Welcome to San Francisco and the Urban Program!

As you’ll discover in the pages that follow, many exciting and challenging experiences await you during your semester in the city. The purpose of this handbook is to help you understand the opportunities and responsibilities that are part of being a student on the Urban Program.

You will find information about the following: our academic program, life together in community, emergency and safety issues, miscellaneous details on facility and equipment, essential services you will need while you are here, and a brief description of cultural and other activities the city has to offer. San Francisco is an incredible city, and we encourage you to take advantage of as many of its unique offerings as you can while you are here.

The city is in a continual process of change. For that reason we welcome your questions when you are unable to find the specific information you need in this handbook. We also encourage you to seek out the most current information on the city by using the internet and local papers. Finally, we gladly welcome your suggestions on new items you would like to see added to what is already here.

We look forward to learning and exploring together this semester!

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EDUCATIONAL PHILOSOPHY

Emphasizing context-based learning, the Urban academic program challenges students to make connections between “theory” and “practice” by bridging traditional academics and experiential learning. Central goals of the academic program are: 1) enlarging students’ understanding of cities and contemporary urban issues; 2) helping students wrestle with significant questions, such as how to live in our increasingly urbanized world as people of faith; 3) encouraging students to clarify their core values; 4) empowering them to respond effectively, with integrity, to the problems and possibilities of the city; 5) facilitating interdisciplinary inquiry and dialogue; and 6) affording students the opportunity to develop a broader, and richer, vision of God’s Kingdom. Integrating faith-related questions whenever possible, the Urban faculty uphold high academic standards and expect students’ commitment to the learning process. As faculty, we see students as whole persons, each made in God’s image.

COURSE INTRODUCTION/OVERVIEW

IS 190: Urban Practicum (8 units)
This required 8 unit course is centered around participation in a 3 day/24 hour per week field internship related to the professional/vocational interests of each student. Internship opportunities exist for students of all majors; the amount of major credit received is determined by departmental guidelines and the type of internship selected. Components of the course include attendance at all placement orientation workshops during the first week of the semester; interviewing with at least three agencies/organizations prior to selecting an internship site; development of a detailed learning contract in consultation with one’s site supervisor; and engagement with regular reading/writing assignments aimed at the reflective integration of theory and praxis. A weekly one hour companion seminar is also a required part of the course.

I.S. 195: Urban Studies (4 units)
Urban Studies is a required four-unit, upper division course that meets the Social Science distribution requirement (in the old G.E.) and the “Common Inquiries: Understanding Society” in the new G.E. This interdisciplinary seminar provides a forum for thoughtfully examining the kinds of experiences and questions students encounter in the city, and for pursuing these experiences and questions in broader intellectual frameworks. San Francisco serves as the context for studying the selected issues and questions, such as: Who is my neighbor? Where is God? How will I be changed in the city? How will I make a difference? What does it mean to serve society and enact justice? To complement the course readings and discussion, several guest speakers from different sectors of the city will present important and challenging perspectives on the issues. The seminar meets once a week on Tuesday mornings (9-noon).

I.S. 194: Independent Studies (4 units)
“IS 194” is an elective tutorial of advanced study on a topic of the student’s choice, either for interdisciplinary credit or for elective major credit from selected departments (and not for GE credit). Students who are approved for the I.S. tutorial are expected to develop a well-focused course of study related to their selected topic (detailed in their “learning contract”), including the requisite reading, writing, meetings with instructor, and field research. Specific projects and assignments may differ from student to student, depending on the topic and type of credit sought.
NOTE: For those students seeking major or departmental credit, each “learning contract” is subject to written approval by the department.

Fall Semester Electives:

English 134: Ethnicity, Race, & the City in Literature (4 units)
This upper division literature course is an elective offered every fall semester, and there is a prerequisite of one literature course or consent of instructor. This writing-intensive seminar meets the “Reading Imaginative Literature” option under “Common Inquiries” and “Writing or Speech Intensive Course” option under Common Skills in the new G.E. Together we will explore traditions in America’s diverse cultural literatures, and literary representations of relations between and within different ethnic and racial communities. As this course is part of the San Francisco Urban Program, it emphasizes The City as a crucible of cultural transformation. We will read mostly Modern and Contemporary American narratives, including some poetry. The course focuses on representations of immigration, assimilation, alienation, racism, exclusion, ethnic pride and cultural difference in The City. ENG 134 meets once a week on Thursday afternoons (1-4 p.m.).
Fall Semester Elective:

**RS 117: The Emergence of the Church, 1st and 21st Centuries (4 Units)**
Theologian/futurist Leonard Sweet notes that the 21st Century has more in common with the 1st Century than any other time in-between. This observation is particularly relevant as we assess the growth and development of “The Emerging Church” in the Book of Acts (and other NT literature) and “The Emergent Church” of our day. An overview of New Testament Theology will be our focus as it informs the formation of the early church as well as the theology informing our contemporary churches seeking to be “Emergent” in a post-Christian environment such as San Francisco. Field Trips and guest speakers will focus on illustrative “Emergent Church” communities in the San Francisco Bay Area.

Spring Semester Elective:

**ENG 104U. Modern Grammar and Advanced Composition (4 units)**
Prerequisite: completion of the first-year writing for the liberal arts requirement. English 104U is a nonfiction prose workshop for students with some experience in writing essays. As a writing intensive course, English 104U counts toward Westmont’s GE “Common Skills” requirement in written composition. We will emphasize revision and style, through peer-review sessions, in-class writing, mini-lessons, workshops and oral presentations. Throughout the course we will read nonfiction prose by diverse writers, exploring how our writing tasks may be managed through narrative, interpretive, descriptive, persuasive and expository writing. Students will also have the opportunity to hone their investigative research skills, using the resources of the city of San Francisco.

LIBRARIES

**University of San Francisco:** You will have full privileges at the University of San Francisco Library during your semester in the city. To get to the USF library, walk up Masonic and turn left on Golden Gate. The library is on your left just before Temescal street. You will need to be buzzed in security gates, since you do not have your card yet, and you will walk six feet to the circulation desk. Tell them you are with Westmont College, present your I.D. (school I.D. or driver’s license are best). They will check you off their list and tell you how to obtain a library card.

**WEEKLY SCHEDULE**

**Monday:** Internship

**Tuesday:**
9:00a.m.-12pm Urban Studies Seminar
12:00 p.m. Lunch
2:00-5 p.m. Conferences and Tutorials

**Wednesday:** Internship

**Thursday:**
9:00-10:00 a.m. Community Worship**
10:30a.m.-noon Practicum Seminar
12:00 p.m. Lunch
1:00-4:00 p.m. Electives
1:00-5:00 p.m. Conferences and Tutorials
6:00 p.m. Community Dinner

**Friday:** Internship

*Occasional meetings, featuring guest speakers and/or discussions will be on Tuesday and/or Thursday evenings.

**Worship and Reflection**
Our time together on Thursday mornings from 9:00-10:00am is a wonderful opportunity for all of us to attend more fully to God’s presence in our daily experiences during this exciting and challenging semester. We strongly encourage student participation and leadership as we share in our journeys together.
INTRODUCTION TO COMMUNITY LIFE

Living closely with a small group of fellow students presents unique challenges and opportunities. You will be sharing housing, bathroom facilities, meals, the majority of your classes, public transportation, and the joys and struggles that arise from your internship and daily life in the city. This kind of close contact means that the quality of your life together will have a significant impact upon your overall experience of the semester.

