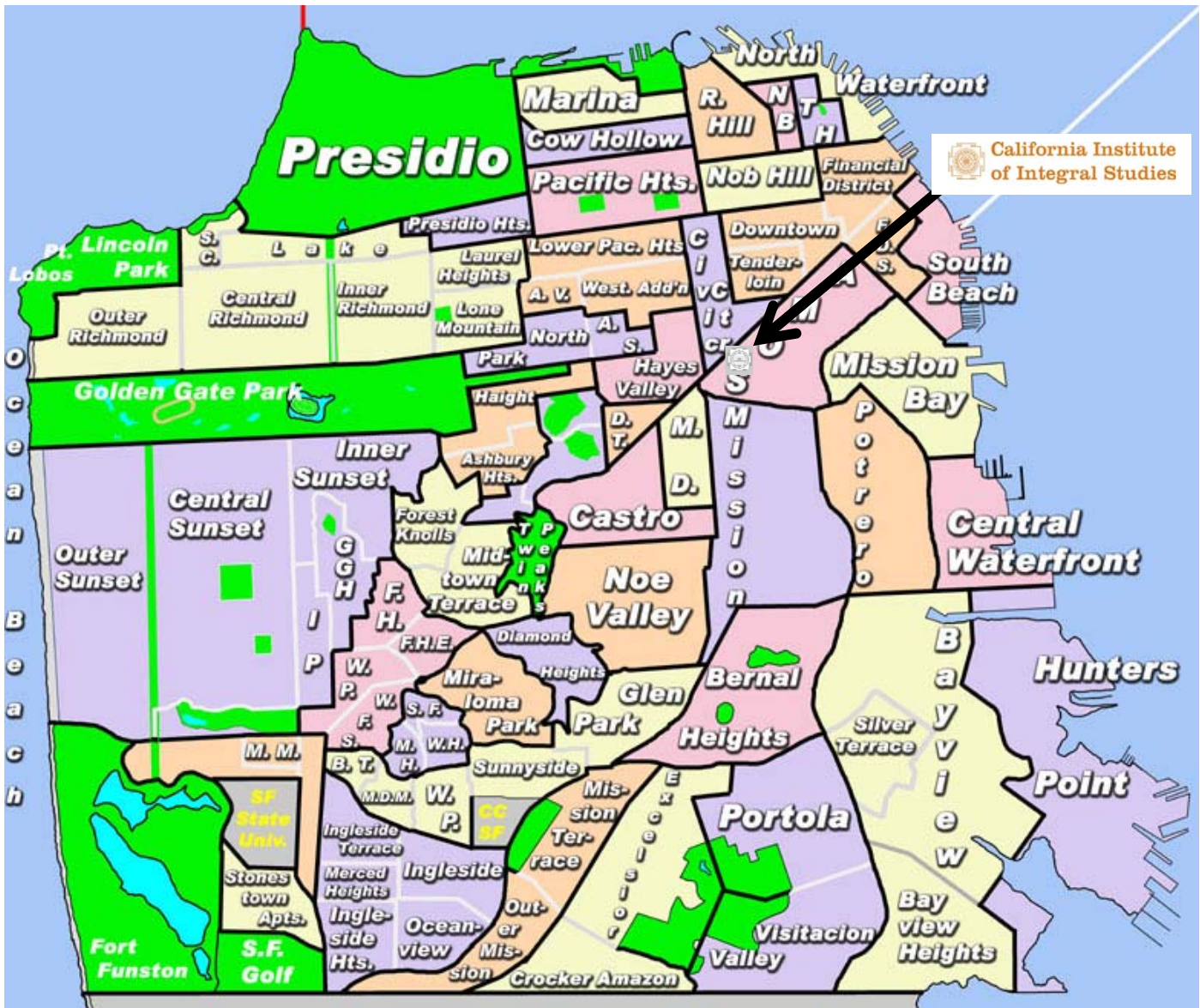


Image obtained from: <http://www.dreamworld.org/sfguide/Neighborhoods/index.html>

Legend:

AS = Alamo Square
 AV = Anza Vista
 BT = Balboa Terrace
 CCSF = City College of San Francisco
 DT = Duboce Triangle
 FDS = Financial District South
 FH = Forest Hills
 FHE = Forest Hills Extension
 GGH = Golden Gate Heights
 IP = Inner Parkside
 MD = Mission Dolores

MM = Merced Manor
 MDM = Mount Davidson Manor
 NB = North Beach
 R. Hill = Russian Hill
 SC = Seacliff
 SFW = Saint Francis Woods
 SOMA = South of Market
 TH = Telegraph Hill
 WP (by CCSF) = Westwood Park
 WP (by FH/IP) = West Portal

6. DESCRIPTIONS OF SAN FRANCISCO NEIGHBORHOODS, BAY AREA COUNTY PROFILES AND RESOURCES

- SF neighborhood guide: <http://www.sfgate.com/neighborhoods/sf/>
- East Bay neighborhood guide: <http://www.sfgate.com/neighborhoods/eb/>

- San Francisco Neighborhoods

Although many American cities are described as “melting pots”, San Francisco’s neighborhoods can most accurately be characterized as a mosaic. Each enclave, a singular entity that is distinct and rare, comes together to form the rich tapestry that is the San Francisco community. From the posh, spectacular views of Pacific Heights and Russian Hill to the bohemian, artistic vibe of the Mission district, one can find a living area suited to his or her particular tastes. The neighborhoods are varied, and yet as cohesive as the people who inhabit them.

You will notice that some of the neighborhoods have an asterisk next to their names. These indicate neighborhoods that tend to be closer to campus, and/or seem to be both popular among students, as well as within their price-range.

Please note that some of the neighborhoods mentioned below might vary in name from the provided map. These neighborhood designations are generally fluid around the borders and may be called different things, depending on who you ask (Welcome to SF!).

Alamo Square - These popular four blocks surround the grassy park and playground called Alamo Square. Most famous for its picture-perfect row of colorful Victorians, the “Painted Ladies”, Alamo Square has true San Francisco charm. Attractions include the Addams House-like Imperial Russian Consulate of czarist days at 1198 Fulton Street, and the Archbishop’s Mansion, which now functions as a bed and breakfast, and the French-American School at Steiner and Grove Streets. Alamo Square borders the Western Addition.

Anza Vista -Anza Vista was developed during the 1930s and 1940s. A quiet neighborhood in the Western Addition, the homes, flats and apartments of Anza Vista are designed with little ornamentation. Unlike many San Francisco neighborhoods, the streets in Anza Vista have little overhead wiring, giving it a quiet and suburban feel. The area’s boundaries include Masonic Avenue and Turk, Broderick, and O’Farrell Streets. Anza Vista is located near Alamo Square, a park and playground surrounded by Victorian Homes.

Ashbury Heights - This charming nook of the city is just steps from the shopping and dining of the Haight-Ashbury district. At its summit is a mini-park called Mt. Olympus,

great for dog-walking and picnicking. According to city archivist Gladys Hansen, the neighborhood was developed in 1911 as a part of a tract called Ashbury Park.

Bayview/Hunters Point - This working-class neighborhood is on the southeast side of the city and is near the former Navy Yard and Candlestick Park. There is a mixture of single-family homes, apartments and factories. The main commercial strip for this area is Third Street.

The boundaries for Hunters Point include Mendel Street, Evans Avenue, Palou Avenue and the bay. In 1867, Hunters Point served as the site of the first permanent dry dock on the Pacific Coast. By 1939, the Navy purchased the site to use as a shipyard. Along Hunters Point Boulevard are small boat-repair yards, spots for fishing and an old stone brewery.

***Bernal Heights** - South of the Mission District and bordered by Cesar Chavez Street and Bayshore and Alemany boulevards, Bernal Heights and its pastel-colored houses sits quietly away from the hustle and bustle of urban San Francisco. Its open-space hill keeps Bernal Heights from straying too far from rural, remaining distantly connected to its farming history. In 1776, this area was deeded to soldier Juan Francisco Bernal and continued for a century to serve as grazing grounds for goats and sheep.

Buena Vista Hill - Buena Vista Hill lies adjacent to Ashbury Heights and is home to the city's most heavily forested area, Buena Vista Park. Steep slopes with vast views are lined with baroque mansions, restored Victorians, family homes, flats and apartments.

