



CALIFORNIA INTERNATIONAL BUSINESS UNIVERSITY

Student Handbook

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This is your **Student Handbook** so please pass on any information to the student liaison that you might find useful and it will be added to this Handbook.

**520 WEST ASH STREET, 3RD FLOOR
SAN DIEGO, CA 92101**

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Housing and Community Living



FINDING HOUSING

If you are an international student looking for housing, this chapter will help you to understand what types of housing are available. It will help you to ask the right questions about your housing.

COMMUNITY LIVING

Once you have found housing, you will have questions about living in the San Diego area. You may want to ask, "Where is the Bank?" "How can I get a driver's license?" You may also have questions about school facilities, such as the computer lab. This booklet will help you adapt to living in the San Diego area, whether it is downtown or in other areas. We hope the accommodations you obtain are safe and comfortable, and that you enjoy your stay in San Diego. If you have any questions, or need help finding housing or adapting to living in the area, please don't hesitate to ask us.

COMMUNITY HOUSING

You may want to experience American life by living with a family or by sharing an apartment with other students. Whatever you choose, your English will improve if you live with or make friends with Americans or students who do not speak your language.

What is the Most Common Type of Housing near the School?

Private rooms in houses or apartments and homestays are the most common types of housing.

What is the Difference between Homestays, Shares, and Privates?

Homestay means you stay as a guest in a family home. This allows the student to observe and be part of an American household. The student will have her/his own room and may have 2 meals per day provided, usually breakfast and dinner.

Shared Housing is a rental term used by Americans to indicate group housing. Shared housing became popular in the United States (U.S.) as a response to both an increase in housing costs and a population which was constantly moving to new locations. With family changes, people who have large houses enjoy sharing life with others.

"Private" is a rental term used to indicate a unit of housing such as a private apartment or house. When you rent a private apartment or house, it is only for you and your family or group. It does not include other people living there.

Homestay Program

You can experience American family life, culture, food and language in America's Finest city: San Diego. It's the fastest way to learn English!

San Diego Homestay

Rita Schultz

TEL: (858) 457-1322

FAX: (858) 452-0615

www.homestay@sandiegohomestay.com

Foreign Student Homestay

Marlene Bell

TEL: (619) 275-0136

mbell@san.rr.com

I Want to Live with a Family with Kids My Age

Many young people move out of their parents' house at the age of 18, when they reach legal age. Therefore, you may not find many families with children your age still at home. If you want to live with young people, you might consider sharing a house or an apartment with students in the college areas, north of downtown.

Can I get a Private Apartment?

Living in a private one-bedroom apartment in San Diego can range from \$700-\$1500 a month (unfurnished).

The San Diego Reader has a helpful website for apartments www.sandiego.backpage.com as well as the Union Tribune www.sdmarketplace.com or CraigsList www.craigslist.com.

When dealing with **private ads**, such as the 3 websites above, **never send money in advance, before you have a chance to inspect the apartment or house**. Although CraigsList has a lot of good listings, scams have been reported. If they request money before you see the place, it is preferable to stop communication with these individuals.

The newspaper is also a good place to find apartments both furnished and unfurnished. The college area is a bit cheaper and has more availability during the summer months; whereas the beach area is a lot more expensive and availability can be scarce. El Conquistador Dormitory is a private dorm in the college area. For more information, see pages 7-8 of this book.

Length of Stay in Community Housing

Some housing may be *month-to-month* or require you to stay for 6 months or a year. Although some housing is *month-to-month*, preference may be given to students who expect to stay for a certain pre-determined length of stay.

By state law, you need to give at least 30 days written notice if you plan to move before your rental agreement expires. Otherwise, you may lose your deposit or last month's rent. If you have a written lease for a definite length of stay, you are obligated to continue paying rent until your lease expires unless the owner agrees to a new lease or rental agreement.

How to Get Your Foot in the Door for Housing in San Diego

To get the type of housing that you want in San Diego, you have to be persistent, but not rude. You need to look at the housing lists frequently. Students might have to invest some time/effort in order to find the housing they are looking for.

When you find an apartment or room you would like to live in, you must remember that the owners have many applicants to choose from. They will choose you if they think you are the best applicant. To convince them of this, you need to make a good impression. A smile, a cooperative, relaxed manner will go a long way towards getting what you want.

Questions to Ask About a Share Rental

1. How much is the rent?
2. How often and when is the rent to be paid?
3. Are utilities included? (i.e., water, gas, electricity)
4. Is there a security deposit?
5. Under what conditions is the deposit to be returned to me? When will you return my deposit?
6. Do you require the last month's rent in advance?
7. Are meals included?
8. May I use the kitchen? Are there kitchen privileges?
9. May I use the living room?
10. Will I have a private bathroom?
11. Will I share the bedroom?
12. How many people are sharing the house? Are both men and women living in the house? Are they students or do they work full-time jobs?
13. Are there children in the house? How old are they?
14. Do you have any pets?
15. How many bathrooms are there?
16. What would my responsibilities be as a member of the household?
17. Are there any house "rules" I would be expected to follow?
18. Are there any costs in the household that are shared by all members?
19. Are overnight guests permitted?
20. Are there other students who speak my language in your house?
21. May I use the telephone?
22. Is there a private line in my room?
23. Is smoking permitted?
24. Is there a lease? (Is there a rental agreement?)
25. How long is the term of the lease or rental agreement? (How long am I obligated to stay there?)

26. What is the penalty if I break the lease or rental agreement?
27. How much notice do you require if I want to move out?
28. What kinds of parking arrangements are there?



Questions to Ask about an Apartment

1. How much is the rent?
2. How often and when is the rent to be paid?
3. Is a security deposit required?
4. Are utilities included? (i.e. water, gas, electricity)
5. Under what conditions is the deposit to be returned to me? When will you return my deposit?
6. Do you require the last month's rent in advance?
7. Is off-street parking available?
8. How far is the apartment from the nearest bus stop? What number bus is it?
9. Are there laundry facilities?
10. Is the apartment furnished? Is there bedding? Are there dishes?
11. Is smoking permitted?
12. Are overnight guests permitted?
13. Is there a lease?
14. How long is the term of the lease?
15. What is the penalty if I break my lease?
16. How much notice do you require if I want to move out?

Apartments/Rooms (long and short term) *Furnished units	Apartment/Roommate Search	Hostels or Hotels (for short term stay)	Homestay
<p>Near CIBU:</p> <p>Porto Vista Hotel - \$79/night for CIBU Students www.portovistasd.com 1835 Columbia Street (near CIBU) Tel: (619) 564-3756</p> <p>Villa Caterina www.SanDiegoHistoricRentals.com 1654 Columbia St (near CIBU) Tel: (619)-232-3400</p> <p>Vantaggio Suites* www.vantaggiosuites.com 2650 Broadway, San Diego, CA 92102 1736 State St, San Diego, CA 92101 Tel: (619) 595-0111</p> <p>Newport Place* www.newportplace.com 1343 C Street, San Diego, CA 92101 Tel: (858) 490-6282</p> <p>Avalon Apartments www.avaloncommunities.com 1399 9th Avenue, San Diego, CA 92101 Tel: (866) 646-2664</p> <p>Market Street Square Apartments www.marketstreetsquareapts.com</p> <p>Studio 819* (Hillcrest area) www.studio819.com Tel: (619) 542-0819</p> <p>500 West Hotel www.500westhotel.com Tel: (619) 234-5252</p> <p>La Pension Hotel www.lapensionehotel.com Tel: (619) 236-8000</p> <p>www.Southcoast-commercial.com 470 20th Street, San Diego CA Tel: (619)-246-8307</p>	<p>Useful websites:</p> <p>www.rent.net</p> <p>www.craigslist.com</p> <p>www.aptsforrent.com</p> <p>www.apartmentguide.com</p> <p>www.apartmentnet.com</p> <p>www.aptsforrent.com</p> <p>www.roommateexpress.com</p> <p>www.apartmentnet.com</p> <p>www.apartments.com</p> <p>San Diego Reader (free paper every Thursday): www.sdreader.com OR call San Diego Reader free Roommate Hotline Tel: (619) 235-2415</p> <p>San Diego Union Tribune Newspaper: www.sdmarketplace.com (SD Daily Paper – click on rentals, then roommates for shared rentals)</p> <p>Near the beach:</p> <p>Kelly Realty (Mission Beach) Tel: (858) 488-1627</p> <p>Adventure tours housing www.adventuretours-inc.com 3920 Ingraham St, # 11-206 SD, CA 92109 Tel: (858) 405-6939</p>	<p>Maryland Hotel (downtown)</p> <p>Tel: (619) 239-9243</p> <p>USA Hostel (downtown)</p> <p>www.usahostels.com</p> <p>Ocean Beach Hostel (beach)</p> <p>www.CaliforniaHostel.com</p> <p>Hostel information:</p> <p>www.hostelweb.com/cities/sandiego.html</p> <p>Banana Bungalow Beach Hostel:</p> <p>www.bananabungalow.com</p> <p>info@bananabungalowsandiego.com</p>	<p>San Diego Homestay</p> <p>Rita Schultz 6117 Wolfstar Court, San Diego, CA 92122</p> <p>Tel: (858) 457-1322 Fax: (858) 452-0615</p> <p>homestay@sandiegohomestay.com</p> <p>Adventure Tours Host Family Program www.adventuretours-inc.com 3920 Ingraham Street, suite 11-206 San Diego, CA 92109</p> <p>Tel: (858) 405-6939</p>

San Diego Safety

TIPS

San Diego is a relatively safe city. Just like anywhere in the world, whenever you're visiting an unfamiliar area, always use your experience and common sense. It is best to travel with a friend to minimize the possibility of anything happening to you.

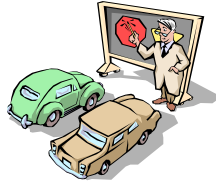
The following tips are given to you as a general advice and are meant for you to make the best of your stay and not to worry:

1. Never walk late at night, whether alone or with company, especially in dark and secluded areas. Do not walk at night in Balboa Park.
2. Preferably wear a money belt and never carry a lot of cash or jewelry. Use Traveler's Checks or Credit Cards, preferably.
3. Do not display money openly and carry small bills. Do not go to Automated Teller Machines (ATM) at night.
4. Keep your air, bus, or train tickets safely at home. If you lose them, they're like cash.
5. Be cautious of your surroundings and the people near you. If you feel like someone is following you, go into a public place and wait until he or she leaves, or get help from a shopkeeper or police officer. Call a taxi or a friend to come pick you up and stay in a lighted area.
6. Be careful of people offering you drugs or any service that makes you feel uncomfortable.
7. Be aware of people who seem too friendly or too eager to help.
8. If you are carrying camera equipment or a laptop, always hold onto it and never leave it out of your sight.
9. Keep your I-20 and passport with you, at all times. A copy is not acceptable. The best choice would be to get a California ID or a California Driver's License.
10. When going to a night club or out at night, try to bring only what you can fit into your pockets. Women should never leave a purse unattended.
11. People may recognize you as a foreigner, so speak English in public.
12. If you intend to go to Mexico, speak to a school official. Keep in mind that Mexico is another country, and you will need to bring your passport and I-20. Be sure to travel with friends and not by yourself, as some areas are not safe.

SAFETY ON THE BUS OR TROLLEY

1. If someone is bothering you, tell the driver or move to another seat in another car.
2. Be particularly cautious when taking the bus or trolley after 9:00 pm. Find the car or bus with the most people, and always look around you.

