WELCOME!
Information for new UCSD International Arrivals
CONTENTS

• UCSD Friends of the International Center ......................... 2
• Friends Activities .................................................................................................................. 2 - 3
• Places to Buy Household Items and Clothing .................. 4
• Grocery Shopping .................................................................................................................. 5 - 7
• Places to Eat ....................................................................................................................... 8 - 10
• Places to Go ....................................................................................................................... 11 - 13
• Recreation ......................................................................................................................... 14
• Cultural Events .................................................................................................................. 15
• Street Fairs & Special Events ............................................................................................. 16
• Things to Do with Kids ....................................................................................................... 17
• Improving your English ..................................................................................................... 18 - 19
• Out of Town Cultural Favorites ......................................................................................... 20
• Getting around UCSD and Area without a Car ....................................................... 21 - 22
• Campus Parking Information ............................................................................................. 23
• Where to Find More Information ..................................................................................... 24
• Invitation to Join the Friends .............................................................................................. 24
• Contact Information .......................................................................................................... 24
Who are the Friends of the International Center?

We are a group of community and international volunteers who work in support of the international programs at UC San Diego. We provide activities to welcome international visitors and their families to the university. We raise money to award scholarships for students going abroad to study and for international students at our university. In addition, we sponsor events to increase international awareness and cooperation on our campus.

The following activities are aimed at easing your transition into life in the United States and making your time here a rewarding experience. They provide lots of opportunities to meet people and make new friends. The activities are held regularly as listed below. You can indicate the ones that interest you on the registration form at Family Orientation.

**Family Orientation**

- **When?** 1st and 3rd Wednesday of each month, from 9:15 to about 11:30 am.
- **Where?** McGill Hall, Muir Campus, 2nd floor, Suite 2126.

  The session is led by local and international volunteers and a staff person. It includes a PowerPoint presentation and a Welcome! booklet to take home. Together, they include a wealth of practical information about living in the U.S. You will have the opportunity to ask questions.

**Wednesday Coffee**

- **When?** Every Wednesday, from 1:30 to 3:30 pm.
- **Where?** McGill Hall, Muir Campus, 2nd floor, Room 2148.

  When?
  - Every Wednesday, from 10 am to 12 noon.
  - Where?
    - UC Building 409, the Dance Hall.

  Make friends, practice English, learn about life in America, celebrate holidays, learn crafts, play games, and share in potluck lunches. These are only some of the many activities at Wednesday Coffee.

**Mommy, Daddy and Me**

- **When?** Tuesday and Fridays, from 10 am to 12 noon.
- **Where?** UC Building 409, the Dance Hall.

  A playgroup for children up to age 6. Children must be accompanied by a parent. Activities include sing-alongs, nursery rhymes, stories and crafts in a safe and nurturing environment.

**English Conversation Groups**

- **When?** Tuesdays and Fridays, from 10 am to 12 noon.
- **Where?** UC Building 409, the Dance Hall.

  A wonderful way to practice English and make friends. You share conversations with people from all over the world. Groups are informal and conversation topics are varied. Group leaders are local English speakers.
Everyday English Class

When? Thursdays from 10:00 to 11:30 am.
Where? UC Building 409, the Dance Hall

Everyday English is structured more like a class than the Conversation Groups but has the same informal and friendly atmosphere.

Craft Circle

When? Every Tuesday from 1:00 to 3:00 pm.
Where? UC Building 409, the Dance Hall

You can make friends and practice English while learning or practicing skills such as sewing, knitting, crocheting. Initial supplies are provided.

Cooking classes

When? Second Thursday of each month during the academic year from 9:00 to noon.
Where? Professional demonstration kitchen at 64 Degrees, Revelle Campus.

You join in preparing a meal as the chef gives instructions and advice. Then you and the group get to eat the meal. Registration in advance of each class and a $10 payment for the food are required.

Friends Resale Shop

When? Tuesdays through Fridays during the academic year, 10:00 am to 1:30 pm.

The shop sells gently used clothes and household items for low prices. An excellent place for internationals to volunteer as well as shop. The Resale Shop is popular on campus.

Visit an American Home

An opportunity for international newcomers to sign up to be matched with a local host for a home visit at a date and time convenient for all.
hostFiC@ucsd.edu

International Friday Café

When? Most Fridays during the academic year 12:00 to 1:15 pm.
Where? The Great Hall on Eleanor Roosevelt Campus.

