This Student Handbook is an overview of the opportunities and responsibilities of students participating at Westmont in San Francisco (WSF). The handbook reviews WSF’s expectations for academics, community life, and emergency procedures. Additionally, there is information on the Clunie House facility and things to do in San Francisco. We encourage you to take advantage of the many opportunities that await you during your semester.

The city is consistently changing. Please feel free to contact current staff if you are unable to find specific information in this handbook. We look forward to your involvement at Westmont in San Francisco!

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TABLE OF CONTENTS

Academics:
Mission of Westmont in San Francisco ....................... 3
Educational Philosophy ............................................ 3
Course Introduction and Overview ............................ 3
Weekly Schedule .................................................. 5

Community Life:
Introduction ....................................................... 6
Expectations ......................................................... 6
Westmont College Community Life Statement ............. 8

General Information:
Facility Information ............................................... 12
Emergency Procedures ........................................... 13
Safety in the City .................................................. 16
Medical Services ................................................... 17
Markets ............................................................. 20
Hardware Stores .................................................. 21
Laundry ............................................................. 21
Transportation ...................................................... 21

San Francisco City Guide:
San Francisco Neighborhood Guide ......................... 24
Additional Things to do in the City ........................... 27
Churches ........................................................... 27

THE MISSION OF WESTMONT IN SAN FRANCISCO

Westmont in San Francisco is a living-learning community equipping students for Christian vocation and service, an awareness of urban realities, and competencies to thrive in a complex, globalized world.

EDUCATIONAL PHILOSOPHY

The 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 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 vision of God’s Kingdom. Integrating faith-related questions whenever possible, the WSF faculty has high academic standards and expect students' commitment to the learning process.

COURSE INTRODUCTION AND OVERVIEW

I.S. 190: Urban Practicum (8 units)
This required 8-unit course is centered on participation in a 3-day (24 hours/week) field internship related to the professional and 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 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 companion seminar is a required part of the course, which meets on Thursdays from 9a – 11:00a.

I.S. 195: Urban Studies (4 units)
Urban Studies is a required four-unit, upper division course that meets the G.E. Requirement “Common Inquiries: Understanding Society.”
This interdisciplinary seminar is a forum for examining the kinds of experiences and questions students encounter in the city, and for pursuing these experiences and questions in 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 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 perspectives on the issues. The seminar meets once a week on Tuesday mornings (9a – 12:10p).

I.S. 194: Independent Studies (4 units)
I.S. 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 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 Elective:

ENG 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 G.E. We will explore traditions in America’s literatures, and literary representations of relations between different ethnic and racial communities. 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 (1p – 4p).

Spring Semester Elective:

ENG 104U: Modern Grammar & 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. ENG 104U meets once a week on Thursday afternoons (1p – 4p).

WEEKLY SCHEDULE

Monday: 9:00a – 5:00p: Internship
Tuesday*: 9:00a – 12:10p: Urban Studies Seminar
12:00p – 5:00p: Duos and Tutorials
6:00p – 7:00p: Community Dinner
8:00p – 9:00p: Community Worship**
Wednesday: 9:00a – 5:00p: Internship
Thursday*: 9:00a – 11:00a: Practicum Seminar
12:00p – 5:00p: Duos and Tutorials
1:00p – 4:00p: Elective Course
Friday: 9:00a – 5:00p: Internship

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

**Community Worship will happen at a mutually agreed time each semester.
INTRODUCTION TO COMMUNITY LIFE

WSF strives to create space for thriving community among students and staff. Community is built upon others-centered practices. It flourishes in a place where love for God and neighbor is cultivated and nurtured. It grows strong when members practice integrity and forgiveness, strive to live in reconciled relationships, and accept responsibility for their actions and words.

Living closely with a group of students presents unique challenges and opportunities. Students share housing, meals, classes, public transportation, and the joys and struggles of daily life in the city. These common experiences allow students to build close relationships and learn from one another in a nurturing environment.

