



INTERNATIONAL STUDENT HANDBOOK/RESOURCE GUIDE

OFFICE OF INTERNATIONAL STUDENTS AND SCHOLARS (OISS)

Welcome to USD!

WELCOME TO THE UNIVERSITY OF SAN DIEGO! WE ARE HAPPY YOU ARE HERE, AND WE HOPE THAT YOU WILL SOON COME TO LOOK UPON OUR CAMPUS AS YOUR SECOND HOME. YOUR FIRST THREE WEEKS WILL BE VERY BUSY. THIS IS NORMAL FOR ANYONE COMING TO LIVE AND STUDY IN THE UNITED STATES.

CULTURAL DIVERSITY IS WELCOMED IN OUR COUNTRY AND ON OUR CAMPUS. WE HOPE THAT YOU WILL FIND BOTH YOUR COURSE OF STUDY AT USD AND THE OPPORTUNITY TO ENGAGE IN CULTURAL EXCHANGE TO BE REWARDING AND SATISFYING EXPERIENCES.

THIS HANDBOOK IS DESIGNED TO PROVIDE YOU WITH INFORMATION YOU NEED TO MAKE THE TRANSITION FROM YOUR COUNTRY TO THE UNITED STATES A LITTLE EASIER. IF YOU HAVE QUESTIONS, PLEASE VISIT US AT THE OFFICE OF INTERNATIONAL STUDENTS AND SCHOLARS (OISS). WE ARE HERE TO HELP YOU.

WE WISH YOU EVERY SUCCESS IN YOUR ACADEMIC, SOCIAL, AND CULTURAL ENDEAVORS.

The OISS Team

Disclaimer:

Although we have made every effort to include accurate information in this handbook, errors may exist, as telephone numbers and addresses change frequently. USD does not necessarily endorse the sample companies listed. (Much of the research presented in this handbook was obtained from websites and materials gathered that were included in here are for information purposes only.)

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Important Phone Numbers and Websites

For Emergencies	
911	For EXTREME emergencies (please do not call for general information)
2222	For on-campus emergency, fire, or explosion
7777	USD Public Safety
(619) 531-2000 or (858) 484-3154	San Diego Police 24-hour non emergency calls
(800) 479-3339	Access Crisis Hotline (for suicide and psychiatric emergencies)
211	For health and human services available in your community
511	Traffic and transportation updates
(800) 876-4766	Poison Control
(619) 767-2675	Animal Control (to report pets or lost animals)
www.sandiego.gov	City of San Diego website (for updates on city-wide emergencies)
www.embassyworld.com	To search for your embassy or consulate's contact information in case of lost passport

USD Phone Numbers

You will need to dial only the last four digits if you are calling from within campus.



The One-Stop Office

The USD One-Stop Office is, as the name implies, a consolidated student customer service department that provides services in the areas of Registration, Financial Aid, and Student Accounts.

Students must visit or contact the One-Stop Shop for any concerns relating to the abovementioned services.

LOCATION: **HAHN UNIVERSITY CENTER, ROOM 125**

☎ **(619) 260-2700**

FAX: **(619) 849-8215**

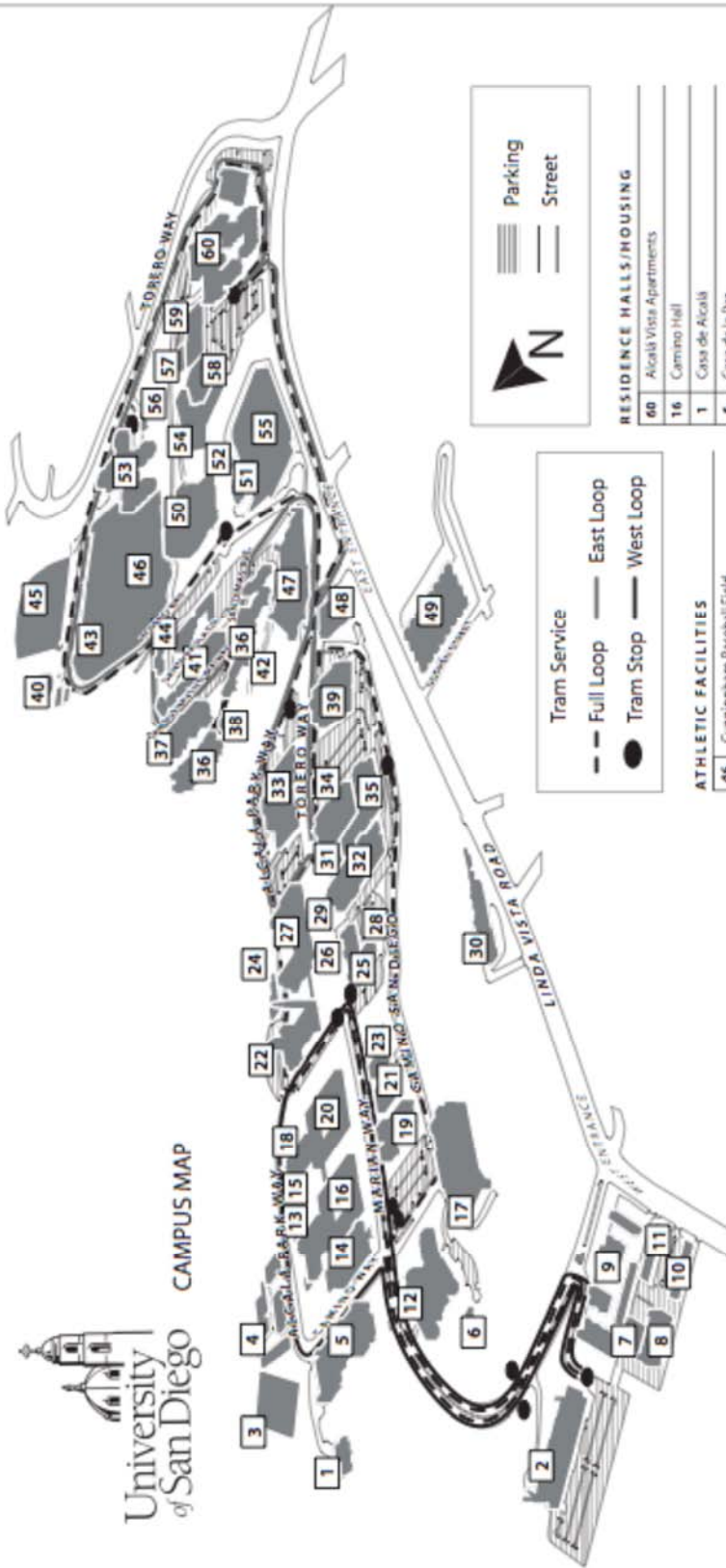
EMAIL: ONESTOP@SANDIEGO.EDU

WEBSITE: WWW.SANDIEGO.EDU/ONESTOP

Bookstore M-Th 7:45 am – 8:00 pm F 7:45 am – 4:00 pm Sat 9:00 am – 4:00 pm	(619) 260-4551
Copley Library	(619) 260-2369
Counseling Center	(619) 260-4655

Dining Services (To check hours of operation for different restaurants)	http://www.sandiego.edu/dining/hours.php
Housing/Residential Life (located in Mission Crossroads)	(619) 260-4777
International Center	(619) 260-4598
Law School Records	(619) 260-4526
Legal Research Center (For Information and Hours)	(619) 260-4541
Mail Center M-Th 8:00 am – 4:30 pm F 8:30 am – 4:30 pm	(619) 260-2204
McNamara Fitness Center (Jenny Craig Pavilion)	(619) 260-4353
Missions Fitness Center	(619) 260-7488
Operator Assistance/ Information	(619) 260-4600
Parking Services	(619) 260-4518
Print Shop M-F 8:00 am – 6:00 pm	(619) 260-4890

Public Safety	(619) 260-7777
Sports Center	(619) 260-4533
Student Health Center	619) 260-4595
Tech Support (Information Technology Services)	(619) 260-7900
United Front Multicultural Center	(619) 260-2395
University Center Information	(619) 260-8888
Writing Center	(619) 260-4581



Legend

 N
 Parking
 Street

Tram Service

 Full Loop
 East Loop
 Tram Stop
 West Loop

RESIDENCE HALLS/HOUSING

60	Alcalá Vista Apartments
16	Camino Hall
1	Casa de Alcalá
6	Casa de la Paz
9	Casa del Pueblo Condominiums
20	Founders Hall
27	Maher Hall
53	Manchester Village Apartments
36	Mission Housing Complex
30	Presidio Terrace Apartments
41	San Antonio de Padua
37	San Buenaventura
49	University Terrace Apartments

ATHLETIC FACILITIES

46	Cunningham Baseball Field
59	East Tennis Courts
51	Field House
50	Jimmy Craig Division
43	Manchester Village Field
58	Pool
45	Soccer Field
54	Sports Center
40	Sports Field
55	Toner Stadium
42	Valley Field
57	Weight Room
3	West Tennis Courts

CHURCHES/PLAZAS

18	Founders Chapel
22	The Immaculata
26	Colachis Plaza
29	Plaza de San Diego
52	Eagan Plaza

PARKING STRUCTURES

47	Mission Parking
2	West Parking

ACADEMIC/ADMINISTRATIVE FACILITIES

7	Alcalá Park West - Coronado	39	Pandey Legal Research Center
8	Alcalá Park West - Barcelona	35	Loma Hall & Book Store
10	Alcalá Park West - Avila	27	Maher Hall
11	Alcalá Park West - Durango	21	Manchester Executive Conference Center
16	Camino Hall	56	Manchester Child Development Center
14	Copley Library	38	Mission Crossroads
48	Diepner Alumni Center	5	Mother Rosalie Hall
4	Facilities Management Complex	19	Olin Hall
20	Founders Hall	24	Procurement & Print Shop
31	Guadalupe Hall	28	Public Safety/Parking Services & Visitor Info
23	Hahn School of Nursing and Health Science	15	Sacred Heart Hall
33	Hahn University Center	32	Serra Hall
13	Student Health Center	17	Sculley Center for Science & Technology
25	Hughes Administration Center	44	St. Francis Center for Priestly Formation
12	Joan B. Kroc Institute for Peace & Justice	34	Warren Hall

USD International Center

The USD International Center is a suite of offices located in Serra Hall 315 and is open Mondays through Fridays from 8:30 am to 5:00 pm. It hosts both the Office of International Students and Scholars and the Office of International Studies Abroad.

Contact Us (Office of International Students and Scholars):

Yvette Fontaine, M.Ed. DIRECTOR, PDSO, RO F-1 Student Advising, J-1 Student and Scholar Advising yvettef@sandiego.edu	
Chia-Yen Lin, M.Ed. ASSISTANT DIRECTOR, DSO, ARO F-1 Student Advising, J-1 Student and Scholar Advising linc@sandiego.edu	Rhona Reyes, MBA ASSISTANT DIRECTOR, DSO F-1 Student Advising, Health Insurance Enrollment Advising, OISS Site Moderator reyes@sandiego.edu
Greg Grassi, MSW ASSISTANT DIRECTOR International Programs Coordination, Adviser for International Student Organization (ISO), Health Insurance Enrollment Advising greggrassi@sandiego.edu	Danielle Barbeau EXCHANGE PROGRAM ADVISER Coordination of Exchange and Free Mover Programs dmbarbeau@sandiego.edu
Jenny Miles OFFICE MANAGER miles@sandiego.edu	Freida Hour '10 Vickie Garcia '10 GRADUATE ASSISTANTS vgarcia-10@sandiego.edu freida@sandiego.edu

International Center Main Line: (619) 260-4598

OISS Fax: (619) 260-4170 • **Email:** internationaloffice@sandiego.edu

Website: www.sandiego.edu/oiss

What to do when you arrive at USD

STEP ONE:

All international students must check-in with the Office of International Students and Scholars within 7 days of arrival. Please bring the following with you when you check-in:

- ☐ SEVIS **1-20** form (for F-1 students) or **DS-2019** form (for J-1 students)
- ☐ Passport
- ☐ I-94 card
 - (Note: Students or scholars with F-2 or J-2 dependents must also bring the immigration documents of their dependents.)
- ☐ Proof of comparable health insurance (if choosing not to enroll in the USD plan)
- ☐ Student's immunization records



You are required to provide your **local (San Diego) address** at the time of check-in. If you are still in the process of finding long-term accommodations, please provide our office with the address of your hotel or place of temporary accommodation. If you will be living on campus, please be certain about the name of the building or dormitory you have been assigned to.

Remember, you will not be able to register for classes unless you complete the check-in process with OISS!

STEP TWO:

You must make an appointment with your assigned **academic adviser** (freshmen and transfer students will be assigned what's called a

“**preceptor**”, and he/she will basically serve as your adviser). Your adviser will help you select classes and will give you a signed academic advising form so you can register for classes.

You may then proceed to the **One-Stop Office (University Center Room 125)** to register and settle your account.

After receiving your class schedule, you will be able to obtain your **student identification card, parking permit** (if needed), and access to **campus resources**.

STEP THREE:

To obtain your USD Identification (ID) card, go to the **Campus Card Office** located at University Center Room 119.

Take your class schedule or receipt of payment for your classes. After you receive your ID card, you may buy your books at the USD bookstore.

How to Stay “in Status”

You must maintain a full course of study during the regular semester.

- ☐ At least 12 units/semester for undergraduates
- ☐ At least 9 units/semester for graduates

(Please contact OISS first if you have plans to drop below full-time, file for a leave of absence, withdraw from a class, or withdraw from your program. **Failure to inform OISS may seriously jeopardize your immigration status.**)



You are responsible for taking note of your I-20/DS-2019's completion date. Should you need more time to complete your degree, contact OISS immediately for advising.

You must first consult with OISS before engaging in any type of employment. Remember that most types of employment require some

form of authorization from OISS.

You must report any changes to the following within 10 days:

- ☐ *Address (residence)*
- ☐ *Major/Minor/Program*
- ☐ *Contact Information (Email and Phone Number)*

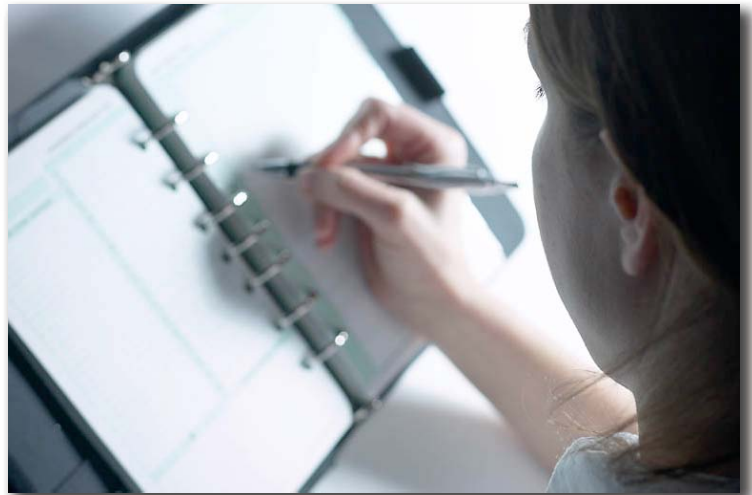
Know your immigration documents! Be responsible for keeping them valid:

- ☐ **Passport** – Keep valid 6 months into the future.
- ☐ **Visa** – Usually valid for a specific amount of time. It is used only to enter the United States under a specific status. The expiration date on

your visa does not affect how long you may stay in the U.S. If you know that you will be traveling and will be coming back to the U.S. to resume your studies, please contact OISS to obtain assistance on visa renewal or extension (if necessary).

- ❑ **I-94 card** – Your I-94 is the small white card that is usually stapled into your passport when you enter the United States. The card indicates how long you may stay in the U.S. F-1 students usually have the notation “D/S” for “Duration of Status” which means that F-1 students may stay in the U.S. for as long as their student status is still valid or in effect (as shown by dates on I-20). Please make sure that you do not lose this card!

- ❑ **I-20 or DS-2019** – Please make sure that all information listed on your I-20 or DS-2019 are true and accurate. Please contact your OISS adviser as soon as possible if changes need to be made.



Remember to obtain an endorsement signature from your OISS adviser before traveling.

Validity:

F-1 students – 1 year

J-1 students – 6 months

F-1 students on Optional Practical Training – 6 months

If you are traveling outside the U.S. to a country other than your own, you need to contact that country's consulate or embassy to find out if an entry visa is required.