One of the most important challenges has to do with the kind of expectations that each of us brings to our life together. Each person who comes on the semester brings different hopes about community life, based upon other experiences they have had or things they have heard about the Urban Program from alumni. We cannot emphasize strongly enough that the experience of community will be unique for each semester. Take time to learn about the hopes for this aspect of the Program that each person in your group brings with them, as a way of discovering what is realistic for your group.

As with all of the different components of the program, we place a strong emphasis upon the responsibility of students for their own experience. In your life together, we expect that you will be intentional about showing respect to one another, seeking to be inclusive, and communicating with others when their behavior has a positive or negative impact upon you. If group Bible study or other kinds of fellowship are important to you, we encourage you to organize a group to meet this need. Following you will find both guidelines and structure that we have developed in order to facilitate healthy communication during your semester together.

EXPECTATIONS OF COMMUNITY LIFE

Respect
A sense of respect for the interests and values of others in the group is essential for the development of a healthy community life. This includes everything from keeping the public areas of the house clean, cleaning your dishes, giving people space when they need to be alone, and playing music at a reasonable volume, to observing the behavioral expectations of the College. Repeated violations of College and Program policies is not only grounds for disciplinary action, but is demoralizing to everyone in the group.

Inclusiveness
While it is important and valuable to nurture close friendships with a few of the members of your group, you are encouraged to keep open the boundaries of the sub-groups you belong to. It is very easy in a new environment to form exclusive relationships with people that are most like yourself. When this has happened in the past, it has often been hurtful to others in the group. Since one of the central themes of the semester has to do with encountering and learning from the “other”, we hope you will apply this to your relationships with others in the group as well. As much as you are able, we encourage you to relax your preconceptions about others and be open to learn from them.

Community Conversation
If necessary, we will set aside time on Thursday mornings for people to share concerns related to living in the house, as well as other issues that come up related to living in the city. Conflicts between individuals are usually best dealt with on an individual basis, but there may be occasions where an issue needs to be brought to the attention of the larger group. Because the issues that are raised affect everyone, attendance is required at these meetings.

Enforcement of Behavioral Standards
Students are expected to be responsible to one another for upholding the behavioral standards of the College and the Program. If you have spoken to another student about his or her behavior and not gotten a satisfactory result, the matter should be taken to the Resident Assistant.

Alcohol and Drugs
As stated in the Urban House Living Agreement, the Urban Program shares the Westmont’s policy on the use of alcohol, tobacco and other drugs. This means that their use is expressly prohibited on the grounds of the Urban House, as is returning to the house intoxicated. In the setting of a small group, this issue can be particularly divisive and demoralizing, and this makes it particularly important that students honor this policy while on the Program.

Conflict
In any dispute with others in your group, you should first address the problem directly with the individual or individuals. If you are unable to reach a reasonable agreement, the next step is to involve the Resident Assistant, who may mediate the conflict, or involve the Director if necessary.

Retreats
We will have two group retreats during our semester together, one at mid-semester and the other at the end of the term. The retreats are during the day and are out of the city. These times provide the chance to get out of the city in order to gain perspective on our experiences, draw closer to God and one another, challenge each other with different viewpoints, and pull together some of what we have learned during our time in San Francisco. Please refer to the “Important Dates to Remember” schedule for retreat dates. Everyone is expected to participate in each retreat.

Urban House Policies and Westmont College Community Life Statement
The two documents which follow this one reflect both the behavioral expectations of the college, as well as the specific rules that apply to students on the Urban Program. You will be asked to read and sign the Urban House Policies as part of your participation in the Program.
URBAN HOUSE POLICIES

FACILITY
CANDLES and INCENSE are strictly forbidden in the house. They are a fire hazard.

No NAILS, FASTENERS, THUMBNAILS, HOOKS, TAPE, OTHER ADHESIVES of any kind are permitted on the walls of the residence rooms. The walls have just recently been painted, and we need to preserve them for future Urban students. Instead, please use the “sticky-tack” that is provided by the staff to hang pictures and posters.

Be extremely careful in the use of ELECTRICAL APPLIANCES (blow dryers, curling irons, etc.) Avoid blown fuses by not using several of these appliances at the same time or at the same time that your neighbor is using them.

FIRE ESCAPES at the front of the building on the 2nd and 3rd floors are exclusively for use during an emergency. You are not permitted to sit or lie on the fire escapes nor store personal effects or trash there. THE ROOF is also off limits at all times.

Do not leave TRASH OR RECYCLING in the shared public spaces in the house (hallways, next to the computers, parlor, dining room, and basement). Please take trash and recyclables directly to the trash/recycling containers in the garage.

FURNITURE (chairs, tables, lamps, etc.) or other items (including pictures, posters, etc.) are not to be moved from the first floor. Furniture may not be removed from the rooms on the second and third floors.

No FOOD or BEVERAGES (except for clear liquids and dry snacks) or cooking appliances are permitted in the residence rooms. Food preparation is only permitted in the kitchen and dining room. Otherwise, we will all have some unwelcome critters.

Students may only use the URBAN PROGRAM VAN for program or curriculum-related activities within the Bay Area, with a faculty or staff member present when possible. Permission must be obtained by a staff member, and is given at the discretion of the staff.

EQUIPMENT
THE URBAN PROGRAM TELEVISION AND VCR are used for classes, viewing course videos, and for group videos on Tuesday nights. It is available for special occasions (programs with relevance to your experience on the semester, etc.) through permission of a faculty or staff member.

FACULTY AND STAFF COMPUTERS, THE COPY MACHINE, THE PHONE AND OFFICE SUPPLIES (paper, pens, etc.) are not available for student use, except by explicit permission of faculty or staff. Please do not give out the Urban Office phone number to receive private calls.

THE FAX MACHINE is available for student use. Any faxes made for your internship (e.g. faxing resumes, etc.) are free. However, personal faxes are subject to a small fee to cover the cost of the phone call. In state: $1 for the first page, $0.50 each additional page. Out of State: $2.00 for the first page, $1.00 each additional page. $0.25 per page to receive a fax. Please pay the staff assistant before you send the fax.

LIFESTYLE
The Urban Program shares Westmont's policy regarding THE USE OF ALCOHOL, DRUGS, AND TOBACCO ON CAMPUS. In our case, campus includes the front porch and steps of the building. Do not use or keep these items in the house.

GUESTS: Non residents are permitted to be in the house, in the company of a resident, until 11:00PM. The only exceptions will be through prior approval by the Resident Assistant.

OVERNIGHT GUESTS are only permitted with prior approval from the Resident Assistant and your roommate (when applicable), at least 72 hours in advance. You must provide name and contact information of the guest(s) you wish to invite. Once your guest(s) have been approved, you may invite your guest to stay for a brief visit (four days maximum) in your room. The campus policy prohibiting overnight stays in your room by the opposite sex also applies here, so you may arrange for them to stay in another student's room.

COMMUNAL AREAS OF THE HOUSE (i.e. parlor or classroom) are not to be used by guests as bedrooms.

GUESTS DURING VACATION BREAKS are welcome only if you are here to stay with them. Do not invite guests to the house during the first two weeks or the last week of the semester. We reserve the right to restrict use of rooms or to limit the number of guests staying in the house at one time.

Please do not leave any personal items in the parlor or other common areas of the house. Since this is common space to be shared among everyone, we would like to keep it as clean as possible.

