

Housing

Things to consider:

Distance from Strong: This plays a big factor in many students' housing decisions. Goler House (University housing), Mount Hope Lofts, and the White Coat Neighborhood are the best options for students whose priority is proximity. Most of the other neighborhoods will require a bike ride, bus, or drive which can be a big deal during the long Rochester winters. Also remember that you will be paying around \$300 a year for parking at school if you decide to drive (parking is illegal on most of the streets near the hospital).

Roommates: The White Coat Neighborhood is largely house shares because most landlords rent their properties as single-family homes (not divided). If you're interested in living alone, you may want to consider Goler House or Mount Hope Lofts, or some of the other city neighborhoods.

Attractions: Medical school cannot be all about studying! Some of the more "far-flung" (read: 10-minute drive away) neighborhoods offer amazing dining and entertainment options. For good bars and restaurants, you might consider the South Wedge, Corn Hill, Park. Ave, or the East End. Although, with the installation of College Town, the school area now has more options in the form of dining and bars.

Parking: It may not seem like a big deal now, but it snows a lot in Rochester. In the winter, especially if you have to drive to school, scraping off your car can become a bit of a burden. You might decide that it's worth it to try to find a covered garage, although many houses in Rochester don't have them.

Utilities: Many of the houses in the White Coat Neighborhood and in other parts of the city were built in the early 20th century and have little insulation. This can mean cold winter nights and enormous heating bills. Always ask if heat and electricity are included, or what they average. The landlord is required to provide you with an estimate of the average monthly Rochester Gas and Electricity charge. Laundry is also important, and most places have laundry on the premises.

Buying a house:

So maybe you are considering buying a house. After all, the idea of building equity and establishing a solid credit record is appealing, especially if you have a partner, or are MD/PhD. The Rochester housing stock is of decent quality and is much cheaper than most areas. White Coat houses especially have grown in popularity as they are easy to rent out.

Going to home listing sites like Zillow.com is a great place to start the search. You can easily browse neighborhoods and see what the market in Rochester is like. Really, the best thing to do

here is to get a buyer's agent and work with them regarding exactly what you want in a home. **Remember though that Rochester winters last for 27 months and that what is a 15-minute commute in September is a 3-day trek by dog sled in February.**

University Housing

University housing is a convenient, if somewhat more expensive, option for first-year students. Generally, single students who opt for university housing will choose to live in Goler, while married couples often favor University Park or Whipple Park. All of the University housing prices include heat and electric, with the exception of townhouses available in Whipple Park. You must fill out an application for University housing (available at <https://www.rochester.edu/reslife/graduate/> under the "Graduate Housing Documents" header). The application has a very fixed deadline with a lottery-based placement.

University housing at a glance (based on 2015-2016 rates)				
	Sizes available	Price (including utilities)	Preference	Distance to Strong by foot
Goler House	Studio, 1BR, 2BR, 2BR-2BTH	Furnished: \$595, \$760, \$945-1053 Unfurnished: \$710, \$875, \$983 *all studios are furnished		2 min.
University Park	Studio, 1BR, 2BR	All unfurnished \$710, \$790, \$928 Storage units available for \$61	2BR: single applicants with identified roommates, couples with children	8 min.
Whipple Park	2BR, 3BR	\$880-945 All unfurnished	Applicants with children	20-30 min.

*BR = bedroom

**BTH = bathroom

Housing Options by Neighborhood

White Coat Neighborhood:

The White Coat Neighborhood, so named because of its high concentration of physician and medical student residents, is a 20 square-block area south of Strong and west of Mount Hope Ave. (Note that some students also live directly on the other side of Mount Hope, where the housing is very similar to the WCN proper.)

19th Ward:

The 19th Ward, located just across the river from Strong and the University of Rochester, is considered an affordable and convenient alternative to the WCN. The neighborhood is bordered by West Ave., Genesee St., Scottsville Rd. and the Erie Canal, and is the largest neighborhood in Rochester.

South Wedge:

The South Wedge is a triangular wedge of land just north of Strong that is bordered by the Genesee River and I-490, with South Ave. as its major artery. It is contiguous with the Swillburg and Highland Park (formerly Elwanger-Barry) neighborhoods, which will be included in this section for brevity.



Corn Hill:

Corn Hill, the oldest neighborhood in Rochester, has not always been very popular among Rochester students, but it's a great option for those who want a bit of distance from the medical school and some great dining and entertainment options. It is bordered in the north by I-490, east by the Genesee River, and south and west by Ford Street.

Park Ave.:

The Park Ave. area has long been considered one of the “coolest” parts of Rochester, with a high concentration of bars and good restaurants, with an epicenter at Park Ave. and Berkeley. The area is also home to the Park Avenue Festival, which takes place in early August (generally the weekend before school starts!).