You need to bring your passport, your signed I-20, and your I-94 card when going to Tijuana, Mexico.

PLEASE TAKE NOTE THAT IMMIGRATIONS RULES AND REGULATIONS CHANGE FREQUENTLY. WHAT IS PROVIDED HERE IS BASED ON WHAT IS IN EFFECT AT THE TIME OF WRITING. THE MOST UPDATED RULES AND REGULATIONS MAY BE FOUND AT [HTTP://USCIS.GOV](http://uscis.gov) AND [HTTP://WWW.ICE.GOV/SEVIS/INDEX.HTM](http://www.ice.gov/sevis/index.htm) PLEASE NOTE THAT WE ALSO POST IMPORTANT UPDATES ON OUR WEBSITE.

OISS Services

OISS is tasked to provide USD's international student/scholar community with the following services/benefits:

1. Practical training pre/post completion of studies
2. Authorizing internships



3. Processing program extensions
4. Visa and passport information
5. Travel advising
6. Letters for consulates and embassies
7. Travel signatures for re-entry into the U.S.
8. Change of address reporting to immigration
9. Change of major reporting to immigration
10. Concurrent enrollment authorization
11. Authorization to drop below full-time attendance
12. Dissemination of SEVIS updates
13. Assistance with replacement of lost documents
14. School transfers
15. Adjustment of status
16. Reinstatements
17. Employment authorization for economic hardship
18. Documents for dependents
19. Provides updated immigration information to all international students and exchange visitors
20. Sends email alerts and deadline reminders to our international community
21. Serves as liaison between our international students/scholars and their respective consulates

22. Health insurance enrollment

23. Advising and assistance in making living arrangements in the United States

Health Insurance Policy



You can never predict when you will get sick or have an accident, and because medical care in the United States is quite expensive, it is important to recognize the importance of having medical insurance. This is why the University of San Diego requires its international students to have health insurance.

USD offers an insurance plan with reasonable premiums

and excellent benefits to all students. This health insurance plan is required for all international students unless proof of comparable insurance is provided. The insurance premium is automatically added to your university bill at the time of registration during each semester. Payment for the insurance premium is due with tuition through the One-Stop Office.

If you know you have sufficient health insurance and want to obtain a waiver for the University plan, you must obtain a copy of your health insurance policy, written in English, and bring it to the University before the payment of the fees is due. Your policy will be reviewed by the University to determine if it is an acceptable alternative to the University plan. This policy must:

- ☐ INCLUDE EFFECTIVE DATES OF COVERAGE (STARTING AND ENDING DATES)
- ☐ INCLUDE MAXIMUM DOLLAR COVERAGE FOR EACH SICKNESS OR INJURY
- ☐ INCLUDE OUTLINE OF COVERED SERVICES
- ☐ INCLUDE LIST OF EXCLUDED SERVICES
- ☐ INCLUDE INSURANCE COMPANY CONTACT INFORMATION IN CASE OF EMERGENCY
- ☐ BE IN EFFECT THROUGHOUT THE SEMESTER AND RENEWABLE FOR CONTINUOUS COVERAGE
- ☐ HAVE A MINIMUM DOLLAR COVERAGE OF \$250,000.00 PER ILLNESS OR INJURY
- ☐ INCLUDE OUTPATIENT CARE (DOCTOR VISITS, OUTPATIENT SURGERY, ETC.)

- ☐ INCLUDE HOSPITALIZATION
- ☐ REPATRIATION FOR AT LEAST \$10,000.00
- ☐ MEDICAL EVACUATION FOR AT LEAST \$25,000.00

Please note that waivers are required every academic year.

Without reviewing and approving your alternative health insurance coverage each semester, the University cannot waive the fee and you will be responsible for paying the insurance premium charged to your account.

Rates and a more detailed explanation of the current USD plan's coverage and benefits may be obtained from OISS.

Culture Shock

CULTURE SHOCK AND THE PROCESS OF ADJUSTMENT

When you left home to study in the United States, you were beginning a new life. The new live involves the adjustment to a new culture and a new environment. This process takes time and the understanding of your feelings while going through the adaptation process.



People that enter a new culture will suffer from a feeling of disorientation. The cultural differences that must be dealt with, and the inability to understand them, cause an increased sense of great insecurity. The effect of these feelings is called “**culture shock**”.

Knowing the causes of culture shock and the process of cross-cultural adjustment can help you understand that it is a normal reaction that ends sooner or later.

What causes culture shock?

There are three basic causal explanations: (1) the loss of familiar cues, (2) the breakdown of interpersonal communication, and (3) an identity crisis. All three occur in adjusting to any new social environment.

Loss of Cues or Reinforcers

Cues are signposts, which guide us through our daily activities in an acceptable way that is consistent with the total social environment. These may include what to say when meeting with people for the first time, when and how to shake hands, how to eat, and so on.

The Breakdown of Communication

Communication involves both verbal and nonverbal messages that vary with each culture. Verbal communication involves the sending

and receiving of messages orally. This includes direct vs. indirect forms of speech, taking turns, preferred topics, and so on.

Non-verbal communication involves facial expressions, how people use personal space, physical contact while speaking to another, etc.

An Identity Crisis

When we enter a new culture, the way we learned to do things no longer works effectively. The environment makes new demands and we don't know how to react and how to solve problems. We feel overwhelmed and can no longer cope. This is the time in which we expand our cultural program and another more expanded and adequate system is born.

Coping with Cross-Cultural Adjustment Stress

By understanding the process of adjustment, we can anticipate stress and this, in and of itself, helps minimize the severity of our reactions. It helps to increase the communication with the host nationals, to learn the verbal and nonverbal language in the context of the culture, to develop a friendship with a host national and to associate with those who have gone through culture shock.

Some Strategies for Success

- ☑ Maintain a sense of humor.
- ☑ Keep a journal and record all of your experiences. Not only will this be a treasured keepsake, but it will also enable you to reread positive experiences when you are feeling down.
- ☑ Tolerate differences, and remember that making observations about customs and cultures is different from making judgments.
- ☑ Try new things! Experiment with new food, styles, daily rituals, magazines, movies, museums, etc.

☑ Observe the customs around you and don't do what people around you aren't doing.

☑ Get plenty of sleep.
It is exhausting to speak a foreign language and navigate within a foreign culture.

☑ Learn about the non-verbal language of the culture. What do the different hand gestures mean?



☑ Ask local students for help with studying and try to find out what support services your university provides for international students and scholars.

☑ Watch TV, listen to the radio, and read the local newspaper.

☑ Before you know it, your new experiences in the United States will help you learn about American culture, and, ultimately, help you learn more about yourself.

Remember:

"After all, human beings create culture, so the shocks caused by differences are not unbearable or without value".

Safety and Security

San Diego has earned its reputation as relatively safe city. Nevertheless, like any large urban city, students should be cautious and careful. The following are tips that will help you to stay safe during your time in San Diego:

☐ **Avoid walking alone at night in urban areas**

It is always recommended to travel with friends, particularly if you plan to go out downtown or the beach areas late at night. Know the neighborhoods you plan to frequent so that you do not find yourself in an unfamiliar neighborhood at night.

☐ **If you don't need it, leave it at home**

Try not to travel with your immigration documents and other valuables unless absolutely necessary. You will need a valid California ID or your passport if you are over 21 years old and plan to go to bars/clubs.

☐ **Watch over your possessions**

Keep purses, shopping bags, cameras and other possessions close to you when dining out or spending time in a bar or club. Leaving a camera at your table while you get up to dance might be the last time you see it.

☐ **Drink and act responsibly**

Choosing to drink alcohol can increase the risk of putting oneself in an unsafe position because alcohol often lowers individuals' inhibitions. Often intoxicated individuals make unwise choices that they might not typically make like accepting a ride home from a "new friend" at a bar or club.

☐ **If you are robbed or are a victim of another crime:**

1. Try to find a safe place to make a phone call
2. Call the police (911 for an emergency or 619-531-2000 for a non-emergency) and ask to make a police report.

3. If your purse/wallet was stolen, call your credit card companies to cancel your accounts as soon possible.

☐ Leave a trail

If you plan on going out with friends (especially at night), make sure to inform your roommate (or one of your friends) to give them an idea of where you are (or where you might be) in case something untoward happens. This is especially important too if you plan on traveling out-of-town for a few days.

Remember: it is always better to be safe than sorry!

Issues Relating to Alcohol and Drugs

In order to consume alcohol, you must be at least 21-years-old. This law is strictly enforced and there are major consequences for breaking this law. If you are a minor and caught in possession of alcohol on any public place is guilty of a misdemeanor. For a complete code of section 25662: minor possessing alcoholic beverage, visit <http://www.dmv.ca.gov/pubs/vctop/appndxa/buspro/bpc25662.htm>

For drivers under the age of 21:

- ☐ You may not have beer, wine or liquor in your vehicle unless accompanied by a parent or other person specified by law.
- ☐ You may not have an alcoholic beverage in your possession in your vehicle. If you are caught with an alcoholic beverage in your vehicle, it may be impounded for up to 30 days. The court may fine you up to \$1,000 and either suspend your driving privilege for one year or require DMV to delay the issuance of your first license for up to one year, if you are not already licensed.
- ☐ Your driving privilege will be revoked for one year, if you are convicted of either driving with a blood alcohol concentration (BAC) of .01% or higher or driving while under the influence of an alcoholic beverage. On the first offense you will be required to complete the educational portion of a licensed driving-under-the-influence (DUI) program. A subsequent offense may require a longer DUI program and you will not have a restricted license to attend the DUI program.

The law is very strict about carrying alcohol or drugs in a vehicle whether the vehicle is on or off the freeway. You must not drink any amount of alcohol in any vehicle.

A container of liquor, beer, or wine carried inside the vehicle must be full, sealed, and unopened. Otherwise, it must be in the trunk or in a place where passengers don't sit. Keeping an opened alcoholic drink in the glove compartment is against the law.

Remember: violating the drug and alcohol policy may have consequences related to your immigration status and good standing at USD.

USD Campus Policies

A. All students of the University of San Diego and their guests and visitors are subject to California State Law and the University of San Diego's Alcohol Policy regarding possession and consumption of alcohol.

B. Possession and consumption of alcohol is permitted by persons 21 years of age or older ONLY in private rooms within University Residence Halls, where at least one assigned resident is 21 years of age or older, except as noted below. Possession, consumption and storage of alcohol is PROHIBITED in all common areas, e.g. lobbies, public lounges, hallways, stairwells, common bathrooms, landings, common kitchens, balconies, patios, closets or outdoor areas.

C. Furnishing alcohol to a person under the age of 21 years on University property or at a University-sponsored event is prohibited.

D. NO possession or consumption of alcohol is permitted by anyone in private residence rooms, within University Residence Halls, where all of the assigned residents are UNDER 21 years of age.

E. No possession or consumption of alcohol is permitted in the Camino/Founders or Maher Residence Halls.

F. In a room where alcohol consumption is permitted, no more than six (6) guests, 21 years of age or older, may be present while alcohol is being consumed, and NO guests under 21 years of age may be present in the room while alcohol is being consumed. When alcohol is being consumed all room doors must be closed.

G. Movement between residence rooms where alcohol consumption is permitted, with any type of receptacle containing alcohol, is prohibited.

H. Public display of intoxication while on University property or at a University-sponsored event is prohibited.

I. Establishment of a private bar, storage of excessive quantities of alcohol or possession and/or use of a tap or keg is PROHIBITED in ALL Residence Hall areas.

J. Compliance with all requests by Residential Life or Public Safety personnel for proof of 21-year-old status is required, and failure to comply with such a request will subject an individual to serious disciplinary sanctions up to and including expulsion from the University.

K. Driving on University property while under the influence of alcohol is prohibited.

Social Security Numbers

A Social Security Number is only assigned to people who are authorized to work in the United States. Social Security Numbers are used to report your wages to the government.

DO YOU PLAN TO WORK?

If you want to get a job on campus, you should contact OISS to confirm your eligibility to work on campus. Also, depending on your circumstances, you may be authorized to engage in certain limited off-campus employment, as permitted under Department of Homeland Security (DHS) regulations. If you are eligible to work on campus, or you have been authorized to engage in off-campus employment, you may get a Social Security Number.

(For J-1 visitors and students who fall under other visa categories, please see your OISS adviser to confirm eligibility for on-campus employment.)

GENERAL ON-CAMPUS EMPLOYMENT

Each F-1 student requesting an SSN for general on-campus employment must show evidence that he or she has a general on-campus job or has been offered one that will begin in the next 30 days, or an SSN will not be assigned. This is in addition to providing evidence of age, identity, a SEVIS-generated Form I-20, and a current Form I-94, *Arrival-Departure Record*, showing F-1 nonimmigrant status.

The following two documents are required to document an F-1 student's general on-campus employment only (they are not required for F-1 students authorized for CPT or those students who have an employment authorization document (EAD) from DHS):

1. A letter – typed or handwritten – on school letterhead from the designated school official (DSO) that identifies the:
 - ☐ Student by name
 - ☐ On-campus employer (e.g., book store, cafeteria, biology department, library)
 - ☐ Nature of the on-campus employment (e.g., waiting tables in the cafeteria, stocking shelves in the library, monitoring lab)

experiments, receiving a scholarship or reduced tuition fees in exchange for teaching or other services)

AND

2. The student must provide a letter from the employer on the employer's letterhead that provides employment verification, namely:
 - ☐ Identity of student employee
 - ☐ Nature of job the student is, or will be, engaged in
 - ☐ Anticipated or actual employment start date
 - ☐ Number of hours the student is expected to work
 - ☐ Employer identification number (EIN)
 - ☐ Employer contact information, including the telephone number and the name of the F-1 student's immediate supervisor
 - ☐ Original signature and signatory's title
 - ☐ Date

If the student had already started working on campus then a recently issued payslip or pay stub from the F-1 student's employer may be presented in lieu of the employer letter.

Please note: All documents must be originals. We cannot accept photocopies or notarized copies of documents.

Please see your OISS adviser for further information.

Income Taxes

If you earn money in the U.S. you may be required to pay two types of federal and state income taxes. The Internal Revenue Service (IRS) Code contains special provisions which apply to non-immigrants in F and J status. For foreign students and scholars, certain income may be exempt from tax payment. Factors affecting your tax obligation include the following:

- ☐ U.S. residency or non-residency. This refers to your tax status, not your immigration status.
- ☐ California state residency (for tax purposes). Even if you are exempt from federal taxes, you may be required to pay state taxes.
- ☐ Tax treaties between the U.S. and your home government.
- ☐ World-wide income compared to income earned in the U.S. and in California.
- ☐ Spouse employment.

USD Resources:

The OISS offers tax workshops every year, usually given before the onset of tax season. Students that might need to file for taxes are encouraged to attend this workshop as it is conducted by a tax specialist. Please inquire with any of your OISS advisers for specific schedules.

Money Matters

When coming to live in a foreign country, it is important that you learn to manage your finances especially because of the currency measurement difference. Converting your home currency to U.S. dollars is important to do as soon as you arrive as you may need to pay for taxi, transportation, food, etc. Managing your finances also involves making sure that you have a U.S. bank account that you can use to safe keep your funds and to facilitate any payments that you may need to make. Having a local bank account is especially helpful for students or visitors that are going to be in the country for an extended period of time.

There are two different types of bank accounts that most people usually have – a checking account and a savings account. Both types of bank accounts have different purposes but both help manage your money.

Checking Account

- ☐ This is a transaction account, designed for you to write checks or use your ATM (automatic teller machine) and/or debit card.
- ☐ You will need to have enough money in your checking account to able to write checks, withdraw money, or use your debit card.
- ☐ Having a debit card provides more options for using and accessing your funds.
- ☐ Be careful not to overdraw money for your account, there will be fees for lack of funds.




Savings Account

- ☐ This interest-bearing type of account is designed for you to make deposits into your account and watch your money grow.
- ☐ The money for this account is dealing with money you don't need for everyday living. Access is more limited and many banks charge you a fee on your transactions.
- ☐ Each bank varies as some require a minimum amount to avoid a fee.