QUIET HOURS begin at 11 PM, Sunday through Thursday, and at 12 midnight on Friday and Saturday. After this time, talking and music playing are to be done at a low volume, and noise kept to a minimum. There is no piano playing allowed during quiet hours.
WESTMONT COLLEGE
COMMUNITY LIFE STATEMENT

When Jesus Christ summed up the way His followers were to treat each other, He said, “love one another as I have loved you” and “love your neighbor as yourself.” On a college campus, this kind of love must take into consideration the relationship between learning and community.

Affirming the qualities of this relationship is vital. As students, staff, and professors learn to live together, we recognize the dual manifestations of love in justice and mercy. We attempt to work out what it means to live justly and mercifully in common agreements such as this one. We understand that life in a college will give priority and honor to the wise development of the mind. Given this focus, our social and intellectual growth needs freedom for exploration, complemented by a commitment to good will and graciousness. Personal discipline is also required. For example, civility is basic to all types of community, while academic honesty and respect for education are fundamental to an instructional environment.

Learning depends on truth-centered attitudes. It thrives in an atmosphere of discriminating openness to ideas, a condition that is characterized by a measure of modesty toward one’s own views, the desire to affirm the true, and the courage to examine the unfamiliar. As convictions are expressed, one enters into the “great conversation” of collegiate life, a task best approached with a willingness to confront and be confronted with sound thinking.

Community is built upon other-centered practices. It flourishes in a place where love for God and neighbor is cultivated and nurtured. It grows strong when members practice integrity, confession, and forgiveness, attempt to live in reconciled relationships, accept responsibility for their actions and words, and submit to biblical instructions for communal life.

Scripture supports these attitudes and principles. It promotes relationships based on the ideals of trust, compassion, and forbearance, and praises actions that manifest sacrificial giving and sincere faith. Scripture also forbids attitudes such as pride and jealousy, and prohibits such actions as drunkenness, sexual promiscuity, and dishonesty. In keeping with these standards, the Westmont community has agreed to certain guidelines in the Student, Staff, and Faculty Handbooks.

Desiring to implement the teachings of Christ, Westmont encourages true fellowship, in the whole body of Christ, including the local church, for when we love each other we imitate Christ’s love for us. As we seek to follow God in truth, certain choices make for greater peace: a respect for others as they make decisions contrary to ours, a readiness to listen carefully to those who represent situations or cultures unfamiliar to us, and a concern or how our preferences affect the lives of those around us.

We are committed to inquiry as well as pronouncement, rigorous study as well as kindred friendship, challenging teaching as well as reflective learning. Sometimes these tensions will lead to conflict. To live in unity, we must set ourselves to the practical task of discerning daily how to love well, how to in-flesh the biblical call to justice and mercy. As we do so, our life together at Westmont will begin to resemble the community God has envisioned for us.

Behavioral Expectations

The Westmont community chooses, freely and willingly, to impose upon itself rules for behavior which serve both the long-range interests of the institution and the immediate good of its individual members. While we do not view these expectations as an index to maturity in Christ, we do regard violations as a serious breach of integrity within the community because each member has voluntarily chosen to associate with it and to accept its standards.

The College establishes the following specific expectations for the trustees, administration, faculty, staff, and students of the Westmont community:

1. Westmont will not condone practices which Scripture forbids. Such activities include occult practices, sexual relations outside of marriage, homosexual practice, drunkenness, theft, profanity, and dishonesty. Westmont also recognizes that Scripture condemns “sins of the spirit” such as covetousness, jealousy, pride, and lust. By their very nature, these sins are more difficult to discern. Because they lie at the heart of the relationship between the individual and God they are of central concern to the Westmont community.

2. Westmont upholds integrity as a core value of the community. Members are expected to take responsibility for their own violations of all behavioral guidelines and demonstrate commitment to the value of integrity in word and deed.

3. Westmont is committed to providing a learning and work environment free of harassment.

4. Westmont upholds the laws of the local community, the nation, and the state of California. Such laws include prohibitions against possession or use of illegal drugs or drug paraphernalia, against purchasing or consuming alcoholic beverages by persons under the age of 21, drunkenness, and driving under the influence of alcohol.

5. Westmont expects our members who choose to marry to abide by the commitment to lifelong heterosexual marriage, and whether single or married, to strive to maintain healthy family relationships.

6. Westmont recognizes that the use of tobacco products and alcoholic beverages presents a danger to personal health. It condemns the abuse, and raises questions about the use, of tobacco and alcohol. Under no circumstances shall any member of the community use or possess the products on campus or when attending a college-related student activity.

Westmont will establish other rules and regulations necessary for orderly community life and will list them in appropriate handbooks.

*Work hours will be assigned by the resident assistant for infractions of safety/behavioral expectations and care of the facility.
GENERAL FACILITY INFORMATION

Repairs
Whenever you have something that you need repaired (e.g. the shower does not work, the toilet is plugged, your ceiling is leaking onto your bed), tell the Resident Assistant immediately. If she is not available, and it is an emergency, please notify the Staff Assistant or Director.

Front Door Safety
As listed in the Safety section of the Student Handbook, please keep the front door AND back door closed and locked at all times, especially at night and on weekends and holidays. Please report lost or stolen keys to the Resident Assistant immediately.

MAIL

Mail delivery
When mail arrives, a staff member or a student will sort the mail into the individual mailboxes. If you pick up the mail from the front hall, you must distribute it. If you sort the mail, unknown/junk mail goes in staff assistant’s mailbox. Faculty/staff mail slots are on bottom row.

Sending Mail
The nearest post office is at 554 Clayton (cross street is Haight)

**Outgoing, stamped mail may be left in the mail slot of the Urban House door, or placed in the mailbox on the corner of Hayes and Lyon.

COMPUTERS AND INTERNET

We have Internet connections in each room and the parlor, as well as the 2nd and 3rd floor computers. You will need to provide your own paper for the printers. In order to maintain these machines, it is critical that you do not alter the settings on these computers or download other programs for your use. We do not have ready access to technical support to fix any problems this might create.

CARS/PARKING

We only have street parking available and encourage you not to bring a car. The bus can take you most places you need to go. However, if you are parking around the City, remember to observe all the posted signs about street cleaning; parking violations range between $25-$50. Also be very careful not to block any driveways, especially in the neighborhood of the Urban House, or you risk having your car towed. Never leave valuables in your car, particularly overnight, since auto break-ins occur throughout the city. Do not park in front of the house or blocking the driveway.

PART-TIME WORK

While it may seem at first that the demands placed on you during your urban semester will be comparable to those of a regular academic semester on campus, your time in the city will be filled with many intellectual and personal challenges. Spending three full days each week at an internship, tackling some of the difficult issues addressed in the courses, developing new relationships with your fellow students, and simply negotiating life in a large city will take a great deal of your time and energy. In order to take the fullest advantage of your term in the city, we strongly encourage you not to work if it is at all possible.

For some students, part-time work during the semester is a necessity in order to meet expenses. In this case, we ask that you not work more than 15 hours a week—more than this will have a negative impact upon your academic work and your sanity. Because of classes and community events on Tuesdays and Thursdays, if you must work weekends are the preferred choice, with Monday and Wednesday evenings second.
FOOD PREPARATION AND KITCHEN

Lucky you. You get to use our recently remodeled, state-of-the-art kitchen. We think you’ll find the facilities to your liking, whether you’re making a big meal with friends or warming your burrito in the microwave. Everything’s in beautiful condition, and with a bit of effort from everyone, you can keep it that way.

