

GUIDE TO THE



If you are looking for a place to live during your time in the D, you have a rich variety of neighborhoods to choose from, each with their own personalities, history, and amenities. Please refer to the below guide, written by our residents, to help you choose the best place to enjoy the city and people!

James “Jermls” VandenBerg MD, MSc

Neighborhoods:

Downtown: If you want to fully experience the D, then this is the place for you. The city is experiencing a unique renaissance as historic buildings have been renovated, new restaurants and bars continue to flourish, and large scale murals decorate the faces of our skyscrapers. If you enjoy the hustle and bustle of city life and want to celebrate the most resilient city in the country, then you should find yourself here.

- Pros: Not only are you in the heart of all the action, more importantly you can get to work in about 5-10 minutes. There's a wealth of new and historic bars and restaurants in every direction. This includes Campus Martius Park, which is in the center of downtown and converted into a beach bar in the summer and an ice-skating rink in the winter! You are in the center of all the major attractions in the area, including proximity to all professional Detroit sports, landmark buildings/sculptures to explore, and it's very dog friendly with numerous dog parks. It borders the Detroit River with multiple running trails including the Dequindre Cut. If you like to gamble there are multiple casinos, and if you like feta and moussaka we have Greektown;
- Cons: Generally more expensive than other neighborhoods, and almost exclusively apartment-high-rise living (the city is your backyard now). You will likely be paying extra for a parking lot space (which I recommend). There's a lack of large grocery stores compared to the suburbs, but there is a wholefoods about 1-2 miles North, multiple local shops, and even better there is the very affordable Honeybee La Colmena 2 miles west. They have free guacamole, a taco bar, and a piñata section...it is glorious.

Woodbridge: The neighborhood is located close to the undergraduate campus, near the Adams Field area. It's a historic neighborhood undergoing the same resurgence as the rest of Detroit. A lot of undergraduate and medical students are choosing to live there now, so the neighborhood has a younger vibe. Full of dogs! It's a great area if you want to live in Detroit, but also love the suburbs.

- Pros: Safe! Not as expensive as Midtown or Downtown if you want to live in Detroit. Free street parking everywhere, and some houses come with an attached garage. The neighborhood has its own bar (Woodbridge Pub), gourmet pizza shop (PieSci), about-to-open coffee shop (Woodbridge Bikes & Coffee) and dog & people park (Scripps Park) - all within walking distance. University Foods is very close (but expensive) if you need a quick round of groceries. Close to I-94.
- Cons: About 1 mile outside of Midtown and on the other side of M10 - bikeable, but not walkable to Midtown. You will unfortunately find yourself driving or Ubering to work and most bars/restaurants, both in Midtown and Downtown.

Street parking is convenient, but there have been sporadic incidents of car/tire theft - no more than anywhere else in Detroit, but more than the suburbs.

Corktown: The historic Corktown neighborhood is located just west of downtown and only a quick drive to the Midtown area. It's home to some well-known Detroit attractions while also featuring a recent surge in new restaurants and housing. This neighborhood offers a more laidback atmosphere with some more affordable options while still being close to the action.

- Pros: Has neighborhood feel with mainly houses and some newer lofts as housing options. Safe area where you can easily walk or ride your bike around. Free street parking all along Trumbull and Bagley as well as all the neighborhood streets. Corktown is loaded with great bars, coffee shops, and restaurants: Slow's BBQ, Batch Brewery, Detroit Institute of Bagels, and Ima just to name a few. A short drive west is Mexican Town which offers a great selection of authentic cuisine and is home to the exceptional Honey Bee grocery store. Located right next to M-10 and I-94.
- Cons: 2-3 miles away from the hospital. Not really walkable to Downtown or Midtown, though not too far to bike. Most housing options are homes where you'll need some roommates to make it affordable – although new lofts and apartments opening up may offer solo options. Less populated/well-lit area compared to Midtown/Downtown, probably not a wise place for a late-night jog or walk home alone.