SAFETY TIPS IF YOU ARE DRIVING



1. **Never pick up hitchhikers.**
2. If you have an accident or your car breaks down:

If you are involved in an accident, do not leave the scene, under any circumstances. Ask someone to telephone the police department or 911 if there are injured people. Do not discuss what happened with anyone other than the police and don't admit anything to anyone. You should notify your insurance agent immediately. If there aren't any injuries, the police might not come. In that case, just exchange insurance information and your insurance agents will work it out. You also need to fill out a traffic accident report (form SR-1) of the accident and give it to the Department of Motor Vehicles (DMV).

If your car breaks down, it is normally a good idea to "turn your flashers on" and "raise the hood" of your car, so that someone may stop and help you. However, because of safety concerns, most people will not stop. Someone without good intentions may stop and pretend he/she wants to help, so this is not always a good idea. If you notice you are in a "bad neighborhood," it might be best to lock your car and go to the nearest "public" place like a store or gas station to call for help. If you are on a freeway, "S.O.S, Green Boxes" are located at every half mile. Just pick up the phone and ask for help. The boxes are programmed to identify your location and they will probably send a tow truck to assist you. The cost, of course, is yours. Do not, under any circumstances, try to cross the freeway.

3. Always make sure you have a working flashlight, a jack and a spare tire in your car.
4. Lock your car and never leave the car running when you are not in it.
5. Never leave suitcases, bags, maps or other things where they can be seen. Always put them in the trunk of the car and try to park in well-lit and transited places.
6. At the beach, do not leave your keys hidden in the car (i.e., on the wheel). Hundreds of cars are stolen every year when the driver "hides" the keys somewhere on the car.

REMEMBER:

As a visitor, you stand out from the crowd and thieves know this, so just remember these simple guidelines and enjoy your stay in San Diego.

EMERGENCY INFORMATION

IN CASE OF FIRE, THEFT OR MEDICAL EMERGENCY

Call 911 (no coins needed).

IN CASE OF FIRE

Close doors and windows if time permits.

Touch closed doors. Do not open if they are hot.

Use stairs only; do not use elevators.

Pull an alarm as you leave the building.

Move well away from the building when evacuating.

Notify the fire department from a nearby phone to provide further information.

IN CASE OF AN EARTHQUAKE

INSIDE

- When you feel an earthquake, duck under a sturdy object and hold to it.
- If you are not near a sturdy object, duck and protect your head with your arms.
- Avoid windows, filing cabinets, bookcases and heavy objects that could shatter or fall.
- Watch out for falling plaster, ceiling tiles and light fixtures.
- Stay under cover until the shaking stops; then evacuate the building.
- Do not rush outside.

OUTSIDE

- Move away from trees, signs, and buildings, electrical poles and wires.
- Protect your head with your arms from falling bricks, glass, plaster and other debris.
- Move away from fire or smoke.
- Do not enter a building.
- Also check out the First Aid and Survival Guide in Yellow Pages Phone Book.

IN YOUR CAR

- Slow down and dive to a clear place, away from trees, signs, and buildings, electrical poles and wires.

The legal drinking age is 21!!!



The drinking age in California is 21. If you order a drink in a restaurant, you will be asked for identification (I.D.). Remember, a Student I.D. is not acceptable.

If you plan to carry I.D., obtain a California I.D. card rather than your passport. You can obtain an I.D. card at the Department of Motor Vehicles (DMV). **Most clubs require a valid form of I.D., either California I.D. card or passport.**

There are strict laws about drinking and driving. A driver whose blood test is eight-hundredths of 1 percent or more of alcohol (0.08%) is considered under the influence of alcohol. The fine for drunk driving is up to \$1000 and up to 6 months in jail.

We also have a law that doesn't allow people to be "drunk in public". Please control your behavior while walking down the streets when you've been drinking. The police will arrest you if they feel you are out of control. To carry an open alcohol bottle in your car is against the law.

THE HOMELESS

As you walk in the Gaslamp area of downtown, you will see homeless people sitting on the sidewalk, pushing shopping carts with their belongings or sleeping in doorways. Some of them may ask you for money. They may say, "Spare change?" or "Can you spare a quarter?" If you want to give a few coins it is OK. If you don't want to give, that's OK, too. There are organizations in San Diego that help the homeless. There are shelters where the homeless can sleep, and programs that help homeless people get jobs. Keep in mind that any money we give them keeps them on the streets and out of the shelters and programs already in place to help. Consider volunteering for the Salvation Army, Volunteers of America, or another organization that helps people.

Be aware of people asking for cigarettes because it is illegal to give cigarettes to a minor.

IMPORTANT PHONE NUMBERS

Emergency Telephone Number (fire, police, ambulance).....	911
San Diego Police Department (non-emergency).....	(619) 531-2000
San Diego Fire Department.....	(619) 974-9706
Immigration & Naturalization Service (INS).....	(619) 557-5570

SERVICES

CIBU is located in Little Italy, a neighborhood of Downtown San Diego. Check this website for information and services offered locally. <http://www.littleitalysd.com/Live.asp>

Banking Options

Most banks are open Monday through Friday from 9:00 am-4:00 pm and some are open until 6:00 pm. Many banks are also open on Saturdays.



Chase: www.chase.com (was www.wamu.com)

The closest office is at 1415 India Street (619) 237-1090. Call Customer Service at (800) 788-7000 for more locations.

Bank of America: www.bankofamerica.com

Several Branches. Main office located at 450 B Street, (Downtown). (619) 515-7574. 24-hour Customer Service: (800) 732-9194

Union Bank: www.uboc.com

Several branches. Main office: 1201 5th Avenue, (Downtown). 24-hour Customer Service: (619) 230-3800.

Wells Fargo: www.wellsfargo.com

Several branches and 180 ATM locations. Main office located at 401 B Street, (Downtown). (619) 702-6949. 24-hour Customer Service: (800) 869-3557.

Using an Automatic Teller Machine (ATM):

These machines and the directions for using them vary from bank to bank. It is possible that American ATM's are quite different from those in other countries and in the past, foreign people have lost money because they deposited it incorrectly in an ATM. Most banks charge you a small fee for using other banks' tellers. The standard amount is \$1.50 from your bank and another \$1.50 from that other bank.

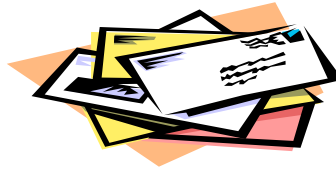
CHECKING ACCOUNTS

Paying by check or debit card is a very common practice. It is important to have a checking account to pay for bills, purchases and other expenses. It is much safer than carrying cash. When paying by check or

debit card, you will be asked to show a Picture I.D., such as, a passport, driver's license and sometimes another form of I.D.

Foreign students may open a checking account by presenting their passport and I-20 form to the new accounts section of the bank. You will receive a checkbook with checks and a debit card, which you may use to spend the money in your account. You may also open a savings account.

POSTAL SERVICES / MAIL



To find the Postal Office nearest you and for General Information, call: (800) 275-8777 or visit the website at www.usps.gov.

The Main Post Office address is 2535 Midway Drive, San Diego, CA, 92138.

The nearest Post office is at Horton Plaza Shopping Center in Gaslamp. **Mail should not be sent to you at CIBU as it will NOT be forwarded to you!** CIBU is not responsible for any personal mail received at its office.

Most communities or towns have a Post Office Branch. Mailboxes are located everywhere on the streets of San Diego. Regular mailboxes are blue and say "U.S. Mail" on them. There are also Express Mail boxes, which are used only for overnight mail, which is more expensive. The last mail pick up at most mailboxes is at 5:00 pm Monday – Friday and at 12:00 pm on Saturday. Pick up times vary. There isn't a pick up on Sunday.

RESTAURANTS NEAR CIBU

There are plenty of places to grab lunch at reasonable prices right near the school.

One of the closest and most popular places is Fabrison's – 1425 India Street

Petrini's on Ash street is a block away from CIBU.

Taco Express – 1330 State Street and Mexican Fiesta – 1460 India Street are 2 inexpensive Mexican restaurants a couple minutes from CIBU.

7-Eleven at the Corner of Beech Street and Columbia Street

You will find many restaurants on India Street and in the neighboring streets.

TELEPHONES



Area Codes: All cities in the U.S. and Canada have a 3-Digit area code.

It usually appears in parenthesis (619) before the number.

Most of San Diego County is served by Area Code (619) or (858). If you are dialing an area code and a recorded message tells you to check the area code, generally use (858) instead of (619) or vice versa! North San Diego County uses area code (760).

When calling an area code outside of the area code you are calling from, you must always dial a “1” and then the other area code.

Public Telephones: Are conveniently located at gas stations, mini-markets, shopping malls, supermarkets, restaurants, and bars. The cost for a local call is 35¢ for 3 minutes. To make a local call, just dial the 7-digit number given to you. Sometimes, a call within San Diego County is considered long distance. When that happens, an operator or a recording will come on the line and tell you how much money to put in for your call.

Long Distance Calling: To call direct, within the U.S. or Canada: Dial 1+ area code (3-digit code of the city you are calling) + the 7-digit number you are trying to call.

To call direct to other countries: Dial 011 + Country Code + City Code + phone number. At a public phone, an operator or a recording will come on the line and tell you how much money you need to put in. To call from a Hotel room, first ask the operator if the Hotel has any **(800) (888) or (877), TOLL-FREE CALLING**. A “Toll Free Number” always has an (800) or (888) area code. The call is free to the person making the call and can be dialed from any telephone, public or private, even without any coins. The business or person you are calling can be located in San Diego or in another city. To make a toll free call, simply dial 1 + 800 or 888 + the number given.

Calling Cards: They are very convenient and they can be used from almost every telephone. They usually come in amounts of \$5, \$10 or \$20. You can buy them at liquor stores, mini-markets, hotels, information centers, newsstands, etc. The rates you pay for calling in the U.S. and International varies a lot from one card to the other, so shop around. To use them, simply follow the instructions on the card.

Collect and Person-to-Person calling: Dial 0 (zero) for an operator and he or she will ask you for the rest of the information to complete your call. These calls are always much more expensive than direct calls.

Directory Assistance (Information): For local information, dial 411. Although the call is free from most public pay phones, **it can cost up to \$1.50 from home or business phones**. For information in other cities in the U.S. and Canada, dial 1 + Area Code + 555-1212 or 411 can do this for you for an additional charge. For information in other countries, dial 0 for an operator. **REMEMBER, 411 COSTS MONEY**, so for free information, try Google 411 1-800-GOOG411, or **1-800-SANDIEGO**

1-800-SANDIEGO – Dial this number for FREE business numbers anywhere in San Diego County! A great service for all to take advantage of and save money!

Locating Numbers using the Phone Book:

White Pages: They list local, national and international city and country codes, calling rates, services offered, etc. They also list government agencies, businesses and residential telephone numbers and addresses, alphabetically.

Yellow Pages: Arranged by subject, under business categories.

How to set up home telephone service:

The only companies that offer local telephone services are AT&T, Cox Cable (in some areas), and Time Warner.

To order phone services follow these steps:

For Cox Cable call: (619) 262-1122 or go online to www.cox.com/sandiego

For AT&T call: (800) 310-2355 or go online to www.att.com

The representative will give you several options of service. Flat Rate is approximately \$15.00 per month. Ask about the “Universal Lifeline Telephone Service” for a discounted rate for students. Measured rate varies, depending on the number of calls you make, each month. “Please be aware that many calls within San Diego are considered long distance” and the amount can add up considerably. Normally you can do the whole procedure of setting up service over the telephone, and your service will be operating in 1-2 business days.

You will be asked to pay a deposit for your service. To do this, go to one of the following:

AT&T:

Bring your passport and a credit card, if you have one.

When you’re at the telephone office, after paying the deposit, go to one of the service telephones on the wall, dial 21 and give then the serial number on the receipt. You will then be told when your phone will be operating, normally in 1-2 business days.