The kitchen, pantry, and dining room are community spaces provided for the benefit of all members of the community, and under the supervision of the Resident Assistant. The kitchen is available for individual and/or group meal preparation and interaction. If space is an issue, priority is given to students who are engaged in meal preparation. At other times, however, the kitchen can be used as a meeting/study place.

Students are responsible for preparing their own meals daily from the supply of food provided in the kitchen and pantry areas. The kitchen is kept stocked with various staples, fresh fruits & vegetables, and convenience foods. We try to provide you with at least as many options as your college dining hall does, and probably more. If you have special dietary needs or preferences, we will do our best to accommodate you, but cannot promise that we will always have everything your heart desires. Help the staff assistant keep things well stocked by putting things back where you found them, and by using the request lists on the refrigerator.

In addition, students are provided a cash stipend for the weekends to explore the many culinary delights of San Francisco.

KITCHEN CLEAN-UP

In a communal kitchen like ours, a “clean-as-you-go” approach is essential! Each student is responsible for cleaning up after her/his individual meal preparation in anticipation of the next person to use the facility. The moment you’re done using an ingredient, put it back in its place. As soon as you finish using a dish, rinse it and put it in the dishwasher. If you use a dish that should not be put in the dishwasher (i.e. large pots and pans, blender, wooden things), wash and dry it immediately and put it away. Stash your trash, compost, and recyclables in the appropriate receptacles. And of course, always wipe down those shiny granite countertops with a clean sponge or cloth!

In addition to cleaning up after yourselves individually throughout the day, all students will be assigned in small groups, on a weekly and rotating basis, to inspect and sanitize the kitchen and dining room at the end of each day. This does not mean anyone can expect others to clean up after them! Rather, this final clean-up is to ensure the continued cleanliness of the community spaces through a more deliberate daily deep-clean. Suggestions on the use and cleanliness of these facilities should be directed to the Resident Assistant.

If these community areas cannot be maintained properly, it will result in limitations on the use of these facilities. We are confident that you can work together to maintain your lovely kitchen even as you use it for cooking and gathering.
URBAN PROGRAM EMERGENCY PROCEDURES

**Each person should have a pre-planned escape route and alternate route in mind before an emergency ever occurs**

Fire

At the first smell or sight of fire, if you have safe access to the first floor (see below), pull the fire alarm in the first floor hallway.

Feel door and doorknob. If it is cool, you can exit via the hallway. First slip on shoes and grab a towel to put over your head. If there is time, turn off the light and unplug the appliances. Close the door behind you but do not lock it. As you are leaving, check each room you pass to see that everyone is aware of the emergency.

If the fire is extensive, use the fire escapes, especially third floor occupants. Otherwise, leave through the front door. Do not leave the door open. The exit for the second floor fire escape is the window in room 206. The third floor fire escape is accessible by the stairs before room 301, bathroom window of 301, and window in 304.

Call the Fire Department: 911.

If your door is warm, open it a little bit, very slowly, and see if there are flames and heavy smoke. If there are, close the door and use the fire escapes. If your room door is very hot, do not open the door. If the only exit is through the door, place a towel over your head and mouth before you exit your room. If the fire is too extensive to use the stairs, use the nearest available fire escape.

Once you are out of the building, meet on the sidewalk across the street for a head count. It is critical for everyone to remain calm at this point so that everyone can be accounted for. Do not re-enter the building; that is the job of the firefighters.

Earthquake

**Check for injuries – If a person is not breathing, open the airway. If after a few seconds the victim is still not breathing, immediately begin rescue breathing. If a person is bleeding, put pressure over the wound. Use clean gauze or cloth. Do not attempt to move a seriously injured person unless they are in immediate danger of further injury. Cover injured persons with blankets to keep them warm. Wear sturdy shoes and gloves to avoid injury from broken glass and debris. If damage is extensive, cover your nose and mouth to reduce inhalation of dust (dust mask, wet handkerchief).**

**Do not** use your telephone immediately, except for an emergency. You could tie up the lines for emergency services. Check that each telephone is on its receiver. Phones that are off the hook tie up the telephone network unnecessarily.

**During the quake** – If you are inside, stay there. Take cover under a sturdy desk, table, or door jam. Hold onto it and be prepared to move with it. Hold that position until the ground stops shaking and it is safe to move. Stay clear of windows, fireplaces, and heavy furniture or appliances. Do not rush outside. You may be injured by falling glass or building parts. If outdoors, get into an open area away from trees, buildings, walls, and power lines. Be prepared for aftershocks. Most of these are smaller than the main quake, but some may be large enough to do additional damage. After the tremor, exit cautiously, being careful of falling debris and structural damage that may have been done to the house. Once outside, find a safe place away from electrical lines and away from any building walls.

If away from the house (i.e. at your placement or elsewhere), your first action should be to call the Urban House (415-931-2460). If you cannot get through, call a family member OUTSIDE of San Francisco to let him/her know you are safe. This person should then call Public Safety at Westmont 1-805-565-6222 to let them know you are safe. After an earthquake, a call will be made to Dr. Beebe (Westmont College President) and the Public Safety office reporting our condition. Parents will not be able to reach us, but they will be able to obtain information from Dr. Beebe, Public Safety, and/or the Westmont staff. The toll-free emergency number at Westmont College for update information is 1-888-565-7911.

Following this, it is very important that once initial safety is cleared by public officials, everyone should return to the house as quickly as possible.

**After the quake**
After the quake (continued)

**Turn on the portable radio for instructions and news reports. Cooperate fully with public safety officials. Radio is with the earthquake supplies.**

**Immediately clean up any spilled medicines, drugs, or other potentially harmful materials such as bleach, lye, gasoline, or other petroleum products.**

**Hunt for hazards – Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source. Wait for the Pacific Gas & Electric to check it and turn it back on. Check food and water supplies. Do not eat anything from open containers near shattered glass. If power is off, plan meals to use up foods that will spoil quickly. Emergency water may be obtained from water heaters, melted ice cubes, toilet tanks, and canned vegetables. Do not touch downed or damaged power lines, or objects of any kind touching them.**

**Do not use lighters, candles, open-flame appliances, or smoke until you are sure there are no gas leaks.**

**Do not operate electrical switches or appliances including telephones if you suspect a gas leak. The appliance may create a spark that could ignite the leaking gas.**

Other important things for you to know:

**An “earthquake kit”, first aid supplies and tools are kept in the garage and in the house.**

**The main electrical shut-off is located below the meter in the walkway to the garage. The gas shut-off is located at the meter in the room at the bottom of the back stairs. The main water shut-off is found in the classroom on the wall by the bathroom in the alcove.**

**Our local radio station for emergencies is 740/680 AM**
SAFETY IN THE CITY

**In the house:**
- Keep all the doors locked (pull the door shut tightly if necessary), especially on weekends and holidays.
- Do not prop open the front door. Meet visitors at the door.
- Keep all windows closed and locked at all times.

