

SECTION II.

LIVING IN PHILLY

HOW TO USE THE SURVIVAL GUIDE:

The Survival Guide was constructed to be a very detailed, but not exhaustive, reference source; by design, it is overly inclusive. This should not be viewed as one large document, but as a source to reference when certain questions may arise. Reading it cover to cover will provide very little benefit; instead, you should familiarize yourself with the table of contents so you can cherry pick information based on your needs. This year, we've split the Survival Guide into distinct part by Section so that you don't have to download the whole thing and scroll through dozens of pages.

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SECTION II.

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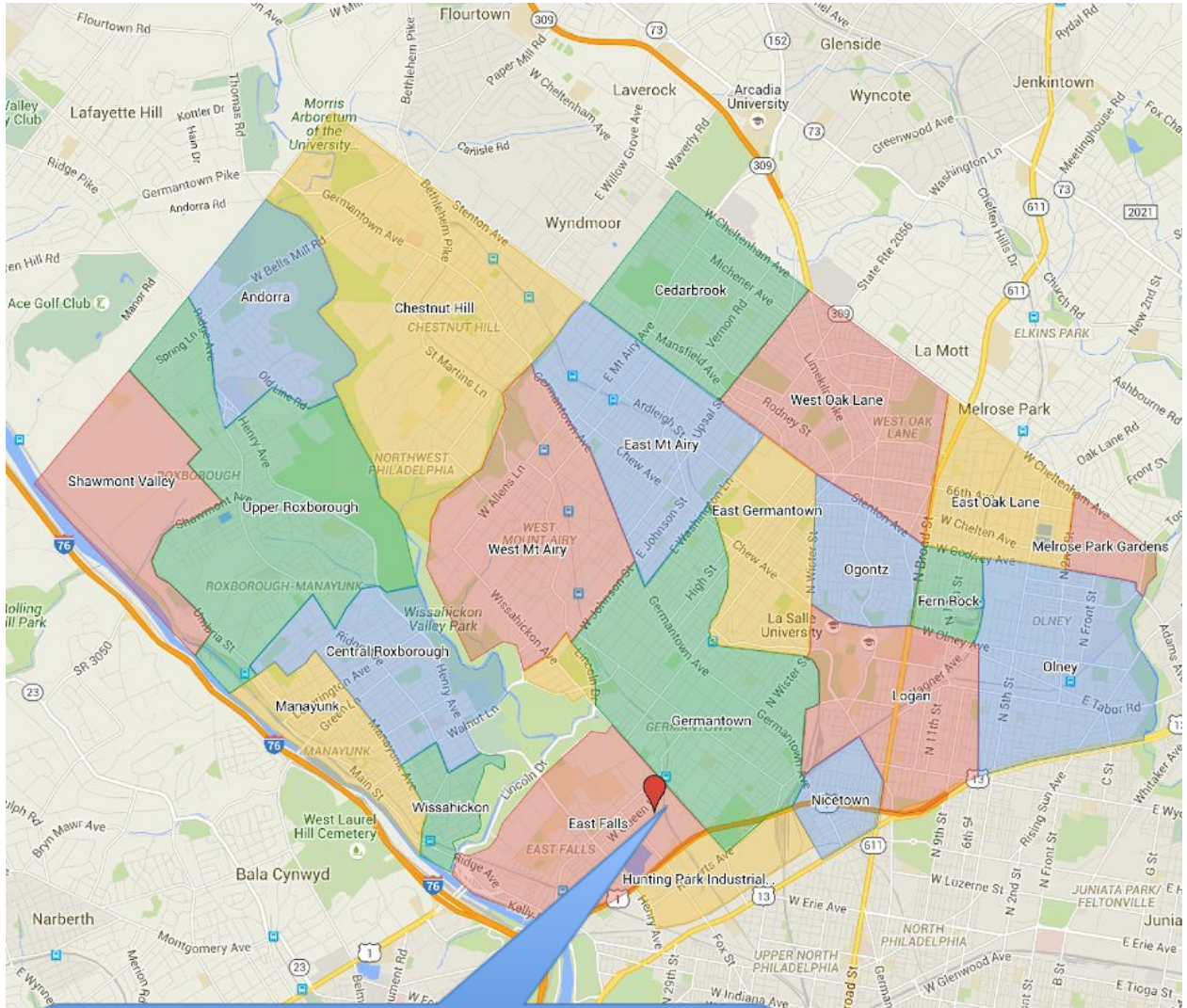
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MAP OF NEIGHBORHOODS

This map shows only the areas surrounding DUCOM.