***Castro** - Considered the center of San Francisco's gay, lesbian, transgendered, queer population, the Castro district offers some of the most colorful and vibrant settings in the city. The neighborhood's main thoroughfare, Castro Street, is home to many restaurants, bars, clubs, alternative bookstores and diverse shops. Architecture in the Castro is contemporary, with Victorians and apartment buildings lining its side streets.

Crocker Amazon - Crocker Amazon is a middle-class neighborhood on land that once belonged to the Crocker Estate. The neighborhood is well-maintained, with some streets beautifully landscaped and most front yards well-manicured. Boundaries include Amazon and Crocker Avenues, Mission Street and McLaren Park.

Cow Hollow - Cow Hollow is located between Pacific Heights and the Marina, consisting of a small section along Union Street. Once filled with natural springs, sand dunes and a small lagoon, Cow Hollow is home to many young professionals and is characterized by quaint homes and apartments. At the heart of Cow Hollow is popular Union Street, which is lined with fashionable shops and restaurants.

Benito Diaz, a Spanish chaplain, was the first to inhabit this area. In 1845, he petitioned the governor for the land and a year later sold the area for \$1,000 in silver to Thomas G.

Larkin, a real-estate speculator and dealer in hides. Cow Hollow is named after the dairy farms that comprised the area during the 19th century. Approximately 30 dairies existed, the largest having more than 200 cows. During the early part of the century, Cow Hollow's vegetable gardens provided San Francisco with much of its produce.

Downtown/Financial District - Some call San Francisco's downtown "Wall Street West" because it is ranked as one of the top four financial centers in the nation. The Financial District begins at Montgomery Street and extends east toward the Embarcadero, comprising of only a few city blocks. Montgomery Street has been linked to banking since the Gold Rush and, today, continues to be a bustling business area. Two easily recognizable landmarks distinguish the Financial District. Rising to 858 feet, the Transamerica Pyramid is one of San Francisco's famous icons and a dominant feature in the city's skyline. The 52nd floor of the Bank of America Building offers breathtaking views of the city.

****Duboce Triangle*** - Beautifully restored Victorian homes line Duboce Triangle. Bordered by Market Street it's a shockingly quiet neighborhood within a stone's throw of restaurants, coffee houses, pubs and boutiques, and other forms of entertainment. Also, Duboce Park is perfect for those with dogs. Close to the Castro, Lower Haight, Haight-Ashbury, Hayes Valley, and the Mission District, it's central to the liveliness, and diversity these neighborhoods offer.

Eureka Valley - Eureka Valley is made up of both flat land and hills. On the lower slope is the San Francisco archbishop's headquarters and on the upper is the dramatic pinnacle known as Corona Heights.

Excelsior - Excelsior borders McLaren Park on the east and the Portola District on the north. The homes in this area are about 50 years and older, and are predominantly single-family, stucco and wood frame. There are also apartments, duplexes and public housing available. Only a short bus ride downtown, Excelsior is near Highways 101 and 280 and close to a BART station.

Forest Hill - Once a part of a 4,000-acre ranch owned by the last Mexican mayor of San Francisco, Jose Noe, Forest Hill was divided into single-family home lots in 1912. In 1918, the Twin Peaks tunnel was completed, and people began visiting and residing in the Forest Hill area. Today, Forest Hill is a very exclusive, extravagantly landscaped area with curving lanes, hills and a sprinkling of Bernard Maybeck architecture, including the Forest Hill Clubhouse. The streets and common areas in Forest Hill are beautifully maintained by the Forest Hill Association. The Forest Hill Garden Club has become a ladies social club. This is a very suburban community, with gems such as the elegant Grand Pacheco Stairway that connects Castenada Avenue to Magellan Drive. Nearby West Portal Avenue provides residents with shopping, dining, and a movie theater. Parking is not a problem, and Muni has several lines to and from the area.

Glen Park - On the lower slopes of Diamond Heights, just south of Noe Valley, sits the charming and quiet neighborhood of Glen Park. Victorians and architecturally interesting modern homes line Laidley Street. Coffee shops, bookstores, pizza parlors and boutiques line Chenery and Diamond Streets. The neighborhood feels worlds away from downtown, but with a BART station at Diamond and Bosworth streets, locals can reach the city center in 20 minutes.

Glen Park was once a dairy capital in the 1850s. Today, the rural area is confined to beautiful Glen Canyon Park, a haven for dogs, Frisbee throwing and picnics.

Golden Gate Heights - Sometimes called Larsen Park or Sunset Heights Park, Golden Gate Heights is perched on a 725-foot high bluff and is characterized by huge retaining walls and panoramic views of the ocean. Steep streets curve around relatively new and very upscale homes. Quaint dwellings are found facing Forest Hill. Golden Gate Heights is at the top of Funston Avenue (south of the Inner Sunset and west of 7th Avenue).

***Haight Ashbury** - Universally known for its 60s flair, Haight Ashbury is still recognized for its creativity and diversity. Haight Ashbury is home to colorful Victorians, eclectic shops, sidewalk cafes and popular night clubs. In 1870, California Governor Henry H. Haight formed the San Francisco Park Commission to develop Golden Gate Park, which is adjacent to Haight Ashbury.

Haight Ashbury is also famous for its residents of the past, including Jerry Garcia, the Jefferson Airplane and Janis Joplin, to name a few.

***Hayes Valley** - This is one of the up-and-coming San Francisco neighborhoods. Located close to downtown, with Franklin and Divisadero streets as its east and west boundaries, Hayes Valley has been expanding with new restaurants and shops. Hayes Street, with its boutiques and eccentric galleries, is great for browsing and window shopping, as well as serious shopping.

Before the 1989 earthquake, Hayes Valley was known to have problems with crime. When the earthquake weakened the nearby Highway 101 freeway, which was then dismantled, the historical, charming Hayes Valley emerged. Today, Hayes Valley is experiencing a healthy influx of new residents.

Ingleside Terrace - Ingleside Terrace is located in the southwestern corner of the city and enjoys more sun than the rest of San Francisco. At its gateway is the neighborhood's ode to the sun, a sundial that measures 34 feet in diameter and 28 feet in height. This neighborhood is close to the Pacific Ocean and has good views of San Bruno Mountain and Mt. Davidson. Nearby are San Francisco State University, Stonestown Shopping Center and Lake Merced. The neighborhood is built on both sloping and steep hills. Many of the homes in this area are single-family and built between 1900 and 1940. There are many shops and restaurants along Ocean Avenue, and some great views from

the rock outcropping at Shields and Orizaba streets. On a clear day, one can see Oakland and Alameda to the east, as well as the Golden Gate Bridge.

Lakeshore - Located on the Pacific on the southern border of the city, Lakeshore was the last neighborhood to be developed. This area includes San Francisco State University, Lake Merced, two golf courses and Stonestown Galleria, which is the only “suburban” shopping plaza in the city. The area has mostly apartment housing, but there are also small tracts, condos and single-family homes.

Laurel Heights - This neighborhood centers on the Laurel Village shopping center, which caters not only to residents but also to elite clientele from Pacific Heights and Presidio Heights.

Marina - Once marshland, the Marina is now home to many young professionals and is recognized by the landmark Palace of Fine Arts. In 1915, the Palace of Fine Arts was built to host the Pan Pacific Exhibition, celebrating the opening of the Panama Canal, as well as San Francisco’s recovery from the physical and economic devastation of the 1906 earthquake. Designed by Bernard Maybeck, the palace became the focal point of the fair. Deeded to the city by the Army after World War II, the once-temporary structure fell to ruin. By the 1950s, a movement to save the palace emerged, and funds were raised to tear down the entire building and rebuild using permanent materials. The unique San Francisco landmark is owned by the city and is leased to the Exploratorium and the Palace of Fine Arts Theater.

The Marina attracts many people who are seeking the pleasures of jogging, sunbathing and strolling by the bay. The Marina Green is a wonderful place to enjoy the outdoors, with a pedestrian path that is perfect for rollerblading, walking or running. For shopping enthusiasts, Chestnut Street has many fashionable shops and boutiques. Fort Mason is also nearby and hosts many cultural events, including the San Francisco Blues and Jazz Festival. With views of the Golden Gate Bridge and Alcatraz, the Marina offers a quaint, upscale neighborhood with a relaxed lifestyle.