East Ave./Neighborhood of the Arts:

Want to live in a Victorian mansion on a medical-student salary? East Ave. is for you! This gorgeous, tree-lined street, which runs from downtown out to the East. Ave. Wegmans (and beyond), is full of gorgeous old homes (and some apartment complexes), many of which have been renovated to accommodate house-shares. The Neighborhood of the Arts is officially centered on the Memorial Art Gallery and the George Eastman House, and is adjacent to the East End's restaurants and nightlife.

East End:

The East End is the neighborhood directly west of the East Ave. area (also known as the east end of downtown Rochester). It is home to, among other things, the Eastman School of Music, and is known for its excellent food and nightlife options, and the Little Theater, an excellent independent movie theater.



Cascade District/St. Paul Quarter:

These areas, located in downtown Rochester, are worth mentioning for the rapid development of loft buildings in renovated factory and industrial spaces. New York City loft living ... in Rochester! Although the areas can be a bit rough, they are by no means considered the “dangerous” parts of Rochester, and they are quickly undergoing gentrification.

Off-campus housing at a glance: By Neighborhoods			
	Type of housing	Cost	Distance to Strong
WCN	Mainly house shares	\$	Short walk
19 th Ward	House shares, some apartments	\$	10-15 min. walk
South Wedge	House shares, some apartments	\$\$	15-25 min. walk, short drive
Corn Hill	House shares, apartments	\$\$	20-25 min. walk, short drive
Park Ave.	Variety	\$\$	10-15 min. drive
East Ave./NOTA	House shares, some apartments	\$\$\$	10-15 min. drive
East End	Apartments	\$\$	10-15 min. drive
Cascade District/SPQ	Apartments	\$\$\$\$	10-15 min. drive

Apartment Complexes:

Apartment complexes seem to have become less popular among medical students over the past couple of years, but they remain a convenient option for some (pay your rent online and no shoveling snow!).

Off-campus housing at a glance: Apartment Options			
	Type of housing	Cost	Distance to Strong
Mt. Hope Lofts	Studio, 1BR, 2BR/1BTH, 2BR/2BTH	\$910, \$1100, \$1290, \$1535	Short walk
Rustic Village	1BR, 2BR	\$830-855, \$895-1010	10-15 min. drive
Elmwood Manor	Studio, 1BR, 2BR, 2-story Townhouse, 3-story Townhouse	\$720, \$765-815, \$875-900, \$1080, \$1360	5-10 min. drive
Imperial South	Studio, 1BR, 2BR	\$755, \$855-870, \$940-975	5-10 min. drive

1600 Elmwood Ave.	Studio, 1BR, 2BR, 3BR	\$945, \$999-1044, \$1111-1175, \$1439	5-10 min. Drive
Temple Building	Studio, 1BR	\$1000-\$1500	10-15 min. drive
Residences at the Co	Studio, 1 BR	\$910-950, \$1250-1500	10-15 min. drive

*BR = bedroom

**BTH = bathroom

Transportation

You are required to have a car at URMIC, but some students can get by for a year without one. However, you will not know whether you can get away without a car for the first year until you are in the midst of school. This is because preceptors can be located within walking distance or up to 45 minutes away. Thus, we recommend having a car right from the beginning of school.

In and Around Rochester:

Cars:

The vast majority of students agree that you need a car to get around Rochester. There is a bus system, but it doesn't cover all parts of the city, and is not an easy way to get to the grocery store.

Parking:

To park at school, you will need a parking pass. There are a few 1-hour spots on Lattimore Road; most of the rest of the White Coat Neighborhood does not have street parking. For the 2017-2018 school year, the parking fee for a single car in Lot 1 is \$380 (unless you get the commuter pass that lets you park). However, if you can pull together a carpool the cost falls quickly—half the fee for two people, a quarter for three people, and free for a four person 'pool! You'll either be put in Lot 9 or Lot 1 (with a Lock Box, which means you have to put a key in it so the parking people can move your car around to let others in and out).

City Buses:

The city buses are run by the Rochester Genesee Regional Transportation Authority (<http://rgrta.org/>). Depending on where you are living, the bus can be a quite convenient way of getting to and from school, and even around the city. However, the bus system isn't always the most reliable (for getting to class on time, for instance) and in some cases routes can be a little tricky because the whole system is premised around using downtown as a hub for all transfers. Still, it is always worth giving buses a try, especially if you live in the Corn Hill or South Wedge areas and are looking for an alternate means of transportation to get to school. All of the buses have a front bike-mount rack. The RGRTA has a useful Trip Planner. Note that while it is possible to take the bus to the airport, it takes a good two hours, and there are no transfers. Bus fare is \$1.00.

A few useful bus routes:

- 1: Runs straight down Park Ave. to the Inner Loop, then pick up the 15 to Strong
- 5: Runs down South from the Inner Loop to the hospital
- 11: Runs down Clinton to Elmwood Ave., then west toward Strong
- 15/50: Both run down Mount Hope to Strong
- 19: Runs down Exchange and Plymouth through Corn Hill and the 19th Ward and then to Strong

Note that the University of Rochester also runs its own bus system; you can use its “Shopping Shuttle” to get to Wegmans, Target, and other key stores.

