

Student-To-Student Guide (a.k.a The Blue Book)



A Student-Written Guide to Rochester and URMC

17th Edition

Presented by Members of the Class of 2024
University of Rochester School of Medicine and Dentistry

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Welcome

Congratulations and welcome, Class of 2025! You're here; ready to embark on the first chapter of your medical training. When you think about everything you've done to get here—your work in the hospitals, your public health projects abroad, your experiments in the laboratory, the students you've taught and mentored, the organizations you've led, the teams you've inspired, and of course the countless hours spent studying— you should certainly be proud. You've earned your spot in the class, and you're ready to make the most of the opportunities that medical school and the city of Rochester present to you. But just as a new beginning brings excitement, it may also harbor uncertainty. Questions about workload, how to study, and work-life balance may already be circulating in your mind, or perhaps you're unsure about what neighborhood to live in, where to buy your groceries, or what there is to do for fun in Rochester.

That's where The Blue Book comes in. It's an old URMC tradition, and years of medical students have put tons of thought and effort into this book. Here, we build upon the foundation of wisdom laid down by previous classes to give you the details on courses, textbooks, housing, transportation, student groups, restaurants, entertainment, and just about everything else we've learned during our time here in Rochester. Our goal is to help make your transition to medical school as smooth as possible so that you spend less time trying to find things out and more time enjoying your new surroundings.

That being said, we hope you find this guidebook helpful and handy as you proceed through your first year. Yes, medical school is extremely tough, but you have your classmates right by your side, and upper class medical students to offer advice whenever you need it. You're also supported by a truly wonderful and caring faculty. Take the time to build these relationships and to explore the wonderful city of Rochester. You will be happy with what you find.

Meliora,

Classes of 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023 and 2024

Editor's Note/Acknowledgements

The Blue Book is the combined effort of medical students across many classes. Our words were built upon what was already written in earlier editions. We thank the numerous contributors to this and past editions of the Blue Book for creating such an insightful and comprehensive product. The name of every student that has contributed to this and prior editions is listed below.

For the current 17th Edition, we've gone through and made sure all parts were up to date, and included entries pertinent to the incoming Class of 2025.

We'll leave in the same Buyer Beware that came with prior versions: This book is crammed with individual student's opinions, both past and present. If you don't like something, don't hate us—just fix it when it comes time for you to create the 17th edition.

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Preamble

Class of 2025,

Hello there! I am honored to welcome you to the University of Rochester School of Medicine. You are amazing! You just got into medical school and that's an awesome feat, I just had to let you know. Here, you will meet equally impressive people from all over the country and even the world with whom you will share this Rochester experience for the rest of your lives. Throughout the ups and downs of first year, please remember that you belong here. Each one of you was chosen because you represent the academic and humanistic ideals of being a physician. If I can imprint one thing on you before you embark on your medical journey it would be to let you know that you are here for a reason and that no matter what you will do great!

This has been an arduous year! So many of our regular lifestyle routines have been disrupted and the events within our nation have sent shockwaves throughout the lives of everyone. I am hopeful that the trying times of the past year will lead to a better tomorrow. Given this, within the medical center you will find shoulders to lean on and people willing to lend an ear if you ever need it. However, despite all the hardships and struggles of this year you have gone through the process of applying to and getting into medical school and I am confident that you all have the ability to help bring about a positive change in medicine or maybe beyond.

The amount of content you will be asked to learn this year is going to seem like a lot, and at some points it will seem impossible. One could compare it to drinking out of a fire hydrant. In case no one has let you know yet, you do not need to memorize everything to be a great doctor! Please do not let it discourage you if you forget a branch of the brachial plexus or confuse the different glycogen storage diseases, I definitely did. You have your whole life to learn and practice medicine, make sure that you have fun and enjoy the journey! Medicine is a marathon not a sprint!

Within the same vein, make sure that you do not lose what makes you, YOU. I am going to steal what one of my trusted friends in the class of 2023 told me and encourage you to pick one or two hobbies and tell you not to give them up for any reason. If you like to cook, take a break and make a bomb ass meal. If you can't focus without working out, then scratch your gym itch and get back to studying. You know what you need to do to refresh yourself, do not feel guilty to take the necessary time for yourself.

You are about to embark on one of the greatest adventures of your life and we, the Class of 2024, wish you the best of luck, future friends and colleagues. We are always here for you when you need us.

Meliora,

Logan Worley, Class 2024

Classes

Some Definitions:

Evaluations: Rochester requires that you submit evaluations for classes very often. Everyone has to evaluate each class as a whole, and you will be assigned additional evaluations (for lectures, lecturers, and small group sessions) throughout each course. Evaluations are completed through MedHub and you'll get an email every time one is added to your list. Make sure to stay on top of these! They pile up quickly.

LOs: Acronym for "Learning Objectives." This refers to both the 5-minute presentations you give at the beginning of each PBL session, and a list of things you're responsible for learning in each course and each lecture. Looking over the LOs for a lecture will give you an idea of what the lecturer thinks is important. Many students recommend trying to "answer" LOs to check your understanding of a topic or lecture. They're a great way to organize your studying.

PBL: Acronym for "Problem-Based Learning." Students assemble with a moderator in groups of approximately 9 students and talk through a medical case. There will be a "practice" PBL during orientation, 1-2 PBLs for each block of HSF, 1 PBL during MEI, 7 PBLs during MTC, and 4 PBLs during Host Defense. On the first day of PBL, you'll receive the beginning of a case (in parts), interpret the findings, and then go home and prepare a short "Learning Objective."

Syllabi: A syllabus in medical school **is not** just one sheet of paper that lists the topics and test dates for a course. For each class, you'll be able to download a volume of notes for every lecture in the course (HSF has five syllabi, MTC and Host Defense have three) onto your new iPad. Think of your syllabus as the main textbook for a class; you may use other books, but only to supplement the syllabus.

First Year Courses:

In the basic sciences: Human Structure and Function (HSF), Medical Evidence and Inquiry (MEI), Molecules to Cells (MTC), Pharmacology, and Host Defense

In clinical skills: Introduction to Clinical Medicine (ICM), Foundations of Biopsychosocial Practice (FBP), Meliora in Medicine (MiM)

Human Structure and Function (HSF)

Duration	14 weeks total (Block I is 4 weeks, Blocks II, III, and V are 3 weeks each; Block IV is 2 weeks)
Textbooks	Anatomy: Moore and Agur, <i>Essential Clinical Anatomy</i> ; Hansen, <i>Essential Anatomy Dissector</i> ; Netter, <i>Atlas of Human Anatomy</i> (you'll get this for free during Orientation!) Histology: Mescher, Anthony L., Junquiera's <i>Basic Histology</i> ; Ross et al., <i>Histology: A Text and Atlas</i> Physiology: Morhman and Heller, <i>Cardiovascular Physiology</i> ; Levitzky, <i>Pulmonary Physiology</i> ; Johnson, <i>Gastrointestinal Physiology</i> ; Eaton and Pooler, <i>Vander's Renal Physiology</i> Embryology: Salder, <i>Langman's Medical Embryology</i>
Graded assignments	Five four-hour exams: <ul style="list-style-type: none"> • 1 hour lab practical in the anatomy lab • 1 hour multiple-choice histology exam (on iPads) • 2 hours (mostly) multiple choice physiology, embryology, and anatomy exam (on iPads)
PBLs	6 PBLs

For many students, HSF is the toughest class of the first year. Many students consider it a “rite of passage” in medical school or a “beast we must tackle.” Just to reframe that concept, once you survive HSF, it gets better! For the vast majority of students, it is impossible to learn everything, and that is OK – remember, the class (and all of first year) is Pass/Fail. As with all medical school classes, you are NOT expected to know EVERYTHING to pass! You’ll start to develop a sense of what material is “higher yield.” Many people say that HSF functions in a cycle: the first week of a block, people are fairly relaxed and go out; the second week, people begin to step up their studying; and during the third week, people spend a lot of their free time studying. With time management, you will still be able to meet your other commitments and self-care even in the third week of the block. Since this is your first class of medical school, it is important to develop a sustainable balance between studying and all your other activities. While at the time it may seem daunting to try to balance things, you can be a healthy, happy medical student. Lay a good foundation for the rest of your time in medical school by making close friends and taking care of yourself with exercise, a good diet, and sleep!

In HSF, you’ll be pulled in many different directions. The course covers a broad scope of material, and most hours from 8am to 5pm are accounted for, which can make the days feel long. Feeling stretched thin or overwhelmed with a pressure to “keep up” or “prove yourself” may happen - and that is normal. With this high stress, some students report letting mental and/or physical health fall to the side. This is your reminder that your personal wellness is very important and extremely valuable to your own ability to learn in HSF. Many students find that HSF gets easier as they finesse how they study for the course. Whether you enjoy HSF or find yourself struggling throughout the course, remember that you were admitted for a reason and that you deserve to be here. If the demands of HSF (and medical school in general) ever seem like they’re too much to bear, *please reach out for help*, whether it’s from a professor, your AD,

a trusted classmate, your family, or the counseling center. There are people here for you who genuinely want you to succeed!

The five blocks in HSF are more or less divided up by organ system, with coordinated anatomy, physiology, histology and embryology. Block I focuses on muscles, bones, and the peripheral nervous system; Block II on the heart and cardiovascular system; Block III on the head and neck (including cranial nerves) and lung physiology; Block IV on the GI tract, and Block V on the renal and urogenital systems. You may find that the way you study changes for each block, as the lecturers change for each block and each has their own teaching style, and the way you study each organ system may vary. Everyone studies differently and you'll likely try different strategies throughout the course; just stay on top of the material as much as you can. Find what works for you and stick with it - don't worry as much about how other people are studying, because everyone has their own learning style.

A Very Important Caveat: There are a lot of "required"/recommended books for HSF. Using a lot of books can be overwhelming, so choose books you like and stick to them. One student said, "It was confusing and overwhelming to re-read the same information just stated/diagrammed differently, while not knowing what we might actually be responsible for. All the pertinent information is discussed in lab or lecture."

As medical students, we're all adult learners and we're responsible for finding our own ways to learn an increasingly large amount of material in a short amount of time. While going to every lecture is *recommended and beneficial for many reasons*, you probably won't attend every single lecture. Whatever your feelings are around class attendance, it's totally fine as long as you're passing and learning what you need to know. That being said, HSF exams consistently test material that was exclusively covered in lecture, and essentially the entire class attends all of the HSF lectures. (***Don't miss required lectures! And try not to miss patient presentations/integrated conferences - those people are taking time out of their day to come in and speak with us. Remember, it is respectful to listen to their life stories, hear a humanistic touch to the science you are learning, and remember why you wanted to become a doctor.***)

Anatomy:

Anatomy can be a little overwhelming at first. Before the first day of lab, you are required to view the anatomy lab orientation videos. They provide information on different dissection techniques and tools, as well as how to properly care for your donor. The first dissection you do is designed so that you can take your time, and you should. Dissection is challenging - technically, physically, and emotionally. Get used to the feel of the lab and *get to know your lab partners*, as you'll be spending a lot of time together. Group dynamics are one of the things that can make or break your anatomy lab experience. A good group will support you through these four months, or make them more stressful than necessary, so it is highly recommended that you get to know your partners outside of the stressful anatomy lab environment. Some students recommend having a lab group "monthly check-in" to celebrate strengths, provide feedback on weaknesses, and vent any issues the group may be dealing with. One area of group dynamics that is tricky to

navigate is different views on humor in the anatomy lab. Humor can help lighten the mood and bond your group, but always keep it respectful towards the donors.

Most people buy a pair of scrubs for the lab; some people wear old t-shirts. It doesn't really matter - whatever you wear will probably be thrown out at the end of the semester. (By the way, some people and professors will tell you otherwise, but according to the majority of HSF professors, you CAN wash your scrubs as long as you use common sense, i.e. don't put them with your other laundry, and try to use odor-reducing agents such as baking soda and/or vinegar. Try to wash them fairly regularly if you plan on washing them at all - it really does help cut down on the smell). There are a few scrub stores in Rochester (just Google it!) that offer discounts (up to 25% with your UR ID), CVS, Walmart, thrift shops, and the College Town Bookstore (probably priciest option). Trust us, don't waste your money on a nice set of scrubs here!

Dissecting a human body can be emotionally difficult for many people. You will be provided with *The Reflector*, a student-written study guide and reflective journal for you to document your anatomy lab journey. It is highly recommended that you use *The Reflector* in some way - whether that is before the lab as preparation, after as a reflection, or as a study guide (it has a very handy list of all the terms you need to understand and be able to identify for each Block!). You may have a strong reaction to your first (or any) anatomy dissection. For many, this gets easier. But for some students, anatomy lab is a challenge to deal with throughout. Remember that any reactions/feelings (or lack thereof) you may have around anatomy lab are valid, and *The Reflector* is an open space for you to reflect on or document those feelings if you choose. There may also be faculty from the Medical Humanities department in the labs during dissection or easily accessible outside of class, who are always available to talk about any reactions or feelings regarding lab or even life. They will not be grading students in any way and are around simply as a friendly, trusted faculty member to chat with.

Books: Anatomy is very visual and includes a lot of information, so you might find yourself sitting at a table surrounded by your iPad (Visible Body is great), Netter's *Anatomy*, and Moore's *Essential Clinical Anatomy*. For some students, this is helpful; others find it counterproductive. However, **anatomy is the only subject for which all students reported using at least one book**. First, everyone is given a copy of *Netter's Atlas of Human Anatomy* (signed by Dr. Hansen!). It's got great full-color pictures, and is extremely (sometimes too) detailed. Moore's *Essential Clinical Anatomy* is the "required" textbook, whose "blue boxes" are very high yield for exam questions. You'll be given access to online questions associated with the Moore's textbook, and at least a few of these questions end up on the written anatomy portion of exams, so definitely use them to quiz yourself! Also, Netter's *Clinical Anatomy* is a similar (longer) alternative written by Dr. Hansen, and many students swear by flashcards (the Netter's Anatomy Flashcards are detailed and in full color, or the UMichigan Anki flashcard deck). Additionally, there is a new URM Anatomy Anki deck that you'll have access to during the year.

You'll be given a PDF version of the *Dissector* which can be used to review dissection instructions and to study from. Don't worry about bringing it to the lab - there will be copies at each table. The terms that will be tested are all in bold in the *Dissector*, so focus on learning those structures and supplement with Netter's or Moore's for more detail. There are also several great iPad apps for visualizing anatomic structures - many students swear by Visual Body, which you can download for free from the Miner Library Website. Some students find it helpful to bring their iPad (inside a gallon-size Ziploc bag) when they go into lab to study outside of class. As mentioned previously, you will also be given a PDF version of *The Reflector*, which conveniently has the lists of terms from the *Dissector* that will be required knowledge for the exams. There is also a hard copy of *The Reflector* available in lab.

Lab: You will have a different lead professor in your lab for each block. All of the professors who work in the labs are really friendly and helpful; don't be afraid to ask questions! They are also very likely to point you in the direction of more high-yield material. Many students also recommend reading the *Dissector*, previewing structures in Visible Body, or watching online dissection videos before you come to lab. It can be difficult to keep up with this routine, but many people agree that it is a good way to be efficient during lab, and to learn more while you are doing it.

Studying: Anatomy involves a lot of memorizing, and if you're not a very visual learner, it can be tricky. Lectures are very helpful and the accompanying slides include very comprehensive and high-yield labelled diagrams. The number one tip from students is to put in some hours in the anatomy lab after class and on weekends. However, when doing this, it's absolutely recommended that you study with a partner. Studying alone may seem more convenient, but it's very easy to mis-identify structures, even with the *Dissector* and *Atlas*. Having a partner means having someone who can quiz you and correct you just in case you may have learned something incorrectly during Anatomy Lab.

Make sure that you test yourself on as many cadavers as possible, including those in other rooms; remember, your cadaver will only be used for at most one question per exam! Many students suggest going through the LOs in the *Dissector*, and make sure that you can answer them (the test questions are derived from these). Dr. Hansen's anatomy questions will be posted on BlackBoard each week; they are very useful for figuring out what to focus on, and they are particularly high-yield for the written exam. Many students also find the UMichigan practice questions available online to be a high-yield study tool for the written exam. Finally, each anatomy exam also usually has a radiograph component, where you have to identify a structure on a CT or x-ray. They usually account for only one question, and the questions are generally among the easier ones. Sample radiology slides are posted on blackboard during each block. Taking a look at these slides is normally sufficient for answering radiology questions on exams.

Block 1: This first block of anatomy is centered around the back and upper limbs. Although the first few labs of this block will be geared towards increasing and solidifying your comfort with being in the lab and performing dissections, Block I does ramp up pretty quickly, especially once you start

dissecting the brachial plexus (*If you don't know what this is, you will*). The brachial plexus will very likely seem overwhelming when you first look at it, but after a few times drawing it out, you'll very likely be able to draw it from memory. In addition, there will be entire sections of PBL cases devoted to hammering this topic down, so you'll have the opportunity to learn this and many of the other challenging concepts of anatomy. Also, remember that the upper limbs can be broken down into different compartments, each one having different nerve innervations and actions.

Block 2: This block focuses on the cardiovascular system. You'll be dissecting the human heart as well as the numerous nerves and blood vessels surrounding it. This block's anatomy is actually lighter in comparison to the other blocks (except maybe Block 4), so you might find this to be a bit easier in comparison to Block 1. When looking at the heart, make sure that you can understand its orientation. It can be easy to mix up the ventricles and atria.

Block 3: This block focuses on the anatomy of the head and neck. Many people say that Block 3 is by far the toughest anatomy block of HSF. And this is for several reasons. For one, the head and neck contain an inordinate number of nerves that are all connected through different pathways *that you're expected to know for the exam*. You may be completely overwhelmed after the first two lectures you get on the cranial nerves, because their pathways are so intricate, but just like the brachial plexus, drawing those pathways out a few times can help you memorize them.

In addition to the academic rigor of the anatomy labs, the actual dissections during Block 3 can be pretty jarring. Without getting into the details, you will be able to visualize the head and neck *from the inside and out*. Dissecting the head and neck are also technically and physically challenging as the structures are miniscule and can involve cutting through bone. Thankfully, the instructors are there to help you and help with the more labor-intensive dissections, and humanities faculty are there to facilitate any thoughts and emotions that you may feel about these dissections.

Block 4: This block's anatomy is primarily focused on the abdomen. Like Block 2's anatomy, this block's anatomy is also relatively lighter in terms of content (ESPECIALLY after block 3). Most of the organs and vessels are quite large and very similar to what they look like in the anatomy atlas.

Block 5: This block covers the genitourinary system, pelvis, and lower limbs. You'll start the block focusing on the pelvis and genitourinary systems and for that reason, the beginning of Block 5 anatomy starts out pretty challenging because of the complexity of the pelvis, its nerves, and its organs, but the block returns to almost a repeat of Block 1 (but with everything reversed and with a few new compartments) when you start studying the lower limbs.

Special note: PAY ATTENTION to the anatomy lectures (usually given by Dr. O, Dr. Piekut, or Dr. McConnell). Some of the terms they introduce in their lectures are **not** bolded in The Dissector, and they **will** show up on exams.

Exams: For the anatomy practical exam, you will rotate through 25 stations with two minutes at each, no going back to previous stations. Bring your own clipboard (you can get one for \$1 at the Dollar Tree, don't be that person asking everyone to borrow one) and writing utensil! Each station has a two-part question: the two questions will be either identification questions (marked on the donor with a pin), conceptual questions (such as embryology, innervation, blood supply, etc), or one of each. The questions may or may not be related to each other. At the beginning of each station, make sure you orient yourself on the cadaver! As Dr. Piekut will say- KNOW YOUR LANDMARKS. Usually a good part of the cadaver will be covered, with only the relevant structure revealed. Make sure you know where the head is, and whether the cadaver is lying face up or face down (seriously.) Make sure you start your answers at the correct question number... otherwise, all of your answers will be wrong.

Finally, always double glove – it reduces the smell on your hands!

Histology:

Histology can be a blur of pink and purple in the first two blocks, but it settles into a nice routine of identifying organs in blocks 3, 4, and 5.

Books: Students are about evenly split between those who used a textbook and those who used only the syllabus. In recent years, the professors highly pushed Junquiera's *Basic Histology* and used it for teaching alongside histology labs. In previous years, Ross was also a great resource for students. Try using it for pictures and then reading the yellow-box summaries at the end. An alternative textbook is *A Photographic Atlas of Histology* by Michael J. Leboffe. It is mostly pictures with explanatory captions and is organized nicely. It is very easy to use and follow along with the labs. A last alternative recommended by previous students is Wheater's *Functional Histology*, which some students say has better pictures than Ross.

Bottom line - All in all it's up to the individual student to decide if they want to use a book or not but they can be really helpful especially in lab.

Histology Lab:

During lab, you'll look at scanned slides on your iPad, on which you can zoom in and out to view the different slides. There are (thankfully) no longer physical microscopes in lab.

Use your time in Histology Lab wisely. One of the histology professors will generally give an overview lecture before the lab, but you may not understand or catch everything. During lab, work with your classmates to make sure you are identifying structures correctly! This is when those texts and histology lectures come in handy - you can compare what you find on the scanned slides to what the pictures in the text look like. If you're having trouble visualizing something on the virtual slides, try the Analytical View button for better quality images.

Histology lab is broken into sections, and you will have a different professor for each block. Generally you will have a quick preview of the slides you will be looking at, and then you will work with your lab partners and go through the slides on your own. During the last ten minutes of class, the professor will review what you should have seen/identified.

Other resources: once you begin to identify organs during class and lab, use "Shotgun Histo" YouTube videos to study. This series of 2-5 min videos takes you through the structure and function of important cells and landmarks on each organ in a slow and comprehensive way. Just YouTube "Shotgun Histology" and the organ you're trying to learn about. Then, enjoy passively studying from your bed. URM also has an app called Histo Slide Review. This has hundreds of labeled images to help you with your pattern recognition. It also has a quiz function for testing yourself. Many students use this as a resource; it's especially helpful in later blocks with Organ ID questions. Dr. Callahan has also recently developed a 15-min Histology Self-Test for each histology lab, so after each lab you can take the quiz as review. These self-tests have worded questions similar to the exam and detailed explanations, so they are very useful.

Studying: Make sure you are really good at identifying the slides in lab; you can also use the online University of Rochester slides to review the same slides you saw in class. Quizzes are posted on Blackboard after each lab and they are very helpful. The more pictures you look at, the better. It can also be very helpful to make your own flashcards of the structures you have to know with as many pictures as possible. You can take screenshots during lab, use pictures from the powerpoint presentations etc. and create a flashcard quiz for yourself. Because everything can look the same, really try to identify "hallmarks" during class or lab that you can use to identify structures/organs etc.

Make sure to know the syllabus and lecture notes material well because specific details will show up on exams. Also, organ identification is **cumulative** throughout the course. As you go, keep your notes and review key characteristics of each organ. There is an Anki deck for Histology Organ ID that will be provided to you that is an extremely useful resource for organ identification studying!

Bottom line - look at a lot of pictures, make yourself some flashcards or use the online resources given to you to quiz yourself, and don't neglect histology studying because you get caught up in anatomy or physiology. You will use histology later, so it is important to learn during HSF.

Exams: All the exams in histology are conducted on iPads. The first 2 exams will consist of questions on identification of microscopic structures and understanding what everything you're studying actually does. The last 3 exams will incorporate questions requiring you to identify certain organs. The "ID the Organ" section on the Block 3, 4, and 5 exams is cumulative!

Physiology:

Physiology is tested most "traditionally," as a multiple-choice test. The exams are tough, particularly if you've never seen the material before. For a general overview (once you have the

details memorized), many students recommend using *BRS Physiology* by Costanzo. For learning the details of a difficult concept, use Boron and Boulpaep, or *Medical Physiology* by Guyton, or Ganong's *Review of Medical Physiology* (the latter is less dense and less detail-oriented than Boron and Boulpaep). Another good resource for learning the details is the set of Lange physiology books. They are smaller, easy to read and are split up into specific systems (pulmonary, cardiovascular etc.) You can get them for FREE on the Miner website under E-books. Note that a good plurality of students did not use any textbooks for physiology, as the syllabus is relatively complete. If you're confused or lost, though, turn to a book or email your professors ASAP.

Bottom line - **the syllabus is very complete**. Use it alone as much as you can, but clarify difficult concepts with a textbook. **Plenty of resource books are available to you in the library and online**. Additionally, the faculty is open to answering any questions that arise during the course.

Block I: Block I physiology covers nerve and cardiac physiology. It may seem easy at first, but **it is tough. Do not neglect it**. There is no recommended textbook, but you can definitely find what you need in Boron and Boulpaep. You can also use *BRS Physiology* by Costanzo. Some of the lectures for this particular block can be very dense and go at a fast pace - it can be easy to get lost and frustrated quickly - especially during cardiac ion channel and signal transduction lectures. Using a textbook can really help your understanding and comprehension, especially when the syllabus gets dense during the end of Block I.