The cost of setting up phone service is between \$10.00 (Universal Lifeline flat rate for lower income homes) and \$40.00 and you will be billed this amount on your initial bill.

Cox Cable Main Office: (619) 262-1122 located at 5159 Federal Blvd.

Long Distance Telephone Companies:

Many companies provide Long Distance Service. They all offer all kinds of calling plans and special discounts to compete against each other. It is up to you to choose the company you want. For U.S. and International long distance, from your home, Cox Cable, AT&T, and SPRINT offer some calling plans, but not the best rates for the calling card services. Calling card rates are better if you buy them at the store. So check carefully. The following are the best long distance companies:

Cox Cable: (619) 262-1122. www.cox.com

AT&T: (800) 222-0300. www.att.com

Sprint: (800) 877-7746. www.sprint.com



There is a charge for setting up service, plus the charge for your calling plan. Normally the best hours for long distance calling are from 11:00 pm-7:00 am and on weekends.

SKYPE

Provides free calls, video calls and instant messaging over the internet, plus great value calls to phones anywhere in the world. www.skype.com

Pagers and cellular phones:

If you’re planning to stay in San Diego for a while it’s a good idea to get a pager, or cellular phone.

Cell Phones: Many companies offer cell phones. Be careful of length of contract (if you’ll be here for 4 months, do you want a one year contract?) and calling restrictions. Most providers charge a deposit if the user has no social security number or credit history (i.e., Sprint \$300).

SPRINT PCS at (800) 480-4727, and listen to the option menu. Or check out www.sprintpcs.com

CINGULAR WIRELESS at 866-CINGULAR or www.cingular.com

AT&T at www.att.com

T-Mobile at www.t-mobile.com

Dia Wireless – reasonably-priced unlocked phones – 625 Broadway www.diawireless1.com

The Internet:

Some of the Internet providers are:

COX CABLE: www.cox.com

TIME WARNER CABLE: www.timewarnercable.com this carrier offers three options: AOL High Speed Broadband, Earthlink and Roadrunner.

900 and 976 Numbers:

Be careful with numbers that begin with 900 or 976. If a number begins with 900 or 976, it means there is a charge for that phone call, in addition to the regular charges. Companies list these numbers so that you receive information, services, event listings, psychic readings, sports scores, dating services or employment opportunities. Some of them are legitimate and worth the call, but many of them are just ways to get your money. The cost of a 900 call can be \$3 or \$4 dollars per minute. You can also ask the phone company to block these numbers from your home telephone, which will ensure no one can make these calls from your residence.

Buying Equipment:

You must buy your own phone. Consider electronics stores, like Fry's Electronics, Best Buy, DOW Audio/Video, and at discount stores like Wal-Mart, K-Mart (or Big K) and Target stores. Look in your phone book, under telephone or audio/video stores for locations, or surf the Internet!

LIBRARIES

The CIBU Library offers students a specialized business collection, relevant periodicals, journals, newspapers, a public computer, quiet study space and meeting space. Books may be checked out of the CIBU collection for a period of 3 weeks and may be renewed. There is a self-checkout sheet for books in the library stacks. Back issues of journals, periodicals and newspapers may be checked out for overnight on a separate self-checkout sheet.

Students have online access to electronic journals and periodicals which can be searched from the library computer or from any computer that is connected to the internet. The url and password are posted in the library or can be requested at www.library@cibu.

To supplement the CIBU Library, students have access to resources in regional public and university libraries in San Diego. The San Diego Public Library offers free services to all San Diego residents. Libraries are in every neighborhood, and library cards are free. www.sandiegopubliclibrary.org

Located in eastern San Diego, San Diego State University's Love Library is open to the public. From the location, you can access their extensive databases, including market research and statistical information. CIBU students may borrow a SDSU guest card from the CIBU Library. www.sdsu.edu

The San Diego Law Library is a public resource for legal research, staffed by expert legal librarians and is located downtown. www.sdcll.org

Recommendations are greatly appreciated! If there are any books or magazines that you would like to see in the CIBU Library, please do not hesitate to ask. The library is here to serve you. If you do not know a specific title, but would like to see materials about a topic, simply email the topic and the library staff will identify relevant materials. All requests can be made to the librarian or staff member on duty, or sent to library@cibu.edu.

TRAVEL AGENT

There are many travel agents in San Diego to choose from. Students are recommended to try Council Travel first as they deal with student tickets and can be of great help:

Virtual Travel Agents – Check the following for good deals on hotels and airfares:

Orbitz at www.orbitz.com; Expedia at www.expedia.com; or Hotwire at www.hotwire.com

STA travel, the world's largest student and youth travel agency, beats any price! Located at the Aztec Center on the SDSU campus or call (619) 544-9632. www.statravel.com

GENERAL SCHOOL INFORMATION

Parking

Parking downtown is expensive! Take the trolley or ride your bike! Free street parking may be found in the residential area of Little Italy about a 5- to 10- minute walk from CIBU. Just be aware that most of the spots are 2-hour parking unless you have an F permit.

A very helpful website for parking in San Diego is Parking 101: <http://www.sandiego.gov/economic-development/pdf/park101.pdf>. Take the time to read this site to avoid parking tickets which can be very expensive (about \$45)

There is no student parking on the CIBU parking lot. Unauthorized cars will be towed away.

Meter Parking: After 6:00 pm, all meter parking on streets in San Diego is free. During the day, fines are heavy, so be sure to put plenty of money in the meters--\$1.25 for one hour (coins only accepted). Do not forget to move your car every 2 hours.

You can purchase a pre-paid meter card that works with any meter in the City of San Diego Parking Administration: 1255 Fifth Avenue, (corner of Fifth Avenue and A Street). (866) 470-1308

Also, please “**curb your wheels**”, which means to turn them toward the curb whenever you are parking downhill or away from the curb when parking uphill when parking on anything but a perfectly flat street surface! A ticket for not doing this is almost \$100 and is strictly enforced in the downtown area. The meters are the best place to park for a 6:00 pm class, as you only need to put in a few coins

Downtown Parking Lots: Several Ace Parking lots are within five minutes of CIBU. These self- parking lots are the least expensive parking option at \$6.00-\$15.00 dollars for all day. Most do not have “in and out” privileges, so you cannot come and go. Underground and public lots are the most expensive option, but you might be able to find a good monthly rate if you’ll be studying at CIBU for at least a few months.

Bikes, Student ID Cards, Building Access and Guests, Personal Belongings

BICYCLES

CIBU encourages students to bike to CIBU. There is a bike rack located in the back of the building, in the parking lot. However, CIBU cannot guarantee the security of student bicycles. A heavy-duty Kryptonite lock is recommended.

Be careful while riding in downtown San Diego as traffic is heavy. It is illegal to ride your bike on the sidewalks (you may walk it). Make sure you have a light in the evening.

STUDENT ID CARDS

Degree students will be issued a CIBU Student I.D. card. Show it at local shops, services and movie theaters and ask if they offer a student discount. If you need a replacement card, a fee of \$15 will be charged.

BUILDING ACCESS AND GUESTS

During regular business hours, you may bring guests to the School. Please inform the front desk of any guests. Also, if you would like to bring a guest to a class, you must ask permission from the professor.

Current office hours access hours are:

Monday to Friday: 8:30 am to 5:30 pm. The facility and library are open until the end of classes.

PERSONAL BELONGINGS

CIBU does NOT have any storage or lockers. You must keep your personal belongings, including computers, with you. CIBU is NOT responsible for any items left unattended at the school. Should you find something missing, you should notify the School Office and call the non-emergency Police Number to file a report. The Lost and Found box is located at the Front Desk.

Student Lounge

Students have access to the Student Lounge to meet, study or relax between classes. Vending machines and several information boards are available in the lounge.

Students can post "for sale items," housing requests or other signs. They must be written on 3 X 5 cards and approved and stamped by the front desk. The cards are available in the lounge and at the front desk.

Smoking

You may smoke outside the back entrance to the building in the parking lot. If you smoke by the front entrance you must, by California Law, be 20 feet away from the lobby entrance. **California law prohibits smoking inside this building and all public buildings, including restaurants and bars.**

Many cities in San Diego County prohibit smoking on the beaches and in the parks.

If you are a smoker, consider your time in America as a great opportunity to kick the habit and become more "Californian" in your lifestyle!

YOUR OWN LAPTOP COMPUTER

Students should have and are encouraged to acquire a laptop computer for use at the school and home. CIBU is equipped with wireless access points so that students can be seated anywhere and have Internet access.

CIBU Laptop Policy – While the School encourages students to purchase laptops for personal use, each professor will set his or her own policy for laptop use during classes. Some will allow laptops for note taking while others will not allow laptops during class time. If laptops are allowed, they are for note

taking only. If a student is found e-mailing, instant messaging, playing games, surfing the net, or doing any other “non-school” related activity, the instructor has the authority to tell the student to shut down the computer for the remainder of that class as well as not allow use during future classes.

Where to Buy: You can look online for a used computer at some of the sites mentioned in the “Starting a New Home” section of this handbook. Recommended stores to go to are: Fry’s, Costco (membership required), Best Buy, Office Depot, and CompUSA (online).

Equipment and Services



Photocopying & Printing: CIBU does not have student-copying or printing services available. The UPS Store (501 W. Broadway) is open from 9am to 7pm during the week. Go Postal (1501 India St, one block from CIBU) is open from 7am to 6pm during the week. The FedEx Office (532 C Street, corner of 6th & C) is open 24 hours per day. Students often share their home printer.

Public Computer Access: CIBU offers a public computer for student and faculty use in the Library. Please be considerate of others who may be waiting to use the computer, and those who need the computer for schoolwork have priority over other students. While CIBU values academic freedom, please do not access objectionable content from the school’s public computer.

U.S. UNIVERSITY TRADITIONS

It is common for U.S. students to take fifteen to eighteen hours per week of instruction at the undergraduate level, and nine to twelve hours per week at the graduate level. Students are not expected to take comprehensive exams. The professor will give you a syllabus in the beginning of the semester detailing his/her course criteria, weekly assignments, projects, attendance requirements and the policy on laptops.

Students should expect a very typical U.S. business school experience at CIBU. These include a very traditional, yet advanced, curriculum model, teaching style, and overall philosophy of independence in academic pursuit. A part of the experience includes the social interaction and meeting new international students and faculty, so you are encouraged to get to know your fellow students in the different categories of exchange students, graduate students, doctoral candidates and visiting scholars.

THE ACADEMIC CALENDAR

CIBU has four Academic Quarters (10 weeks) and two Intersessions (4 weeks) each Academic Year. Please see your specific program calendar for details.

Activities: CIBU will also offer fun **activities** throughout the year, and you’re encouraged to participate. You must sign up by the reservation deadline and pay any fees in order to participate! Your ideas are welcome, and we hope you will share both what you have enjoyed during your stay and any suggestions to make it an even better experience for future CIBU students!

TEXTBOOKS



In U.S. universities and business schools, students are required to buy and use textbooks for most classes. Textbooks are expensive and you can expect to pay \$50 to \$140 per class for books. If the professor provides many handouts, students may pay a modest fee for the copy service.

Students must purchase their textbooks prior to the first class, as instructors start using them and request assignments from the first day of class.

Books can be purchased online at the following:

www.Amazon.com

www.campusbooks.com

www.betterworldbooks.com

www.abebooks.com

And you can go to Google.com and put in the ISBN number

E-Books can be bought at the following websites:

www.ichapters.com

www.zimio.com

Students can also rent books at www.chegg.com

DRESS CODE

Students are expected to wear casual attire in classes, unless there is an excursion or an important guest lecture in which casual business attire is required. If you are enrolled in the internship class you may need business professional clothing, depending on the company you elect to work for. You will need business attire for any interview. Beachwear or gym wear is **never** permitted in any case. Please dress in a courteous and respectful manner.

