

## Second-Degree Nursing Students Favorites

### **FAVORITE RESTAURANTS IN THE PHILADELPHIA AREA**

1. White Dog Café - sophisticated spot, good for drinks too, Sansom Row
2. Alma de Cuba - expensive, but great mojitos, Center City
3. La Viola - BYOB, Italian, Center City
4. Dimitri's - Mediterranean, Fitler Square and Old City locations
5. Lemongrass - Thai in West Philly
6. Beijing - Cheap Chinese on campus
7. Café Spice - somewhat pricey Indian in Old City
8. Malma Palma's - BYOW (they have beer); great pizza, Fitler Square
9. Vietnam - Vietnamese in Chinatown
10. Pietro's - Center City and South St. locations, Italian
11. Genji – Sushi in Center City.
12. Thai Singha - Thai food near campus
13. Qdoba- try the tacos (with guacamole!), on campus
14. Cocobanana- good happy hour (mojitos!) and 1/2 burger specials on Wednesdays
15. Alegros- good pizza, open late on campus
16. La Vientene- Laoatian food: great eggplant sweet basil dish- Baltimore and 47th
17. Dalak & Absyinia: Ethiopian food in West Philly
18. Horizons: Vegan, pricey but yummy
19. El Vez- Mexican, 121 S. 13th Street

### **FAVORITE BRUNCH SPOTS:**

1. Ten Stone – Great at any time, located in the Graduate Hospital vicinity
2. Sabrina's - Near the Italian Market; call ahead
3. Morning Glory – Also near the Italian Market
4. Rx – West Philadelphia brunch favorite
5. Cafe Paris- in Houston Hall, CREPES: savory and sweet!

### **TOP 10 PLACES TO STUDY**

1. Biomedical library - you can even check out a laptop; free wireless
2. Van Pelt Library - lots of undergrads
3. Graduate Student Center - wireless, computers/printing, free coffee/tea
4. Penn Bookstore - wireless; cafe
5. Outside - some outdoor locales get free wireless: Rittenhouse Park and on the Green in front of Van Pelt Library
6. In your own apartment - home, sweet, home
7. Saxbys Coffee - no wireless unfortunately
8. Houston Hall - can be noisy at times
9. Fine Arts Library - most aesthetically pleasing library
10. A coffee shop - West Philadelphia: Green Line Café, Starbucks; Center City: Café Tuscany, Barnes and Noble, La Colombe, Hausbrandt
11. Nursing building: area by the cafe or on the second floor in the computer room

## **TOP BARS/HAPPY HOUR SPOTS**

1. Monk's - Downtown favorite, Belgian flair, great burgers and food
2. Ten Stone - 21<sup>st</sup> and South, pool table, dart board, fireplace
3. New Deck - Sansom Row spot; big enough and good appetizers
4. Standard Tap - Northern Liberties; might be a hike but worth it
5. Continental - Old City and Center City locations; great food and Center City has a roof deck!
6. The Bards/Irish Pub - these two Irish pubs are very close to one another on Walnut between 20<sup>th</sup> and 21<sup>st</sup>
7. Tria - a wine and cheese bar in Center City
8. White Dog - Sansom Row; for a smaller group of friends; ask to see a cheaper lunch menu if you want food
9. Mad 4 Mex - Another Sansom Row spot; Margaritas!
10. L'Etage - 6<sup>th</sup> and Bainbridge dancing spot

## **TOP THINGS TO DO IN PHILLY**

1. Go to Art Museums (especially Philadelphia Art Museum).
2. Walk, run or bike along Kelly Drive on the path to the boathouses and beyond.
3. Sit in the park or walk around the shows near Rittenhouse Square.
4. Hiking at the Wissahickon/Fairmount Park.
5. "First Friday" of every month the Art Galleries in Old City are open late and serve wine and food. (Get there early for the wine: 5 or 6 pm.)
6. Walk around Old City and see the historical sites.
7. Go to the Reading Terminal Market. (12<sup>th</sup> and Arch)
8. Walk, shop and eat on South Street. (Try Jim's Steaks - cheesesteaks! - and Lorenzo's Pizza)
9. Spend an afternoon into evening in Manayunk or Chestnut Hill.
10. See a movie at one of the two independent Ritz movie theaters.
11. Go to a sporting event.... professional AND collegiate!
12. Check out the 9<sup>th</sup> street Italian Market.
13. Free at Noon- Free concerts at 12pm on Fridays at World Live Cafe

## **THINGS WE WISH WE KNEW BEFORE COMING TO PHILADELPHIA**

### The Weather

- It rains a lot - bring an umbrella and get rain boots!
- It is chilly from October-April—Buy a good coat!