Block II: Block II covers cardiovascular physiology. The Mohrman and Heller book is short, inexpensive, and pretty popular amongst students. Four books in the Lange series are recommended for this class; you might find that you can use them efficiently for board study, because you will already be familiar with them. Make sure you can draw out and explain the Wigger's diagram. This stuff comes back again and again, so try to learn it well and remember it.

Block III: Block III covers pulmonary physiology, which can be a bit confusing, particularly because you will be learning it during the same block in which you learn the cranial nerves in anatomy. Don't panic! Dr. Hocking is a wonderful professor, and very willing to help if you get confused or behind. The Levitsky book is helpful and relatively inexpensive. The lectures also mirror Levitsky fairly well. During this block, you will have some problem sets (not graded) that are helpful for the exam. **Do the problem sets and go to office hours with questions**. The review sessions for these problem sets can be frustrating if you have not done the problems already (luckily, attendance is not required). If you can, go to Dr. Rubenstein's reviews, do the problem set ahead of time, and be prepared with your questions ahead of time.

Block IV: This shorter block covers gastrointestinal physiology. Understanding the different hormones and how they cause different cells of the GI tract to secrete things can feel overwhelming at first, but it gets more digestible when you compartmentalize the information

you get from each lecture. There's also not nearly as much to learn as there is in the other blocks. But on the other hand, there's less time to learn it, so stay on top of things!

Block V: In Block V, you'll do renal physiology. The Vander renal book is pretty popular, but fewer students use it than Levitsky or Mohrman. It can be helpful to draw yourself out a giant nephron and label all of the channels and where the drugs work. Acid and bases can be tricky to understand during this block. Again, using a textbook is going to be your best bet if you are lost. If you don't completely understand everything with acid/base balance the first time around, don't worry. You will see it in almost all your other courses throughout the year. Try to grasp as much as you can during this block but don't freak out if you still don't totally understand everything.

Embryology:

Embryology is spread throughout the course, covering structures concurrently with relevant topics. Embryology can be a little hard to wrap your head around; so don't neglect it. Understanding it may even help you understand other concepts in anatomy and histology. On the other hand, it *usually* does not constitute a major component of any of the tests. It's mainly tested as part of the anatomy portion of exams and can show up both in the written exam and in the anatomy practicals. The vast majority of students did not use a textbook for embryology. Those that did either used Langman's, or *High-Yield Embryology*, a recommended board-review book.

Bottom line - Go to lectures, learn the bold terms, use YouTube videos if you are having a hard time picturing everything from chalkboard drawings only, and don't buy a book unless you really want to—chances are you won't open it. **Use flashcards to memorize the bolded terminology, which is the basis of the test questions.**

HSF Studying Overall:

As you can begin to imagine, there are infinite options for ways to study all of this material. It is important to find *what works for you*. Throughout medical school you will run into people that insist that they have discovered, "the best," or "the highest yield," way to study the material, but if that option doesn't work for you then move on to another. Don't let other students tell you that your way to study is incorrect and more importantly don't be that person!

Medical Evidence and Inquiry (MEI)

At a glance:

Duration	3 weeks
Textbooks	<i>Epidemiology</i> , Gordis
Graded assignments	Problem Sessions in PBL

	Hero or Villain Group Assignment Exam 1 Final exam
PBL	1 PBL

Compared to HSF, this will be a huge break and nice segway into vacation– so enjoy yourself! Students recommend really learning the material presented in lecture though, as it will come back time and time again when you read publications and perform research. Course content includes biostatistics, research design, and learning how to access reputable sources of medical information.

Textbooks and Exams: While there is a recommended textbook for MEI, **over half of students reported using only the syllabus to study**. A popular alternative to Gordis is *High-Yield Biostatistics*, which is a good option because it can also be used to review for Step 1. There are two homework assignments (multiple choice “quizzes” on Blackboard) and two exams during MEI: one halfway through the course, and a final exam. The exams are straightforward. There are many practice questions for basic biostatistics and trial design available online.

Molecules to Cells (MTC)



At a glance:

Duration	9 weeks
Textbooks	Lippincott's <i>Biochemistry</i> (but syllabus can easily be relied upon if textbooks aren't your thing)
Graded assignments	Three exams (all are multiple choice, the first two are 2 hours, and the third is cumulative and 3 hours long)
PBLs	6 PBLs



AM I MAKING SENSE OR AM I LIKE A FLIGHT ATTENDANT?
YOU'RE JUST NODDING YOUR HEAD AND SMILING LIKE YOU'VE
NEVER PUT ON A SEATBELT BEFORE.



2-12-2018
8:42 AM

MTC is a substantial change from the grueling pace of HSF (in a good way, for most). On the other hand, a *lot* of material is covered (the three syllabi comprise about 1500 pages in iBook format). Dr. Fong is a wonderful professor, physician, and human - as you'll hear firsthand from upper year students and the families he brings in! His patients and their families come in about once or twice a week to tell us their stories, and these lectures are NOT to be missed. Next summer, when you're looking back on your first year of medical school, these classes will be the ones you remember. They are an amazing opportunity to learn about the psychosocial components of disease from the people we will be serving one day. On an even more selfish level, it's also much easier to remember a disease and its characteristics once you've "gotten to know" a family who lives with that disease every single day.



BY THE WAY, ARE YOU UP FOR A DIGRESSION?

3-1-2018
9:48 AM

Books: Dr. Fong only recommends one textbook for MTC, a board-review book of biochemistry (Lippincott's). **The majority of students only use the syllabus to study during MTC**, because it is extremely complete. A few students will, however, use outside sources. Try Wikipedia, a general textbook, a board-review book, or even a book with which you are familiar from undergrad. Some students used Lehninger's *Principles of Biochemistry*, a popular college textbook, instead of Lippincott's. For cell and molecular biology, some students used Lippincott's *Cell and Molecular Biology*. For genetics, consider Pritchard and Korf's *Medical Genetics at a Glance*.

"In Case You've Forgotten" Book: Dr. Fong will distribute an optional small (100-page) review book of genetics and chemistry during winter break. Do not spend more than a couple of hours

on it. If you have any background in science (e.g. studied for the MCAT), it's really not necessary. Dr. Fong does a great job of building up from the basics so even if you haven't taken a genetics class in undergrad (or the MCAT), you'll be just fine without having read through this iBook.

Class: During HSF, the vast majority of the class tends to go to class, because it is early in the year and there are many required labs and PBLs. However, class attendance varies greatly during MTC. Some students attend all lectures, while others prefer self-study. The best advice is to find what style works best for you. All students, however, highly recommend going to Dr. Fong's patient presentations. These sessions reinforce what you are learning, and may be your only chance to interact with a patient with a given rare genetic disorder (sometimes as rare as 1 in 5 in the world). Finally, don't be overwhelmed by the syllabus, as it contains a lot of extra information. Try to follow the course calendar even if Dr. Fong falls behind. He will eventually catch up and teach you everything you need to know, but his "catch-up" lectures may put you several iBook chapters behind! The most helpful part of the iBook syllabus are the practice questions at the end of each chapter (and the corresponding questions in the Syllabus Companion), as they have been taken from past exams. If you can do those, then you're probably all set for the chapter!

Studying: Because you don't have the structure of anatomy lab and histology lab and fewer students come to class, it can be *easier* to fall behind in MTC than in HSF. Exams can be pretty picky about very specific material. Focus the most on clinically oriented sections of the syllabus (**know all the diseases well!**). Many students made flashcards or made a separate document to keep track of the diseases as they appeared throughout the course. It is useful to draw out the Krebs cycle and other pathways, particularly those that are associated with metabolic disorders - make a master diagram as you go. This helps keep the pathways from getting overwhelming, and helps you see the connections between disease processes. The LOs can also help you test your knowledge of the information. Dr. Fong provides two sets of practice questions: at the end of each syllabus chapter there are some basic fact-recall questions to make sure you understand the material, and each syllabus chapter also has a "syllabus companion" chapter with questions that require higher-level thinking (these are the most similar to exam questions). Make sure you **dedicate a good amount of time to the syllabus companions** (there is one per syllabus). These are a collection of problems, many of which appeared on previous exams. Make sure you start these early (read: not the weekend before the test) and if you find an answer that does not make sense send Dr. Fong an email. He forwards good questions from students to the entire class so we all can benefit (also - if the 'correct' answer is 'A' but you think the answer should be something else, you're probably right - 'A' is the form answer in iBook creation)! Additionally, make sure to double check your answers while going through the companion, as the iBooks are a great resource, but are under renovation. Another great studying resource for MTC is Sketchy Biochem/ Pixarize Biochem. These are both great resources for visual learners.

As one student put it, "Just try to learn as much as you can, but relax. It's impossible to memorize everything!" Dr. Fong will also do everything in his power to make sure you pass. He

happily tells every class that he failed an exam in medical school as proof that exams aren't a perfect indicator of who will make a great physician!



Pharmacology

At a glance:

Duration	3 weeks
Textbooks	None
Graded assignments	One exam, 2.5 hours 100 questions
PBLs	No PBLs, several small group problem solving sessions, one small group simulation

Class: Attendance in lecture is higher than that of Host Defense and MTC. This course is more like MEI and HSF in that there are many different lecturers, which makes the quality of the lectures difficult to predict ahead of time. Dr. Freeman is likely the only lecturer you will see on more than one day. The lectures are generally pretty good, so go to these if you are the type of person who benefits from lectures. The lecturers will generally point you in the direction of the drugs you need to know, their mechanisms, and the most high yield material. Sometimes, they will explicitly tell you this information, so even if you don't go to lecture, ask a friend who did for these nuggets.

Books/Resources: The syllabus is comprehensive and is at the appropriate level of detail. Reviewing last year's exam will help direct you to the level of detail you need to know and what type of questions are fair game. Many will use only the syllabus and last year's practice exam to study. As with Host Defense, Sketchy Pharm, part of the larger Sketchy Medical, is a useful resource (though it covers topics in much greater depth than class). Other popular choices include Lippincott's *Pharmacology* and Lange Pharmacology Flashcards.

Small-group sessions: There are a handful of "problem-solving sessions" scattered throughout the course. They are mandatory but not too taxing. You will be working through pharmacokinetics and pharmacodynamics problems in PBL-sized groups with a moderator, and

the problems are more detailed than most of what is tested. There is also a PBL style pharmacology case study that you will work through in groups. Additionally, there is a required one hour pharmacology simulation exercise where you get to see in real time the effect of giving pharmaceuticals to a simulated patient! .

Studying: Start memorizing the drugs and their mechanisms of action early. It is very easy to fall behind as the drugs pile up. Dr. Freeman will tell you what drugs you are responsible for knowing from his material, as will many of the other instructors.

Some students found Sketchy Pharm to be a helpful study tool. However, unlike in Host Defense where most all of the material in Sketchy Micro is testable, there will be a lot of redundancy in Sketchy Pharm. The videos in Pharm are much longer than in Micro and in some cases have more drugs and detail than you need to know. A good strategy is to keep the syllabus/lecture notes on hand only watch the relevant information in each video. Drug names are similar-sounding nonsense words that can prove challenging to memorize in such a short period. Sketchy is very good at providing visual and auditory cues for most all of the drug names. Another good strategy if you aren't a Sketchy person is to buy "Lange Pharmacology Flashcards" and create a stack of the drugs you need to know and go through them until you have them memorized.

Pharmacology also contains a little review from HSF, namely nerve conduction and autonomic nervous system function. Your HSF notes (or whatever you used for HSF) will be your best resource for this should you decide to review.

Lastly, last year's exam will likely be provided for you as a study resource. It is extremely useful as both a tool for self-assessment and a guide to know what content and level of detail will be tested. Be sure to look at this with plenty of time left in the course to adjust and direct your studying!

Exam: There is one 100 question multiple choice exam. The questions are straightforward.

Host Defense

At a glance:

Duration	8 weeks - 3 blocks
Textbooks	<i>Manual of Clinical Microbiology</i> , Jorgensen et al. <i>Sherris Medical Microbiology</i> , Ryan et al. <i>The Immune System</i> , Parham and Garlan
Graded assignments	Block 1 (bacteria): 3-hour multiple choice exam

	Block 2 (immunology): 1-hour 37 question (for our class) multiple choice exam (worth $\frac{1}{3}$ of Block 2 grade) Block 2 (immunology): 5 assignments that are graded for completion (worth $\frac{2}{3}$ of Block 2 grade) Block 3 (viruses, fungi, parasites): 3-hour multiple choice exam
PBLs	4 PBLs

Class: Attendance in lecture fluctuates. Especially in the immunology block, students recommend attending the lectures that you didn't have as an undergraduate.

Books: It is possible to pass without using an outside resource, but most students use outside resources. **Sketchy Micro, or "Sketchy Medical," is an online visual mnemonic resource that makes studying for microbiology easy and fun.** You can log onto the site from multiple devices, so share a \$100 subscription with a couple friends. If you are thinking of purchasing Sketchy as a resource we would recommend speaking with an MS2 first. Additionally, Boards and Beyond is a great resource for explaining basic immunology. A popular book in microbiology is *Microbiology Made Ridiculously Simple*, which has all the information you need about the various bugs, and some more *stellar mnemonics*. Others liked MicroCards, a set of microbiology flashcards, and some people used Lippincott's *Microbiology*. For immunology, many students like the Parham book; it is pretty concise and well laid-out. Another popular book among students during immunology was *How The Immune System Works* by Lauren Sompayrac, which is sectioned into lectures that are very brief, to-the-point, and have helpful diagrams.

Labs: Instead of labs, we had diagnostic tutorials on Blackboard. These were a breeze to get through but you have to get 100% on the accompanying quiz (don't worry - you can take it as many times as you need). The content from these diagnostic modules is tested on the block exams (especially Block I), and many students found it helpful to create a large decision tree of a series of diagnostic tests that you could follow if you ever encountered an unknown organism/infection.

Studying: In general, using the syllabus to pre-read for class is helpful. You may need to supplement the material with some books, particularly for the parts of the syllabus that aren't clear (use an outside resource for immunology block; a supplement can help gel the complex material together). Immunology can be tricky if it is the first time you are seeing the material (the concepts build on each other), so pick up an extra book for that section. For microbiology, you will need to know some clinical presentations of infectious diseases. Finally, some students recommend buying a copy of First Aid and using its microbiology section to study.

Exams: There are three exams in Host Defense. The course organization has been changing from year to year, but our class had a multiple-choice exam for bacteria, a multiple-choice exam for immunology, and a multiple-choice exam for viruses, parasites, and fungi. The Block 1 exam contained pretty straightforward multiple-choice questions that aligned with Sketchy, but the Block 3 exam was more self study based so make sure that you review those (especially the anti-viral self study). The Block 2 exam is an hour long and contains approximately 40 questions. The exams may also contain a group component that is completed ahead of the exam. This consisted of explaining and diagramming the immunology behind a news article of your choice. This was an assignment for our year, but it may be an in-person activity for your year. Also, make sure you have memorized the bugs and the presentations of infectious diseases.

Clinical Courses:

Rochester gives you a gift in these thorough clinical courses. Now is the time to learn about talking to patients and to develop good physical exam habits. These courses will require less time outside of class relative to basic science classes, but this does not mean you should slack off. The ability to take an effective history and perform a thorough physical exam will benefit your patients beyond the classroom.

Introduction to Clinical Medicine (ICM)

The first two months of ICM are dedicated to learning basic patient interview skills, and the last two months involve learning the physical exam.

Books: Most students didn't buy a textbook for this course. The textbook is available through the Miner Library website. Bates' *Visual Guide to Physical Examination* is also available through Miner, and is useful for demonstrations of the textbook principles. Aside from the textbook, additional readings pertaining to individual session content are posted on Blackboard.

Class: ICM consists of large group presentations followed by small group sessions in which you practice the interview and physical exam skills demonstrated in the lecture. You are required to be present at any lecture that includes a patient demonstration, and all small group sessions. Professional attire and your white coat are required. Small group sessions will usually involve interacting with standardized patients. Make sure that you talk to other students about what they are learning in the physical exam section - each group learns differently depending on the preceptor.

Exam: If you review the lecture slides and understand the basic components of the patient-centered interview and physical exam, you will pass the midterm and final multiple choice exams. There will also be a taped patient interview and physical exam at the end of the class; only you will be able to review your tape (the course professors won't even review it), so you

can relax and use it as a learning opportunity. You will write a patient note for this encounter that will be graded by the course director. Additionally, there is a session with an abbreviated physical exam followed by questions from a preceptor. The questions were given out beforehand and the session was very relaxed.

Foundations of Biopsychosocial Practice (FBP)

FBP allows you to put your new skills into practice in actual clinical encounters. These encounters include general adult medicine, pediatrics, geriatrics, and PM&R (physical medicine and rehabilitation).

Books: The required book for FBP is Bates, as in ICM. Guidebooks for each specialty can be found on Blackboard. Although there are additional readings posted on Blackboard, attending lectures is sufficient for learning the material.

Class: During FBP, you will have a large group conference one day a week and spend one to three afternoons each week with a preceptor (depending on your individualized schedule), either in an inpatient or outpatient setting depending on the specialty. The large group sessions are designed to expose students to a variety of practice settings and patient populations, and involve learning pertinent history, counseling, and physical exam skills. After spring break, there are weekly small-group sessions with standardized patients. Since everyone has their own personalized schedule, the coordination can get a little hectic sometimes. Make sure that you jot down when you have your clinicals so that you don't miss them!

Adult Medicine: You will be in a group of four, consisting of your partner and two other students. You'll spend four weeks (one afternoon/week) on one of the general medicine inpatient floors, practicing your patient interview and physical exam skills under the guidance of a preceptor. Sometimes the preceptors are 4th years who can offer great advice, so don't be afraid to ask them questions whether course-related or not.

Geriatrics: You will be in a group of four, consisting of your partner and two other students. You'll spend four weeks (one afternoon/week) at a skilled nursing facility (SNF), practicing your patient interview and physical exam skills under the guidance of a preceptor. You will also obtain a "life history" and practice the "mini-cog" dementia assessment and geriatric depression screen.

Pediatrics & PLAY: You will work one-on-one with a preceptor (if you are assigned to a group practice, you might work with multiple physicians). You'll spend four weeks (one afternoon/week) in an outpatient pediatrics practice. Unlike adult medicine, geriatrics, and rehab, this is an "active shadowing" experience. You will also learn how to conduct a newborn physical exam during a newborn nursery visit, visit the Museum of Play (though this may not occur due to COVID-19), and explore Rochester on a self-guided driving tour.

PM&R (“Rehab”): You will be in a group of four, consisting of your partner and two other students. You will spend three weeks on the inpatient PM&R floor practicing your patient interview and physical exam skills under the guidance of a preceptor. During one of the sessions, you will also participate in the “rehab Olympics,” where you will learn more about physical therapy, occupational therapy, and speech therapy. The fourth week, you will participate in the DriveOn experience, where you will get the chance to visit a site that specializes in helping patients regain driving independence after a serious illness or injury.

Additional Course Activities: There are several other 1-hour group sessions such as Drive On and FoodLink. For FoodLink the school arranges a one hour time period where you and another medical student will volunteer at a Curbside Market. These activities are to teach you about some resources offered locally in Rochester!

Exam: The FBP midterm and final exams are multiple choice and similar to the ICM exams; you will be fine if you review the lecture material.

Health System Science Course:

Meliora in Medicine (MiM)



Books: There is no textbook for this course.

Class: MiM was a new class in 2019-2020 and is intricately woven throughout the first year curriculum. It covers three primary pillars: Collaborative Practice, Technology in Medicine, and Professional Identity Formation. MiM also integrates content from the Medical Humanities. Sessions are mandatory, last a few hours or the entire day, and are often scheduled in between blocks of basic science courses (while you’re letting

loose to relax after a tough exam, remember that you may have a MiM session early the next morning!) Class sessions occasionally require pre-work, generally in the form of an online module. Make sure to leave yourself plenty of time to complete the eRecord training module once this is assigned; it can be quite time-consuming.

Exam: Though the format certainly may change over the first few years of MiM, our class had a midterm and a final exam, both multiple choice and very short (approx. 15 questions each). Aside from attending class sessions and reviewing slides, there is very little you can do to study. It is important to note that grades for the class of 2024 MiM exams were never released, but it is important to attend every session as they take attendance for every one.

Phase One Assessment

Congratulations! By this point you have made it to the end of your first year of medical school. The Phase One Assessment is the last thing standing between you and a well-deserved summer break. Our assessment lasted three days and consisted of four main components. Though this may sound daunting at first, remember that it is a formative experience, meaning that you will not be graded. Use this time to reflect on all that you have learned over the past year, and to consider areas of improvement to focus on in the coming year.

Standardized Patient Encounters: Our class had three encounters. There are two SP encounters. Following each encounter, you will write a clinical note, review your video recording, and complete a brief self-reflection form. There is also one small group physical exam session where you can review your PE skills.

Comprehensive Assessment: You will take a customized NBME exam (~2 ½ hours) covering material from all of your Phase One courses. Remember, this is not graded, and you do NOT need to study for this assessment. After you take the exam, you will receive an individualized score report that lets you identify areas of relative strength and weakness.

Faculty/Peer Debrief: You will participate in a small-group debrief session with a faculty member and two other students. You will choose a few clips of video from your SP encounters to share with the group.

Individualized Learning Plan: At the culmination of the Phase One Assessment, you will be tasked with identifying several goals for your development: at least one academic, at least one professional, and at least one personal. You will share this plan with your Advisory Dean.

Where to Find Textbooks

Other Students: Talk to older students to find out what worked for them. They may have books to pass down to you. Remember to pay it forward next year! **If you are considering buying textbooks we recommend reaching out to a trusted MS2 first!**

Miner: “Required” textbooks for all classes are on 2-hour closed reserve in Miner Library (the library in Strong Hospital). You need your student ID to check them out, but it’s a great resource. Digital copies of almost all required textbooks are made available through the Miner website.

The Bookstore: The college town bookstore should have all of the required books and of the some recommended books. You can’t beat the convenience, but the prices are inflated. This is a good place to go to browse to see what you might like. However, please do not buy any books from here as you can find them cheaper elsewhere.

Online resources: Try Amazon, half.com (an eBay-run site where you can buy new and used editions), abebooks.com, or bigwords.com, for comparing the prices of a variety of vendors.

Where to Study

There are a lot of great study spots in Rochester, from quiet libraries to bustling cafes. Here are our picks.

On campus:

Miner (medical school library): The library becomes the default for many medical students. In the front, there are several small tables where you can talk softly, a bunch of nice secluded cubbies, and a whole row of carrels. The large room in the rear of the library offers a pretty backdrop and large tables for studying (it was once the entrance to the hospital). The librarians are very helpful if you need tips on research for an LO or access to a specific book. All course books are on reserve here. There are also plenty of computers, and you can even check out laptops, iPads, or iPad chargers. Perhaps most importantly: you *are* allowed to have food and drink in the library.

Hours: Open 24 hours a day for medical students. After 8 p.m., you will have to swipe in at the after-hours entrance using your ID.

PBL rooms: Only available to medical students (you have to have your ID to swipe in) and open 24 hours. Great for working with a few other students. These get crowded near exam times (be sure to check rooms 11 and 12 on the second floor). Smart tip: if there is a glove or sign on the door that means it is occupied. On that note, when you leave the PBL room, make sure that you remove the sign/glove... Don't be that person.

CEL rooms: Another option when PBL rooms are taken. Big wide tables, and open 24 hours. Technically you are not allowed to have food or beverages in the labs.

First floor conference rooms: There are several conference rooms such as the Louise Slaughter conference room on the first floor which are sometimes open.

Undergraduate campus:

Rush Rhees: This is the main undergraduate library. The space appeals to a lot of medical students, and there is a big, open room for studying. You can park at the library lot after 7pm, but not before (and anytime on weekends). The metered street parking on the River Campus is free after 7pm.

Hours: open until 2 a.m. on weekdays and midnight on weekends.

Gleason: Gleason is located in the same building as Rush Rhees to the left and upstairs. It is a **24-hour student lounge and study area**. There are both quiet and group study areas.

Carlson: Carlson, the science and engineering library, is the closest library to the medical school. Like at Rush Rhees, you can park there in the evenings.

Hours: until 2 a.m. on weekdays and midnight on weekends.

Off-campus libraries:

The libraries in the area are all part of the Monroe County Library System. You can use any of them without a membership, but if you want a membership card, it will be valid in any of the libraries. Popular nearby destinations include the Brighton, Henrietta, or Pittsford Public Libraries - all these libraries won't have super late hours and can get crowded during the day. With a membership card, you can borrow e-books through the interlibrary system.

