

University of Virginia - Department of Urology

WELCOME TO CHARLOTTESVILLE



***A Guidebook for Living in
Charlottesville***

*Created by the Residents, Faculty, and Staff
of the UVA Urology Department*

WELCOME

This booklet was created by faculty, residents, providers, administrators, and staff of the Urology Department, all of whom became experts at living in Charlottesville and working at UVA thanks to their resiliency, adventurous spirit, and a little trial and error. Together, they've compiled a list of expert advice that they'd like to pass on to you. From neat places to explore to parking tricks, we've got some great tips to help any first-year resident learn to successfully navigate life in Charlottesville and at UVA.

As a reminder (because we never want you to forget this)

the Department of Urology is absolutely thrilled you've joined the team, and we hope this booklet helps as you get settled into your new home. Have questions? Need more advice? Feel free to reach out to anyone in our department--faculty, residents, providers, staff, or administrators--at any time! We're here for you, and we're happy to support this transition in any way we can.

Finally, and most importantly:

WELCOME TO UVA UROLOGY!



FOOD AND DRINKS





But first, **COFFEE**

There are a lot of different coffee places to choose from in Charlottesville that are guaranteed help you wake up in the morning. Of course, there are the popular chains like Dunkin' Donuts and Starbucks around, but there are also several local spots that are worth checking out!

Our residents' top pick is Mudhouse Coffee, which has several different locations throughout the city, including the Downtown Mall if you're up for a stroll.

Our providers' top pick is Shenandoah Joe Coffee Roasters, which also has a few locations to choose from.

If you don't have time to swing by a coffee shop on your way to work in the morning, the hospital cafeteria has a great little coffee stand called Higher Grounds. The service is fast and the coffee is delicious!

RESIDENT PICK

Mudhouse Coffee
116 10th St NW,
Charlottesville, VA 22903

(There are multiple locations, but this one is closest to the hospital)

PROVIDER PICK

Shenandoah Joe Coffee Roasters
945 Preston Ave,
Charlottesville, VA 22903

(There are multiple locations, but this one is closest to the hospital)

OTHER FAVORITE COFFEE SPOTS AROUND TOWN

Grit Coffee
Atlas
MarieBette Cafe
Greenberry's Coffee

Department Favorites

RESTAURANTS

Charlottesville is well-known for its food scene, and that is something that definitely lives up to the hype. If you love good food, be sure to check out one of the restaurants below!

Resident Picks

- Duners
- Bizou
- Cafe 88
- Box'd Kitchen
- Guajiros Miami Eatery
- Smyrna
- Bulpan
- Public
- Cafe Frank
- Mas Tapas
- Monsoon Siam
- C&O

Provider Picks

- Crush Pad Wines
- Luce
- Botanical Fare
- Lampo
- Public
- Tavola
- Fleurie
- Marigold
- Vivace
- Hamilton's
- Duners
- Pico Wrap
- Thai Chang
- Chimm
- Orzo





VINEYARDS



AND

BREWERIES

Charlottesville and the surrounding areas are known for their breweries and vineyards. In Nelson County, you'll find Route 151, which is popular due to the high number of breweries and vineyards that are right off this road. There are some other great places in Charlottesville or close by where you're sure to find a wine or beer you'll love. Check out the department favorites listed below!

Vineyards and Wineries

- Septenary Winery
- Pippin Hill Vineyards
- Veritas Vineyards
- King Family Vineyards
- Jefferson Vineyards
- Cardinal Point Vineyard
- Hazy Mountain

Breweries and Cideries

- Blue Mountain Brewery
- Devil's Backbone Brewery
- Three Notch'd Brewery
- Decipher Brewery
- Potter's Cidery
- Bold Rock
- Random Row Brewery

THINGS TO DO





EXPLORING THE CITY

There's plenty to do in Charlottesville, and the variety in our city ensures there's a little something for everyone. If you're looking for a beautiful place to walk, shop, and grab a drink or a bite to eat, check out the Downtown Mall! There are plenty of options to choose from, plus the historic architecture lined with beautiful trees makes it a beautiful place to explore. Plus, when the weather is warm, there is usually live music filling the air! Some other cool places you might find our faculty, residents, and staff when they aren't working are listed below.