New Center: Located in an area just north of I-94, south of Boston Edison, and between Woodward Ave and M10. You'd probably recognize it as the part of town where the Fisher building is located and near the Motown Museum. It's had many large, old mansions that used to belong to the GM aristocrats. The area is going through a pretty strong revival since the Q-line was placed, and many abandoned buildings along Woodward are being purchased at rapid speed for new cafes, restaurants, and shopping. The area is further supported by new construction being led by Henry Ford Hospital, which is right across the M10. This area is a bit more quiet than Downtown and Midtown, but is still close enough to bike to work (about 2 mi on a double protected bike lane on Cass) and feel like you're a part of the city. You can easily find a townhouse or a condo with a backyard and neighbors who will lend you some sugar.

- Pros: Close enough to still be a part of Detroit but far enough to be more residential and quiet. The houses are beautiful and the neighborhood had a lot of pride. It is still an integrated neighborhood that hasn't gone through as much gentrification as Midtown or Corktown (though I suspect this may change in the next couple years). The Fisher building is also one of the most beautiful buildings in Detroit and there are many new businesses that have

opened up in its lobby. Finally, New Center Park has free movie nights two nights a week and cultural activities throughout the year.

- o Cons: The area is "up and coming," meaning there is a lot of hype, potential, and money being poured in, but it still hasn't boomed into a "must live" neighborhood. There currently aren't many local shops, bars, grocery stores, or restaurants nearby, but there are big plans for the next year for some awesome restaurants (read: Supino's, Selden Standard, etc) to move in.

Royal Oak: Located about 10 miles north of DRH, it is accessible both by Woodward and I-75. Royal Oak is a suburb of Detroit and is a rapidly growing city of young professionals and families. Royal Oak has a moderate size downtown with a large variety of bars, restaurants, and stores. Also, RO is close to most major freeways, and you can get to almost any shopping/activity/amenity with a short drive. If you enjoy working in Detroit, but want to enjoy the conveniences of suburb living, then Royal Oak is for you!

- o Pros: Royal Oak has a variety of housing options including apartment complexes, condos, and houses. If you have a family, a dog, (or a spunky cat), and you need a yard, it is much more attainable in Royal Oak than downtown/midtown. RO has easily accessible grocery stores: Kroger, Meijer, Trader Joe's, Costco, etc. and shopping centers are close whether it be in downtown RO, or the surrounding suburbs. The Detroit Zoo is also located in RO, Planet Rock is close by, and RO boasts multiple dog parks, disc golf courses, golf courses, and it's very own Farmer's Market. Furthermore, Royal Oak is a very safe and family friendly community, and you never have to worry about where to park.
- o Cons: There is a commute to work, and the length varies with the time of day. If you're driving during rush hour (between 7-9 a.m. or 4-6 p.m.) traffic can lengthen your commute quite a bit. Most of our shifts don't line up with rush hour, so thankfully the commute is usually about 15 minutes. RO can also be expensive, it's definitely a seller's market at this time and rental properties are in high demand. Renting a small house (1200 sq ft) will be upward of \$1700/mo. Apartments vary widely based on location.

Southfield: Located about 15 miles Northwest of Receiving, Southfield is a quiet burb full of office buildings and retirement homes with a mix of parks and apartments. It has solid school districts and is a great place for those with kids or those looking to avoid residing in an urban space.

- o Pros: Southfield has a lower cost of living in a much quieter setting than many of the other options throughout metro Detroit. Two freeways (M10 and 696) leave Southfield, meaning that the vast majority of metro Detroit is within a 15-30 minute commute. Southfield is abundant with grocery options, unlike the

midtown/downtown areas. It is also that much closer to the outdoor recreation north and west of Detroit.

- Cons: Due to the copious offices and retirement homes, there is zero night life in Southfield and it has very limited culture compared with midtown/downtown. Although everything is within 15-30 minutes, Southfield is almost never a gathering place for the residents, which can add extra driving. Driving on M10 to the hospital is typically much better during rush hour than I-75 or I-94, but there are still days that rush hour will double the commute time.