Other off-campus options:

Barnes and Noble: These locations have Free-Wi-Fi, although finding outlets can be a bit of a problem. The Pittsford location tends to get more crowded than the RIT location, and the RIT location has better study spaces. *Locations:* College Town on Mt. Hope (UR Bookstore), RIT, Pittsford Plaza

Boulder Coffee Co.: Well-known coffee shop that serves sandwiches, coffee and alcohol. The main location has cozy couches and plenty of tables. Free Wi-Fi (ask the server for the password). There is live music on weekend evenings. *Locations:* South Wedge, Brooks Landing

Equal=Grounds: A LGBTQI-friendly coffee shop run by an organization called The Pride Connection. Good coffee and sandwiches, and free Wi-Fi (ask the server for the password). Sometimes gets crowded with planning committees and events.

Java's: Located near Eastman, this place has a bit of a Bohemian vibe and good pastries and coffee, and excellent (but expensive) sandwiches. It's in the East End (downtown), which means parking can be tricky (you have to pay to park on the *one-way* street in front of the store). Parking is free on weekends. Can be a bit noisy, especially evenings when there is live music. There is free Wi-Fi but not many outlets.

Panera: Good sandwiches and pastries, and decent coffee. Panera has free Wi-Fi and no one will bother you to leave. *Locations:* Twelve Corners, Henrietta

Spot Coffee: Newly renovated, Spot reopened in late May 2010. The company roasts its own beans, and the renovated version serves pizza, excellent salads and sandwiches. There is occasional live music and free Wi-Fi.

Starbucks: The Starbucks within walking distance of school, on Mount Hope, is pretty small and can get crowded easily. There is also one on the U of R undergrad campus, but it's usually crowded with a swarm of undergrads. Other options are the Starbucks at 12 Corners (near Panera), or the Starbucks in a renovated house on Monroe Ave.

Glen Edith Café: The vibes are good, not too noisy, and their vanilla iced lattes are, in my opinion, the best in town. Located in Park Ave. area, there are a plethora of places to eat too if you get hungry while grinding away! Free Wi-Fi.

Cafe Sasso: Located down the street from Glen Edith Cafe, this cozy coffee shop stands out for all of the art that covers its walls. Has a variety of breakfast sandwiches and coffee options. There are a lot of outlets for charging and free Wifi.

Fuego Coffee Roasters: Minimalist-style coffee shop that has AMAZING toasts and great coffee. Free Wifi. The area right inside the entrance is popular for pictures.

Computing

You can get away with using your iPad and the school computers during 1st year, but you will want a well-functioning laptop to use for Step 1 studying at the end of your second year. Most people bring their iPads to class, but some people bring their computers. Case-Method (the first-year classroom), has an outlet at every seat. Both Macs and PCs work well with the necessary programs, but Macs are more popular because they can be synced with the iPad easily.

Public Computers:

- Admissions office: Four PCs and a printer, which are usually tied up between classes. Hours: 7:30 a.m.-5:00 p.m.
- Student services: Two PCs. Hours: 8 a.m.-5 p.m.
- PBL rooms: One PC per room, with one centrally located printer in the 2nd floor hallway. Open 24 hours with ID access.
- Student Lounge: There are a number of PCs in the room to the left of the TV screen.
- Miner: Plenty of computers, including some Macs in the computing center. There are also color printers here. You can also borrow a laptop or iPad through the library for up to 12 hours.

Printing:

Everyone gets a huge printing quota (\$40 per year), which you can use on computers throughout the medical center, including in Miner and the PBL rooms. Hit "Print" at the public computer you're trying to use, type in a username and/or a password for your print job, swipe your card at the printer, and select your print job. It costs 10 cents per page, and 18 cents per double sided print for black and white. For color printing, each page costs 25 cents, and a double sided print will cost 48 cents. A new system for printing is being rolled out and may be

This \$40 per year quota is sufficient for almost everybody. Larger scale jobs (like printing a syllabus) are probably best done through the Xerox Copy Center here at the hospital. To get a syllabus printed and bound can be costly, but many people prefer these hard copies.

Internet:

You can find information on how to connect to the URMC wireless network at [this link](#).

The iPad and Apps

When you arrive for orientation, you will be able to pick up your new iPad from the hospital technology store. Our class received the latest model iPad Pro in space gray. You can choose to upgrade its storage capacity (the basic option was 64 GB for us) or to upgrade to include cellular data in addition to WiFi. Some students choose to pay extra for additional storage (256 GB, 512 GB, or 1TB)), but if you learn how to use the storage on Box, you can get by with the 64 GB. By the end of your first year it is not difficult to have most of your space filled with lecture notes, PowerPoint PDFs, and course syllabi if you do not get into the habit of backing up your iPad on Box and deleting non-current resources. Many medical apps tend to be large storage consumers as well.

Every year the URM C class gets younger, better-looking, and (gosh we hope) more tech-savvy. The future is here, and the first year of medical school is a great time to adapt your learning style to be paper-free. However, if you prefer to acquire hard copies of the syllabi you can always find a group of students that are willing to organize a group to get one printed at the start of each class section. Hard copies can be ordered at Print Services (located next to the Tech Store). You can email them the file and they will call you in a few days when it's ready to pick up!

Along with your iPad, the school provides you with a \$100 credit for accessories. This can be used to purchase anything in the hospital technology store (including AppleCare+) but you must use it all at once. Many students have used the credit to purchase a keyboard, case, or the **Apple Pencil** (popular option for hand-writing notes that is **HIGHLY** recommended). The selection at the hospital technology store is somewhat limited, but they do have a few case options. Be sure to research the case you purchase, you will likely be using it for the next 4 years at the least. Make sure to go online and search reviews before using your allotted credit so that you can get an idea of what's useful and what's not. Due to Covid-19, the class of 2024 did not get the \$100 credit, and instead received an iPad case with an attached keyboard.

The electronic curriculum at URM C is always evolving. Course directors encourage constructive feedback and ideas about ways to innovate the curriculum and make the educational process better. If you have concerns or ideas about how technology is being used in the curriculum or notice that an issue is not being addressed, please feel free to contact the [interclass senate representative](#). There is an ample amount of support to help students learn the basics of note-taking on the iPad during your orientation "Technology and Resources" sessions. Another resource (particularly with Blackboard assistance) is Tracy Cherry, an instructional designer at URM C Libraries and Technology department.

The iPad is a **powerful** tool with *unique* quirks. It won't take 10,000 hours to master, but it will take time to integrate into your study routine. There is a helpful mandatory iPad training course during orientation week that will get you started. When you hit a wall, ask your fellow students what they are doing with their iPad. Most of our favorite applications are listed below.

<u>Recommended apps:</u>			
App Name	Brief Description	Recommended for	Cost
Notability	A popular note-taking app, allows you to free write/type onto PDF's and organize them by name and category as well as Sync to a cloud storage system.	All courses	Free via URMC
OneNote	Very powerful note-taking app that integrates with other platforms easily (i.e. iOS, Mac, Windows, & Android). Syncs to the cloud and also offers built in OCR.	All courses	Free via URMC Office 365
Box	The provider of cloud storage chosen to be used by URMC. As with anything, patient data and confidential information MUST NOT be put on here. Good for sharing presentations and documents with your PBL group.	All courses	Free via URMC
Anki	Popular flash-card app. They have an application you can use to make cards with a PC and sync them with the iOS app. Also has a browser-operated flash card creator interface. People who have used it swear by it. http://ankisrs.net	All courses	Free via URMC
Visible Body	Comprehensive anatomy app that was provided by URMC for our class (2023). The most popular app, contains everything that was covered in Anatomy and is often supplemented with a physical copy of Netter's.	HSF Anatomy	Free via URMC
<u>Other apps you may find helpful:</u>			
Evernote	Comprehensive media and note-taking system that has both a good free and excellent paid membership service. It scans uploaded documents via an OCR so	All courses	Free

	that you can search for any word in your documents later on even handwritten PDF notes. They have an application that allows you to sync all your notes to the cloud.		
GoodReader	A PDF reader and organizer that is adept at reading and allowing seamless navigation/annotation of very large PDF files (100+ MB)	All courses	4.99
Penultimate	A hand-writing note taking app that syncs with EverNote accounts but is currently limited by its lack of a “Zoom” feature (future implementation of this feature is expected by software designers). Recognized by many online reviewers for its beautiful digital paper and colors.	All courses	Free
Keynote	The iOS version of Apple’s popular presentation developer (the equivalent of PowerPoint).	All courses	Free via URMC*
Pages	The iOS version of Apple’s popular word editor. Capable of opening and editing word documents on the iPad.	All courses	Free via URMC*
Studies	A beautiful flashcard creator and flash card study app for those with a Mac computer and/or iPad. Allows you to create flashcards from their MacOS application and sync it with the iOS app or you can create flash cards directly from the app on the iPad. You can then share flashcards with fellow students or download others from the flashcard database it is hooked into. http://www.studiesapp.com/	All courses	Free via URMC*
Dropbox	Major provider of cloud storage. Remember patient data and confidential information MUST NOT be put on here.	All courses	Free
Paper	An award winning drawing application that some have used to re-draw important figures presented in lecture	HSF/Others	Free (in app tool purchases)

Kindle	Amazon's e-reader application that allows you to read e-books downloaded from their website on your PC, Mac, and iOS device.	If you buy an amazon e-book	Free
AHRQ ePSS	From the Department of Health and Human Services. Enter patient information to review recommendations from the U.S. Preventive Services Task Force, or see general recommendations.	ICM/FBP	Free
Shots by STFM	CDC Immunization schedules for Children, Adolescents, and Adults	FBP	Free
VisualDx	The foremost dermatological database that allows you to build a differential diagnosis from pictures. Quite fun actually.	FBP	Free via library
Epocrates	Drug and diseases reference source with pictures of both. The library may offer a free subscription.	Pharm/2 nd year	Free, requires subscription
Lexicomp	Drug interaction database	Pharm	Free
Merck Manual Professional Edition	Provides access to the Merck Manual, videos, clinical calculators, sounds (lung, heart etc.)	2 nd year	Free
MicroMedex	Access tons of drug information and interactions	2 nd year	Free via library
3M Littmann Learning Institute	Littmann app that allows you to hear some basic heart sounds. This is an iPhone app, so search iPhone only.	ICM/FBP	Free Trial, can use code from stethoscope
Qx Calculate	Another powerful medical calculator.	All course	1.00
Netter's Anatomy Flashcards	Electronic version of the paper cards. You can also use electronic "pins" to make personal tags. Expensive though!	Anatomy Lab	39.99
Muscle System Pro III	3D depiction of all muscles in the body. Allows you to move by layer and many muscles have videos which show each range of motion for just that muscle.	HSF/Anatomy Lab	19.99

Netter Atlas	Literally the entire Atlas you get for free but on the iPad with the ability to tag and quiz yourself on individual plates. Very expensive but some loved it.	Anatomy Lab	80.00
ECG Guide	A tutorial on reading ECGs with test questions	HSF	Free
iRadiology	500 Radiology cases to view on the iPad. If you have spare time and love radiology feel free to use it!	HSF/Anatomy lab	Free
MD EZLabs	Look up normal lab values and check differential diagnoses for abnormal ones.	All courses	Free
Eponyms	1750 eponyms.	All courses	Student version is free.
NEJM this week	NEJM content viewer	All courses	Free
Speed Anatomy	Like speed dating, but you meet anatomical parts	Anatomy Lab	1.00
Cramfighter for Step 1	Creates a personal study schedule for STEP 1.	STEP 1	9.99
Essential Anatomy 5	Interactive anatomy guide that allows you to look at different layers of the body and different organ systems. Excellent tool to visualize anatomical structures.	Anatomy Lab	24.99 (sometimes on sale)
PadMapper	Maps all apartments available on craigslist	Finding a cave to live in	Free
Complete Anatomy	A more comprehensive anatomy app like Essential Anatomy 5 but has content added more frequently and a few more options.	Anatomy Lab	\$50

*Free via URM C means that the school will provide you with a download code or link during your iPad tutorial course that occurs with your Miner Library Research Librarian. It is not advised to purchase these applications before finding out if they will be provided for free by the school.

Housing

Besides figuring out what books to buy and how to study, finding housing is usually first on the list of priorities of incoming medical students. We hope that the tips and housing guide in this section will help you sort that out!

Things to consider:

Distance from Strong: This plays a big factor in many students' housing decisions. Goler House and University Park Apartments (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 such as the South Wedge.

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. There are also great activities to do outdoors in Rochester such as hiking at Letchworth State Park, riding a bike along the Erie Canalway Trail, or relaxing by Lake Ontario (which basically looks like a beach).

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. If you decide to get a UR parking pass, look into the carpool options! The cost decreases to 50%/25%/FREE with 2/3/4 people in your carpool group.

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.

Things to consider if buying:

Responsibility: Do you want to take on the responsibility and work of home ownership? When you own a home, your mortgage payment (a fraction of it, anyway) actually goes into your own equity and isn't just lost like your monthly rent payments are. That's pretty cool. On the other hand, you will discover essential maintenance tasks. Did you know that you should get your driveway resurfaced yearly? Your gutters cleaned? Have you thought about how often your roof should be replaced? Do you need a tear-off or just a second layer? Home disasters – basements flooding, fallen trees – have a way of occurring right before tests (of course, you're in medical school now, so it's always right before a test.)

Finances: Are you able to purchase a house? During the sub-prime heyday, buying a home was a much more relaxed proposition. However, the underwriting process has gotten much more strict and is likely to stay that way for some time. Gathering all of the documentation takes quite a bit of time. The credit requirements and down payment requirements are also more strict. You might find it helpful to work with a mortgage broker- they can help you navigate the sometimes-confusing system. It is also smart to shop around for good interest rates. When trying to figure out if buying a home makes economic sense, make sure to take into consideration realtor costs. These tend to be a fraction of the home price and exist when only when you sell the house. Buyer's representation is covered by the seller in NYS. If you only plan on owning the home while you are here for school, these fees can represent a decent fraction of the total real costs of owning the home.

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 electricity, 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.

Goler House:

If you want proximity to school and the newly built Collegetown, Goler is great. Goler House is an apartment complex located on the east side of Strong (the medical school is on the west side). Goler houses medical students, graduate students, residents, faculty, and staff. It offers studios, 1BR and 2BR. Of university housing options, Goler is the only one to offer furnished housing (dorm-style furniture and window treatments). However, given the easy access to

affordable furniture in Rochester, most students choose to furnish their own apartments. Parking at Goler is complicated. Parking passes for spaces across from Goler are based on a waitlist that is ranked based on the duration you have lived in Goler. All Goler residents have parking available at the Whipple Lot with a 24/7 shuttle service, accessible by phone from the front door of Goler. Access to the building is controlled by phone for visitors (and by ID for residents). There is a university bus stop at the front door. For many residents, Goler offers a relatively quiet environment that is adjacent to the White Coat Neighborhood, where many other students live (see below).

University Park: The University Park apartments are relatively close to school (about an 8-minute walk) and are the most affordable university housing option. Some students have complained about the slightly run-down nature of the place, but others praise the friendly environment. University Park offers studios, 1BR and 2BR, the latter of which are given with preference to students with an identified roommate or couples with children. Parking spaces are available directly in front of the units. A shuttle bus runs between University Park and Strong. University Park is in the Rochester City School District.

Whipple Park:

The Whipple Park complex is a combination of 2BR apartments and 3BR townhouses in a park-like area surrounded by woods. The townhomes are the only university-provided housing that do not include electricity with the rent. There is ample parking, and the townhouses have basement storage areas. Whipple Park is about a mile from Strong. Residents describe it as secluded and quiet, and a good place for families. Preference is given to couples with children. A shuttle bus runs between Whipple Park and Strong as well as between Whipple Park and Goler for Goler residents parking at Whipple Park. Whipple Park is in the Rush-Henrietta School District, and school buses pick up children in the Whipple parking lot.

University housing at a glance				
Housing	Sizes available	Price (including utilities)	Preference	Distance to Strong by foot
Goler House	Studio, 1BR, 2BR, 2BR-2BTH	\$ *all studios are furnished		2 min.
University Park	Studio, 1BR, 2BR	\$\$ Storage units available for \$61	2BR: single applicants with identified roommates, couples with children	8 min.
Whipple Park	2BR, 3BR	\$\$ 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.) Within the White Coat is the SoLa neighborhood which is located South of Lattimore Road and features some of the most appealing student housing. Most of the housing in the White Coat Neighborhood consists of single-family homes that can be easily shared by 3-4 people. Many of these houses are closer to school than the student parking lot, and not having to scrape off your car in the winter is a big bonus. A majority of first- and second-year students live in this area, so it is also a good place to live for those who are interested in having a social life outside of the hospital (which should be everyone!). The main drawbacks of the White Coat Neighborhood are that it is hard to find housing for one or two people, and that it is not as close to some of the better Rochester restaurants and bars. However, within walking distance you'll find Collegetown, a newly developed complex of restaurants, bars, and retail stores, including but not limited to Starbucks, Pita, McDonald's, Chipotle, Dunkin' Donuts, The Beer Market, Bunga Burger, Insomnia Cookies, Tai Chi Bubble Tea and others. A little bit further away north on Mount Hope are two other restaurants/bars that are popular with students, Elmwood Inn and the Distillery. For a 3-4 bedroom house, rent should run \$375-\$550 per person, although rent for a private room and bathroom can reach \$750.

How to find housing in the White Coat Neighborhood:

- Search craigslist for "Strong" or "White Coat Neighborhood"
- <http://www.studenthousingrochester.com/> rents individual rooms (or houses if you have a group)
- Check the Class of 2024 Facebook page

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. The area has unbeatable access to the gorgeous Genesee Valley Park, and there is easy access to Strong across a footbridge. The 19th Ward is not a particularly commercial area, but it is the site for the Brooks Landing Project, a plan to redevelop the area near the Brooks/Genesee intersection and there is a commercial strip on Thurston between Arnett and Brooks Ave. Students who live in the 19th Ward say it is convenient and a peaceful place to live. It is generally pretty hard to find studios and 1BR in the Ward, but you can easily find house shares and large homes to split. The area is an easy bike ride to campus, or a 10-25 min. walk depending on the distance (most students live relatively close to the footbridge). The area is also well-served by buses, including University of Rochester shuttles (see below). Rents run \$400-\$600 for a 1BR and \$550-750 for a 2BR. Room shares for as low as \$375. Search "19th" or "19th Ward" on craigslist.

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. The Wedge experienced a bit of a downturn in the 1980s, but a lot of work has been put into revitalizing the neighborhood, and you can now find some of Rochester's best restaurants and nightlife in the area. In fact, the Wedge was recently voted "Best Neighborhood" by City Newspaper. Most of the housing in the area consists of two-bedrooms in split homes, or full houses. There are also a few apartment buildings and one apartment complex. The Wedge is home to two of the best Rochester coffee houses, Boulder Coffee Co. and Equal=Grounds, as well as some good restaurants, including John's Tex-Mex Eatery and Napa Pizza House. On the south end of the neighborhood is Highland Park, which hosts the Lilac Festival every May. There are also some great bars, especially Tap and Mallet and Swiftwater Brewing Company. There is the Abundance Coop Grocery Store, the Highland Market store, and the South Wedge Farmer's Market, held on Thursdays in season. The area has a big mix of residential owner-occupants and rentals. The Wedge is between a 20 and 40 min. walk to campus, but there are also two convenient bus lines: the 50 down Alexander and Mount Hope Ave., and the 5 that runs down South Ave. Rents run \$450-\$700 for a 1BR and \$700-\$900 for a 2BR. You can rent a full house in the area for around \$1,000-\$1,200. Search "South wedge" or "South Wedge" on craigslist.

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. Corn Hill has a good mix of houses and apartments, including the rather posh Corn Hill Landing complex overlooking the river. The area is also the home of the Corn Hill Arts Festival in mid July. There are some great restaurants, including Aladdin's and New Taj at Corn Hill Landing, and Siam Fine Thai Cuisine on Exchange. Search "Corn Hill" or "Cornhill" on craigslist.

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!). This lively part of Rochester that extends down Park Ave., which runs between Alexander and Colby, and south a few blocks. Monroe Ave. runs parallel to Park Ave. around 5 blocks south, and is also a good place to look for housing (the two neighborhoods kind of bleed into each other). Note that Monroe Ave., particularly toward Alexander and near some of the bars. Park Ave. is popular with University of Rochester students, but it is also home to families and young professionals. There is a wide mix of housing, including apartment buildings and split homes; it is a good place to investigate for couples or for groups of two roommates. The distance to Strong is about 3 miles, or a 10-15 min. drive. Unfortunately, there is not really good bus service between Park Ave. and Strong. The University of Rochester does run a shuttle to the area (see below), but the timing is not

always great for class. Rents run between \$600-\$800 for a 1BR and \$800-\$1000 for a 2BR. Search "Park" or "Park Ave." on craigslist, or just drive through the neighborhood looking for "For Rent" signs.

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. It is also home to ARTWalk, a permanent urban art trail located on University Ave. Because East Ave. is considered the border between Park Ave. and NOTA, and is close to East End, it's a good choice for those who want to soak up what culture Rochester has to offer. The distance to Strong is about 3 miles, or a 10-15 min. drive. Rents run \$650-850 for a 1BR and \$800-\$1200 for a 2BR. Search "East," "East Ave." or "University" (Ave.) on craigslist.

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. The area is roughly delineated by Alexander St. to the south and East Main to the north. Restaurants include Bamba Bistro and 2 Vine, two of the fine dining options in the city. There is also Java's, a great independent coffee shop, and the bars Anchor Bar and the Old Toad (Monday-night trivia). The East End has some excellent housing options, mostly apartments along the main drag, and some houses a bit further north, as well as some of the city's converted loft spaces. Parking can be a bit tricky in the area, so it's a good idea to get an apartment with a guaranteed parking space. The distance to Strong is about 3 miles, or a 10-15 min. drive. Rents run \$600-\$800 for a 1BR and \$850-\$1100 for a 2BR.

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. Most of the buildings have excellent amenities, including indoor parking. The distance to Strong is about 3 miles, or a 10-15 min. drive. The neighborhood is filled with small urban parks, restaurants, cafes, and exciting night life. Rents runs between \$800 for a studio. \$1000 1BR loft, \$1200 and up for a 2BR loft. Buildings include the Linq, Searle, Michael Warner Lofts and the Hive by Buckingham.

Off-campus housing at a glance: By Neighborhoods

Neighborhood	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:

Mt. Hope Lofts:

The Mt. Hope Lofts are newly built (completed in 2015) apartment complexes in the upper floors of the Collegetown complex, located adjacent to the Goler House. These large, gorgeous apartment rooms have their own washer-dryer units and access to a new fitness center within Collegetown while providing the same convenience of living in Goler House. The apartment community conducts occasional festive events and dining options could be located within your building. Outdoor parking is free and an indoor-garage option is available for an extra fee. Utilities included in rent are water, cable, and wifi; residents must pay for heat and electricity. Although the newest, Mt. Hope Lofts are among the most expensive housing options in Rochester for individuals desiring to rent. 8. <http://www.collegetownrochester.com/live/>

Rustic Village:

While Rustic Village is not a neighborhood, it is an extremely large apartment complex located near Monroe Community College, about two miles from Strong. It's almost like a small village, and with amenities to boot: fitness center, two swimming pools, reading and video libraries, tennis, basketball and volleyball courts, and resident activities. Some students have complained that Rustic Village is a bit isolated (you can't really walk anywhere) and sometimes upkeep leaves something to be desired. All of the apartments come with heat, gas, electric, cable, internet and parking. There is a University of Rochester shuttle bus that goes from Rustic Village to Strong (see below). <http://www.rusticvillageapartments.com/>

Elmwood Manor:

A visually pleasing, serene community right beside Highland Park, Elmwood Manor is a favorable option for those seeking the privacy and amenities of apartment living without straying too far from the hospital vicinity. Located at 1400 Elmwood down the road from Strong, it is a 15 minute walk or 8 minute bike ride to campus. Renting options include studios, 1BR, 2BR, two-story townhomes, and three-story townhomes (the latter with attached garage, washer and dryer). 1BR and 2BR include heat and hot water, and all units include the new fiberoptic Green Light internet access, although new residents may be charged ~\$20/month. All residents are enrolled in what they call their "VIP" network, which includes discounts at various businesses in the area. However, some of the workers at these businesses may be unaware of this discount and what to do with your discount card. <http://www.elmwoodmanorapts.com/>

Imperial South:

Located at 1577 Elmwood (10 min. drive), this complex includes studios, 1BR and 2BR, and is pet-friendly. <http://www.imperialsouth.com/>

1600 Elmwood Avenue:

Located a bit further from Strong (10 min. drive), this complex offers a pool and fitness center, and allows pets. Rent includes utilities (including cable), and all units have dishwashers, with laundry in the building.