You can [Click Here](#) to view this map in Google maps with all of the neighborhoods in Philadelphia



**Drexel University College of Medicine
DUCOM
Queen Ln Campus**

HOUSING

So luckily, Philly is a grid system (mostly), so it's easy to navigate downtown in general. Check out the "5 squares": City Hall, Rittenhouse (shops!), Logan (museums), Washington (food!), and Franklin (concerts, public events).

Philadelphia is a unique city with a lot of different neighborhoods each with their style. Navigating and learning about it is a lot easier when you have a good place to call home. But finding the perfect home is more about knowing what makes a perfect home for you than scouring the house/apartment listings.

Keep in mind that Philly is one of the oldest cities in America and it is not uncommon to find a house close to a century old. When looking at a listing (whether in person or over the phone), try to make sure to ask these questions:

- First, Confirm all Claims
- Building Age
- Sq. Footage
- Any Requirements
- Any Fees
- Maintenance? 24/7?
- Central Air, Radiators?
- Gas or Electric Stove
- Appliance Age
- Bathroom Vent
- Parking
- Sidewalk Lighting
- Cellphone Reception
- Outlets (Grounding?)
- Smoke Alarms
- Utility Setup
- Internet (Verizon or Comcast)
- Snow Shoveling?
- Trash Pickup?
- History of Theft/Vandalism
- Mold or Mildew
- Bugs/Pests/Mice?
- Other Tenants? (Noisy?)
- Pets Allowed
- Security (Lock/Windows)

PRICING

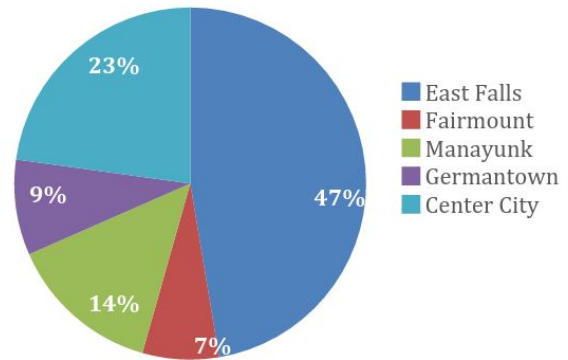
To help you in finding a good deal, we've took a survey of students at DUCOM to give you an idea of the average students are paying. We broke it down by neighborhood and provided personal testimony from students about certain areas.

[Click Here](#) to view a Google Spreadsheet of housing locations commonly used by DUCOM students with average prices, amenities, phone numbers, and website links.

DISCLAIMER: Prices reflect average rent per person regardless of number of roommates. Therefore, rent will vary based on number of roommates.

	Average Price per Neighborhood	% of Population
<i>East Falls</i>	\$713.33	43.55%
<i>Fairmount</i>	\$793.75	6.45%
<i>Manayunk</i>	\$809.38	12.90%
<i>Germantown</i>	\$850.80	8.06%
<i>Center City</i>	\$1,047.69	20.97%

% of Student Body



	Approximate Travel Time To Queen Ln Campus	
	Car	Other
<i>East Falls</i>	1-15min	1-15min
<i>Fairmount</i>	25-40min	>45min
<i>Manayunk</i>	10-20min	>30min
<i>Germantown</i>	5-20min	>20min
<i>Center City</i>	25min	>25min



HOUSING TESTIMONIALS

Keep in mind that only people with either really good or really bad experiences post reviews and it's the latter that has the bigger incentive. That's why you don't see very many 3 star reviews.

Neighborhood	Do You Feel Safe	Notes
Center City	Yes	Moved away because I found a cheaper place
Center City	Yes	Moving to fairmount area, but not because I had issues with the center city. Whatever neighborhood you live in, make sure to live in the city. East falls is boring.
East Falls	Yes	(Carlton Park) Management is terrible
East Falls	Yes	Carlton Park is decent, at least from my experience. I had a 2br to myself and just moved around the corner to a 3br with roommates, both in CP. Only issue I ran into is that the walls are a little thin but for the most part my neighbors have been pretty quiet. But for the price and short distance to campus, it worked.
East Falls	Yes	(Charlwin Apts) The management is terrible and does not put the needs of their tenants as a priority.
East Falls	Yes	(Charlwin Apts) Poor management (though they are changing this year so I guess we'll see)
East Falls	Yes	I currently live in Alden Park - Manor Building, and the heating situation and the general conditions were poor. Also, even though parking is given, if you get there later than 7 pm, good luck finding a spot that is not far away. If you live at Alden, I suggest the other two buildings, they have better reviews.
East Falls	Yes	Center City is so much more fun.
East Falls	Yes	Charlwin Apartments are THE WORST. Do not live there. Management is terrible, mice, paper thin walls, cigarette smoke, etc.
East Falls	Yes	(Charlwin Apts) If it's possible, do NOT move in here unless you're desperate. Some people, albeit a few, had pleasant times here at Charlwin. I strongly recommend you tell people not to move here if you can. Hope this helps!