**While you are out and about:**
- Make sure someone knows where you are going and when you expect to return.
- Whenever possible travel with at least one other person, especially at night. Statistics show a significant increase in safety when two people are together. Three is even better.
- Be sure you find out which areas of the city are unsafe at night. Whatever area you are in, avoid dark parking lots, wooded areas, and deserted routes, even if they are the shortest.
- Walk confidently at a brisk, steady pace. Keep your head high and know where you are going.
- Walk close to the curb, on well-traveled streets, and avoid doorways, bushes and alleys.
- If you think you are being followed, cross the street, or walk to a well-lighted area.
- Whenever possible, go around groups of people rather than passing through them.
- If you must carry a purse, hold it close to you.
- Never carry your wallet in a back pocket. Put it inside a jacket pocket or front pants pocket.
- Carry change for an emergency phone call and transportation use.
- When using public transportation, sit near the driver.
- Do not overburden yourself with packages that obstruct your view and make it difficult to react.
- Do not carry more cash with you than you can afford to lose.
- When in doubt, take a cab.

LOCAL SERVICES

**MEDICAL CARE**

The insurance policy you receive through Westmont is secondary insurance. You may have primary insurance through your parents. When you go to a doctor, you must present both insurance cards and your primary insurance is billed first. If your primary insurance does not cover the full expense, your secondary Westmont insurance will be billed as well. In today’s health care system, any insurance you have through your parents usually requires that you choose a primary care doctor. Your primary insurance company needs to know that you will be going to school in San Francisco for 4 months, and you will probably need to choose a primary care doctor here in San Francisco. These arrangements should have been made prior to your arrival in the city.

Again, Westmont insurance only partially covers you here in San Francisco (about $40/visit). If you do not have primary insurance, it is best to use the public or free clinics listed below. Please read the insurance policy CAREFULLY (persons from colleges other than Westmont should be certain of their policies). Emergency room visits will be VERY expensive for you if your parents insurance will not cover it, so making an appointment at a day-time clinic is financially wise.

Basic first-aid and cold remedy supplies can be found in the first aid boxes. Ibuprofen, aspirin, Sudafed, along with other first aid items (Pepto, Band-Aids, hydrogen peroxide, etc.) are kept in the first-aid box. If you feel you need to receive professional medical attention, please contact the Resident Assistant before you go. She must call the health center on campus to let them know you will be visiting a doctor and will give you an insurance form to be filled out by the attending physician. If you have any questions, you can contact the Resident Assistant or the health center directly (805-565-6164).

THE FOLLOWING CLINICS ARE SUGGESTED:

**Women's Community Clinic** (2166 Hayes) 379-7800.
**Haight-Ashbury Free Clinic** (558 Clayton St.) New patients must call at least one day in advance for appointments. M 1-9 p.m., Tu/W/Th 9 a.m.-9 p.m.; Friday 1-5 p.m. 487-5632.
**S.F. Free Clinic** (4900 California St.) This is available only for individuals without insurance. Call for appointments M-F between 1:00-4:30pm. 750-9894.
**SF Public Health Centers** (See City Govt. listings in White Pages)
**The Maxine Hall Health Center** - 1301 Pierce at Ellis (very near Geary/Divisadero). Call 292-1300 for information/appointment. The cost depends on your income.
MEDICAL CENTERS

In case of Emergency

If you feel you need to go to an Emergency Room, the closest one to the house is at St. Mary’s Hospital at 450 Stanyan Street at Fulton. Phone: 750-5715.

Try to contact, or have someone else contact, a faculty/staff member about your emergency room visit.

California Pacific Medical Center
Main Number: 415-600-6000 (for any of the following locations)
Emergency Rooms: 2333 Buchanan St. 600-3333
                        Duboce & Castro 600-0600
Campus Locations: California Campus-East 3698 California St.
                      California Campus-West 3700 California St.
                      Davies Campus Castro & Duboce
*The charge per visit ranges from $60 - $120, depending on Lab Fees. The California Pacific Medical Center is privately owned and will be more expensive than the clinics listed above. Emergency rooms, as well, will be extremely expensive.

Kaiser Permanente Medical Center San Francisco Geary Campus
Main Number: 415-833-2200
2425 Geary Blvd., 2nd floor (at St. Joseph’s)

UCSF Medical Center
Main Number: 415-476-1000
UCSF Medical Center - "Adult Screening & Acute Care" (400 Parnassus St., 1st floor)
"Drop-in Clinic" Monday-Friday 8 a.m. - 9 p.m., Saturday 8 a.m.-4 p.m., Call 476-4602 for additional information. This is a drop-in clinic so they do not take appointments.
*The charge per doctor's clinic visit at the drop in clinic will range from $112-$248; lab fees are extra.

PHARMACIES/DRUGSTORES

Walgreens – 300 Gough at Fell
581-0400 (store info), 581-0600 (prescriptions only)

Walgreens—1363 Divisadero St at O’Farrell
931-9971 (store info), 931-9974 (prescriptions only)

Walgreens - 3601 California @ Spruce, in the Laurel Village Plaza
668-3555 (store info), 668-5202 (prescriptions only)

COUNSELING AND PSYCHOTHERAPY

The college years are a time of significant intellectual and emotional challenge. Along with the ordinary stresses of academic work and peer relationships, students on the Urban Program are also faced with the tasks of living in the city, taking on a significant level of responsibility at an internship, and addressing highly-charged social and ethical questions in their coursework. As a result, some students on the Program have found counseling or supportive therapy to be helpful in gaining perspective on the issues they are grappling with.

Referrals

The Urban Program can help you locate therapists who are sensitive to the issues confronting students, as well as how these issues relate to spiritual growth. Students who are interested in counseling can request assistance or referrals from their faculty mentor, or any member of the staff they feel most comfortable talking to. Those who wish to see someone who is not on the referral list may do so upon approval by the Program. All referrals are kept confidential between the student and referring staff member.

Fees

In most cases, Westmont College will cover the total cost for your initial visit to a therapist, and half the cost (not to exceed $50) of up to 14 subsequent sessions. For those who are unable to afford the co-payment, additional support may be made available on a case by case basis.
LOCAL EATERIES

Cafes
Oak Side Café (Oak/Broderick)
Central Coffee, Tea & Spice (Hayes-Central)
Bean Bag Café (Hayes/Divisadero)
Mojo Bicycle Café (Hayes/Divisadero)
Café Neon (Baker/McAllister)
Coffee to the People (Haight/Masonic)

Restaurants on Divisadero Street
Tortilla Heights, Jay’s Cheesesteak, Health Haven, African/Caribbean Veggie Food, Café Abir, Fly...and many more! (We recommend Green Chile Kitchen at Fulton & Baker.)

On Haight Street
People’s Café, Squat and Gobble, Crepe Express, Magnolia, Fat Slice, Citrus Club, and many more of all prices ranges, types, and tastes.

MARKETS
Lucky - Fulton at Masonic
House Service Market -Hayes and Central
Parkside Market - Hayes and Lyon
Trader Joe’s - 3 Masonic Ave. (at Geary)
Safeway- Webster/Geary, Church/Market
K&J Produce- Divisadero at Page

HARDWARE STORES
Housewares Plus – 507 Divisadero (928-5968)
SF Hardware – 512 Divisadero at Fell (552-1168)
Roberts Hardware – 1629 Haight Street (431-3392)
Cole Hardware – 956 Cole St at Parnassus (753-2653)

BANKS
Bank of America
1275 Fell at Broderick (two blocks from the house!)
2310 Fillmore (at Sacramento)
3565 California (Laurel Plaza)

Wells Fargo
ATM on 1653 Haight (at Belvedere)
Walk-in office on north side of Haight between Cole/Schrader
1750 Divisadero (at Bush)
1335 Webster (at Geary in the Safeway grocery store)
2100 Fillmore (at California)

Washington Mutual
1720 Fulton St (at Lucky grocery store)
301 Clement St (at 4th Ave.)
5655 Geary Blvd. (at 22nd St.)
1201 Market St (at 8th St)

LAUNDRY
Check out these local Laundromats for their current prices, hours, etc.
Hayes Street Laundry-(Hayes/Central...so very close)
Get the Funk Out -(Lyon/McAllister) It has a cool name-enough said.
Lauderland – 1130 Oak@Divisadero It has Ms. PacMan-enough said.