***Mission** - The Mission is home to the city’s oldest structure, Mission Dolores, the sixth Franciscan mission built along El Camino Real. Located nearby is the ornate Mission Dolores Basilica. Within the Mission District, it is easy to find spicy taquerias, Mexican bakeries and colorful murals depicting Mexican and Latino history. The original Levi Strauss factory was located in this area at 250 Valencia Street.

Today, the Mission is a popular area for a mix of working-class Latino families, young professionals, artists and others who enjoy its culturally diverse atmosphere.

Mission Bay - Mission Bay, also known as Mission Rock, Mission Creek and China Basin, is a rapidly evolving area of the city, thanks in part to the new San Francisco Giants stadium and the Mission Bay Development Project. This eclectic neighborhood features San Francisco’s houseboat enclave, as well as the Lefty O’Doul drawbridge. The current

development is transforming 303 acres of former rail yards and warehouses, into a new neighborhood of apartments, office buildings, retail shops and the University of California, San Francisco's medical research campus, including 49 acres of parks and the neighborhood's first supermarket.

Nob Hill - Nob Hill hosts some of the most elite San Francisco addresses, as well as some of San Francisco's richest history. With the completion of the cable car in 1843, the influential and wealthy moved to Nob Hill. In the late 1800s, major figures of the mining and railroad industries resided in the huge mansions that now make up the Fairmount Hotel, Stouffer Stanford Court, Huntington Hotel and Mark Hopkins Inter-Continental Hotel.

Today, Grace Cathedral sits beautifully atop the hill, with the Fairmount and Pacific Union Club nearby. Impressive apartments and flats dot the area. Taylor and Jones Streets offer a few select restaurants and shops, while the cable car makes its way through the neighborhood, giving it a true San Francisco flavor.

***Noe Valley** - Nestled in the lowland between Twin Peaks and Diamond Heights, Noe Valley is a quaint neighborhood, centered around 24th Street, with its coffee shops, boutiques, bookstores and multitude of ethnic restaurants.

The architecture of Noe Valley is predominantly Victorian. Noe Valley is named after Jose De Jesus Noe, a Spanish colonist who formed the Hyar and Padres colony in 1884. Noe was also the last Mexican mayor of San Francisco. Numerous Irish and German immigrants moved to Noe Valley over the years, and the international influence is evident in the Irish pubs and the specialty food stores lining 24th Street.

North Beach - North Beach is known as "Little Italy", with its abundant Italian restaurants, cafes and bakeries. The Cathedral of Saints Peter and Paul gracefully sits on the northern side of Washington Square, a grassy piazza and center to North Beach's energy and cultural buss. Every dawn, Washington Square hosts anywhere from a handful to a hundred people greeting the day with the practice of Tai Chi.

First settled by Italian immigrants in the 1870s and later populated by a range of nationalities, North Beach exemplifies San Francisco's diverse populace. The main attractions of North Beach are its restaurants, which include fine dining, traditional cafes and Italian delicatessens. The oldest street in the city, Grant Avenue, extends into North Beach and offers several Barbary Coast saloons, second-hand shops, pizza parlors and clothing boutiques.

Pacific Heights - One of the most prestigious neighborhoods in San Francisco, Pacific Heights is home to the most breathtaking views of the Golden Gate Bridge and the bay. This neighborhood was first developed during the 1870s to accommodate working-class families that were moving from the wealthy Nob Hill area. Small Victorian homes were

built until the turn of the century, when these homes were replaced with period homes. Still largely residential, the area is characterized by painted Victorians, historic chateaus and architecturally superior mansions. Today, there are many consulates and consular residences in Pacific Heights. It is home to many of San Francisco's first families, as well as successful entrepreneurs and artists.

Parkside - Parallel to Pine Lake Park and Stern Grove, Parkside has a community feel, with two playgrounds, a meadow-like playing field at McCopping Square and elementary schools with their playing fields and swing sets. This area is predominantly filled with single-family residences. The active Sunset Neighborhood Coalition, the neighborly Sunset Beach newspaper, the world-class UCSF Medical Center, number of high schools and proximity to San Francisco State University add to the Sunset's appeal for many families.

Westlake Shopping Center, Stonestown Galleria, Lakeshore Plaza Shopping Mall and Serramonte Shopping Center offer residents all the shopping they can handle.

Portola Heights - This area is also known as University Mound, because its street names include Oxford, Cambridge, Harvard and Yale. Landmarks include a home for the elderly, the Convent of the Good Shepard Home for Girls and McLaren Park.

***Potrero Hill** - Potrero Hill sits south of 16th Street and is framed by Potrero Avenue, Cesar Chavez Street and Highway 280. The neighborhood has a community feel all its own; it even has its own weekly newspaper, the *Potrero Hill*. Pleasant window shopping and café dining is popular with locals. The Potrero Hill Neighborhood House has existed for almost a century and is used by residents for various occasions, such as town meetings and recitals.

This area of the city gets more sun than most, and has attracted a lively mix of professionals and artists. Residences are comprised of free-standing houses (many built in Victorian architecture), town homes, flat-style condominiums, warehouse spaces, lofts, and multi-unit buildings. Many enjoy outstanding city views from the 300-foot high hill.

Potrero Hill is rich in history, originally serving as farmland until the 1870s when immigrants – Scottish, Irish, and Italian – began populating the area. In the early 20th century, Potrero Hill was known as Scottish Hill.

Presidio Heights - Located just west of Pacific Heights and adjacent to the Presidio, Presidio Heights is a small enclave of elegant homes. It is a short walk to the fashionable shops of Union and Chestnut Streets. Some of San Francisco's most elite families and dignitaries reside there.

***Richmond** - This neighborhood is home to many 1920s duplexes and a few spacious Edwardians with eccentric architecture. Housing some of the many landmarks in the city, the Richmond boasts the dome of Temple Emanu-El, a Reform synagogue and the Russian Holy Virgin Cathedral. The Richmond has many Chinese and Russian restaurants.

Russian Hill - Russian Hill's world famous Lombard Street twists down the hill to the delight of tourists and the dismay of cab drivers. Just west of North Beach and east of the Marina, Russian Hill offers outstanding views of San Francisco Bay and downtown. A cable car line begins at the base of Hyde Street, traveling through Russian Hill to Nob Hill. The area is mainly residential. Locals enjoy Polk Street with its restaurants, bars, fruit and flower markets, boutiques and cafés.

Sea Cliff - Sea Cliff attracts many sightseers wanting to see the beautiful mansions and beaches in this area. China and Baker beaches are situated where the Golden Gate meets the Pacific Ocean. Sea Cliff's residences are located just above sea level and offer beautiful views of the ocean.

Sherwood Forest - This neighborhood lies on the southwesterly slope of Mt. Davidson and is home to elaborate ranch-style homes and groves of eucalyptus, cypress, and pine trees. Although one of the most densely populated areas of the city, Sherwood Forest offers a feeling of spaciousness. The City College of San Francisco is nearby, and residents visit Ocean Avenue for their closest shopping area.

South Beach - South Beach encompasses the lively Embarcadero, South Park, SBC Park and the Muni Metro extension. The San Francisco Giants' ball park has transformed the area, bringing clean streets and new cafes to this South of Market neighborhood. The Embarcadero, with its waterfront sidewalks, draws skateboarders, lunchtime joggers and tourists enjoying the bay view.

South Park (off 2nd Street) was developed in 1852 to resemble a London Square. Today, the area hosts many cafes, chic boutiques, design studios and other businesses in the lofts around its green center.

Another San Francisco icon, the Palace Hotel on the corner of Market and New Montgomery streets, has been around since 1873. Although it has been remodeled several times, the hotel has maintained much of its original architecture. The Palace has been host to several high profile guests, including Queen Victoria and many US presidents.

***South of Market** - South of Market (SoMa) is one of the richest historical areas of the city and, today, has a character all its own. In the early 20th century, the city blocks of SoMa were made larger than those north of Market to facilitate development of the city's industrial utility and transportation hub. Although the wealthy migrated to Rincon Hill for views of the bay, the majority of SoMa was

referred to as the “flatlands surrounded by freeways.” Author Jack Kerouac describes living and working in SoMa in his story, “Lonesome Traveler”, referring to his time as a brakeman at the shipyard in the 1950s.