<http://www.1600elmwoodavenue.com/RochesterRegion/1600Elmwood.aspx>

Temple Building:

The Temple Building is located 3.5 miles from URM (14 Franklin St.) with most of that distance bikeable along the Genesee River trail (~25min ride). Driving takes between 8-15 minutes depending on traffic. The apartments are gorgeous lofts with enormous windows and fantastic views of the city. Most occupants are young professionals including residents working at Strong and Highland hospitals. Coffee shops like Spot, Javas, and Starbucks are ~5min walk. The building is secured at the front door and elevators. Maintenance is available 24h and very prompt in responding to service requests. A small hotel-like gym is available to residents 24h. Covered parking is available in the building for \$150/mo with a less expensive option available across the street for \$50/mo.

<http://www.templebuilding.com/>

The Residences at the Columbus Building:

The Columbus Building is located about 3 miles from the medical center (50 Chestnut St.) and makes for an easy drive in, with the same distance bikeable as well. All utilities, save cable and internet, are included in the rent you pay and there is access to a pool and small gym across the street at a building with the same owners. The apartments are lofts or studios that have an awesome industrial and modern feel to them with polished concrete floors and exposed piping. They all have new appliances and most have good views of the city as well. Lots of places are within walking distance, like coffee shops, restaurants, and bars. Residents vary in age and profession, but many are music students at Eastman school that is close by.

<http://www.theresidencesatthecolumbusbuilding.com>

Additional Options:

There are many more options in Rochester! To fully see what is available in the city we would recommend using [Zillow](#), [apartments.com](#) and [Trulia](#) to see what is available. Below are only some of the options we have heard of, there are many more apartment complexes being built every year!

Off-campus housing at a glance: Apartment Options			
Apartment	Type of housing	Cost	Distance to Strong
Mt. Hope Lofts	Studio, 1BR, 2BR/1BTH, 2BR/2BTH	\$\$\$	Short walk
Rustic Village	1BR, 2BR	\$\$	10-15 min. drive
Elmwood Manor	Studio, 1BR, 2BR, 2-story Townhouse, 3-story Townhouse	\$\$	5-10 min. drive
Imperial South	Studio, 1BR, 2BR	\$\$	5-10 min. drive
1600 Elmwood Ave.	Studio, 1BR, 2BR, 3BR	\$\$	5-10 min. Drive
Temple Building	Studio, 1BR	\$\$\$	10-15 min. drive
Kirstein Lofts	1BR, 2BR	\$\$\$	10-15 min. drive
Ethan Pointe	1BR, 2BR, 3BR	\$\$\$	10 min. drive
The Nathaniel	1BR, 2BR	\$\$\$\$	10 min. drive

*BR = bedroom
**BTH = bathroom

Fitness

URMC Fitness and Wellness Center:

Unfortunately, the school is closing their free 24-hour fitness facility located right in the hospital to expand the size of the emergency department. Instead, they are looking into creating a fitness center in Collegetown. The school is offering a 25% discount on the Rochester YMCA to offset the closure.

University of Rochester Bloch Fitness Center:

Located on the undergraduate campus, the Bloch Fitness Center is much larger than the URMC Fitness Center. It is definitely worth the 10-15 minute walk, as you have access to the entire facility (free weights, cardio equipment, indoor track, tennis courts, basketball courts, heavy bag, swimming pool, etc.) **free of charge**. You can also purchase a locker. Remember that it's staffed by undergraduate students so hours tend to get a bit weird during finals period and the summer. http://www.rochester.edu/athletics/fitness_center/

Midtown Athletic Club:

A large, luxury gym and spa center, complete with a full outdoor pool, yoga lessons, tennis courts, and spin classes. The Midtown Athletic Club with its 18 indoor and outdoor tennis courts is great for avid tennis players. U of R students are often offered discounted membership for a month so keep an eye on your email! <http://www.midtown.com/clubs/rochester-athletic-tennis-club>

Planet Fitness:

Located next to the Henrietta Wegmans and Aldi's, Planet Fitness is convenient for a workout and quick grocery stop. While it is a 10 minute drive, Planet Fitness is a viable inexpensive option. <http://www.planetfitness.com/gyms/henrietta-ny-490>

LA Fitness:

LA Fitness is a solid gym located in Henrietta with a nice array of group classes, although it can be a little pricey. There is also a signature club LA fitness near East Ave that offers more classes and nicer equipment. <https://www.lafitness.com/Pages/clubhome.aspx?clubid=901>

World Gym:

World gym is yet another option located across from the East Avenue Wegmans, but can also be pricey. <https://www.worldgym.com/rochester/>

YMCA of Greater Rochester

Fitness services vary by location so make sure to check what's offered before joining. The closest locations are on Monroe Avenue, East Main Street, and West Jefferson Road in Pittsford. Joining is relatively inexpensive and a great way to get involved in the community while staying active. The Pittsford location is brand spanking new and massive, but is also the most expensive location and about 15 minutes from Strong by car. <https://rochesterymca.org>

Transportation

You are required to have a car by January of your first year at URM, 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 FBP preceptors are not assigned until January of first year, and 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. You will also need a car to get to your once-weekly clinical rotation sites, beginning in January. As far as what kind of car to buy, four-wheel drive is highly recommended for stability in wintery conditions. Important things to remember/keep in your car: keep a spare tire (filled with air) if your car accommodates one, wiper fluid, jumper cables or portable jump starter. Consider these during the winter months: a pair of gloves and hat, an ice scraper (**a complete must**), small collapsible shovel, a door mat (to create traction under your tires if you get stuck in the ice), and a blanket.

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 2020-2021 school year, the parking fee for a single car in Lot 1 is \$396 (the closest and most affordable lot for medical students). However, if you can find other interested students and pull together a carpool pass the cost falls quickly—half the fee for two people, a quarter for three people, and free for a four person carpool! Each rider in the carpool will ALSO receive 26 free occasional parking permits to use throughout the year, for days when it's inconvenient or impossible to carpool. You'll either be put in Lot 9 or Lot 1 (with a Lock Box, where you place a spare key outside your car window so parking staff can move your car around to let others in and out). Incidentally, if you get to school after 9 or so, you might need to go to an overflow lot. It can be hard to figure out which lot is which, so save the parking office phone number (585-275-4524), and when you are given a map of parking lots by the parking office at the beginning of the year, stash it in your glove compartment for those late-rising mornings. Finally, if you are

at school after 2:15 p.m., you can park on the top three floors of the garage, which is nice in the winter (though it is on the other side of the hospital). Just make sure you are out by 6 a.m. Pretty much any violation will cost you \$100. The Parking Management Center is at 70 Goler House.

Parking hacks:

- Consider riding a bike to class to save money (see below). If you plan to bike to school you can apply for an Occasional Parking Permit from the URM parking office, which provides 26 free parking passes to use throughout the year.
- Park at a friend's house in the White Coat Neighborhood.
- Park at the Medical Center on Lattimore road. It's a big open lot and about a 5 minute walk away from school. You probably won't get a ticket (although students have before, so this is a risk you take; we will not be held liable for any tickets incurred herein!(!!))!
- Park at Collegetown. You can get away with this if you are spending a short time in the medical center, but again this is a risk and we will not be held liable for any tickets!

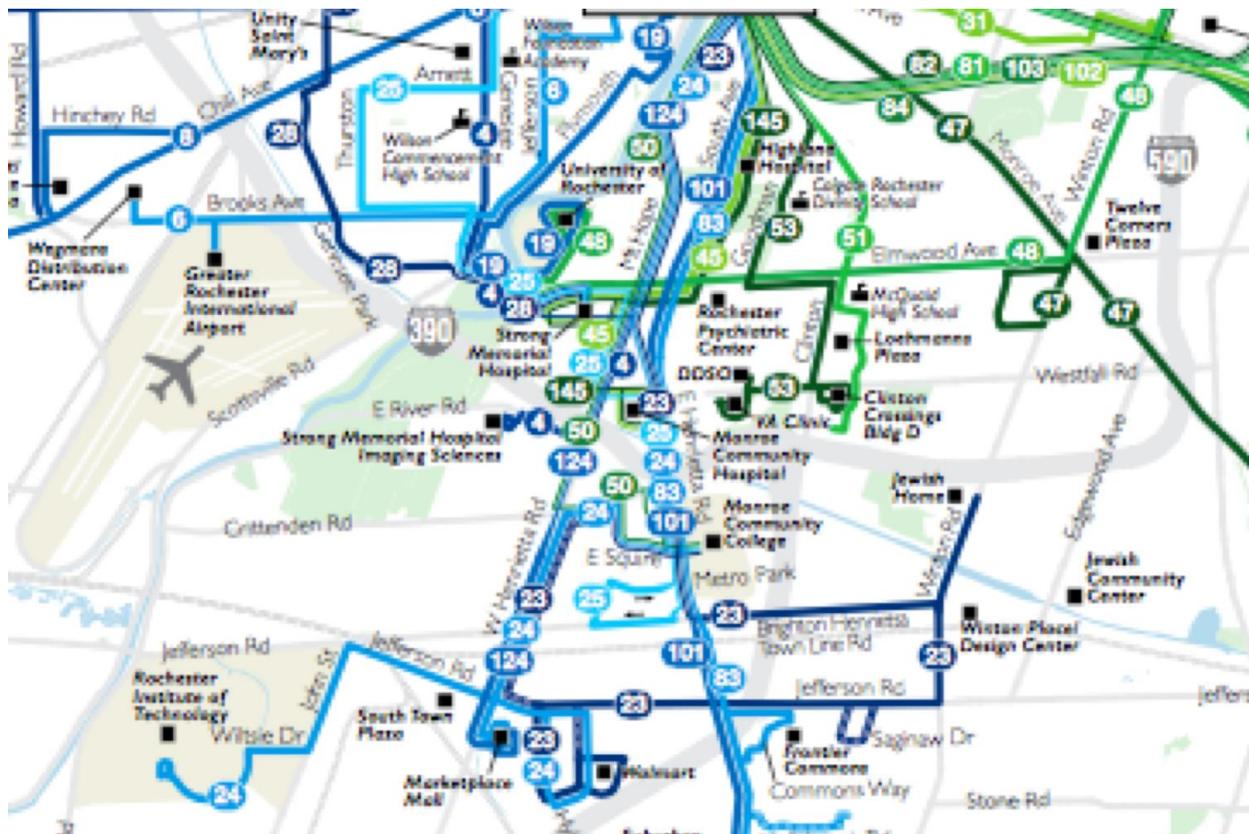
City Buses:

The city buses are run by the Rochester Genesee Regional Transportation Authority (<http://rgta.org/>). Depending on where you are living, the bus can be quite a convenient (and sustainable) 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
- 4,19, 25, 28: Run east-west along Elmwood Ave, connecting students coming from the 19th ward

These lines run every 20-40min from 5:20 AM to after midnight, however they aren't perfectly regular, so RTS recommends using the "where's my bus?" website.



From rgta.org, 2019

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.

Highland Hospital shuttle:

This is a great option for students who live in the South Wedge or who have clerkships at Highland Hospital. The Highland Hospital shuttle runs reliably from Highland to Strong Hospital every 15 minutes and it’s totally free. Shuttles run from 5:45 AM to 8:00 PM, so you may have to find a different transportation option for surgery and OBGYN clerkships. The trip takes about 10 minutes, but the shuttle actually drops off in the parking lot outside the Golisano Children’s Hospital, so allow another 5 minutes for walking to Strong.

Taxis:

Local taxis are a reasonable option for occasional trips. However, they can get steep, especially on the weekend, and are mostly outdated by Uber and Lyft. 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:

Uber and Lyft started operating in Rochester in Summer 2017! Sometimes, especially late at night, it is harder to find a ride.

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 thing 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.**

The city of Rochester is adding many new bike lanes, including a bike lane along Elmwood Ave, making biking to school much safer. Every year, Rochester becomes a much more bike-able city. However there is still plenty of room for improvement. Make sure you have lights, reflectors, and a helmet, and watch out for potholes.

If you are looking to buy a bicycle or repair yours, we recommend Dream Bikes (1060 University Ave, dream-bikes.org) and R Community Bikes (226 Hudson Ave, rcommunitybikes.org). Both are community oriented nonprofits that provide free or low-cost bikes to people in need, and both have cheap used bicycles for sale, as well as high-quality used parts and excellent repair departments. Additionally, Facebook marketplace is a great resource when looking for a used bike, just bring a friend who knows a thing or two about bikes to check it out with you!

Winter biking: first of all, you get tons of bonus points if you bike through the winter. But make sure you're safe! The roads can be icy, and wind chill can cause exposed body parts to freeze quickly. Cover up your skin with warm clothing, a helmet, eye protection, gloves, and a scarf or mask for your mouth and nose. Any bike is appropriate for winter biking, but performance can be improved with knobby tires. Studded winter tires will provide the most traction. Before biking in rough conditions, make sure your brakes are working! Salt on the roads will degrade components, causing premature failure, and water can freeze onto brake lines. Frequent bike maintenance and mud guards are the best way to protect your bike against corrosive road salt. (Sheldon Brown has a great resource for winter biking, <https://www.sheldonbrown.com/winter.html>)

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. Many students coordinate carpool rides during breaks.

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, Boston, 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.

Banking

Here is a list of convenient banks:

Bank of America:

Offers a free checking account for students or anyone who opens an account online. BoA has branches all over the country, which is good for avoiding ATM fees. On the other hand, there aren't that many locations in Rochester, and most are at least 10 minutes from Strong by car.

Chase:

You can get a free checking account with direct deposit, but most of us don't have that. If you are a student you can get free checking if you use your debit card several times a month, and by maintaining a north-of-\$1,500 balance. **Chase is by far the most convenient option when you consider that there is a branch (where you can open the account) and an ATM in the hospital.** There are also several other branches in Rochester.

KeyBank:

A smaller bank with a free student checking account. To avoid a fee, you either have to initiate \$200 in deposit per month or, more easily, perform two transactions (including withdrawals). Key will reimburse you up to \$6 per month on ATM fees if you also get one of their MasterCard credit cards. There are several locations in Rochester, including one on Mt. Hope that you can get to by foot from the medical school.

M&T:

M&T offers two free checking accounts, but pick the student one because it allows you to initiate 4 withdrawals from non-M&T ATMs and pay no fees. M&T is based in the northeast, so its ATMs are only concentrated in certain states. There are plenty of locations in Rochester; unfortunately, none of them are particularly close to campus.

Advantage Federal Credit Union:

Advantage is a not-for-profit financial organization locally owned and operated by and for its members. Becoming a member is easy and requires showing 2 forms of ID at one of their branches. The most convenient branches are either the one at the UR Medical Center on the ground floor near the orange elevators or the 1625 Mt. Hope Avenue location. It does require the purchase and maintenance of a \$5 share, but once you're a member, you are one for life even if you move to another location, change employer, or retire. AFCU also has an app that is easy to use. Another fun thing about AFCU is that their debit card allows you to give back to an affiliate charity in Rochester such as the Rochester Teachers Association, Highland Hospital, Rochester Regional Health, Friends of Strong, RIT, Golisano Children's Hospital or Rochester Amerks.

They have Fee Free Checking with no minimum balance fee, free online banking, free online bill pay, free e-Services, free external transfers and no charge for the first 5 transactions every month for ANY non-Advantage ATM. This account is great for medical students if you don't expect an income each month.

For those who can deposit \$500 a month, the Smart Money Checking is a good option. This is a checking account that combines high dividends of a Money Market account with the flexibility of checking. Keep in mind that accounts with less than \$5,000 average daily balance also have to pay a \$5 monthly fee.

Utilities

Once you have set up your living arrangements, you'll want to set up heat, electricity, and internet.

Rochester Gas and Electric:

You'll contact RG&E to turn on your heat and electricity. Generally speaking, someone from RG&E will need to come to your house to turn the electricity on. It takes a few days to get an appointment, so do it early. Once you've lived in Rochester and have an account with RG&E, it is easier to transfer service. Generally speaking, the customer service representatives are very friendly. You can also pay your bill online (and set up automatic payments). <http://www.rge.com> or 1-800-743-2110.

Spectrum:

Spectrum (formerly Time Warner Cable) is the biggest provider of phone, cable, and internet services in Rochester. Spectrum offers a package of the three services, but most people choose not to have a home phone and pay for two individual services. If you are a new customer, you can currently get a bundle of digital TV, broadband and unlimited nationwide phone services for less. Remember: Prices are often introductory. If you stay at one location for more than a year, your prices may rise. To combat this, you can rotate who holds the contract within the location. www.spectrum.com

Frontier:

Frontier is one of the few alternatives to Spectrum. Frontier may require an installation fee, but there are plenty of ads and online offers that will get this waived. <http://www.frontier.com>

Greenlight Networks:

Greenlight is a fiber optic internet company based in Rochester, NY. The biggest limiting factor is whether or not they have a presence in your neighborhood; it must be a "Greenlight District" where they have cable laid. Prices are reasonable compared to the other options if you want only internet, but they probably will charge a one-time \$100 installation fee that you may be able to have your landlord cover. Up to 100Mbps is \$50/month, 500Mbps is \$75/month and 1,000Mbps is \$100/month. This is a newer option but a number of students highly recommend it, especially with multiple people streaming at one time. <https://greenlightnetworks.com/>

Recycling:

Recycling is a little different in residential spaces versus public spaces such as the hospital. Your house or apartment will likely have some form of single-stream recycling through Monroe County, and regulations for that can be found here:

<https://www.monroecounty.gov/ecopark/recycling.php>.

You will have to separate paper and plastics when recycling in public spaces and within the medical center. However, what can actually be recycled is fairly similar, see here:

<http://www.rochester.edu/sustainability/recycling/OfficePoster.pdf>. For more information on recycling, please visit: <http://www.rochester.edu/sustainability/recycling/>.

Due to changes in the global market for recycling, there are more stringent requirements for reducing contamination. Please make sure anything you recycle is clean and empty, and **when in doubt throw it out!** Any contamination (or suspected contamination) can cause an entire load of recycling to be thrown out.

Try to bring tupperware and utensils to lunch and dinner talks--it'll keep you from using single-use paper and plastics and you'll have the opportunity to take extra food home!

Composting:

There are two main options for composting in Rochester, though there is a fee associated with both. Community Composting (<https://www.communitycomposting.org/>) and Impact Earth (<https://impactearthroc.com/organics>) have different pricing options depending on how often you anticipate having to return your bucket or get it picked up, as well as different locations for pick up and drop off (including some farmer's markets!). Community Composting offers the opportunity to pick up finished compost for a garden in the spring. Alternatively, you could do your own compost by purchasing a composter.

Pets

Before getting a pet as a med student, there are a few things to consider. First, the obvious – pets cost money. Food, boarding, shots, grooming, supplies, vet care - particularly emergency vet care (that could, potentially, become necessary right before an exam) all adds up. Second, pets take up time. Of course, this varies with what type of pet you have. Dogs require a lot more time than a snake or even a cat. It is possible, as a single person, to have a dog while in medical school, but remember that you'll have to make sure that he or she is let out and walked at regular intervals – even while you're on your surgery clerkship. If you plan on going out of town, you'll also want to make sure you have an alternative caretaker. Also, consider that your pet will probably be alone pretty often. Finally, pets don't just live for the duration of medical school. If we're talking a new puppy or kitten, you're looking at 12-18 years of pet ownership. Within that time, you might be having kids, moving to Angola, or marrying someone with allergies. So be responsible!

Considering adoption?

Rochester has an amazing population of shelter animals, and a particularly large cat population!

Besides the shelters listed below, don't forget to check out craigslist, where you might find the perfect pet. Many local shelter groups also regularly post on craigslist.

Finally, if you're not sure just yet about adopting, many Rochester organizations (including GRASP, Habitat for Cats, and Paws and Purrs below) are in need of foster homes. This is a good way to get your pet-fix without the long term responsibility.

GRASP:

This is a well-established group that fosters both cats and dogs. Adoption fees (including vaccinations and neutering) are about \$200-300 for puppies and dogs; for kittens it is \$135 and for cats \$50-100, based on age. You must fill out a contract in order to adopt.

<http://www.graspinc.org>

Habitat for Cats:

Habitat for Cats' main activities are catch-spay/neuter-and-release programs for the large Rochester feral cat population. They collect kittens from feral colonies (the kittens themselves are not feral!), and they also provide foster services for unwanted older cats. HfC shows cats every Sunday at the Petco in Pittsford. You must fill out an application and contract that, among other things, requires that you not declaw your cat. <http://www.habitatforcats.com/>

Lollypop Farm:

It sounds a bit like the place your aging dog Fido went to when you were five, but Lollypop Farm is actually the local Humane Society. Puppies through dogs range \$250-130. Kittens are \$135, cats are \$80-100. Look out for their free adoption days too! You can also adopt small animals, reptiles, and birds. Adoption fees include spay/neuter, veterinary care, microchip ID, a free veterinary exam, and a free carrier. You must submit an application. Lollypop Farm is *not* a no-kill shelter. <http://www.lollypop.org>

Paws & Purrs Rescue, Inc.:

This is a volunteer rescue group for both dogs and cats, with pets residing in foster homes until they are adopted (no-kill). This is an excellent place to find a well-socialized cat or dog. Application required. Paws and Purrs also shows adoptable pets at the Henrietta Petco, which is probably the best way to meet your new pet. <http://www.pawsandpurrsrescue.org/>

Rochester Animal Shelter:

This is the city shelter. They have dogs and cats year-round, and they occasionally carry other animals. The adoption fee for a puppy is \$169; for a dog it's \$74-139. Kittens are \$105 and cats \$45-90, and they have a "2 Fur 1" discount if you get two cats. The fees cover all of the veterinary care your pets need before adoption, plus spay/neuter (if they are old enough), microchip ID, and a free starter food bag. You will need to submit an application and sign a pet-care contract. <http://www.cityofrochester.gov/rochesteranimalservices/>

Scottsville Animal Shelter:

This is a no-kill organization that is both a shelter and an animal hospital. You can visit with and adopt cats seven days a week, or see their puppies and dogs at Petsmart in Henrietta. Kittens and cats are \$75-180; the fee includes physical exam, veterinary services, and spay/neuter. Puppies and dogs are around \$200-350. Long-term resident dogs and cats are discounted. If you adopt from Petsmart you'll get a discount because Petsmart charitable services donates money for each pet adopted. Application required. <http://petadoption.cc/>

Pet Supplies:

Petco:

Petco stocks a wide variety of commercial and specialty pet foods, plus you can also get other supplies like toys or carriers. They have a house litter variety that comes in a 30-lb. bucket; if

you bring the bucket back to refill yourself, you'll get a discount. They also offer dog-grooming and dog-training services.

- Henrietta: 300 Hylan Dr.
- Pittsford: 3200 Monroe Ave.

PetSmart:

Pretty much the same as Petco, though they don't have their own brand of litter. Plenty of foods and litter varieties to choose from. They do have their own vet clinic on site though—helpful for transferring pet rx from out of state.

- Greece: 3042 West Ridge Rd.
- Henrietta: 790 Jefferson Rd.

Wegmans:

The pet aisle at Wegmans has a fairly good stock of commercial dog and cat foods, including the house brand (Buju/Ziggie for cats; Bruiser for dogs). You can also get most commercial varieties of litter, including Wegmans own kitty litter (a good value). Wegmans does not stock higher-end and natural pet-food brands; you'll need to go to a larger pet supplier or a specialty store for those.

Pet Saver Superstore:

It sounds like just a random discount place, but actually Pet Saver focuses on healthy pet food, and they have recently been getting into foods with only NY-sourced ingredients. The staff is very knowledgeable and helpful.

- Greece: 1596 W. Ridge Rd.
- Brighton: 2947 Monroe Ave

Student Organizations

The medical school has a ton of student organizations, and most people love to get involved! This isn't college, though; remember that you don't need to be able to list every possible activity on your resume, and you'll also have less time. Pick things that you are really interested in, and dedicate yourself to them!

There will be a student activities fair at the beginning of the school year, where you can talk to student leaders of each group and sign up for their listserv. Keep your eye out for emails in the first few weeks of school—groups often email everyone at first before switching to their distribution lists, so you can get a feel for what they do.

Class Council: Class Council serves your class and is responsible for organizing social events for your class, communicating to the class about important events, and advocating for your class to the administration. Some event ideas include: post-exam social events (bars or local social places), Rochester Philharmonic Orchestra concerts, hockey game outings, trivia nights, local art gallery visits, etc. Officers to serve the first year class are elected during orientation/HSF. Positions include: one President, two Vice Presidents, one Secretary, one Treasurer, one Class Senator, two Honor Board Members, one AAMC representative, two class curriculum representatives, and two wellness representatives.

Senate: Serving the entire medical student population, the group is in charge of organizing events for the entire medical school and serving the student population. Traditional events include a Halloween Party, Holiday Party, Talent Show, and Spring Formal. Senate holds quarterly meetings with each year's class councils. Near the end of the first year, you will be eligible to apply for these senate positions: President, Vice President, Secretary, Treasurer, and IT outreach.