The washer and dryers in the house are for Program use only; thank you for your cooperation!
TRANSPORTATION

MUNI Bus Pass
To buy your MUNI bus pass:

• From 10th of this month through 5:30 pm on 22nd of this month: BUY ONLINE at www.sfgov.org (no fee)
• Starting 5 business days before the end of the this month go to:
  SFMTA Customer Service Center at 11 South Van Ness Avenue
  Powell & Market cable car ticket booth
  Hyde & Beach cable car ticket booth
  City Hall Payment Center, at Van Ness & McAllister Street
  Other vendors can be found at:
  http://www.sfmta.com/cms/mfares/passvend.htm

BART (Bay Area Rapid Transit)
BART runs to the East Bay (Berkeley, Richmond Fremont) and south (Daly City, S.F. Airport, Millbrae). You can use your MUNI FAST PASS only WITHIN San Francisco. You must pay to travel outside of San Francisco before entering the BART train. Call 989-BART or www.bart.gov for more information.

Taxis
A ride from the Financial District to the house may be $15.00.
If you need a cab, it is often better (and safer) to call and arrange for one as it can be difficult to flag one down, and calling for a cab ensures that you get a legitimate taxi (and your driver is monitored).
Yellow Cab 333-3333          Luxor Cab  282-4141          De Soto  970-1300

Public transportation to other cities in the Bay Area

Buses:
Golden Gate Transit (to the North Bay): 923-2000
AC Transit (to the East Bay): 1-510-817-1717
SAMTRANS (to the South Bay and S.F. Airport): 1-800-660-4287

Ferries:
Golden Gate Transit (To Sausalito and Larkspur) 923-2000
The ferries depart from the Ferry Building (at the Embarcadero)
Red & White Fleet (To Angel Island/Sausalito/Tiburon) 447-0597
Departs from Pier 41 & 43 ½

Trains:
Cal Train (to Palo Alto, San Jose, Santa Clara, Great America)
1-800-660-4287

Getting to the San Francisco International Airport (SFO)
**All shuttle reservations need to be made at least 24 hours in advance. Some shuttle companies require 48 hours notice. The airport shuttles provide door to door service between your home or work and the airport terminal. Prices start at around $15.

American Airporter Shuttle - 202-0733
www.americanairporter.com
Lorrie’s - 334-9000
M&M -  552-3200
Quake City - 255-4899
SuperShuttle -  558-8500
www.supershuttle.com
SamTrans - Call for fares 1-800-660-4287  www.caltrain.com or www.samtrans.com
Departs from Transbay Terminal at Mission and First St. Buses leave every 30 minutes and they accept baggage.

BART - Takes about 30 minutes from the Civic Center Station. Takes you just outside the terminals and you can take a free tram there to the right terminal. See website for schedules and fares. (www.bart.gov)

GETTING TO THE OAKLAND INTERNATIONAL AIRPORT (OAK)

Bayporter Express  $23  467-1800
City Express  $32  1-888-874-8885
M&M  $25  552-3200
BART - take trains that drop you off at the Oakland Coliseum. Then take a shuttle from there that costs $2.

** All prices listed here are APPROXIMATE! Call or check online for current prices, fares, schedules, etc. **
SAN FRANCISCO CITY GUIDE

In the following pages you will find information about places to go, sights to see, and various neighborhoods in the city. This is by no means a complete guide to all there is to see and do in the city. Our hope is that it will provide a starting point for helping you get acquainted with the city. The information here is hard to keep updated, so check a current SF guidebook, look online, or call first if you want to be absolutely sure of what’s available.

CASTRO

Background:
The Castro is located immediately south of Market St. and is named for its main thoroughfare. It is a financially prosperous neighborhood whose residents have taken great care to restore the many Victorian homes in their neighborhood. The Castro is also recognized as the heart of the gay & lesbian community in San Francisco.

How to get there:
Take the 24 Divisadero line south. It will take you directly to the corner of Market & Castro.

Must See Sights:
The Castro Theater - often shows older movies (such as Hitchcock) and there is usually someone who plays a pipe organ before the movie starts. 429 Castro.

CHINATOWN

Background:
Overlooking the Financial District and just below Nob Hill, Chinatown is home to many. It is known as one of the largest Chinese settlements outside of Asia and one of the most densely populated neighborhoods not only in San Francisco but in the country. It provides an enticing blend of tourist shops and authentic food, customs, festivals, and religion. Grant Avenue (between Bush and Broadway) is the main street for tourists and not to be missed. But make sure to explore the blocks off the main street (i.e. Powell St.) for a truly rewarding experience.

How to get there:
The most direct route from the house is to take the 21 Hayes (west) to 3rd St. and Market. Then take the 30 Stockton (north) into Chinatown.

Must See Sights:
Chinatown Gate: A gloriously decorated gate marks the entry to Grant Avenue's Chinatown. It was unveiled in 1970, and helped secure the street's status as the neighborhood's center. Once inside the gate, elaborate 1920s streetlights that are sculpted to resemble golden dragons light the way. Grant and Bush streets.
Waverly Place: A picturesque street full of sights and smells to overwhelm you. Parallel to Grant and Stockton, between Washington and Sacramento streets.

FISHERMAN'S WHARF/GHIRARDELLI SQUARE

Background:
Fisherman’s Wharf is probably the one place in the city where you will find more tourists than locals. It is an experience for the senses as you wander amongst the many t-shirt & trinket shops, breath the salty, fishy air, and hear the sounds of the many street performers that are scattered along the piers. It is a place you will want to explore and take visiting family and friends to as well.

Not far from the Wharf you will discover Ghirardelli Square, home to San Francisco’s famous Ghirardelli Chocolate factory.

How to get there:
Take the 21 at Hayes/Lyon to Van Ness. Walk north on Van Ness to Grove and take the 47 to the Wharf.

Must See Sights:
Alcatraz - leaves from Pier 41 and costs $14.50 for the ferry ride, admission, & audio tour. For more info go to www.nps.gov/alcatraz
Angel Island - Take the Blue & Gold Fleet from Pier 41 to Angel Island for $12 roundtrip. Enjoy a day of hiking/picnicking/camping with spectacular views of Marin County, San Francisco, & the Golden Gate Bridge.
Pier 39 - don't forget to look for the sea lions!

GOLDEN GATE PARK

Background:
Golden Gate Park is 1017 acres of meadows, gardens, and public buildings. It is the largest cultivated urban park in the United States and a haven for both visitors and SF residents alike.