East Falls	Yes	(Park Heights Apts) I want to live someplace where I can walk to shops. I'll be moving to Manayunk.
East Falls	Yes	(Charlwin Apts) The building is so old, most of your winter heat goes to paying the heat that heats the entire building, which is out of your control. As much as \$100 or more of our bill each month was heat we didn't directly use in the winter (not to mention they are currently 2-3 months behind on billing us for heat/water). We had mice for a bit, but we haven't seen them in a bit. The basement of at least one of the buildings floods in heavy rain. If you do still decide to go to Charlwin (because it is relatively cheap if you can handle what I said above), make sure to see if they can knock off a month of rent and give you a free parking spot/garage like they did for us. They seemed desperate for people when I got in off waiting list in July. The floors are super thin and creaky. You can hear everything that people say and do above and below (probably worse below, unless you're above and the neighbors below you fight constantly).
Fairmount	Yes	Moved away to live closer to campus
Francisville	Yes	Moved away closer to campus
Germantown	No	King's Manor Apartments are dirt cheap for a reason. The interiors of the apartments look fine, but the 5 buildings are poorly constructed and cheaply maintained. Also, the heating is electric, so you'll be paying about \$200/month to heat a small studio. Maintenance is hit or miss. So many tenants smoke inside, even though the buildings are supposed to be non-smoking. Neighbors are often very loud, police have been to the building several times for disputes or other activity. Rent may be cheap, but it's cheap for a reason. Save your sanity - medical school is stressful enough.
Germantown	Yes	Not much within walking distance.
Manayunk	Yes	Moving in to a new place down the street! LOVE Manayunk.
Woodmere Apartments	Yes	They city will be more fun but it was a great area to live.

GETTING AROUND

SEPTA

(septa.com)
Philadelphia transportation system (SEPTA) Southeastern Pennsylvania Transportation Authority offers buses, trolleys, trackless trolleys, subways, and Regional Rail (our commuter rail).

BUS/ SUBWAY/ TROLLEY

- **\$2.25 cash en route**
 - **(don't expect change)**
- **Tokens can be purchased at ticket offices! Two cost \$3.60; five are \$9.00, and a ten pack costs \$18.00.**

Regional Rail (Commuter Rail)

Queen Lane Station (R8 Chestnut Hill West/Fox Chase)

Queen Lane Station is located at 2903 Queen Lane, 19129, at the intersection of Queen Lane and Wissahickon Ave. This train makes major stops at 30th Street Station, Suburban Station, and Market East Station (in that order) in Center City. Peak fare is \$6.00.

East Falls Station (R6 Norristown)

East Falls Station is located at 3600 Midvale Ave, 19129, at the intersection of Midvale Ave and Cresson St. This train makes major stops at Market East Station, Suburban Station, and 30th Street Station (in that order) in Center City. Peak fare is \$6.00.

Ticket prices vary depending on Zone (Area) and time of day.

Train from Queen Ln to Center City (Zone 1 Ticket) if purchased in advanced:

<i>Weekday:</i>	<i>\$4.75,</i>	<i>Weekend:</i>	<i>\$3.75</i>	}	Septa ComPass: 10% off
Monthly Pass:	Zone 1:	\$101			
	Zone 2:	\$135			

DREXEL QUEEN LANE-HAHNEMANN SHUTTLE

This shuttle service runs several trips daily and with increased frequency during peak usage times. It is free to all Drexel students who show their DragonCard. Stop by the main entrance desk or see www.drexel.edu/facilities to check out the schedule.

CAMPUS ESCORT SERVICE

If you live in the vicinity of the Queen Lane campus (Approximately 5 mins away), there is a 24-hour escort service available through the security guards at the front desk. Budget for up to a 10-minute wait and a security guard will either drive or walk you to your doorstep

TAXI

While the more expensive way to go, a number of taxi companies provide service to the Greater Philadelphia area. Avoid “gypsy” cabs and call 20-30 minutes in advance.