OPENING A BANK ACCOUNT

1. Take your passport, another form of identification (your USD student I.D. card) and, if applicable, your Form I-20/DS-2019 to the **New Accounts** Section of the bank.
2. Please be aware that you may be asked for a Social Security Number (SSN). Make sure to explain to the Account Representative that you are an international student at USD and therefore would not be eligible for an SSN at that point.
3. You must have money (at least \$25.00-100.00 depending on the bank) to open an account. Again depending on the bank and the type of account you choose to open, you may be given an ATM (Automatic Teller Machine) card, and/or a checkbook.
4. If you deposit cash or traveler's checks the bank will allow you to use your checking account immediately; if you deposit a check the bank will not allow you to spend the money for 2-4 weeks.

BANKS CLOSE TO USD

NAME	DIRECTIONS
USBANK	ON-CAMPUS BRANCH OPENING FALL '08 AT THE UNIVERSITY CENTER
BANK OF AMERICA 2341 ULRIC STREET SAN DIEGO, CA 92111  (858) 654-6794	DEPART ON LINDA VISTA ROAD (NORTHEAST) TURN RIGHT INTO ULRIC STREET
WELLS FARGO BANK	TURN LEFT ON LINDA VISTA ROAD

1359 FASHION VALLEY ROAD SAN DIEGO, CA 92108 ☎ (619) 296-4951	TURN RIGHT ON VILLA LAS CUMBRES TURN LEFT ON FRIARS ROAD TURN RIGHT ON FASHION VALLEY ROAD
MISSION FEDERAL CREDIT UNION 5394 LINDA VISTA ROAD SAN DIEGO, CA 92110 ☎ (858) 524-2850	DEPART ON LINDA VISTA ROAD GOING SOUTHWEST LOOK FOR MFCU ON THE RIGHT SIDE OF THE ROAD

Getting Around

Transportation in San Diego is very different from many big cities you might be familiar with. Unlike the convenient metro/subway system that exists in major big cities, San Diego has limited means of transport. Since transportation can be a challenge, it is recommended that looking for housing close to campus be a priority – at least until you become familiar with the city and its transportation system. But while most San Diegans prefer to own cars, both public and private transportation are available throughout most of San Diego.

PUBLIC TRANSPORTATION



San Diego's **Metropolitan Transit System (MTS)** provides bus and rail transportation throughout many urbanized areas in San Diego. The **North County Transit District (NCTD)** also provides bus and rail transportation in the north county area of San Diego.

BUSES

Public bus transportation is convenient but can be confusing if new to riding buses. Both the MTS and NCTD provide public bus transportation; the only difference between both is where in San Diego you are located in.

You might familiarize yourself more with the San Diego MTS bus system more than the other as it serves most of central San Diego. A single ride ticket can cost you anywhere from \$2 to \$5, otherwise it may be smart to purchase day or month passes. Please visit

<http://www.sdmts.com/Bus/Bus.asp> for San Diego MTS maps, timetables, fares and more information.

The NCTD bus system (BREEZE) works in the north San Diego country region, from Oceanside to Del Mar, northeast to Escondido, east to Ramona, north to Fallbrook and San Clemente in Orange County. A day pass can cost about \$2 for a single ride or you may need to purchase day or month passes. Please visit http://www.gonctd.com/breeze_intro.htm for NCTD BREEZE maps, schedules, fares and more information.



Trolley Map obtained from <http://www.sdmts.com/Trolley/Trolley.asp>.

LIGHT RAIL

The **San Diego Trolley** is part of the San Diego MTS and is known for its reliability, safety, and convenience. The Trolley has three lines: the blue line serves the south region from San Ysidro/Mexico border to the historical Old Town, the orange line serves the eastern region from Petco Park to La Mesa and El Cajon, the green line goes from Old Town to Santee. A one way fare ticket can range from \$1.50 to \$3 but you also have the option of purchasing round-trip and day passes. Please visit <http://www.sdmts.com/Trolley/Trolley.asp> for maps, schedules, fares and more information.

The NCTD Coaster is a train system that travels from North County San Diego, in Oceanside, to Central San Diego in Old Town and the San Diego Depot. A one-way fare ticket can be from \$4.50 to \$6 but you also have the option of buying monthly passes. Please visit http://www.gonctd.com/coaster_stations.htm for maps, stations, schedules, fares and more information.

When visiting North County San Diego, you may want to use the SPRINTER as a mode of convenient transportation. The SPRINTER is a mini version of the San Diego Trolley as it only travels to Oceanside, Vista, San Marcos and Escondido. Please visit http://www.gonctd.com/sprinter_stations.htm for maps, schedules, fares and more information.

It might be helpful to have access to a car while studying in San Diego. Although there is public transportation, it may be limited, time consuming and inconvenient. Here are some tips on renting or purchasing a car:

RENTING A CAR

Owning a car can be very convenient but also very expensive. If you decide not to purchase a car, renting is another option you have. In fact, it may be the best solution when first moving to San Diego. A car can be rented on a daily, weekly or monthly basis. Here are a few local car rental companies:

DIRT CHEAP CAR RENTAL

ADDRESS: 3860 ROSECRANS STREET, SAN DIEGO 92110

☎ (619) 234-9300

WEBSITE: WWW.DIRTCHEAPCARRENTAL.COM

- ☐ THEY SPECIALIZE IN LONG TERM RENTALS.
- ☐ MUST HAVE A VALID DRIVER'S LICENSE (IT CAN BE FROM ANY COUNTRY).
- ☐ MUST BE 21 YEARS OLD OR OLDER.
- ☐ MUST HAVE A CREDIT CARD.
- ☐ IT WOULD BE HELPFUL IF YOU BROUGHT YOUR STUDENT ID.
- ☐ USUALLY HAVE A 3 – 7 DAY MINIMUM.

BARGAIN AUTO RENTAL

ADDRESS: 3860 ROSECRANS STREET, SAN DIEGO 92110

☎ (619) 299-0009

WEBSITE: WWW.BARGAINAUTORENTALS.COM

- ☐ IF CARS ARE AVAILABLE, YOU CAN RENT A CAR FOR ONE DAY.
- ☐ MUST BRING VISA OR PASSPORT.
- ☐ IF IT IS A SHORT TERM CAR RENTAL, A VALID LICENSE FROM THEIR HOME COUNTRY IS NEEDED.
- ☐ IF IT IS A LONG TERM RENTAL, THEY HAVE TO HAVE A CALIFORNIA DRIVER'S LICENSE.
- ☐ MUST BE 18 YEARS OLD OR OLDER.
- ☐ CARS CAN BE TAKEN TO MEXICO

SUN DIEGO RENTAL COMPANY

ADDRESS: 6904 MIRAMAR RD. #108, SAN DIEGO 92121

☎ (866) 704-8267

WEBSITE: [HTTP://WWW.SUNDIEGOCARRENTAL.COM/](http://www.sundiegotcarrental.com/)

REQUIREMENTS:

- ☐ MUST BE 21 OR OVER (RENTERS AGES 21-24 ARE SUBJECT TO UNDER AGE DRIVERS FEE)
- ☐ INTERNATIONAL OR FOREIGN LICENSE IS ACCEPTED WITH A VALID PASSPORT

BUYING A CAR

If you are staying in San Diego for a long period of time, it might be wise to purchase your own car. Budget-conscious students are better off purchasing a used vehicle in great condition. There are two ways of purchasing a used car: through a car dealership or a private owner.

Practical tips for buying a used car

- ☐ Check out the car's repair record, maintenance costs, and safety and mileage ratings. Look up the "blue book" value and be prepared to negotiate the price.
 - Go to www.kbb.com to obtain how much the car is worth.
- ☐ If you buy a car "as is," you'll have to pay for anything that goes wrong after the sale.
- ☐ If buying a car from a dealership:
 - You have the right to see a copy of the dealer's warranty before you buy.
 - Warranties are included in the price of the product; service contracts cost extra and are sold separately.
- ☐ If buying a car through a private owner:
 - Buying a car from a private individual is different from buying from a dealer. A private sale probably will be "as is."
- ☐ Other items to budget for include insurance, registration, gas, maintenance and repairs.
- ☐ There are additional fees paid to the DMV to change ownership of the purchased vehicle. The amount of fees that may be due depends on a variety of factors; an exact amount can only be calculated when you submit your application to the DMV.
 - The transfer fees are due within 10 days of the sale.
 - <http://www.dmv.ca.gov/vr/buyinfo.htm>
- ☐ Always test drive the car on hills, highways, and in stop-and-go traffic.
- ☐ Have the car inspected by a mechanic. It is normal practice in the U.S. when buying a used car to hire a mechanic at your own cost to examine the vehicle before purchase.
- ☐ Check out <http://www.wikihow.com/Buy-a-Used-Car> for more information on this topic.

Local Used Cars/Websites

When researching to buy a used car, consider looking through car dealerships as well as websites and personal advertisements. Below is a list of a few dealerships and websites that specialize in selling used cars.

CARMAX, KEARNY MESA

7766 BALBOA AVENUE

SAN DIEGO, CA 92111

INTERSECTION OF BALBOA AVENUE AND CONVOY STREET, OFF THE 805

AUTOLAND INC., MISSION VALLEY

2020 CAMINO DEL RIO N

SAN DIEGO, CA 92108

☎ (619) 501-2222

AUTOTRADER.COM, [HTTP://WWW.AUTOTRADER.COM](http://www.autotrader.com)

CARS.COM, [HTTP://WWW.CARS.COM](http://www.cars.com)

CRAIGSLIST.COM, [HTTP://SANDIEGO.CRAIGSLIST.ORG/CSD/CAR/](http://sandiego.craigslist.org/csd/car/)

SANDIEGOAUTOSTORE.COM, [HTTP://WWW.SANDIEGOAUTOSTORE.COM/INDEX.PHP](http://www.sandiegoautostore.com/index.php)

AUTOMOTIVE.COM, [HTTP://WWW.AUTOMOTIVE.COM/USED-CAR-DEALERS/32/CALIFORNIA/SAN-DIEGO/INDEX.HTML](http://www.automotive.com/used-car-dealers/32/california/san-diego/index.html)

Some Popular Car Insurance Companies

ALL STATE INSURANCE

WEBSITE: [HTTP://WWW.ALLSTATE.COM/](http://www.allstate.com/)

☎ 1-800-ALLSTATE, 1-800-25578283

LOCAL BRANCH: 7710 BALBOA AVE #322, SAN DIEGO, CA 92111

☎ (858) 279-1200

STATE FARM INSURANCE

WEBSITE: [HTTP://WWW.STATEFARM.COM/](http://www.statefarm.com/)

LOCAL BRANCH: 3264 ROSECRANS STREET, SAN DIEGO, CA 92110-4837

DOUG KARREL ☎ (619) 223-5406

MIKE MANCINI ☎ (619) 223-5461

PROGRESSIVE

WEBSITE: [HTTP://WWW.PROGRESSIVE.COM/](http://www.progressive.com/)

QUOTES: ☎ 1-800-PROGRESSIVE (1-800-776-4737)

CUSTOMER SERVICE: ☎ 1-800-776-4737

LOCAL BRANCH:

TALBOT/GOREHAM-MOORE & ASSOCIATES

1331 MORENA BLVD #300

SAN DIEGO, CA 92110

☎ (619) 275-6191

TRIPLE A

WEBSITE: [HTTP://WWW.AAA.COM](http://www.aaa.com)

LOCAL BRANCH:

2440 HOTEL CIRCLE, SAN DIEGO, CA 92108

☎ (619) 233-1000

GETTING A DRIVER'S LICENSE

Driving School

If you have not driven before or are unfamiliar with American driving laws and procedures, you might want to contact a driving school.

EXPERT DRIVING SCHOOL

4655 RUFFNER, SUITE 250

SAN DIEGO, CA 92111

☎ (858) 560-9422 OR (619) 885-7777

WEBSITE: [HTTP://WWW.EXPERTDRIVING.NET](http://www.expertdriving.net)

ALLSTATE DRIVING SCHOOL

7841 BALBOA AVE., #204

SAN DIEGO, CA 92111

☎ (858) 565-0088

WEBSITE: [HTTP://WWW.ALLSTATEDRIVERED.COM/](http://www.allstatedrivered.com/)

GOLDEN STATE DRIVING SCHOOL

3077 CLAIREMONT DRIVE, SUITE 103

SAN DIEGO, CA 92117

☎ (619) 275-3711

WEBSITE: [HTTP://WWW.ZONEPROFILES.COM/DRIVINGSCHOOLINSANDIEGO.HTML](http://www.zoneprofiles.com/drivingschoolinsandiego.html)

UNITED DRIVING SCHOOL
2425 CAMINO DEL RIO SOUTH
SAN DIEGO, CA 92108
☎ (800) 764-2020
WEBSITE: [HTTP://WWW.CITYDRIVING.COM/](http://www.citydriving.com/)

How To Apply For A Driver License If You Are Over 18

If you are a visitor in California over 18 and have a valid driver license from your home state or country, you may drive in this state without getting a California driver license as long as your home state license remains valid. The main advantage of getting a California driver license is to qualify for more affordable car insurance rates.



To apply for an original driver license if you are over 18, you will need to do the following:

- ☐ Visit a DMV office (make an **appointment** at <https://eg.dmv.ca.gov/foa/welcome.dofor> for faster service)
- ☐ Complete **application form** DL 44 (An original DL 44 form must be submitted. Copies will not be accepted.)
- ☐ Give a **thumb print**
- ☐ Have your **picture** taken
- ☐ Verify your **birth date** and **legal presence**

Note: Most individuals applying for a California Driver's License will be asked to provide a **Social Security Number (SSN)**. In establishing your legal presence (by presenting your passport/I-20/DS-2019/I-94 card) to the DMV you will be able to show that **you are exempt from the SSN requirement.**

- ☐ Pay the **application fee** (\$28)
- ☐ Pass a vision exam

- ☐ Pass a traffic laws and sign test. There are 36 questions on the test. You have three chances to pass. (To access a sample test, please go to <http://www.dmv.ca.gov/pubs/interactive/tdrive/exam.htm>)

Note: To allow you sufficient time for testing DMV will not be administering written or audio exams after 4:30 p.m. You will then be issued a permit if you have never been licensed before. When you practice, you must have an accompanying adult who is 18 years of age or older, with a valid California license. This person must be close enough to you to take control of the vehicle if necessary. It is illegal for you to drive alone. If you have a license from another country, you will still be required to take a driving test. If you have a license from another state, the driving test can be waived.

To take your **driving test (behind-the-wheel test)**, you will need to:

- ☐ Make a driving test appointment.
- ☐ Provide proof of financial responsibility.
- ☐ For further information on this topic, go to http://www.dmv.ca.gov/pubs/brochures/fast_facts/ffdl22.htm#fr

Note: You have three chances to pass the driving test. If you fail, you may practice for a while, then make another appointment. There is no waiting period, but you must make an appointment. If you fail to successfully complete the driving test on the first attempt, you must pay a \$6 fee for each additional driving test that is administered under an application for an original or renewal driver license.

After you pass your driving test you will be issued an interim license valid for 60 days until you receive your new photo license in the mail. Double-check your address before you leave DMV and tell the DMV representative if you have moved or if your address is incorrect. If you have not received your license after 60 days, call 1-800-777-0133 and they can check on the status for you. Have your interim license with you to provide information when requested.

If your name is different on your birth date and/or legal presence document than the one you are currently using, you will also need to provide an additional acceptable document to establish your true

full name, such as; a marriage certificate, dissolution of marriage, adoption or name change document that shows your current name.

Below is a list of nearby DMV offices:

SAN DIEGO CLAIREMONT DMV OFFICE

4375 DERRICK DRIVE

SAN DIEGO, CA 92117

☎ (800) 777-0133

HOURS:

MONDAY – FRIDAY 8:00AM – 5:00PM,
EXCEPT WED. 9:00AM – 5:00PM

SAN DIEGO DMV OFFICE

3960 NORMAL STREET

SAN DIEGO, CA 92103

☎ (800) 777-0133

HOURS:

MONDAY – FRIDAY 8:00AM – 5:00PM,
EXCEPT WED. 9:00AM – 5:00PM

DRIVING INCIDENTS

When driving in the state of California, you must obey all California laws. When driving laws and procedures are ignored or disobeyed, you are usually pulled over by a policeman. Below is a brief explanation of newly enforced laws, procedures you should follow if you are pulled over by a policeman or if you get involved in a car accident.