Besides class time, students and staff meet as a group twice per week. At Community Dinner, student pairs rotate to cook for the entire group. Community Worship is a student-led time focused on spiritual development, honoring spiritual discipline and honest conversation. Over the course of the semester there are group events both in-house and throughout the city. Group outings include attending professional musicals, Giants games, and other special events.

In addition to group activities, all faculty and staff are available for “Duos” – an opportunity for students to develop relationships with a faculty/staff member. Duos usually take place at one of the neighborhood’s coffee shops or restaurants, allowing the student to talk through their WSF experience. The live-in Resident Director is available for both formal and informal meetings to deepen relationships and extend support.

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, dealing with conflict appropriately and directly, and observing the behavioral expectations of the College.

ALCOHOL AND DRUGS
Westmont in San Francisco policy on tobacco, alcohol, and drugs is the same as Westmont College’s Community Life Statement. Their use is prohibited on the grounds of the WSF House (which includes the front porch and steps of the building), as is returning to the house intoxicated.

RETREATS
We have two group retreats each semester, 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. Everyone is expected to participate in each retreat.

TAKING CARE OF OUR FACILITIES:
CANDLES and INCENSE are not allowed in the house.

No NAILS, THUMB NAILS, HOOKS, or TAPE, are permitted on the walls of the residence rooms. Use sticky-tack or 3M hooks to hang pictures and posters.

FIRE ESCAPES at the front of the building on the 2nd and 3rd floors are exclusively for use during an emergency. No one may sit or lie on the fire escapes or store personal items there. THE ROOF is off limits at all times.

Do not leave TRASH OR RECYCLING in the shared public spaces in the house; take trash and recyclables directly to the trash/recycling containers in the garage.

FURNITURE should not to be moved around the house unless approved by the Resident Director.

Students may only use the WSF VAN for program or curriculum-related activities within the Bay Area, with a faculty or staff member present when possible. In order to drive the WSF van, students must report their DMV information into their online student profile prior to driving. Permission to use/drive the van must be obtained by a staff member, and is given at the discretion of the staff. If permission is granted, it is the student driver’s responsibility to cover the costs of gas and/or any tickets obtained during their usage.

Faculty/Staff COMPUTERS & OFFICE SUPPLIES are not available for student use except by permission of faculty and/or staff.

WSF currently has 3 COMPUTERS and 2 PRINTER/SCANNERS for student use. WSF provides paper and toner for student printing.
**VISITORS:**

NON-RESIDENT GUESTS 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 Director.

OVERNIGHT GUESTS are permitted with approval from the Resident Director and your roommate, 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. Common areas of the house (i.e. parlor or classroom) may not to be used by guests as bedrooms. There is no cost to have a guest stay on the floor of your room.

GUEST ROOM POLICY: If the house is not completely full, there will sometimes be a designated guest room for the semester. [Note: It is not guaranteed that there will be a guest room during your particular semester]. To stay in the guest room, there is a $20 convenience fee per person per night stayed. If your guest requires bed linens, there is a further $10 flat fee. If you plan for your guest to stay in the guest room, you must notify the Assistant Director of Operations by email no less than one week before their arrival.

GUESTS DURING VACATION BREAKS are welcome 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. WSF can, at any time, restrict the use of rooms or limit the number of guests staying in the house at one time.

**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 inflesh 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.
GENERAL FACILITY INFORMATION

Repairs

If you find something in your room or the house that you need repaired, please tell the Assistant Director of Operations as soon as possible by email.

Safety

Keep the front door and back door closed and locked at ALL times. If you are the last person to leave a room with an open window, close and lock the window. Report lost or stolen keys to the Assistant Director of Operations immediately.

Mail

When mail arrives, please distribute it in student and staff mailboxes. Any unknown/junk mail goes in the junk mail slot. The nearest post office is at 554 Clayton (at Haight). Outgoing, stamped mail may be left in the mail slot of the WSF House door, or placed in the mailbox on the corner of Hayes and Lyon.

Computers and Internet

We have wireless Internet connection throughout the house and computers and printer/scanners placed on the 2nd and 3rd floors. Printing paper is provided by the program. In order to maintain these machines, please do not alter the settings on these computers or download other programs for your use.