Interest Groups

Interest Groups host a variety of lunchtime and evening events covering all kinds of topics related to each specialty, including general overviews, lectures, mixers, and discussions. Participating in these events is a great way to learn about specialties that interest you and to get to know faculty/residents in each field.

Addiction Medicine Interest Group

Aging Interest Group

American Academy of Developmental Medicine and Dentistry

Anesthesiology Interest Group

ASL/Deaf Health Interest Group

Bioethics Interest Group

Cardiology Interest Group

Dermatology Interest Group

Diagnostic Radiology Interest Group

Emergency Medicine Interest Group

Family Medicine Interest Group

Gastroenterology Interest Group

Global Surgery Interest Group

Health and Incarceration Interest Group

Infectious Diseases Interest Group

Internal Medicine Interest Group

Interventional Radiology Interest Group

Med-Peds Interest Group

Medical Entrepreneurship Interest Group

Medical Humanities Interest Group
Medicine in Motion
Military Medicine Interest Group
Student Interest Group in Neurology (SIGN)
Ob/Gyn Interest Group
Oncology Interest Group
Orthopaedic Surgery Interest Group
Pathology Interest Group
Pediatrics Interest Group
Physical Medicine and Rehabilitation (PM&R) Student Interest Group
Plastic Surgery Interest Group
Psychiatry Interest Group
Public Health Interest Group
Research Interest Group
Rural Health Interest Group
Sleep Medicine Interest Group
Surgery Interest Group
Sustainability Interest Group
Vascular Surgery Interest Group
Wilderness Medicine Interest Group

Other Student Organizations

Other student organizations include the affinity groups, which address the concerns and needs of specific minority groups; service organizations; and groups for people with common outside interests. Again, if there's a group you don't see but would like to organize, feel free to do so!

American Medical Student Association:

The American Medical Student Association (AMSA) is the oldest and largest independent association of medical students in the country with a membership of over 65,000 physicians in training. AMSA is a completely student-governed organization committed to representing the concerns of medical students. We represent no single point of view, and there is a wide array of issues that we address—there is something for everyone. AMSA members champion such concerns as fighting for universal health care, eliminating health disparities, and transforming the culture of medicine. AMSA, for example, was one of the leading organizations responsible for the Residency Work Hours Reform movement, resulting in the limitation of an 80-hour workweek for all residents throughout the country. Our U of R AMSA chapter focuses on community initiatives, education and reform. We have leaders focused specifically on Universal Health Care, Community and Public Health and Advocacy. Examples of past events include: Seacover-- a comparison of US and Canadian Healthcare systems in Seattle and Vancouver; A6575 Bill complain- a letter writing campaign with 8 other medical schools in New York State urging our state senators to support an initiative to investigate universal health care.

American Medical Association – Medical Student Section:

This is the U of R student chapter of the American Medical Association. As the student section of the larger physician organization, this chapter works with doctors to bring about change in areas of medicine that will affect our health care system for years to come. At the same time we have our own policies, leaders, and meetings that are separate from the larger organization. Specifically, our organization focuses on ways to cover the uninsured, promote public health, end healthcare disparities and reform medical education. To this end we send delegations each year to two annual meetings of the entire AMA-MSS which are focused on creating and updating policy which the AMA will advocate for in Congress, as well as state and regional meetings to address policy on those levels. We also have an active community service arm that organizes several events each year to foster relations with the Rochester community.

American Medical Women's Association:

American Medical Women's Association was created by a group of women across the country in order to provide a networking opportunity for women to support each other, discuss the unique challenges of being a woman in medicine, and promote education and advancement of women's health. Past activities have included educational lunchtime talks on being a woman in medicine, volunteer opportunities at the women's group and Sojourner House to help women recovering from substance abuse and other hardships, monthly meetings to talk about your experiences with fellow students and faculty, mentoring opportunities and opportunities to attend the national conference.

Association of Women Surgeons (AWS):

The Association of Women Surgeons is a national organization dedicated to supporting women and surgeons at all stages of their careers, from medical school through retirement. The mission of our AWS at Rochester is to inspire, encourage, and enable women medical students interested in surgery to realize their professional and personal goals. It is important to note here that AWS is a group that welcomes everyone interested in our shared goals and mission! Each year, we organize and participate in a number of community service and networking events designed to help medical students increase their engagement with surgical residents and faculty, find mentors, and support each other throughout the journey that is medical school.

Asian-Pacific Medical Students Association:

APAMSA is a national organization aimed to address the issues relevant to the Asian population that reside in America and elsewhere. As a significant portion of our patient population will be of Asian descent, it is particularly important to learn how to care for them in a culturally sensitive manner as well as promote the health and well-being of the Asian community. We offer opportunities to engage with the Asian community and explore alternative forms of medicine. In addition, we will have guest speakers to discuss the regional differences in healthcare that exist in Asia today, as well as the medical crises that afflict them, in hopes of providing a worldwide perspective on healthcare to medical students.

EMPEX:

EMPEX (Emergency Medicine Procedural Experience) gives students the unique opportunity to practice select clinical skills in the Strong ER. Students volunteer for shifts in which they have the opportunity to work with nurses to place IVs, suture, place EKGs, drain abscesses, and perform catheterizations. Students also help out by getting vitals and responding to patient requests. The required EMPEX didactic training usually takes place at the beginning of each year or semester.

Finger Lakes Community and Migrant Health Care Project:

FLCMHCP is a federally funded organization that provides health care to Migrant farm workers in New York. The branch the University of Rochester School of Medicine partners with is located in Sodus, NY. Students will join outreach teams and travel with them to camps where they will provide education on health topics relevant to migrant workers while providers see individual patients. The health education material is in the form of a PowerPoint that can be projected onto a wall "in camp." The material currently covers topics identified by the New York Center for Agricultural Medicine (NYCAM) and is in Spanish.

GAIN (Global AIDS Involvement Network):

Student organization aimed at creating a cohesive network among students and healthcare workers in the common goal of raising awareness of HIV/AIDS and providing services to those affected by this pandemic. Accomplishments to date include creation of alliances with local volunteer organizations, outreach work, political activism, faculty lectures, information booths at local festivals, and involvement in international health projects.

Healthy Kids Healthy Futures:

This group is dedicated to providing informative and interactive afternoon activities and lessons for kids regarding healthy habits and living. We volunteer at a local elementary school once a week. Participating in this group is a very rewarding experience, and you get to serve the community, which is what URM students are all about!

Homeless Response Team:

The goal of this group is to establish meaningful, long-term connections with the homeless patients who are admitted to the hospital. Students are assigned to a team of 3-4 students (a mix of students from all class years), and when a homeless person is admitted to the hospital, one of these teams is alerted. Members of that team then meet up with the homeless person in their hospital room, chat, introduce themselves, get to know the patient, and exchange contact info. The goal is to figure out what the patient's most pressing psychosocial needs are (do they need/want a job? Do they have a PCP? Do they need a cell phone? Do they want more permanent housing?), and then follow up with that patient once every 1-2 weeks for about 6 months (meet them somewhere in the community, help them arrange doctor appts and meet

them there, etc.). The team's role will be to serve as their advocate, and a positive liaison between them and the medical community. The ultimate goal of the program is to set up homeless individuals with a PCP (or reinforce their relationship with an already existing one), improve their trust in the medical system, and help them accomplish as many psychosocial--and sometimes medical--needs as possible (connect them with resources to find a job, housing, cellphone, etc). The teams will work closely with social workers to help accomplish this.

Intervol:

Intervol is a Rochester organization that takes donated medical supplies and sends them to underserved areas worldwide. Medical students participate in packing parties to help sort unused and recyclable medical supplies at INTERVOL's warehouse. INTERVOL collects these unused recyclable medical supplies from healthcare organizations in upstate New York and ships them to international healthcare organizations to assist people in developing and emerging countries. Students going abroad for the summer can also get medical supplies from INTERVOL to bring to their in-country facilities. For more information, please go to <http://www.intervol.org>

Islamic Medical Association of North America University of Rochester Chapter:

IMANA is a national non-profit organization that was established in the US in 1967. The University of Rochester chapter was co-founded by medical students Aunali Khaku and Imran Punekar in the Fall of 2006. Under the guidance of Dr Shakeel Shareef, and Dr. Ali Hamdan, it has continued to grow and thrive and now includes residents and attendings. The mission of IMANA is to provide a forum and resource for Muslim medical students, physicians and other health care professionals, to promote a greater awareness of Islam, and Islamic medical ethics and values, to provide humanitarian and medical relief, and to be an advocate in health care policy. This mission is guided by the Quranic verse; "If anyone has killed one person it is as if he has killed the whole of mankind, and if he has saved one life it is as if he saved the whole of mankind." (Holy Quran 5:32)

Jewish Association of Medical Students:

Jewish Association of Medical Students: The Jewish Association of Medical Students is a group of medical students self-identifying as Jewish at the University of Rochester Medical Center. JAMS serves as a community organization that coordinates religious and secular gatherings, lectures, and social events, as well as provides a common space for activism and social justice. Not externally affiliated, JAMS acts as a student-led interface between Jewish medical students and the greater Jewish community of Rochester, NY.

Latino Medical Student Association

The Latino Medical Student Association is a non-profit organization founded to represent, support, educate, and unify US Latino(a) medical students. The Rochester chapter fosters

engagement with the local community, organizes networking events, and reaches out to applicants that are extended an interview or accepted.

URMC Christian Fellowship:

URMCCF is a group of Christians in the health professions, primarily medical students, associated with the University of Rochester Medical Center who gather regularly for fellowship, prayer, Bible study, and investigation of ethical issues. The group has been an active part of the Medical Center community for over 25 years and encourages students in their personal faith as well as their participation in community service. The vision of URMCCF is to encourage students in the medical profession and associated disciplines to grow closer in their relationship with God and His Son, Jesus Christ, amidst the rigors of a demanding schedule and intense workload. We aim to equip our members to share their faith with others, and to serve our classmates and our community. We will foster cogent Christian thinking in our discussion of medicine, ethics, and other intellectual issues. Learn more about us on our website, www.urmc.org.

Medical Students for Choice:

Medical Students for Choice is a group dedicated to ensuring that women receive the full range of reproductive healthcare choices. MSFC recognizes that one of the greatest obstacles to safe and legal abortion is the absence of trained providers. As medical students and residents, we work to make reproductive health care, including abortion, a part of standard medical education and residency training. In the past we have had educational lunch talks on the current political situation, lobbying training, religion and choice, hands-on papaya workshop, shadowing experiences and caravanned to the national conference. MSFC would be thrilled to network with other like-minded individuals but also welcomes students with all views on this issue.

Medicine in Motion

Medicine in Motion is a non-profit organization that brings healthcare providers and students together through fitness, community building, and philanthropy to address medical burnout.

Nativity Middle School Tutoring:

The Nativity Preparatory Academy is a private, Roman Catholic school in the City of Rochester designed for highly self-motivated, economically disadvantaged students. These children are behind in their grade level as compared to the average student, resulting from negative social and economic factors affecting them and their families. Once a week, medical students go to Nativity and tutor a middle school student for an hour in subjects such as math, history, English and science. Medical students usually have the same Nativity student each week, which helps to foster a close relationship.

On-Call Student A Cappella Group:

On-Call is URSMD's own medical student a cappella performance group. We perform medical parodies of popular songs as well as non-medical pieces. We have weekly practices with performances throughout the year.

Physicians for Human Rights:

A national group, Physicians for human rights views protecting human rights as a way of protecting human health. At the U of R medical school, the student chapter is interested in the issue of human rights at the international, national, and community level, all while asking: What unique qualities do physicians contribute to the protections and discussion of human rights. In the past the group has raised money for an orphanage in Thailand, has had service projects, awareness projects and regular dinner discussions of human rights issues.

Refugee Student Alliance

RSA is a group that partners with community organizations that work with refugees resettled in Rochester. Over 700 refugees are resettled here annually from over 25 countries. RSA's primary programs are volunteering with families and individuals who came to Rochester as refugees, including tutoring/mentoring programs for children, health/nutrition classes for adults, and on-campus events for former refugee students in local schools. RSA's secondary activities include organizing fundraising and charity events to help raise needed items for local refugees, and inviting guest speakers and former refugees to deliver talks on campus.

Rochester Young Scientist's Club

The Rochester Young Scientist Club (RYSC) mentors a group of 5th and 6th grade students from a local community school as they learn about how science is practiced in a professional setting. Activities that the 5th and 6th graders participate in include exercises to demonstrate principles of the scientific method as well as tours of working laboratories at the Medical Center. The RYSC program culminates with a longitudinal project in which the 5th and 6th grade students apply what they've learned by developing a scientific experiment and presenting their findings at the Medical Center with the help of their mentors. The RYSC's goal is not only to teach the 5th and 6th graders about science, but also to encourage life-long curiosity and enthusiasm by giving them the opportunity to do science at a world-class academic institution.

Saturday School:

Volunteers go to local Elementary School twice per month on Saturday mornings. The morning begins with a breakfast for the children. Then, students go to classrooms where they work with the teachers as tutors in math and reading. In the middle of morning there is downtime where we play with the kids in the gym or outside. We also provide a mid morning snack. It's a great way to have some fun with the kids and help them with their schoolwork!

SPECTRUM:

SPECTRUM is a group that serves as an informational, supportive, and educational resource to lesbian, gay, bisexual, transgender, and heterosexual individuals at the University of Rochester Medical Center. Including both students and faculty, this group aims to promote visibility and awareness of LGBT issues within the medical setting. SPECTRUM is also a social organization that sponsors events such as coffee houses and movie nights.

SNACKS (Serving Nutritious and Appetizing Cuisine to the Kin of the Sick):

Every Thursday this group heads to the American Cancer Society's Hope lodge to prepare a delicious home-cooked meal for the residents staying at the Hope Lodge. The Hope Lodge is a charity/low-cost hotel place where people can stay when receiving treatment in town. Usually one person will buy all the ingredients, lead the preparation, and then the group has dinner with the residents. You really get to know the visitors!

StART:

StART is a program designed for pediatric inpatients at Strong. Medical students plan and participate in fun activities with children staying at the hospital. We work with kids of all ages every Friday afternoon at 2 pm on the pediatric play deck. Past activities have included a carnival day, scavenger hunts, and art projects. It's a great way to have some fun after a hard week of classes!

Street Outreach

UR Street Outreach is a student-run organization dedicated to reaching out to the homeless of Rochester and offering basic medical care, access to resources (food, clothing, housing), and acting as sources of support and friendship. The organization has a partnership with the UR School of Nursing to gain experience working in multidisciplinary teams to facilitate care, a skill which we will utilize our entire careers. In order to deliver our care, UR Street Outreach visits local Rochester homeless shelters and homeless individuals living on the streets on Monday, Wednesday, and Friday evenings of each week. As part of our basic medical care, students take patient histories, provide physical exams, take blood sugars, and offer medical advice when appropriate, with a physician either present on rounds or available on call.

Students for a National Health Program

SNaHP is the student section of Physicians for a National Health Program (PNHP), an organization which brings together doctors, health care providers, and concerned citizens from around the country to advocate for single-payer health insurance and other progressive health care policies. By forming a local chapter, the group aims to advocate for our future patients at both the state and federal level, while also connecting with other activists here in Rochester and throughout the country.

Student National Medical Association (SNMA):

The Student National Medical Association is a national student run organization dedicated to increasing social and cultural awareness in the medical community and fostering a diverse student body. Our University of Rochester chapter focuses extensively on community service outreach programs including service initiatives and health fairs to address issues such as adolescent health and sexuality, smoking cessation and prevention, and health maintenance particularly for underserved populations. SNMA also participates in three programs for undergraduate (MAPS), high school (HPREP), and elementary school (YSEP) students that were established to encourage underrepresented students to pursue careers in health related fields. All of SNMA's outreach programs aim both to increase patient access to medical care and other resources and to empower future physicians to deliver competent and culturally sensitive patient care. For the student body, SNMA also organizes several social events throughout the year such as our annual welcome reception, Kwanza celebrations, black history month events, and Hispanic heritage month events. In addition, during the year we fundraise for group activities along with collecting donations for various service organizations like our annual coat drive. SNMA would like to congratulate you on your admission to medical school and wish you the best of luck as you advance in your medical education. Feel free to contact any of the executive board members if you would like more information or have questions. You can also visit our chapter website at: <http://urmc.rochester.edu/smd/student/snma> and the national website at www.snma.org. We hope that you consider getting involved in SNMA as we would love to have you as part of our team.

Students for Integrative Medicine:

Students for Integrative Medicine seeks to broaden the scope of medical education discussions to include multiple systems of healing. Past topics include psychosomatic medicine, naturopathic and herbal medicine, healing through nutrition, yoga, ayurveda, music and art therapy, healing through humor, and Native American medicine. We hope to create a forum for this discussion through informal gatherings, activities, community service, and guest speakers. Come share your ideas!

UR Well Clinic:

UR Well is an entirely student run non-profit organization whose mission is to provide free health care services to the uninsured and underserved families in the Rochester community. There are currently three volunteer clinics operating: Asbury, St. Joe's, and St. Luke's. Each clinic has a unique regional patient population, and they have some variations in organization and specific services provided. Generally, first-year students can start in the fall in administrative and medical assistant positions, and then in the spring as Health Team Juniors, who perform physical exams and histories under the supervision of a third- or fourth-year student (Health Team Seniors). A licensed health care provider is present to provide supervision, support, feedback, and patient care. Additionally, there are occasional "Specialty

Nights”, during which specialists in fields such as neurology, dermatology, endocrinology, etc. volunteer at the clinic to provide care in their respective scopes of practice. During the summer, full-time positions are available for students with greater roles in clinical care and administrations. Training is also provided for more specialized clinical responsibilities, such as smoking cessation counseling.

Students of Rochester Outreach Community Outreach Opportunities

Students of Rochester Outreach’s (SRO) primary goal is to provide medical, graduate and nursing students the opportunity to have hands-on experiences with groups that are economically underserved and disadvantaged. The emphasis at all sites is to establish relationships with agency clients and to develop an appreciation for the social and cultural dimensions of health through attentive, compassionate listening.

Students should sign-up to work with an agency that matches their interests and professional goals. To receive acknowledgment for your SRO experience you must volunteer a minimum of 20 hours per year. Students interested in pursuing the longitudinal Community Health Improvement Clerkship and who want to be considered for the “Distinction in Community Service” designation on your MD diploma, must volunteer a minimum of 140 hours across the four years of medical school using the following breakdown per year. Year 1- minimum of 40 hour; Year 2- minimum of 40 hours; years 3 and 4; minimum of 60 hours across both years. They must also register for INT500. Note: There is no downside to registering and does NOT commit you to completing distinction. It simply helps you stay in the loop about how to fulfill the requirements if you wish to do so.

Outside of the volunteer requirement, attendance at 3 sessions of other Distinction Candidates project presentations, 4 Public Health Grand Rounds and completion of the MOOC for Community Engagement in Population Health is also required. They can be completed throughout Year 1, 2 and 3 and must be documented in the Distinction Portfolio on Blackboard. During Year 4, students must complete CHIC during the fall and complete the community health improvement portfolio while also disseminating results of their community health improvement project during the Distinction in Community Health Forum (February of Year 4).

The Center for Advocacy, Community Health, Education and Diversity will oversee the tracking of hours for each student’s community outreach experience. Volunteering for many student organizations qualify for SRO hours, but the CACHED office or student group leaders are useful resources if you have any questions. Look out for the Community Engagement Fair, where you will have a chance to learn about and meet representatives from some of the many organizations in Rochester that you could volunteer with. All student volunteers must fill out a Special Elective Drop/Add form.

Planning Your Summer

People will start talking about the summer after first year probably sooner than you want them to. Some of this is jumping the gun, but it is true that your summer will probably require a bit of early planning. Remember that this is the last “real” summer you are likely to have in medical school, because third year begins in early July after you take Step 1.

Research

Summer Research

In the past few years, the vast majority of students have opted to do research. Each year, the Center for Advocacy, OMSIEP office gives out \$3,000 awards to students interested in pursuing research abroad or in Rochester (or at another institution). It is important to note that the school usually takes a while to process the grant, and the money is usually delivered to students at the **END** of the summer, so make sure that you budget accordingly. To apply for the grant, you will need to submit an application, which consists of a cover sheet, a description of your research, and a letter of support from the person who will be supervising your research. Generally, the application is due in early February. OMSIEP will start sponsoring meetings about this funding in late fall, so you’ll have plenty of warning. If you have any burning questions, e-mail Evelyn Parker in the OMSIEP office at OMECached@urmc.rochester.edu.

If you’re going to be staying in Rochester, it will probably be fairly easy to find a PI doing work that interests you – keep your ear to the ground, attend lectures and, if something specific interests you, just shoot an email. If you plan to go abroad, you’ll need to start a bit earlier so you can make sure to get a response – and a support letter – from both a PI here at Rochester *and* someone in the country you’ll be spending time in. Definitely ask around among students in other classes, because there are many projects that you can jump on to in subsequent years. Finally, it is possible to get funding to do research at another university in the United States. You’ll need to have support from a PI here and at the host institution. Additionally, it may be a good idea to get started on your IRB protocol for your project before the summer starts. If you do not know what this is, ask your PI.

Generally speaking, most people who go abroad do epidemiological or other survey-based research. First, you have to show that the research you are doing could not be done at Strong. Second, you’ll only have 8 weeks, which means it can be hard to put together a bench-research project, particularly from afar. Many people who stay in Rochester do basic-science research, but there are many other opportunities as well.

If you are reasonably serious about your project, you will almost definitely get the funding. Just remember that you will need to put together a poster for a session in October after your research is completed!

Outside Institutions

Some students receive CACHED funding for working at other institutions, here is a list of the places students have gone to recently: Children's Hospital of Philadelphia, Massachusetts General Hospital, Beth Israel Deaconess Center (Boston, MA), University of Washington, Rothman Institute at Thomas Jefferson (Phil), Sloan-Kettering, University of Chicago, NYU Hospital for Joint Diseases, Yale University, National Institutes of Health, and the University of Utah.

Popular National Programs

While staying in Rochester is great, many students have chosen to apply to national programs and network at other hospitals and schools. Below are a couple of programs that past URM students have been accepted to or have participated in. The CACHED office emails students about these opportunities but some of them you must seek out yourself.

American College of Pediatrics Summer Internships- placements at Boston Children's Hospital, Massachusetts General Hospital

Hospital for Special Surgery (HSS in NYC) Medical Student Summer Research Fellowship- not a great stipend (\$2,400 for 8 weeks), but an amazing opportunity for orthopedic research in NYC. <http://www.hss.edu/medical-student-summer-research-fellowship.asp>

Memorial-Sloan Kettering Summer Research Fellowship- in NYC, great stipend (\$5,800), great opportunities for clinical or bench research.
<http://www.mskcc.org/education/students/summer-fellowship>

NIH National Institute of Diabetes and Diseases of the kidney Summer Internship- past placements at Yale University or Massachusetts General Hospital and you get to go to a funded conference in Nashville, TN! (opportunities are at any 16 of the NIDDK sites across the US)

Roswell Park Summer Medical Student Internship in Oncology- in Buffalo, NY; stipend of \$3500 for 10 weeks. <http://www.roswellpark.edu/education/summer-programs/medical/dental/pa-students#RPCI> Internship

MSTAR grants- Aging-related research in the speciality of your choice that incorporates a didactic lecture series on aging in addition to a mentored research project- available at several academic medical centers across the US, stipend \$4000 for 8 weeks. Clinical shadowing opportunities available as well and you can present your work at the American Geriatrics Society (AGS) national conference. <http://www.afar.org/research/funding/mstar>

Summer Hoosier Rural Preceptorship- learn about rural family medicine while earning \$3,000 and living in a free one-bedroom apartment in Terre Haute, Indiana during this 8-week preceptorship. <http://www.myunionhospital.org/unionhospital/lugar-center-summer-hoosier-preceptorship>

Research During the School Year

If someone tells you it is impossible to do research during your first year in medical school, it is very easy to prove them wrong. Research opportunities at URSMD are by no means limited to over the summer or during a gap year, as there are a myriad of researchers who would love to have medical students (AKA free workers) help out in their projects in some way. It can be as easy as emailing a research coordinator in a department, or talking to a lecturer whose work you enjoy and would like to learn more about. Most physicians are very understanding about time constraints faced by medical students, and will be very accepting about the limited amount of time set aside for research.

Other Ideas

If research isn't for you, don't do it! Here are some other options for the summer. There are some fellowships that have a small research bent but let you spend a lot of time shadowing. Other students try to make a lot of money working for a test prep company teaching MCAT courses, or tutoring students. And if you're interested in taking *real* time off, do it! Go abroad and learn a new language, or get a job painting houses. Ultimately, this summer should be for you.