California's new hands free law

California has a new hands free cell phone law that took effect on July 1, 2008. Vehicle Code §23123 prohibits all drivers from using a handheld wireless telephone while operating a motor vehicle. Drivers 18 and over may use a "hands-free device." So when you purchase a cell phone or SIM card, it may be useful to purchase a blue tooth or handset too. For more information please visit

<http://www.dmv.ca.gov/cellularphonelaws/index.htm>

What to do when you get pulled over by a policeman or “cop”

1. When you see the police pull behind you with his lights, put on your blinker, and pull over to the side of the road. Do not get out of the car and remain calm
2. It is important that you keep your hands on the wheel until the officer asks you for your license and registration. The officer may ask if you know why you’ve been pulled over. This is his way of getting an admission of guilt out of you.
3. When the officer asks for your papers, take your car registration and proof of car insurance out of the glove box and leave the glove box opened. This shows you have nothing to hide.
4. The officer will go to his car to run your information and possibly write you a ticket.
5. The officer will then return to the car with your paper and maybe a ticket – sign the ticket if asked. You cannot do anything about the ticket at this point; however you can contest the ticket when the bill arrives in the mail.
6. The bill takes a few weeks to be mailed to you. After the bill arrives, you have two options -- you can pay the full amount of the ticket or you can contest (fight) the ticket. Contesting the ticket could decrease the amount of the ticket and your insurance might not increase. This depends on what the judge’s decision will be. To contest the ticket, you must show up to the court house on the date and time listed on the bill.*

*Traffic school option: In California, ticketed drivers have the option of completing a traffic school course focused on driving safety and regulations as a way to remove a traffic violation from the driver’s record and to prevent a driver’s insurance company from being made aware of the incident. Typically, you may only attend traffic school (can be done online) once a year and you must also pay the full cost of the ticket in addition to traffic school fees.

What to do when you get in a car accident

1. Promptly notify the police and call an ambulance if anyone is hurt.

2. If possible, consider moving your vehicle out of the flow of traffic and cooperate with the authorities that come.
3. Try to write down everything at the scene— include details of the accident, identification of the autos (license plates, insurance company and policy number) and people (driver's license, birthday) involved. Also write down the names and badge numbers of all authorities involved. If possible, take pictures.
4. Do not accept money, accept fault, or agree to forget about the accident.
5. Get copies of all the police reports.
6. Have the insurance company inspect and appraise the damage before any steps are taken to repair it.
7. Cooperate with the insurance representative in the investigation, defense or settlement.
8. Send your insurance company copies of any notice or legal papers received in connection with the accident as soon as possible. Make sure you keep the originals.
9. If you are injured, submit to physical examinations by physicians selected by the insurance company.
10. File a claim (a notice to your insurance company that you have been in an accident).

Housing Information

The process of finding housing in San Diego should be one to look into far in advance. There are many different housing options available to you as an international student. Many students like the idea of living on-campus at USD. The University of San Diego has many residential areas to choose from depending on your class level. Other international students prefer to live off-campus where they experience more of a San Diegan lifestyle.

TEMPORARY ACCOMMODATIONS IN SAN DIEGO

Hotels In And Around the USD Area

HOTEL CIRCLE

Howard Johnson Express Inn

1631, Hotel Circle South, 92108 San Diego, CA

☎ (619) 298-5321

Howard Johnson Express Inn San Diego is a tourist class hotel, located in the Hotel Circle area of San Diego. The hotel is minutes to fine dining, shopping and entertainment.

*Rooms from \$69

*5 minutes from USD by car

Residence Inn by Marriott Mission Valley

865, Hotel Circle South, 92108 San Diego, CA

☎ (619) 881-3600

Residence Inn by Marriott Mission Valley San Diego is a 3 star hotel, located in Hotel Circle. All 192 suites provides fifty percent more space than most traditional hotel rooms. Each suite offers a bedroom, separate living room and complete kitchen.

*Rooms from \$139

*5 minutes from USD by car

Hyatt Regency Mission Bay Spa and Marina San Diego

1441 Quivira Road, 92109 San Diego, CA

☎ (619) 224-1234

Hyatt Regency Mission Bay Spa and Marina San Diego is strategically located

in the heart of Mission Bay Park with seasaped views of the harbour and Pacific Ocean.

*Rooms from \$252

*10 minutes from USD

DOWNTOWN

Ramada Inn and Suites San Diego

830 6th Avenue, San Diego, CA 92101

☎(619) 531-8877

This charming 99-room European-style boutique hotel is located in the heart of downtown San Diego's Historic Gaslamp Quarter and surrounded by fine galleries, theatre, award-winning dining, live entertainment, spectacular shopping and exciting nightlife.

*Rooms from \$89 - \$119 a night

*About 10 minutes from USD

Embassy Suites San Diego

601 Pacific Highway, San Diego, CA 92101

☎(619) 239-2400

This hotel features room service, a swimming pool, 4,500 square feet of meeting space and airport transportation.

*Rooms from \$177

* About 10 minutes from USD

The Westin San Diego

400 West Broadway, San Diego, CA 92101

☎(619) 239-4500

Located in the heart of beautiful downtown San Diego, the 25 floors of guest rooms feature panoramic views of the San Diego Bay, Coronado Island, and the downtown cityscape. Convenient to business and shopping, we are within walking distance of the San Diego Convention Center, Seaport Village, Little Italy, the San Diego Gaslamp Quarter, and a variety of shopping options.

*Rooms from about \$189

*About 10 minutes from USD

OLD TOWN

Best Western Hacienda Hotel Old Town
oldtown.com

<http://www.haciendahotel-oldtown.com>

4041 Harney Street, San Diego, CA 92110

☎ (800) 888-1991

Each of the 200 spacious rooms is well-appointed with handcrafted Santa Fe furnishings inspired by the simple elegance of the old Spanish missions.

*Rooms from \$185.95

*About 5 minutes from USD

Holiday Inn Express

<http://www.ichotelsgroup.com>

3900 Old Town Ave, San Diego, CA 92110

☎ (619) 299-7400

Enjoy old-world charm and modern comfort at the Holiday Inn Express Old Town San Diego. Whether you're here for work or pleasure, this convenient hotel in Old Town San Diego offers spacious accommodations in a landmark location, brimming with old-world charm.

*Rooms from \$162+

*5 minutes from USD

La Quinta Inn Old Town

<http://www.LQ.com>

2380 Moore Street, San Diego, CA 92110

☎ (619) 291-9100

All rooms feature wide-open floor plans, and come with complimentary wireless high-speed Internet, Microwave and Refrigerator, coffee maker, cable TV with HBO, available Pay-per-view movies, and lots more!

*Rooms from \$149

*5 minutes from USD

ON-CAMPUS HOUSING

As an incoming USD student, your housing area is determined by your class level. The convenience of living on-campus allows students to get more involved with school and student organizations without worrying too much about transportation. Freshmen or 1st years have the option of living in **Camino/Founders Hall, Maher Hall, and the Mission Housing Complex.** The majority of these halls include many residence rooms of double, triple, or quadruple occupancy, shared bathrooms, laundry facilities, desk services and a recreation room. For upperclassmen or 2nd, 3rd, and 4th years **Alcala Vista Apartments, Manchester Village, San Antonio de Padua, and**

University Terrace Apartments are available. Graduate and Law students have the option of choosing between **Manchester Village** and the **Presidio Terrace Apartments**. All apartments include a sofa, chair, dining table and chairs, and a kitchen that has a stove and a refrigerator. For more information, visit:



<http://www.sandiego.edu/residentiallife>

OFF-CAMPUS HOUSING

Living off-campus has its advantages and disadvantages. Searching for off-campus housing can be a long and complex procedure especially if you are not familiar to the San Diego area. Familiarizing yourself with the different neighborhoods in San Diego and the renting process will make your off-campus housing search easier. When living off-campus, you might need to take other things into consideration: transportation, utilities, food, furnishings, choosing roommates and tenant responsibilities.



SAN DIEGO NEIGHBORHOODS AT A GLANCE

AROUND USD

Linda Vista - USD is located in this area

Diverse neighborhood with large Asian immigrant population on the north side of the neighborhood. Close to USD, many students choose to live on the south side of Linda Vista Blvd. (directly across from USD) since it offers affordable rent in a safe area walking distance from campus.

Pros: Close to USD

Cons: Parts of neighborhood may not be safe at night

Public Transportation Access: Bus

Mission Valley - located 5 minutes east of USD (by car)

This area is one of the main commercial centers in San Diego and features big-box retailers like Target and Ikea, two shopping malls, Qualcomm Stadium (current home of the San Diego Chargers football team) and many condominiums and apartment buildings.

Pros: Very close to USD/great access to shopping and public transportation

Cons: Can be crowded and congested on weekends

Public Transportation Access: Trolley/Bus

Old Town - located 5 minutes south of USD (by car)

This area draws many tourists looking to shop and sample San Diego-style Mexican food.

Pros: Very close to USD/Public Transportation center

Cons: limited residential availability/ area flooded with tourists

Public Transportation Access: Trolley/Coaster (train)/Bus

BEACH AREAS

La Jolla - located 15 minutes northwest of USD (by car)

The Beverly Hills of San Diego, La Jolla offers several great beaches, upscale downtown shopping and restaurants and homes with beautiful views of the ocean. Expect San Diego's most expensive rent and home prices. Close enough to commute to USD without difficulty.

Pros: Beautiful beaches/scenery

Cons: Expensive, can be crowded on weekends

Public Transportation Access: Bus

Mission Beach/Mission Bay - located 15 minutes west of USD (by car)

A popular place for USD upperclassman to live, Mission Beach/Mission Bay offers apartment living close to the beach.

Pros: Great location/proximity other USD students

Cons: Rent can be expensive/can be crowded on weekends

Public Transportation Access: Bus

Ocean Beach/Point Loma - located 10 minutes west of USD (by car)

Ocean Beach (and neighboring Point Loma) are the sleepest of the San Diego beach communities. Ocean Beach is home to hippy boutiques and a relaxed atmosphere reminiscent of the northern California city of Berkeley. Point Loma is a fishing outpost and is also home to the Cabrillo National Monument.

Pros: Best rent value at the beach/laid-back bohemian neighborhood

Cons: Lacks the sophistication of La Jolla or Del Mar

Public Transportation Access: Bus



Pacific Beach -

located 15 minutes west of USD (by car)

PB, as Pacific Beach is known, is a mix of commercial and residential spaces and is home to the most extensive nightlife (bars and clubs) of all San Diego Beaches. The northern portion of this neighborhood consists mainly of small bungalow-style houses that students often rent to share with roommates.

Pros: Most popular beach community/Many places to live

Cons: Can be very crowded during summer months due to constant influx of tourists.

Public Transportation Access: Bus

DOWNTOWN/UPTOWN/MID-CITY

Hillcrest - located 10 minutes south of USD (by car)

Often described as San Diego's most European neighborhood, Hillcrest is located just north of downtown and offers many shops and restaurants at walking distance from the famous Hillcrest street sign and is the site of the San Diego Zoo and Balboa Park. Also home to a large Gay and Lesbian community. Rent here is less expensive than downtown but expect to pay a premium to live in San Diego's most walkable neighborhood.

Pros: Great restaurants, foreign/independent movie theater
Cons: Rent can be expensive/public parking is limited
Public Transportation Access: Bus

Downtown/Gaslamp Quarter - located 10 minutes south of USD (by car)

Downtown boasts the new padres baseball stadium (Petco Park) as well as hundred of restaurants, bars, nightclubs, shops and boutiques and, increasingly, condominium high-rise buildings.

Pros: Urban, action packed environment
Cons: Rent is expensive/public parking is extremely limited
Public Transportation Access: Trolley/Bus

Little Italy - located 10 minutes south of USD (by car)

An area that used to be run-down, Little Italy has recently been developed into a hip area full of Italian restaurants, coffee shops and galleries.

Pros: Near both downtown/San Diego harbor, great public transportation access
Cons: limited residential availability
Public Transportation Access: Trolley/Bus

North Park/University Heights - located 15 minutes southeast of USD (by car)

These neighborhoods, once run-down, have now become hip areas full of new casual restaurants, bars and cafes situated along University Ave. and El Cajon Blvd., two mid-city thoroughfares. Both areas are very walkable and offer many houses and apartments for rent.

Pros: Great rent value/area is improving every year
Cons: Can be inconsistent – some parts well maintained and safe while other parts can be unsafe at night.
Public Transportation Access: Bus

City Heights - located 20 minutes southeast of USD (by car)

City Heights is San Diego's most ethnically diverse neighborhood occupied by many recent immigrants and resettled refugees.

Pros: San Diego's most affordable rent/Great ethnic restaurants from all over the world

Cons: A little far from USD/ Parts of neighborhood may not be safe at night

Public Transportation Access: Bus

EAST OF USD

College Area/La Mesa - located 15 minutes east of USD (by car)

These areas surround San Diego State University (SDSU) and therefore feature many student friendly shops, restaurants and services. Rent prices tend to be affordable.

Pros: Close to SDSU, great public transportation access

Cons: A little far from USD, neighborhoods can be loud

Public Transportation Access: Trolley/Bus

Kensington - located 15 minutes southeast of USD (by car)

This quaint, mostly residential area also features a small strip of great restaurants, a popular bar (the Ken Club) and the famous Ken Theater, which shows one film for a week at a time.

Pros: Very nice, Spanish style houses

Cons: Very few apartments for rent (mostly houses)

Public Transportation Access: Bus

NORTH OF USD

Kearny Mesa - located 10 minutes north of USD (by car)

Kearny Mesa is home to the majority of Asian supermarkets, restaurants and banks in San Diego. Also the home of several new and used car dealerships.

Pros: Close to USD/Great ethnic restaurants, markets, shops

Cons: Very little residential area.

Public Transportation Access: Bus

Mira Mesa - located 20 minutes north of USD (by car)

Mira Mesa is home to large Filipino and Vietnamese populations and is home of Sorrento Valley, the technology/telecommunications industry center of the city

Pros: Close to industrial center

Cons: Uncommon for students to live there

Public Transportation Access: Trolley/Bus

Del Mar/Solana Beach - located 20-25 minutes north of USD (by car)

Upscale beach communities along the I5 freeway. During the summer, Del Mar hosts popular horse races. Rent here is as expensive as La Jolla.

Pros: Beautiful landscape close to the ocean

Cons: Expensive rent/long commute to USD.

Public Transportation Access: Coaster (train)/Bus

Encinitas/Carlsbad - located 20-30 minutes north of USD (by car)

These two north county beach towns are far less crowded than the San Diego beach areas and feature charming downtown areas and easy beach access. Great places for day trips.

Pros: Quaint, laidback beach communities.

Cons: Rent can be expensive, especially near the beach/long commute to USD

Public Transportation Access: Coaster (train)/Bus

SOUTH OF USD

Coronado - located 15 minutes southwest of USD (by car)

This island community offers spectacular views and a peaceful, bike-friendly small town atmosphere with easy beach access. Great for day trips/picnics. Rent is typically very expensive.

Pros: Beautiful, relaxed atmosphere a short distance from USD and downtown.