Date Night Favorites

The Common House
Public Fish
Alley Light
Tavola
Marigold
Black Cow
The Alamo
Mas Tapas

Favorite Place to Get a Drink

Marigold
Tavola
Three Notch'd
Lost Saint
Quirk Rooftop
Continental Divide
Tonic

Family Friendly Fun

The Discovery Museum
The Downtown Mall
Bellair Farm
Albemarle Farmer's Market
Get Air Trampoline Park
The Paramount Theater
Sporting events at UVA

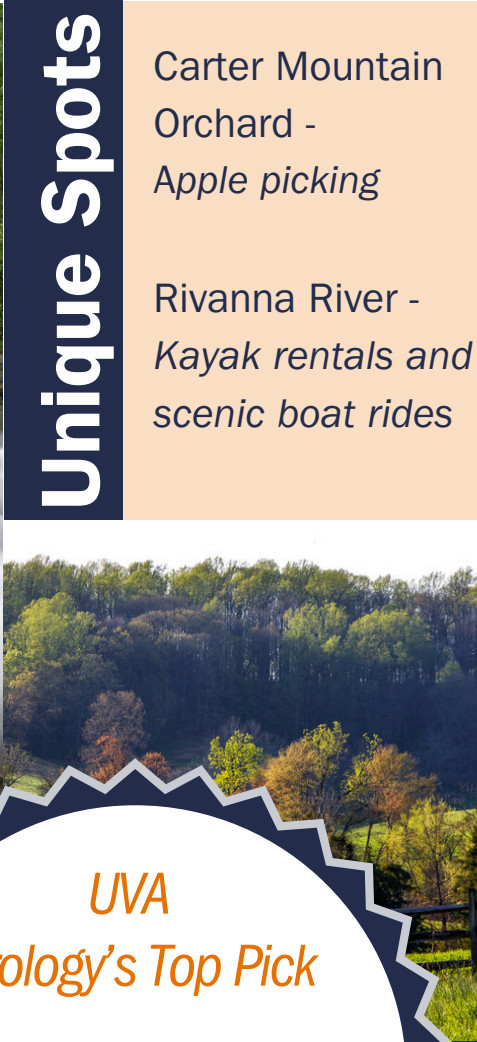
Local Events

There's always something happening in the city, from concerts at the JPJ Arena to art shows in the park, or the Virginia Film Festival held in late October every year. You can check out this event page [here](#) to see what things are currently happening around Charlottesville, and be sure to check back often for updates!

EXPLORING THE

GREAT OUTDOORS

One of the best things about Charlottesville is having access to all the conveniences of a city while still being able to find a great, outdoor space within a short car ride. Check out the recommendations below for some inspiration for reconnecting with nature.



Parks, Trails, and Hiking

- Monticello Trail
- Shenandoah National Park
- Humpback Rock
- Ragged Mountain Reservoir
- Sugar Hollow Reservoir
- Saint Mary's Wilderness
- Mint Springs Park
- Riverview Park
- Walnut Creek Park
- Crabtree Falls

Unique Spots

Carter Mountain Orchard -
Apple picking

Rivanna River -
Kayak rentals and scenic boat rides

UVA
Urology's Top Pick

Monticello Trail



LIVING IN CHARLOTTESVILLE



HOUSING

CHOOSING WHAT WORKS FOR YOU

Charlottesville and the surrounding area have a lot of different options when it comes to housing, so ultimately it depends on what you're looking for. If you want convenience, you might be looking at an apartment or townhouse close to the hospital. On the other hand, if you want a big yard (or a pet donkey like Dr. Sands), you might be looking for something outside of the city in one of the neighboring counties, which are only a short drive away. Check out the recommendations from our faculty, residents, and staff below:



APARTMENT RECOMMENDATIONS

Jefferson Ridge
Walker Square
City Walk
Beacon on Fifth
Lakeside

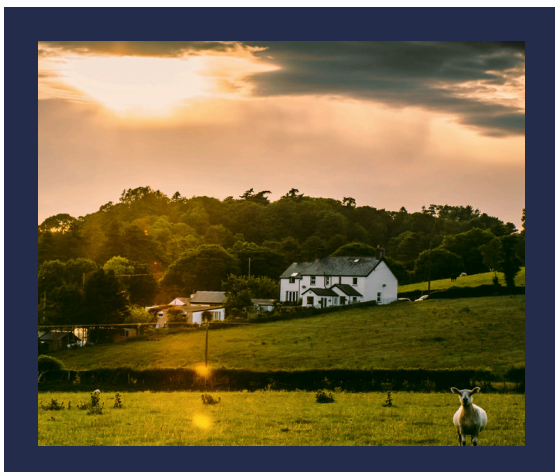
NEIGHBORHOOD RECOMMENDATIONS

Johnson Village
Avinity
Ednam Forest
Greenbriar
Belmont
Ivy



LOCAL COUNTY RECOMMENDATIONS

Augusta County
Albemarle County





HEAVY TRAFFIC ON 29

When you're looking for a place to live, be aware that traffic on 29 North, especially at "rush hour" times, can be heavy. Some of our department members recommend living closer to the hospital so you can walk to work as needed. Also, be aware of move-in and move-out days for UVA, which can be found on their web-

site. Traffic on these days is extra chaotic, so we recommend traveling as little as possible those weekends!