Low cost, international meals are served in an informal atmosphere. International and American students and faculty attend as well as locals. http://icafe.ucsd.edu

Yoga Class

When? Saturdays from 9:00 to 10:00 am.
Where? UC Building 409, the Dance Hall.

Tai Chi Class

When? Mondays from 2:00 to 3:00 pm.

The following activities occur several times in the course of the academic year. Look for flyers.

Ethnic Dinners

Take place two times a year on campus. The dinners raise funds for Friends scholarships. Delicious Ethnic Dinners are followed by an interesting presentation.

Friends Dinner Social

These parties take place on campus several times in the academic year. They are affordable and informal. They allow locals and internationals to get together over a meal. Children are welcome.
PLACES FOR HOUSEHOLD ITEMS AND CLOTHING

Located on UCSD campus.

Kitchen and Baby Equipment Exchange:
RENT equipment at low cost for 1 year or less.
Every Wednesday from 10am to 12pm, located off of Library Walk and the Career Services Center.
https://ifso.ucsd.edu/living-in-sd/kitchen-exchange.html

Resale Shop:
Our Friends Resale Shop sells gently used clothing and small household items at very low prices, and proceeds go for international scholarships.
Open on Tuesday to Friday from 10am to 1:30pm, located at UC Building 214 on Library Walk.
Facebook: FriendsResaleShopUCSD  Instagram: @friends_resale_shop

IN SAN DIEGO

Burlington Coat Factory: Discount clothing.
📍 3962 Clairemont Mesa Blvd.  858-272-1893  burlingtoncoatfactory.com

Costco: (Good prices/large quantity), "membership required"  www.costco.com

IKEA: Ready-to-assemble furniture, kitchen appliances and home accessories
📍 2149 Fenton Pkwy. (Mission Valley)  619-563-4532

Marshalls: Brand name items at low prices. Multiple stores. Nearest UCSD:
📍 8657 Villa La Jolla Dr. # 111  858-587-3984  www.marshallsonline.com

My Sister’s Closet: Consignment store for the resale of brand name and designer clothes and accessories at heavily discounted prices.
📍 Costa Verde Center, 8610 Genesee Ave.  858-455-0045  mysisterscloset.com

Ross Dress for Less: Multiple locations. Nearest UCSD:
📍 8657 Villa La Jolla Dr. # 14A  858-450-1233 https://www.rossstores.com/

Target: Multiple locations. Nearest UCSD:
📍 5680 Balboa Ave.  858-309-6564  www.target.com

Walmart: Nearest UCSD:
📍 4840 Shawline Street, San Diego  858-268-2885  www.walmart.com

Department Stores: Macy's, Nordstrom, J.C. Penney, Sears.
Look for their sales ads.
Supermarkets: The two largest supermarket chains, found all over San Diego:

Ralphs: Multiple locations, closest to UCSD: 8657 Villa La Jolla Dr, open 24 hours. [https://www.ralphs.com/](https://www.ralphs.com/)

Vons: Multiple locations, closest to UCSD: 7788 Regents Rd., open until 12am, [https://local.vons.com/ca/san-diego.html](https://local.vons.com/ca/san-diego.html)

Speciality and Health Food Markets:

Bristol Farms: Many gourmet items. 10% discount to UCSD students & staff. 8510 Genesee Ave., Costa Verde Center 858-558-4180 [http://www.bristolfarms.com/](http://www.bristolfarms.com/)

Sprouts. Good fresh produce at lower cost than supermarkets. [https://sprouts.com](https://sprouts.com) Multiple locations. Closest to UCSD: University City Store 3358 Governor Dr. 858-457-5006

Trader Joe’s: Many international and local items at reasonable prices. [https://traderjoes.com](https://traderjoes.com) Different locations. Nearest UCSD: 8657 Villa La Jolla Dr. 858-546-8629

Whole Foods Market. Largest retailer of natural and organic foods. [https://www.wholefoodsmarket.com/](https://www.wholefoodsmarket.com/) 8825 Villa La Jolla Dr. 858-642-6700

Stores with Larger Quantities/Packages at Lower Prices:

Costco.
A membership warehouse with bulk food and household goods (electronics, appliances, furnishings, clothing, garden supplies, etc.) at high quality and good prices. Multiple locations. [https://www.costco.com/](https://www.costco.com/) Nearest UCSD: 4605 Morena Blvd. 858-270-6920.

Food 4 Less.
Multiple locations. [https://www.food4less.com/](https://www.food4less.com/) 858-278-0681 Closest to UCSD: 4995 Shawline (off Clairemont Mesa Blvd. near I-805).