How to get there:
Since you live on the Panhandle of the park, all you need to do is continue walking west on Fell. The eastern border of the park is at Stanyan Street.
GOLDEN GATE PARK

Things to do:
* Roller blading & bicycling through the park. Sundays are the best (the main streets in the park are closed to cars all day Sunday and Holidays)
* Take a walk through the botanical gardens, rose gardens, and Strybing Arboretum.
* Swing Dancing at the Bandshell every Sunday morning (it's free!)
* Pack a picnic and enjoy lunch and a nap under a tree.
* Explore one of the museums located in the center of the park. (Conservatory of Flowers, De Young Fine Art Museum)
* Enjoy a leisurely stroll and a cup of tea in the Japanese Tea Gardens. Especially beautiful when the Cherry Blossoms are in bloom (February/March)

THE HAIGHT

Background:
In the 1960’s Haight & Ashbury, or the Haight as it is now known was a vibrant center of America’s hippie movement. Today the Haight draws many people, especially young people, to its parks, sidewalks, thrift stores, and coffeehouses. The countercultural influence of the 60’s is still present today making the Haight a very colorful and eclectic neighborhood.

How to get there:
You’re close, just walk south (across the panhandle) three blocks to Haight Street.

Things to do:
* Buy a used CD at Amoeba Records
* Have a Ben & Jerry’s on the corner of Haight & Ashbury.
* Explore the many thrift shops that line Haight Street

MARINA/COW HOLLOW

Background:
The Marina and Cow Hollow are located along San Francisco’s northern waterfront and are home to many young, urban professionals. These neighborhoods are known for their trendy shops and restaurants.

How to get there:
Take the 21 at Hayes/Lyon eastbound to Fillmore and transfer to the 22 Fillmore going north all the way to the Marina Green if you wish.

Must See Sights:
The Exploratorium - see Museum guide for more info
Fort Mason - Craft & Folk Art, Mexican Museum, Museo Italio
Palace of Fine Arts - walk around and figure out how many movies have been filmed there. It’s a good place for a picnic too.
The Marina Green - another great place for a picnic or to fly a kite!

THE MISSION

Background:
The Mission is San Francisco’s oldest neighborhood and is home to numerous peoples and cultures, particularly from Central and South America. It is a very colorful neighborhood with streets filled with small shops, groceries, taquerias, and restaurants. The Mission extends from Potrero to Dolores and from 14th St to Cesar Chavez.

How to get there:
Take the 21 at Hayes/Lyon to Fillmore. Take the 22 Fillmore to 16th & Mission. Church and Valencia Streets have many restaurants and shops to explore.

Must See Sights:
Dolores Park - Ranked best neighborhood park by SF residents. Located at Dolores & Church, 18th & 20th
Mission Dolores - One of the two original missions in San Francisco and the oldest standing building in the city. Located at the corner of 16th St and Dolores
The Murals - Located throughout the Mission District. Don’t miss a tiny alley named Balmey right between 24th and 25th Streets, about 10 blocks south of Mission (between Treat and Harrison Streets). Balmey Alley is home to over 30 striking murals each with a different style and theme.

NORTHBEACH

Background:
Northbeach is nestled between Fisherman’s Wharf and Telegraph & Russian Hill. It is the heart of San Francisco’s Italian community and was at one time a refuge for San Francisco’s Beat Counter culture. Northbeach is currently home to a diverse ethnic population but its Italian roots are still very evident in the neighborhood’s many cafes and Italian restaurants.

How to get there:
Take the 21(Hayes/Lyon) eastbound to 3rd St and Market. Transfer to the 30 Stockton or 15 going north through Chinatown. Look for Columbus Street around Green Street.
NORTHBEACH

Must See Sights:
City Lights Bookstore - The city’s most famous bookstore, established in 1955. It is also known as a great source for Beat literature. 261 Columbus Club Fugazi - Home to SF’s famous revue, Beach Blanket Babylon. 678 Green St., at Powell St. (421-4222) Coit Tower - Day or night, this offers one of the best views of the city. St. Peter & Paul’s Church - 666 Filbert Washington Square - bordered by Columbus/Stockton, Union/Filbert

PACIFIC HEIGHTS

Background:
Located on the ridge between Van Ness and the Presido, Pacific Heights is a predominantly residential neighborhood with some of the city’s finest homes and most exquisite views. It is also the old home to the Urban House!

How to get there:
Take the 21 (Hayes/Lyon) east to Fillmore and catch the 22 Fillmore going north. Fillmore is the main street with shops, restaurants, and cafes.

Must See Sights:
Haas-Lilenthal House - Go back in time with a visit to this fully furnished and preserved 1886 Queen Anne Victorian. The house, which serves as headquarters for the Foundation for San Francisco's Architectural Heritage, is open for tours Wednesdays and Sundays. 2007 Franklin St. (441-3000) The Lyon Steps - watch the sun set over the steps with a beautiful backdrop of the Palace of Fine Arts and the bay. Also a great place for an outdoor workout!

RICHMOND

Background:
The boundaries of the Richmond stretch from California St. to Golden Gate Park and from Masonic to the Pacific Ocean. It is one of the city’s most ethnically diverse neighborhoods. The Chinese, Thai, & Vietnamese is of particular influence and is evident on the main commercial streets that are lined with Asian restaurants, markets, and bakeries.

How to get there:
43 Masonic northbound to Geary. 38 Geary takes you through the Richmond.

SOUTH OF MARKET (SOMA)

Must See Sights:
Academy of Sciences Museum - 875 Howard between 4th St and 5th St. Ansel Adams Center for Photography* Cartoon Art Museum* Jewish Museum* San Francisco Museum of Modern Art (SFMOMA)* Sony Metreon - includes a movie theater, IMAX, & a Sony Playstation. 101 4th St., at Mission. Yerba Buena Gardens/Yerba Buena Center for the Arts* Yerba Buena Ice Skating & Bowling Center - 750 Folsom, between Third & Fourth streets (777-3727) www.skatebowl.com

SUNSET

Background:
The Sunset is a mostly residential neighborhood located south of Golden Gate Park between Stanyan and Golden Gate Park.

How to get there:
Take the 71 (along Lincoln) or take the 43 Masonic to Parnassus and take the N Judah (along Judah).
TENDERLOIN

Background:
Bordered by the Civic Center and Mason St., the Tenderloin has traditionally been a home for many new immigrants arriving in San Francisco and is recognized as a lower income neighborhood in the city.

How to get there:
Take the 21 east bound to Van Ness and the 49 northbound to Turk or Eddy. The Tenderloin is to the east.

Must See Sights:
- Glide Memorial Church - 330 Ellis St.
- St. Boniface Church (next to St. Antony’s on Golden Gate)
- Golden Gate Theater – Golden Gate and Market great Broadway Shows
- Warfield Theater – on Market between 5th St and 6th St. concert hall
- Orpheum Theater – Market and 8th St Broadway shows
- City Hall – McAllister/Grove and Polk/Van Ness

WESTERN ADDITION

Background:
Western Addition is located between the Haight, Japantown, and the Tenderloin. It derived its name from being a “western addition” to the city in 1858 when the city’s western edge was at the time defined by Van Ness Ave.

Must See Sights:
- Alamo Square - famous for the 5 Victorian houses. Steiner, between Fulton & Hayes.
- The Fillmore - a legendary 1960’s venue for rock concerts. It was reopened as a music/concert venue. 1805 Geary.

JAPANTOWN

Background:
Japantown is a 6-block core bordered by Fillmore, Sutter, Laguna, and Geary. Known as Nihonmachi by local residents, it is a center for Japanese American culture in the Bay Area.

