

Welcome

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



TABLE OF CONTENTS

OISS SERVICES.....	3
Check-in / Immigration.....	4
How to Stay “in Status”	6
Communications.....	9
Mobile Phones.....	9
Local Mobile Phone Companies.....	11
Making Overseas Phone Calls.....	12
Internet Connection.....	12
Technical Support.....	13
Mail/Shipping.....	13
Transportation.....	14
Bus/Trolley Information.....	14
Campus Tram.....	16
USD Parking Permits.....	17
Car (Buying).....	18
Car (Renting).....	20
Driver’s License.....	23
Car Insurance.....	28
Driving Safety.....	29
Car Accidents.....	30
Housing.....	32
On-Campus.....	32
Off-Campus.....	34
Temporary Accommodations.....	41
Banking.....	44
Account Type.....	44
How to Open a Bank Account.....	45
Health & Wellness.....	47
Culture Shock.....	47
Health Insurance.....	50
Pharmacies.....	52
Families/Dependents.....	52
USD Health Center.....	54

USD Counseling Center	55
Gay and Lesbian Student Resources.....	56
Alcohol and Drug Policy.....	57
USD Campus Policies.....	58
Fitness Options Near USD.....	60
Employment & Taxes.....	61
Off-Campus.....	61
Social Security Numbers.....	62
On-Campus.....	63
Income Taxes.....	63
San Diego & Surrounding Area.....	65
Food Shopping/Supermarkets.....	65
Ethnic/Specialty Stores.....	66
Other Shopping.....	67
San Diego Neighborhoods.....	70
Things to Do in San Diego.....	76
Special Offers.....	82
Dining & Entertainment.....	83
Restaurant Guide.....	83
Farmer's Markets.....	97
Coffee/Study.....	98
Bars/Pubs/Lounges.....	99
Tipping.....	102

Contact Information

The USD Office of International Students and Scholars is located in **Serra Hall 315** (within the International Center). An appointment is required for advising.

Chia-Yen Lin, M.Ed. DIRECTOR, DSO, ARO F-1 Student Advising and J-1 Student/Scholar Advising linc@san Diego.edu	
Greg Grassi, MSW ASSOCIATE DIRECTOR International Programs Coordinator, Adviser for International Student Organization (ISO), Health Insurance Enrollment Advising greggrassi@san Diego.edu	Rhona Reyes, MBA ASSISTANT DIRECTOR, DSO, ARO F-1 Student Advising and J-1 Student/Scholar Advising rreyes@san Diego.edu
Lauren Litz EXCHANGE PROGRAM ADVISER Coordination of Exchange and Free Mover Programs Laurenlitz@san Diego.edu	Amelia Bachtiar INTERNATIONAL STUDENT ADVISER Immigration Advising abachtiar@san Diego.edu

International Center

Main Line: (619) 260-4598

OISS Fax: (619) 260-4170

Email: internationaloffice@san Diego.edu

Website: www.san Diego.edu/oiss

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.)

OISS Services

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

1. Immigration/Regulatory advising
2. Employment/internship advising and authorization
3. Assistance with the processing of immigration benefits
4. Travel advising
5. Collaboration with academic departments to resolve academic issues that could potentially affect a student's immigration status
6. Career advising/planning support
7. Health insurance/wellness advising
8. Dissemination of important information that affects USD's international community via the International Newsflash email newsletter
9. Customized international orientation program including international student/family activities
10. Assistance with replacement of lost documents
11. Basic advising of families/dependents of F1 and J1 students.
12. Communicate with respective consulates on issues that affect international students' student status
13. Advising and assistance in student life area, including but not limited to: making living arrangements in the United States, purchasing/renting vehicles, banking assistance
14. Crisis assistance/intervention and appropriate referral to on-campus resources
15. Connection to the International Student Organization and other on-campus clubs/organizations

OISS Services

UPON ARRIVAL TO USD...

STEP ONE: CHECK-IN

All international students must check-in with the Office of International Students and Scholars within 7 days of arrival. Remember, you will not be able to register for classes unless you complete the check-in process with OISS!

Please bring the following ORIGINAL documents with you when you check-in:

- SEVIS **I-20** form (for F-1 students) or **DS-2019** form (for J-1 students)
- Passport
- I-94* card (white card stapled to passport)
 - 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 immunization records (if you have not already submitted these via mail, fax, or the online upload form)

You are required to provide your **local (San Diego) address** at the time of check-in, even if temporary. If living on campus, provide the name and number of your dormitory.



* Currently, the I-94 card is transition into a paper-less digital form. It's possible for some students to still receive a paper I-94 card, depending on the port of entry. All students should receive a stamp on their passport to prove that they have entered the United States. Please visit government website for more information on I-94: http://cbp.gov/xp/cgov/travel/id_visa/i-94_instructions/

OISS Services

STEP TWO: ACADEMIC ADVISING

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). Although incoming freshmen are automatically registered in classes during the summer prior to the fall semester, your adviser will help you select future 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 settle your *student account*.

What is a *student account*? A student account is a record of your costs to attend USD. It is used to charge your student fees such as tuition, student body fees, room and board, and some approved miscellaneous fees. Your financial aid and any payments made will also be applied to your student account.

STEP THREE: YOUR TORERO CARD

To obtain your USD Identification card (Torero Card), go to the **Campus Card Office** located at University Center Room 119. You will need your USD ID number and your passport.

After you receive your Torero card, you may buy your books at the USD bookstore with your class schedule (available through your MySanDiego portal).

OISS Services

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
- At least 6 units/semester for doctoral students

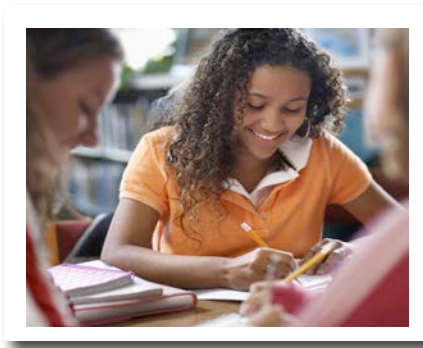
Please contact OISS first if you have plans to drop below full-time, file for a leave of absence, withdraw from a class, or withdraw from your program. **Failure to inform OISS may seriously jeopardize your immigration status.**

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 items within 10 days:

- Address (residence)*
- Major/Minor/Program*
- Contact Information*
(Email Address 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!

* Please see pg. 5 for I-94 card update

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



Please note that immigration regulations change frequently. The most updated rules and regulations may be found at <http://uscis.gov> and <http://www.ice.gov/sevis/index.htm> Please note that we also post important updates on the OISS website.

OISS Services

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

Travel Signature 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 home country, you must contact that country's consulate or embassy to find out if an entry visa is required.

You must bring your passport, signed I-20, and I-94 card (or stamp for paperless version) when going to Tijuana, Mexico.



Communications

MOBILE PHONES

When selecting a mobile phone plan, make sure to take time to understand the differences between mobile phones in the US and your home country.

Practical tips and things to keep in mind:

- Bringing your own phone:**
Most countries in the world use GSM technology (SIM card). You will be able to use your unlocked GSM phone at T-Mobile, AT&T and some other providers. Sprint and Verizon use a different technology incompatible with GSM phones.
- Pre-paid vs. Contract:**
Unless you are studying for a very short period (one semester or less), we discourage students from pre-paid plans as they are usually more expensive over time. Some companies offer monthly contracts, while the majority offer two- year contracts with discounted or free phones included.
 - If you choose a two-year contract, you will likely have to pay a **deposit (about \$500)**, since you won't have a social security number.
 - The deposit will be returned after a one-year holding period.



Communications

MOBILE PHONES (CONTINUED)...