Living in Rochester

Below is an ever-growing list of restaurants, services, stores, entertainment outlets, and so on that you'll likely become familiar with during your time here in Rochester. We've scoured the city to assemble this all into a comprehensive list, but we still encourage you to go out and explore!

Dry Cleaning and Tailor Services

Saginaw: Owned by the parents of an URMC alum. Provide excellent dry cleaning and tailor services. 1425 Jefferson Rd Rochester, NY 14623 (585) 272-7930.

Mt. Hope Cleaners: can be more expensive for dry cleaning, but is in a very convenient location in the Mt. Hope plaza. 1665 Mt Hope Ave Rochester, NY 14620 (585) 271-6640

Car Repair

Cole Muffler: directly on Mt. Hope next to the Mt. Hope plaza. Very convenient location and they often have deals on oil changes. 1735 Mount Hope Ave Rochester, NY 14620. (585) 244-2270

Delta Sonic: cannot get many care repairs here but they do change oil for a very cheap price \$20. No appointments taken. W. Henrietta rd.

Morris Auto: very fair prices and they have a student discount.

Mt. Hope Service Center: Located on the corner of Mt. Hope and Crittenden Blvd. Very conveniently located. 1471 Mt. Hope Avenue, Rochester, NY 14620 phone: 585-461-3120

PepBoys: standard chain automotive shop, but if you sign up for their rewards card you can get many benefits! 1375 Marketplace Drive Henrietta (585) 272-7080

Seasonal Automotive: recommended by Dean Lambert, and a popular place for students to have repairs done. 1601 E Henrietta Rd Rochester, NY 14623(585) 424-1052

Supermarkets

Abundance Co-op: A grocery store located in the South Wedge, a vibrant neighborhood of Rochester NY's landscape. Priority is given to local, organic, sustainable, bulk and responsible products.

Wegmans: You're living in Rochester so you will probably do most of your shopping at Wegmans. Fact. Rebel at risk of public shame. Wegman's is a combination of Whole Foods and a regular grocery store, all at regular grocery store prices. Prices sometimes even beat Wal-Mart. There are people who won't leave western New York because of Wegmans. Another fact. They have a great selection and tons of special items for those with dietary needs, plus a good international foods section. They have a bakery, deli, meat counter, fish counter and cheese counter in every store, although the "flagship" store in Pittsford has the best meat and fish. You

can also get many prepared foods, including Indian and sushi. They also have a mobile app. <http://www.wegmans.com>

- Henrietta: 650 Hylan Dr.: The most convenient Wegman's to Strong.
- Park/East Ave.: 1750 East Ave.
- Pittsford: 3195 Monroe Ave.: The best one.

Trader Joe's: Let the showdown begin! Trader Joe's is an inexpensive and fun place to shop for just about anything sold at Wegmans and then some. Perhaps the greatest thing about this tropical-themed gem is that everything they sell is from their own brand so prices are super low and quality is high. They also sell a number of unique items that will make your life complete. Like cookie butter. Yes, that's a thing. Trader Joe's distributes daily free samples, and you're allowed to request a sample of any item in the store. Need I say more? Choose a side in the inevitable Wegman's versus Trader Joe's debate, or just shop at both and live a happy life. 3349 Monroe Ave, Rochester, NY 14618 (585) 248-5011

Aldi: Aldi, a European import, **specializes in low prices** by only offering one brand of each type of food and sticking largely to generics. They don't give you grocery bags and you need to deposit a quarter to get a shopping cart. 615 Jefferson Rd.

Price-Rite: Real deals are on the Price-Rite brand, but they also have good deals on other goods, and especially good produce. 3333 W. Henrietta Rd.

Costco: Costco is a wholesale store where you can buy items cheaper in bulk! A great option for a house full of students not to mention their \$1.50 hot dogs.

Tops: Another major grocery store chain, certain locations open 24/7.

- 1100 Jefferson Rd.
- 1900 Clinton Ave. S.

College Town

Barnes & Noble Booksellers –

A large bookstore with some snacks and limited study space. Barnes and Noble Cafe next door has extra seating and is connected to the bookstore.

1305 Mt. Hope Ave. | 585.275.4012

Canandaigua National Bank and Trust –

This is a regional bank. Canandaigua is a town about 40 miles south of Rochester.

1341 Mt. Hope Ave. | 585.851.0350

40 Celebration Drive | 585.546.8910

Tai Chi Bubble Tea –

Bubble tea, poke bowls, sushi bowls and burritos. Vegan friendly. This is a pretty good study spot if you don't mind noise.

1367 Mt. Hope Ave. | 585.448.0220

Flaum Eye Institute | Strong Vision Optical –

Treat yo-self to a new lens prescription here.

1317 Mt. Hope Ave. | 585.273.3937 (Appointments) | 585.276.7676 (Optical Shop)

Grappa -

“Upscale casual” Italian food.

Insomnia Cookies –

Cookies delivered until 3am.

1333 Mt. Hope Ave. | 877.632.6654

Moe’s Southwest Grill –

Like Chipotle, but with free chips.

1377 Mt. Hope Ave. | 585.363.5920

The Beer Market –

Lots of beer, very walkable. We like this place a lot. Score bonus points with your group by ordering a giant pretzel. Special discounts on Wednesday nights when you show your hospital ID.

1401 Mt. Hope Ave. | 585.244.2337

Specialty Grocery Stores

Asian Food Market: Asian. Huge place with a large selection and lots of fresh fish. 1885 Brighton-Henrietta Town Line Rd.

Europa Deli: Eastern European. Sells Eastern European yoghurt and cheese, plus deli meats and pickles. 1694 Penfield Rd. #12

European Meat Products & Deli: Polish. Sells Polish sausages, cakes and other groceries. 1325 Hudson Ave.

Genesee Valley Regional Market Authority: A combination strip mall (of specialty food stores and other businesses) and farmers market. 900 Jefferson Rd.

Halal Markets and Meat: Halal. Meat and other groceries. 311 Ridge Rd. E.

Hikari: Chinese. Within walking distance of Strong, this Asian grocery store stocks mainly Chinese goods (shipments arrive Tuesdays), including whole duck. 1667 Mt. Hope Ave.

Indian House Store: Located across the street from the restaurant of the same name. Frozen foods, spices, and some fresh produce. Rock-bottom prices. 999 Clinton Ave. S.

Istanbul Market: Turkish. Excellent butcher that sells halal meat, plus homemade Turkish food. 1388 Norton St.

Lee’s Oriental Food: Asian. Crazy selection and helpful staff. Located in the GeneseeValley Regional Market. 900 Jefferson Rd., Suite 1-1.

Little Blue Cheese Shoppe: Adorable, relatively new cheese shop in the south wedge. Great place to check out local cheese and pairings, and sample! They also have monthly tasting and pairing events. 684 South Ave

Lori’s Natural Foods: Good source of organic food for humans and animals. Regularly voted best organic food store in the area. Located in the GeneseeValley Regional Market. 900 Jefferson Rd.

Niblack Foods: If you’re a baker or use a lot of spices, this is the place to be. It’s a wholesale place where individuals can also shop: you can get spices, baking and cake-decorating supplies, and a lot of other things. 900 Jefferson Rd, Building 6.

Palmer's Meat and Seafood: When Wegman's selection leaves something to be desired, head to Palmer's for low prices on bulk meat. 900 Jefferson Rd.

Pittsford Seafood Market: Curiously not located in Pittsford, this is a decent seamonger that will precook your fish if you call ahead. 510 Monroe Ave.

Polska Chata: Polish. Polish meats, cheeses, dry goods, juices (cherry juice, for instance). Also offers eat-in or take-out Polish cuisine. 32 Vinedale Ave.

Rubino's: Italian. Lots of Italian specialties, great selection of sausage, pasta, oils, etc. 1304 East Ridge Road

Spice Bazaar: Indian. Has food and an excellent selection of spices. 364 Jefferson Rd.

West Lake: Asian. Not super convenient to Strong, but sells live fish, homemade noodles (ask for them) and home-grown bean sprouts, among other things. 85 Commerce Dr.

Win Fa Market: Asian. A large Asian store that sells live fish, cooking supplies, spices and all the rest. 4 Lake Ave.

Farmer's and Public Markets

Rochester Public Market: This is one of the major draws of the city, having been voted the nation's best public market many times, most recently in 2010. The periphery consists of permanent restaurants and shops, and the inside is a rotation of farmers, produce resellers, and sellers of other goods (plants, spices, knick-knacks). If you're looking for good produce, make sure you stop at stands run by farmers. You can also get ridiculously low prices from vendors who resell the same type of produce you get in the supermarket, often super ripe/eat it in the next day state (that is, don't buy from them if you are looking for organic and high-quality, but if you are looking for rock-bottom prices). The Market is open year-round, but in the winter it isn't worth going unless it's Saturday. They say you'll always run into someone you know at the Market, and that's probably true. Tuesday and Thursday 6 a.m.-1 p.m., Saturday 5 a.m.-3 p.m., Sunday 8 a.m.-2 p.m. 280 Union St. <http://www.cityofrochester.gov/publicmarket/>

Brighton Farmers Market: Over 40 vendors exhibit their wares on Sundays in the Brighton High School parking lot. Open June-October Sundays 9 a.m.-1 p.m.

Highland Park Winter Farmers Market: Looking for good produce and other homemade stuff in the winter? Check this place out. Open November-May Wednesdays 4-7 p.m. <http://highlandwintermarket.com/>

South Wedge Farmers Market: A new addition to the Rochester farmer's market scene that has been gaining in popularity. It is hosted in the parking lot of Boulder Coffee Co. in the South Wedge. Open June-October Thursdays 4-7 p.m. <http://www.swfarmersmarket.org/>

CSAs: If you like farmers markets, you'll probably love community-supported agriculture. You sign up for a particular farm and they will deliver (to a central location) a bag of seasonal produce from the farm every week for the duration of the season. There are many excellent CSAs in the Rochester area because of all the amazing surrounding farmland. Check them out: http://rocwiki.org/Community_Supported_Agriculture.

Hair Salons & Barber Shops

Pal Joey's Hair Design: Barber shop located on Mount Hope Ave. Popular amongst students.

Jurs Barbershop: Another popular barber shop located on Mt Hope Ave

Spitale Laser Spa and Salon: Conveniently located 5 minute walk from the hospital on Celebration Drive, but relatively pricey (womens cuts \$45+, mens \$30+, children's \$25+).

tru Salon: Hair salon with locations in Pittsford and Park Avenue, good reputation with cuts ranging from \$30-\$55+.

Scott Miller Salon and Spa: Upscale salon with variety of hair and beauty services. Pricey. Nearest location is across from Pittsford Plaza.

World Hair: Salon on Park Ave offering a variety of hair services. Reasonably priced, offer free local beer while you wait, and dog friendly. Street parking. Walk-ins welcome.

Faccia Bella: Salon on Lyell Avenue, stylists have experience working with a variety of hair colors, styles, and textures. Fairly priced with great reviews.

Home Furnishings

Want a break from the same furniture you've been buying from Target since undergrad? Not too impressed by what Wal-Mart and Goodwill have to offer? Craigslist and Facebook Marketplace usually have pretty good deals, so it's a good place to start your search for furniture. Departing fourth year students often sell most of their furniture in the spring so be on the look out for those emails to get nice things at fire-sale prices. Some other options are found below.

Ashley Furniture: A bit on the expensive side, but good for comparison shopping to Value City. 650 Hylan Dr.

Bed Bath and Beyond: As the name suggests, a good place for sheets and towels (though more expensive than Target) and small appliances. 720 Jefferson Rd.

Futons & More: 1769 Mt. Hope Ave.

Lowe's: Has some furniture and large appliances, but obviously is especially good for tools and hardware. 2350 Marketplace Dr.

Metro Mattress: Convenient, but may not always beat the big online delivery stores. 600 Jefferson Rd.

Pier One: A place for pseudo-eclectic décor and some furniture. 300 Hylan Dr.

Tuesday Morning: A Pier One-like décor place. 3333 W. Henrietta Rd.

Value City Furniture: Relatively expensive and not the best quality, but you may find something you like. 1000 Hylan Dr.

West Elm: Just opened up at the Armory (next to Village Bakery and TRATA restaurant). A bit pricey, but they will do a free in-home (apartment) consult if you want!

Antiques

Okay so we're not 75 yet, but you can find some pretty great stuff at antique stores, including great, kitschy things with which to decorate your new home.

- Bloomfield Antique Mile <http://www.bloomfieldantiquemile.com/>
- Carriage Factory Antiques: 2348 State Route 5 and 20, Stanley
- Ithaca Antique Center <http://www.ithacaantiquecenter.com/>
- Ontario Mall Antiques <http://www.ontariomallantique.com/>

Malls

Eastview Mall: A bit out of the way in Victor, this is by far the biggest and nicest mall in the area. Stores include Abercrombie & Fitch, American Eagle, Ann Taylor Loft, Banana Republic, Eddie Bauer, Express, Forever 21, Gap, H&M, J. Crew and Old Navy. There is also a nearby Target. Anchor stores are Macy's and Lord & Taylor. Crucially, this is the only place in the area that has an Apple Store. <http://www.eastviewmall.com/>

The Mall at Greece Ridge: Convenient to the Greece Target, but otherwise more out of the way than Marketplace. Has Express, Gap, H&M, New York & Co., Old Navy, Victoria's Secret. Also has a movie theater and a Barnes and Noble. <http://www.themallatgreeceridge.com/>

Marketplace Mall: Located in Henrietta, this mall is convenient to the Henrietta Wegmans, Target and Wal-Mart. Features many stores including Abercrombie & Fitch, American Eagle, Banana Republic, Express, Gap, Ann Taylor Loft, Old Navy and Victoria's Secret. Anchor stores include Sears', Macy's, Dick's Sporting Good's, and JC Penney's. There is also a nearby Lands' End. <http://www.themarketplacemall.com/>

Waterloo Premium Outlets: OK, not actually a mall, but the closest outlet place to Rochester (around a 45-minute drive). They have Calvin Klein, Guess, J. Crew, Gap, Nautica, Nike Factory Outlet, Polo Ralph Lauren, Puma, and others. <http://www.premiumoutlets.com/waterloo>

Restaurants

This is by no means an exhaustive list of all of the food options in Rochester. Check out <http://www.rocwiki.org> for descriptions of all Rochester restaurants and user comments. For other places to find new restaurants, check out:

- <http://www.rochesternewspaper.com/restaurants/guide/>
- <http://www.democratandchronicle.com/apps/pbcs.dll/section?Category=dining>
- <http://www.restaurantdb.net/NY-Rochester-restaurants.html>
- <http://blogs.wherethelocalseat.com/Foodies/Rochester-Food-and-Dining-Blogs.aspx>
- <http://www.yelp.com>

Near School:

Generally speaking, if you have afternoon class, you will only have about 1 hour to grab food during lunch. Here are your some of your options:

In the hospital:

- **Metro Deli:** Recently replaced both cafes nearest the medical school. Good-tasting albeit expensive sandwiches, salads, and soups. However, breakfast is served all day and the egg on a bagel is under \$3 with cheese or meat.
- **Café 601 at Strong:** The main hospital cafeteria located on the first floor by the red elevators near the main hospital entrance. Although it is on the other side of the hospital, it is generally much cheaper as compared to Au Bon Pain. It was recently renovated in the fall of 2012 and provides many options that are very reasonably priced, including salads, pastas, a grill station and much more. You can get a good sandwich, pickle, and pretzels/fruit for \$4.50.

Outside the hospital (note: some places may take longer than time for lunch but all of the following are walkable from school):

- **Bunga Burger:** Next to Chipotle, serving gourmet burgers, brews, and a full bar. Burger special on Tuesdays and wings special on Thursdays.
- **Cam's Pizzeria:** 1290 Mt. Hope Ave, 14620. Chain pizza, open until 10p M-Sat and until 9:30p on Sundays.
- **Chipotle:** 1360 Mt. Hope Ave, 14620.
- **McDonald's:** 1422 Mt. Hope Ave, 14620.
- **Tai Chi Bubble Tea:** 1367 Mt Hope Ave, 14620. Popular spot for boba right next to College town. Also serves ramen & sushi burritos. Order ahead via their app or website (<https://heroorder.com/taichibubbletea/>)
- **Moe's Southwest Grill:** 1377 Mt Hope Ave, 14620. Next to Tai Chi Bubble Tea, take-out & dine-in Mexican cuisine
- **Pita Restaurant:** 1378 Mt Hope Ave, 14620. Mediterranean, offers discounts to students!
- **India House Express:** 1340 Mt Hope Ave, Indian cuisine.
- **Mamasan's Noodle Caboodle Restaurant:** 1400 Mt Hope Ave, 14620. Thai and Vietnamese food.
- **Street Vendors:** Usually situated right outside of the entrance to the medical school in the spring, summer, and early fall (basically when the air is warm enough to permit chewing). You can grab hot dogs, Italian sausages, burgers, and burritos fresh off of the grill and for cheap.
- If you're fast, you could potentially make it to the **Distillery** or to the places in Mt. Hope Plaza (see below).

Rochester Cuisine:

Rochester is probably best known for garbage plates (probably best witnessed rather than explained), hots (hot dogs), and hamburgers. Chicken French is also a local specialty. And barbeque. A lot of barbeque.

Charlie Riedel's: There is no particularly convenient location, but this place is considered a classic for its burgers. It also serves garbage plates. <http://www.charliesrestaurants.com/>

Don's Original: With several locations, this diner serves hots, hamburgers, and custard. <http://www.DonsOriginal.com>

Gitsis Texas Hots: Diner/hot joint on Monroe Ave. that is open 24 hours. Good iced tea. (585) 271-8260

Nick Tahou's: Home of the Rochester "garbage plate" (stick to the original location). You can print off a \$2-dollar off coupon on their Web site. <http://www.garbageplate.com/> (585) 436-0184

Saucey Chef: New-ish restaurant in Rochester that serves a different menu everyday! Menus are posted on Instagram (@thesauceychef). Call and carry out only, Wednesday-Saturday. Definitely worth a visit.

Tom Wahl's: Doesn't serve anything particularly Rochesterian, but it is a local fast-food joint with good burgers, fries, and frosted-mug root beer. <http://www.TomWahls.com/>

American/Contemporary:

Blu Wolf Bistro: Do you know what they call a Quarter Pounder in France? A royale with cheese of course! Chow down on this specialty burger or have your pick of Blu Wolf's gourmet options. Great beer selection, modern décor, located right on Park Ave. 657 Park Avenue Rochester, NY 14607. (585) 270- 4467

Edibles: A Neighborhood of the Arts restaurant with a seasonal, quirky menu and good martinis. Cozy ambiance. 704 University Ave <http://www.ediblesrochester.com/> (585) 271-4910

Good Luck: A small-plates restaurant with some creative options and excellent charcuterie and cheese platters. Good cocktails. Located in an old industrial building, this place gets pretty loud at night. <http://www.restaurantgoodluck.com/>(585) 340 6161

Lento: Focuses on locally sourced and sustainable food. Lento has a seafood bar with lobster, oysters on the half shell and crab, and all pastas are homemade. There are always several vegetarian options. <http://www.lentorestaurant.com> (585) 271 3470

Max of Eastman Place: Convenient to the RPO, this place tends to cater to a slightly older crowd. Locally sourced food and a good wine list. Not always the most inventive. <http://www.maxrochester.net/eastman-place> (585) 697 0491

Next Door Bar and Grill: Phenomenal fusion restaurant (owned by Wegmans) and across the street from the Pittsford Wegmans. <http://wegmansnextdoor.com> (585) 249- 4575

Rooney's: The menu changes daily at this place on a small residential street.- probably one of the best restaurants in Rochester- an exquisite fine-dining experience with a phenomenal chef. The plantain-crusting shrimp (when available), quail, duck and filet dishes are highly recommended. Pretty wood-paneled interior with a bit of a European flavor. <http://www.RooneysRestaurant.com/>(585) 442-0444

The Owl House: Seasonal menu with locally sourced ingredients and a great tap list. Located in a small house, seating can fill up quickly on a weekend but they do take reservations. Vegetarian and Vegan friendly. <http://www.owlhouserochester.com> 75 Marshall Street, Rochester, NY 14607, p. 585.360.2920

The Rabbit Room: Located slightly out-of-the-way in HonoeyeFalls, serving local produce and organic meats. There is also a four-course prix fixe. <http://www.thelowermill.com/menus/index.htm>(585) 582-1830

TRATA (the restaurant at the armory): A great new addition to Rochester. The food is phenomenal and creative. It is AFFORDABLE fine dining. The filet, brussel sprout salad, and stuffed pork are notable. The place is huge and great for groups. It's multi-leveled with niche hang out areas and couched, modern, has a great outdoor rooftop bar, and a phenomenal bar menu. Features over 20 beers on tap. Beer cocktails, a wine selection, and fun mixed drinks. It is situated across from Cobbs Hill Park.

145 Culver Rd Rochester, NY 14620 (585) 270-5460 <http://www.tratarochester.com>

Barbecue:

Dinosaur Bar-B-Que: When you think of barbeque in Rochester, think of Dinosaur. It is arguably the best in town, rivalry coming from Sticky Lips. This place is packed on weekends, and with good reason. If you're from New York City, the Dinosaur Bar-B-Que in Harlem is a

descendent of this original location. Get there before 5pm on the weekends if you do not want to wait more than an hour to be seated. <http://DinosaurBarBQue.com> (585) 325-7090

Sticky Lips: This 1940's-themed joint serves authentic BBQ and other Southern-style options. Definitely worth checking out (try the fried pickles). www.StickyLipsBBQ.com Main (585) 288-1910

Country Sweet Chicken and Ribs: Great wings and ribs, located in plaza next to Advantage Federal Credit Union. CountrySweet.com

Brunch:

Frog Pond: Cheap, delicious, and mimosas. What else does a person need? They're also known for their burgers, so stop by for dinner sometime. 652 Park Ave Rochester, NY 14607 (585) 271-1970

Jines: Literally right next door to Frog Pond. Some of the best pancakes in Rochester and don't get me started on the omelets. There's often a wait so get here early! They also serve lunch and dinner. 658 Park Ave, Rochester, NY 14607 (585) 461-1280

Mad Hatter: Charming place offering cafe fare for breakfast & lunch along with British high tea & baked goods. madhatterrestaurantandbakery.com

Atlas Eats: Casual, neighborhood nook with a bakeshop offering a rotating, international menu, plus wine & beer. <https://www.atlas-eats.com>

Caribbean:

D'Mangu: Plantanos maduros, arroz con gandules, pollo guisado, y mas! D'mangu has it all, serving authentic Dominican fare. A definite must on your list of Rochester eating adventures. 1475 E Henrietta Rd, Rochester, NY 14623 (585) 424-2200

Peppa Pot Restaurant: Cozy Jamaican restaurant for when you're craving some island flavors. 133 Gregory St Rochester, NY (585) 473-3663

Chinese:

Bamboo House: Serves a pretty classic American Chinese repertoire as well as dishes in clay pot and some Thai options. Delivery available. <http://www.bamboohouse.us/> (585) 319 3136

Chen Garden: Voted the best Chinese restaurant in Rochester in 2010. Actually has a fairly nice interior décor (can be romantic, and fancy, the saki is pretty great too). Some unusual dishes (jellyfish). Thai food also available. Delivery available <http://www.chengarden.com/> (585) 241-3070

China Buffet: Pretty standard Chinese buffet (read: ridiculous décor) for fairly low price. Two locations. <http://ChinaBuffetRochester.com> (585) 427-0240

Fortune Chinese Restaurant: Has arguably the best fried rice in the city, and also some good dinner and lunch specials (until 3 p.m.). Delivery/carry-out only (temporarily not delivering). (585) 256 2880

Ming's Noodles: Cantonese-style restaurant that has previously won the award for Best Chinese Restaurant in the city. There are (unsurprisingly) several types of noodles, including

soba and bean noodles. Also serves teriyaki. Delivery/carry-out only.

<http://www.MingsNoodle.com/> (585) 244-0985

New Number One Chinese Restaurant: Decent place on South Ave. The interior is not that pleasant, but it's fine for delivery. You can order online, but it sometimes takes forever.

Delivery/carry-out only. <http://newnumberone.com/> (585) 442 3030

Yummy Garden: Delivers until late (2 a.m.) and also has vegan options. No alcohol. Two locations (most convenient to Strong is the Meigs St. location). <http://www.YummyGardens.com/> (585) 288-2888

New Cantonese: Potentially the best dim sum in the area. There are push carts on Saturdays and Sundays, and you can order dim sum off the menu at other times. (585) 272-9126

Han Noodle Bar: Quaint, understated eatery specializing in Chinese & other Asian noodle dishes, soups & stir-fries. One of the most popular restaurants among students and icing on the cake: you can bring your own alcohol! <https://hannoodlebar.com>

Diners:

Highland Park Diner: This is a true 1940's diner, probably the only remaining one of those manufactured by the Orleans Diner Company. Has gotten some national fame through inclusion in various cookbooks. Pretty traditional fare, but oft-voted Best Diner in the city. AMAZING BRUNCH MENU including unique fruit-stuffed breads (including Challah) and delicious skillet (585) 461-5040

Mt. Hope Diner: You can't get more convenient than this pretty standard diner located in the White Coat Neighborhood. Great place to grab a bite to eat with friends after exams too! Service is good and Wi-Fi is free. (585) 256-1939

Jay's Diner: Traditional diner with jukeboxes at every table and good breakfast pastries. Clutch for being open 24 hours. (585) 424-3710

South Wedge Diner: Big breakfasts & American comfort eats are joined on the menu by Asian dishes at this basic diner.