ATTENDANCE and PARTICIPATION

Students must attend all classes on time. This does not mean sitting in the library checking email. It means being physically in the classroom at the start of class. Absences should be for illness only, and we ask you to notify your instructor (e-mail or phone number may be found in the course syllabus). **If you are ill more than 2 consecutive days, a doctor's note will be required.** Missing classes for tourist travel is not acceptable and may impact a student's final grade(s).

Participation in class is considered very important by CIBU faculty. Students are encouraged to participate by sharing ideas, thoughts, experiences, and asking questions as part of the classroom discussion. Some professors make this part of the grade. In most of your courses you will be treated as an individual in regard to your own grades and personal performance. Yet, you might be expected to be a member of a small team to work on classroom discussion and research.

ACADEMIC HONESTY

CIBU expects that all academic work by students be original, or in the case of cited material, properly acknowledged as the work, ideas, or language of another. All acts of academic dishonesty are strictly forbidden, including cheating, plagiarism, unauthorized collaboration, or misappropriation of research materials. Students may be placed on probation, suspended, dismissed, or given another sanction for academic dishonesty.

Foreign Student Information

Basic Immigration Rules for F-1 Foreign Students

1. Foreign students studying in the USA are on a F-1 Visa in a non-immigrant status. While studying in the U.S., you must be a full time student, attending classes. If you are not full-time, you will fall out of status and can be deported. This will also affect your eligibility to transfer to another school.

2. As an F-1 student, you are not permitted to work. Only under very special circumstances are students given permission to work in the U.S. by the Immigration Department. See the Director of Institutional Development for details.

3. Mexico and travel outside the U.S.: If you plan to leave the U.S, check with the Enrollment Services Office to obtain an endorsement from the school DSO on your Form I-20. This signature is good for one year. To re-enter the USA, you will need your Passport with F-1 Student Visa, I-94 Card, and your endorsed Form I-20. Most students may go to Mexico for up to 72 hours without a visa but need one for longer stays (see section on the Mexican Consulate for more details).

Visitors to the U.S.-Mexico border region, including cities such as Tijuana should remain alert and be aware of their surroundings at all times as violence and crimes have increased over the last few years.

4. After completion of your studies, you are allowed to stay in the U.S. for a maximum “grace period” of 60 days, if you have F-1 status. However, if you drop out of a program (do not complete it), you do NOT have a grace period and must leave the country.

If you do not have an F-1 status, you must leave the country by the date indicated on your I-94. Check with the Enrollment Services Office for information.

5. While in the USA, your passport may be required for ID purposes. If possible, obtain a California ID card from the Department of Motor Vehicles for identification purposes. Your International Driver’s license may be helpful as well. Keep it in a safe place so no one can steal it and so you will not lose it. If U.S. immigration or a California Police Officer ever stops you, you may be asked to show your Passport.

6. Change of Address or Phone Number: You are required by the Department of Homeland Security to inform the School Office (Admissions) of a change in physical address or phone within 10 days or a change. Please note a Post Office (PO) box is not acceptable as a physical address (street address) is also required.

7. Students on an F-1 Visa and their dependents (F-2) may NOT take classes at the Community College “Free School.” This program is for Americans or foreigners in “immigrant status”, not those in non-immigrant status like F-1 foreigners. The Department of Homeland Security has reported that should the agency determine an F-1 or F-2 is taking such classes; it MAY be grounds for deportation.

REMEMBER: When leaving the USA, be sure to have: **Your Passport with F-1 Visa, I-94 Card, and Endorsed Form I-20** (signature of DSO School Official within the last 6 months)

For General Information:

Call the Immigration and Naturalization Department: (619) 557-5570

For Border Crossing information call: (619) 662-7311

HOW CAN I GET A SOCIAL SECURITY NUMBER?

The US government issues Social Security numbers to individuals who meet certain requirements. International students who are in the US for only a semester or year abroad are not authorized to receive a Social Security number unless their program includes “Optional Practical Training” after all academic work is completed. Students whose program allows for “Optional Practical Training” may request a Social Security form from the school. An application form (SS-5 available at <http://www.ssa.gov/online/ss-5.pdf>) must be filled. Please visit www.ssa.gov for address and more information

You must also bring your passport, immigration documents (F-1 visa holders: I-94 and I-20; J-1 visa holders: IAP-66) and another form of identification such as a passing score on driver’s license exam (\$30), student I.D., and if you have a letter from a company wishing to hire you for practical training. It takes 3-4 weeks to receive a Social Security Card. *Please give the School Office a copy of the card upon receipt.*

The American & the San Diego Culture

San Diego’s population comes mostly from other states in the U.S. and from many international origins, so, on any given day, you will find all kinds of cultures and races, almost anywhere you go. On the other hand, being a Navy and Aerospace town, San Diego is a very “American” city. There are some cultural characteristics which are very American and others which are unique to San Diego’s culture.

Americans are informal about shaking hands. Men sometimes shake hands when they meet someone, but some people don’t and they don’t consider it rude or bad.

A man usually does not shake a woman’s hand, unless she offers it. Very rarely will a man give a “hello kiss” to a woman he’s introduced to for the first time. Close friends do hug and kiss when they greet each other, and it’s very normal to see lovers kiss and hug in public places. In business situations, both men and women shake hands.



One custom that is very American is the early use of the first name. After you become acquainted, most of the time it is very appropriate to call your boss or your friend’s parents by their first name. This is actually more of a compliment than an insult. You should always call your professor “Dr.” or “Mr. /Ms.” and then his/her last name.

Dating, at all ages, is very usual in the US and it is very normal to ask someone you like out for dinner, or to the movies, etc. This doesn’t always mean they want more than just a friendship. However, Americans tend to be very casual about sex and, for both sexes, it may not always mean love or that they want a serious relationship. On most dates, it is customary for man to pay, but in many cases, the woman or both pay.

Americans are very conscious of time and the lifestyle may seem always rushed. It is important to be on time for appointments or personal invitations. If you are late or need to cancel, it is appropriate for you to call and let them know.

Some Americans may seem very generous at times and offer you anything, just because they like you, or they feel like it. In most cases, they don't expect anything in return. If someone has been good to you, it is very appreciated if you send a thank you note or even a gift, but it's not always expected. If you are invited for dinner at someone's home, it is polite to bring a bottle of wine or flowers to the host/hostess.

THE SAN DIEGO CULTURE



The San Diego attitude, in general is very casual. San Diegans show informal friendliness and sometimes it seems to be impersonal. Casual friendliness should not be confused for true friendship, which takes time to develop. A unique San Diegan /Southern Californian cultural feature is that people you meet at stores, work, etc, always say: "Have a Nice Day", "It was nice talking to you", "Take it easy". Some people do it automatically and some really mean it. It's just a friendly part of the local lifestyle.

San Diegans are very curious and friendly towards international visitors and meeting people is easy. Most likely, someone will start talking to you or you can just start talking to him or her. If you don't understand, it's ok to ask them to speak slowly.

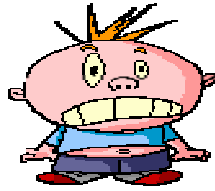
Most San Diegans are friendly and don't mind if you ask them for directions or other help. One of the main aspects of our local San Diego culture is the beach lifestyle. San Diegans seem to have a "take it easy" attitude and we like to enjoy our beautiful city and beaches

At the same time, the city "really moves" and people are very busy with their goals and very active in all areas. San Diegans seem to always be doing something, and are always on the move and living the outdoor life to the fullest.

The "California Surfer" is an image, which pops into people's minds, and it's a big part of San Diego's beach lifestyle. The stereotype of the surfer is someone who does nothing but spend time at the beach surfing, but many of them are well-known, local business and political leaders and regular students or working people.

The American and San Diego culture may be very different for the international visitors and even confusing for some. Even for some Americans who come from other places in the U.S., San Diego and Southern Californians are like another world.

CULTURE SHOCK AND REVERSE CULTURE SHOCK



CULTURE SHOCK

People traveling in other countries sometimes experience emotional discomfort due to their being in a culture different from their own. They may feel irritable, critical, bitter, homesick, or depressed. These may be symptoms of culture shock. It is very normal to have these feelings. For some people culture shock is brief and hardly noticeable. However, for most of us, culture shock is something we have to deal with over a period of at least several months, and possibly a year or more.

Culture shock comes from:

- ❖ Being in different situations from what you have been used to for a long period
- ❖ Being cut off from what had been your everyday life
- ❖ Bringing your own values from your country into a country with new and different values

Having a sense of humor and self-reliance are also helpful. Culture shock is very natural, so relax and deal with it.

REVERSE CULTURE SHOCK

Many travelers do not expect that they will get reverse culture shock, or re-entry when they return to their home countries. Often they are not aware they have it. Reverse culture shock symptoms are similar to culture shock: discomfort, irritability, resentment and depression. They may even have homesickness for the U.S.

If you have some knowledge of reverse culture shock, your problems will be easier to solve.

Reverse culture shock occurs because:

- ❖ You will have changed somewhat while being in the U.S. (although you may not be aware of it)
- ❖ Your home country, family and friends will possibly also have changed.
- ❖ Your family and friends will expect you to have the same behavior you had before, and they don't expect new behavior.
- ❖ Your family and friends may not be interested in your story about the U.S. as much as you expect. Just like you, they want to talk about what happened to them.

It won't take you long, however, to have a better understanding of why San Diegans enjoy their city so much and once you begin to experience all that San Diego has to offer, you won't want to leave.

In order to minimize culture shock, you may want to:

- ❖ Expand your knowledge and understanding of American culture and values.
- ❖ Develop American friendships in order to feel related to American people and to better understand their culture.
- ❖ Try new things (be curious)

- ❖ Think positively and try not to have any expectations

You may feel a gap between you and the people around you. Here are some suggestions for re-adjustment:

- ❖ Say good-bye to everyone and everything you may miss before leaving the country.
- ❖ Share the feeling you had in the USA with your friends and family members
- ❖ Catch up with trends, new vocabulary, fashion, foods, music, and current events. Research various groups that interest you: schools, clubs, international and intercultural groups, and exchange organizations. You may want to apply the skills and experiences that you developed in the US.
- ❖ Find someone that can share the experience or skills with you, such as people with international experience and foreigners.

Remember that re-entry is a time when you can expect to go through a great deal of change and when you integrate your experience abroad. It is completely normal to feel stressed while you are re-adjusting, so relax and take it easy.

Healthcare

Getting sick when you are away from home can be really traumatic. Be informed about health care before you get sick to make the experience less traumatic.

INSURANCE

Medical care in the United States is extremely costly, so most people have health insurance to help cover the high costs of health care. INS requires all students to carry health insurance. You will have the opportunity to buy it from one of the carriers for the school or show proof that you have health insurance in your country.

MEDICAL / OPTICAL / DENTAL

For a real medical emergency or in case of a fire or theft, call 911 for free. If it is not an emergency and you need some health assistance, the following are some telephone numbers you can call to find a Doctor (Physician), Dentist, Optometrist, Dermatologist, Gynecologist, etc.

To find a community health center call 211. This is a 24 hour hotline for information, programs and services. The 211 hotline is also available online at 211sandiego.org.

Also, try calling 1-800-SanDiego (1-800-726-3434) and ask for a medical provider near you. Always make sure your health insurance is accepted, and at what rate, by the medical provider you have chosen. Some medical providers accept only specific health insurance.

Dentist: Call 1-800-Dentist (1-800-336-8478) to be referred to a dentist near you. Call Monday to Friday from 6:00 am to 8:00 pm and on Saturday from 8:00 am to 2:00 pm.