- The following documents may be needed to set up a cellphone account: student ID, proof of U.S. address, passport, and bank account.
 - **Data charges:** expect to pay an extra monthly fee if you plan to go on-line.
 - **“Mobile to Mobile”:** US mobile plans charge the user for calls made or received but many now offer this service, wherein the user is not charged for calls to other users with the same mobile provider.
 - **“Free nights and Weekends”:** some plans offer free calling on weekends and after a set time each night (usually 9 pm or 7 pm).

Communications

LOCAL MOBILE PHONE COMPANIES:

GSM (SIM Card) Technology

<p><u>T-Mobile</u></p> <p><i>Mission Valley</i> 1640 Camino Del Rio North (next to Target) San Diego, CA 92108 Phone: 619-295-2044</p> <p><i>Fashion Valley</i> 1640 Camino Del Rio North (next to Target) San Diego, CA 92108 Phone: 619-295-2044</p>	<p><u>AT&T</u></p> <p>2011 Camino Del Este N (across from In N Out) San Diego, CA 92108 (619) 293-4630</p> <p><u>Cricket Wireless</u></p> <p>3445 Midway Dr. San Diego, CA 92108 Phone: 619-222-5200</p>
---	--



CDMA Technology

<p><u>Sprint</u></p> <p>2307 Fenton Pkwy Suite 101C (near Costco) San Diego, CA 92108 (619) 624-2800</p>	<p><u>Verizon Wireless</u></p> <p>980 Camino De La Reina, #3 San Diego, Ca 92108 (619) 209-5818</p>
---	--

Communications

MAKING OVERSEAS PHONE CALLS

The best option for overseas calls is to purchase an international phone card or internet services. Please visit these websites for more information:

- <http://www.uniontelecard.com>
- <http://www.skype.com/>
- <http://www.cellularid.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.)

Off-campus resources:

AT&T HIGH-SPEED INTERNET (http://www.att.com) DSL internet set-up
COX INTERNET (http://www.connecttocox.com/cable-internet.html) Cable High Speed Internet/TV set-up

Communications

ITS HELP DESK INFORMATION (UC 117)

The **ITS Help Desk** provides computer support to USD students living in the residence halls at no additional cost.

Hours:

8am - 5pm Monday to Friday

On-call hours 5pm-11pm

Contact:

☎ 619-260-7900 (just dial 7900 if on-campus)

Email: help@sandiego.edu



MAIL/SHIPPING

USD has a **Mail Center** located within the USD Torero Store and offers both U.S. Postal Service and FedEx shipping 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:

U.S. Post Office

2150 Comstock Street
San Diego, Ca 92111
Phone: (858) 277-0851

FedEx Office

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

UPS

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

Transportation



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 many major cities, **San Diego has limited means of transport.** Most San Diegans prefer to own cars, however both public and private transportation are available throughout most of San Diego.

BUS

Public bus transportation is convenient but can be confusing if you are new to riding buses. Both the Metropolitan Transit System (MTS) operates buses/trolleys throughout San Diego.

Single ride ticket: \$2.50 to \$5.00

One day and month passes also available.

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



TROLLEY

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 southern region from San Ysidro/Mexican border to historical Old Town, the orange line serves the eastern region from Petco Park to La Mesa and El Cajon, the green line serves the area from Old Town to Santee.

One-way fare ticket: \$2.50

Round-trip, day, and month passes available.

<http://www.sdmts.com/Trolley/Trolley.asp> for maps, schedules, fares and more.

Transportation



Trolley Map obtained from: www.sdmts.com/Trolley/documents/TrolleyMap.pdf

Transportation

CAMPUS TRAM

The USD “Trams” are small buses that run throughout campus and do not charge a fee.

In addition, there’s a Tram service that links the **USD Campus** to the **Old Town Transit Center**. From the Old Town Transit Center, one can take the bus or ride a trolley to go to many different points in San Diego. (Refer to trolley map on the previous page.)

Campus Tram schedule is as follows:

- **On-Campus Service**
7:00 am to 11:00 pm Monday-Friday

- **Old Town Transit Center (OTTC)**
 - Morning shuttle from OTTC to USD
6:45am - 10:15am (approximately every ½ hour)
 - Afternoon shuttle from USD to OTTC
3:00pm - 7:30pm (approximately every ½ hour)

The stops for the on-campus OTTC Tram Service are located just west of Colachis Plaza (near the fountain), Copley Library, and the West Parking Structure. Please note that the OTTC Tram Service only stops at Mother Rosalie Hill Hall (SOLES) at 4:07PM & 4:37PM.

Find tram hours and information here:

www.sandiego.edu/safety/tram_services/tram_services_routes.php

Transportation

USD PARKING PERMIT FEES

Students must display a valid USD parking permit at all times while parking on campus. Please ensure that the permit is properly displayed with the entire permit number visible at all times.

Commuter Students (students living off-campus) must park in non-reserved, non-residential, white-lined spaces on campus from 6AM-5PM. After 5PM students are allowed to park in white or yellow lines spaces and RESERVED spaces.

Resident Students must park in white lined spaces in your assigned parking area from 6AM-7PM. After 7PM students are allowed to park on main campus in white or yellow lined spaces as well as in RESERVED spaces. You must move your vehicle by 6AM the next morning back to your assigned area.

Please visit the Parking Services website for fees:
http://www.sandiego.edu/parking/parking_information/students.php#permits

Transportation

CAR - BUYING

If you are staying in San Diego for at least one year, it may 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 from a private owner.

Practical tips for buying a used car

☐ Investigate 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 an estimate of how much the car is worth.

☐ 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>

Transportation

CAR - BUYING (CONTINUED)

- ☐ 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
☎ (858) 712-6486

Autoland Inc., Mission Valley

2020 Camino Del Rio N
San Diego, CA 92108
☎ (619) 501-2222

Roudr, Clairemont Mesa

Car Concierge
8888 Clairemont Mesa Blv. Suite B
San Diego, Ca 92123
☎ (858) 877-3738 - info@roundr.com - www.roudr.com

- **AUTOTRADER.COM** - <http://www.autotrader.com>
- **CARS.COM** - <http://www.cars.com>
- **CRAIGSLIST.COM** - <http://sandiego.craigslist.org/csd/car/>
- **SANDIEGOAUTOSTORE.COM** - <http://www.sandiegoautostore.com/index.php>
- **AUTOMOTIVE.COM** - <http://www.automotive.com/used-car-dealers/32/california/san-diego/index.html>

Transportation

CAR - RENTING

Owning a car can be very convenient but also very expensive. If you decide not to purchase a car, renting is another good option to consider. A car can be rented on a daily, weekly or monthly basis.

Be careful, as often the cost of rental with big name companies does not include insurance. Make sure to inquire about the maximum liability (the most you would have to pay if you have an accident). 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 (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
- All rentals include all insurance

Express Rent-A-Car

2595 Kettner Blvd.

San Diego, CA 92101

☎ (619) 232-5400

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

- International Student Discount Rates
- Se habla español
- 24 hour drop-off and ride to airport
- Cash deposit or credit card accepted

Transportation

CAR - RENTING (CONTINUED)

International Car Rental

710 East San Ysidro Blvd. Ste. D

San Ysidro, CA 92173

☎ (619) 428-3100

<http://www.usamexicocarrental.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 the student's home country is needed
- If it is a long-term rental, student must have to have a California driver's license
- Must be 18 years old or older
- Cars can be taken to Mexico



Bargain Auto Rental

Address: 3860 Rosecrans Street

San Diego 92110

☎ (619) 299-0009

Website: www.bargainautorentals.com

- Must bring a visa or passport
- Must be 18 years or older
- Cars can be taken to Mexico
- If cars are available, you can rent a car for one day.
- 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.