Cons: Rent is expensive/tends to be older and military population (few students)

Public Transportation Access: Bus

Chula Vista/San Ysidro - located 25-35 minutes south of USD (by car)

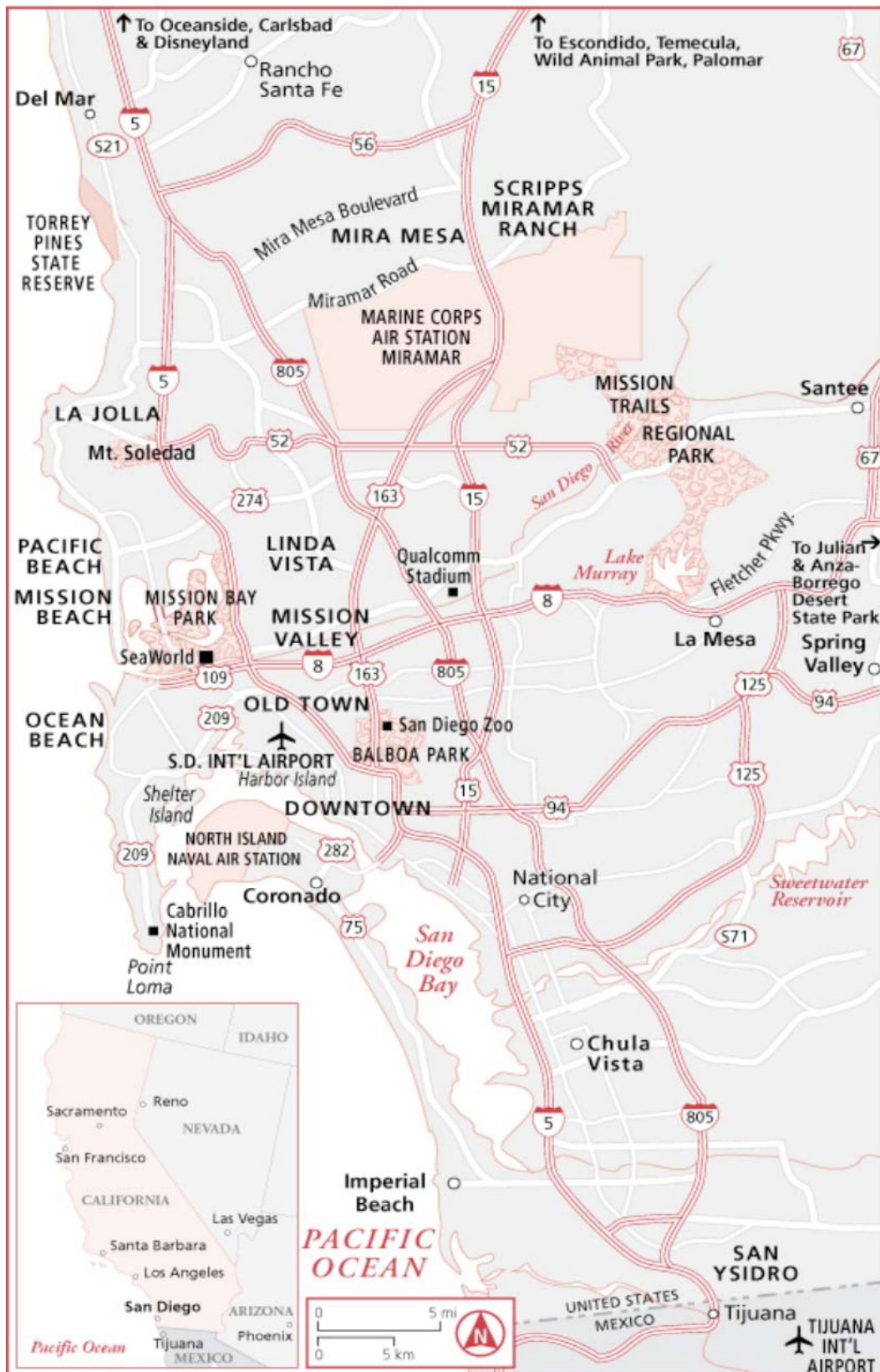
Often referred to as part of the "South Bay," these cities are the gateway to Tijuana, Mexico. Chula Vista in particular has grown into a large city. Many new condominium and housing developments.

Pros: Affordable rent/ great public transportation access

Cons: Very far from USD/parts of area can be dangerous at night

Public Transportation Access: Trolley/Bus

Map obtained from http://www.frommers.com/images/destinations/maps/jpg-2006/28_sandiegoataglance.jpg



HOW TO SEARCH FOR OFF-CAMPUS HOUSING

1. Give yourself enough time.

- ☐ Keep in mind that although more rentals become available in the university area in June and September, more people are also searching for housing at this time.
- ☐ Begin your search 4 to 6 weeks prior to your move-in date, if possible.
- ☐ If you are coming to San Diego without making prior housing arrangements, please make sure to book a hotel room or a temporary place of stay before your arrival.
- ☐ If you are interested in living in one of the large apartment complexes near the university, contact their leasing offices more than 6 weeks in advance, since they often have waiting lists.

2. Decide what kind of housing you're looking for.

3. Search through Internet classified housing listings.

- ☐ <http://www.sandiego.apartments.com>
- ☐ <http://classifieds.signonsandiego.com/>
- ☐ <http://sandiego.backpage.com/gyrobase/classifieds/index>
- ☐ <http://www.apartmentsearch.com/>
- ☐ <http://sandiego.craigslist.org/>
- ☐ <http://www.forrent.com/>
- ☐ <http://www.sdhc.net/>
- ☐ <http://www.westsiderentals.com/default.cfm>
- ☐ <http://www.roomatefinders.com>
- ☐ <http://www.roommates.com>
- ☐ <http://www.roommates4u.com>
- ☐ Be sure to check back daily on housing listings that interest you.

4. Make use of other resources as you search for housing.

- ☐ USD students post off campus housing opportunities on bulletin boards in the Law School and Mission crossroads.
- ☐ Many landlords post "for rent" signs on their properties.
- ☐ Join facebook (www.facebook.com) and the USD network. Look for any International group to post housing needs.
- ☐ If you will be living with roommates, ask them to help you read the listings and make calls about properties.

What to Consider in an Off-Campus Rental Property

Is the property in a good location?

- ☐ Is it close enough to USD? Is it close to public transport, if you need it?
- ☐ Consider the "feel" of the neighborhood.

Can you afford the property?

- ☐ Ask what you will pay per month in rent and how much is required for the security deposit.
- ☐ Ask the landlord if the lease allows for rent increases if real estate taxes are raised or if sewer or water rates increase.
- ☐ Calculate how housing will figure into your budget and cost of attendance at USD.
- ☐ Find out if there are extra charges for a late payment on rent.

What services will the landlord provide?

- ☐ Find out if there are extra charges for utilities, storage space, parking spaces.
- ☐ Determine if the property has a resident manager, if maintenance hours for services are restricted, and how emergency services will be handled.
- ☐ Find out how trash is disposed of and if the trash facilities are easily accessible.
- ☐ Ask the landlord if laundry services are available on the property. There should be one a washer and dryer for every 10 residents.
- ☐ Ask if the landlord provides other services, such as landscaping, window cleaning, or additional storage.
- ☐ Find out how deliveries are handled.

Is the property clean and in good working order?

- ☐ Watch for any signs of insects, rodents, rust, mildew, and smoke or water damage.
- ☐ Note the cleanliness of the property's lobby, hallways, bathroom, kitchen, walls, ceiling and floors.
- ☐ Be sure that all electrical outlets, phone jacks, plumbing fixtures, appliances, exhaust fans, windows and heating and cooling systems are conveniently located, in good condition and functioning properly.
- ☐ Determine if and where there is a fuse box on the property. You might need to re-set the fuses if the electricity goes out.

Is the property secured and safe? Check for available safety features, such as:

- ☐ An entry door with deadbolt, security chain, and peephole

- ☐ A well-lit exterior and entry way
- ☐ A secure/ lobby entrance
- ☐ Fire exits, fire alarm, and security system

Security Deposits

- ☐ Before moving into a rental unit, you may be required to pay a security deposit (sometimes referred to as "last month's rent" or "cleaning deposit"). When you move out, your landlord may withhold all or part of your security deposit to offset any cleaning costs, repair costs, or any amounts you owe under the lease agreement. The remainder will be refunded to you.
- ☐ The cost of your security deposit depends on the rental property. The total amount charged for any type of security deposit can't be more than the amount of 2 months' rent for an unfurnished rental unit or 3 months' rent for a furnished unit. It may combine the last month's rent plus a specific amount for "security" in the event of damage to the rental unit or rent left unpaid.

When can your landlord keep all or part of your security deposit?

- ☐ In California, it is unlawful for a security deposit to be "non-refundable." However, the law allows landlords to retain part or all of your deposit under certain circumstances, such as if you move out and still owe rent, or if you leave the rental unit in damaged condition. (**Note:** Your landlord can't use your security deposit for cleaning or repairing items damaged only by normal wear and tear, for repairing defects that existed in the unit before you moved in, or for cleaning a rental unit that is as clean as it was when you moved in.)
- ☐ Within 21 days after you move, your landlord must either send you a full refund of the security deposit, or deliver or mail an itemized statement that lists reasons and amounts of any withholdings from the deposit. Any amounts not deducted must be refunded.

Things to Do When Moving Into a New Type of Housing

1. Inspect the property.

- ☐ Before you move in, arrange a time to inspect the premises. Bring a rental checklist or room rental checklist with you. Walk through with the rental checklist, and mark the conditions of all rooms, walls, windows, light fixtures, and furniture (if it's a furnished unit).
 - ☐ Inform your landlord if any part of the property is in poor condition. This will prevent you from having to pay for something that was already damaged when you first moved in.
 - ☐ Conduct a second walk-through about 2 weeks after living in the rental unit. This is important because you will discover some things only after living in the unit.
2. **Document all defects, and get agreements for repairs in writing.**
- ☐ Consider taking photos as proof of any damages (use a camera that automatically imprints the date on each photo, if possible). Save the photos for when you move out in case you need to withhold costs from your security deposit.
 - ☐ When repairs are needed, document them in writing and have the property manager or owner sign to that effect. Read about landlord responsibilities for repairs.
3. **Set up utilities and other services.**
- ☐ Utilities or services might include:
 - Gas and electricity
 - Water
 - Garbage collection
 - Cable T.V./ Internet connection
 - Telephone
 - Newspaper
 - Mail delivery
 - Renter's insurance

Note: Ask the landlord which utilities you, as the tenant, are responsible for setting up and paying.

Apartment Rentals Around the USD Area

LINDA VISTA

Bluffs II Apartments
6540 Friars Road
San Diego, CA 92108

☎ (866) 809-8093
Rent: \$ 1010 - \$1635

The Bluffs II is located within walking distance to Fashion Valley Mall where you can shop at the major fashion stores of today. You can take the trolley to downtown San Diego for a night of fun in the Gaslamp District. Golf courses are minutes away as well as the fabulous San Diego Beaches. The highlight of our well appointed apartments are our full gourmet kitchen package and ample closet space throughout our apartment homes. The Bluffs II offers you hard to find studios plus spacious 1 & 2 bedroom floor plans.

The Stratton
3884 & 1/2 Caminito Aguilar
San Diego, CA 92111
☎ (888) 307-9052
Rent: \$1051 - \$1728

These spacious apartment homes offer options of two and three bedroom designs, with a range of amenities. This tranquil setting has the perfect atmosphere for relaxing on one of many playgrounds and picnic areas. When you live at The Stratton, you'll find yourself just a short distance from I-5 and the 805. Local dining and shopping, as well as Mesa College, are within walking distance.

The Village at Morena Vista
5395 Napa Street
San Diego, CA 92110
☎ (866) 539-2560
Rent: \$1505 - \$2675

2 bedroom/2 Bath townhome-style lofts starting at \$1775. One, two and three bedrooms also available. Save time and gas with on-site retail such as Jamba Juice, Urbane Cafe, Subway, Taco Del Mar, Heavenly Nails & Spa, Fantastic Sams, Verizon Wireless, Fedex/Kinkos and more! A convenient on-site trolley will take you to vibrant downtown or SDSU in 15 minutes, Qualcomm Stadium in 10 minutes, or Fashion Valley Mall in 5! USD is just 3 blocks away! Convenient access to the I-5 and I-163. Pets are welcome (call for details as restrictions apply).

MISSION VALLEY

Archstone Mission Valley

2288 Fenton Pkwy.

San Diego, CA 92124

☎ (888) 250-3727

Rent: \$1515 - \$2650 per month

Our San Diego apartments feature full-size washer and dryers, gas cooking, raised panel kitchen cabinetry, a ceramic tile entry, and built-in computer desks, to name a few. What's more, the Qualcomm Stadium, local shopping and famous eateries are just moments from your doorstep. Commuters will appreciate the on-site San Diego Trolley Connection and convenient access to the 15, 8, 163 and 805 freeways.

Padre Gardens Mission Valley

10343 San Diego Mission Road

San Diego, CA 92108

☎ (866) 453-4126

Rent: \$1130 - \$1610 per month

Each unit includes parking, but additional underground or garage parking can be rented. From your front door, you can easily get to Charger Games at Qualcomm Stadium or take the trolley to nearby shopping centers. The very active Mission Valley night life, featuring many of San Diego's finest restaurants and night clubs, is also close to home. Convenient access to Highways 15, 8, 805, and 163 will get you to your destination within minutes.

Portofino Apartment Homes

2500 Northside Drive

San Diego, CA 92108

☎ (866) 292-2369

Rent: \$1605 - \$2840

***Pet friendly!**

Brand new! Located in the heart of Mission Valley, Portofino Apartment Homes offer luxuriously appointed floor-plans, a state-of-the art cardio/sports club, media room and business center, access-controlled gates and 24-hour maintenance service.

The Missions at Rio Vista
2242 Gil Village Way
San Diego, CA 92108
☎ (866) 618-6177
Rent: \$1495 - \$2425

The Missions at Rio Vista is centrally located in the heart of Mission Valley near major shopping malls, restaurants, and nearby beaches. The community's narrow, tree-lined streets help recreate the ambience and amenities of a treasured neighborhood perfectly fashioned around the human needs of pedestrians, bicyclists, and progressive minded commuters.

MISSION BAY AREA

Pacific Palms Apartments
5109 Clairemont Mesa Blvd
San Diego, CA 92117
☎ (866) 367-6140
Rent: \$790 - \$890

Pacific Palms Apartments offers you an ideal central location- with the comfort and convenience you are looking for. The beach is only minutes away. You can walk to shopping and restaurants and just a short drive away are golf courses, parks, theaters and major shopping centers.

Avalon at Mission Bay
3883 Ingraham Street
San Diego, CA 92109
☎ (866) 766-7943
Rent: \$950 - \$1985

Avalon at Mission Bay offers thoughtfully designed studios, 1 & 2 bedrooms featuring fully equipped kitchens with refrigerators, air-conditioning, spacious closets and more. You can also enjoy the basketball or sand volleyball courts, and fitness center.

Villa Monair Apartments
3730 South View Drive
San Diego, CA 92117

☎ (888) 744-1539
Rent: \$1020 - \$1380

This classic community features all the plush amenities of a luxury vacation resort, yet is just minutes from business centers, shopping, schools, and exciting recreation.

DOWNTOWN

600 Front Apartments
600 Front St.
San Diego, CA 92101
☎ (866) 204-6507
Rent: \$1100 - \$2260

600 Front puts you a short stroll from Horton Plaza, Seaport Village, and excellent dining and entertainment in the Gaslamp Quarter. 600 Front's award-winning design presents you with a variety of beautifully planned living spaces offering studios, one-bedroom, and two-bedroom plans. Models feature ceramic tile kitchens, mirrored wardrobe doors, and wall-to-wall carpeting. Community amenities include beautiful landscaping with a courtyard fountain, heated pool with deck area, and large spa with waterfall.

LA JOLLA

Trieste Apartment Villas
3950 Mahaila Ave.
San Diego, CA 92122
☎ (800) 830-5044
Rent: \$1250-\$1800

Offers residents the finest in modern amenities, including two pools with spas, a resident activity center, and a fitness center with cardio/weight equipment.

La Jolla Park West Apartments
5165 Luigi Terrace
San Diego, CA 92122
☎ (866) 572-2423
Rent: \$1270-\$1650

La Jolla Park West Apartments are conveniently close to The Golden Triangle area of North San Diego County. This allows for an easy commute to all the area's employment centers and exceptional shopping, dining, schools, hospitals, and church facilities. The University Towne Centre and the beauty of downtown La Jolla are only minutes away.

POINT LOMA

Pacific Breeze Apartments

2850 Adrian Street

Pt. Loma, California 92117

☎ (619) 523-4325

Rent: \$1000 - \$1500

Take a refreshing swim in our sparkling pool, get together with friends for a BBQ in the picnic area, or enjoy an invigorating workout in the fitness room. As a resident you can also enjoy the numerous recreational attractions that are nearby including Sea World, a variety of golf courses, Mission Bay Park and the beautiful Pacific Ocean.

HILLCREST/UNIVERSITY HEIGHTS

Studio 819 Residential Hotel

819 University Avenue,

San Diego, Ca 92103

☎ (619) 542-0819

Rent: Daily = \$80 - \$115 Weekly = \$532 - \$665 Monthly = \$740 - \$885

Studio819 Residential Hotel is located in the center of Hillcrest --- a few miles from downtown San Diego. Grocery stores, banks, restaurants, cafes and boutiques are well within walking distance. The world-famous San Diego Zoo, Balboa Park, Sea World, Little Italy and Convention Center are located nearby.

Communication

Cellular Phones

Having a cell phone while you are studying here can be beneficial to calling home, communicating with friends, or in case of an emergency. If you plan on bringing your phone from home, you can easily get a new SIM card so your phone can work in the U.S. It may be difficult to open up an account/contract with a cell phone company without a social security number; however, here are some tips that may help you.