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 $50 and $1000 (and that is not a typo). Do not block any driveways, or you risk having your car towed. Never leave valuables in your car, particularly overnight. Do not park in front of the house or blocking the driveway.

Part-Time Work

If necessary, students may work part-time jobs while in San Francisco. However, balancing a part-time job amidst internships, coursework, and community life activities can be challenging and distracting from immersing yourself in the city on your off-time. An alternative to finding a part-time job is to work a student job at the Clunie house for $13.00/hour (2016 San Francisco minimum wage). Jobs available include: Kitchen Manager, Interior House Maintenance, and Exterior House Maintenance and Gardening. Student jobs range from 5 – 10 hours per week.

Food and Kitchen

WSF strives to be a program that helps students grow in independence, maturity, and responsibility. A large part of this is through the unique immersive city-living experience which includes taking public transportation, using a laundromat, and grocery shopping. Each student will be given a stipend for the semester to purchase their own groceries and have the opportunity to cook their own meals in a state-of-the-art kitchen that has a communal vibe. Being, a ‘foodie’ city, there are endless restaurants to try during a semester in San Francisco.

The rule for cleaning the kitchen is that if you have time to eat, you have time to clean! All dishes must be washed immediately after a meal, whether by the dishwasher or by hand. Put all trash, compost, and recyclables in the appropriate receptacles. Wipe down the countertops and tables when you are done.

In addition to individual clean up, 2-3 students per week will be assigned to Kitchen Duty. This does not mean anyone can expect others to clean up after them! The Kitchen Duty team is responsible to ensure the continued cleanliness of community spaces through a daily deep clean.

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, pull the fire alarm in the first floor hallway.

Feel your 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

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. Falling glass or building parts could injure you. 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 internship placement or elsewhere), your first action should be to call the WSF House (415-931-2460) and/or faculty/staff on their cell phone. 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 public officials clear initial safety, everyone should return to the house as quickly as possible.

After the quake:

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 block 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.

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

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.

Emergencies: Call 911
Non-Emergencies: Call 311
Public Transit Information: Call 511
If there is a fire, earthquake, shooting, or other serious emergency at WSF, notify Westmont College immediately:
955 La Paz Road
Santa Barbara, CA 93108
805.565.6000
www.westmont.edu

SAFETY IN THE CITY

At the Clunie 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.

Throughout the City
- 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.

- Find out which areas of the city are unsafe at night. 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.
- Use discretion when displaying cell phones, portable electronics, and other valuables in public.
- Memorize the phone number of at least one person in San Francisco in case your phone is stolen or broken.
- Carry enough cash for transportation, but not more than you can afford to lose.
- When in doubt, take a cab.

MEDICAL 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. 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 be made prior to your arrival in the city.

Again, Westmont insurance only partially covers you here in San Francisco (about $40/visit). Consortium students should be certain of their school's policies. If you do not have additional insurance, refer to the free clinics listed below.
Basic first-aid and cold remedy supplies are provided at WSF in the first aid boxes: Ibuprofen, Sudafed, Pepto-Bismol, Band-Aids, hydrogen peroxide, etc. If you need to receive professional medical attention, contact the Resident Director before you go. If you have questions on Westmont insurance, contact the Health Center directly at 805.565.6164.

**Suggested Clinics**

**Women's Community Clinic**
2166 Hayes Street
415.379.7800

**Haight-Ashbury Free Clinic**
New patients must call at least one day in advance for appointments.
558 Clayton Street
415.487.5632

**S.F. Free Clinic**
This is available only for individuals without insurance. Call for appointments M-F between 1:00-4:30pm
4900 California Street
415.750.9894

**The Maxine Hall Health Center**
The cost depends on your income.
1301 Pierce Street
415.292.1300

**Medical Centers**
If you need to go to an Emergency Room, try to contact or have someone else contact the Resident Director.