Transportation

Zipcar

Outside the Hahn University Center at USD

☎ 1-866-494-7227

<http://www.zipcar.com/usd>

- Access to Zipcars 24 hours a day, 7 days a week - USD cars live right on campus!
- Self-service and on-demand cars with the keys inside
- Discounted hourly rates:
 - For students ages 18 and older
 - Rates start at \$7.50 per hour or \$69 per day
- Gas, insurance, maintenance and 180 miles per day are included for free in every reservation
- LIKE their page on Facebook to learn about special promotions
<http://www.facebook.com/zipcar>

Car 2 Go

2595 Kettner Blvd.

San Diego, CA 92101

☎ (619) 232-5400

<https://www.car2go.com/en/sandiego/>

- Visit website for Car2Go locations
 - Pick-up at any location
 - You may choose to leave the car at your destination or bring it back to the pick-up location
- No reservations required
- Base prices start at only \$0.38 per minute!
 - \$13.99 per hour maximum
 - \$72.99 per day maximum

Transportation

GETTING A DRIVER'S LICENSE

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).

If stopped by police, make sure to emphasize that you are a student studying temporarily in the US and are **not a resident**. 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 (Department of Motor Vehicles) office (make an **appointment** at <https://eg.dmv.ca.gov/foa/welcome.do> 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** (approximately \$30)
- Pass a vision exam
- Pass a traffic laws and sign test.
 - o There are 36 questions on the test. You have three chances to pass.
 - o To access a sample test, please go to <http://www.dmv.ca.gov/pubs/interactive/tdrive/exam.htm>

Note: To allow sufficient time for testing, the DMV will not administer written or audio exams after 4:30 p.m.

Transportation

You will then be issued a permit if you have never been licensed before. When you practice driving, 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.



Transportation

GETTING A DRIVER'S LICENSE (CONTINUED)

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

- Make a driving test appointment
- Provide proof of financial responsibility
- Provide your own car for the exam (the car can be a rental)

You have three chances to pass the driving test. If you fail, you may practice for a while and then make another appointment. There is no required waiting period, however 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, which is valid for 60 days until you receive your new photo license in the mail. Remember to double-check your address before you leave the DMV. 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 certificate and/or legal presence document from the one you are currently using, you will also need to provide an additional acceptable document to establish your true full name. Examples of such documents include: a marriage certificate, dissolution of marriage, adoption or name change document that shows your current name.

Transportation

DMV OFFICES

Below is a list of nearby DMV offices. Please note that due to budgetary constraints, DMV offices may be closed on certain Fridays:

San Diego (Clairemont) DMV Office

4375 Derrick Drive

San Diego, CA 92117

☎ (800) 777-0133

Hours:

Monday, Tuesday, Thursday, Friday 8:00am - 5:00pm

Wednesday 9:00am - 5:00pm

San Diego (University Heights) DMV Office

3960 Normal Street

San Diego, CA 92103

☎ (800) 777-0133

Hours:

Monday, Tuesday, Thursday, Friday 8:00am - 5:00pm

Wednesday 9:00am - 5:00pm

Chula Vista DMV Office

30 North Glover Avenue

Chula Vista, CA 91910

☎ (800) 777-0133

Hours:

Monday, Tuesday, Thursday, Friday 8:00am - 5:00pm

Wednesday 9:00am - 5:00pm

Transportation

DRIVING SCHOOLS

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

Expert Driving School

4655 Ruffner, Suite 250

San Diego, CA 92111

☎ (858) 560-9422

Website: <http://www.expertdriving.net>

Allstate Driving School

7677 Ronson Road #104

San Diego, CA 92111

☎ (858) 565-0088

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

Golden State Driving School

3077 Clairemont Drive, Suite 103

San Diego, CA 92117

☎ (619) 275-3711

Website: <http://www.goldenstatedrivingschool.com/contactus.htm>

United Driving School

2425 Camino Del Rio South

San Diego, CA 92108

☎ (619) 491-0777

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

POPULAR CAR INSURANCE COMPANIES

McCormick Insurance Solutions

Website: www.mccormickinsurance.com

1437 Morena Blvd. #201

San Diego, CA 92110

☎ (619) 276-0492

- Specializes in International Drivers
- Rates do not depend on having a CA license

All State Insurance

Website:

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

7710 Balboa Ave #121

San Diego, CA 92111

☎ 1-800-ALLSTATE

State Farm Insurance

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

3264 Rosecrans Street

San Diego, CA 92110-4837

☎ (619) 223-5406

Progressive

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

1331 Morena Blvd #300

San Diego, CA 92110

☎ 1-800-PROGRESSIVE

Triple A

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

2440 Hotel Circle

San Diego, CA 92108

☎ (619) 233-1000

Transportation

BEING STOPPED BY LAW ENFORCEMENT

CALIFORNIA'S HANDS FREE LAW

California has a 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 (this includes texting and GPS functions). Drivers 18 and over may use a "hands-free device."

WHAT TO DO WHEN YOU ARE STOPPED 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 have been pulled over. This is his way of getting an admission of guilt from you. 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 open. This shows you have nothing to hide.
3. The officer will go to his car to check your information and possibly write you a ticket (fine).
4. The officer will then return to the car with your papers 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.
5. 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 in court. Contesting the ticket could decrease the amount of the ticket and your insurance may 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.*

Transportation

***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. The advantage of the traffic school option is that your insurance rates will not be affected.

CAR ACCIDENTS

WHAT TO DO IF YOU ARE INVOLVED IN AN ACCIDENT OR CRASH

1. Promptly notify the police (call 911) and call an ambulance if anyone is hurt. Always cooperate with the authorities that come.
2. If possible, consider moving your vehicle out of the flow of traffic but only if it is safe to do so.
3. Try to write down details of the scene of the accident, including:
 - Identifying information about the other vehicle (license plate number, make, model)
 - Insurance company and policy number of the other vehicle
 - Identifying information about the other individuals involved (name, driver's license number, date of birth, address)
 - Names and badge numbers of authorities involved
 - If possible, take pictures

Transportation

CAR ACCIDENTS (CONTINUED)

4. Do not accept money, accept fault, or agree to forget about the accident.
5. Get copies of all the police reports.
6. Call your insurance company and ask for guidance **before** any steps are taken to repair the car.
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). Your insurance agent should help you through this process.

Housing

ON-CAMPUS HOUSING

As an incoming USD student, your housing area is determined by your class level. Freshmen and sophomores in 2014 are required to live on-campus but may choose to live either on or off-campus beginning junior year. The convenience of living on-campus allows students to get more involved with school and student organizations without worrying too much about transportation and parking.



Freshmen (or 1st year students) may be placed in **Camino/Founders Hall**, **Maher Hall**, and the **Mission Housing Complex**. Additionally, freshman will be placed in a Living Learning Community (LLC) for their first year of school. In an LLC, students take classes together and live near one another - sharing a supercharged college experience where academics meld with exciting extracurricular activities and community engagement, unfurling new understandings in the process.

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. All on-campus housing prices include utilities (basic phone, cable, electricity and water).

Housing

ON-CAMPUS HOUSING (CONTINUED)

For upperclassmen (or 3rd and 4th years) USD offers several apartment-style options including the **Alcala Vista Apartments**, **Manchester Village**, **San Antonio de Padua**, **San Buenaventura** and **University Terrace Apartments**.

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 with a stove and a refrigerator. An additional advantage of graduate housing is that students can remain on-campus during school breaks (this does not include summer break).

Typically, there are fewer graduate housing placements than applications so it is important to apply early.

For more detailed information, visit:
<http://www.sandiego.edu/residentiallife>



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.