### Eating & Drinking

- The Graduate Student Center (GSC) @ 3615 Locust Walk has free tea and coffee - bring your own mug and *Splenda*.
- Bring a water bottle and fill it at the GSC.
- Bring your lunch to school.
- Buy lunch at the food carts, especially Mexicali and Magic Carpet.
- ½ price baked goods at Au Bain Pan after 4 pm.

- Buy all fruits and veggies at the stand on 43<sup>rd</sup> and Walnut.
- In Center City you can buy fruit at Sue's Fruit and Produce on 18<sup>th</sup> St.
- Trader Joe's (22<sup>nd</sup> and Market) is great. (Free parking and the trolley goes there)

### Transportation

- Buy tokens for SEPTA because it is cheaper than paying cash on a bus or trolley (basement of Houston Hall, 2<sup>nd</sup> floor of bookstore, Moravian Café).
- Public transportation is not all that reliable.
- Take the SEPTA underground trolley between campus and center city; much faster than the bus.
- Philly Car Share is an awesome alternative to having a car—you can definitely survive without one.
- Rent a car (\$25/day @ National) & drive to the beach, New Hope & Six Flags.
- Take the Chinatown bus to NYC and DC.
- The Regional Rail goes right to the airport!

### School Life

- You will write papers.
- Learn where the computer labs are and where printing is cheapest (Claire M. Fagin Hall, Biomedical Library, GSC).
- Make all your logins and passwords the same
- Ask Emily (epapir@nursing.upenn.edu)
- You can get a locker in Claire M. Fagin Hall by asking at Student Services.
- Get a locker at the gym through a lottery in the summer, by waiting in a line or sometimes if you are lucky by asking in the office.  
([http://www.upenn.edu/recreation/membership/locker\\_new-renewal.htm](http://www.upenn.edu/recreation/membership/locker_new-renewal.htm))
- Order used books online ([www.half.com](http://www.half.com) or [www.cheapesttextbooks.com](http://www.cheapesttextbooks.com)) or switch med/surg/gero books with classmates in OB/peds
- Fall-starts: you can take microbiology over the summer at Community College of Philadelphia for much cheaper.
- Fall-starts: it is possible to do a summer externship without med-surg—apply early!
- You are eligible to apply for research grants/programs advertised to undergraduates. You are technically undergraduates still. Check out CURF (Center for Undergraduate Research).
- Apply for scholarships! They are easier to get than you think!
- Go to the Second Mile thrift store... they may have used nursing school uniforms.

### Finances/Housing

- Budget!
- Bring money to start out because financial aid takes some time to kick in and you will need to buy books and stuff for your apt.
- Speak with Antoinette Oteri and Laura Rup in Nursing Financial Aid at Nursing or go to Student Financial Services in the Franklin Building if you need help.
- Some prefer to live in South Philadelphia over West Philadelphia.
- You can apply to be a Graduate Advisor (similar duties of an RA for the dorms)

### Recreation

- Have something not school related that you do on a regular basis (knit, run, yoga, etc.)
- Get on the Graduate Student Center (GSC) and the Graduate and Professional Student Assembly (GAPSA) e-mail list to learn about inexpensive or free activities ranging from graduate student happy hours to discounted tickets to the opera.  
(<http://www.gsc.upenn.edu/index.html> and <http://www.gapsa.upenn.edu/>)
- Get a student membership to the Philadelphia Art Museum.
- Special Planning and Events Committee (SPEC) shows free films.  
(<http://www.specevents.net/>)
- International House at Penn (37<sup>th</sup> and Chestnut) has interesting programming.
- Bikram Yoga (15<sup>th</sup> and Sansom) and Power Yoga (39<sup>th</sup> and Walnut.)

### Farmers's Markets

- There are a number of great Farmers' Markets around the city. Go to the Food Trust website at <http://www.thefoodtrust.org/php/programs/farmers.market.program.php> and download a 2009 schedule under the link "Other Philadelphia Farmers' Markets".