Brook's Landing Diner: Great restaurant located in 19th Ward, serves your classical diner food at a cheap price (what more could you want?).

Ethiopian:

Zemeta: Delicious ethiopian food and warm, welcoming service. 1009 S Clinton Ave, Rochester, NY 14620

Addis Ababa: Another delicious spot for Ethiopian. 752 S Goodman St, Rochester, NY 14620

Abyssinia Restaurant: Great dine-in Ethiopian food located on Mount Hope Ave, in Mount Hope Plaza (next to Hikari's/Advantage Federal Credit Union). Awesome service as well!
<https://www.abyssiniarochester.com/>

Indian:

Haveli: Of the Indian options in Rochester, perhaps the most Americanized. There is a buffet, but it runs \$12 per person. <http://www.DineAtHaveli.com/> (585) 427-0430

Indian House: Voted best Indian restaurant in 2010 (but word on the street, times may have changed a bit since then...). There is a lunch buffet Monday-Saturday. A bit overpriced.
<http://www.IndiaHouse.com/> (585) 461-0880

Tandoor of India: Don't be put off by it's strip-mall exterior, they have a big menu and serve a good lunch buffet—overall a well-regarded restaurant but some vegetarian dishes can be bland vs. other restaurants in town. 376 Jefferson Rd.
<http://www.tandoorofindia.com/>(585) 427-7080

Thali of India: A little out-of-the-way, but great fare with excellent naan. The wait can be interminable on weekends. <http://ThaliofIndia.com> (585) 327-8030
Amaya Indian Cuisine: A bit expensive but delicious. <https://amayaindiancuisine.com> (585) 241-3223. Located in the Tops Brighton Plaza 1900 Clinton Ave. Delivery via GrubHub, DoorDash and UberEats as well as dine-in and takeout. Discount if order placed online through website.

Naan-tastic: Located in Marketplace Mall (not walkable from hospital), known among Indian food lovers as the Subway of Indian food. Popular items include the Masala fries!

Hyderabad Biryani House Rochester: Located in Henrietta plaza. For those who are into melting their tongues off, make sure to order spicy!!

Italian:

Bacco's: A small place in the Park Ave. area. On the expensive side for standard Italian fare, but excellent appetizers and desserts. (585) 442-5090

La Luna: Located in the High Falls District, this new restaurant has a great waterfront location. Good Italian fare, with a nice choice of salads, meats like saltimbocca and marsala, and pasta dishes. <http://lalunarestaurant.net> (585) 232-5862

Monroe's: A new place on Monroe Ave. in Pittsford, serving panini and flat-bread pizzas with a full bar. <http://www.monroes3001.com> (585) 348-9103

Pane Vino: Upscale Italian overlooking the Genesee River and the Kodak Tower. Great wine list (you can almost always order wine by the glass) and food with excellent, bold flavors.
<http://www.panevinoristorante.com> (585) 232-6090

Panzari's Italian Bistro: Delicious food, a good wine list, and nice atmosphere. Subjectively the best Italian in Rochester. Located in Corn Hill. www.panzarisitalianbistro.com/

Ristorante Lucano: A well-kept secret with a location near the East Ave. Wegman's. Good food with wine and beer available. Reservations recommended. <http://ristorantelucano.com> (585) 244-3460

Rocco: Great place to take the parents. Amazing ambiance with a constantly changing menu and amazing gelato. <http://roccorochester.com/> (585) 454-3510

Japanese:

Plum Garden: The hibachi side of this restaurant is entertaining, and can accommodate large groups. On the other side of the restaurant, you can have traditional Japanese-American fare with excellent sushi and good cocktails. (585) 381-8730

Shiki: The unassuming exterior hides what is maybe the freshest, best sushi in the city.
<http://www.ShikiRestaurant.com/> (585) 271-2090

Osaka: All you can eat sushi at a reasonable rate. All you can eat includes the full menu, including appetizers, desserts, and everything in-between. <https://www.osakasushirochester.com>

Furoshiki: Asian restaurant serving fantastic Japanese ramen located on Park Ave.

Roc City Ramen: Good place to get your ramen fix, lower expectations for their curry and gyoza though.

Korean:

Sodam Korean Restaurant: Excellent Korean place with two locations. Great bulgogi, soups, kimchi, and other specialties. (585) 475-9810

Young's Korean Restaurant: Great-tasting Korean food with hit-or-miss service. (585) 427-7650

Seoul House Korean Restaurant: Decent Korean food. Has been takeout only since COVID but normally has dine-in with BBQ grill at the table. 585-424-2220

Bbq chicken Rochester: New Korean fried chicken restaurant, chain restaurant based in Korea. Tastes like authentic Korean fried chicken! <https://www.bbqchickeneats.com/rochester> (585) 270-8228

Mediterranean:

Voula's Greek Sweets: A homey & welcoming vegetarian & vegan greek restaurant & bakery <https://www.voulasgreekweets.com>

Aladdin's Natural Eatery: Several locations, with the most convenient one on Monroe Ave. south of the Park Ave. district. Offers free Wi-Fi. Has repeatedly won the Best Mediterranean Restaurant award. Fairly classic American Greek fair, but with no preservatives and using only natural meats and produce. <http://www.AladdinsOnline.com> (585) 442-5000

Sinbad's: Located in the Park Ave area, this restaurant offers moderately priced Mediterranean food. Great place to eat outside (take advantage of good Rochester weather at all times!) during the warmer months. 719 Park Ave, Rochester, NY 14607. (585) 473-5655

Cedar: Straightforward, delicious stop for hummus, falafel, shawarma and other Middle Eastern favorites at great low prices. 746 Monroe Ave, Rochester, NY 14607. (585) 442-7751 <https://www.allmenus.com/ny/rochester/522068-cedar-mediterranean-restaurant/menu/>

Sabra Grill: Kosher Israeli food on Monroe Ave for not cheap but not too bad prices, near Great Clips.

Late-Night

Jays Diner: Open 24h (see Diners section)

Insomnia Cookies: Located in the College Town area, very popular place to get your sweet fix. Also serves ice cream sandwiches and has (hit or miss) delivery. Open as late as 3a!

Mexican:

Bitter Honey: On Railroad street, great nachos and quesadillas. Parking may be difficult but Pro tip: park in the paid parking lot across the street and ask your server for the code so you won't have to pay on your way out

Dorado: Located in the Park Ave. area, serving tortas, enchiladas, burritos, tacos, quesadillas, mole, and other options. Calls itself “Latin Fusion” for reasons that are not readily apparent. <http://www.doradoparkave.com/> (585) 244-8560

La Casa: A great authentic Mexican restaurant in the South Wedge featuring awesome food (they also own the Mexican shop at the public market), homy decor, a great bar menu, and sweet outdoor courtyard. Service may be slow so be sure to set aside ample time. Also has taco deals on Tuesdays! 93 Alexander. (585) 730-5025

John’s Tex-Mex Eatery: Formerly known as Taco John’s (forced to change names because of a lawsuit) this place has Americanized Mexican fare with much-appreciated rock-bottom prices. Good beer selection and vegetarian selections. <http://www.JohnsTexMex.com/> (585) 232-5830

Ox and Stone: Latin-inspired eats served with craft cocktails in romantic surrounds in a mansion from the 1880s. 282 Alexander St.

Salena’s Mexican Restaurant: A good Mexican place that was awarded Best Mexican Restaurant for the past 4 years. Impossible to get into on Saturday, closed Sunday. Excellent margaritas. <http://www.Salenas.com/> (585) 256-5980

Nenos: Vibrant, family-run, counter-serve eatery selling traditional tacos, tortas & other Mexican staples. <https://nenosmexican.com>

Pizza:

You know how people are with pizza. Below, see a few highlights, but check out <http://rochesternypizza.blogspot.com/> for constant and exhaustive reviews.

Blaze Pizza: Quick pizza that you order Subway/Chipotle-style at an affordable price.

Cam’s Pizzeria: If classic New York City style pizza is your thing, Cam’s is the place to go. Serves pizza by the slice. Amazing calzones as well. 1290 Mt Hope Ave, Rochester, NY 14620 (585) 256-7437

Chester Cab Pizza: Located in the Park Ave. area, this place specializes in Chicago-style deep dish. Repeatedly voted Best Pizza in Rochester. <http://www.ChesterCab.com/chestercab/> (585) 244-8211

DP Dough: Great place for Calzones, located next to South Town Plaza. Both takeout and delivery.

Joe’s Brooklyn Pizza: Another solid option for Big Apple explants. And they have garlic knots. If this place were any more New York, you’d need a Metrocard to get in. 1100 Jefferson Rd #23B, Rochester, NY 14623 (585) 424-5637

Mr. Shoes: Decent pizza and good wings. They donate pizza weekly to students running our UR Well clinics! Online ordering. <http://www.mrshoespizza.com> (585) 442-3000

Napa Wood-Fired Pizza: There are two locations, but the South Wedge one is the most convenient. Great, inventive, wood-fired pizzas (the kitchen is outdoors – in *Rochester*) and decent wine selection. Skip the desserts. <http://www.napawoodfired.com/> (585) 233-5250

Pizza Stop: This is a favorite local pizza place. Not the most convenient, but considered to be among the best pizza in Rochester. <http://www.pizzastop1.com/> (585) 546-7252

Pontillo’s: This place is the largest local chain, with 25 locations. You can get pizza by the pie or by the slice, and thin crust is better. Pontillo’s has been voted the best pizza place in Rochester for the past 4 years. <http://www.PontillosPizza.com/>

Salvatores’: Multiple locations with relatively speedy delivery (and you can order online). Relatively thick, chewy crust, but overall pretty good. Also serves subs and wings.
<http://www.Salvatores.com> (585) 234-5555

Southern/Soul Food

Tangie’s Kitchen: A hidden gem known for it’s authentic home-style cooking. 586 Lake Ave Rochester, NY 14613 (585) 254-14613

The Arnett Cafe: Famous for their chicken and waffles, located in the 19th Ward.

Thai:

King and I: Has to be mentioned since it has won Best Asian Restaurant several times. The dishes and portion sizes are fairly Americanized. <http://www.TheKingAndIThaiCuisine.com> (585) 427-8090

Thai Mii Up: Located in Irondequoit at 1780 East Ridge Road so a bit farther away but great food especially if you like it on the spicier side.

Khong Thai Cuisine: Great Thai food, offers delivery as well. Khongthaicuisine.com

Traditional American:

The Distillery: A popular local chain with a branch near the UofR. Serves burgers, wings and all the classics. 2-for-1 margaritas and lots of other drink specials. <http://www.TheDistillery.com/> (585) 271-4105

Elmwood Inn: Located very close to the medical school. Serves American appetizers, entrees, burgers, and even a garbage plate. You can get a free birthday dinner. Good beer selection.
<http://www.elmwoodinn.net/> (585) 271-5195

Vegetarian:

For other options, see the U of R Vegetarian Ranking: <http://urveg.org/food/rochester/>.

Natural Oasis Café: Decent place serving vegetarian and Ethiopian options.
<http://www.naturaloasisny.com/cafe.htm> (585) 325-1831

Owl House: An upscale casual restaurant with inexpensive vegetarian, vegan and gluten-free fare and a great beer selection. Try the sweet potato fries with blue cheese and strawberry jam (no, seriously). <http://OwlHouseRochester.com/> (585) 360-2920

Voula’s Greek Sweets: a homey & welcoming vegetarian & vegan greek restaurant & bakery
<https://www.voulasgreeksweets.com>

Red Fern: Vegan salads, sandwiches, entrees & pastries, plus juices, beer & wine, in bright, casual surrounds. <https://www.redfernrochester.com>

Vietnamese:

Dac Hoa: The place to go for excellent, traditional Vietnamese food (check out the dead barbecued animals in the window). Very inexpensive (585) 232-6038

Lee’s Vietnamese Sandwiches: If you’re craving banh mi, this new joint is the place to go. (585) 506-9506

SEA restaurant: Vietnamese/asian-fusion/SE Asian restaurant located in Mount Hope Plaza. Serves ramen, bubble tea, wonton soups, spring/egg rolls, teriyaki, pho, vermicelli noodles, fried rice, even pad thai!

Ice Cream and Other Sweets

Craving something sweet? Rochester has plenty of choices to satisfy any sweet tooth.

Pittsford Dairy Farms Dairy and Bakery: Two great locations. Original location on North Main Street in the heart of historic Pittsford. Great ice cream made from scratch with rotating flavors. Get a quart of your favorite flavor to-go or grab a cup/cone. Not into ice cream? Try their incredible chocolate milk, pies (great for the holidays), or many other bakery products. Other location is located on Park Ave. Smaller with less flavors available but more convenient for a quick ice cream fix.

Hedonist Artisan Ice Cream: Hand-crafted ice cream with local ingredients. Flavors change often so check their Facebook or Instagram for current flavors. Great for those who like more experimental ice cream flavors. Caramel chocolate bacon peanut anyone? Fresh made-in-house waffle cones. Rewards card available too for frequent flyers. Pints and quarts are also available. Located 674 South Ave. (585) 461-2815.

Hedonist Artisan Chocolate: Right next to their ice cream shop. Fresh hand-crafted chocolate with local ingredients.

Abbott's Frozen Custard: Fresh and frozen custard made daily with locations throughout Rochester. Closest at 1855 Monroe Ave, Brighton, NY.

Yolickity Frozen Yogurt Bar: Typical froyo with self-serve froyo and toppings, located in Jay Scutti Plaza.

Bars

As you might imagine, there are a lot of bars in Rochester. We'll cover those near school, Alexander St. and the East End, Monroe and Park Ave., and the South Wedge.

Wine Bars:

Apogee Wine Bar: Rochester's newest wine bar: Apogee Wine bar! Located in the historic Park Ave. neighborhood. Very cutesy. Very fun. 151 Park Ave, Rochester, New York

Chocolate and Vines: A cool place to go for a relaxing time, cheese plates, desserts, fancy chocolates to go with coffee/tea/wine/beer, whichever strikes your fancy. 757 University Ave, Rochester, NY 14607 (585) 340-6362

Flight: small, but homey and super-romantic wine bar in Corn Hill Landing. Awesome wine selection and cheese plates. 262 Exchange Blvd Rochester, NY 14612 (585) 360-4180

Solera: Great ambiance, knowledgeable bar tenders, beautiful exposed brick and an ever-changing selection of wine. Small w/ select table and couch seating but ALSO has a classy "speak-easy" style bar upstairs (known by the separate name of "Cheshire"). 647 South Ave, Rochester, NY 14620 (585) 232-3070

Strong:

The Beer Market: An old-world specialty beer pub featuring over 500+ microbrews, craft, flavored, organic, gluten-free, seasonal, and other specialty beers, wines, and beverages. And right near the medical center!!! 1401 Mt. Hope Ave

The Distillery: Great drink specials (2-for-1 margaritas, \$2.50 pints). Very popular for after-exam gatherings. (See also in Restaurants, below). 1142 Mt. Hope Ave.

Bunga Burger Bar: Gourmet burger bar offering a fully stocked bar and darts, and a great modern atmosphere. Right next to Chipotle. 1370 Mt Hope Ave, Rochester, NY 14620 (585) 360-4949. Great discounted specials on burgers (Tuesdays) and wings (Thursdays) with happy hour prices Monday-Friday.

Elmwood Inn: Sandwiches, steaks, a late-night appetizer menu & 25+ draft beers in a relaxed, long-running pub. 1256 Mt Hope Ave.

Alexander/East End:

The Daily Refresher: A bar where the decor is modeled after a Prohibition-era speakeasy. Lots of craft beer and draft and make elegant cocktails. On the weekends they have a food truck at the back of the bar that makes the best garlic fries ,and chicken and waffles.

293 Alexander St.

Wall Street Bar and Grill: The electronically posted drink prices fluctuate like stock, with heavily ordered drinks going up while others plummet. Trivia Nights are on Tuesday at 8:00PM. 330 East Avenue

Murphy's Law: A classy Irish pub and a favorite among students. 370 East Ave.

Old Toad: A British-themed pub staffed by British exchange students. There are board games and a dart board and open trivia on Monday. 277 Alexander.

Salinger's: A bar serving 22 beer varieties with a pool table, darts, buck hunter, and a jukebox. 107 East Ave.

One: Modern spot with contemporary American fare & an upstairs dance club with late-night hours. 1 Ryan Alley

Swan Dive: Cocktails, Pizza, Beer, Dive In. 289 Alexander St.

Monroe and Park Ave:

Acme Bar and Grill: Awesome dive bar with great eats and a huge selection of craft beers on tap. Nice pool table. 495 Monroe Avenue

Avenue Pub: a gay bar on Monroe Ave with friendly, neighborhood bar atmosphere, good after-work spot. 522 Monroe Ave.

Half Pint Pub is an Irish bar on the corner of Oxford Street and Park Avenue. Great day drinking spot. 363 Park Ave

Dragonfly Tavern: Great bar in the heart of Park Ave. with pizza and other food options. Trivia night on Tuesdays! 725 Park Ave.

Magpie: is an Irish-themed pub on Park Avenue that features a wide selection of draft beers, bottles, and liquor. 653 Park Avenue

JD Oxford's: Serves pub food until 9 p.m. and has a decent beer selection with pinball, darts and a jukebox. \$4 pitchers on Wednesdays, expect it to be crowded! 636 Monroe Ave.

Jeremiah's Tavern: A pub with really excellent wings and other food options. 1104 Monroe Ave.

Nox: Craft Cocktails and Comfort Food is a "nerd pub" in the Village Gate. They also have a full menu of "unpretentious comfort foods and a smattering of snacks for snootier palates." 302 North Goodman Street

South Wedge:

Caverly's Irish Pub: Irish bar with darts. 741 South Ave.

Lux: An "alternative" bar with a hammock, crafts night, board games, and an excellent music selection. 666 South Ave.

The Angry Goat Pub: typical pub environment. No actual goats included. 938 South Clinton Avenue

Firehouse Saloon: They feature 48 beers on tap, and serve bar food until 2AM. 814 Clinton Avenue South

Cheshire: is a classic old-style bar in the South Wedge in the room above Solera Wine Bar, featuring classic pre-Prohibition cocktails such as old-fashioneds, Sazeracs, Negronis, Manhattans and whiskey sours. 647 South Ave

Tap and Mallet: Beer-themed bar with a good craft beer selection (no hard liquor). Also serves food. 381 Gregory St.

Dicky's: Doesn't get more divey than this bar. Claims to be the oldest bar in the city (1880). 791 Meigs Street

Swiftwater Brewery: Impressive brewery on the corner of Hickory and Mt. Hope with delicious food and a lengthy beer menu.

Toasted Bear Tavern: On the corner of Gregory and South, offering traditional American bar food, drink specials and a full vegan menu. A favorite for local kickball teams.

Entertainment

Mr. Rochester's Learning Objectives and Quick Tips for finding something to do in Rochester:

1. Follow [visitrochester](#), [rochesterny](#) and [daytrippingroc](#) on Instagram for events and other fun things to do in the area
2. Read the "City" newspaper or check out their Web site to read about upcoming events
3. "City" also has an e-mail list that you can join for free. Every Thursday, you'll get an email highlighting events for the coming weekend
4. Eastman School calendar of events (<http://www.rochester.edu/Eastman/calendar/>)
5. Check out the RPO schedule (<http://www.rpo.org>)

Calendar of events:

August	<i>African/African-American Festival:</i> MLK Park. Food, entertainment, African drum and dance, arts and crafts. <i>Puerto Rican Festival:</i> Frontier Field. Salsa, cultural events.
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	<p>Park Ave. Summer Arts Fest: Park Ave. Food, games, arts and crafts vendors and exhibitors. http://www.park-avenue.org/events.html</p> <p>Carifest: Caribbean-themed films, food and giveaways.</p> <p>Ukrainian Festival: St. Josaphat Ukrainian Church. http://www.rochesterukrainianfestival.com/</p> <p>Movies with a Downtown View: FREE movies “At the 5” in Center City. Bring a blanket and a picnic or buy food from onsite Food Trucks</p> <p>Bands on the Bricks: Rochester’s most popular FREE concert series on Fridays at Rochester Public Market. National-act and local live music with food and drink vendors.</p> <p>Roc Women’s Fest: Celebrate & support female business owners. Parcel 5.</p> <p>Roc Summer Soul Fest: Family-friendly, grassroots community engagement to support local businesses. Frontier Field.</p> <p>Food Truck Rodeo: Experience Rochester’s best food trucks and local music at the Public Market</p>
September	<p>Rochester Fringe Festival: <i>The Fringe is a 10-day, all-out, no-holds-barred, multi-disciplinary visual and performing arts festival.</i> rochesterfringe.com</p> <p>Purple Foot Festival: Casa Larga Vineyards, Fairport. Grape stomping, wine tasting, live music. http://www.casalarga.com</p> <p>Festival of Food: Public Market. Samples from area restaurants, wineries, farmers. http://www.festivaloffood.org</p> <p>Movies with a Downtown View: FREE movies “At the 5” in Center City. Bring a blanket and a picnic or buy food from onsite Food Trucks</p> <p>Food Truck Rodeo: Experience Rochester’s best food trucks and local music at the Public Market</p> <p>Roc’n Ritmo: Kick off Hispanic Heritage Month at MLK Park</p> <p>FoodLink Festival: Public Market. Support FoodLink and enjoy food and drink from local vendors including wineries, breweries, distilleries, restaurants/caterers, farms, food trucks, bakeries and more.</p> <p>Rochester Half Marathon & 5K: Run along the Genesee River. Great mix of elevation changes to keep you challenged.</p>
October	<p>Image Out Film Festival: Dryden and Little theaters. Gay and lesbian film festival. http://www.imageout.org</p> <p>Pumpkins in the Park & Kids Run Wild: Cobbs Hill Park. Costume contest and prize money for Top Finishers.</p> <p>Zoo Boo: Seneca Park Zoo. Halloween event at the zoo, targeted largely at kids.</p>
November	<p>High Falls Film Festival: East End. Celebrating and creating opportunity for women filmmakers from all over the world. Engaging films, panels and events.</p> <p>East Ave. Grocery Run: East Ave. Raise money for Rochester-area food pantries.</p> <p>Feast of Burden Run: Downtown. Walk/run to burn off those Thanksgiving</p>

	<p>day calories. Order pies from Special Touch Bakery</p> <p>Wedge Waddle: South Wedge. Sponsored by Hedonist Artisan Chocolate and Ice Cream.</p> <p>Holidays at the Market: Public Market. Dozens of holiday-focused vendors: fresh-cut trees and wreaths, decorations, specialty foods and beverages, hand-crafted items and more!</p>
December	<p>Holidays at the Market: Public Market. Dozens of holiday-focused vendors: fresh-cut trees and wreaths, decorations, specialty foods and beverages, hand-crafted items and more!</p> <p>Yuletide in the Country: Genesee Country Village and Museum. 19th century-style celebration. http://www.gcv.org</p> <p>Family New Year's Eve Celebration: FREE DJ Dance Party, bounce house, obstacle course, airbrush tattoos, caricature artists, magician, clowns and more! Snacks and beverages for purchase.</p> <p>Keg Tree Lighting: Genesee Brewery</p> <p>Lighting of the Liberty Pole and Parade to Roc Holiday Village: Meet Santa, Rudolph, Elves and local sports mascots, FREE coffee and hot chocolate, parade from Liberty Pole to Dr. MLK Jr. Park, FREE ice skating and skate rentals, food and drinks, photo ops, FREE kids crafts, rotating pop up restaurant and bar, local artisans selling unique gifts, heated Santa Land</p> <p>Ice Skating at MLK Jr. Park: FREE family ice skating. Skate to DJ music in the evenings</p>
January	<p>Winterfest: Mendon Ponds Park. Arts and crafts, FREE sleigh hay rides, sledding, food and refreshments, hikes</p>
February	<p>Lakeside Winter Celebration: Ontario Beach Park. Polar Plunge, ice sculptures, dog-sledding demonstrations, sleigh rides, Wine and Craft Beer Festival, Chilly Chili Challenge, tractor-drawn carriage rides, snow sculpture contest, music, fireworks</p>
March	<p>St. Patrick's Day Parade: East Ave./E. MainSt. http://www.rochesterparade.com</p>
April	<p>Imagine RIT: Innovation and Creativity Festival: Explore the creative and innovative spirit of RIT students, faculty and staff. rit.edu/imagine</p>
May	<p>Lilac Festival: Highland Park. Over 500 varieties of lilacs, food, games. http://www.lilacfestival.com</p> <p>Greek Festival: Greek Orthodox Church, East Ave. Food, dancing. https://rochestergreekfestival.com</p>
June	<p>Xerox Rochester International Jazz Festival: http://www.RochesterJazz.com/</p>

	<p>Maplewood Rose Festival: Maplewood Park. Over 5,000 roses and activities for children and adults.</p> <p>Party in the Park: Riverside Festival Site through August. Live music. https://rochesterevents.com/party-in-the-park/</p> <p>Fairport Canal Days: Festival on the Erie Canal. https://www.fairportcanaldays.com//</p> <p>Juneteenth Festivities: ROC Juneteenth 5K at GVP, Black-owned pop up shops, live performances and more at Irondequoit Town Hall, Roc Freedom Riders Juneteenth Bike Ride, storytelling at The Strong, YMCA Dreamseeds Jazz Band and Rochester Philharmonic performances</p> <p>Food Truck Rodeo: Experience Rochester’s best food trucks and local music at the Public Market</p>
July	<p>Corn Hill Arts Festival: Corn Hill. http://www.cornhillartsfestival.com/</p> <p>Rochester Pride: 10-day gay and lesbian pride festival. http://www.gayalliance.org/</p> <p>Monroe County Fair: Henrietta. Agricultural exhibits, vendors, food, midway. http://www.mcfair.com/</p> <p>July 4th Light Show & Fireworks: Drone show at High Falls. Fireworks at Main St. Bridge</p> <p>Fashion Week of Rochester: Celebrate Rochester designers, boutiques and businesses while raising awareness of youth homelessness</p> <p>Bands on the Bricks: Rochester’s most popular FREE concert series on Fridays at Rochester Public Market. National-act and local live music with food and drink vendors.</p> <p>Food Truck Rodeo: Experience Rochester’s best food trucks and local music at the Public Market</p> <p>Party in the Park: Concert series Thursdays at MLK Jr. Park featuring blues, funk, rock, reggae, and classic rock</p> <p>Movies with a Downtown View: FREE movies “At the 5” in Center City. Bring a blanket and a picnic or buy food from onsite Food Trucks</p>

Professional Sports

Rochester Amerks: Hockey. <http://www.amerks.com>

Rochester Knighthawks: Indoor lacrosse. National Lacrosse League. <https://rochesterknighthawks.com>

Rochester Razor Sharks: Basketball. Premier Basketball League. <http://www.razorsharks.com>

Rochester Red Wings: Baseball. AAA team affiliate of Minnesota Twins. <http://www.redwingsbaseball.com>

Tourist Sites

Ganondagan State Historic Site: Visit this famous Native American community where thousands of Seneca lived 300 years ago, tour a full-size replica of a 17th century Seneca Bark Longhouse, walk miles of self-guided trails and climb the mesa where a huge palisaded granary stored hundreds of thousands of bushels of corn. May 1-Sept. 30th.