- Apartment, condo, room or house
- Visit the OISS Housing Facebook page to connect with other USD international students about housing options www.facebook.com/usdoisshousing

3. Search through Internet classified housing listings.

- <http://sandiego.apartments.com>
- <http://classifieds.signonsandiego.com/>
- <http://sandiego.backpage.com/gyrobase/classifieds/index>
- <http://sandiego.craigslist.org/>
- <http://www.forrent.com/>
- <http://www.sdhc.net/>
- <http://www.westsiderentals.com/default.cfm>

Housing

4. Make use of these popular resources as you search for housing.

- USD students post off campus housing opportunities on bulletin boards in the Law School and Mission Crossroads Housing Office.
- Many landlords post "for rent" signs on their properties.
- Helpful Resources:
 - o <https://www.padmapper.com/>
 - o <http://sandiego.craigslist.org/>
 - o <https://www.airbnb.com/>
 - o <https://onmyblock.com/>

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.
- 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.

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

Housing

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 total amount charged for any type of security deposit cannot 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.
- ❑ Within 21 days after you move out, your landlord must either send you a full refund of the security deposit or deliver/mail an itemized statement that lists reasons and amounts of any withholdings from the deposit. Any amounts not deducted must be refunded.

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 cannot 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.

Things to Do When Moving Into a New Residence

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 is 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.

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
 - Telephone
 - Newspaper
 - Mail delivery
 - Renter's insurance
- ❑ **Note:** Ask the landlord which utilities you, as the tenant, are responsible for setting up and paying.



Housing

Off-Campus Apartment Rentals Around the USD Area

LINDA VISTA / OLD TOWN

Pacific Ridge Apartments

5961 Linda Vista Rd

San Diego, Ca

www.carmelapartments.com

☎ (855) 469-4817

Rent: \$1,770 - \$3,100

The Village at Morena Vista

5395 Napa Street

San Diego, CA 92110

☎ (866) 620-8812

www.villageatmorenavista.com

Rent: \$1,615 - \$2,795

Bluffs II Apartments

6540 Friars Road

San Diego, CA 92108

☎ (619) 377-4565

www.essexapartmenthomes.com

Rent: \$ 1,453 - 2,041

The Stratton

3884 & 1/2 Caminito Aguilar

San Diego, CA 92111

☎ (858) 278-5200

www.stratton-apts.com

Rent: \$1,350 - 1,721

MISSION VALLEY

Aquatera

5777 Mission Center Road

San Diego, CA 92108

☎ (619) 873-4933

www.aquateraliving.com

Rent: \$1,740 - \$2,870

Bella Posta

10343 San Diego Mission Road

San Diego, CA 92108

☎ (866) 774-4341

www.bellapostaapartments.com

Rent: \$1,245 - \$1,650 per month

Portofino Apartment Homes

2500 Northside Drive

San Diego, CA 92108

☎ (855) 807-6661

Rent: \$1,600 - \$2,600

www.portofinoapthomes.com

*Pet friendly!

The Missions at Rio Vista

2242 Gil Village Way

San Diego, CA 92108

☎ (619) 220-8300

www.themissionsatriovista.com

Rent: \$1,580 - \$2,400

MISSION BAY AREA

Pacific Palms Apartments

5109 Clairemont Mesa Blvd
San Diego, CA 92117

☎ (858) 576-9372

www.cgpinc.com

Rent: \$890 - \$1,040

Avalon at Mission Bay

3883 Ingraham Street
San Diego, CA 92109

☎ (858) 274-3240

www.avaloncommunities.com

Rent: \$995 - \$1,565

DOWNTOWN

600 Front Apartments

600 Front St.
San Diego, CA 92101

☎ (619) 231-9600

www.600front.com

Rent: \$1,200 - \$2,490

LA JOLLA

Trieste Apartment Villas

3950 Mahaila Ave.
San Diego, CA 92122

☎ (888) 875-7869

www.livingattriesteapartments.com

Rent: \$1,505 - \$1,780

La Jolla Park West Apartments

5165 Luigi Terrace
San Diego, CA 92122

☎ (866) 709-0150

Rent: \$1,270 - \$1,600

POINT LOMA

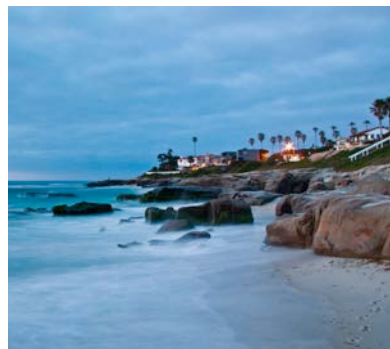
Pacific Breeze Apartments

2850 Adrian Street
Pt. Loma, California 92117

☎ (619) 523-4325

www.cgpinc.com

Rent: \$950 - \$1,550



Housing

TEMPORARY ACCOMODATIONS

OLD TOWN

Best Western Hacienda Hotel Old Town

4041 Harney Street,
San Diego, CA 92110

☎ (800) 888-1991

www.haciendahotel-oldtown.com

*Rooms from \$99

*About 5 minutes from USD

*Ask about USD rates

Fair Field Inn & Suites by Marriott

3900 Old Town Ave.,
San Diego, CA 92110

☎ (619) 299-7400

[www.marriott.com/fairfield-
inn/travel.mi#/intro-0/s-intro/](http://www.marriott.com/fairfield-
inn/travel.mi#/intro-0/s-intro/)

*Rooms from \$169

*5 minutes from USD

La Quinta Inn Old Town

2380 Moore Street,
San Diego, CA 92110

☎ (619) 291-9100

www.lq.com

*Rooms from \$149

*5 minutes from USD

Padre Trail Inn

4200 Taylor Street,
San Diego, CA 92110

☎ (619) 297-3291

www.padretrailinn.com

*Rooms from \$109

*3 minutes from USD

HOTEL CIRCLE

Howard Johnson Express Inn

1631, Hotel Circle South, 92108
San Diego, CA

☎ (619) 293-7792

www.hojo.com

*Rooms from \$79

*10 minutes from USD

Residence Inn by Marriott Mission Valley

865, Hotel Circle South, 92108
San Diego, CA

☎ (619) 881-3600

[http://www.marriott.com/hotels/tra-
vel/sanhc-residence-inn-san-diego-
mission-valley/](http://www.marriott.com/hotels/tra-
vel/sanhc-residence-inn-san-diego-
mission-valley/)

*Rooms from \$149

*10 minutes from USD

Housing

Days Hotel

543 Hotel Circle South,
San Diego, CA, 92108

☎ (619) 297-8800

www.dayshotelhc.com

* Rooms from \$67

* 10 minutes from USD

DOWNTOWN & LITTLE ITALY

Ramada Inn and Suites San Diego

830 6th Avenue,
San Diego, CA 92101

☎ (619) 531-8877

www.ramada.com

* Rooms from \$229 a night

* About 10 minutes from USD

Embassy Suites San Diego

601 Pacific Highway,
San Diego, CA 92101

☎ (619) 239-2400

www.embassysuites3.hilton.com

* Rooms from \$279

* About 10 minutes from USD

La Pensione Hotel

606 West Date Street at India
San Diego, CA 92101

☎ (619) 236-8000

www.lapensionehotel.com

* Rooms from \$120

* About 10 minutes from USD

The Westin San Diego

400 West Broadway,
San Diego, CA 92101

☎ (619) 239-4500

www.westinsandiego.com

* Rooms from about \$189

* About 10 minutes from USD

Omni Hotel

675 L Street,
San Diego, CA 92101

☎ (619) 231-6664

www.omnihotels.com/FindAHotel/SanDiego

* Rooms from about \$194

* About 10 minutes from USD

Housing

HILLCREST

Studio 819 Residential Hotel

819 University Avenue,
San Diego, Ca 92103

☎ (619) 542-0819

www.studio819.com

*Daily rates starting at \$80

*Weekly rates starting at \$532

*Monthly rates starting at \$770

MISSION BAY

Hyatt Regency Mission Bay Spa and Marina San Diego

1441 Quivira Road,
San Diego, CA 92109

☎ (619) 224-1234

www.missionbay.hyatt.com

*Rooms from \$165

*10 minutes from USD

Hilton San Diego Resort & Spa

1775 East Mission Bay Drive
San Diego, CA 92109

☎ (619) 276-4010

<http://www3.hilton.com/en/hotels/california/hilton-san-diego-resort-and-spa-SANHHHF/index.html>

*Rooms from about \$249

*About 15 minutes from USD

BARTELL HOTELS

Bartell Hotels offer discounts to USD students and families. Please visit the website below to view the current list of participating hotels in San Diego.