Today, SoMa is the creative, cutting-edge center of the city, home to graphic artists, design, film and multimedia firms, and more. The vibe is funky and high-energy. By day, stylish baby-boomers walk briskly to and from their loft or warehouse offices. Culture abounds in SoMa, with the Yerba Buena Center for the Arts, the city’s modern and beautiful Moscone Convention Center, SFMOMA (San Francisco Museum of Modern Art) the Martin Luther King, Jr. Memorial, the Ansel Adams Museum of Photography and more. Shopping is plentiful in SoMa with boutiques and specialty stores sprinkled throughout.

By night, SoMa bustles with cool and hip restaurants and nightclubs, many hosting nightcrawlers until the wee hours of the morning. SoMa has made a great reputation for itself, drawing big-name musicians to entertain club-goers.

Residential buildings in SoMa are mostly town homes, flat-style condos, warehouse spaces and lofts, and multi-unit buildings.

***Sunset** - Before the 1930s, the Sunset district was made up of sand dunes that extended west to Ocean Beach. The dunes were paved over and replaced with pastel-colored, stucco houses on wide streets. After World War II, the need for smaller lots and low Federal Housing Administration veteran loans created mass housing, cloning mostly square homes with bay windows over the garage.

The Sunset is located just south of Golden Gate Park, north of Sloat Boulevard and framed by Stanyan Street and Ocean Beach. Commercial areas include 9th Avenue, Judah Street, Sloat Boulevard, and Noriega and Taraval Streets, where many ethnic specialty stores, coffee shops, Irish pubs and the like line the bustling streets. The Sunset is also home to San Francisco’s Conservatory of Music.

Ironically, the Sunset is one of the foggiest pockets of all of San Francisco, thanks to its location near Ocean Beach. The Inner Sunset is a bit sunnier from 19th Avenue eastward. Many students populate this area, while Outer Sunset (19th Avenue and westward) is populated by many senior citizens and Asian-American families.

Twin Peaks - Names for the two hills reaching approximately 910 feet, Twin Peaks offers the most panoramic views of the city and bay. Some homes on the northern crest of Twin Peaks resemble Spanish villas, while the eastern side has mainly apartment houses. In recent decades, the southern slopes have seen development of single-family homes that face San Bruno Mountain and the ocean. Mt. Davidson, at approximately 940 feet, is the city’s highest point and is located just south of Twin Peaks.

***Western Addition** - The Western Addition includes the plateau west of Civic Center, stretching west to Masonic and Presidio avenues. Victorian houses, many restored, dominate the area's architecture. Sights include the musically historic Fillmore Auditorium. The Western Addition is in walking distance of Davies Symphony Hall, downtown and San Francisco's main library.

In the 1960s and 1970s, redevelopment took hold of the Western Addition and many decaying Victorians gave way to massive apartment complexes near Geary Boulevard. More changes are on the way, as the Fillmore Street area of Western Addition was recently declared as a Jazz Preservation District, with federal funding moving in to restore galleries and music and dance clubs.

West Portal - On the western side of the lengthy Twin Peaks Tunnel, the charming neighborhood of West Portal emerges, nestled at the foot of Mt. Davidson, Forest Hills and Edgehill Heights. With small businesses, a variety of restaurants and a movie theater, West Portal is its own "city within the city". The neighborhood is known for its rather sedate, middle-class lifestyle.

Yerba Buena - This neighborhood South of Market (SoMa) is centered around Yerba Buena Gardens, a sophisticated center for art and business. Yerba Buena Gardens Project boasts a five-acre, well-manicured green space in this SoMa location. While many young people populate the area, enjoying the many clubs, museums, restaurants and high-energy atmosphere, Yerba Buena has a thriving senior population with six housing projects erected during the 1980s. Yerba Buena was named after the wild mint that once flourished here. Today, high-rise condominiums, warehouses and lofts dominate the area. Highways 280 and 80 (the Oakland-San Francisco Bay Bridge) are easily accessible from Yerba Buena.

➤ Bay Area County Profiles

South Bay

Santa Clara County

Located at the southern end of San Francisco Bay, the Silicon Valley is home to the high-technology industry, which employs more than 300,000 people. With a population of 1.7 million people, Santa Clara County includes both agricultural land to the south and a highly urbanized industrial area extending to the north from San Jose, the county seat.

Newspaper: *San Jose Mercury News*
750 Ridder Park Avenue
San Jose, CA 95190
408-920-5000
www.bayarea.com/mercurynews

Peninsula*San Mateo County*

San Mateo County covers an area from Daly City to Menlo Park, encompassing the San Francisco International Airport, the coastal fishing community of Half Moon Bay and the wooded countryside of the Portola Valley. Bioscience, industrial and business parks are located along Highway 101, the county's main business corridor.

Newspaper: *San Mateo County News*
1080 S. Amphlett Boulevard
San Mateo, CA 94402
650-348-4321
www.insidebayarea.com

North Bay*Marin County*

Marin County is almost totally surrounded by water. 115 miles of its boundaries are oceans and bays, with only 10 miles of land connecting it in the north to Sonoma County. The quarter of a million residents who live in this community have carefully preserved its beauty, from the picturesque waterfront village of Sausalito to the Point Reyes National Park Seashore.

Newspaper: *Marin Independent Journal*
P.O. Box 6150
Novato, CA 94948
415-883-8600
www.marinij.com

East Bay*Alameda County*

Alameda County, located just east of San Francisco across the San Francisco-Oakland Bay Bridge, is both a suburban metropolis and an important industrial area surrounded by rolling hills and numerous recreational parks. The Port of Oakland is the busiest port in the bay, and the fourth-largest port on the West Coast. The University of California, Berkeley, has been a spawning ground for the region's culture, as well as for innovations in business and technology.

Newspaper: *The Oakland Tribune*
401 13th Street
Oakland, CA 94612
510-208-6300

www.insidethebayarea.com

Contra Costa County

Martinez is the county seat, serving a county-wide population of 1 million people. Though once considered a “bedroom community” for other Bay Area urban centers, Contra Costa County has rapidly developed into an important business and commercial region. Many Bay Area firms have offices and a substantial number of employees in Contra Costa County.

Newspaper:

2640 Shadelands Drive
Walnut Creek, CA 94598
925-935-2525
www.cctimes.com

7. COMMUTING, PARKING, AND TRANSPORTATION

The San Francisco Bay Area Transit Information website includes links to the region’s transit systems:

- www.sfmuni.com or dial 511 or visit www.511.org.
- www.nextbus.com gives you real-time estimated times of arrival for regional bay area transportation agencies.

Here are links to maps of the entire [SF Muni system](#), and the [Downtown Muni grid](#). Also, since most SF Muni bus and all train lines stop service by 1:00am, here is a link to the map of the [SF Muni Owl lines](#) that run from 1:00am to 5:00am. Please note that the Owl service replaces the N- and L- train lines with buses. For those with a paper copy of this guide, all maps are available through www.sfmuni.com and www.511.org.

| | |
|---|---|
| AC Transit | 510-817-1717 |
| BART | 650-992-2278 |
| Caltrain | 800-660-4287 |
| Larkspur Ferries | 415-457-3110 |
| Vallejo Ferries | 707-643-3779 |
| Blue and Gold Fleet | 415-773-1188 |
| Golden Gate Transit | 415-455-2000 |
| Muni | 511 (24 hours / 7 days) or 415-673-MUNI |
| SamTrans | 800-660-4287 |
| Santa Clara County Transit (VTA) | 800-894-9908 |
| RIDES for Bay Area Commuters, Inc. (Carpool information) | 800-755-7665 |

MUNI is the city of San Francisco's extensive public transit system, consisting of electric trolleys, cable cars, underground subways, and buses.

Fares: As of July 2009, the fare for a ride within the city is \$2.00 for adults, and **exact change is required.** No change is given, but there are change machines near most turnstiles. All U.S. coins may be used, including dollar coins. Fare for seniors (age 65 and older) and the disabled is \$0.75. Children age 4 and below ride for free.