**St. Mary's Hospital (Closest to WSF House)**
450 Stanyan Street
415.750.5715

**California Pacific Medical Center**
The charge per visit ranges from $60 - $120, depending on lab fees. CPMC is privately owned and will be more expensive than the clinics listed above.

**Pacific Campus**
2333 Buchanan Street
415.600.3333

**Davies Campus**
45 Castro Street
415.600.0600

**Kaiser Permanente Medical Center San Francisco**
Geary Campus at St. Joseph's
2425 Geary Boulevard, 2nd floor
415.833.2200

**UCSF Medical Center**
Adult Screening & Acute Care
400 Parnassus Street, 1st floor
415.476.1000

**Drop-in Clinic**
The charge per doctor/clinic visit at the drop-in clinic will range from $112 - $248, lab fees are extra.
415.476.4602

**Pharmacies/Drugstores**

**Walgreens**
300 Gough Street
415.581.0400

**Walgreens**
1363 Divisadero Street
415.931.9971

**Walgreens**
199 Parnassus Avenue
415.661.5287

**Counseling and Psychotherapy**

Along with the ordinary stresses of academic work and relationships, students at WSF are also faced with new responsibilities of living in the city, managing an internship, and addressing social and ethical questions in their coursework. As a result, some students at WSF have found counseling or supportive therapy to be helpful in gaining perspective on their experience.
Referrals

WSF 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 any member of the staff they feel most comfortable talking to. 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 unable to afford the co-payment, additional support may be available on a case-by-case basis.

MARKETS

Lucky
1750 Fulton Street

Parkside Market
1600 Hayes Street

Trader Joe's
3 Masonic Avenue

HARDWARE STORES

SF Hardware
512 Divisadero Street, 415.552.1168

Roberts Hardware
1629 Haight Street, 415.431.3392

Cole Hardware
956 Cole Street, 415.753.2653

BANKS

Bank of America
1275 Fell Street

Wells Fargo
1726 Haight Street

Chase
1720 Fulton Street

LAUNDRY

The laundry equipment at WSF is for Program use only. Students do their laundry tasks at local providers. These are two that are within walking distance of Clunie House:

Hayes Street Laundry
Hayes/Central

Get the Funk Out
Lyon/McAllister

TRANSPORTATION

Within San Francisco:

SF MUNI & CLIPPER CARDS

WSF provides Clipper Cards (travel cards) for each student. These Clipper Cards are loaded monthly and provide unlimited travel on SF MUNI, which is the main form of public transport in SF. If students
lose their Clipper Card, they must inform the Assistant Director of Operations immediately. Their card will then be cancelled and a new one ordered. The new card will arrive with the previous card’s balance automatically loaded onto it. In the interim between the new card being ordered and it arriving at Clunie House, the student concerned is responsible for covering MUNI travel costs by themselves. New cards typically take 3 – 5 working days to arrive. (Helpful hint: Do not lose your Clipper Card!)

BART (Bay Area Rapid Transit)

BART runs to the East Bay and south down the Peninsula. You will need to add additional money to your Clipper Card to use BART. You must pay to travel outside of San Francisco before entering the BART train. Check www.bart.gov for more information. You can use BART to get to both of the Bay Areas main airports, SFO and OAK.

TAXIS

New start-ups such as Lyft and Uber have revolutionized the taxi eco-system in San Francisco. Downloading their apps and using their service is easy and intuitive. It also means that you don’t have to do a cash/card transaction in the cab – the payment happens online.

Alternatively, if you’d like to use the more traditional taxi services, it is better to call ahead instead of flagging one down to ensure you get a legitimate taxi. Here are two trusted companies:

National Cab: 415.648.4444
Yellow Cab: 415.333.3333

BUSES

Golden Gate Transit (to the North Bay), 415.923.2000
AC Transit (to the East Bay), 510.817.1717
SAMTRANS (to the South Bay and S.F. Airport), 1.800.660.4287

FERRIES

Golden Gate Transit (to Sausalito and Larkspur), 415.923.2000
Departs from the Ferry Building

Red & White Fleet (to Angel Island/Sausalito/Tiburon), 415.447.0597

Departs from Pier 41 & 43½

TRAINS

Cal Train (to Palo Alto, San Jose, Santa Clara), 1.800.660.4287

How to get to/from 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.

