10 Questions from the Resident and Fellow Affairs Committee

1. What is the mission of Campus Life Services?

Campus Life Services (CLS) exists to serve the UC San Francisco community at large—beyond academic, clinical, or patient care needs. We provide the services and programs that help residents, fellows, students, faculty, and staff live their very best while they’re at UCSF. Our mission is to Make Life Better Here, and with so much going on on-campus and around the Bay Area, that mission results in casting a wide net of personal and professional services. For more information on all of the services provided by CLS, go to http://campuslifeservices.ucsf.edu

2. How does Campus Life Services help families?

UCSF provides many services for families of employees, including residents and fellows. There are four UCSF child care centers managed and operated by Bright Horizons Family Solutions: Kirkham Child Development Center; Marilyn Reed Lucia Child Care Study Center; University Child Care at Laurel Heights; and University Child Care at Mission Bay. UCSF child care is in high-demand and there are lengthy wait lists. Due to the shortage of both UCSF child care availability and in the greater San Francisco area, CLS also provides a child care resource and referral program to help UCSF parents find child care opportunities outside of UCSF.

Residents and fellows are also eligible to participate in a pilot program providing emergency back-up care when regularly scheduled child or adult/elder care is unavailable. Enrollment is offered once annually in the late spring. An email is sent to all residents and fellows with details when enrollment is available.

To learn more about services and programs available to families, including those mentioned above as well as others like swim lessons, free parent education, family events and numerous other Bay Area resources go to http://myfamily.ucsf.edu/ and http://campuslifeservices.ucsf.edu/childcare/

For more information about Bright Horizons go to http://www.brighthorizons.com

3. How does a resident or fellow get access to the Fitness Centers?

There are two membership options available to residents and fellows. The Standard Membership, which is available to trainees at a discounted rate of $39 a month plus enrollment fee, allows entry to the Millberry Fitness & Recreation Center and use of all facilities, including weights, machines, swimming pool, sauna, squash and racquetball courts, basketball courts, and locker rooms plus workout towel service, one complimentary personal training and Pilates session, discounted parking at limited times, member discounts on special fitness programs, and a 10% discount on all purchases at Sports Basement. The Premier Membership, which is available to trainees for $62 a month includes the benefits of the Standard Membership plus access to more than 170 group fitness classes weekly (Zumba®, Pilates Mat, Yoga, Qi Gong, strength training, cardio classes, classes to improve flexibility, and water exercise),

Gary Forman, Executive Director of Campus Life Services and Leslie Santos, Director of Housing Services
6. Are residents and fellows eligible to apply for UCSF housing? What is the process for applying for housing?

Housing in San Francisco can be very difficult to obtain and also expensive. UCSF Housing Services provides quality, reasonably priced, on-campus housing to residents, fellows, students, post-docs, and faculty. Housing Services accepts on-line applications year round. As space becomes available a lottery is run based on the applicant’s preferred move-in month and type of requested housing. Approximately 20% of applicants are placed in UCSF housing. A two-year term limit is in effect for anyone who signs a lease after June 1, 2013. While living on-campus, tenants are encouraged to explore the local community to identify the neighborhood that best meets their needs after they leave UCSF housing.

In addition to managing UCSF housing, Housing Services is a terrific resource to find off-campus housing listings or short-term lodging, which is convenient for residents and fellows who may be in-between housing or are here only for a short stay.

For more information regarding applying for housing as well as a list of off-campus referrals and tips to finding accommodations in the Bay Area, go to: [http://campuslifeservices.ucsf.edu/housing/](http://campuslifeservices.ucsf.edu/housing/)

7. Where is UCSF housing located and what type of accommodations are available?

Residents and fellows are eligible for housing located at Aldea San Miguel located on the Parnassus campus and Housing at Mission Bay. Between the two locations, housing for singles, couples, and families are available in single rooms and in shared/group units; single occupancy studios; single-occupancy junior one-bedrooms; one-bedrooms; two bedrooms; and three-bedrooms. Smoking and pets are not allowed. Both locations have access to UCSF shuttles. For more information, go to: [http://campuslifeservices.ucsf.edu/housing/](http://campuslifeservices.ucsf.edu/housing/)
8. Where can we get a bite to eat around here?
Retail Services offers more than 20 eating establishments across the five UCSF campuses in San Francisco. The majority of the eateries can be found on the Parnassus and Mission Bay campus. Everything from coffee and light snacks to hot meals, breakfast, lunch, and dinner—there are a lot of dining experiences to choose from.

In addition, there are food trucks available on the Mission Bay campus at Nelson Rising Lane and 4th Street on Thursdays from 11:00am to 2:00pm. (being piloted through February 2015).

There are also weekly Farmers’ Markets held Wednesdays from 10:00 am to 2:00 pm at Mission Bay located in the plaza at Gene Friend Way and 10:00 am-3:00 pm at Parnassus located near the elevator in the breezeway next to the Ambulatory Care Center (ACC) building.

Every time you buy from a campus retailer, your dollars fund activities, programs, and entertainment to improve your quality of life at UCSF.

For more information regarding the dining options available, go to:  
http://campuslifeservices.ucsf.edu/retail/services/dine/

9. What’s the best way to navigate the city?
As an urban campus, Transportation Services really looks out for the many ways to get around the city and Bay Area. For general commuter options throughout the City, 511.org is a one-stop phone and web source for up-to-the-minute Bay Area traffic, public transit, rideshare, and bicycling information.

In addition to local public transit options, UCSF Transportation Services offers many services to help employees with their transportation needs. The inter-campus shuttle service operates between major campus sites on weekdays from about 6AM to 9PM with limited weekend service (schedules vary, so check their website).

On the Transportation Services’ website, you can learn about transportation alternatives offered by UCSF, such as vanpools, car sharing, commute clubs, carpooling, bicycle parking, the Bike Access Pass shower program (available only to UCSF Bike Permit holders), and of course, parking.

Residents and fellows may be eligible for UCSF parking permits, which allow parking on the Parnassus, Mission Bay, Laurel Heights, Mount Zion, and Mission Center campuses. Permits may be purchased from the Transportation Services office on the Parnassus campus (Millberry Union, Level P-7, room 26) for $174.00 per month. Residents and fellows are also eligible to pay monthly permit fees through pretax payroll deductions as long as they receive a UCSF paycheck. All residents and fellows are may park for free in the UCSF public garage at the Parnassus campus, weekdays from 4:45 pm through 9:00 am the following day and anytime on UC holidays and weekends. To make use of free parking, residents and fellows must have the current parking sticker on their ID badges (stickers can be obtained from GME program coordinators).

For more information, go to:  
http://campuslifeservices.ucsf.edu/transportation/

10. Where can I purchase UCSF merchandise?
UCSF merchandise, including t-shirts, sweatshirts, baseball hats, and other items, can be purchased online through the UCSF Campus Store online.  

11. What is Campus Trader?
Campus Trader is a website that allows the UCSF community to trade, buy, sell, and give away personal items that are no longer needed or wanted. You can browse the website for offers or place your own. For more information, go to:  
http://campustrader.tradeaway.com