Transfers: Transfers are issued when the fare is paid and are valid for travel on any Muni vehicle (except Cable Cars) for at least 90 minutes but for no more than two hours, from the time of issue. Transfers are not required to be surrendered to the operator of the vehicle. Transfers are considered Proof of Payment on Metro lines. **Keep your transfers with you at all times** as you will be cited and fined if you are not able to show Proof of Payment if asked to do so by MUNI Enforcement Officers and the police.

Passes: The Monthly Fast Pass is valid for one calendar month, with a 3-day grace period into the next month (e.g., the June pass is good from June 1 through July 3) on all Muni streetcars, buses and cable cars. Fast passes are sold at various drug stores and other locations throughout the city. The monthly Fast Pass is also valid on BART and Caltrain for trips entirely within San Francisco (no 2-day grace period and this will not get you to the SFO airport). Adult fare is \$55. Senior fare (aged 65 and over) is \$15. Disabled (with a monthly sticker affixed to a valid [Regional Transit Discount Card](#)) is \$15.

For people who need unlimited rides for a short period of time, the SFMTA offers 1, 3, and 7-day passes known as [Passports](#)

AC Transit (Alameda-Contra Costa Transit) is the public transit (bus) system for the East Bay. It provides service to BART stations in the East Bay and to the Trans-Bay Terminal, at Mission Street between 1st and 2nd Streets, in downtown San Francisco. Fares are \$1.75 (\$0.85 for seniors, youth from age 5-17, and the disabled) locally in the East Bay, or \$3.50 (\$1.70 for seniors, youth from age 5-17, and the disabled) for trans-bay passage. If you need a transfer, inform the driver upon payment of fare and include an additional \$0.25. 10-ride and 30-day tickets are also available. Call 510-817-1717 for schedules or see www.actransit.org.

Airport Service from San Francisco to San Francisco International Airport (SFO) or Oakland International Airport (OAK): BART has connections to both airports. CalTrain operates a shuttle from the Millbrae CalTrain station to SFO (weekdays only). There are also many private shuttles by reservation, costing \$15-\$20 per person on average (one way). A few are: Bayporter Express 415-467-1800 (SFO only), Lorrie's Airport Shuttle 415-334-9000, (SFO only), Quake City Shuttle 415-255-4899 (SFO and OAK) and Super Shuttle 800-258-3826 (SFO, OAK and SJC – San Jose International Airport).

Amtrak is the national rail system. Call 800-872-7245 or TDD 800-523-6590.

www.amtrak.com

BART (Bay Area Rapid Transit) is the rail system which serves San Francisco and the East Bay. BART now connects to both the San Francisco International Airport and the Oakland International Airport. Call 650-992-2278 / 510-465-2278 / 415-989-2278 or TDD 510-839-2220. See www.bart.gov for fare and schedule information.

Blue & Gold Fleet Provides commuter ferry service to and from the East Bay (Alameda & Oakland and Vallejo) and Marin (Sausalito & Tiburon). Also provides tourist service to Alcatraz, Angel Island, Muir Woods & Pacific Bell Park, and offers Bay and city tours. Ticket sales: 415-705-8200 or see www.blueandgoldfleet.com.

Caltrain provides rail service between San Francisco and San Jose. Caltrain connects to BART at the Millbrae station for service into the city and the SFO airport. It also connects to the San Jose International Airport. Call 800-660-4287 or TDD 650-508-6448. Or see www.caltrain.com

Caltrans Bicycle Shuttles operates commuter bicycle shuttles on several bridges. See <http://www.dot.ca.gov/dist4/shuttle.htm> for information on bike commutes.

Golden Gate Transit provides bus service within San Francisco, Marin, Sonoma and Contra Costa counties and ferry service between San Francisco and Larkspur or Sausalito. Call 511 or 415-455-2000, or see www.goldengate.org.

Greyhound is the national bus service. Call 800-231-2222 or TDD 800-345-3109. www.greyhound.com

Samtrans (San Mateo County Transit District) provides bus service throughout San Mateo County and into parts of San Francisco and Palo Alto. Call 800-660-4287 or see www.samtrans.com for more information.

Average Commute Times to San Francisco*

| City | Commute | | City | Commute | | City | Commute | |
|-----------------|---------|-----|--------------------------------|---------|-----|------------------|---------|-----|
| <u>East Bay</u> | | | <u>Peninsula and South Bay</u> | | | <u>North Bay</u> | | |
| | miles | min | | miles | min | | miles | min |
| Oakland | 13 | 30 | Daly City | 12 | 25 | Sausalito | 12 | 25 |
| Berkeley | 14 | 30 | San Bruno | 14 | 36 | Mill Valley | 14 | 35 |
| El Cerrito | 16 | 40 | Millbrae | 16 | 40 | Corte Madera | 15 | 35 |
| Alameda | 16 | 40 | Hillsborough | 17 | 45 | Larkspur | 15 | 35 |
| Richmond | 20 | 45 | Burlingame | 19 | 42 | Greenbrae | 16 | 40 |
| Orinda | 20 | 45 | San Mateo | 22 | 47 | Tiburon | 16 | 40 |
| Lafayette | 22 | 50 | Foster City | 23 | 45 | Kentfield | 18 | 40 |
| San Leandro | 22 | 50 | Belmont | 24 | 49 | San Rafael | 18 | 45 |

| | | | | | | | | |
|---------------|----|----|----------------|----|----|-------------|----|-----|
| Walnut Creek | 26 | 55 | San Carlos | 25 | 52 | San Anselmo | 20 | 45 |
| Hayward | 27 | 55 | Redwood City | 27 | 55 | Novato | 29 | 65 |
| Pleasant Hill | 28 | 60 | Half Moon Bay | 28 | 43 | Petaluma | 38 | 75 |
| Concord | 30 | 65 | Atherton | 31 | 57 | Santa Rosa | 55 | 130 |
| Danville | 32 | 65 | Menlo Park | 32 | 60 | | | |
| Fremont | 40 | 70 | Palo Alto | 33 | 60 | | | |
| | | | Woodside | 34 | 65 | | | |
| | | | Portola Valley | 38 | 75 | | | |
| | | | Mountain View | 39 | 72 | | | |
| | | | Sunnyvale | 41 | 78 | | | |
| | | | Santa Clara | 44 | 88 | | | |
| | | | San José | 48 | 96 | | | |

*** Please remember that these are only estimates and will change, depending on the time you make your commute into SF.**

DMV

Department of Motor Vehicles

1377 Fell Street

San Francisco, CA 94117

800-777-0133

Though prices are subject to change, current DMV fees are:

| | |
|---------------------|------|
| Driver's license | \$28 |
| Identification card | \$24 |
| Senior citizens | free |

To renew your driver's license online, contact the DMV's website:

<http://www.dmv.ca.gov/>

Automobile Registration: Any vehicle owned by a California resident must be registered immediately upon entry into California unless a special permit was obtained. Residents of other states may operate their vehicles with current registration in their names from their residence state for up to six months or until they: Accept gainful employment in California or become a California resident; Claim a homeowner's exemption in California; Rent or lease a residence in California; Enroll in an institution of higher learning as a California resident; Have dependents attending school (K-12); Intend to live or be located here on a permanent basis (e.g., acquire a California driver license, other licenses not ordinarily extended to a nonresident, registered to vote, etc.). *Fees must be paid within 20 days of entry or residency to avoid penalties.* See www.dmv.ca.gov for fee information.

Smog: Smog inspections are required for all vehicles except: Vehicles under 4 years old,

diesel powered vehicles, motorcycles, or vehicles with a year model 30 years old or older. Vehicles registered in areas subject to the biennial smog certification program are required to submit evidence of a smog certification every other renewal period. See www.smogcheck.ca.gov for further information and to locate a smog check station.