<http://usdpartnership.com/>

To take part in this program, you may book online or call their toll-free reservation number 1-800-345-9995. Please remember to tell your hotel reservationist that you are affiliated with the University of San Diego.

Having a local bank account is especially helpful for students or visitors that will be in the country for an extended period of time.

There are two different types of bank accounts that people typically have - a checking account and a savings account. While both types of bank accounts have different purposes, they both help manage your money.

ACCOUNT TYPES

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 - make sure your debit card has a Visa or Mastercard logo so that you can use your debit card where credit cards are accepted.
- ❑ Be careful not to overdraw money from your account, as you will be charged an additional fee for lack of funds.



Banking

Savings Account

- ❑ This interest-bearing type of account is designed for you to make deposits into your account and watch your money grow.
- ❑ The purpose of this account is for holding money you do not 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 balance to avoid a fee.

HOW TO OPEN 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). Remember 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.



Banking

- You must have money (at least \$25.00 to \$100.00 depending on the bank) to open an account. 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.
- If you deposit cash or traveler's checks, the bank will allow you to use your checking account funds 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
US BANK USD-University Center ATM Machine near the campus Box Office	<ul style="list-style-type: none"> On-campus branch inside the University Center Near the One-Stop Center
BANK OF AMERICA 2341 Ulric Street San Diego, CA 92111  (858) 627-2120	<ul style="list-style-type: none"> Depart on Linda Vista Road going northeast Turn right on Ulric Street
WELLS FARGO BANK 1359 Fashion Valley Road San Diego, CA 92108  (619) 296-4951	<ul style="list-style-type: none"> Turn left on Linda Vista Road 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  (800) 500-6328	<ul style="list-style-type: none"> Depart on Linda Vista Road going southwest Look for MFCU on the right side of the road

CULTURE SHOCK

When you left home to study in the United States, you were beginning a new life. The new life 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.



Health & Wellness

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.

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.

Health & Wellness

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.



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.

Health & Wellness

HEALTH INSURANCE

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

USD offers an insurance plan that is required for all international students unless proof of comparable insurance is provided. Insurance charges are automatically added to your student account at the time of registration during each semester. Payment for the insurance premium is due with tuition through the One-Stop Student Center.

If you know you have comparable health insurance and want to obtain a waiver for the University plan, you must submit the on-line health insurance waiver form. Please note that a new waiver must be submitted each academic year.

*** Please contact the OISS for information regarding eligibility and current waiver requirements.**



Health & Wellness

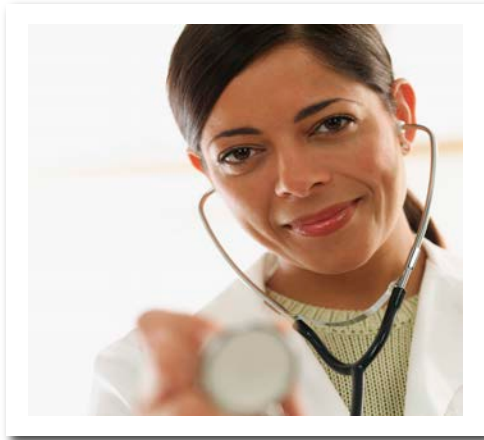
To submit a waiver, please follow these instructions:

- Visit the Gallagher Koster website at <https://gallagherkoster.com/usdint>
- Choose “University of San Diego International Students” from the drop-down menu
- Click on the “Student Waive” tab on the left side of your screen
- Follow the prompts to complete the waiver

If your embassy sponsors your health insurance:

- You are not required to submit the USD on-line waiver.
- The Financial Services Office will reverse your automatic health insurance charges each semester once they receive a *financial guarantee letter* from your embassy.

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



Health & Wellness

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
---	---

RESOURCES FOR FAMILIES / DEPENDENTS

Day Care and Schooling for Dependents (Toddlers and Infants)

Looking for a place to look after your little ones? 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>

Health & Wellness

USD Manchester Family Child Development Center Continued...

- Tuition and Fees
 - Ranges vary depending on how often and length of your child's stay
 - There is a 20% discount for USD students



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>

- Rates range from approximately \$165 to \$200 per week

Wee Care Preschool

Address: 3580 Mt. Acadia Blvd.

San Diego, 92111

☎ (858) 560-0985

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

Website:

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

- Rates range from approximately \$80 to \$175 per week

On-Campus Resource for New Mothers

The USD Women's Center offers new mothers a private, comfortable room for breastfeeding (located in Student Life Pavilion, Room 420 - adjacent to the Women's Center).

For more information, visit: www.sandiego.edu/womenscenter

Health & Wellness

Mom's Club

The Mom's Club is a support group designed for at-home mothers. There are a variety of activities that serve as opportunities for you and your children to socialize, support, and consult with one another. For the nearest chapter, visit: <http://www.momsclub.org/join.html>

USD HEALTH CENTER

All USD students have access to Health Center services, regardless of insurance status. This on-campus clinic (**located in Maher Hall 140**) offers basic health care services in a convenient on-campus location, including:

- Basic treatment by doctor or nurse
- Referrals to off-campus specialists for further care.
- Immunization clearance
- Limited Prescription drug dispersal

*Note: Students with the USD International Health Insurance can save time and money by always visiting the Health Center first. If the Health Center generates a referral to an off-campus clinic, these students will not be subject to the insurance deductible (portion student must pay before insurance pays).

HOURS OF OPERATION:

Fall and Spring Semesters

Monday, Tuesday, Thursday, Friday (8:30am - 4:30pm)

Wednesday (8:30am - 11:00am & 1:30pm - 6:30 pm)

Summer and Intersession

Monday through Friday (10:00am - 3:00pm)

Health & Wellness

USD COUNSELING CENTER

Located just down the hall from the International Center, this offers free confidential mental services to all USD students.

Services include:

- Individual and group counseling
- Psychological/psychiatric consultation
- Community mental health referrals
- Support/advising for students with disabilities.

How to Access Services

The easiest way to secure services is by coming to the center (located in Serra 300) during walk-in hours, but initial appointments can also be arranged by telephone (call 619-260-4655). Walk-in hours are available whenever undergraduate classes are in session (when classes are not in session, call the center confirm our walk-in schedule).

Walk-in Hours

11:00 a.m. to 3:00 p.m., Monday, Tuesday, Thursday, Friday

11:00 a.m. to 5:00 p.m., Wednesday

Emergency Services

- A counselor-on call is available to consult about after-hours psychological emergencies at all times. The counselor-on call can be reached by calling Public Safety (x2222 on any campus telephone, otherwise call 619-260-2222).

- The 24-hour San Diego Access and Crisis Line (800-479-3339) also offers crisis intervention, information, and referrals.

Health & Wellness

RESOURCES FOR GAY AND LESBIAN STUDENTS/SCHOLARS

USD and the OISS seek to create an inclusive environment for all international students/scholars. Resources for the LGBT community include:

ON-CAMPUS

PRIDE-An alliance at the University of San Diego for gay, lesbian, bisexual, transgendered queer and questioning students and their supporters.

Rainbow Educators - The Rainbow Educators are a group of students, staff, alumni and faculty who create and present workshops at the University of San Diego on sexual orientation and other diversity issues.