Sterling Heights: Located about 17 miles from Detroit Receiving (usually takes me between 30-35 minutes to get to work, but remember this is with 696 westbound closed right now). This is where you live if you're looking to save ca\$h and don't mind living in the burbs. Family friendly and everything you need is within reasonable distance.

- Pros: SO SO many.... let me say SAVVVVINGSSSS. You're going to pay roughly half of what people living Downtown pay and you'll have twice the living space (i.e. our condo is 970 square feet, \$530 a month 2 bed 1.5 bath vs \$1000+ for 1 bedroom apartment). You don't have to pay to park your car like you do downtown... \$600 a year is a lot of beer money wasted on parking your car. Buying and building equity vs renting. We chose to buy because we are both from here and plan to stay in metro Detroit so we'll be staying more than 5 or 6 years. If you're looking to train and leave, probably not the right move to buy, but renting in the suburbs may be a better option. Grocery stores all nearby, Kroger and Meijer everywhere, Starbucks, there's not a whole foods for the more organic type eaters. Family friendly, there are kids everywhere and parks all over Sterling Heights to run/walk your dog.
- Cons: You're going to miss out on the spontaneous nights out or bar nights with your friends sometimes, just because its inconvenient to go back downtown when you've already drove a half hour back home. It makes for a long/tiring drive home when you're working a ton on ortho or MICU. There's not really much in the way of trendy restaurants, bars or night life if thats your thing. The commute sucks sometimes... If you have to be to DRH between 9-10 you're going to be sitting in traffic. Fortunately, starting at 7am, 3pm or 11pm on the ED shifts there's almost no traffic going to work... just have to remind yourself about all the money you're saving.

Sports:

The city of Detroit, affectionately known as Motown, Hockeytown, The Motor City and The D is currently home to four professional sports teams. Currently, there are three active sports venues where these teams compete and fans come to enjoy the action: Comerica Park (home of Tigers baseball), Ford Field (home of Lions football) and the Little Caesar's Arena (home to Red Wings hockey and Pistons basketball). These arenas, although all relatively new, are home to teams with a very rich history of memorable sports moments, hall of fame athletes, and championships. Together, these venues establish the epicenter of Detroit. The brand new state-of-the-art Little Caesar's Arena is the newest of the three and can best be described as a one stop multipurpose arena. Among its many amenities are seven bars and restaurants and a variety of hangouts. The new arena is part of the "District Detroit" which spans fifty city blocks and is comprised of thriving businesses, restaurants, bars, and event destinations that is located less than a mile from Detroit Receiving Hospital. In addition, we also have a minor league soccer league: [The Detroit City FC](#).

Food/Drinks:

Resources: Honestly, there are seemingly endless amazing restaurants and bars in the city. If you want to dig deeper into the Detroit food scene, I recommend you start here: [Eater38](#)

Downtown:

-[Lafayette](#): Arguably the most famous coney dog spot in Detroit. It's an eye-grabbing dank gray box of a restaurant with a greasy-spoon feel. The place is packed at 2am. The line will extend down the block, filled with drunks, degenerates, and hot-dog enthusiasts alike. Note that once inside, if you must navigate down into their twisting and cavernous basement bathroom, it will be a testament to your sobriety.

-[The Skip](#) and [Standby](#): Also known as the Z-lot, a back alley filled with art and sculptures that is home to The Skip: a bar that has great frozen drinks, big mural paintings, and a large flat screen that often is playing Planet Earth. At the other end is The Standby, which is a little more posh but has arguably the best burger and margarita in town.

-[Grey Ghost](#): Chic bar and restaurant along Woodward, just south of the hospital that makes a solid post-shift cocktail. Food is solid as well, but the drinks are where it's at. Just across the street the same owners opened up [Second Best](#) which is more classic pub fare, with solid appetizers and welp... you can also buy 40s of Miller...