Parking: The following tips are from the Department of Parking and Traffic, online at www.ci.sf.ca.us

Parking in the City can be difficult. In order to avoid a citation or, worse, being towed, follow these tips when looking for a spot:

- **Read the signs carefully.** Many downtown streets have special towaway zones during commute hours and special truck loading zones. These restrictions carry heavy fines and your vehicle may also be towed at your expense. Look for street cleaning signs as well, covering different times and days throughout the City.
- **CIIS Note** – in front of the Mission Building there is absolutely no parking from 4:00-6:00PM Monday – Friday. Your car will be ticketed and towed.
- **Watch for colored curbs.**
 - **Yellow** curbs mean that the space is limited to commercial vehicles that are actively loading or unloading. You may park in yellow zones after 6:00pm on weekdays, and all day Sundays and Holidays. (Check individual street signs.)
 - **Yellow** or **black** zones are for trucks only.
 - **Red** curbs and bus zones are tow-away zones. Vehicles parking in them may be cited or towed.
 - **Blue** curbs are for disabled parking only. The fine for parking in a disabled space or blocking a crosswalk with a disabled ramp is at least \$275.
 - It is legal to park in a **white** or **green** curb zone (9:00-6:00pm. Mon.–Sat.) as long as the business, restaurant, theater or church next to it is not open or to drop off or pick-up persons.
- **Check parking time limits.** Many spaces have a thirty or sixty minute time limit to encourage parking turnover. "Feeding the meter" repeatedly is illegal. Also, if the meter is broken, the parking time limit still applies. If you need to find parking for longer periods, use a parking garage or lot. Meters are in operation on Saturdays in San Francisco, and meters at the Port are in effect on Sundays as well, so be sure to check the meter when you park.
- **Curb your wheels.** Curbing wheels is required on streets where the grade is three percent or more to prevent runaway vehicles. Turn your wheels in toward the curb when pointing downhill and out away from the curb when pointing uphill.
- **Sidewalks are for walking!** California Vehicle Code prohibits parking a vehicle on any portion of the sidewalk. The majority of driveways in San Francisco are part of the public right-of-way that is considered the sidewalk. There is a considerable fine for this violation.

Street parking can be very challenging in the CIIS neighborhood. You may have luck finding a spot in one of the nearby alleys, but don't forget the two-hour time restriction. Remember, there is absolutely no parking on Mission Street (in front of the building) from 4-6 p.m. Monday-Friday. *Your car **will** be ticketed and towed.*

Some paid parking lot options nearby are:

US Parking, Inc.

On 10th Street @ Jesse Street - between Mission and Market
\$7.00 a day. Valet from 7 a.m.– 6 p.m. \$125.00 per month

Central Parking Systems

On Jesse Street between 10th and 11th and between Mission and Market
\$9.00 a day M-F, \$6.00 Sat/Sun

City Park -Goodwill Garage

On South Van Ness between Mission and Market
\$2.00 an hour, \$9.00 a day up to 12 hours, \$13 over 12 hours

IMPark

On 9th Street between Mission and Market
\$12.00 a day, (\$8 a day if you're in by 9:30) \$5.00 after 4 p.m. and Sat/Sun

Just a reminder: All parking stalls next to and behind the Mission Street building (on Minna Street) are RESERVED. Permits are required to park in ALL of these spaces and faculty/staff members have paid to park there. Towing occurs regularly and without any advanced warning. Please do not park in this lot. If you are towed, it will cost over \$100 to retrieve your vehicle from the towing company impound yard.

Bicycles

If you are a bicyclist, please note that bicycles are not allowed in the building or on fire escapes. A locked bike rack with cage is located in the rear section of the Minna Street parking lot, directly behind the Mission Street building. For details and lock combination, stop by the Dean of Students Office, Room 401. Call 415-585-BIKE (2453) or see www.bicycle.sfgov.org to get the latest information on using your bike in the city. You may walk while pushing your bike on the sidewalks, but it is *illegal* to ride your bike on SF sidewalks. As always, pedestrians retain right of way even over bicyclists.

8. SAN FRANCISCO MUNICIPAL RESOURCES

Emergency Services

San Francisco Fire Department
698 Second Street
San Francisco, CA 94107

415-558-3200
www.sfgov.org/site/sffd_index.asp

San Francisco Police Department
850 Bryant Street
San Francisco, CA 94103

415-553-0123
www.sfgov.org/site/police_index.asp

Local Government

San Francisco is the only city in California that is also a county unto itself. Its legislative powers are vested in an 11-member Board of Supervisors, elected by district. A fully supervisory term lasts four years. The Board of Supervisors' weekly meetings are on Tuesdays at 2:00pm, and results may be obtained by calling 415-554-5555.

The Mayor – the chief executive of the city – is elected by the voters to a four-year term, as are the City Assessor, Treasurer, Attorney, Public Defender, District Attorney and Sheriff. The Mayor, who also appoints members of various boards, commissions, authorities and agencies, appoints San Francisco's City Administrator and Controller. Exceptions are members of the Unified School District and Community College boards, which are elected by the voters. San Francisco is a charter city and can amend its power at the polls without the permission from the California legislature.

Voter Registration

Every resident of the state of California is qualified to register to vote if he or she is a citizen of the United States and will be 18 or older prior to the next regular election following registration. No durational residency requirements are necessary. To register to vote, call the registrar's office, and a postage-paid registration form will be sent. The last day to register is one month before an election. Registration remains in effect until a voter moves or dies. Additional information may be obtained from the following:

Department of Elections

1 Dr. Carlton B. Goodlett Place, Rm. 48
San Francisco, CA 94102
415-554-4375
www.sfgov.org/elections

San Francisco Republican Party

Headquarters
110 Pacific Avenue, Ste. 146
San Francisco, CA 94111
415-989-1259
www.sfgop.org

San Francisco Democratic Party

Headquarters
100 McAllister, Ste. 407
San Francisco, CA 94103
415-626-1161
www.cadem.org

League of Women Voters

582 Market St., Ste. 615
San Francisco, CA 94104
415-989-8683
www.leagueofwomenssf.org

Frequently Called Telephone Numbers

| | | | |
|--------------------------|--------------|--------------------------|--------------|
| Air Quality Board | 415-771-6000 | Mental Health | 415-981-4700 |
| Arts Commission | 415-252-2590 | Muni | 415-673-6864 |
| Better Business Bureau | 415-243-9999 | Neighborhood Service | 415-554-7111 |
| Birth Certificates | 415-554-2700 | Parking & Traffic | 415-554-7275 |
| Board of Supervisors | 415-554-5184 | Passport Services | 415-554-4437 |
| Business Licenses | 415-554-4400 | Pet Licenses | 415-554-6364 |
| Dept. of Aging | 415-335-3555 | Planning | 415-558-6377 |
| Consumer Price Index | 415-975-4406 | Police Department | 415-553-0123 |
| County Clerk | 415-554-4950 | Post Office | 800-275-8777 |
| Courts | 415-551-3800 | Public Utilities | 415-554-3155 |
| District Attorney | 415-553-1752 | Public Works (emergency) | 415-695-2020 |
| Economic Development | 415-554-6969 | Recreation & Parks | 415-831-2700 |
| Fire Department | 415-558-3200 | Redevelopment Agency | 415-749-2400 |
| Graffiti Hotline | 415-241-9274 | Rent Board | 415-252-4600 |
| Housing Authority | 415-554-1200 | Schools | 415-241-6000 |
| Human Services | 415-557-5000 | Social Security | 800-772-1213 |
| Internal Revenue Service | 800-829-1040 | Tax Collector | 415-554-4400 |
| Libraries | 415-557-4400 | Voter Registration | 415-554-4375 |
| Marriage Licenses | 415-554-8950 | Water | 415-923-2400 |
| Mayor's Office | 415-554-6141 | Weather | 415-543-3340 |
| Medicare | 800-952-8627 | Welfare | 415-557-5000 |

Utilities

Telephone

AT&T
800-222-0300
24-hour service
www.att.com

MCI Telecommunications
888-624-5622
24-hour service
www.mci.com

Sprint
888-211-4727
7am-3:30pm, Mon.-Fri.
www.sprint.com

Wireless Providers

ATT Wireless
www.wireless.att.com

Store locator:
www.wireless.att.com/find-a-store/

T-Mobile
www.t-mobile.com
Store locator:
locator.t-mobile.com/Locator.aspx

Verizon Wireless
www.verizonwireless.com
Store locator:
www.verizonwireless.com/b2c/storelocator

Sprint PCS
www.sprint.com
Store locator:
storelocator.sprint.com/StoreLocator/Searchform.aspx

Cable Television
Comcast

1-800-COMCAST
www.comcast.com

Electric Utility

As of March 1, 1998, California's electric industry was opened to competition as a result of Assembly Bill 1890. Consumers now have a choice of an electric-service provider other than their current utility. Electric-service providers (ESPs) are required to register with the California Public Utilities Commission (CPUC) and to supply you with the information you need to make the right choice for your business and residential needs. For information, call CPUC at 415-703-2782 or visit the website at www.cpuc.ca.gov.