For more information regarding on-campus resources, email: ufmc@sandiego.edu or call (619) 260-2395.

OFF CAMPUS:

The San Diego LGBT Community Center
3909 Centre Street
San Diego, CA 92103

Hours of Operation

Monday through Friday (9:00am - 10:00pm)

Saturday (9:00am - 7:00pm)

Phone: 619-692-2077

Fax: 619-260-3092

Health & Wellness

ALCOHOL AND DRUG POLICY

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: 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.



Health & Wellness

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.

Health & Wellness

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.



Health & Wellness

FITNESS OPTIONS NEAR USD

USD Mission Fitness Center*

Hours of Operation

Weekdays 7:00am - 12:00am

Saturday 9:00am - 9:00pm

Sunday 9:00am-11:00pm

www.sandiego.edu/mfc

USD Jenny Craig Pavilion Fitness Center*

Hours of Operation

Daily 9:00am - 4:30pm

www.sandiego.edu/jennycraigpavilion/fitness_center

USD Fitness & Wellness Classes*

USD hosts a variety of fitness class including cycling, boot camp, belly dancing, kick boxing, and more! For current class offerings, please visit: www.sandiego.edu/campusrecreation/recreation_classes/fitness.php

CrossFit USD*

Schedule

Monday, Wednesday, Friday (6:00am)

Monday - Friday (5:30pm & 6:30pm)

Rates: \$150 per month

☎ (619) 549-8619

www.crossfitusd.com

CrossFit 619

5277 Linda Vista Rd.

San Diego, CA 92110

Hours of Operation

Daily 5:00am - 9:00pm **Rates:** range from \$129 to \$159 per month

☎ (619) 840-9099

www.crossfit619.com

Core Power Yoga

Mission Valley

980 Camino de la Reina

San Diego, CA 92108

Please see website for current class offerings

Rates: \$20 per class

☎ (619) 574-9642

www.corepoweryoga.com

Victory MMA and Fitness

3666 Midway Drive

San Diego, CA 92110

Hours of Operation

Weekdays 6:00am - 9:00pm

Saturday 8:00am - 4:00pm

Sunday 9:0am - 2:00pm

☎ (619) 223-5581

www.victorygyms.com

*Please refer to USD website for location

Employment & Taxes

STUDENT EMPLOYMENT

As a reminder, international students' primary focus should be on studying rather than employment. Unauthorized employment is a serious violation of student immigration status and can result in the loss of current immigration status as well as future immigration benefits.



Are International Students permitted to work on-campus?

Most students on F-1 visas are eligible for on-campus employment but it is important to always seek guidance from the OISS as each student's case may differ. (For J-1 visitors and students who fall under other visa categories, please see your OISS adviser to confirm eligibility for on-campus employment.)

Are International Students permitted to work off-campus?

Off -campus employment is severely restricted and international students should **NEVER** engage in off-campus employment (including internships) without written authorization from an OISS adviser.

*Please check the OISS website or consult with an OISS adviser for the most updated information on employment, as federal regulations and institutional policy are subject to change.

Employment & Taxes

What are common on-campus jobs for international students at USD?

Many international students have found jobs in Dining Services, Banquets and Catering, the Torero Store (bookstore), libraries and computer labs. Graduate students are advised to inquire within their departments about the possibility of assistantships or research assistant positions.

Please note that international students do not qualify for positions listed as “Work Study,” as these positions are reserved for domestic students with federal financial aid.

SOCIAL SECURITY NUMBERS

A Social Security Number is **only** assigned to individuals authorized to work in the United States. Social Security Numbers are used to report your wages to the government. Students without a confirmed authorized employment offer will not be issued a Social Security Number.

DO YOU PLAN TO WORK?

If you are eligible to work on campus, or you have been authorized to engage in off-campus employment, you may apply for a Social Security Number.



Employment & Taxes

General On-Campus Employment

Each F-1 student requesting an SSN for general on-campus employment must show evidence that he or she has an 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.

How and Where Do I Apply?

Please visit the OISS for a detailed packet of information and to consult with an OISS adviser. As a reminder, you must first have a job offer before moving forward with your application.

INCOME TAXES

If you earn money in the U.S. you may be required to pay federal and state income taxes. The Internal Revenue Service (IRS) Code contains special provisions that 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.
- Worldwide income compared to income earned in the U.S. and in California.
- Spouse employment.
- Scholarships. In general, scholarships that cover costs beyond tuition and books as taxable.

Employment & Taxes

USD Tax 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 event, as a tax specialist conducts the workshop. Please inquire with any of your OISS advisers for workshop schedules.

If an on-campus worker and seeking tax assistance please contact the Payroll Department:

- Kaly McKenna
☎ (619) 260-2735
kmckenna@san Diego.edu
- For further information visit:
www.sandiego.edu/finance/payroll/resources/foreign_nationals



San Diego & Surrounding Areas

FOOD SHOPPING

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

Ralphs 5680 Mission Center San Diego, CA 92108	Vons (24 hours) 3645 Midway Drive San Diego, CA 92110
Whole Foods 711 University Avenue 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



San Diego & Surrounding Areas

**Thuan Phat Supermarket
(Asian Food Market)** 6935
Linda Vista Road San Diego,
CA 92111

**Mid East Market (Middle
Eastern Market)**
4595 El Cajon Blvd.
San Diego, CA 92115

North Park Produce
3551 El Cajon Blvd.
San Diego, CA 92128
www.northparkproduceonline.com

**Sprouts Farmers Market
(Health Food)**
3315 Rosecrans Street
San Diego, CA 92110
www.sprouts.com

**99 Ranch (Asian Food
Market)**
7330 Clairemont Mesa Blvd.
San Diego, CA 92111
www.99ranch.com

**Trader Joe's (Health
Food Store)**
1090 University Street
San Diego, CA 92106
www.traderjoes.com

**Ocean Beach People's
Organic Foods Market**
4765 Voltaire Street
San Diego, CA 92107
www.obpeoplesfood.coop

**Zion Market (Korean
Market)**
7655 Clairemont Mesa Blvd.
San Diego, CA 92111
www.zionmarket.com

Mitsuwa
4240 Kearny Mesa Road #119
San Diego, CA 92111
www.mitsuwa.com

**Pancho Villa's (Mexican
Market)**
3245 El Cajon Blvd.
San Diego, CA 92104
www.panchovillamarket.com

**Northgate González
Markets**
1950 Main Street
San Diego, CA 92113
www.northgatemarkets.com

H Mart (Asian Grocery)
9440 Mira Mesa Blvd.
San Diego, CA 92126
www.hmart.com

San Diego & Surrounding Areas

HOME SUPERSTORES

Home superstores are your ideal stop for home equipment and supplies, furniture, and most everyday necessities. They are also a great source for dorm room furnishings.

<p>Target (Mission Valley) 1288 Camino Del Rio North San Diego, CA 92108</p> <p><u>Monday - Saturday:</u> 8:00am - 10:00pm <u>Sunday:</u> 8:00am - 10:00pm</p>	<p>Target (Sports Arena) 3245 Sports Arena Blvd San Diego, CA 92110</p> <p><u>Monday - Saturday:</u> 8:00am to 11:00pm <u>Sunday:</u> 8:00am - 10:00pm</p>
<p>IKEA 2149 Fenton Parkway San Diego, CA 92108</p> <p><u>Monday - Saturday:</u> 10:00am - 9:00pm <u>Sunday:</u> 10:00am - 8:00pm</p>	<p>Bed Bath & Beyond 1750 Camino Del Rio North San Diego, CA 92108</p> <p><u>Monday - Saturday:</u> 9:00am - 9:00pm <u>Sunday:</u> 9:00am - 8:00pm</p>

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.** The current sales tax in San Diego is 8.00%, so always allocate for taxes when preparing your budget.