WHERE THE *[BEEP]* DO YOU PARK?

While at first it might seem overwhelming, our department members have a few tricks to navigate parking in the city. Some prefer to avoid it altogether and walk or bike. Others have the park mobile app on their phone – finding paid parking is usually easy (and not too expensive, either!) A lot of places have free parking on Sundays and after 6pm during the week. You can also carpool or ride the university shuttles (which are free!) The most important thing to remember is you WILL get a ticket if you park somewhere you're not supposed to, so taking a few extra minutes to find a safe spot is definitely worth it!

CATCH THE SUNRISE AT LEAST ONCE



Charlottesville is a beautiful city, and the sunrises (and sunsets) are some of the best you'll ever see. At least once, drive up to the overlook off of Route 250 or 64 East (between the Afton exit 99 and the Crozet exit 107) to watch the sunrise. It's also a perfect place to watch sunsets, too!

ENJOY THE SUMMER!

When school is out (for most people) over the summer, things really calm down a bit in Charlottesville. It's a good time to try a restaurant that's usually too busy to get a table or go hiking on a trail that's normally a little crowded. Whatever you decide to do, take advantage of the slower pace while you have the chance!

THE UROLOGY DEPARTMENT



WHAT'S IT LIKE WORKING IN UVA UROLOGY?

A COMPLETELY UNBIASED POINT OF VIEW

“We care about each other and everyone is fair and willing to help.”

- Dr. Kirsten Greene, Department Chair

“I feel like all of my colleagues are my friends! We look out for each other, and they are invested in my happiness.”

- Dr. Christine Ibilbor, Asst. Professor

“We are a great team. Everyone truly cares about our patients, our department, and trying to improve things.”

- Susie Leroy, RN

“Our faculty are all so supportive and wonderful to learn from and work with. Also the resident clinic MAs and RNs are fantastic!!!!”

-Dr. Fionna Sun, Resident

“Staff are usually in a really good mood and bring up the spirits of people around them. Also colleagues are very easy to ask for advice.”

-Mariah Savala, PA

If we had to sum it up in one word, we'd pick: *awesome*. As the best department at UVA, and as the best urology department around (again, completely unbiased opinion,) you'll find the most supportive colleagues, an enthusiastic and ambitious chair, and an administrative team that is always ready to help in UVA Urology.

Working at the University of Virginia also has a lot of perks! They have an excellent benefits package, which includes plenty of time off, health insurance, and retirement benefits. You can read more about other benefits UVA offers [**here**](#). The university is also well-known for its team spirit and its positive, inclusive community, and you'll find exactly that in the Department of Urology. If you ever need anything, your colleagues in the department are always happy to help. Just take a look at the quotes to your left, which come from a variety of people in UVA Urology, to see for yourself!

ADVICE FOR INCOMING RESIDENTS

Our providers and residents have learned a lot over the years and have some advice they'd like to pass on to you!



"Don't be afraid of new experiences. Anything new is uncomfortable but that doesn't have to be scary. Every moment of residency is a learning experience, and these are all things you will need for your future. We are here to help and teach you. We don't expect you to know how to do everything perfectly from day one."

"Write steps of the cases down. The more detailed the better!"



"Utilize your intern year to go to Fridays After Five and social activities as much as you can!"



"Don't be afraid to make mistakes."

"Have fun! Residency is hard but make the most of it!"



THE BOTTOM LINE

Charlottesville is a beautiful city with plenty of things to do, food to eat, places to explore, and fun to be had! It has all the conveniences of city life without being too far from the great outdoors, and it's conveniently 2 hours south of D.C. and 1 hour west of Richmond. These perks, combined with the wonderful, genuine people you'll find in our growing department, means we're positive you're going to love it here.

You can check out more things Charlottesville has to offer by clicking the QR code below, or you can always reach out to the other members in the department for suggestions. Either way, we're so glad you're here.

Welcome to UVA Department of Urology!



[Click or Scan Here](#)

*Click or scan the
QR code to find
more helpful
information about
living in
Charlottesville!*



UNIVERSITY
of
VIRGINIA