Practical tips:

- ☐ Research different cell phone companies and find out which one best fits your needs. Each company will have their own specific guidelines and requirements; therefore make sure you ask what they are.
- ☐ You will most likely have to turn in a **deposit (about \$500)** to the cell phone company since you won't have a social security number. The deposit will be returned after a one-year holding period.
- ☐ The following documents may be needed: student ID, proof of U.S. address, passport, and bank account.



Most cellular phone service providers will have different types of plans. Make sure to study the pros and cons of each type of plan before making a decision. There are **pay-as-you-go** or **prepaid** plans that allow the user to buy only as much “minutes” as he or she expects to need; this type is more advisable for students that are going to be here in the United States for less than a year. Otherwise, it is better to subscribe to a **regular plan with a contract** as these types of plan usually provide more value for money.

Local cell phone companies:

GSM (SIM Card) Technology

AT&T MISSION VALLEY MALL KIOSK 1640 CAMINO DEL RIO NORTH, STE 9505 SAN DIEGO, CA 92108 CONTACT: DANIEL TREVINO PHONE: (619) 692-4272 CELLPHONE: (619) 866-9894 EMAIL: ATOMICDDTT@GMAIL.COM	T-MOBILE FASHION VALLEY MALL (NEAR FOOD COURT) 7007 FRIARS ROAD SAN DIEGO, CA 92108 PHONE: (619) 683-9234
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CDMA

SPRINT 8440 RIO SAN DIEGO DRIVE SAN DIEGO, CA 92108 PHONE: (619) 718-3603	VERIZON WIRELESS 2990 MIDWAY DRIVE SAN DIEGO, CA 92110 PHONE: 619-523-4500
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Making Overseas Phone Calls

Making overseas phone calls can be very expensive, therefore it is very important to compare rates and find the most affordable one for you. If you plan to use a cell phone during your stay in the U.S. make sure to ask for the provider's rates on international calls – most likely they will be high. Another option you can use is an international phone card or internet services. Please visit these websites for more information:

- ☐ <http://www.uniontelecard.com>
- ☐ <http://www.skype.com/>
- ☐ <http://www.cellularld.com/>
- ☐ <http://www.nobelcom.com/>
- ☐ <http://www.callingcards.com/>

Internet Connection

USD's campus is wireless! (Note: You must first set up a my.sandiego.edu account before accessing this service.)

If you live off-campus, here's an idea of what you might need to spend every month in order to get internet connection:

AT & T HIGHSPEED INTERNET (<http://www.att.com>)

Basic DSL = \$19.95 Express DSL = \$25 Pro DSL = \$30 Elite DSL = \$35

COX INTERNET (<http://www.connecttocox.com/cable-internet.html>)

High Speed Internet (1.5 Mbps) = \$19.95

Preferred High Speed Internet (6.0 Mbps) = \$24.95

Preferred High Speed Internet (7.0 Mbps) = \$24.95

Premier High Speed Internet (12.0 Mbps) = \$39.95

TECH SUPPORT CENTER INFORMATION (UC 117)

The **Tech Support Center** provides computer support to USD students living in the residence halls at no additional cost. We can also be reached during business hours using:

- **AIM: usdtechsupport**
- **Google Talk: usdtechsupport**

Hours:

7am – 7pm Monday to Thursday

7am – 5pm on Friday

☎ 7900

Email: tsc@sandiego.edu

Mailing Options

The U.S. mailing system is very advanced, convenient and affordable. There are different ways to send a letter or package anywhere in the U.S. or abroad. Below is a list of different local mail carriers who can help with all your mailing needs:

U.S. Post Office

2150 Comstock St.
San Diego, CA 92111
Phone: (858) 277-0851

FedEx Kinko's

5375 Napa St., Suite 106
San Diego, CA 92110
Phone: (619) 293-0201

UPS

3089 Clairemont Drive
San Diego, CA 92117
Phone: (619) 275-2380

5694 Mission Center
San Diego, CA 92108
Phone: (619) 298-8213

USD also has a Mail Center located at the back of Guadalupe Hall (near the Bookstore) for your mailing convenience within campus.

Shopping

GROCERY STORES / SUPERMARKETS

Typically, supermarkets like Ralphs, Vons, or Albertsons would be a good source of packaged and fresh foods, deli goods, alcoholic and non-alcoholic beverages, canned goods and cleaning supplies.

RALPHS (24 HOURS) 3515 SPORTS ARENA BLVD SAN DIEGO, CA 92110	VONS (24 HOURS) 3645 MIDWAY DR. SAN DIEGO, CA 92110
RALPHS 5680 MISSION CENTER SAN DIEGO, CA 92108	VONS 1702 GARNET AVENUE SAN DIEGO, CA 92109
FOOD 4 LESS (24 HOURS) 7730 HAZARD CENTER DRIVE SAN DIEGO, CA 92108	ALBERTSONS 7715 BALBOA AVENUE SAN DIEGO, CA 92111

PHARMACIES

For over-the-counter and prescription medicines, toiletries, personal supplies, cosmetics, and grooming items. Most also provide photo-printing services.

WALGREENS (24 HOURS) 3005 MIDWAY DRIVE SAN DIEGO, CA 92110	RITE AID 6939 LINDA VISTA ROAD SAN DIEGO, CA 92111
LONGS (24 HOURS) 5644 MISSION CENTER ROAD, SAN DIEGO, CA 92108	

HOME SUPERSTORES

Your ideal stop for home equipment and supplies, furniture, and most everyday necessities. A great source for dorm room furnishings.

TARGET (SPORTS ARENA) 3245 SPORTS ARENA BLVD SAN DIEGO, CA 92110	TARGET (MISSION VALLEY) 1288 CAMINO DEL RIO N SAN DIEGO, CA 92108 M-FR: 8:00 A.M.-10:00 P.M. SA: 8:00 A.M.-10:00 P.M. SU: 8:00 A.M.-9:00 P.M.
IKEA 2149 FENTON PARKWAY SAN DIEGO, CA 92108 OPEN DAILY 10AM-9PM	

DEPARTMENT STORES / SHOPPING MALLS

San Diego is widely considered a shopping haven for both discriminating shoppers and bargain-hunters alike. For the brand-conscious, there's a wide variety of upscale and specialty brand stores found in almost every mall. The budget-conscious would do well shopping for good deals at outlet malls and department store clearance sales.

Malls

FASHION VALLEY MALL (FEATURES MOSTLY UPSCALE DEPARTMENT STORES AND BOUTIQUES) 7007 FRIARS ROAD SAN DIEGO, CA 92108 DEPARTMENT STORES: NORDSTROM BLOOMINGDALES	MISSION VALLEY 1640 CAMINO DEL RIO N SAN DIEGO, CA 92108 DEPARTMENT STORES: MACY'S
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**NEIMAN-MARCUS
MACY'S
SEARS**

HORTON PLAZA



**324 HORTON PLAZA
SAN DIEGO, CA 92101**

**DEPARTMENT STORES:
NORDSTROM
MACY'S**

UNIVERSITY TOWN CENTER (UTC)
4545 LA JOLLA VILLAGE DRIVE
SAN DIEGO CA 92122

**DEPARTMENT STORES:
NORDSTROM
MACY'S**

Outlet Malls



**Las Americas Premium
Outlets** (features 125 outlet
stores)
4211 Camino dela Plaza
San Diego, CA 92173

Carlsbad Premium Outlets
5620 Paseo del Norte Suite 100
Carlsbad, CA 92008

SPECIALTY STORES

VIEN DONG SUPERMARKET (ASIAN FOOD MARKET) 6935 LINDA VISTA ROAD SAN DIEGO, CA 92111	TRADER JOE'S (HEALTH FOOD STORE) 1090 UNIVERSITY STE. G100-107 2401 TRUXTUN RD., STE. 100 SAN DIEGO, CA 92106
99 RANCH (ASIAN FOOD MARKET) 7330 CLAIREMONT MESA BLVD. SAN DIEGO, CA 92111	CITY HALAL FOOD MARKET 4202 EL CAJON BLVD SAN DIEGO, CA 92105
AARON'S GLATT MARKET (KOSHER MARKET) 4488 CONVOY ST. SAN DIEGO, CA 92111	HENRY'S MARKETPLACE (HEALTH FOOD) 3315 ROSECRANS ST. SAN DIEGO, CA 92110
WHOLE FOODS MARKET 711 UNIVERSITY AVE SAN DIEGO, CA 92103	ZION MARKET (KOREAN MARKET) 4611 MERCURY ST SAN DIEGO, CA 92111
KABUL MARKET 4425 CONVOY STREET SAN DIEGO, CA 92111	PANCHO VILLA'S (MEXICAN MARKET) 3245 EL CAJON BLVD SAN DIEGO, CA 92104

Sales Tax

Please be aware that the U.S. applies sales tax on almost all items for consumption, **so the price that you see on the tag is never the price that you pay for at checkout.** California has a statewide sales tax of 7.75%, so always allocate for taxes when computing and listing your budget.

Good Eats

ON-CAMPUS DINING OPTIONS

Aroma's Coffeehouse

Location: Maher Hall

Description: USD's award winning coffeehouse located in the heart of campus. Always a buzz with activity, Aromas is the perfect setting to enjoy a beverage with friends without having to leave campus. Coffee is roasted fresh on site; enjoy 21 flavors of tea, tea lattes, Italian sodas, blended drinks and gourmet baked goods. Keep an eye for announcements about live music!

Bert's Bistro

Location: Mother Rosalie Hall (School of Leadership and Educational Sciences)

Description: A spacious bistro located at the west-end of campus. There is an outdoor barbeque – perfect for enjoying breathtaking views of Mission Bay. Check out the fresh juice/smoothie bar, natural, vegetarian and organic foods, coffee, and teas.

La Paloma

Location: Joan B. Kroc Institute for Peace and Justice

Description: A café that specializes in a variety of Mediterranean cuisine: grilled and gourmet sandwiches, unique salads, vegetarian foods, hot pasta, soup, a large variety of cold beverages, an espresso bar and hot breakfast items – now available all day.

Main Dining Room

Location: University Center

Description: With your meal plan you may enjoy all-you-care-to-eat meals in the hub of student life. The dining hall is open to the entire campus community and cash customers are also welcome. Each time you eat in the Main Dining Room one meal is deducted from your plan.

Marketplace

Location: University Center

Description: Consists of a deli, bakery, and market for all your hunger needs. The Deli is a traditional delicatessen that serves a variety of made-to-

order fresh sandwiches, both cold and Panini, and is also home to a live sushi chef. Enjoy hand-rolled sushi, rice bowls, and bento boxes. The bakery that serves organic fair trade coffee, Acai bowls, bagels, breakfast items, smoothies, and pastries. The Market is a mini convenience store with a healthy twist. Here you can choose from snacks, beverages, candy, grab and go foods, basic groceries (such as cereal, milk, frozen meals, etc.) toiletries and more for your one-stop shopping needs.

Missions Café

Location: Valley Fitness Center

Description: This innovative eatery is conveniently located in the valley residence hall area. The focus is on natural, organic and gourmet products. Dannon YoCream frozen yogurt is featured along with healthy snacks, organic espresso and tea, fresh bagels, and supplementary beverages.

FOR A MORE DETAILED MENU OF EACH EATERY:

[HTTP://WWW.SANDIEGO.EDU/DINING/CAMPUSDINING.PHP](http://www.sandiego.edu/dining/campusdining.php)

FOR HOURS: [HTTP://WWW.SANDIEGO.EDU/DINING/HOURS.PHP](http://www.sandiego.edu/dining/hours.php)

RESTAURANTS IN SAN DIEGO

Across the entire city, San Diego serves up an enticing menu of dining and nightlife options. You can find meals from around the world- whether you crave sushi, a cup of coffee, or dancing! Bring an empty stomach; you are in for some great food! Bon Appétit!

Breakfast

The Mission (North Park/Mission Beach) \$\$ - Very popular breakfast joint. Long lines on weekend mornings

1250 J St., San Diego, CA, 92101
(619) 232-7662

2801 University Ave., San Diego, CA,
92104
(619) 220-8992

Broken Yolk (Pacific Beach) \$\$ - American style breakfast at a good price.
1851 Garnet Ave., San Diego, CA, 92109
(858) 270-9655

Brockton Villa (La Jolla) \$\$\$ - Brunch is great here and so is the view.
1235 Coast Blvd, La Jolla, CA, 92037
(858) 454-7393

Pizza

Pizzeria Arrivederci (Hillcrest) \$\$ - Wood-fire pizzas, pastas and salads
3789 4th Ave., San Diego, CA, 92103
(619) 542-0293

Bronx Pizza (Hillcrest) \$ - Best
New York style pizza in town.
Cash only.
111 Washington St., San Diego, CA,
92103
(619) 291-3341

Lefty's Chicago Pizzeria (North Park) \$ - Excellent Chicago style
deep dish and thin-crust pizzas. Be
ready to wait.
3448 30th St., San Diego, CA, 92104
(619) 295-1720



It's a Sicilian Thing (North Park) \$ - Specializing in East Coast Sicilian style
deep-dish pizza. Cash only.
4046 30th St., San Diego, CA, 92104
(619) 282-3000

Sandwiches

Mona Lisa Deli (Little Italy) \$ - Great sandwiches and Italian products.
2061 India St., San Diego, CA, 92101
(619) 239-5367

Urbane Cafe (Linda Visa) \$ - Fast delicious sandwiches on homemade
flatbread.
5375 Napa St., San Diego, CA, 92110

(619) 543-9700

DZ Akins (SDSU/College Area) \$\$ - Jewish-style delicatessen.

6930 Alvarado Rd., San Diego, CA, 92120

(619) 265-0218

Seafood

Blue Point (Downtown) \$\$\$ - Consistently rated one of the best seafood restaurants in San Diego.

565 5th Ave., San Diego, CA, 92101

(619) 233-6623

Blue Water (Mission Hills) \$\$ - Fast, fresh fish.

3667 India St., San Diego, CA, 92103

(619) 497-0914

Fine Dining (Special Occasions)

California Cuisine (Hillcrest) \$\$\$\$ - A great special occasion restaurant.

1027 University Ave., San Diego, CA, 92103

(619) 543-0790



The Marine Room (La Jolla)

\$\$\$\$ - Many consider this the best restaurant in San Diego.
2000 Spindrift Dr., La Jolla, CA, 92037

(858) 459-7222

Donovan's (La Jolla) \$\$\$\$ -

High end steak house serving USDA Prime beef.

4340 La Jolla Village Dr., La Jolla, CA, 92122

(858) 450-6666

Dessert

Extraordinary Desserts (Hillcrest) \$\$ - Dessert only restaurant. Expect to wait.

1430 Union St., San Diego, CA, 92101

(619) 294-7001

Yogurt World (Kearny mesa) \$ - Best Asian-style fro-yo shop of many in San Diego.

4646 Convoy St., San Diego, CA, 92111
(858) 268-1688

Fro-Yo (Linda Vista) \$ - Self serve frozen yogurt, owned by USD alumni
5401 Linda Vista Rd., San Diego, CA, 92110
(619) 299-9984

Cheese

Venissimo (Mission Hills) \$\$ - The place for exotic cheese from around the world.

754 West Washington., San Diego, CA, 92103
(619) 491-0708

Cuisines

Afghan

Khyber Pass (Hillcrest) \$\$\$ - Kebab and rice in an elegant atmosphere
523 University Ave, San Diego, CA 92103
(619) 294-7579

American

Mr. Peabody's (Mission Valley) \$ - Great burgers, buffalo wings, and nightly specials. Near USD
6110 Friars Rd # 108, San Diego, CA 92108
(619) 542-1786

Cowboy Star (Downtown) \$\$\$\$ - Fine steak and chops and seasonal dishes.

640 10th Ave., San Diego, CA, 92101
(619) 450-5880

Burger Lounge (Kensington & La Jolla Locations) \$ - Arguably the best burger in San Diego.

4116 Adams Ave, San Diego, CA, 92116 (619) 584-2929	1101 Wall St., La Jolla, CA, 92037 (858) 456-0196
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Bully's East (Mission Valley) \$\$\$ - Specializing in prime rib; a classic San Diego steak place.