HOSPITALS (for real medical emergencies only):

Throughout San Diego: Sharp Hospitals: (619) 636-2100. www.sharp.com

Downtown Emergency: Family Health Center: 1145 Broadway (at 11th Ave) – 619-515-2525

Downtown: Mercy Hospital: (619) 294-8111; 4077 5th Avenue

Mid-Town: University of California San Diego (UCSD) Medical Center: (619) 543-6222; 200 West Arbor Drive

Mission Bay: Mission Bay Hospital: (619) 274-7721; 3030 Bunker Hill Street

SDSU Area: Alvarado Hospital: (619) 287-3270; 6655 Alvarado Road

HEALTH INFORMATION AND TIPS:

There are excellent local resources for medical care when you are in need. Of the four types of medical service available, consider the urgency of the problem and convenience to your schedule in making your choice.

Paramedics: For any life-threatening emergency, the paramedics will respond immediately. Call 911.

Hospital Emergency Centers:

Major hospital centers are open 24 hours daily and staffed with emergency physicians. Patients are seen on a priority need basis, so minor problems may entail some waiting time.

Walk-in Clinics:

Normally staffed by family practice physicians, neighborhood clinics are located throughout the community. Hours of operation vary, so it is advisable to call ahead. Check the Yellow Pages of the Phone book or call 1-800-SanDiego and ask for a clinic near your home. One clinic downtown is:

Gaslamp Urgent Care, 250 Market Street, (619) 239-9675

Pharmacies:

1. RiteAid Drug Store: located at the corner of W. Ash Street and Kettner Street, 619-231-7405
2. CVS: Horton Plaza. For information and other locations call (619) 231-9135
3. CVS DRUG: for the location nearest you call (800) 627-2866

If you have an emergency or need some medicine in the middle of the night, and you can't wait until morning, the best thing is to go to a hospital emergency room. Look in the Hospital section of the yellow pages for telephone numbers.

In San Diego, it is becoming rare to find corner pharmacies. Today, most pharmacies are called Drugstores and will sell you just about everything. They are also probably the least expensive places to buy medicine, develop and buy film, wine, cosmetics, milk, sodas, beach chairs, coolers, detergent, you name it. There are several "chain stores" with locations all around the country and most of them are open 7 days a week, and some are open 24 hours a day.

TRANSPORTATION

AIRPORT INFORMATION:

General Information: (619) 400-2400

Port of San Diego: (619) 686-6200

Bus No. 2 to Downtown, Train, Bus and Ferry Stations. The bus stop is at the center aisle of the East Terminal.

If you are arriving or departing by air, you will land or depart from the main airport, The San Diego International Airport, also known as “Lindbergh Field”

The airport is serviced by 26 major and commuter airlines, both national and international. Presently, the only direct international flights are to and from several Mexican cities, London and Canada, but many airlines offer frequent and convenient connecting service to destinations throughout the world.

The airport is located just 3 miles Northwest of downtown, on Harbor Drive. It is the only airport in the U.S. so close to the downtown area of a city this large, which makes it very convenient and accessible from all different points of the city and county.

The airport has 3 terminals: Commuter, Terminal 1 and Terminal 2.

Commuter terminal:

It is used for “small commuter airplanes” which take you mostly to Los Angeles (LAX) to make your international connection and to other small California destinations. If you are coming from downtown, on Harbor Drive, it is the first one you come up to, on your right. The exits are clearly marked.

AIRPORT SERVICES
ATM Money Machines: Call traveler’s aid for locations
Baggage carts: Baggage claim and throughout the terminal
Bar: On the 2 nd floor (Which Terminal?)
Bus Stop: In the shuttle area
Car Rentals: In the baggage claim area
Hotel Reservation: Courtesy phones in the baggage claim area
Public Phones: All over the terminal
Paging: (619) 231-2294, or pick up a white courtesy telephone
Restaurant/Cafeteria style: 2 nd floor, in front of American Airlines in Terminal 2 (Right terminal?)
Shuttles: Exit through the west exit of the baggage claim area and go to the waiting area. Shop for prices.
Taxis: Exit north of the baggage claim. Shop for prices.
Traveler’s Aid: In the baggage claim area. (619) 231-5230. In the Concourse (619) 231-2278.
www.travelersaid.org

www.travelersaid.org

SHUTTLE SERVICES:

These companies provide door-to-door transportation between home, office, hotel and airport.

Service is 24 hours a day, usually in a 7-passenger van, and you might be stopping to pick up other people along the way. Shuttle service has been recommended to be more reliable in picking you up on time. Although this service is convenient for one person, a taxi is usually cheaper if shared by several. For information call:

EXPRESS SHUTTLE (800) 900-7433	SUPER SHUTTLE (800) 974-8885
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TRAVEL TO AND FROM THE LOS ANGELES AIRPORT (LAX)

For travel by Amtrak train or Greyhound bus to and from LAX, go to www.mta.net for contact information.

At LAX, you can catch a free shuttle to the City Transit Center. Go outside of the terminal to the black and white “LAX SHUTTLE” sign located over the center traffic island. Take Shuttle Bus “C” to Parking lot “C”

TRAVELING TO MEXICO

Most students do not need a visa when traveling to Mexico for up to 72 hours. After that, most students will need a visa to stay longer. ***Always check with the Consulate General of Mexico: 1549 India Street or call 619-308-9915 or the main number at 1-619-231-8414 to find out the particular details.*** When traveling to México, remember that you will need to take all of your immigration documents: Passport with I-94, Visa, I-20 with Page # 4 signed by the school’s Designated School Official (one signature is good for up to 6 months). This is very important! **Otherwise, you may not be allowed back into the U.S., or you will have to pay a very expensive fine.**

For your first time to Tijuana, it is not advised that you drive across the border. You can easily take the trolley to the border and then walk over. There is also paid parking near the border. Also, keep in mind that special auto insurance is often required for driving in Mexico.

BUS: GREYHOUND

For service out of town (Los Angeles, Las Vegas, and throughout the U.S.), the main San Diego bus terminal is the Greyhound bus station located at 120 West Broadway, (619) 239-4007. For reservations and schedule information, you can call (800) 231-2222. A one-way ticket to Los Angeles is \$14; a roundtrip ticket costs \$24. Lockers are available at the bus station.

TRAIN: AMTRAK

For reservations and information call (800) 872-7245.

The national train company is AMTRAK. It provides service to all points in the U.S. and Canada, connecting through Los Angeles Union Station. The trains in San Diego arrive at the Santa Fe Depot, downtown, at the corner of Broadway and Kettner. There are two other stations in San Diego, one in Solana Beach and the other in Oceanside. Traveling by train is a great experience. You can watch the scenery, relax, meet people, have a drink at the bar or restaurant. Long distance trains offer sleeper cars. Amtrak runs 9 trains daily between Los Angeles and San Diego and 3 from San Diego to Santa Barbara, many connecting through Los Angeles to other national points.

Local Transportation

For detailed transportation information, check out:

www.sandag.org

www.sdcommute.com (Great way to plan your trip)

www.mta.net or call 1-800-COMMUTE

PUBLIC BUS:

For detailed information check online at www.sdcommute.com or call (619) 233-3004

San Diego has quite a comprehensive network of public transportation. The Metropolitan Transit System (MTS) operates bus and trolley routes throughout the county. For information on all MTS bus and trolley lines, schedule information, services offered, or to have information mailed to you, call the Regional Transit Information line above. The office is open from 5:30 am to 8:30 pm daily, except Christmas and Thanksgiving. At the Train Store, located downtown at 102 Broadway Street, (619) 234-1060, you can obtain route maps, schedules, bus and trolley tickets and daily, weekly and monthly bus and trolley passes. This is also where the lost and found department is located.

The store hours are 8:30 am to 5:30 pm, Monday through Saturday. Be aware that on holidays, buses don't run as often as on regular days. A very useful brochure is "Your Open Door to San Diego", which details all the tourist attractions and the buses that take you there. The local fare for adults is: \$2.00 one-way. Express fares (faster, direct buses) are from \$2.00-\$2.50 one-way. You must have exact change. Drivers do not carry cash. A blue sign, with the numbers of the buses that stop there, marks bus stops.

TAKING YOUR BIKE ON THE BUS:

These and other routes are served by buses with bike racks: 9, 27, 41, 81, 11, 34, etc. The bus stops along these routes are marked with a bicycle symbol. The Transit Store also has a brochure "Buses and Bicycles Go Places" for more information and trip suggestions.

THE SAN DIEGO TROLLEY:

The bright red Trolley is part of the MTS and it operates 3 lines. For information call: (619) 231-1466, 5:30 am to 8:30 pm daily.

South Line: It goes from Downtown San Diego to the Mexican Border, at San Ysidro, through National City and Chula Vista. An extension to the north of downtown, to Old Town is being finished.

Hours: Going south, the last train leaves downtown at about 12 midnight. Going north, the last train leaves San Ysidro at about 1:00 am.

East Line: From Downtown San Diego, east to El Cajon, through La Mesa and Lemon Grove with a 3.6 mile expansion to Santee.

Hours: Going east the last train leaves downtown at around 12:00 pm midnight. Going west, the last train leaves El Cajon at 1:00 am.

Old Town Line: It goes from downtown to Old Town, with an extension to Mission Valley, Qualcomm stadium and SDSU.

NOTE: The last train may leave earlier than mentioned above. We don't recommend taking the last train for this and for safety reasons. If you are ever bothered by someone or see a potential dangerous situation,

look for a trolley operator or get help from someone. Never leave the train if you are not sure of where you're getting off. All trains run about every 15 minutes and twice as often during rush hours.

TROLLEY RATES:

One-way rates are anywhere from \$2.00 to \$2.50. Please have exact change. You can get tickets at the machines located at all trolley stops.

Getting Oriented

FINDING YOUR WAY AROUND SAN DIEGO COUNTY

Use www.yahoo.com and go to “maps” for great help in finding your way around!

The Main Freeways in San Diego are:

INTERSTATE FREEWAY, 5 (I-5): It runs north and south, from the Mexican border, all the way up to Canada, following the Pacific Coast through the States of California, Oregon and Washington. In San Diego, it runs along the west part of the city, through downtown.

INTERSTATE FREEWAY, 805 (I-805): Runs north and south inland, parallel to I-5, through the central part of San Diego. It joins and turns into freeway I-5, just north of La Jolla, about 25 miles north of downtown.

INTERSTATE FREEWAY, 15 (I-15): Begins south of downtown and it runs in a northeast direction to Las Vegas and beyond.

INTERSTATE FREEWAY 8 (I-8): Runs east and west, through Mission Valley and the San Diego River. It is the splitting point for the north and south of the city. Going east it takes you to Arizona and beyond.

STATE ROUTE 94 (SR-94): Begins downtown and goes east until it crosses I-5 and joins I-8 after going through Rancho San Diego.

STATE ROUTE 52 (SR-52): Starts at La Jolla, at I-5 and it runs east, joining the I-5, I-805 and I-15 freeways.

STATE ROUTE 54 (SR-54): Starts in National City at I-5 and goes east, joining I-5 and I-805.

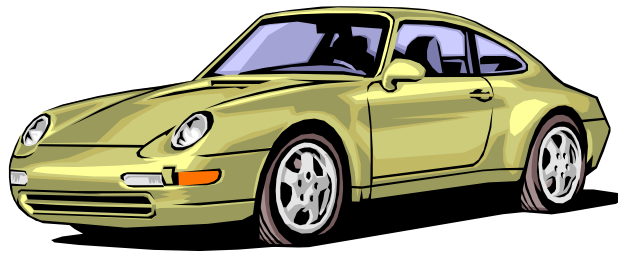
STATE ROUTE 163 (SR-163): Starts downtown and it runs northeast, through Balboa Park until it joins I-15 around the Miramar Naval Air Station.