Germantown Cab Company: 215-438-8888

PHL Taxi: 215-232-2000/ 215-222-5555

Quaker City Cab Company:
215-726-6000

Your first ride is free if you can get a referral from someone who already has the app and your friend will also get a free ride for referring you.

UBER/LYFT

Uber/Lyft are essentially synonymous with taxis; the Android, iOS, and Windows Phone app connects riders with drivers using their phone’s GPS capabilities, letting both parties know

one another’s location and removing the question of when the ride will actually arrive. It processes all payments involved, charging the passenger’s credit card.

PHILLY CAR SHARE

(phillycarshare.com)

This is a nonprofit car rental organization that is somewhat cheaper than the usual car rental services. There is a station in the School Lane House Apartments parking area.

BUS/TRAIN SERVICES

BOLT BUS (www.boltbus.com): Cheap fares to New York, buses with free WiFi

MEGABUS (us.megabus.com): Similar to Bolt. Double decker busses with free WiFi.

CHINATOWN BUS (www.staticleap.com/chinatownbus/): Most well-known for its very cheap tickets to New York City, Washington D.C. and more.

NJ TRANSIT (www.njtransit.com): Cheap fares to New York and New Jersey.

AMTRAK (www.amtrak.com): AMTRAK is a great alternative (think sleep and a movie on your laptop with some snacks) to driving in order to get out of Philadelphia. Ask about student, AAA, and AMTRAK discounts.

RUNNING/HIKING/BIKING

There are great trails off of Lincoln Drive that go for miles (Forbidden Drive is part of Fairmount Parks System). Kelly Drive and River Drive run on both sides of the Schuylkill River. West River Drive (Martin Luther King Blvd.) is closed to traffic on weekends from Memorial Day to Labor Day for recreational use. Devil’s Pool is a 10 minute drive from campus and is a great location for hiking and outdoor activities.

DUCOM has Clubs for all of these activities.

[November Project](#): Free outdoor workout every Wednesday and Friday mornings

[Click for Various Running Clubs In the City](#)

PLACES AND THINGS

WEBSITES TO GET STARTED:

- [UWishUNu](#) The best event aggregator out there for Philly:
- [WooderIce](#) “Your Scoop to Everything Philly”
- Philly Mag
- [Student Discounts](#)
- [Visit Philly](#)
- [“The 50 Biggest Events”](#)

OTHER USEFUL WEBSITES:

- [Restaurant Week](#) (2-3/year; each "week" is ~10 days, weekend exempted)
- [University City Dining Days](#)
- [Night Market](#) The Food Trust puts on evening food festivals around the city
- [Center City Sips](#) Like 50 places have Happy Hours on summer Wednesdays
- [Drink Philly](#) Great reference and a good search engine
- [First Fridays](#)
- [First Sundays](#) First Sunday of the month you can go free to the Art Museum and the Barnes Foundation
- [Produce Junction](#) An indoor, year-round farmer's market—really cheap, near school.
- [Farmer's Markets](#) Very nearby

Social Media to Follow for Daily Tips of Activities:

Instagrams:

- @Phillyfoodies
- @Philadelphiafoodies
- @Visitphilly

Twitters:

- @uwishunu
- @visitphilly
- @wooderice215

FUN NEIGHBORHOODS TO GOOGLE

Name		
Old City	Manayunk	Center City
University City	Northern Liberties	South Street
Fishtown		Passyunk

HISTORIC PLACES

Name	Address	Phone	Notes
Philadelphia Cathedral	3723 Chestnut St, Philadelphia PA 19104	(215) 386-0234	Historic Cathedral that hosts concerts and art exhibits throughout the year
Betsy Ross Home	239 Arch St, Philadelphia PA, 19106	(215) 686-1252	Historic home of the original flag maker
Independence Hall	520 Chestnut St, Philadelphia PA, 19106	(215) 965-2306	(215) 965-2305
Liberty Bell Center	501 Market St, Philadelphia PA, 9106	(215) 965-2305	See the original crack in Pass and Stow's bell
National Constitution Center	525 Arch St, Philadelphia PA, 19106	(215) 409-6600	Interactive history museum revolving around " <i>We, the people...</i> "