2401 Camino Del Rio S., San Diego, CA, 92108

(619) 291-2665

Phil's BBQ (Sports Arena) \$\$ - Many consider this the best BBQ in San Diego

3750 Sports Arena Blvd, San Diego, CA, 92110

(619) 226-6333

Argentine

Pampas (Kearney Mesa) \$\$\$ - Amazing organic grass-fed steaks at great prices.

8690 Aero Dr # 105, San Diego, CA 92123

(858) 278-5971

Chinese/Taiwanese



Tea Station (Kearny Mesa) \$\$ - Taiwanese selections and best Boba tea in town.

7315 Clairemont Mesa Blvd, San Diego, CA, 92111

(858) 268-8198

Dumpling Inn (Kearny Mesa) \$\$ - Classic Chinese dishes at reasonable prices.

4619 Convoy St., San Diego, CA, 92111

(858) 268-9638

China Max (Kearny Mesa) \$\$ - Specializing in Chinese Seafood dishes.

4698 Convoy St., San Diego, CA, 92111

(858) 650-3333

Jasmine (Kearny Mesa) \$\$\$ - Huge restaurant offering dim sum on weekends

4609 Convoy St., San Diego, CA, 92111

(858) 268-0888

China Fun (Carmel Mountain area) \$\$ - Tucked inside a strip mall, this place offers a huge menu of Chinese and other Asian dishes.
11134 Rancho Carmel Dr., San Diego, CA, 92128
(858) 485-8848

Cuban

Andres (Linda Vista/Morena Blvd.) \$\$ - Cuban classics like picadillo, ropa vieja, and tostones.
1235 Morena Blvd, San Diego, CA 92101
(619) 275-4114

Ethiopian

Harar (North Park) \$\$ - Quaint family run place- try the sampler for 2 -3 people.
2432 El Cajon Blvd, San Diego, CA, 92104
(619) 295-3735

Filipino

Goldilocks (National City) \$ - Casual dining; serves popular Filipino delicacies; also a bakery.
1420 E. Plaza Boulevard D-7
National City, CA 91950
(619) 477-7071

Red Ribbon Bakeshop (Mira Mesa) \$ - Serves Filipino favorites such as Pancit Palabok, Empanadas, Mamon and Ensaimada. Also known for delicious cakes.
8955 Mira Mesa Blvd.
San Diego, CA 92126
(858) 689-1443

French

Café Chloe (Downtown) \$\$\$ - French bistro food; big city feel.
721 9th Ave #1, San Diego, CA, 92101
(619) 232-3242

German

Kaiserhof (Ocean Beach) \$\$ - Excellent German fare including schnitzel and wurst.
2253 Sunset Cliffs Blvd, San Diego, CA, 92107
(619) 224-0606

Sausage King (Mission Hills) \$ - Deli specializing in German/European cured meats and sausage
811 W Washington St., San Diego, CA, 92103
(619) 297-4301

Indian

India Palace (Hillcrest) \$\$ - Tasty Indian favorites plus a great lunch buffet.
694 University Ave., San Diego, CA, 92103
(619) 294-8886

Tandoor (Mission Valley) \$ - Fast Indian food close to USD.
5608 Mission Center Rd, San Diego, CA, 92108
(619) 497-0751

Italian

Mamma Mia (Pacific Beach) \$\$ - Home-style Italian food
1932 Balboa Ave, San Diego, CA, 92109
(858) 272-2702

Santé (La Jolla) \$\$\$\$ - Elegant Italian food in a upscale atmosphere
7811 Herschel Ave, La Jolla, CA, 92037
(858) 454-1315

Arrivederci Ristorante (Hillcrest) \$\$\$ - Good pastas and great wine selection
3845 4th Ave., San Diego, CA, 92103
(619) 299-6282

Japanese

Nozomi (Kearny Mesa) \$\$ - Fusion of Japanese and Korean classics; great sushi.
4637 Convoy St., San Diego, CA, 92111
(858) 569-7773

Tajima (Kearny Mesa) \$\$ - Known for their Japanese ramen and other soups.
4681 Convoy St Ste I, San Diego, CA, 92111
(858) 576-7244

Shogun (Kearny Mesa) \$\$\$ - Table-top teppanyaki or hibachi style cooking; great for parties.
5451 Kearny Villa Rd., San Diego, CA, 92123
(858) 560-7399

Sushi Ota (Pacific Beach) \$\$\$ - Often voted best sushi in San Diego; very fresh high quality fish
4529 Mission Bay Dr., San Diego, CA, 92109
(858) 270-5670

Ono Sushi (Hillcrest) \$\$\$ - Hip, busy sushi spot in the heart of Hillcrest.
1236 University Ave., San Diego, CA, 92103
(619) 298-0616

Chopstix (Kearny Mesa) \$ - Great ramen and bento box specials
4633 Convoy St Ste 101, San Diego, CA, 92111
(858) 569-9171

Korean

Tofu House (Kearney Mesa) \$\$ - Korean style tofu stew and Hot Rice Pots are the stars here.
4646 Convoy St., San Diego, CA, 92111
(858) 576-6433

Korea House (Kearney Mesa) \$\$\$ - Korean BBQ with tableside grills.
4620 Convoy St Ste A, San Diego, CA, 92111
(858) 560-0080

Lebanese

Mamas Bakery (North Park) \$ - Great Lebanese wraps, meat pies and desserts.
4237 Alabama St, San Diego, CA, 92104
(619) 688-0717

Mexican

Mama Testa (Hillcrest) \$\$ - Authentic tacos from all over Mexico in a casual atmosphere
1417A University Ave., San Diego, CA, 92103
(619) 298-8226

Super Cocina (City Heights) \$ - Brush up on your Spanish before going to this local favorite serving authentic food at ridiculously low prices.
3627 University Ave., San Diego, CA, 92104
(619) 584-6244

Las Cuatro Milpas (Barrio Logan) \$ - One of the oldest Mexican places in San Diego; prepare for a long wait to order from the small but delicious menu and have a sit at the communal tables.
1875 Logan Ave., San Diego, CA, 92113
(619) 234-4460

El Agave (Old Town) \$\$\$ - Unlike the rest of Old Town, El Agave serves authentic and elegant Mexican food and boasts a huge selection of Tequilas.
2304 San Diego Ave., San Diego, CA, 92110
(619) 220-0692

Santana's (Linda Vista/Morena Blvd) \$ - Great burritos and open 24 hrs a day.
1525 Morena Blvd, San Diego, CA, 92110
(619) 276-6010

Fidel's (Solana Beach) \$\$ - This huge restaurant is one of San Diego County's oldest.
607 Valley Ave., Solana Beach, CA, 92075
(858) 755-5292

Persian

Bandar (Downtown) \$\$\$ - Elegant Persian food.
825 4th Ave., San Diego, CA, 92101
(619) 238-0101

Peruvian

Latin Chef (Pacific Beach) \$\$ - Peruvian and other South American specialties.
1142 Garnet Ave., San Diego, CA, 92109
(858) 270-8810

Russian

Pomegranate (North Park) \$\$\$ - Russian/Georgian stews.
2302 El Cajon Blvd, San Diego, CA, 92104

(619) 297-4007

Salvadoran

El Salvador Pupuseria y Restaurante (City Heights) \$ - Traditional Salvadorean pupusas and tamales.

3824 University Ave., San Diego, CA, 92105

(619) 282-3018

Spanish

Costa Brava (Pacific Beach) \$\$\$ - Tasty tapas and other Spanish food.

1653 Garnet Ave., San Diego, CA, 92109

(858) 273-1218

Thai

Antique Thai (Sports Arena) \$\$ - Don't let the strip mall location fool you: great Thai food.

3373 Rosecrans St., San Diego, CA, 92110

(619) 222-0689

Vietnamese

Pho Hoa Hiep (Linda Vista) \$ - Great pho (beef-based noodle soup) and bun (rice vermicelli salad).

6947 Linda Vista Rd Ste H., San Diego, CA, 92111

(858) 268-8406



K Sandwiches ((Linda Vista) \$ -

Vietnamese-style baguette sandwiches at amazing prices

7604 Linda Vista Rd., San Diego, CA, 92111

(858) 278-8961

Saigon on Fifth (Hillcrest) \$\$ - Sit-down, elegant Vietnamese fare.

3900 5th Ave., San Diego, CA, 92103

(619) 220-8828

Farmer's Markets

Hillcrest – Sundays 9 AM-1 PM

Best selection of local fruit and veggies plus amazing food vendors.

3960 Normal St., San Diego, CA, 92103
(619) 237-1632

Ocean Beach – Wednesdays 4 PM until dark
Smaller than the Hillcrest market but features different food vendors
Newport Ave (between Cable St and Bacon St), San Diego, CA 92106

Coffee and Study

Gelato Vera Café (Mission Hills) – Excellent gelato and wi-fi available
3753 India St., San Diego, CA, 92103
(619) 295-9269

Twiggs Café – Wi-fi award winning bakery
4590 Park Blvd, San Diego, CA,
92116
(619) 296-0616

Scripps Institute of Oceanography Library (La Jolla) – UCSD ocean view
8755 Biological Grade, La Jolla, CA
92037
(858) 534-3274

Rebecca's Café (South Park) – the BEST scones you'll ever have
3015 Juniper St., San Diego, CA, 92104
(619) 284-3663

Café Bassam (Banker's Hill) – eclectic décor
3088 5th Ave., San Diego, CA, 92103
(619) 557-0173

Claire de Lune (North Park) – big windows, good espresso, wi-fi
2906 University Ave., San Diego, CA, 92104
(619) 688-9845

The Living Room (Point Loma, Old Town, SDSU, La Jolla)
- great for studying, very casual atmosphere
1018 Rosecrans St., San Diego, CA, 1010 Prospect St., La Jolla, CA,



92106
(619) 222-6852

92037
(858) 459-1187

2541 San Diego Ave., San Diego, CA,
92110
(619) 325-4445

5900 El Cajon Blvd, San Diego, CA
92115
(619)286-8434

Café 976 (Pacific Beach) – outdoor reading areas, good breakfast
976 Felspar St., San Diego, CA, 92109
(858) 272-0976

Cream Coffee (University Heights) - hipsters, wi-fi, lots of outlets
4496 Park Blvd, San Diego, CA, 92116
(619) 260-1917

Chicano Perk (Barrio Logan) – great community meeting place
129 25th St., San Diego, CA, 92102
(619) 702-5414

Bars/Pubs/Lounges



Ritual Tavern (North Park)
Scene: Craft beers and small but
tasty menu
4095 30th St., San Diego, CA,
92104
(619) 283-1618

Shakespeare's Pub (Mission Hills)
Scene: British beer and food –
catch European soccer games.
3701 India St., San Diego, CA,
92103
(619) 299-0230

South Beach (Ocean Beach)
Scene: beach crowd enjoying great happy hour menu.
5059 Newport Ave., San Diego, CA, 92107
(619) 226-4577

The Field (Downtown)

Scene: Irish pub in the hear of the Gaslamp Quarter
544 5th Ave., San Diego, CA, 92101
(619) 232-9840

Bar Dynamite (Mission Hills)

Scene: Hip small place featuring different DJs each night.
1808 W Washington St., San Diego, CA, 92103
(619) 295-8743

**Bar Pink Elephant (North Park)**

Scene: Dive bar featuring live music
3829 30th St., San Diego, CA, 92104
(619) 564-7194

Livewire (North Park)

Scene: Dark bar with punk rock jukebox
2103 El Cajon Blvd, San Diego, CA, 92104
(619) 291-7450

The Casbah (Downtown)

Scene: The place to see up and coming live acts.
2501 Kettner Blvd, San Diego, CA, 92101
(619) 232-4355

The Whistle Stop (South Park)

Scene: Hipsters hanging out in this local favorite.
2236 Fern St., San Diego, CA, 92104
(619) 284-6784

Turf Club (Golden Hill)

Scene: Old School San Diego favorite where can grill your own meat.
1116 25th St., San Diego, CA, 92102
(619) 234-6363

The Lamplighter (Mission Hills)

Scene: Hipster Karaoke joint.

817 W Washington St., San Diego, CA, 92103
(619) 298-3624

Belly Up Tavern (Solana Beach)

Scene: National music acts playing at best concert venue in San Diego.
143 S Cedros Ave., Solana Beach, CA, 92075
(858) 481-9022

J-Bar (located on rooftop of Hotel Solimar) - Downtown. Nice rooftop bar/lounge with a casual, "tropical" atmosphere.

616 J St., San Diego, CA, 92101
(619) 531-8744

Ivy Hotel - Downtown. High-end hotel with a roof top bar called Eden and a nightclub called Envy: <http://www.envysandiego.com>

600 F St., San Diego, CA, 92101
(619) 814-2055

Henry's Pub - Downtown. Casual bar that opens up a dancefloor on Fridays and Saturdays at 9pm. Great mix of music.

618 5th Ave., San Diego, CA, 92101
(619) 238-2389

Altitude Sky Bar - Downtown. Located on the roof top of the Marriott Hotel: <http://www.altitudeskybar.com>. Nice rooftop bar/lounge with great views from 22 stories up.

660 K St., San Diego, CA, 92101
(619) 696-0234

Jack's, La Jolla: <http://www.jackslajolla.com> - Three restaurants and five lounges all in the same place.

7863 Girard Ave., La Jolla, CA, 92037
(858) 456-8111

Concepts to Think About

TIPPING

For employees in some service industries it is a common and expected practice to offer a tip on top of the bill as long as service is not below average. Following are some common tipping guidelines:

- **WAITERS:** 15-17% of bill before tax, 20% at a 5-star restaurant or for large parties (at a fancy restaurant check to make sure service is not included in the bill).
- **TAXI DRIVERS:** 15% of total bill, no less than 25 cents
- **HAIRDRESSERS:** 15%
- **SHAMPOOER:** \$1-\$2
- **PIZZA DELIVERY PERSON:** \$1-2 for short distance, \$2-3 for longer distance
- **AIRPORT SKYCAP:** \$1-2 per bag
- **BELLHOP:** \$5 for carrying luggage, \$2 for showing you to your room
- **ROOM SERVICE:** 15% of the bill
- **FURNITURE DELIVERY:** \$5-10 minimum, up to \$20 for very heavy or large item.

“DINE-IN” OR “TO-GO”?

“TO GO” OR **“TAKE OUT”** MEANS YOU ARE ORDERING FOOD AT A RESTAURANT, BUT INSTEAD OF EATING IT THERE, YOU TAKE THE FOOD HOME OR ANYWHERE ELSE BESIDES THE RESTAURANT. THIS USUALLY INDICATES THE PACKAGING OF THE FOOD (IN PLASTIC BAGS, BOXES, ETC). **“DINE-IN”**, ON THE OTHER HAND, MEANS EATING YOUR MEAL AT THE RESTAURANT.

Long-Distance Traveling Within the U.S.

Following are the most popular means of transport when traveling long-distance within the U.S.:

Greyhound Bus

The Greyhound is a low-cost intercity bus system that runs to most major and even small cities in the U.S. You can use the Greyhound to travel to Hollywood, Los Angeles, San Francisco, Fresno, Dallas, Houston, Las Vegas, Phoenix, and many other cities. Fares range and vary depending on the city you are traveling to. If you are planning to use the Greyhound for the majority of your travels, you might want to consider buying a Student Advantage Discount Card for \$20 to save 15% on all your tickets. Please visit <http://www.greyhound.com> for more information.

More luxurious bus tours and travels are also available through private companies.

Amtrak

Amtrak is an intercity passenger train service that travels to many cities throughout the U.S. Amtrak travels to many of the same cities that the Greyhound travels to, where the travel time and fare is about the same for both. Amtrak offers a 15% discount to most destinations if you have an International Student Identity Card. If you are planning on using Amtrak for many of your traveling transportation needs, you might want to consider buying a rail pass. Please visit <http://www.amtrak.com> for more information.

Traveling by Air

Traveling by air has become a popular mode of transportation because it is fast and convenient. Although air travel can be expensive, especially if planned last minute, the duration of travel is very short...time is money!