Taxis:

Local taxis are a reasonable option for occasional trips. However, they can get steep, especially on the weekend. There are several dispatchers (with varying levels of reliability in answering the phones). Generally, you won't be able to flag a cab down, but a phone call will usually get you a taxi in about 5-10 min. Note that a cab trip to the airport will run about \$35.

http://rocwiki.org/Taxi_Services

University of Rochester has a GREAT discount program with Marketplace Taxi- they offer flat rates and super cheap rates. 585-274-2222

<http://www.rochester.edu/parking/options/STS.html>

Uber/Lyft/Rideshare companies:

These options should be available as soon as June 29, 2017 (prior to this, including when this piece was written, ridesharing companies were not allowed to operate).

University of Rochester Bus System:

Medical students can take advantage of the school's excellent (and free) bus system. Buses originate from the undergraduate campus at Rush Rhees Library (the main library) or from the Medical Center (blue line). To view schedules (or view bus locations in real time!) see

<http://www.rochester.edu/parking/options/busesandshuttles.html>.



- Red line: to Eastman Living Center and Monroe/Park Ave.
- Green line: Movies 10/Regal Henrietta movie theaters, Marketplace Mall, Wegmans, Target/Walmart, Pittsford Plaza, Public Market
- Blue line: Whipple Park, River Road buildings, hospital
- Gold line: 19th Ward
- Purple line: Rustic Village

Bicycles:

If you've got a bike bring it with you to Rochester. Biking is a great way to commute to and from school for those that live in Corn Hill, the South Wedge, in university housing, or even in the White Coat Neighborhood. You can even mount your bike on the front-mounted bike racks of city buses (just pull the rack down, place your bike in it, and bring the hook over your front wheel). There is ample parking for bikes around the hospital, and many of the city streets have bike racks and loops. There are also some great bike trails in Rochester, including the **Erie Canal path** and the **Genesee Valley Greenway and River Trail**, which both start in Genesee Valley Park. Ride a little bit further and you're in the wide country roads just 3 miles outside of the city. And if you don't have your own bike, you can rent one for free from the undergraduate campus gym between March and November (<http://www.sa.rochester.edu/citycycles/index.php>). Note that bike theft is a problem in Rochester, like in any other city, so **make sure you have a good U-lock, and lock up your bike even if it is in your garage.**

Getting In and Out of Rochester:

By car:

Driving is an easy way to get in and out of town. It is about an hour to Syracuse or Buffalo and 6-7 hours to Boston, New York, Philadelphia and Baltimore. Toronto is about a 3-hour drive away (it is home to the closest IKEA) but be aware that it can take much longer depending on Border Control lines.

By bus:

Greyhound: The old standby, but not the best choice these days. Greyhound is not as cheap as newer discount lines, the buses are not as nice, and trips are longer because you make more stops. Then again, if you aren't going to a major destination, sometimes Greyhound is the best choice. Picks up downtown at 187 Midtown Plaza. <http://www.greyhound.com>

Chinatown (Ocean) Bus: Used to be the cheapest way to get to New York City but has competition from carpooling/train price-wise plus it has strange hours—the bus departs from 733 Monroe Ave at 1:10am and drops you off in Chinatown at 7:40am. Tickets go for \$45-55 each way.

Megabus: Megabus runs to Syracuse, Buffalo, Toronto and New York City. Picks up at the RIT Inn & Conference Center at 5257 West Henrietta Rd. (You can leave your car there while you're gone.) Tickets are more expensive than on the Chinatown bus (between \$47 and \$74 depending on when you buy). Try to look up a promotion code online before reserving your tickets. <http://www.megabus.com/us>

By train:

The Rochester Amtrak station is located at 320 Central Avenue downtown. A trip to New York City will take around 7 hours, with prices starting at \$63. For major cities, this is the only convenient route (Boston or Philadelphia generally require a transfer in New York, or run on slow routes). <http://www.amtrak.com>

By plane:

Rochester's airport is small but has a decent selection of carriers, and you should be able to get pretty much anywhere in the United States either direct or with one layover. New York City is arguably the easiest city to get to with JetBlue offering multiple flights per day and other carriers also providing service to and from NYC airports. Direct flights are available to Atlanta, Baltimore, Chicago, Cincinnati, Cleveland, Minneapolis, New York, Washington, and several others. For those coming from major cities, the size of the airport can actually be a bit of a relief: lines are generally short, and parking is relatively cheap (around \$5.00 per day in the long-term parking lots, where a shuttle picks you up at your parking space and takes you to the terminal). And you'll almost always run into people from your class if you're traveling during vacations.