Chamber-Member ESPs

NRG Energy Center
410 Jessie Street, Ste. 702
San Francisco, CA 94103
415-777-3415
415-777-3416
www.nrgenergy.com

Pacific Gas & Electric Co.
2435 Mission Street
San Francisco, CA 94110
800-743-5000
www.pge.com

9. MENTAL HEALTH RESOURCES

Please note: If you have a medical or psychiatric emergency, please call 911 for immediate assistance.

Below are some mental health services available in San Francisco. Some programs are ran by the city through San Francisco General Hospital (SFGH) and Community Behavioral Health Services (CBHS), and others are ran by non-profit organizations within the city. This list was not solicited or sponsored by the clinics; these are a few clinics that are publicly known for providing such services. The information below was obtained partially from www.freeprintshop.org, as well as from the organizations' actual sites. Depending on your specific needs, there are other services available in San Francisco that you may want to look into independently.

24-Hour Mental Health Hotlines

Access Line (CBHS)
888-246-3333 / 415-255-3737

Authorization & access to all short- & long-term outpatient mental health

services offered by CBHS. You will be given an initial screening on the phone to determine financial and clinical eligibility. Treatment, if offered can take up to five weeks to begin. Services include: mental health assessment & diagnosis, therapy (individual, family, group), medication prescriptions & monitoring. *Free – Full bill, MediCal accepted.* English, Cantonese, Spanish; other languages available.

Adult Protective Services

415-355-6700 / 800-814-0009
24hrs. For disabled/dependent adults 18-64 yrs & elders 65+. Short-term case management, counseling & crisis intervention for victims of abuse, neglect, violence, sexual assault, financial exploitation, or harassment. Services for clients may include emergency shelter, in-home protection. *Free.* English, Chinese, Japanese, Korean, Russian, Spanish, Tagalog, Vietnamese; other languages available.

Child Protective Services

415-558-2650 / 800-856-5553
24hr hotline to report emergency child abuse & neglect. Also non-emergency consultation & referral. *Free.* English, Spanish, Tagalog; other language interpreters available by request.

Child Crisis (CBHS)

3801 3rd Street, Suite 400
Bayview Plaza Shopping Center, 2nd Fl
415-970-3800. 24hr field visits. For youth under 18. Evaluations for involuntary psychiatric hospitalization & crisis case management for up to 30 days. Specialized services for chronically suicidal youth & victims of community violence. *Free – Full bill.*

English, Cantonese, Hindi, Punjabi, Spanish, Tagalog, Urdu, Vietnamese, ASL; other language interpreters available.

Men's Crisis Line

415-924-1070
24 hrs. A crisis line for battered / abused men. *Free.* English only.

Psychiatric Emergency Services at San Francisco General Hospital

1001 Potrero, Room 1B20
415-206-8125
24hrs. Call or drop in for comprehensive psychiatric emergency treatment. *Free to Full bill.* English, Chinese, Russian, Spanish, Tagalog; other language interpreters available.

Suicide Prevention

415-781-0500 / TDD: 415-781-2224
Drug Information & Referral Line: 415-362-3400 for referral to local treatment services.
Relapse Line: 415-834-1144, counseling support for people in recovery or in danger of relapse.
24hrs. *Free.* English; other language interpreters available.

San Francisco Women Against Rape

3543 18th Street (at Valencia)
3rd Floor, Suite 7
415-647-7273. 24hr crisis hotline
415-861-2024. M-F, 9AM – 5PM
Call for individual peer counseling, referrals, support groups, case management, medical & legal advocacy, prevention & education. *Free.* English, Farsi, German, Mandarin, Russian, Spanish, Tagalog, Ukranian.

TALK / Parental Stress Line

415-441-5437

San Francisco's only 24-hour crisis and counseling line helps parents or guardians under stress. As the entry point to services for over 2,000 high-risk families, TALK Line deals with more than

14,000 calls per year reflecting the damaging effects of emotional abuse, lack of parenting skills, substance abuse, fragmented families, relationship violence, and poverty.

Other Mental Health Resources

The Dean of Students Office maintains a list of licensed therapists and counseling/clinical psychologists who have expressed interest in having student clients. Please see the current list at the Dean of Students Office in Room 401 of the Main Mission Building.

Most, if not all, programs maintain a separate list of licensed therapists who have specialized in their particular fields (e.g., drama therapists, somatic therapists). You may want to check in with those departments about their specialized their lists as well. Furthermore, CIIS maintains its own [counseling centers](#) that are staffed by graduate- and post-graduate-level interns under the supervision of licensed therapists and psychologists. (For MCP and PsyD students: therapy requirements in your programs state that personal therapy hours that are to be applied towards MFT or clinical psychologist licensure requirements needs to be done directly with a licensed practitioner. Please consult your program coordinator regarding program-specific requirements, if any.)

AIDS/HIV Nightline

415-434-2437 / 800-628-9240

TDD: 415-781-2228

Nightly phone counseling 5PM – 5AM.

Free. English, other languages by request.

back, and if you like, can meet you in person anywhere in SF. *Free.* English; Cantonese, German, Mandarin, Spanish are available upon request.

Night Ministry

415-441-0123

7 days a week, 10PM – 4AM

Non-judgmental, compassionate, comprehensive crisis counseling, referrals, and, when requested, intervention (e.g., for domestic violence). Call any night of the year to talk to a volunteer counselor, or ask for a minister or priest who will call you

Trauma Recovery and Rape Treatment Center

2727 Mariposa, Suite 100 (bet. Florida & Bryant)

415-437-3000. M-F, 8AM – 5PM

Provides supportive mental health and case management services to survivors of interpersonal violence. Types of trauma treated include domestic violence, sexual assaults and other

physical assaults, criminal motor vehicle accidents, gang-related violence, and people who have lost a loved one to homicide. Medical services for clients who have been sexually assaulted are provided at San Francisco General Hospital, Emergency Department (SFGH

ED) by a nurse practitioner or physician assistant forensic specialist from TRC/RTC. They are available 24/7 and will respond to the emergency department within 30 minutes of client's arrival

10. MEDICAL RESOURCES

Please note: If you have a medical or psychiatric emergency, please call 911 for immediate assistance.

Hospitals

California Pacific Medical Center

www.cpmc.org

California Campus

3700 California Street
San Francisco, CA 94118
415-600-6000; 1254 beds

Davies Campus

Castro Street & Duboce Ave.
San Francisco, CA 94114
415-565-6000; 341 beds

Pacific Campus

2333 Buchanan Street
San Francisco, CA 94115
415-600-6000

East Campus

3698 California Street
San Francisco, CA 94115

Chinese Hospital

845 Jackson Street
San Francisco, CA 94118
415-982-2400

Kaiser Permanente Medical Center

Geary Campus

2425 Geary Blvd.
San Francisco, CA 94115
415-833-2000
www.kaiserpermanente.org

Laguna Honda Hospital

375 Laguna Honda Blvd.
San Francisco, CA 94116
415-759-2300
www.dph.sf.ca.us

Saint Francis Memorial Hospital

900 Hyde Street
San Francisco, CA 94109
415-353-6000
www.saintfrancismemorial.org

St. Luke's Hospital

3555 Caesar Chavez Street
San Francisco, CA 94110
415-647-8600
www.stlukes-sf.org

St. Mary's Medical Center

450 Stanyan Street

San Francisco, CA 94117
415-668-1000
www.chwbay.org

San Francisco General Hospital

1001 Potrero Avenue
San Francisco, CA 94110
415-206-8000; 550 beds
www.dph.sf.ca.us/SFGH

Seton Medical Center

1900 Sullivan Avenue
Daly City, CA 94015
650-992-4000

**University of California, San Francisco
UCSF Medical Center at Parnassus**

Men's and Women's Health Clinics

Below are some places where you can avail of reproductive health, STD testing and treatment services in San Francisco. Some clinics offer certain free services, and others charge a full price or sliding scale. The clinics are ran by the City and County of San Francisco through Community Behavioral Health Services (CBHS), as well as other non-profit organizations. This list was not solicited or sponsored by the clinics; these are a few clinics that are publicly known for providing such services. The information below was obtained through the clinics' websites. Depending on your specific needs, there are other clinics in San Francisco that you may want to look into independently.