San Diego & Surrounding Areas

DEPARTMENT STORES & SHOPPING MALLS

For the brand-conscious, there are 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

<p>Fashion Valley Mall 7007 Friars Road San Diego, CA 92108</p> <p>Department Stores: Nordstrom Bloomingdales Neiman-Marcus Macy's</p>	<p>Mission Valley 1640 Camino Del Rio N San Diego, CA 92108</p> <p>Department Stores: Nordstrom Rack (Discount) Macy's Loehmann's</p>
<p>Horton Plaza 324 Horton Plaza San Diego, CA 92101</p> <p>Department Stores: Nordstrom Macy's</p>	<p>University Town Center (UTC) 4545 La Jolla Village Drive San Diego CA 92122</p> <p>Department Stores: Nordstrom Macy's Sears</p>

San Diego & Surrounding Areas

OUTLET MALLS

Outlet malls are usually regular stores with clearance merchandise. Outlet malls usually sell items that are no longer sold in a particular store.

Las Americas Premium Outlets

Near the U.S. border with Mexico

4211 Camino de la Plaza

San Diego, CA 92173

Carlsbad Premium Outlets

30 minute drive, north of USD

5620 Paseo del Norte, Suite 100

Carlsbad, CA 92008

Viejas Outlets

40 minute drive, east of USD

5005 Willows Road

Alpine, CA 91901



San Diego & Surrounding Areas

SAN DIEGO NEIGHBORHOODS

AROUND USD

Linda Vista - USD is located here

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. Diverse neighborhood with large Asian immigrant population on the north side of the neighborhood.

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.

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.

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.



San Diego & Surrounding Areas

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.

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.

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.



San Diego & Surrounding Areas

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.

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

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

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, galleries, and a farmer's market.

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.

San Diego & Surrounding Areas

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.

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.

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.

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.

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.

San Diego & Surrounding Areas

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 a county fair and popular horse races. Rent here is as expensive as La Jolla.

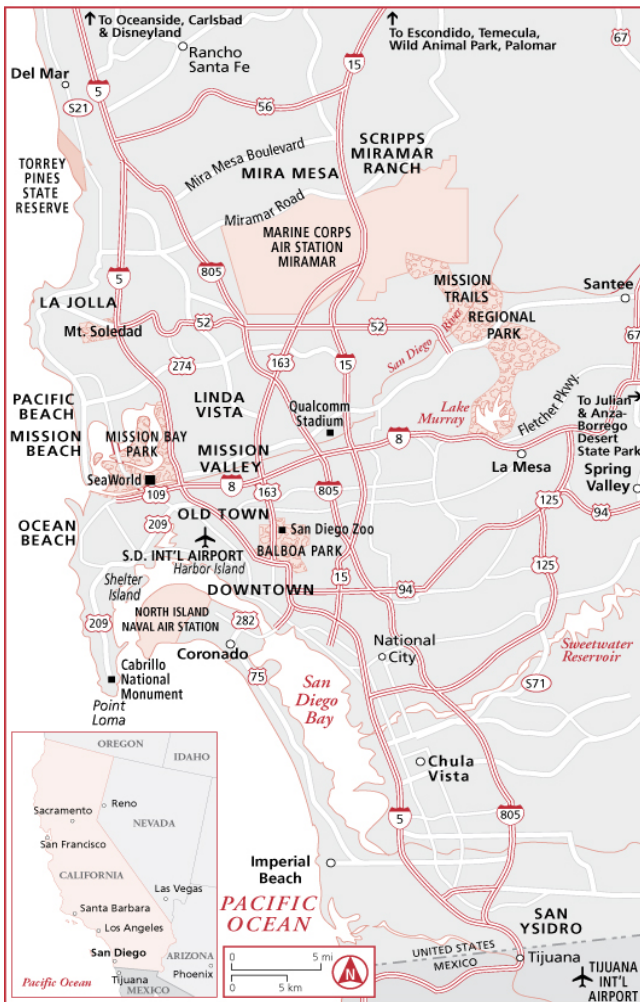
Encinitas/Carlsbad - located 20-30 minutes north of USD (by car)
These two north county beach towns are far less crowded than the San Diego beach areas and feature charming downtown areas and easy beach access. Great places for day trips.

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.

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 gateways to Tijuana, Mexico. Chula Vista, in particular, has grown into a large city. Many new condominium and housing developments are located here.

San Diego & Surrounding Areas



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

San Diego & Surrounding Areas

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!

ART & MUSEUMS

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.

The San Diego Museum of Art the region's oldest, largest and most visited art museum, provides a rich and diverse cultural experience for almost 250,000 visitors annually. Located in the heart of beautiful Balboa Park, the Museum's nationally renowned permanent collection includes Spanish and Italian old masters, South Asian paintings, and 19th- and 20th-century American paintings and sculptures.

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/>

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).

San Diego & Surrounding Areas

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.

HIKING

San Diego offers many locations for great hiking and outdoor adventures.

Mt. Laguna: Take a scenic hour drive to San Diego's Mt. Laguna. Once there, hop out for an invigorating hike and enjoy the fresh mountain air whispering through the pines.

Cowles Mountain: Located in Mission Trails Regional Park, Cowles Mountain is San Diego's highest point. The hike to the top of the mountain is 1.5miles long and will provided a beautiful view of the city.

Mount Woodson: Located in Poway, Mount Woodson is not a hick for the faint of heart. This is a difficult level hiking, however from the top provides a great view of downtown San Diego, the Pacific Ocean and Mexico.



San Diego & Surrounding Areas

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.

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.

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 trees as well as a beautiful protected habitat for swifts, thrashers, woodpeckers and wrentits.

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.

SIGHTSEEING

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.

San Diego & Surrounding Areas

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.

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.

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.

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.

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.

San Diego & Surrounding Areas

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!

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.

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**.

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.

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.

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!

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.

San Diego & Surrounding Areas

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 tide pools.

SWIMMING / BEACHES

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.

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.

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.

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.



San Diego & Surrounding Areas

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.

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.

Explore the tide pools 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.

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.

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

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>

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

SPECIAL OFFERS

Check out USD's Box Office for tickets to local movie theaters and amusement parks at a discounted price! www.sandiego.edu/ticket

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

Dining & Entertainment

RESTAURANTS

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/East Village) \$\$ -

Very popular breakfast joint. Long lines on weekend mornings.

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

3795 Mission Blvd.
San Diego, CA 92109
(858) 488-9060

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

Broken Yolk (Pacific Beach/Mission Valley/Gaslamp) \$\$ -

American style breakfast at a good price.

1851 Garnet Avenue
San Diego, CA, 92109
(858) 270-9655

1760 Camino del Rio N
San Diego, CA 92108
619-574-9655

355 6th Avenue
San Diego, CA 92101
619-338-9655

Brockton Villa (La Jolla) \$\$\$ - Brunch is great here and so is the view.

1235 Coast Blvd, La Jolla, CA, 92037
(858) 454-7393

Snooze (Hillcrest) \$\$ - The American style breakfast crafted from scratch recipes focusing on the highest level ingredients.

3940 Fifth Ave., San Diego CA 92103
(619) 500-3344

Dining & Entertainment

Pizza

Bronx Pizza (Hillcrest) \$ - Best New York style pizza in town.

Cash only.

111 Washington St., San Diego, CA, 92103

(619) 291-3341

Pizzeria Bruno Napoletano (Hillcrest) \$\$ - Best Naples-style pizza in SD; great happy hour.

4207 Park Blvd., San Diego, CA, 92103

(619) 260-1311

BASIC (East Village) \$\$ - Thin crust pizza and cool, urban bar near Petco Park.