-[Pizzapapalis](#): If you are craving some deep dish Chicago style pizza made by Greeks, then this is your spot. Some say this is the best pizza in town. I'd put it up against the best Chicago style joints anyway. Multiple locations throughout Detroit, but only some deliver.

-[Golden Fleece](#): Many tourists will flock to the fancier looking restaurants for their Greektown experience, but personally I like to have a simple gyro at the Golden Fleece. Also huge shout out to [Astoria Pastry Shop](#), don't leave Greektown without grabbing dessert.

-[Sweetwater Tavern](#): Often touted as the best wings in the city. Need I say more?

-[Roast](#): Definitely an upscale style restaurant, but with the absolute best happy hour menu in the city: half off all bar menu food! I'm not talkin like microwaved mozzarella sticks or artichoke dip... I mean high quality straight up fancy dining, like mussels with italian sausage or chicken liver with a creamy polenta.

-[Offworld/Checker Bar](#): This two story bar has a great hipster arcade bar on the top level with very good and greasy pizza, and on the main floor is another greasy spoon, Checker Bar, which has cheap drinks and good eats.

-[The Keep](#): One of the many speakeasies in Detroit, this is an underground dungeon that has some of the best mixed drinks in the city. Google map it, and then wander around the block trying to find the entrance!

-[Bad Luck Bar](#): On the topic of speakeasies, this is also a classically difficult bar to find. Yes... you will have to wander through an alley way... yes you have to find the secret door that has the snake on it... yes the drinks are expensive, but they are quite good.

-[Café D'Mongo's](#): This is a very very Detroit bar. It has odd hours and a lot of character. Catch a live show and enjoy the atmosphere!

Midtown/Cass Corridor/Brush/Eastern Market:

-[Founders](#): What was once the staple of Western Michigan craft beer has finally moved out East. This is a Michigan must, serving some of Michigan's most famous beer and solid pub fare. Relax with an all-day IPA session or get bold with a KBS, you can't really go wrong.

-[Detroit Shipping Co](#): This bar/restaurant has a very open layout, with rotating beer taps and extremely good and unique Asian cuisine.

-[Selden Standard](#): Chef Andy Hollyday has created a unique and decadent rotation of small plate style dining, focusing on local fresh ingredients chosen at the peak of their seasons. It's on the pricier end of the spectrum, but it all works out if you go with a large

group and split the cost... or you just end up ordering everything off the menu and go for broke.

-[Honest John's](#): Or as it is affectionately called: Hojo's, is the DRH watering hole. You'll always find residents and nurses posted up here after shifts enjoying a couple beers and feasting on the Hojo's pub fare. The Hani John chicken wrap is a favorite, but regardless of what you choose you are always going to wake up the next morning feeling rejuvenated.

-[Jolly Pumpkin](#): This place has popped up in several Michigan cities, and is famous for their sour ales and personal pizzas. If you want to try something outside the realm of IPAs, we suggest checking out their long tap list, grabbing a thin crust pizza, and a table outside.

-[Bronx Bar](#): As you enter the Bronx Bar you will first be greeted by a strange Dolphin like creature hanging above the bar. The more you explore this strange gritty tavern, the more odd and eccentric décor you'll uncover. However, this hipster nightmare serves one of the most amazing burgers in the whole city. If I could make a bed out of that burger and sleep in it, I would burn all of my belongings tonight and live at Bronx forever.

-[Supinos](#): If you are more into the New York style pizza scene, then this is your go to. It used to be a cramped, sweaty, one room restaurant, which didn't stop crowds of people from packing the place to earn their pie. They have since expanded and added a new bar area.

-[Checkers](#): Yes, we have a checkers. It's open 24/7 and it's fantastic. Embrace the GERD.

-[Urban Ramen](#): One of the first actual ramen places to open up Downtown. I know Detroit isn't the mecca for ramen, but it is solid. If you are craving brothy goodness, it'll do the job.