AMUSEMENT ATTRACTIONS

Name	Address	Phone
Dorney Park & Wildwater Kingdom	3830 Dorney Park Rd, Allentown PA, 18104	(610) 395-3724
Hershey Park	100 W Hersheypark Dr, Hershey PA, 17033	(800) HERSHEY
Six Flags Great Adventure	1 Six Flags Boulevard Jackson, NJ, 08527	(732) 928-1821

UNIQUE MARKETS

Name	Address	Phone	Notes
Reading Terminal Market	12 th and Arch St, Philadelphia PA 19107	(215) 922-2317	International cuisine and organic produce
Italian Market	1600 S 9 th St, Philadelphia PA, 19148		Authentic Italian outdoor market

FUN LEARNING

Name	Address	Phone	Notes
The Academy of Natural Sciences	1900 Ben Franklin Parkway, Philadelphia, 19103	(215) 299-1000	FREE with Dragoncard
The Franklin Institute	222 N 20 th St, Philadelphia PA, 19103	(215) 448-1200	Science and history come alive with interactive attractions and IMAX theater
The Philadelphia Zoo	3400 W Girard Ave, Philadelphia PA, 19104	(215) 243-1100	Experience the nation's first zoo
Mutter Museum	19 S 20 th St, Philadelphia PA, 19103	(215) 563-3737	Medical oddities collected by the College of Physicians of Philadelphia
The Free Library of Philadelphia	1901 Vince St, Philadelphia, PA, 19103	(215) 685-6621	Enjoy free and low cost lectures by prominent authors

THE ARTS

Name	Address	Phone	Notes
The Philadelphia Museum of Art	26 th St and Benjamin Franklin Parkway, Philadelphia PA, 19130	(215) 763-8100	One of nation's largest museums with special exhibitions every few months. "Pay what you wish" on 1st Sunday of every month
Pennsylvania Ballet	1420 Locust St, Philadelphia PA, 19102	(215) 893-1940	Experience classical ballet with a Balanchine backbone
The Barnes Foundation	2025 Benjamin Franklin Parkway, Philadelphia PA, 19130	(215) 278-7200	Free first Sunday of every month
Rodin Museum	22n St and Ben Franklin Pkway, Philadelphia PA 19101	(215) 568-6026	Experience Auguste Rodin's nature focused sculpture work

First Fridays	Old City Philadelphia		Monthly open house for galleries in the art district
Philadelphia Orchestra	Kimmel Center		Student price: \$10 online, \$8 at the door

PARKS/RECREATION

Name	Location	Notes
Wissahickon Park	Germantown (near campus)	Devil's Pool is along this park. Nice for hiking and close to campus. (Part of 9200 acres of Fairmount Park System available for use year round)
Schuylkill River Trail	Art Museum/ Kelly Drive to Valley Forge	Utilize over 20 miles of paved trail between the Art Museum and Valley Forge Park
Kelly and Martin Luther King Drive	Midvale Ave and Kelly Drive	Enjoy an 8.4 paved loop along the Schuylkill River perfect for walking, running, biking, and roller blading
Drexel Park	3100 Powelton Avenue	Walking paths, benches, and view of city skyline
Valley Forge National Park	Route 23 and North Gulph Road, Valley Forge PA, 19087	Experience 3500 acres of National Park for biking, hiking, and horseback riding

WHERE TO EAT

There aren't a lot of food options around Queen Ln. If you want to eat after the Café closes and don't have access to a car, you have to order delivery. Here's a quick list for places around Queen Ln that deliver followed by the lists ordered by style of food. GrubHub is a great resource!

DELIVER TO QUEEN LN

Name	Address	Phone	Style of Food
Zesto Pizza	6024 Ridge Ave Philadelphia, PA 19128	(267) 335-3386	Pizza, Sandwiches, Pasta
Frank's Pizza	3600 Fisk Ave Philadelphia, PA 19129	(215) 848-6433	Pizza
Phu Fha Thai Restaurant	6190 Ridge Ave Philadelphia, PA 19128	(215) 483-0487	Thai
The Couch Tomato Bistro	100 Rector St Philadelphia, PA 19127	(215) 483-2233	American (Healthy)
Smiley's Café	110 Cotton St Philadelphia, PA 19127	(267) 323-2098	Mediterranean
CJ & Eck's	384 Shurs Lane Philadelphia, PA 19128	(215)487-9601	American
Laxmi's Indian Grille	4425 Main St Philadelphia, PA 19127	(215) 508-2120	Indian (Healthy)
Beijing Garden	5911 Ridge Ave Philadelphia, PA 19128	(215) 508-5583	Chinese
China House	6001 Ridge Ave Philadelphia, PA 19128	(215) 509-6688	Chinese