Genesee Country Village and Museum: This attraction includes a historic village (featuring authentic farms, 19th-century food, and period buildings and costumes), nature walks and trails, and the John L. Wehle Art Gallery. May 14-Oct. 16.

George Eastman House: As the world's preeminent museum of photography, Eastman House cares for and interprets hundreds of thousands of photographs encompassing the full history of this medium. Visitors can also explore the restored mansion and exquisite gardens that was once home to George Eastman, founder of the Eastman Kodak Company. Also check out the Dryden Theater, an exhibition space for an amazing collection of films. Tuesday-Sunday.

LeRoy Historical Society and Jell-O Gallery: Historic LeRoy and the Jell-O Museum/Gallery are located in western New York, 30 minutes southwest of Rochester. Learn all about the history of Jell-O and maybe pick up a few recipes while you're at it. Open weekdays Jan-March, additional hours Sat/Sun rest of the year.

Mary Jemison and Sam Patch Boat Tours: Operated by the Corn Hill Navigation company, these boats offer cruises on the Erie Canal and the Genesee River.

Mount Hope Cemetery: The first Victorian cemetery in the country, this cemetery across from the hospital is the final resting place for Frederick Douglass and Susan B. Anthony.

National Women's Hall of Fame: The women and men of Seneca Falls created the National Women's Hall of Fame in 1969, believing that the contributions of American women deserved a permanent home. Learn about the women who have shaped our nation's history. Closed in January.

Rochester and Genesee Valley Railroad Museum: Visitors enjoy a fun day of seeing the museum's train, trolley and car rides, hands-on exhibits and guided tours. May-October.

Rochester Museum and Science Center: The museum offers three floors of hands on exhibitions in science & technology, natural science, and cultural heritage to explore. An exciting variety of experiences, from blockbuster exhibitions to camps, classes, and Live Science! demonstrations. Also check out the Strasenburgh Planetarium, offering laser shows, star shows, simulated space missions, and telescope viewing. Extra \$ for planetarium.

Rockwell Museum of Western Art: The Museum boasts the finest American Western and Native American art collection this side of the Mississippi. Western and Native American art and culture are the focal points for engaging, dynamic exhibitions and educational events.

Strong National Museum of Play: Recognized as one of the nation's top museums for families and children, Strong National Museum of Play is home to the National Toy Hall of Fame, the National Center for the History of Electronic Games, and the world's largest collection of toys, dolls, games, and other items that celebrate play.

Susan B. Anthony House: This site shares the story of Susan B. Anthony's lifelong struggle to gain voting rights for women and equal rights for all. Closed Mondays.

Music

Rochester is known as an important musical cultural center, largely because of the influence of the top-rated Eastman School of Music, which trains performers in classical and jazz music. Eastman's Sibley Music Library, incidentally, is the largest academic music library in North America, and is open to medical students.

Classical and Opera

Eastman School of Music: For those interested in attending high-quality musical performances on a medical student's budget, Eastman is the place to go. Most concerts are free to UR students, including concerts with great artists such as John Williams and Robert Shaw. The elegance and acoustics of the Eastman Theatre itself make the visit worthwhile.

<http://www.rochester.edu/eastman>

Eastman School of Music, Opera: One of the best opera performances you'll see in town is through the Eastman School's opera program. Two shows are staged each year, one in the winter and one in the spring. The students are among the most talented in the country and typically stage an impressive performance. <http://www.rochester.edu/eastman>

Hochstein Music School: The Hochstein Music School is a well-respected community music school offering many free concerts to students, including several popular annual productions, such as Handel's *Messiah*. <http://www.hochstein.org>

Mercury Opera Rochester: Mercury Opera Rochester is the area's newest cultural organization, and Western New York's only professional opera company. Only in its third season, this organization performs for the Rochester area at Kodak Hall in Eastman Theatre. This coming season includes a combined performance with the Rochester Philharmonic Orchestra featuring the work of Verdi. <https://www.guidestar.org/profile/35-2240395>

Rochester Philharmonic Orchestra: The RPO is the internationally renowned orchestra associated with the Eastman School of Music. The RPO puts on over 140 classical and pops concerts per year, hosting over 350,000 patrons. Though their concerts are not free to students, discounts are available. All shows are held at the Eastman Theatre, a beautiful and acoustically excellent venue. <http://www.rpo.org>

Choral

Check out this website for more information: <http://www.choral-rochester.org/>. Below is only a small selection of choirs. There are also many children's choirs.

Concentus: A women's chorus that focuses on classical compositions.

<http://www.concentus.org/>

Eastman-Rochester Chorus: Combining Eastman and community voices. Predominantly classical works. <http://www.esm.rochester.edu/ensembles/erc/>

Genesee Valley Orchestra and Chorus: Presenting classical works and some musical selections. <http://www.gvoc.org/>

Lyric Chorale: A mixed choir of amateur and professional men and women who largely perform classical pieces. <http://www.lyricchorale.org/>

Madrigalia: A small choir presenting 16th- and 17th-century madrigals and motets.

<http://www.madrigalia.org/>

Rochester Gay Men's Choir: Currently entering its 30th year. Performs at the Hochstein School of Music. <http://www.thergmc.org/>

Rochester Women's Community Chorus: A not-for-profit non-auditioned chorus. <http://www.therwcc.org/>

Jazz and Blues

Abilene Bar and Lounge: Although this normally features alternative, country and Americana, Abilene slips in jazz from time to time. 153 Liberty Pole Way

Clarissa's: Home of live jazz, blues and R&B. Usually no cover. Thursday is Karaoke Night. 293 Clarissa St.

Dinosaur Bar-B-Que Live music 6 nights a week including jazz and blues. 99 Court St.

Little Theatre Café: Live music 5 days a week, featuring jazz frequently. 240 East Ave.

Smokin' Joe's Bar & Grill: Hosts live blues groups among other artists 3 nights a week. 425 Lyell Ave 425 Lyell Ave.

Pop and Rock

Bug Jar: Features live music 7 days a week (plus drink specials!). 219 Monroe Ave.

Water Street Music Hall: The largest music hall in Rochester features all forms of music throughout the year. 204 N. Water Street

Folk and Acoustic

Salena's: Acoustic Flamenco guitar to accompany your meal on weekends. 274 N. Goodman St.

Cinemas

Cinema Theatre: One of the oldest continually running neighborhood theaters in the United States. Screens a variety of independent films and some mainstream movies. Also offers the only double feature in town. <http://www.cinamarochester.com/>

Dryden Theater: Screens Eastman House's unparalleled collection of films. Check the Web site to see what is going on. \$6 for students. <http://dryden.eastmanhouse.org/>

Little Theater: Your best bet for independent and foreign films. Has a nice café inside, and is pleasantly located in the East End. <https://www.thelittle.org/>

Pittsford Plaza Cinema 9: Located in the Pittsford Plaza convenient to the Barnes and Noble and the Pittsford Wegman's.

Regal Henrietta Cinema 18: Where to head for the latest blockbuster.

Theatre

For more information, check out <http://www.theatrerocs.org>.

Blackfriars Theatre: The Blackfriars focus primarily on contemporary works, typically staging one musical and four dramatic pieces annually. <http://www.blackfriars.org>

Bristol Valley Theater: Produces professional theater for a rural and regional audience.

<https://bvtnaples.org>

Downstairs Cabaret Theater: This troupe performs in an intimate space in the East End and takes on a wide range of shows from the new to the traditional.

Geva Theater Center: The largest professional theatre in New York outside of New York City, Geva puts on six plays annually on its main stage. It also showcases several more on the Nextstage, a smaller venue, often showing original or “in-development” shows. Though they don’t publicize it, rush tickets are usually available to students for \$8 just before show time.

<http://www.gevatheatre.org>

JCC Center Stage: Produces several musicals a year. <https://jccrochester.org/arts-culture/centerstage>/<http://jccrochester.org/NewWebsite/centerstage.html>

Kalidas: An Indo-American theater group.

Method Machine: A theater troupe focusing largely on modern and contemporary works.

<http://www.methodmachine.org/>

Nazareth College Arts Center: Here you can experience the work of seasoned professionals and gifted newcomers as they display their talents in the galleries, stages, and performance halls of Nazareth College. <https://www2.naz.edu/arts-center/>

Off-Monroe Players: Rochester’s Gilbert and Sullivan company. <http://www.off-monroeplayers.org/>

Out-of-Pocket Productions: Produces shows at minimal cost to donate proceeds to non-profit organizations. <http://www.theatrerocs.org/OutOfPocket/ROCetteOOP.html>

Pittsford Musicals: Home to amateur musical theater. <http://www.pittsfordmusicals.org/>

Rochester Broadway Theater League: For those who enjoy musical theater, Rochester Broadway Theater League brings in several Broadway touring companies each year. Usually 46 student rush tickets are available at half price an hour and a half before curtain time.

<http://www.rbtll.org>

Rochester Community Players: Produces main stage productions and is also the home company for the Rochester Shakespeare Players, who produce a Shakespeare in the Park event every summer at the Highland Bowl. <http://www.rochestercommunityplayers.org/>

TYKES (Theater Young Kids Enjoy): Professional theater for children, staged at the JCC.

<http://www.tykestheatre.org/>

Village Idiots: Improv troupe that also offers classes. <http://www.improvvip.com/>

Dance:

Borinquen Dance Theater: Featuring Latin and Puerto Rican dance, associated with the Hochstein School. <http://www.borinquendancetheatre.org>

Geomantics Dance Theater: A school and theater for “holistic movement education.”

PUSH Physical Theater: Avant-garde dance/movement performances.

<http://www.pushtheatre.org/>

Rochester City Ballet: Rochester’s contemporary ballet company. Has been gaining in reputation in the past few years, but is still known largely for its production of the *Nutcracker*. There are discounts for students. <http://www.rochestercityballet.com/>

Outdoor Activities

City Parks:

For more information about parks (and other things!) visit <http://www.cityofrochester.gov/>.

Cobbs Hill: Located at the intersection of Monroe Ave., Culver Rd., and Highland Ave., this park has fields, basketball and tennis courts and a hilltop reservoir with a paved track around it and nice views of the city and surrounding area.

Durand-Eastman Park: This park on the shore of Lake Ontario may be the nicest park of all in Rochester. With sand beaches, forest trails and barbecue shelters, it makes a good place to kick around for an afternoon.

Genesee Valley Park (GVP): This park is closest to Strong. You'll get acquainted with GVP at orientation on Community Service Day. There is good access to the canal paths, nice fields, and barbecue shelters.

Highland Park: Just north of the U or R, this park is very hilly with lots of big trees, paved paths and a band shelter. It plays host to the annual Lilac Festival in May. A must visit spot in this park is the Lambertson Conservatory, which offers a full greenhouse experience year round.

Maplewood Park and Rose Garden: Boasts a nationally accredited rose garden, and also has views of two of the waterfalls in the Genesee River Gorge. There is a pond for fishing, and the Genesee Riverway Trail runs through it.

Mendon Ponds: At 2,500 acres, Mendon Ponds is the largest park in the county. There are well-maintained trails and, as you might suspect, an abundance of ponds. Good for running in the summer and snowshoeing or cross-country skiing in the winter. There is also a nature center and, during the summer, a butterfly garden.

Ontario Beach Park: Located at the north-most point of the City, Ontario beach park features many attractions in the Charlotte Neighborhood: restaurants, bars, ice cream and an antique carousel. Swimming is permitted at the park. In the winter an annual festival is held in the park with a chili cook-off and polar plunge.

Biking:

Road Biking: Riding in the city can be a bit hectic, but fear not, good terrain is only minutes to the south. Once you get a few miles south of the city, everything opens up and you are riding on empty roads surrounded by farms. A little further south (about 15 to 20 miles) and you start to hit the Bristol Hills, and they are a good option if you want to get in some hills. One popular ride is to head south on Clover Road to Mendon ponds or further on to Honeoye Falls. The Finger Lake region has great riding too, and Lake Canandaigua is a short 30 to 40 mile ride.

Off-Road Bike Trails: The canal paths provide great alternatives to riding on the roads. They are used by bikers, walkers and runners, and the surface is asphalt near Rochester, although it does change to crushed stone, dirt and gravel further out. There are two main trails that are easily accessible from the Strong area that parallel the Genesee River running north and south, and the Erie Canal running east and west. The easiest entrance from the White Coat Neighborhood area is on the corner of Kendrick Road and Westmoreland Drive. On nice days, it can be too crowded for very serious riders wishing to ride fast, but for the average bike rider, they are perfect. Check out the local bike clubs for group rides, races and bike routes.

Mountain Biking: Unfortunately it is illegal to bike on any trails in the Monroe County Parks. This rule is pretty strictly enforced and the Parks Department will slap you with a hefty fine if it catches you. There are some options outside of Monroe county though that are pretty good. The closest is in Victor in Dyer Park. The biking here is fairly tame as the trails are well maintained, but it is the closest legal mountain biking to school. About an hour south of the city is Harriet Hollister Recreational Area where you can also go biking. There are some wider well-maintained trails used for cross country skiing and also some single tracts weaving through the woods. Check out the Rochester XC-ski foundation website for directions to the park. Letchworth State Park also allows mountain biking but you have to pay a fee to drive your car through the park.

Golf:

These are some of the notable public clubs. There are also many private country clubs.

Durand Eastman Park: Beautiful scenery – located on Lake Ontario. \$16 weekdays, \$17 weekends for 18 holes. <http://www.golftheparks.com>

Genesee Valley Park: Very conveniently close to school and reasonably priced. \$16 weekdays; \$17 weekends for 18 holes. <http://www.golftheparks.com>

Parkview Fairways: 18-hole course with pretty views. \$29 weekdays; \$36 for 18 holes weekends for 18 holes. <http://www.parkviewgc.com/>.

Ravenwood: This is top-of-the-line for the Rochester area with state of the art facility and golf shop. \$48 weekday; \$58 weekend for 18 holes. <http://www.RavenwoodGolf.com/>

Shadow Lakes: This club features two 18-hole courses that are both challenging and enjoyable. \$27 weekday; \$33 weekend for 18 holes. <http://www.rochestergolfcourses.com/>

Camping and Hiking:

There are lots of great trails and, notably, waterfalls, in the area. Check out information from the Adirondack Mountain Club: <https://adk-gvc.org>.

Chimney Bluffs State Park: Land and water combined here to sculpt a pretty crazy landscape of spires. There are picnic areas and nature trails. About a 40-minute drive from Rochester. <http://nysparks.state.ny.us/parks/43/details.aspx>.

Fall Brook Falls: A 70-foot waterfall that is accessed by a 30-minute hike. To get to the base of the waterfall, you need to cross a pretty steep canyon wall (worth it). To get there, take I-390 south to Road 20A. Turn right on Lakeville, continue on South Street, and bear right on NY 63. Pull off to the right-hand shoulder after about half a mile and you should see a trail leading into the woods.

Finger Lakes Trail: The main Finger Lakes Trail is 558 miles long, and the whole system offers nearly 1,000 miles of hiking. There are campsites and shelters available. <http://www.fingerlakestrail.org/>

Letchworth State Park: About an hour and a half south of Rochester, this park is gorgeous, featuring several waterfalls and many hiking trails. There are many campsites and picnic areas. Don't be tempted to cross the Spider Bridge (it's illegal ... but it does have some nice views). <http://www.letchworthpark.com/>

Stony Brook: Stony Brook State Park features a rugged gorge in the rolling hills of Western New York. You can enjoy the park's rich scenery while camping, picnicking, swimming or hiking. <https://parks.ny.gov/parks/118/>

Watkins Glen State Park: A drop-dead gorgeous gorge hike with 19 waterfalls (including one you walk behind) and beautiful cliffs and pools. A bit of a drive but it's a pretty trip around Seneca Lake and definitely worth the gas money! Don't bring your dog through, unfortunately pets aren't allowed on the gorge trail. <http://nysparks.com/parks/142/details.aspx>

Fishing:

Anyone over the age of 16 requires a fishing license. For information, see <http://www.dec.ny.gov/permits/6091.html>. Check out www.rocwiki.org and their link to Shane Dale's Spots at <http://rocwiki.org/Fishing>. Trout and salmon streams are abundant in upstate New York, and even in the Rochester area. Sandy Creek, near Hamlin Beach, west of the city, has runs of salmon, steelhead and brown trout. Irondequoit Creek and the lower Genesee, both more or less in the city, are also fishable, but a trip down to the Finger Lakes or east to the mountains may be preferable.

Boating and Water Activities:

The Erie Canal, Genesee River, and Irondequoit Bay are the easiest options if you want to get your feet wet. For longer paddles the Adirondacks offer many great options from long river and lake trips to pond hopping through the St. Regis Canoe area. The Thousand Islands and the St. Lawrence seaways are also only a few hours away and offer some great areas to paddle around and camp in. If your tastes run more towards the faster moving water, there are actually places to find some whitewater. The closest is a short man-made whitewater course at Lock 32 in Pittsford. For some fairly gentle rapids, you can south to Letchworth State Park. These are mostly class I and II and are often swarmed by the rafting trips. The Salmon River north of Syracuse is only about two hours away and offers some faster moving water.

Bay Creek Paddling Center: Offers affordable kayak and stand-up paddle board (SUP) rentals and run a shuttle that can drop you off for a one way paddle from Ellison Park to the mouth of Irondequoit Bay—making reservations is a good idea though, they can fill up. <http://www.baycreek.com/>

Genesee Waterways Center: One location is across from school, and the other is in Pittsford near GWC's whitewater course. They offer rowing, sculling, canoeing and kayaking (including rentals), and you can also take lessons. You can also become a member and store your boat there if you have one. <http://geneseewaterways.org/>

Mendon Ponds Park: Has a launch for kayaks and canoes. <http://www.monroecounty.gov/parks-mendonponds.php>

Skiing:

Bristol Mountain: At only 40 min. drive away, Bristol is arguably the best truly local ski area, Bristol offers an impressive (for western NY) vertical drop and a variety of terrain. The main lift is a high speed quad, while there are a few beginning lifts for the novices. A decent terrain park (half-pipe and a number of table-tops, spines and rails) is serviced by its own lift. The twilight

pass is a good option for medical students, but it can be very busy on weekends. \$53 for 8-hour pass, \$35 for twilight pass. Canandaigua, NY.

Swain: Swain has a decent beginner area and a decent terrain park. Swain would be a great place to learn to ski, for the intermediate skier, or to avoid the crowds of Bristol. Don't expect a really thrilling or challenging slope, though. Swain is about 1 hour and 15 minutes away from Rochester. \$43 for 8-hour pass, \$34 for twilight pass. Swain, NY.

Holiday Valley: Holiday Valley is a great Western NY ski area, with a number of high-speed lifts and a variety of terrain. There are moguls, glades, cruisers, and a terrain park. One downside is that the runs tend to be a bit short. An advanced snowmaking and grooming setup make this area a good bet for early or late season skiing. Great hotel-ski packages before December and after late February! Well worth the 2-hour drive. \$55 for 8-hour pass. Ellicottville, NY.

Greek Peak: A mountain resort (also a water park in the summer) with good downhill and cross-country skiing options. 32 trails, 8 lifts, a terrain park, glades, and tubing. Greek Peak is about a 2 hour 15 minute drive from Rochester. \$59 for 8-hour pass, \$41 for twilight pass. Cortland, NY.

Additional Note: Farther away, you can head to the ski places in the Catskills, or up to Whiteface in Lake Placid. As a last resort, if you are snow-starved and have a long weekend to kill, it is only about 6 or 7 hours up to Vermont and some of the best skiing on the East Coast.

The Finger Lakes:

The Finger Lakes, a set of 11 lakes formed by glacier movements, are a major tourist attraction of upstate New York and a great place to take a quick vacation. The closest lakes are only a 35-minute drive away. The Finger Lakes are not just known for their outdoor activities, however. They are also the biggest wine-producing region in New York State, and they have the largest concentration of wineries in the United States after Napa Valley. This area of New York has a similar latitude and similar soil to that of the wine-producing regions of Germany, so Rieslings are a major product.

Canandaigua Lake is a short 35-minute drive on the NY Thruway and has a great little downtown area, lots of wineries and shops along with some cool waterfront restaurants and bars! Plus the Finger Lakes are beautiful and it's nice to get out of Rochester every once in a while.

Wine Tours:

Seneca, Keuka, Canandaigua and Cayuga lakes all have wine trails. You can drive them yourself, or you can use a tour operator (saves having to have a DD!). Depending on the outfitter, you can reserve anything from a sedan to a bus. There are many options, but here are two good ones:

- Private tours: <http://www.fingerlakeswinerytours.com/>
- Hop-on public tours: <http://www.winetourrolley.com/>

Exit Page

If you've made it this far into the Blue Book, then you're more than ready to succeed as both a medical student at URSMD and a member of the greater Rochester community. Medical school is challenging, but remember the URM community is here for you. Your professors, preceptors, administrators, librarians, standardized patients, student services staff, and fellow medical students are here to support you and help you succeed. Please do not be afraid to use them as a resource!

If there is one thing that the COVID-19 pandemic taught our nation, it's the importance of quality providers that are dedicated to their patients. Imagine the clinical skills, scientific knowledge, empathy, and humanity required to take care of critically ill COVID-19 patients and their families. Let this pandemic serve as inspiration; the knowledge you are gaining at URSMD will ultimately help you treat disease and improve people's lives.

One final suggestion we can offer is to document your first-year journey in some way. You'll be surprised at how quickly the year will fly by, and it will be humbling to reflect on how much you've grown since August (you definitely won't be using GPS to find Wegmans). Of course, feel free to personally reach out to any of the editors of this Blue Book edition with questions or concerns. We are so excited to see where URSMD and the city of Rochester will take you all over the next year and beyond!

Congratulations, good luck, and *Meliora*,
Logan Worley, AbE Choe, Acacia Bowden, and Yoav Kadan