-[Chartreuse](#): An excellent small plates joint downtown. You'll likely end up ordering everything off the menu. They have a lot of vegetarian options, and lemme tell you, broccoli has never tasted this sexy.

Mexican Town:

-[Taqueria el Rey](#): It's cash only, but worth it. Go in for a burrito or just go all out and get a whole roasted chicken and a stack of tortillas. So, hit up an ATM and get some of the best Mexican food in Detroit.

-Honestly you can't go wrong with any restaurant in this part of town, they are all pretty solid, but to name a few shout outs: [El Barzon/La Noria](#), [El Asador](#), [Evie's Tamale](#)

-[Pizzaplex](#): Yes, Detroit has a pizza place run by Greeks, and a pizza place in Mexican Town. They focus on hand tossed personal pizzas. The place personifies “chill hipster”, and the pizza is amazing.

-[Flowers of Vietnam](#): Yes, Mexican Town also has Vietnamese food! It’s a bit of a fusion restaurant, and it’s excellent. (https://www.youtube.com/watch?v=p3h1fiG_8So)

Corktown:

-[Ima](#): Japanese fusion restaurants that focuses on rich brothy udon and rice bowls. If you are coming off of payday I highly suggest you go in for the lobster udon, and don’t be cheap about it, you best add some extra spice and smoked trumpet mushrooms.

-[Takoi](#): A checkered past... Takoi formally called Katoi... until it burned down. Apparently, the word “Katoi” is derogatory slang, but the jury is still out on whether that had anything to do with the “grease fire” that consumed it. Either way, from the ashes of this restaurant, Takoi was born. If you go during the evening hours you will always be welcomed by the Takoi motto, “The wait is 3 hours”. Go before the dinner rush, and you’ll own the place and enjoy their exotic cocktails and smattering of southeastern Asian food.

-[Mudgies](#): Amazing sandwiches, with a laid back “at-home” feel. At the end of the day, you will always go for the limited time only lobster rolls.

-[Batch](#): One of the best breweries in the city! Always a unique rotating tap, and very good pub fare.

-[Slows](#): Detroit’s most popular bbq spot. Solid ribs, arguably more solid sides.

-[Greendot](#): This place specializes in slider sandwiches, with a rotating menu of mystery meats and specials. You’ll likely end up running the entire list.

-[Bucharest](#): With several locations scattered through Detroit, Bucharest serves the most addictive and potent garlic sauce in the city. Whether you go in for a shawarma or the grilled shawarma salad, you’ll be loving this fast food style joint, and will be savoring that garlic breath for days to come.

Hamtramck:

-[Polish Village Café](#) and [Polonia](#): Hamtramck is the home of what was the original epicenter of Polish culture in Detroit. The restaurants reflect that, and you can still grab some of the best perogi and sausage there. Take your pick, both the restaurants offer a list of lagers, polish meats, and the all-time best dill pickle soup. Imagine a rich broth

blessed by the joy of 1,000 polish angels, and blended with a smattering of juicy pickle cubes... words don't do it justice, but I swear it's delicious.

-[Yemen Café](#): Yes, the old polish village has Yemen food... Detroit is weird, but Yemen Café is amazing.

-[Amar Pizza](#): Why use words when there's youtube:
(https://www.youtube.com/watch?v=pwC_fWKB_QU)

-[Buddy's](#): The original Detroit style pizzeria. What is Detroit style pizza you ask? It's Buddy's.

Dearborn:

-[Dearborn Meat Market](#): This place is a completely hidden gem (<https://www.youtube.com/watch?v=WS80VnkN1-4&t=20s>)

-Al-Ameer: Named one of the 38 best restaurants in the country by [eater.com](#)!
<https://www.youtube.com/watch?v=c4ax4MRz1vQ> <https://www.youtube.com/watch?v=HJLn7WZfB8s>

Culture

Detroit is a strange and eclectic place, and there is never a shortage of concerts, dive bars, and historic sites to see. Below are just a handful of things to do while in the D.