AMERICAN

Name	Address	Area	Phone
Bridget Foy's	200 South St, 19147	South Street	(215) 922-1813
The Cheesecake Factory	570 Mall Blvd, 19406	King of Prussia	(610) 337-2200
Dave & Buster's	325 N. Columbus Blvd, 19106	Penn's Landing	(215) 413-1951
Hard Rock Café	1113-31 Market St, 19107	Convention Center District	(216) 238-1000
Moshulu	401 S. Columbus Blvd., 19106	Penn's Landing	(215) 923-2500
Tria	123 S. 18th St., 19103	Rittenhouse Square	(215) 972-8742

ASIAN

Name	Address	Area	Phone
Cherry Street Vegetarian	Cherry St., 19107	Convention Center District	(215) 923-3663
Choy Wong Kitchen	S. 5 th St., 19143	University City	(215) 476-9645
Golden Empress Garden	S. 5 th St., 19147	South Philadelphia	(215) 627-7666
Harmony Vegetarian	N. 9 th St., 19107	Convention Center District	(215) 413-2290
Kingdom of Vegetarians	N. 11 th St., 19107	Convention Center District	(215) 413-2290
Lemongrass Thai Restaurant	Lancaster Ave., 19104	University City	(215) 222-8042
Morimoto	Chestnut St., 19106	Washington Square	(215) 413-9070
Rangoon	112 N. 9 th St., 19107	Convention Center District	(215) 829-8939
Singapore Vegetarian	1006 Race St., 19107	Chinatown	(215) 922-3288
Doma	1822 Callowhill St., 19130	Art Museum	(215) 564-1114
Ocean City Restaurant (Dim Sum)	234 N. 9 th St., 19107	Chinatown	(215) 829-0688
Dim Sum Garden	1020 Race St., 19107	Chinatown	(215) 873-0258
Southeast Chinese Restaurant	1000 Arch St., 19107	Chinatown	(215) 629-1888
Sampan	124 S 13 th St, 19107	Center City	(215) 732-3501

BREAKFAST/BRUNCH

Name	Address	Area	Phone
Day by Day	2101 Sansom St, 19103	Rittenhouse Square	(215) 565-5540
Le Bus	4266 Main St, 19127	Manayunk	(215) 487-2663
Manayunk Diner	3722 Main St, 19127	Manayunk	(215) 483-4200
Morning Glory	735 S. 10 th St., 19147	South Philly	(215) 413-3999

Sabrina's Café	910 Christian St, 19147	South Philly	(215) 574-1599
Trolley Car Diner	7619 Germantown Ave., 19119	Mount Airy	(215) 753-1500
Green Egg's Cafe	212 S 13th St, 19107	Center City	(267) 861-0314
Taylor's Cafe	6144 Ridge, 19128	Roxborough	(215) 483-1411
Jones	700 Chestnut St, 19106	Washington Square	(215) 238-9600
Cafe Lift	428 N 13th St, 19123	Center City	(215) 922-3031

FRENCH

Name	Address	Area	Phone
The Melting Pot	1219 Filbert St., 19107	Convention Center District	(215) 922-7002
Patou	312 Market St, 19106	Old City	(215) 928-2987
Parc	227 S. 18 th St, 19103	Rittenhouse Square	(215) 545-2262
Beau Monde	624 S. 6 th St, 19147	South Street District	(215) 592-0656

INDIAN

Name	Address	Area	Phone
Indeblue <i>(Highly Recommended)</i>	205 S 13th St, Philadelphia, PA 19107	Midtown	(215) 545-4633
Minar Palace Restaurant	1304 Walnut St, 19107	Midtown	(215) 546-9443
New Delhi Indian Restaurant	4004 Chestnut St, 19104	University City	(215) 386-1941
Passage to India	1320 Walnut St, 19107	Washington Square	(215) 732-7300
Samosa Indian Vegetarian	1214 Walnut St, 19104	Washington Square	(215) 545-2009
Sitar India	60 S 38 th St, 19104	University City	(215) 662-0818
Tandoor Indian Restaurant	106 S 40 th St, 19104	University City	(215) 222-7122
Tiffin	7105 Emlen St, 19119	Germantown	(215) 242-3656