Automobiles

Buying a Car

Buying a car is difficult, and you will need to put some time and effort into looking for one. If possible, have the car you’re interested in checked by a mechanic and always ask all the questions you want. The best publication to look for used cars is “The Auto Trader.” It comes out every Thursday, and you can get one at any liquor or convenience store. You can also look in classified ads in the newspapers, The Reader, the PennySaver. The web posts cars for sale at www.craigslist.com and www.sdisonline.org. It is also recommended that you check the “blue book” to find the value of the car you want to purchase by looking at “Kelly Blue Book” available at any bookstore like Barnes and Noble or online at www.kellybluebook.com or at www.edmunds.com.

Student Car Rental (619) 232-2400) also sells some of its cars to those interested in purchasing. You may want to hire a mechanic to check out these cars prior to purchase.



AUTOMOBILE REGISTRATION

All automobiles, old and new, must be registered at the time of purchase. If a car is found parked on the street, without a valid registration sticker on the license plate, it will be either ticketed or towed away and you will have to pay, not only to register it, but also a fine and the towing expenses.

To register a car the following things will be needed:

1. The “Pink Slip” or Certificate of Ownership:

When you buy a car, the person that sold it to you, whether it’s the owner or a car dealer, must sign the “pink slip,” releasing interest in the vehicle.

2. Smog Certificate:

You need to have your car verified against smog. This can be done at most gasoline stations. “Smog-test-only” garages are sometimes cheaper than large garages. The cost is usually about \$25-\$30, plus \$10 for the certificate. Prices can vary. Check in the “PennySaver” magazine for great coupons.

3. Current Registration:

The charge for the vehicle registration depends on the value of the vehicle and the year and make of the car. You will also have to pay the Sales Tax of 8.75% on the price of the car, at the time of registration.

CALIFORNIA DRIVERS LICENSE

Possessing a California Driver license is considered a privilege not a “right”. Non-U.S. citizens may apply, but the regulations have tightened in recent years. You may need to surrender your own license or have a stamp placed in it in order to apply for the California License. All applicants must take written and road tests. American traffic rules can differ significantly from foreign ones. It is therefore recommended to read the DMV handbook and conduct the practice tests that can be found on the internet (i.e., www.dmv.ca.gov and www.dmv.org). The process for attaining a driver’s license may take up to 6 months or more!

DEPARTMENT OF MOTOR VEHICLES (“THE DMV”):

The place to register your car and obtain a California Driver’s License or a California Identification Card is at any DMV. It is best to call and make an appointment with the office of your choice. They will tell you when to come and what window to report to inside the DMV office. Call for business hours at each location or check the website: www.dmv.ca.gov.

San Diego (Hillcrest) – Normal Avenue office: 3960 Normal Avenue. (619) 688-0227

Clairemont office: 4375 Derrick Drive. (619) 565-6691.

Chula Vista Office: 34 North Glover Avenue. (619) 427-5550.

AUTOMOBILE INSURANCE:

In California, the law requires that you have “liability” or financial responsibility for damages to others, plus “Uninsured Motorist Insurance” or protection if someone without insurance crashes against you. If you are not insured and get involved in an accident, in addition to legal penalties, you are personally responsible for the damages caused. In the case of injury or death, the costs can be enormous. Ask your insurance agent about what insurance is best for you.

NOTE: A California Driver’s License or an International Driver’s License is required to obtain car insurance. If you don’t have either one of these, you will need to use a friend’s car that is insured, to take the DMV road test, in order to get your California Driver’s License. Then, take your California Driver’s License to your insurance agent to buy the insurance for your car. Some car insurance companies to consider include:

Mercury Insurance Co.: (888) 637-2434

Geico: (800) 841-3000

American Automobile (AAA) Club: (800) 672-5246

Allstate: (619) 296-8711

The Insurance Place (Insurance Broker): 2611 Denver Street, San Diego, CA 92110, (619) 275-1155

RENTAL CARS

Car rental companies are plentiful. Some sell cars, too! Many have offices at the airport and at major hotels. Some require a credit card, but many take a cash deposit. You’ll need a valid driver’s license and your passport if you are foreign. Verify all additional charges for mileage, additional insurance, etc. Some rental car companies don’t allow their cars to go to Mexico, but many do.

Try one of these local car companies for reasonable prices and the willingness to rent to students age 19 and up:

Express Car Rental: 2595 Kettner Boulevard, (619) 232-5400 **(Sells cars, too)**

Student Car Rental: 2555 Kettner Boulevard, (619) 232-2400

Dirt Cheap: 3860 Rosecrans Street, (619) 234-9300 www.dirtcheapcarrental.com

These small rental car companies are good if you plan to drive the car locally. It is not recommended to use a local car company if you travel away from San Diego County, as help, if needed, may take longer if they only have one office. The national companies below might be preferable.

Avis Rent-a-car: www.avis.com. 1670 Kettner Boulevard, (619) 231-7137

Enterprise rent-a-car: www.enterprise.com. (619) 696-5000

Hertz car rental: www.hertz.com. (619) 294-4023

Budget car rental: www.budget.com. (619) 542-8686

Parking

See the section a few pages above, under General School Information, for important information on parking in San Diego. <http://www.sandiego.gov/economic-development/pdf/park101.pdf>

Settling in San Diego

INEXPENSIVE WAYS TO BEGIN A NEW HOME!

(Keep in mind, if you will be here for only 1 year or less, it may be cheaper and more convenient to find a furnished apartment than to spend a lot of time, energy, and money purchasing items!)

FURNITURE AND HOUSEWARES

Costco, Target, K-mart, Ikea, Wal-Mart, Ross, Marshall's are all stores, well known for their reasonable prices. There are several different locations, so look on the Internet or in the Telephone White Pages for the location nearest you.

Used Sporting Goods Store:

Play it Again Sam – Sells both new and used equipment. Buy your first surfboard for \$100 instead of a new one for \$400!

9841 Mira Mesa Boulevard, (858) 695-3030 - www.playitagainsports.com

1401 Garnet Avenue, (858) 490-0222 - www.playitagainsd.com

Second Chance Sports – sells used equipment from beach to snowboarding.

4811 West Point Loma Boulevard, (619) 224-9524 - www.secondchancesports.com

THRIFT STORES:

San Diego offers an abundant number of thrift shops where you can buy a variety of used products, from furniture, to pots and pans, and dishes to music, books and clothes.

Look in the Yellow Pages under Thrift Shops or go to www.bargainlink.com for a list of San Diego Thrift Stores. Some of the well-known thrift stores are: Goodwill, AmVets, Salvation Army, St. Vincent De Paul's, Buffalo Exchange (in Hillcrest and Pacific Beach)

GARAGE/YARD SALES:

It is common to find people selling their used items in front of their homes. This is the cheapest way to shop, and you often find nice things that people simply can not take with them if they are moving or simply don't have the room for. Typically they are held on Saturday and Sunday mornings. You will see signs posted in various neighborhoods. You can also look in the PennySaver, The Reader, and the San Diego Union Tribune to see people advertise when they will hold their garage/yard sales.

FLEA MARKETS:

Another great way to find both used items and new household goods, i.e. cleaning products, tools, furnishings, is at **Kobey's Swap Meet** at the Sports Arena. www.kobeyswap.com.

Seaside Bazaar in Encinitas www.encinitas101.com/bazaar.htm

CLASSIFIED ADS

Look in the PennySaver, Union Tribune, and The Reader for used items for sale. Great websites where locals post items they are selling like www.craigslist.com also exist. Even the SDISA website www.sdisonline.org has items being sold by international students.

GROCERY SHOPPING

Again, do some research to find the location nearest you. Some grocery stores are:

Albertsons, Food-4-Less, Vons, and Ralph's

Henry's Market Place specializes in products such as fruits and vegetables, milk without growth hormones, breads, fresh fish, meat and organic bath, body and vitamin products.

Costco (You must purchase a membership to shop here, but items are very discounted. It is great for many people who live together because items are sold in bulk quantities.

Trader Joe's located in Hillcrest, Ocean Beach, La Jolla and La Mesa has a great selection of international foods, wines, cheeses, breads, etc. Try the salsa for a real California treat!

Kosher Foods are readily available in the San Diego area. These websites have great information on where to shop, dine, find a Synagogue, and more:

www.sandiegojewish.org

www.kosherfooddelivery.com

To find certified kosher meats, visit:

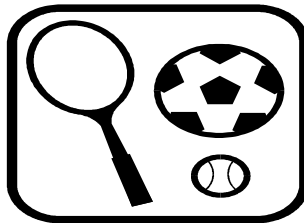
Ralph's Grocery in La Jolla, (858) 597-1550. Best days to shop are Tuesday/Thursday or Sunday between 12:00 pm and 4:00 pm.

Lang's Loaf Kosher, 6165 El Cajon Boulevard, (near San Diego State University), (619) 287-7306.

Aaron Glatt Market, 4488 Convoy Street, (858) 636-7979.

For eating kosher food out, try Schmoozers at 6366 El Cajon Boulevard, (619) 583-1636. Monday to Thursday, 6:00 am to 6:00 pm, Friday until 4:00 pm, Sunday 7:00 am to 6:00 pm.

SPORTS & ACTIVITIES



YMCA Downtown 500 West Broadway Street, (619) 232-7451. Facilities include a swimming pool. Classes include everything from yoga to kickboxing. For students here less than 1 year, membership costs \$2/month. Longer-term students pay \$25 to join and \$25/month.

24-Hour Fitness at Horton Plaza, 1 Horton Plaza, (619) 619-232-4024. Great facilities and a gym open 24 hours per day and convenient downtown location. You can join just this location or get a membership to work out at any 24-Hour Fitness location.

Gold's Gym in Point Loma - 3156 Sports Arena Boulevard, (619) 226-9500. Excellent facility, with 2 pools, a basketball court, a steam room and more..

Mission Bay Aquatic Center: www.mbac.nu, 1001 Santa Clara Point. (858) 488-1000. This organization has lessons and clubs for everything from surfing to kayaking and rowing to sailing and kite boarding. They also have equipment rentals.

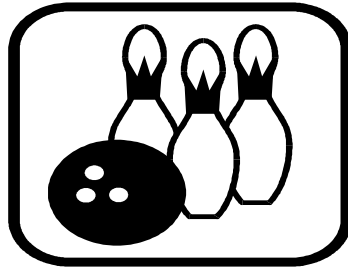
Balboa Park Activity Center: Usage rates are very affordable here, and it's a popular spot with students. Check out the schedule of open courts and leagues for almost anything: Table Tennis, Badminton, Volleyball and more at the www.sannet.gov/park-and-recreation/parks/activctr.shtml
General Information Line: (858) 584-7100

Starlight Dance Studio: www.starlightdance.com 6506-H El Cajon Boulevard, (619) 287-9036

Solid Rock Climbing Gym: Affordable indoor rock climbing and fitness gyms for daily use or get a discounted student membership! 2074 Hancock Street, (619) 299-1124

The Beaches: Beaches are of course FREE! Purchase a used surf board, boogie board, volleyball net at: "Play It Again Sports" 9841 Mira Mesa Boulevard, (858) 695-3030.

Dave & Buster's Games Center: Especially for adults. They have over 200 video games, shuffleboards, billiard tables, dining and cocktails. If not at least 21 years of age, someone who is at least 25 must accompany you. One 25 year old can escort up to three 21 year olds. 2931 Camino Del Rio North, (619) 280-7115



Bowling is a popular American pastime. Most bowling alleys have snack bars and fun music. Some have certain nights that offer especially cheap rates.

Aztec Center Bowling and Games: Bowling, Billiards and Video Games on the San Diego State University Campus. 5500 Campanile Drive, (619) 594-6561

Mira Mesa Lanes: An old-fashioned bowling alley with 44 modern lanes. Special Prices on Monday nights (2 ½ hours for \$14). 8120 Mira Mesa Boulevard, (858) 578-0500.