-[The Detroit Institute of Arts](#): Arguably one of the most gorgeous buildings in the city, it houses a legendary art collection and there are always special events to check out. Also a great place to just grab a coffee and study as well.

-[The Fisher Building](#): A historic building designed by Albert Kahn, and a staple of the city. They have a shopping plaza on the inside, and you can go on a historic tour of the building.

-[The Heidelberg Project](#): Local artist Tyree Guyton transformed his childhood street of Heidelberg into a large scale art installation. Created to inspire the community, and instill an appreciation of artistic expression in the city. It's bizarre, it's beautiful, it's very Detroit.

-[The Guardian Building](#): A legendary building in downtown Detroit, with arguably the most gorgeous promenade of all time. Another historic building that is a must see.

-[Kayak the Canals of Detroit](#): There are multiple different kayak tours around the city and its surroundings. By far the best is the kayak tours of the canals of Detroit.

Essentially, in the roaring 20's, some of the wealthier Detroiters poured a ton of money into constructing intricate canals for their mansions and boats. As is expected, when you combine vast wealth, family drama and a lot of alcohol, you get massive intrigue that is essentially Gatsby come to life. It's a great tour that covers a lot of great Detroit history, and the canals themselves are beautiful.

-[Fowling Warehouse](#): What happens when you combine football, with bowling, and an old vending machine that spits out random crappy cans of beer? You get the most magical warehouse in Detroit!

-[Cadieux Café](#): In the vein of weird bowling sports and eclectic culture, The Cadieux Café is the mecca for Belgian feather bowling. Imagine curling, but with a giant wooden ball, in a dirt half pipe. It's definitely an experience, and a must see for all Belgian-enthusiasts.

-[Belle Isle](#): This is a gem of the city, an island with beach front swimming, fields for sports, running trails, pavilions for grilling, and a nature center. Did I mention it houses the oldest operating public aquarium... not impressed? It also has THE MOST COMPLETE COLLECTION OF GAR IN THE COUNTRY...yup you heard me..[gar](#).

-[Eastern Market](#): This legendary market in Downtown is home to fresh produce, craft goods, and just about everything else you can think of. The entire district is also flanked by historic delis and shops. This is a must-do in Detroit. Get your cart ready and prepare to wade through the crowds.

-[Fox Theatre](#): An absolutely lavish and historic theater downtown. There is always a wide variety of shows playing here. It's absolutely worth the price of admission just to see the interior.

-[River Walk and Woodward](#): If you want to see the city, I recommend you walk down Woodward street, home to many amazing restaurants, shops, bars, and art. Near the end of Woodward is the legendary Spirit of Detroit Sculpture and The Fist (a monument to Joe Louis). Woodward leads right into the river walk of Detroit, where you can see Canada and walk along the waterfront.

-[Third Man Records](#): Started by Detroit native Jack White, this record storefront is geared towards music fans. You can even watch them press records! Neat!

-[Masonic Temple](#): This huge looming building houses some truly bizarre and unique shows. Everything from roller derby to the absolutely infamous [theater bizarre](#).

-[Slow Roll](#): The weekly event where a giant crowd leisurely bikes through a Detroit neighborhood. Your bike will immediately feel inadequate when you lay eyes on the most gaudy and decked out bikes you've ever seen. It's all about bringing people together and of course celebrating bikes.

Resources:

- For rotating medical students, we recommend you utilize websites such as <https://rotatingroom.com/> or <https://www.airbnb.com/> to locate available properties!
- We can do our best to help guide you with housing options. If you are having difficulty finding a place to stay, please email us at chiefs@drhem.com.
- If you'd like to further explore the geography of Detroit, and the boundaries of each neighborhood, please visit this site: <https://www.theneighborhoods.org/map>
- <http://midtowndetroitinc.org/live/rent>: This site highlights local events and provides a guide to Midtown, the neighborhood where Detroit Receiving Hospital is located. Additionally, it allows you to browse other Detroit properties available for rent based on neighborhood. This is a good starting reference to explore Detroit!