How to get there:
Take the 21 at Hayes/Lyon eastbound to Fillmore and transfer to the 22 Fillmore going north to Sutter. Japantown is to the east.

ADDITIONAL THINGS TO DO IN THE CITY

- Ride the cable cars to Nob Hill, then have a cup of coffee or tea at the top of the Fairmont Hotel (the Crown Room) for a spectacular view of San Francisco
- Visit Twin Peaks, which has one of the best views of the city
- Go running, bike riding or roller skating in Golden Gate Park (the park is closed to cars on Sundays!)
- Hang out at Baker Beach (ranked Best Beach by SF residents) or China Beach
- Have a bonfire on Ocean Beach (you can only have them far down past the Cliff House
- Attend Shakespeare in Golden Gate Park (during the Fall)
- Go ice skating at the outdoor ice rink at the Embarcadero
- Catch an Independent Film at the Embarcadero Movie Theater
- Visit the Paper Source for scrapbooks, cards, and stationary
- Play soccer at Kezar Stadium
- Attend a Giants game at AT&T Park
- See a musical at one of the many downtown theaters
- Go wine tasting in Napa Valley (a day-trip by car or Golden Gate Transit)
- Pick up some fresh food at the Ferry Building Farmers Market on Saturday mornings
- Strictly Bluegrass Festival (one of many festivals in Golden Gate Park)
- Play football, kickball, frisbee, bocce ball, and other games in Golden Gate Park
- Visit Yerba Buena Center for the Arts (Every Thurs. Free for Students!)
- Do Yoga at Grace Cathedral (Tuesday 6:15pm)
- Walk or bike across the Golden Gate Bridge for stunning views of the city
- Attend a concert at The Fillmore
- Take a Ferry to Sausalito, Angel Island or Alcatraz
- Roam through many used and new bookstores (City Lights, Green Apple)
- Sit outside at the many coffee shops
- Travel to the North Bay for a hike in Muir Woods or Mt. Tamalpais
- Take BART to Berkeley
- Attend Taize services at the Mercy Center in Burlingame
- Try the best ice cream in San Francisco at Mitchell’s Ice Cream
- Go out to eat at many of the ethnic restaurants around the Urban house
- Attend Shakespeare in Golden Gate Park (during the Fall)
- Take a Ferry to Sausalito, Angel Island or Alcatraz
- Roam through many used and new bookstores (City Lights, Green Apple)
- Sit outside at the many coffee shops
- Travel to the North Bay for a hike in Muir Woods or Mt. Tamalpais
- Take BART to Berkeley
- Attend Taize services at the Mercy Center in Burlingame
- Try the best ice cream in San Francisco at Mitchell’s Ice Cream
- Go out to eat at many of the ethnic restaurants around the Urban house

GENERAL NEIGHBORHOOD INFORMATION

There are free walking tours of nearly every neighborhood in San Francisco. These tours are sponsored by San Francisco City Guides and are available year-round on various days of the week. Consult the internet (try sfgate.com and sfbg.com), the weekly papers (Bay Guardian and SF Weekly), the SF Chronicle, the many guidebooks in the house, and the program staff for further information and recommendations.
The following is a list of churches that reflect a variety of denominations and cultures. You will need to call the church to find out about worship services times if they are not listed below.

An important disclaimer: This list is neither comprehensive nor is it intended to be an endorsement of the theology or the worship style of the congregations that are listed. Your own church experiences will influence whether you find the practices of a particular faith community inviting or offensive. If you have questions before you visit a particular congregation, we encourage you to talk with the faculty/staff or others who have visited there.

African-American
*Third Baptist - 1399 McAllister (346-4426) Services at 7:45am & 10:45am
*New Liberation Presbyterian - 1100 Divisadero (929-8881)

Asian American
*Chinese Independent Baptist - 981 Washington (397-6859)
*Chinese United Methodist - 920 Washington (981-8408)
*Presbyterian Church in Chinatown - 925 Stockton (392-1500), English worship service at 10:45am
*Star of the Sea - 4420 Geary Blvd., at 8th Ave. (751-0450)
*First Chinese Baptist Church - 1-15 Waverly Pl. at Sacramento (362-4139)
*Chinese Congregational Church - 21 Walter U Lum. Pl. (between Clay/ Washington and Grant/Kearny. (986-2578)

Catholic
*St. Agnes-Masonic at Page St.
*St. Dominic’s Church - 2390 Bush St. (567-7824)
Sunday morning mass at 7:30am, 9:30am, & 11:30am.
*Saints Peter and Paul Church - 666 Filbert, between Powell/Stockton (421-0809)
*Mission Dolores - 3321 16th, at Dolores (621-8203), Sunday morning mass at 8& 10am
*St. Boniface Church of the Franciscans - 133 Golden Gate (863-7515)
Sunday mass at 7:30am, 9:00am, & 12:15pm.

Charismatic/Pentecostal
*Calvary Chapel - Fort Mason Center, Bldg. C, Room 370 (at the Marina), Service at 9:30am, 567-0635.
*Promisedland Christian Fellowship (Vineyard) - 1661 Market St at Gough (558-9900)

Church of God
*First Church of God– 3728 Cesar Chavez at Guerrero (647-1330) Sunday morning service at 11am. Church connected with SBIC San Francisco

Episcopal
*Grace Cathedral Episcopal Church - 1100 California St., at Taylor (749-6300) Sunday morning services at 7:30, 8:30, & 11:00am. www.gracecathedral.org
*St. Mary the Virgin Episcopal Church - 2325 Union at Steiner (921-3665) www.smvsf.org
*St. Gregory’s Episcopal Church - 500 DeHaro at Mariposa in Potrero Hill (255-1552) Sunday services at 8am& 10am. Known as “the dancing church.”

Ethnic/Multicultural
*Glide Memorial United Methodist Church - 330 Ellis St. (771-6300)
*City of Refuge United Church of Christ - 1025 Howard (861-6130)
*St John’s African Orthodox (John Coltrane Church) – 351 Divisidero (673-3572) – service @ 11:45am allow 3-4 hours for the service.

Hispanic/Latin-American
*Iglesia Presbiteriana de la Mision - 3261 23rd (647-8295)
*Iglesia Bautista del Valle - 2799 Bryant (647-7525)

Lutheran
*St. Mark's Lutheran Church - 1111 O'Farrell St. (928-7770) - Services at 9am & 11am

Mainstream Evangelical
*Golden Gate Community – services at the same time but different locations: 4:00pm at St. John's Presbyterian Church (Lake & Arguello) and at 4:00pm at Mission Pres. Church (3261 23rd St at Capp) 206-9525, www.ggcc.org
*Cornerstone Church - 3459 17th St. (between Valencia & Guerrero), 861-2439, Sunday services at 9:30am & 11:30am, www.cornerstone-sf.org
*City Church of San Francisco – 2460 Sutter St., between Divisadero & Broderick. Service at 9 and 10:45am, 346-6994, www.citychurchsf.org

Presbyterian
*Noe Valley Ministry Presbyterian Church - 1021 Sanchez (282-2317)
*Seventh Avenue Presbyterian Church - 1329 7th Avenue, between Irving & Judah (664-2543) Service at 10:00am
*Calvary Presbyterian - 2515 Fillmore St at Jackson (36-3832) Sunday Morning service at 8:45 and 11am. www.calvapresbyterian.org