

Housing in SF

- Our fellows reported Craigslist as the most effective tool in finding housing in SF, followed by other online options, and friends, acquaintances, relatives and outgoing fellows.
 - CRAIGS LIST_SF HOUSING: <http://sfbay.craigslist.org/search/apa>
 - UCSF OFF CAMPUS RESOURCES: http://campuslifeservices.ucsf.edu/housing/services/off_campus_resources
- UCSF On-Campus Housing was also helpful. Although it requires a lottery, it is simple to apply. If you are interested in applying, let the Fellowship Program Manager know so they can provide the required letter of fellowship verification:
 - LINK On-Campus Housing http://campuslifeservices.ucsf.edu/housing/services/new_applicants
- In AY1516, the majority (92%) of incoming fellows found housing in their desired neighborhoods
 - 55% of our fellows had secured housing for < \$1370/month (including housing allowance - \$10,500 in AY1516, increased to \$11,000 in AY1617)
 - 27% of our fellows had secured housing for \$1370-\$2570 /month (including housing allowance)
- Fellows live in San Francisco, in Marin County north of the city and on the Peninsula south of the city, with the majority of fellows living in San Francisco near one of the UCSF campuses and the inter-campus shuttles.
- Some comments from a range of housing locations:
 - "I love where I live"*
 - "I like the proximity to Parnassus and the UCSF shuttle."*
 - "Location is amazing! Walking to work is great."*
 - "Neighborhood is quiet with good restaurants"*
 - "I now live on the Peninsula and I love being in the suburbs"*
 - "Great location - convenient to walk to work, no need for a car."*
 - "Sunny, fun but quiet, not a bad commute"*
 - "I was looking for a place for 3 people and we had a lot more options and less competition for 3 bedroom places"*

Childcare in San Francisco

- On-campus child care is available for preschool-aged children. There are Child Care Centers at the **Laurel Heights**, **Mission Bay** and **Parnassus** campuses. Applications are accepted for the Wait Pool year round; your fellowship coordinator can provide you with a letter of confirming your status as a UCSF Fellow:
http://campuslifeservices.ucsf.edu/familyservices/services/child_care_centers

- Other child care options in San Francisco include day care centers, pre-schools and family child care homes located throughout the Bay Area. UCSF provides a free Child Care Referral Service to UCSF staff, faculty and students

http://campuslifeservices.ucsf.edu/familyservices/services/child_care_referral_service

- The service also provides a Bulletin Board with listings for nannies and sitters, share care and families seeking care

http://campuslifeservices.ucsf.edu/familyservices/services/child_care_referral_service/bulletin_board

- The Golden Gate Mother's Group is a good forum for finding nannies and babysitters in the area. They require a small signup fee.

www.gmg.org

- UrbanSitter is another resource used by UCSF faculty and staff who are parents. Listed are babysitters as well as longer term child care options.

www.urbansitter.com

- UCSF Back-Up Care Advantage

This is a back-up child-care program at UCSF designed to help support families. The program is available for UCSF faculty, and residents and clinical fellows (as appointed by the Office of Graduate Medical Education). The program is provided in partnership with Bright Horizons/Family Solutions.

Back up care includes access to Bright Horizons child care centers, in-home child care, mildly-ill child care, and even in-home adult/elder care.

While only a back-up service, it can be helpful when you are in a pinch. The pricing is affordable than many other back-up care options. Additional information can be provided per request.