The San Diego Reader is a great resource to find out about activities, concerts, and events coming to San Diego. Free copies are available at gas stations or at 7-Eleven stores. Or go online on: www.sandiegoreader.com.

ORGANIZATIONS/CLUBS

Get Involved and Meet People!!!

The Rotaract Club of Downtown San Diego is a group of young professionals and students ages 21-30. It is an offshoot of the well-known Rotary International Club. Meetings are held twice a month at the famous Kansas City BBQ downtown, conveniently located to CIBU. Social activities, tours of businesses, guest speakers and community projects are just a few benefits of joining this diverse and friendly group of young people. Membership dues are minimal. Check out www.sdrotoract.org.

World Affairs Council of San Diego is located at 1250 6th Avenue, #110. It provides programs and activities focusing on international relations, economics, politics, and culture. The Council focuses mainly

on guest-speaking events from Ambassadors to Business Gurus. The “Young Professionals Forum” offers great networking experiences. (619) 325-8200, www.freeassociates.com/sdwac.

San Diego International Students Association: Check out this International Association at www.sdisonline.com for many events and discount tickets to attractions and movies.

Meetup has various groups and activities for all interests and can connect you with local San Diegans. Visit www.meetup.com It’s free to sign up and most activities are also free.

Volunteer! Meet people with similar interests and concerns: from world affairs and education to theater and film to children and the elderly or even animals. Use your business, marketing, computer or simply social skills to help out a non-profit organization. You can generally volunteer for as little as a few hours per week. From joining children on field trips to office work to helping organize events to feeding the homeless, make a difference with your free time. . At www.volunteermatch.org, your interests will be matched with positions available at various non-profit organizations in San Diego.

MOVIE THEATERS & THE ARTS

DRIVE-IN MOVIE theaters are a uniquely American experience:

Santee Twin Drive-In, 10990 Woodside Avenue, (619) 448-7447

South Bay Drive-In, 21701 Coronado Avenue, (619) 423-2727

INDOOR MOVIE theaters abound. Checkout www.moviefone.com for theater locations and movie schedules.

FREE MUSEUM ADMISSION!!!

San Diego Park Organizations offer free admission to the public on a rotating basis throughout the month. Find out more at

www.sddt.com/features/balboapark/freetues.html

THEATER:

www.sandiegoperforms.com for all performances

www.broadwaysd.com: Civic Center. 3rd and B Street, (Downtown).

Balboa Theatre. 868 4th Avenue, (Downtown).

Arts Tix booth- Horton Plaza for half price tickets: Broadway Circle and 4th Avenue, (Downtown) (619) 497-5000. www.sdartstix.com

CONCERTS:

4th and B: Downtown, (right behind CIBU), (619) 299-2583. www.4thandb.com

SD Sports Arena: 3500 Sports Arena Boulevard, (619) 225-0176. www.sandiegoarena.com

Cox Arena: 5500 Canyon Crest Drive, (619) 594-0234. www.cox-arena.com

House of Blues: 1055 Fifth Avenue (Downtown), (619) 299-2583. www.hob.com

Coors Cricket Wireless Amphitheatre: 2050 Entertainment Circle, (Chula Vista), (619) 671-3600

The Casbah: 2501 Kettner Boulevard, (619) 232-4355. www.casbahmusic.com

Viejas Casino: 5000 Willows Road, (Alpine), (619) 659-2426. www.viejas.com

Also Check: www.ticketmaster.com

DINING & NIGHT LIFE

Eating and Dining in San Diego is an experience in itself and one you should definitely take time to explore. Whether you're interested in Breakfast, Sunday Brunch, a festive Mexican Lunch or an elegant gourmet dinner, San Diego has a wide variety of local and international restaurants that will please even the most demanding tastes, plus some of the most panoramic, elegant, romantic and entertaining settings you'll find anywhere in the world. The atmosphere at most restaurants and nightclubs is casual and relaxed and very few will require a coat and tie. Nightlife is plentiful and you can find any kind of nightclub and music you desire.

Typical Eating Hours:

Breakfast: Anytime between 6:00 am-10:00 am

Lunch: Anytime between 11:00 am – 2:00 pm

Dinner: Anytime between 5:00 pm – 10:00 pm

It is very important that you bring with you a California I.D. or your country's passport (not just any I.D.) proving you are at least age 21 to get into clubs and bars here. U.S. rules are strict!

HAPPY HOUR

Happy hour is a good old American Tradition and San Diego has an outstanding variety of places to enjoy it. Usually, from 4:00 pm to 7:00 pm, Monday-Friday. This is the time when people get together at a bar or restaurant, unwind after a hard day's work and enjoy special prices on food and drinks with friends and co-workers. During happy hour, restaurants and bars, often offer free appetizers with the purchase of specially priced drinks. Some places have outstanding specialties and many people make happy hours their dinner.

Cost of Average main entrees:

\$ - 5 to 10

\$\$ - 10 to 20

\$\$\$ - 20 + and UP↑

DOWNTOWN AND GASLAMP QUARTER DINING – Most area codes are (619)

MOOSE MCGILLYCUDDY'S, Restaurant, Pub and Nightclub \$: 535 Fifth Ave. T. 702-5595. Mostly Rock, Reggae, Top 40 DJ live music and dancing.

DICK'S LAST RESORT, Restaurant, Bar and Nightclub \$: 345 Forth Ave. T. 231-9100. DJ live bands and dancing, Rock, Blues and R&B.

CROCE'S RESTAURANT AND JAZZ BAR: 802 Fifth Ave. T. 233-4355. Live Traditional, modern and Latin Jazz. Dressier, young professional crowd.

CROCE'S TOP HAT Bar & Grill, Restaurant, Blues and R&B Bar \$-\$\$: 802 Fifth Ave. T. 233-3660. Live R&B, blues, soul and Rock. Little room to dance, young professional crowd.

JOHNNY M'S 801, Restaurant, Bar and Nightclub \$-\$\$: 801 Forth Ave. T. 233-1131. DJ and live rock, jazz, R&B dancing. American and International Crowd.

BARBECUE:

KANSAS CITY BARBECUE, Restaurant and Bar \$-\$\$: 601 West Market St. T. 231-9680. This is the bar filmed in the scenes of the movie "Top Gun".

BUFFALO JOE'S, Restaurant and Nightclub \$-\$\$: 600 Fifth Ave. T. 236-1616 DJ and live Jazz, disco, rock, funky dancing. American young professional crowd.

BREWERIES:

KARL STRAUSS OLD COLUMBIA, Brewery and Grill \$: 1157 Columbia St. T. 234-2739.

BAJA BREWING CO. Restaurant and Brewery Pub \$: 203 Fifth Ave. T. 231-9279.

THE AERO CLUB, Brewery only, no food: T. 297-7211 3365 India St.

CALIFORNIA – SOUTHWESTERN

SAMMY'S WOODFIRED PIZZA \$-\$\$: T. 230-8888.

CONTINENTAL:

MR A'S, Restaurant and bar \$\$\$: 2550 Fifth Ave. T. 239-1377. Among the best 5 restaurants in San Diego.

DOBSON'S, Restaurant and Bar \$\$-\$\$\$: 956 Broadway Circle. T. 231-6771. One of downtown favorite hang outs for the local upscale crowd.

CHINESE:

PANDA INN, Restaurant \$-\$\$: Horton Plaza. T. 233-7800.

DINNER CRUISES

DINNER CRUISES \$\$-\$\$\$: T. 686-8700. Dinner cruises aboard a yacht, around San Diego Bay with live or DJ music and dancing.

SHAKESPEARE PUB AND GRILL \$: 3701 India St. T. 299-0230.

FRENCH.

ST. TROPEZ BAKERY & BISTRO, Restaurant \$,

Downtown/Horton Plaza: 926 Broadway Circle Phone (619) 696-8695

Downtown/Little Italy: 600 W. Broadway Ste.130 Phone (619) 234-2560

Hillcrest: 3805 5th Ave. Phone (619) 497-0297

LAUREL, Restaurant \$\$\$: 505 Laurel St. T. 239-2222.

GREEK:

ATHENS MARKET TAVERNA \$-\$\$: 109 West F. St. T. 234-1955

GREEK ISLANDS CAFÉ \$: 879 West Harbour Drive, T. 239-5216

INDIAN:

STAR OF INDIA, Restaurant \$-\$\$: 423 F. St. T. 544-9891.

BOMBAY, Restaurant \$-\$\$: 3960 5th Ave, T. 234-8000

PUNJAB, Restaurant \$-\$\$: 3185 Midway Drive

ITALIAN:

FILIPPI'S PIZZA GROTTTO, Restaurant, 1749 India Street \$-\$\$ T. 232-5094

CAFÉ ZUCCHERO, Restaurant, 1731 India Street \$\$-\$\$\$ T. 531-1431

PANEVINO OSTERIA, Restaurant, \$\$-\$\$\$: 722 5th Ave, T. 595-7959.

TRATTORIA LA STRADA, Restaurant and Bar \$\$-\$\$\$: 702 Fifth Ave, T. 239-3400

TAVOLA LA, Restaurant and Bar \$\$: 515 Fifth Ave, T. 232-3352

THE OLD SPAGHETTI FACTORY, Restaurant and Bar \$-\$\$: 275 Fifth Ave, T. 233-4323.

JAPANESE:

TAKA, Restaurant and Sushi Bar \$\$: 555 Fifth Ave, T. 338-0555

MEXICAN:

TAMALES ANCIRA, Restaurant \$: 1404 Garnet Ave, T. 270-1810.

MAMA TESTA, Restaurant \$\$: 1417A University Ave, T. 298-8226

MARGO'S MEXICAN GRILL, Restaurant \$\$: 2015 Garnet Ave, T. 581-1408

EL ALGAVE, Restaurant \$\$\$: 2304 San Diego Ave, T. 220-0692

SEAFOOD:

ANTHONY'S FISHETTE, Restaurant \$-\$\$: 1360 N Harbor Dr, T. 232-5103. Reservations highly recommended.

FISH MARKET AND TOP OF THE MARKET, Restaurant and Bar \$\$-\$\$\$: 750 N. Harbor Dr, T. 232-3474.

SPANISH:

CAFÉ SEVILLA, Restaurant, Tapas, Bar and Nightclub \$\$: 555 Forth Ave, T. 233-5979.

Live Flamencos Dinner Show, after 9:30pm Eurohouse, Techno, Latin Disco.

Tuesday-Thursday: Live Salsa – Sunday: Live Brazilian Group Monday: Rock in Spanish

STEAKHOUSES:

GREYSTONE, Restaurant\$-\$\$\$: 658 Fifth Ave, T. 232-0225

MORTON’S OF CHICAGO, Restaurant \$\$\$: 285 J St, T. 696-3369

MISSION BAY AND BEACH AREAS DINING**AMERICAN - CHINESE – GREEK – MEXICAN**

LITTLE CHEF, Restaurant \$: 4902 Newport Ave, Ocean Beach, T 222-3255.

All four menus in one restaurant! Great service and home cooking for Chinese, Greeks, Mexicans and Americans, Great for Breakfast too.

AMERICAN:

MOOSE MCGILLYCUDDY'S. Restaurant, Bar and Nightclub \$: 1165 Garnet Ave. T. 274-2323.

Nightclub: Live and DJ music. No cover. A preferred party place for college students, the international and beach crowd.

CHINESE:

LITTLE CHEF CHINESE TAKE-OUT, Restaurant \$: Ocean Beach, 4902 Newport Ave. T. 222-6627

CHATEAU ORLEANS, \$-\$\$: Pacific Beach, 926 Turquoise St. T. 488-6744.