QUAKE CITY
415.255.4899

SUPERSHUTTLE
www.supershuttle.com

BART
Takes about 30 minutes from the Civic Center Station. Once at SFO, take the free tram to the terminal.
www.bart.gov

How to get to/from Oakland International Airport (OAK)

Bayporter Express
415.467.1800

City Express
1.888.874.8885

BART
Take a train that will drop you off at the Oakland Coliseum, and then take the shuttle to OAK.
SAN FRANCISCO CITY GUIDE

CASTRO

The Castro is located south of Market Street, with its main attractions on Castro between 17th and 18th Streets. It is a financially prosperous neighborhood with many restored Victorian homes. The Castro is recognized as the heart of the LGBT (Lesbian, Gay, Bisexual, Transgender) community in San Francisco. Check out The Castro Theatre, Hot Cookie, and The Community Bulletin Board.

CHINATOWN

Overlooking the Financial District and just below Nob Hill, Chinatown is one of the largest Chinese settlements outside of Asia and one of the most densely populated neighborhoods in the United States. It provides a blend of tourist shops and authentic food, festivals, and customs. Grant Avenue (between Bush and Broadway) is the main street for tourists, and the side streets also have a number of attractions. Check out the Chinatown Gate, Sam Wo, and Uncle G's Tea Shop.

FISHERMAN'S WHARF/GHIRARDELLI SQUARE

Fisherman’s Wharf is probably the one place in the city where you will find more tourists than locals. It is full of gift shops, street performers, and just a short walk from the Ghirardelli Chocolate factory. Here you can catch ferries to Angel Island and Alcatraz. Check out Pier 39, Ghirardelli Square, and Lombard Street.

GOLDEN GATE PARK

Golden Gate Park is 1,017 acres of meadows, gardens, and public buildings. It is the largest cultivated urban park in the United States. Check out the Conservatory of Flowers, De Young Museum, California Academy of Sciences, and Stow Lake.

THE HAIGHT

Haight-Ashbury, or “The Haight,” is known as the vibrant center of America’s hippie movement in the 1960’s. Today the Haight draws travelers and locals to its parks, thrift stores, and coffeehouses. The Haight continues to be a countercultural, colorful, and eclectic neighborhood. Check out Ben & Jerry’s at Haight & Ashbury, Amoeba Records, and Magnolia Grill.

JAPANTOWN

Japantown is a 6-block neighborhood 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. Check out Kabuki Cinema and The Cherry Blossom Festival.

THE MARINA

The Marina is located along San Francisco’s northern waterfront and home to many young, urban professionals. This neighborhood is known for its trendy shops and restaurants. Check out The Exploratorium, Fort Mason, The Palace of Fine Arts, and The Marina Green.

THE MISSION

The Mission is San Francisco’s oldest neighborhood and one of the most ethnically diverse neighborhoods in the city. Streets are filled with thrift stores, small shops, grocery marts, and restaurants. Check out Dolores Park, Mission Dolores, and Balmy Alley.

NORTH BEACH

North Beach is nestled between Fisherman’s Wharf and Telegraph & Russian Hill. It is home to the Beat Poetry movement that featured Jack Kerouac and Alan Ginsberg. Sometimes known as “Little Italy,” North Beach has many authentic Italian restaurants and cafes. Check out City Lights Bookstore, Coit Tower, and St. Peter and Paul’s Church.

PACIFIC HEIGHTS

Located on the ridge between Van Ness and the Presidio, Pacific Heights is a predominantly residential neighborhood. It is where many of the city’s wealthiest homes are located. Check out Billionaire’s Row, the Haas-Lilienthal House, and The Lyon Steps.