Southwest Airlines
JetBlue Airways

<http://www.southwest.com/>
<http://www.jetblue.com/>

Spirit Air

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

You might want to try the following search engines to look for cheap deals:

STA Travel

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

Cheap Tickets

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

Travelocity

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

Hotwire

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

Orbitz

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

Priceline

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

Expedia Travel

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

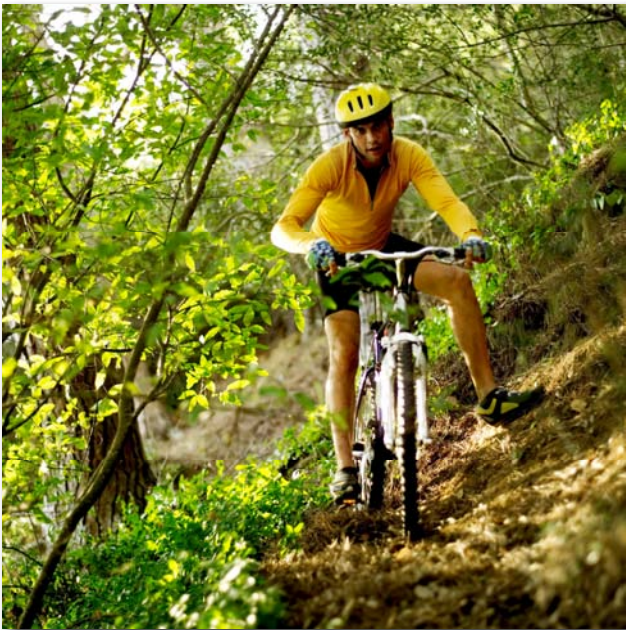
Cheap O Air

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

Things To Do In and Around San Diego

San Diego is California's oldest and finest city. With a near-perfect climate, 70 miles of beaches, mountains, and deserts just a short drive away, there is plenty to see, do, and explore! Start your adventure with a few of the activities below --- explore, have fun, and make memories!

Things to do in San Diego for Free or Inexpensive



1. Head to San Diego's many **beaches**, all free to the public, to swim, body surf or hang-ten. Play in the sand, collect seashells or just bask in the sun.

2. Visit **La Jolla Cove** and see the magnificent sunset on the ocean. La Jolla Cove is one of the most spectacular natural settings in the world.

3. Visit **Seaport Village** during the weekends for free entertainment and hours of leisurely strolling and window-shopping. Or just sit in the grass and gaze at passing yachts and ships on picturesque San Diego Bay.

4. Stroll through the 16½-block historic **Gaslamp Quarter** in downtown San Diego and view the renovated turn-of-the-century Victorian architecture, home to boutiques, art galleries, specialty shops and more.

5. Fly a kite along the grassy field in the Tecolote Shores of **Mission Bay Park**, a 4,600-acre aquatic park. Here, away from trees and overhead wires, friends and family gather to launch colorful kites into the bay breezes.

6. Enjoy free organ concerts at 2 p.m. on Sundays at the **Spreckels Organ**



Pavilion in Balboa Park. The Organ Pavilion features one of world's largest outdoor pipe organs, a San Diego landmark since 1914, where organists play traditional favorites, waltzes and show tunes on enormous 32-foot pipes.

7. Visit **Old Town** and witness the living legacy of San Diego history. Guests are also invited to wander free through Old Town's historic buildings, including the blacksmith shop, Seeley Stables, Stewart House, Estudillo House and the oldest schoolhouse in San Diego.

8. Bike or jog along Mission Bay Park's many trails. Joggers and walkers share more than 20 miles of scenic running paths that wind through

sunlight and shade near the shoreline and feature workout courses at planned stations along the route.

9. Visit the **U.S. Olympic Training Center** in Chula Vista for a free tour of the 150-acre facility, including training fields and tracks, athlete dorms and the Otay Lake Reservoir. Tours are offered daily from the Copley Visitor Center between 10 a.m.-3 p.m. on Monday through Saturday, and 11 a.m.-3 p.m. on Sunday.

10. Stargaze outside the **Reuben H. Fleet Science Center** in Balboa Park on the first Wednesday of every month. The San Diego Astronomy Association sets up huge telescopes to offer guests a great view of all the stars in the night sky.



11. Take a scenic, one-hour drive to **Mt. Laguna**. Once there, hop out for an invigorating hike and enjoy the fresh mountain air whispering through the pines.

12. Step back in time with a stop in **Julian**, a century-old gold mining town in the Cuyamaca Mountains. Pick up a free map at the Chamber of

Commerce for a self-guided walking tour of the area's historic sites and later enjoy a slice of homemade apple pie – a Julian specialty!

13. Grab your picnic basket and head to **Torrey Pines State Park** where you can watch talented and daring hang-gliders do tricks in the strong winds that sweep along the coastline cliffs.

14. Cross the border into colorful and exciting **Tijuana, Mexico**. Entrance is free, the people are friendly, and the shops offer unique gifts and apparel as well as great window-shopping.

15. Rollerblade, skateboard or bicycle along the **Mission Beach Boardwalk**, a scenic 3-mile boardwalk along picturesque Mission and Pacific Beaches.

16. Visit **Mission Trails Regional Park** to explore the cultural, historical and recreational aspects of San Diego. Stop at the Visitor's Center and learn about the wonders of nature and the people who once lived on the land. Or, roam through the park's 40 miles of natural and developed hiking and biking trails.



17. Go scuba diving or snorkeling off San Diego's shores and see spectacular creatures of the sea. La Jolla Cove offers some of the clearest waters on the California coast, as well as miles of protected underwater preserves to explore.

18. Go bird watching at the **Torrey Pines State Reserve**. Located high above Torrey Pines State Beach, the area is home of the rare and ancient Torrey Pine as well as a beautiful protected habitat for swifts, thrashers, woodpeckers and wrentits.

19. Stroll through **Balboa Park** and marvel at its beautiful Spanish Colonial Revival architecture. While there, take advantage of the park's variety of offerings, including 15 museums (select museums free on Tuesdays), free daily park tours, public organ concerts (Sundays), and spectacular gardens

(seven are free daily).

20. Visit other museums around town that offer similar free days. In its La Jolla facility, the **Museum of Contemporary Art San Diego** is free on the third Tuesday of each month; the downtown facility is free daily.

21. Gather family, friends and firewood for a cozy beach bonfire at one of the beaches in San Diego County, including Coronado Beach, La Jolla Shores and Mission Beach.

22. Explore the tidepools in **Point Loma** at low tide and get up close and personal with flowery anemones, scampering shore crabs, elusive octopus, spongy deadman's fingers and many other magnificent sea creatures.

23. Drive to the top of **Mt. Soledad** in La Jolla for breathtaking, 360-degree views of San Diego, including the gently curving La Jolla coastline and Mission Bay. Spectacular views of San Diego's East County communities also await guests at the top of **Mt. Helix**.



24. Visit the **Anza-Borrego Desert State Park** and experience the natural beauty of the desert. The 600,000-acre park is one of the largest state parks in the United States and

each spring, following winter rains, explodes into a rainbow of colorful wildflower blossoms.

25. Take a scenic walk along **The Big Bay**, San Diego's "largest attraction." With 27 miles of waterfront featuring bayside parks, marinas, hundreds of shops and restaurants, and miles of promenades and bikeways, the Big Bay appeals to all ages and interests.

26. Visit **Belmont Park**: Famous for its historic wooden roller coaster, "The Big Dipper," this amusement park offers fun for all ages.

27. **Petco Park** is home to the San Diego Padres! The stadium is spectacular in every way, combining the best sight lines in baseball with breathtaking views of San Diego. Architecturally magnificent, it celebrates the sea, the sky, the natural beauty, cultural diversity and unique spirit of the region of San Diego. Check out one of the exciting Padres baseball game!

28. **San Diego Model Railroad Museum:** One of the world's largest model railroad museums features a scale model railway that replicates San Diego's tracks.

29. **National Comedy Theatre**
Nationally acclaimed improvisational comedy show. Clean, hysterical entertainment that is appropriate for all audiences.

30. For a night of country music go to **Incahoots** in Mission Valley! Dance the night away to live music while taking a break at one of the theme bars. Free dancing lessons daily except Mondays and Sundays at 6:30PM-8:00PM.

31. Explore where the wonders of the ocean come alive! The mission of **Birch Aquarium** is to provide ocean science education, to interpret Scripps Institution of Oceanography research, and to promote ocean conservation.



32. **Cabrillo National Monument:** Stately monument honoring Cabrillo, discoverer of San Diego Bay, is located in Point Loma that overlooks the city and the Bay with a scenic lighthouse and tidepools.

33. Enjoy an evening with a performing art show. Get half off tickets the day of the showing at ARTS TIX booth at Horton Plaza in Downtown San Diego or on-line at www.sandiegoperforms.com

34. Take a drive to see the **Coronado Bridge**, a beautiful bridge connecting San Diego to Coronado. Stop by the Hotel del Coronado where visitors can wander around through the hotel grounds, admiring the architecture from the outside, and can explore the shops and restaurants inside the hotel.

35. Sit back, relax and sip at your visit to the **San Diego Wine & Culinary Center**. Experience their wine bar and taste the best wine or chat with one of their knowledgeable staff about the local San Diego wine scene. Wine tasting ranges from \$7-\$18.

36. Check out USD's box office for tickets to local movie theaters and amusement parks at a discounted price! <http://www.sandiego.edu/ticket>

37. Take a free fly-fishing lesson on Sunday mornings with the San Diego Fish Flyers from 9am to noon at **Lake Murray** in La Mesa. If you don't have your own fishing gear, arrive early for a free equipment loan.
<http://www.sandiegoflyfishers.com/activities.htm#ffcl>



38. Pick up the Reader (free weekly newspaper that comes out on Thursday) - it has event listings in it, that often include lots of free events like film showings, lectures, performances, day hikes, volunteer opportunities, etc.

39. **North Park** has a monthly art walk, held the second Saturday of each month. *Ray at Night* consists of more than 40 eclectic galleries, cafes, and retail shops. The street is full of live music, dance, and performances that sends an array of energy and creativity. 3811 Ray Street, San Diego 92104.
<http://www.rayatnight.com/>

Daycare and Schooling for Dependents (Toddlers and Infants)

Looking for a place to look after your little ones? We know it can be very challenging to find a right place for your children particularly in a new culture and country. Navigating the US childcare and schooling system is not an easy task. The following resources may provide you with an idea of where to start.

USD Manchester Family Child Development Center

Address: On-campus

☎ (619) 260-4620

Website:

<http://www.sandiego.edu/soles/centers/mfcdc>

☐ Tuition and Fees

- Ranges from \$349-\$961 depending on how often and length of your child's stay
- There is a 20% discount for USD students
- Fees are about \$325 for registration and supplies

☐ How to apply

- First you must take a tour of the facility first, they are offered them on Tuesdays
- Then your child will be put on the waiting list, first priorities are given to USD students
- Once there is an opening, your child can enroll

YMCA

Website: http://www.ymcacrs.org/parents/looking_find.php

San Diego Daycare

Address: 6918 Quemoy Ct., San Diego 92111

☎ (858) 715-8520



Hours of operation: 7AM to 5PM

Website: <http://www.sandiego-daycare.com>

☐ Facility is within 3 miles of USD

☐ Rates

- Ranges from \$165-\$200 per week
- Drop in rate is \$10 per hour with a \$50 minimum

Wee Care Preschool

Address: 3580 Mt. Acadia Blvd., San Diego, Ca 92111

☎ (858) 560-0985

Hours of operation: 6:30 AM to 6:00 PM

Website: <http://www.weecarepreschools.com/>

☐ Facility is within 5 miles of USD

☐ Rates

- Ranges from \$80-\$175 per week depending on number of days and age of your child
- Drop in rate is \$41 for nonscheduled extra days

Mom's Club

The mom's club is a support group designed for at-home mothers. There are a variety of activities for you and your children to socialize, support, and consult with one another: "You need a support group that understands your special needs as an at-home mother and we're it! We are the first, largest and fastest growing support group specifically for ALL at-home mothers."

For the nearest chapter, visit: <http://www.momsclub.org/join.html>

Daycare Crossing

Website: http://sandiego.daycarecrossing.com/find_daycare.php

Important U.S. Holidays

Public holidays occur at various times during the year. The university is officially closed on these days. These are “non-working” holidays; most businesses are also closed. However, some shops and restaurants usually remain open or have limited open hours.

NON-WORKING HOLIDAYS

New Year’s Day (January 1)

Celebrates beginning of the year. Most restaurants and shops are closed, but some may have limited business hours.

Dr. Martin Luther King Jr. Birthday (Third Monday of January)

Honors Martin Luther King, Jr., Civil Rights leader.

Memorial Day (last Monday in May)

Commemorates U.S. men and women who died while in military service to our country.

Independence Day (July 4)

Celebrates Declaration of Independence, also called the Fourth of July.

Labor Day (First Monday in September)

Celebrates the achievements of workers and the labor movement.

Thanksgiving Day (Fourth Thursday in November)

Traditionally celebrates the giving of thanks for the autumn harvest.

Traditionally includes the consumption of a turkey dinner.

Christmas Day (December 25)

Celebrates the Nativity of Jesus Christ ---- therefore an important holiday for Christians.

OTHER U.S. HOLIDAYS

These public holidays are “working” holidays; most businesses are opened and classes are held these days. Federal (government) employees have these days off.

Columbus Day (second Monday in October)

This is a holiday celebrating the anniversary of Christopher Columbus's arrival in the Americas on the October 12, 1492.

Washington's Birthday/President's Day (third Monday of February)

Honors American Revolutionary War General, Chairman of Constitutional Convention, and first U.S. President.

Veteran's Day (The weekday closest to November 11th each year)

An American holiday honoring military veterans.

USD HOLIDAYS

There are no classes held on these days; however administrative offices will remain opened unless otherwise noted.

Fall Semester Holiday**Friday after Thanksgiving**

This day is also known as "Black Friday," the beginning of the traditional Christmas shopping season. Many retailers open very early (usually 5am or earlier) and offer great deals on items. The term "Black Friday" originated in Philadelphia in reference to the heavy traffic on that day. (Administrative offices closed.)

Christmas Eve (December 24)

The day before Christmas. (Administrative offices closed.)

Spring Break (usually in March)**Good Friday (late March/early April)**

Commemorates the crucifixion of Jesus Christ by Pontius Pilate, believed by Christians to have taken place (traditionally) on April 1, 33 AD. (Administrative offices closed)

Easter Break (April)**IMPORTANT CATHOLIC HOLIDAYS****Ash Wednesday (February/March)**

First day of Lent and occurs 40 days before Easter

Good Friday (late March/early April)

Palm Sunday (late March/early April)

The first day of Holy Week and the Sunday before Easter, commemorating Jesus Christ's triumphant entry into Jerusalem.

Easter (First Sunday after the first full moon on or after March 21)

This day is celebrated in observance of the belief that Jesus Christ rose from the dead two days after his crucifixion (Easter Sunday, commonly referred to as the "third day" including the day of crucifixion).

Christmas Day (December 25)

CULTURAL HOLIDAYS/OTHER DAYS WORTH NOTING

Valentine's Day (February 14)

This is the traditional day on which lovers express their love for each other by sending Valentine's cards, presenting flowers, or offering chocolate. Plan a special day with that special someone or invite some friends over some fun!

St. Patrick's Day (March 17)

Saint Patrick's Day is celebrated worldwide by Irish people and increasingly by non-Irish people. Celebrations are generally themed around all things Irish and, by association, the color green. Both Christians and non-Christians celebrate the secular version of the holiday by wearing green, eating Irish food and/or green foods, imbibing Irish drink (such as Guinness or Bailey's Irish Cream) and attending parades.

April Fool's Day (April 1)

The day is marked by the commission of hoaxes and other practical jokes of varying sophistication on friends, enemies and neighbors, or sending them on fools' errands, the aim of which is to embarrass the gullible.

Cinco de Mayo (May 5)

Spanish for "5th of May" is a regional holiday in Mexico. The holiday commemorates an initial victory of Mexican forces led by General Ignacio Zaragoza over French forces in the Battle of Puebla on May 5, 1862. The

date is observed in the United States and other locations around the world as a celebration of Mexican heritage and pride.

Halloween (October 31)

On Halloween or All Hallow Eve people disguise themselves in costumes. Activities include trick-or-treating, ghost tours, bonfires, costume parties, visiting "haunted houses," and carving jack-o-lanterns. Buy a costume, dress up, and have fun on this day!

Time Change

It is very useful to know that the U.S. uses Daylight Saving Time (DST). Please be aware of this especially when scheduling trips (you do not want to be late for your flight!).

Remember:

Spring Forward, Fall Back

2 a.m. on the Second Sunday in March --- turn clocks forward one hour

2 a.m. on the First Sunday of November --- turn clocks back one hour

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