GERMAN:

INGRID'S GERMAN DELICATESSEN, Pacific Beach: 1520 Garnet Ave, San Diego 92109

T. 858- 270-4250

GREEK:

CAFÉ ATHENA, Restaurant \$: 1846 Garnet Ave. T. 274-1140.

ITALIAN AND PIZZA:

PIZZERIA UNO, Bar and Grill \$-\$\$: Pacific Beach, 4465 Mission Blvd, T. 483-4143

Fashion Valley Mall T. 298-1866

JAPANESE:

SUSHI OTA, Restaurant \$-\$\$\$: 4529 Mission Bay Dr, T. 270-5670

MR. SUSHI, Restaurant \$-\$\$: 1535 Garnet Ave, T. 581-2664

NATURAL SALADS, VEGETARIAN:

OB NOODLE HOUSE, Restaurant \$\$: Ocean Beach, 2218 Cable St, T. 450-6868

ROOTS, Restaurant \$: Ocean Beach, 4976 Newport Ave, T. 222-9000

STEAKHOUSE:

THE OLD OX, Restaurant & Bar \$-\$\$: 4474 Mission Blvd, T. 275-3790

SASKA'S STEAK & SEAFOOD, Restaurant \$-\$\$: 3768 Mission Blvd. T. 488-7311

LA JOLLA DINING**AMERICAN**

HARD ROCK CAFÉ, Restaurant and Bar \$-\$\$: 909 Prospect St, T. 858-454-5151

LA JOLLA BREWING CO, Brewery Restaurant \$: 7536 Fay Ave, T. 858-456-2739 Favorite international crowd.

MARINE ROOM, Restaurant and Bar \$\$\$: 2000 Spindrift Dr, T. 858-459-7222. A San Diego Landmark, excellent food, service and atmosphere.

TOP OF THE COVE, Restaurant and Bar \$\$-\$\$\$: 1216 Prospect St. T. 858-454-7779

CHINESE:

MANDARIN HOUSE, Restaurant \$-\$\$: 6765 La Jolla Blvd. T. 858-454-2007

P.F. CHANG'S CHINA BISTRO, Restaurant \$-\$\$\$: 4540 La Jolla Village Drive T. 1-858-458-9007. Great American-Chinese food.

FRENCH:

MY PLACE BISTRO, Restaurant \$\$: 7777 Girard Avenue, T. 858-454-3535

THE FRENCH GOURMET, Restaurant \$\$: 960 Turquoise St, T. 858-488-1725

ITALIAN:

IL FORNO ITALIAN BISTRO-BAR, Restaurant \$\$-\$\$\$: 909 Prospect, T. 858-459-5010

LA TERRAZZA, Restaurant \$\$-\$\$\$: 8008 Girard Ave, T. 858-459-9750

MEXICAN:

ORTEGA'S PLACE, Restaurant \$-\$\$\$: 621 Pearl St, T. 858-454-8006

SU CASA MEXICAN RESTAURANT & SEAFOOD SPECIALTIES, Restaurant & Bar \$\$-\$\$\$:
6738 La Jolla Blvd. T. 858-454-0369. Famous Mexican Specialties - 31 years of award winning Mexican
cuisine.

MOROCCAN:

MARRAKESH, Restaurant \$\$: 634 Pearl St. T. 858-454-2500

SEAFOOD:

GEORGE'S AT THE COVE, Restaurant and Bar \$\$-\$\$\$: 1250 Prospect Place.

CRAB CATCHER, Restaurant and Bar \$\$-\$\$\$: 1298 Prospect St, T. 858-454-9587

THAI CUISINE:

ROYAL THAI, Restaurant \$-\$\$: 737 Pearl St, T. 858-551-8424.

SPICE & RICE THAI KITCHEN, Restaurant \$\$-\$\$\$: 7734 Girard Ave, T. 858-456-0466

OLD TOWN DINING**MEXICAN:**

Many of the restaurants feature indoor and outdoor dining and live mariachi music in The Bazar del Mundo.

CASA DE PICO, \$-\$\$: T. 296-3267

CALIFORNIA - SOUTHWESTERN:

CAFÉ PACIFICA, Restaurant and Bar \$\$: 2414 S. D. Ave. T. 291-6666

LATIN AMERICAN:

BERTA'S, Restaurant \$: 3928 Twiggs St. T. 295-2343

HILLCREST DINING**AMERICAN:**

CREST CAFÉ, Restaurant \$-\$\$: 425 Robinson Avenue. San Diego T: 619-295-2510

NATURAL AND VEGETARIAN:

THE VEGETARIAN ZONE, Restaurant \$-\$\$: 2949 Fifth St. T. 298-7302

KUNG FOOD, Vegetarian Restaurant \$-\$\$: 2949 5th Ave. T. 298-7302

POLISH:

COTTAGE CAFÉ, \$-\$\$: 2321 Fifth Ave. T. 696-0071

MISSION VALLEY DINING

AMERICAN:

SEAU'S: THE RESTAURANT, Restaurant \$\$: T. 291-7328.

GORDON BIRSCH BREWERY RESTAURANT, Restaurant & Brewery \$-\$\$ T. 688-1120. Popular after work.

ENGLISH:

KING'S GRILL, Restaurant \$-\$\$: 1333 Hotel Circle. T. 297-2231

ITALIAN:

PASTA PERFECTO, Restaurant \$-\$\$: 1640 Camino del Rio. T. 688-1364

JAPANESE:

HAYAMA, Restaurant and Sushi Bar \$\$-\$\$\$: 911 Camino del Rio. T. 692-1152.

POINT LOMA, SHELTER ISLAND, OCEAN BEACH AND SPORTS ARENA DINING

AMERICAN:

HODAD'S Restaurant \$: 5010 Newport Ave. T. 224-4623.

CORVETTE DINNER, Restaurant and Bar \$-\$\$: 2965 Historic Decatur Road. Like an American Dinner in the 1950's, T. 542-1476.

BARBECUE AND STEAKS:

BLACK ANGUS Restaurant and Bar \$-\$\$: 3340 Sports Arena Blvd. T. 223-5604

CREOLE / CAJUN:

MARDI GRAS CAFÉ, \$: 3185 Midway Dr, T. 223-5501

FRENCH:

THEE BUNGALOW, Restaurant \$\$-\$\$\$: 4996 West Point Cona Blvd, T. 224-2884

GERMAN:

KAISERHOFF GERMAN AMERICAN RESTAURANT, Restaurant \$\$: 2253 Sunset Cliffs Blvd., T. 224-0606. Beer Garden with separate menu -\$.

INDIAN:

CAFÉ INDIA, \$\$: 3760 Sports Arena Blvd, T. 224-7500

ITALIAN:

THE OLIVE GARDEN, Restaurant \$-\$\$: 3215 Sports Arena Blvd. T. 226-2124

JAPANESE:

YAKITORI II, Restaurant \$-\$\$: 3740 Sports Arena Blvd. T. 223-2641

MIDDLE EASTERN:

FAIROUZ RESTAURANT, \$-\$\$: 3166 Midway Dr. T. 225-0308

POLYNESIAN:

BALI-HAI, Restaurant and Bar \$\$: 2230 Shelter Island Dr. T. 222-1181

SEAFOOD:

POINT LOMA SEAFOODS, Restaurant and Market \$-\$\$: 2805 Emerson, Shelter Island Area. T. 223-1109. Casual indoor and outdoor eating by the bay. Fish and other seafood served fresh from the ocean and in an inexpensive, serve yourself style.

OTHER AREAS

THE BUTCHER SHOP, steak, Restaurant and Bar \$\$-\$\$\$: 5255 Kearny Villa Rd. T. 565-2272.

CHINESE:

EMERALD, Restaurant \$-\$\$: 3709 Convoy St. T. 565-6888

99 RANCH MARKET AND RESTAURANTS \$: 7330 Clairemont Mesa Blvd, T. 565-7799

JAZMINE, Restaurant \$-\$\$: **One of the Best Chinese Restaurants in San Diego – Most known for their Dim Sum ** 4609 Convoy St. T. 268-0888

GERMAN:

HOUSE OF MUNICH, Restaurant \$-\$\$\$: 230 3rd. Ave., Chula Vista. T. 426-5172.

JAPANESE:

YAKIMONO, Restaurant \$: 7420 Clairemont Mesa Blvd. T. 560-1311

7728 Regents Rd. T. 452-4255

CHOP STIX, Restaurant \$: 4633 Convoy St. T. 569-9171

MEXICAN:

PORKYLAND, Restaurant and Market \$: 2196 Logan Ave. T. 233-5139

MIDDLE-EASTERN:

ALADDIN MEDITERRANEAN, Café and Gourmet Market \$-\$\$: 5420 Clairemont Mesa Blvd.

T. 573-0000

NIGHTCLUBS**DOWNTOWN / GASLAMP QUARTER**

Popular establishments are the restaurants, bars and nightclubs listed below

CAFÉ SEVILLA - Voted 2nd Best Dance Club in SD in past years

JOHNNY M's 801

DICK'S LAST RESORT

OLE MADRID

ON BROADWAY: 615 Broadway T. 231-0011

PATRICK'S II: 428 F. St., Downtown T. 233-3077. Live Blues, R & B, Rock. A local favorite.

BELO: 919 Forth Ave., Downtown T. 231-9200. Music 80's and 90's pop and top 40.

CLUB 66: 901 Fifth Ave., Downtown T. 234-4166. High energy music, top 40.

TSUNAMI BEACH CLUB: 802 Sixth Ave., Downtown, T. 231-9283

MOOSE MCGILLYCUDDY'S: 535 Fifth Ave., Downtown T. 702-5595

JIMMY LOVE'S: 672 Fifth Ave., Downtown T. 595-0123

Decos: 731 5th Ave, Downtown. Hiphop music. 619-696-3326

Stingaree: 454 6th Ave Downtown. 619-544-9500

Altitude Sky Lounge: 660 K Street Downtown. 1-800-661-9739.

Envy: 600 F Street Downtown. 619-814-9739

Some clubs offer guest list. You can go online and put your name and the name of you party. If you arrive before a certain hour, no cover or half price.

PACIFIC BEACH / MISSION BEACH

CANES: 3105 Ocean Front Walk, San Diego T. 488-1780 Special events, music varies.

TREMORS: 860 Garnet Ave., San Diego T. (858) 272-7278 Disco/Club music.

PB BAR & GRILL: 850 Garnet Ave., San Diego T. (858) 272-1242 Brewery

BAREFOOT BAR & GRILL: San Diego Paradise Point Resort, San Diego T. (858) 274-4630 Sunday afternoons on into the evening is the best time to go here.

PLUM CRAZY SALOON: 1060 Garnet Ave., San Diego T. (858) 270-1212 Bar only

The Tavern: 1200 Garnet Ave PB 92109. 858-272-6066

Various Clubs of Tijuana The drinking age is 18 in Mexico but you must be very careful. It can be dangerous if you leave a club inebriated. Please go in groups and have a few people designated as “non drinkers” to make sure you all get back to the USA safely. Let other students know when you are going down there and when you are planning on coming back, so if you don’t show up when you said you would, someone can then contact the authorities to go looking for you! **Mexico is a foreign country and US rules do NOT apply.** Read the section on traveling to Mexico for important information.

WEBSITES TO CHECK OUT:

www.sandiego.citysearch.com

The San Diego Reader is online at: www.sandiegoreader.com

The San Diego International Student Association posts many events: www.sdisonline.com

www.sandiegoinsider.com

www.sandiego-online.com

www.eurousatravel.com

www.craigslist.com

www.yelp.com



**ENJOY YOUR TIME IN SAN DIEGO
TO ITS FULLEST!
YOU WILL GRADUATE
BEFORE YOU KNOW IT!**