INNER & OUTER RICHMOND

The Richmond district lies between California Street and Golden Gate Park, and from Masonic Avenue to the Pacific Ocean. It is primarily residential; the main commercial streets are primarily lined with Asian

SOUTH OF MARKET (SoMa)

South of Market, or “SoMa,” was once home to warehouses and factories, but is now a center for technology and innovation, condominium housing, and entertainment. There are a number of young professionals that reside in SoMa. Check out San Francisco Museum of Modern Art (SFMOMA), Hub Bay Area, Yerba Buena Gardens, and The Contemporary Jewish Museum.

INNER & OUTER SUNSET

The Sunset is a mostly residential neighborhood located south of Golden Gate Park between Stanyan Street and Golden Gate Park. Close to the University of California San Francisco Medical School, it is home to many medical students, cheap eateries, and close access to Golden Gate Park. Check out Park Chow and The Cheese Boutique.

THE TENDERLOIN

Bordered by Civic Center, Nob Hill, Union Square, and Market Street, the Tenderloin has traditionally been a home for many new immigrants arriving in San Francisco. It is recognized as a lower income neighborhood in the city, and also home to a number of nonprofit organizations. Check out Glide Memorial Church, St. Boniface Church, The Orpheum Theatre, and Chutney’s.

WESTERN ADDITION

The 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 at that time was Van Ness Avenue. Check out Alamo Square Park and The Fillmore.

ADDITIONAL THINGS TO DO IN THE CITY

There is no shortage of interesting things to do and see in San Francisco. There is always something going on, many of which are free or low-cost. Some of our favorites are:

- Go running, bike-riding, or picnicking in Golden Gate Park, just outside of the Urban house
- Have a bonfire on Ocean Beach
- Visit Twin Peaks, which has one of the best views of the city
- Pick up some fresh food at the Ferry Building Farmer’s Market on Saturday mornings
- Attend a Giants game at AT&T Park
- For a spectacular view of San Francisco, ride the cable cars to Nob Hill, then have an appetizer at the top of the Fairmont or Mark Hopkins hotel
- Hang out at Baker Beach (ranked Best Beach by SF residents)
- Catch an independent film at the Embarcadero Movie Theater
- See a musical at a local theatre
- Visit Yerba Buena Center for the Arts
- Walk or bike across the Golden Gate Bridge
- Attend a concert in the city (Fall: Treasure Island Music Festival, Hardly Strictly Bluegrass Festival)
- Take a Ferry to Sausalito, Angel Island or Alcatraz
- Explore a used bookstore (City Lights in North Beach, Green Apple in the Inner Richmond)
- Taste-test local coffees: Philz, Blue Bottle, Four Barrel, Ritual
- Taste-test local ice cream: Three Twins, Bi-Rite, Mitchell’s
- Take one of the many free walking tours offered by SF Friends of the Public Library

CHURCHES

The following list of churches reflects a variety of denominations and cultures. This list is neither comprehensive nor intended to be an endorsement of the theology of the congregations listed. Check church websites to find out about service times and locations.

African-American
Third Baptist Church
New Liberation Presbyterian

Asian-American
Chinese Independent Baptist
Chinese United Methodist
Presbyterian Church in Chinatown
First Chinese Baptist Church

Catholic
St. Agnes
Saints Peter and Paul Church
Mission Dolores
St. Boniface Church of the Franciscans

Charismatic/Pentecostal
Calvary Chapel
Promise Land Christian Fellowship (Vineyard)

Church of God
First Church of God

Episcopal
Grace Cathedral Episcopal Church
St. Mary the Virgin Episcopal Church
St. Gregory’s Episcopal Church

Latin-American
Iglesia Presbiteriana de la Mision
Iglesia Bautista del Valle

Lutheran
St. Mark’s Lutheran Church

Mainstream Evangelical
Cornerstone Church
Reality San Francisco

Multicultural
Glide Memorial United Methodist Church
City of Refuge United Church of Christ
St John’s African Orthodox (John Coltrane Church)

Presbyterian
Noe Valley Ministry Presbyterian Church
Seventh Avenue Presbyterian Church
Calvary Presbyterian

Reformed
City Church of San Francisco