410 10th Ave. (between J St. and Island)

San Diego, CA 92101

(619) 531-8869

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



Dining & Entertainment

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 Vista) \$ - Fast, delicious sandwiches on homemade flatbread. Close to USD too!
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

Pacific Beach Fish Shop (Pacific Beach) \$\$ - Known for their Thursday night \$1 oysters and award-winning TKO tacos.
1775 Garnet Ave., San Diego Ca 92109
(858) 483-4746

Dining & Entertainment

Blue Water (Mission Hills) \$\$ - Fast, fresh fish.
3667 India St., San Diego, CA, 92103
(619) 497-0914

Fine Dining (Special Occasions)

Whisknadle (La Jolla) \$\$\$ - Great, fresh local food with a Mediterranean flavor
1044 Wall St. La Jolla CA, 92039
(858) 551-7575

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

Cowboy Star (Downtown) \$\$\$\$ - Fine steak and chops and seasonal dishes.
640 10th Ave., San Diego, CA, 92101
(619) 450-5880



Dining & Entertainment

Dessert

Extraordinary Desserts (Hillcrest/Downtown) \$\$ - Dessert-focused restaurant. Downtown site serves food also. Expect to wait

1430 Union St., San Diego, CA, 92101

(619) 294-7001

&

2929 5th Ave

San Diego, CA 92103

(619) 294-2132

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

Fiji Yogurt (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/Downtown) \$\$\$ - 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

Dining & Entertainment

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

Burger Lounge (Various Locations) \$ - Arguably the best burger in San Diego.

Kensington
4116 Adams Avenue
San Diego, CA, 92116
(619) 584-2929

La Jolla
1101 Wall Street
La Jolla, CA, 92037
(858) 456-0196

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

Tender Greens (Liberty Station) \$\$ - The local farm fresh restaurant has a number of great salads, sandwiches and soups. Great for lunch!
2400 Historic Decatur Rd, San Diego, CA 92106
(619) 226-6254

Dining & Entertainment

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



Dining & Entertainment

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 Ensamada. Also known for delicious cakes.
8955 Mira Mesa Blvd.
San Diego, CA 92126
(858) 689-1443

Dining & Entertainment

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

Tip-Top (Carlsbad) \$ - Restaurant/market that carries European delicacies.
6118 Paseo Del Norte, Carlsbad, Ca 92011
(760) 438-2620

Indian

Taste of Himalayas (Sports Arena) \$\$ - One of San Diego's best rated Indian food Restaurants.
3185 Midway Dr., San Diego, Ca 92110
(619) 866-6922

Punjab Tandoor (Mira Mesa) \$ - Fast Indian food in "Little India".
9235 Activity Rd., San Diego, CA 92126
(858) 695-0956

Madras Café (Mira Mesa) \$ - An all-vegetarian restaurant with authentic Indian cuisine.
9484 Black Mountain Rd, San Diego, Ca 92126

Italian

Bencotto (Little Italy) \$\$\$ - Home-style Italian food
750 W Fir St (at Kettner Blvd) San Diego, CA 92101
(619) 450-4786

Dining & Entertainment

Buona Forchetta (North Park) \$\$ - A casual dining hot spot where friends and families come to enjoy savory foods and wonderful wine.
3001 Beech St, San Diego, Ca 92102
(619) 381-4844

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

Japanese

Okan (Kearny Mesa) \$\$\$ - Small elegant izakaya
38650 Convoy St., San Diego, CA, 92111
(858) 279-0941

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

Izakaya Masa (Mission Hills) \$\$\$ - Amazing hidden spot -very authentic.
928 Fort Stockton Dr
San Diego, CA 92103
(619) 542-1354

Ramen Yamadaya (Clairemont Mesa) \$\$ - Reasonable price for great food! If you show your Student ID you will receive extra noodles or rice for no charge.
4706 Clairemont Mesa Blvd.
San Diego, CA 92117
(858) 483-3431

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

Dining & Entertainment

Nozomi (Kearny Mesa) \$\$ - Fusion of Japanese and Korean classics; great sushi.

4637 Convoy St., San Diego, CA, 92111
(858) 569-7773

Korean

Korea House (Kearny Mesa) \$\$\$ - Korean BBQ with tableside grills.

4620 Convoy St Ste A, San Diego, CA, 92111
(858) 560-0080

Mapo (Kearny Mesa) \$\$ - Korean BBQ with a delicious all you can eat menu!

4647 Convoy St #104
San Diego, California 92111
(858) 565-0403



Dining & Entertainment

Lebanese

Mamas Bakery (North Park) \$ - Great Lebanese wraps, meat pies and desserts.

4237 Alabama St, San Diego, CA, 92104
(619) 688-0717

Aladdin (Hillcrest) \$\$\$ -

Delicious Lebanese/Mediterranean in the heart of Hillcrest.

1220 Cleveland Ave (near Trader Joe's)
San Diego, CA 9210
(619) 574-1111

Mexican

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



Dining & Entertainment

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

Mama Testa (Hillcrest) \$\$ - Authentic tacos from all over Mexico in a casual atmosphere

1417A University Ave., San Diego, CA, 92103
(619) 298-8226

Persian

Bandar (Downtown) \$\$\$ - Elegant Persian food.

825 4th Ave., San Diego, CA, 92101
(619) 238-0101

Darband (Downtown) \$\$ - Hang out with cab drivers and eat cheap, large portions of kebab.

1556 5th Ave (between Beech St & Cedar St)

San Diego, CA 92101

(619) 230-1001



Dining & Entertainment

Peruvian

Latin Chef (Pacific Beach) \$\$ - Peruvian and other South American specialties.

1142 Garnet Ave., San Diego, CA, 92109

(858) 270-8810

Nasca Grill (Claremont) \$\$ - Peruvian roast chicken is the specialty here.

4310 Genesee Ave, San Diego 92117

(858) 270-8810

El Q'ero (Encinitas) \$\$\$ - A unique Peruvian Andes cuisine.

564 S Coast Highway 101, Encinitas, CA 92024

(760) 753-9050

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

Sab-E-Lee (Linda Vista) \$\$ - Best Thai food in San Diego. Period.

2405 Ulric St

San Diego, CA 92111

(858) 650-6868

J.T. (Linda Vista) \$ - Affordable, quick and delicious. The restaurant is in walking distance from USD.

5259 Linda Vista Rd, San Diego, CA 92110

Dining & Entertainment

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

Open-air markets where farmers and other vendors sell directly to the public.

Hillcrest - Sundays 9 AM-1 PM

Best selection of local fruit and veggies plus amazing food vendors in DMV parking lot.
3960 Normal St..

Little Italy - Saturday 8AM-2PM

The largest farmers market in San Diego with quality vendors and a unique location.
2210 Columbia St., San Diego, CA 92101

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)

Dining & Entertainment

Coffee/Study

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



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

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

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,
92106
(619) 222-6852

1010 Prospect St., La Jolla, CA,
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

Le Stat Coffee (University Heights) - hipsters, wi-fi, lots of outlets
4496 Park Blvd, San Diego, CA, 92116
((619) 501-6638

Dining & Entertainment

Bars/Pubs/Lounges

Sand Bar Grill (Mission Beach)

Scene: Thursday nights are packed with USD crowd

718 Ventura Pl. San Diego, CA 92109
(858) 488-1274

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 heart 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

URBN (North Park)

Scene: Cool urban loft atmosphere

3085 University Ave (between 31st St & Iowa St)

San Diego, CA 92104
(619) 255-7300

Dining & Entertainment

Bar Pink (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

Dining & Entertainment

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

Altitude Sky Bar - Downtown. Located on the roof top of the Marriott

Hotel. 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

Stingaree -Downtown club scene

454 6th Ave (between J St & Island Ave)
San Diego, CA 92101
(619) 544-9500

Dining & Entertainment

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.