Magnet

www.magnetsf.org
4122 18th Street (by Castro)
415-581-1600

505 Parnassus Avenue
San Francisco, CA 94143
415-476-1000 / 888-689-UCSF
www.ucsf.edu/patient-care/

UCSF Medical Center at Mt Zion

1600 Divisadero Street
San Francisco, CA 94115
415-567-6600
www.ucsfhealth.org

**UCSF Langley Porter Psychiatric
Institute**

501 Parnassus Ave.
San Francisco, CA 94143
415-476-7000
psych.ucsf.edu

Testing and Treatment Hours

T/Sat 11:00am-5:00pm
W/Th/F 3:00pm-8:00pm

Free sexual health services for gay men: testing and treatment for syphilis, chlamydia, and gonorrhea; confidential rapid HIV antibody testing; hepatitis A & B vaccinations. Results for STD services are available 10 days after your visit. Individuals with negative test results are not contacted. Results for rapid HIV testing are given the same day.

Lyon-Martin Health Services

www.lyon-martin.org
1748 Market Street Suite 201
(between Octavia and Valencia)
415-565-7667

M/W 11:00am-7:00pm
T/F 9:00am-5:00pm
Th 12:00pm -5:00pm

Lyon-Martin Health Services is the only free-standing community clinic in California with a specific emphasis on lesbian/bisexual women and transgender health care. At Lyon-Martin our highly qualified staff works with you

to provide options for healthy living, including: primary care, HIV-primary care, transgender health care, gynecologic care, breast health services, mental health services, case management, healthy living information and referrals.

Planned Parenthood

www.ppgg.org

815 Eddy Street, 2nd Floor
(near Van Ness)

800-967-7526, call to make an appointment,

M-Th 8:00am-6:00pm

F 9:00am-5:00pm

Sat 9:00am-1:00pm or online anytime

Surgical and medication abortion, emergency contraception, cervical cancer screening, HIV rapid test, HPV vaccination, birth control, vasectomy & physicals. *Free – Full bill.* English, Spanish, Tagalog.

San Francisco City Clinic

www.dph.sf.ca.us/sfcityclinic

356 7th Street (by Harrison)

415-487-5500

M/W/F 8:00am-4:00pm

T* 1:00pm-6:00pm

Th* 1:00pm-4:00pm

*On T from 1:00pm-3:00pm and Th from 1:00pm-4:00pm, we can only see patients with symptoms of an STD or those who have a partner with an STD.

The City Clinic is a drop-in clinic providing free and low-cost diagnosis & treatment of sexually transmitted infections (including rapid and viral load HIV testing), and information about condom use and other STD prevention methods.

Women's Community Clinic

www.womenscommunityclinic.org

2166 Hayes Street #104

(between Cole St & Shrader St)

415-379-7800

The Women's Community Clinic is the only free clinic for women in San Francisco. The mission of the Clinic is to improve the health and well-being of all women. They provide free health care for uninsured and under-insured women by women in a safe, respectful environment. Our most often used clinical services include screening for sexually transmitted infections, routine annual exams, and diagnosis and treatment of gynecological concerns.

11. FAST FACTS (from American Community Survey estimates)

➤ **Population**

- 731,978 in San Francisco

➤ **San Francisco's Population by Age Group**

- 16.2% under 20
- 26.0% 20-34
- 33.8% 35-54
- 24.0% 55 and older

➤ **San Francisco's Population by Race**

- 51.4% White
 - 32.7% Asian
 - 6.5% African American
 - 3.3% Two or more races
 - 0.4% Native Hawaiian/Pacific Islander
 - 0.3% American Indian/Alaska Native
 - 5.4% Other
- ***San Francisco's Population by Hispanic Origin and Race***
- 14.0% Hispanic or Latino (of any race)
 - 86.0% Non-Hispanic or Latino
- ***Jobs***
- San Francisco resident labor force: 433,300
 - Percentage of jobs held by San Francisco residents: 50.3%
 - In-bound commuters to San Francisco: 590,503
- ***Education***
- 86.3% of adults 25 years and older have a high school diploma or higher
 - 48.6% of adults 25 years and older have a bachelor's degree or higher
 - 15.45% of adults 25 years and older have high school diplomas or the equivalent
 - 30.41% of adults 25 years and older have a bachelor's degree
 - 18.19% of adults 25 years and older have graduate or professional degrees
- ***Mass Transit***
- In terms of ridership, Muni is the seventh largest transit system in the United States, with 210,848,310 rides in 2006.
 - Percentage of residents who use public transit: 32%
 - Average weekday ridership on Muni: 757,287
 - Average weekday ridership on BART (regional): 306,570
- ***Convention & Visitor Industry***
- Annual visitors: 14.3 million
 - Spent by visitors annually: \$6 billion
 - Annual hotel tax revenues: \$138 million
 - Annual convention-related expenditures: \$1.2 billion
- ***Business***
- 43,179 businesses in San Francisco
 - More than 95% of all businesses in San Francisco employ 50 or fewer employees

➤ **Airport**

- SFO is the 9th-largest airport in the United States
- Passengers annually: 34.6 million
- In 2006, SFO was the 14th busiest airport in the U.S., 26th in the world in terms of passenger volume
- 22 domestic airlines, 27 international carriers

➤ **Port**

- More than 84 cruise ships call the Port of San Francisco annually
- 210,000 passengers sail from the Port of San Francisco annually
- \$72 billion total trade through the Port of San Francisco

12. ANNUAL FESTIVALS AND SPECIAL EVENTS OF SAN FRANCISCO

(<http://www.onlyinsanfrancisco.com/>)

January

Berlin and Beyond Film Festival
Freedom March and Celebration
MLK Family Day Celebration
San Francisco Independent Film Festival
San Francisco International Art Expo
Sea Lions Arrival at Pier 39

February

Chinese New Year Festival & Parade
Pacific Orchid Exposition
Russian-American Celebration
San Francisco Bluegrass and Old Time Festival
San Francisco Tribal, Folk and Textile Art Show

March

Across the Bay Race
Asian American Film Festival
Bulgarian Festival
Cinequest Film Festival
San Francisco Flower Garden Show
St. Patrick's Day Parade

April

Cherry Blossom Festival
San Francisco International Film Festival

May

Asian Heritage Street Celebration
Carnaval
Cinco de Mayo

How Weird Street Fair
Irish film Festival
Mural Festival
Pagan Festival
San Francisco Youth Arts Festival
San Francisco Examiner Bay to Breakers Footrace

June Black Film Festival
Ethnic Dance Festival
Haight Street Fair
Juneteenth Festival
International Lesbian & Gay Film Festival
Lesbian/Gay/Bisexual/Transgender Pride Celebration Parade
Stern Grove Midsummer Music Festival
Union Street Spring Festival

July Cable Car Bell-Ringing Competition
Fillmore Street Jazz Festival
First Grade Film Festival
Fourth of July Waterfront Festival
Jewish Film Festival
North Beach Jazz Festival
Silent Film Festival

August Aloha Festival
Golden Gateway to Gems
Harrison Street Festival
Nihonmachi Stree Fair – Japantown
Pistahan: Filipino Festival of Arts
San Francisco Shakespeare Festival

September Arab Film Festival
Autumn Moon Festival
Cine Accion Festival
Folsom Street Fair
Ghiradelli Square Chocolate Festival
Love Parade
San Francisco Blues Festival
San Francisco Grand Prix Cycling Event
San Francisco Fringe Festival
San Francisco World Film Festival
Viva Las Americas

October Castro Street Fair

Italian Film Festival
Ocktoberfest By the Bay
San Francisco Jazz Festival
Strictly Bluegrass Festival

November American Indian Film Festival
International Latino Film Festival
International South Asian Film Festival
San Francisco Fall Antiques Show
Tranny Film Fest

November – December

Embarcadero Center Tree Lighting Ceremony & Celebration
Holiday Festival: Celebration of Craftswomen
Holiday Festival: Great Dickens Christmas Fair
Holiday Festival of Lights
San Francisco Ballet *Nutcracker*