ITALIAN

Name	Address	Area	Phone
Bistro Romano	120 Lombard St., 19147	Society Hill	(215) 925-8880
Buca di Beppo	258 S. 15 th St., 19102	Rittenhouse Square	(215) 545-2818
La Scala's	615 Chestnut St., 19106	Washington Square	(215) 928-0900
Penne Restaurant & Wine Bar	3600 Sansom St., 19104	University City	(215) 823-6222
Pompeii	1113 Walnut St., 19107	Washington Square	(215) 829-4400
Positano Coast	212 Walnut Street, 2nd Fl, 19106	Old City	(215) 238-0499
Vesuvio	736 S. 8 th St, 19147	South Philly	(215) 922-8380

LOCAL/ ORGANIC FARE

Name	Address	Area	Phone
Derek's Place	4411 Main St, 19127	Manayunk	(215) 483-9400
Basic Four Vegetarian	1136 Arch St, 19107	Reading Terminal Market	(215) 440-0991
The White Dog Café	3420 Sansom St, 19104	University City	(215) 386-9224

MEXICAN

Name	Address	Area	Phone
The Adobe Café	4550 Mitchell St, 19128	Roxborough	(215) 483-3947
El Azteca	714 Chestnut St, 19106	Washington Square	(215) 733-0895
Cactus Restaurant & Bar	4243 Main St, 19127	Manayunk	(267) 385-6249
Cantina Los Caballitos	1651 E Passayunk Ave, 19158	South Philly	(215) 755-3550
Distrito	3945 Chestnut St, 19104	University City	(215) 222-1657
Johnny Mananas	4201 Ridge Ave, 19045	East Falls	(215) 843-0499
Mad Mex	3401 Walnut St, 19104	University City	(215) 382-2221

Pico de Gallo	1501 South St, 19176	Rittenhouse Square	(215) 772-3003
El Vez	121 S 13 th St, 19107	Midtown Village	(215) 928-9800
El Rey	2013 Chestnut St, 19103	Center City	(215) 563-3330

MIDDLE EASTERN

Name	Address	Area	Phone
Bitar's	10 th St and Federal St, 19147	South Philadelphia	(215) 755-1121
Mama's Vegetarian	18 S 20 th St, 19103	Rittenhouse Square	(215) 625-3500
Maoz	248 South St, 19147	South Street	(215) 625-3500

SUSHI

Name	Address	Area	Phone
Aki (AYCE)	1210 Market St, 19107	Market East	(215) 985-1838
Izumi	1601 E Passayunk Ave, 19148	S. Philadelphia	(215) 271-1222
Mizu	111 S 40 th St, 191044	University City	(215) 382-1745
Raw	1225 Sansom St, 19107	Market East	(215) 238-1903
Shinju Sushi (BYOB)	930 Locust St, 19107	Washington Sq	(215) 351-6265
Shiroi Hana	222 S 15 th St, 19102	Rittenhouse Sq	(215) 735-4444

ORGANIC MARKETS

Name	Address	Area	Phone
Whole Foods Market	2001 Pennsylvania Ave, 19130	Art Museum Area	(215) 557-0015
Essene Market	719 S 4 th St, 19147	South Philly	(215) 922-1146
Trader Joe's	2121 Market St, 19103	South Philly	(215) 569-92822
The Fresh Grocer	4001 Walnut St, 19104	University City	(215) 222-9200
Mariposa Food Co-op	4726 Baltimore Ave	University City	(215) 729-2121
Natural Goodness	2000 Walnut St, 19103	Rittenhouse Square	(215) 977-7749

Reading Terminal Market	12 th and Arch St, 19107	Reading Terminal	(215) 922-2317
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ICE CREAM/ DESSERTS

Name	Address	Area	Phone
Ben and Jerry's	135 S 18 th St, 19103	Rittenhouse Sq	(215) 564-6772
Capogiro Gelateria	119 S 13 th St, 19107	Midtown Village	(215) 351-0900
The Custard Stand	5461 Ridge Ave, 19128	Roxborough	(215) 487-1920
Dairy Land	4409 Main St, 19127	Manayunk	(215) 482-6806
Franklin Fountain	116 Market St, 19106	Old City	(215) 627-1899
Haagen Dazs	242 South St, 19147	South Street	(215) 925-3373
Scoop deVille	1734 Chestnut St, 19103	Rittenhouse Sq	(215) 988-9992
Rita's	5420 Ridge Ave, 19128	Roxborough	(215) 482-3690
Beilers Donuts	Reading Terminal Market	Center City	(267) 318-7480
Federal Donuts	1. 1632 Sansom St 2. 3428 Sansom St	1. Center City 2. University City	1. (215) 665-1101 2. (267) 275-8489

QUICK EATS

Name	Address	Area	Phone
Chipotle	4030 City Ave, 19131	Bala Cynwyd	(215) 878-0452
Chubby's	5826 Henry Ave, 19128	Roxborough	(215) 487-2575
Dalessandro's Steaks	600 Wendover St, 19128	Roxborough	(215) 482-5407
Geno's Steaks	1219 9 th St, 19147	South Philadelphia	(216) 389-0659
Gianna's Grille	507 S 6 th St, 19147	Washington Square	(215) 568-1580
Govinda's Gourmet to Go	1408 South St, 19146	Rittenhouse Squar	(215) 985-9303
Jamaican Jerk Hut	1436 South St, 19146	Rittenhouse Square	(215) 545-8644
Jim's Steaks	400 South St, 19147	South Street	(215) 928-1911

Johnny Rockets	443 South St, 19147	South Street	(215) 829-9222
Lazaro's Pizza House	1743 South St, 19146	Rittenhouse Square	(215) 545-2775
Lorenzo and Son Pizza	305 South St, 19147	South Street	(215) 627-4110
Magic Carpet Foods	34 th and Walnut 36 th and Spruce	University City	(215) 334-0948
Pat's King of Steaks	1237 E Passyunk Ave, 19147	South Philly	(215) 468-1546
Qdoba Mexican Grill	1528 Walnut St, 19102	Rittenhouse Square	(215) 546-8007
Santa Fe Burrito Company	212 S 1th St, 19107	Washington Square	(215) 413-BEST
Slice	S 10 th and Federal St, 19176	South Philly	(215) 463-0868
Sunwishes	2027 Walnut St, 19103	Rittenhouse Square	(215) 255-8408

ACTIVITIES TESTIMONIALS

What did you do to escape the stressors of medical school?

“Hockey, lifting, good coffee.”

“Joined two run clubs.”

“FMF: FOOD. Movies. Friends.”

“Gym, pool at rittenhouse, going out into the city with friends.”

“Cook, exercise, sleep.”

“Exercise; run kelly!”

“Gym! We have a small but well stocked facility, and it is just so darn convenient. I've never been a gym-goer until med school, but now it's a critical part of school-life balance. It's really terrible that we end up sitting on our butts 6-12 hours a day, so why not take a study break and do something good for your body?”

“Martial Arts - Wushu, Watch movies at Rave on Tuesdays - \$5, Play Basketball”

“Gym, become addicted to Game of Thrones, cuddle with my puppies, plan some weekend trips away after exam weeks are over, hang out with friends, wine night.”

“Run or cook!”

“Long trips to the grocery store, Netflix, and I picked up painting as a hobby, which has turned out to be one of my favorite ways to zone out of the med school life!”

MENTAL HEALTH STRATEGIES

“You're going to have to take time off or you just won't be as efficient. Going to campus on Saturday with 15 hours of work planned seems like a great way (on paper) to accomplish a lot but it's just not realistic. That 2 hours you take to go to the gym, shower, eat and come back to campus will do wonders for your productivity so don't skip out on relaxing (i.e. exercising, laying around, just not studying) a bit even when everyone else seems to be in exam-panic mode. You won't fall behind or fail cause you took 2 hours off.”

“You can't study all the time. You will feel like you need to study all the time because there is so much material, but this will drive you crazy. Don't fall into the trap about trying to follow what other students are doing. Do what works for you, and make sure to incorporate sleep, cooking, and exercise, because these will make you feel great and prepared to tackle the next round of studying.”

“Breathe often and take time for yourself. Always take care of yourself because no one is going to do it for you.”

“Find something that helps YOU destress everyday and DO IT.”

“Whatever you do, make some time to do what makes you feel good. When I started prioritizing taking care of myself, my productivity at school vastly improved.”

“Find something that helps you relax and force yourself to make time for it! No one can (or should) study for 12 hours a day every day, so you can definitely make time for anything that's important to you.”

“It goes so fast, have fun and enjoy!! And always harass your Big if you have questions about anything. They're one of the best resources you have.”

“Never be shy to ask your upperclassmen questions about school or life as a student!!! We have all been in your shoes, so we have a lot of advice to offer. Also, take everything people say to you with a grain of salt, get lots of opinions, and make sure you make decisions based on what's best for you!”