Smart & Final.
Food in bulk, good prices. Closest to UCSD: 5195 Clairemont Mesa Blvd. 858-541-2090 [https://smartandfinal.com](https://smartandfinal.com)
African Caribbean Food:
Food/Products from Nigeria, Ghana, Liberia, Sierra Leone, Caribbean, East Africa. 4811 El Cajon Blvd, b/t 48th St. and Estrella Ave.

Large, reliable grocer that we all frequent. Wide variety of Asian groceries, as well as from other nations, especially good for fresh produce, live fish and shellfish. Nearest UCSD: 5950 Balboa Ave. / 858-455-8210 / https://99ranch.com

T & L Foods.
No frills Asian food warehouse. Pay in cash or pay an extra charge. 7373 Engineer Road, corner of Ruffner St. / 858-571-5328.

German.
Tip Top Meats & European Delicatessen. / 6118 Paseo del Norte, Carlsbad. 760-438-2620 / http://www.tiptopmeats.com

Indian/Pakistani: Miramar Cash & Carry.
9252 Miramar Rd, San Diego, CA 92126. / 858-566-4819

International: Harvest International Market.
Many different foods, especially Middle-Eastern and Latin; spices and produce. Several locations; nearest to UCSD: 4220 Balboa Ave. / 858-810-8228.

Italian:
Little Italy. Well-established midtown San Diego neighborhood with authentic Italian restaurants and markets.

Japanese: Marukai Market and Marukai Living.
Large market and home and garden store, all in the same complex. 8151 Balboa Ave./ 858-384-0248./ http://www.marukai.com

Mitsuwa Marketplace.
Large supermarket and restaurants with all Japanese products. Many locations in the U.S. / 4240 Kearny Mesa Road #119 / 858-569-6699

Nijiya Market.

Korean: H Market. Asian supermarket with many stores in U.S.  
9440 Mira Mesa Blvd. / 858-577-0060

Korean: Zion Market.  
Largest Korean food market in San Diego (their meat department is GREAT).  
Also houses Paris Baguette bakery with excellent French pastries.  
7655 Clairemont Mesa Blvd. / 858-268-3300 /https://zionmarket.com

Latin American:  
Andres Latin Market. Spanish, Portuguese, Cuban, Puerto Rican.  
1249 Morena Blvd. / 619-275-6523

Middle-Eastern: Balboa International Market.  
Inexpensive spices and fresh herbs, good produce.  
5905 Balboa Ave. (near Genesee Ave.) / 858-277-3600.

Vietnamese:  
Thuan Phat Market. Good fresh produce, Asian products.  
6935 Linda Vista Rd (at Ulric St.) / 858-565-0398  
http://www.shunfatsupermarket.com

Vinh Hung Supermarket / 10550 Camino Ruiz. / 858 408-0480

Miscellaneous: 99¢ Store. Odds and ends and foods, even some fresh produce. Whatever they have will be very inexpensive, but the merchandise changes constantly. / 4140 Clairemont Mesa Blvd. / 858-483-3137

Farmers Markets: Numerous ones around town.  
Please go to: http://sdfarbmbureau.org/BuyLocal/Farmers-Markets.php  
There is even one on campus, UCSD Farmer’s Market  
Tuesdays, 10am - 2pm when school is in session,  
Library Walk and Lyman Way at Price Center.

Suggested Websites for Online Shopping

Amazon  http://www.amazon.com
Craigslist  https://sandiego.craigslist.org
ebay  http://www.ebay.com
## PLACES TO EAT

### ARGENTINIAN / SOUTH AMERICAN

**Pampas Argentine Bar & Grill**  
8690 Aero Dr. #105  
858-278-5971

### GREEK

**Apollonia**  
Bistro in Costa Verde shopping center  
8690 Aero Dr. #105  
858-278-5971

### BEER

San Diego is fast becoming known as the U.S. center of craft breweries. There are over 100 in San Diego County. Many of them offer tours of their facilities and many serve food. There are maps, walking and bus tours that go between various breweries. More information is available at: [https://www.sandiego.org/explore/things-to-do/food-drink/craft-beer.aspx](https://www.sandiego.org/explore/things-to-do/food-drink/craft-beer.aspx)

### ASIAN

Along Convoy Street, between Clairemont Mesa Drive and Aero Drive, you will find many large and small eateries of all types.

### CHINESE

**Jasmine Seafood Restaurant**  
Good Chinese food and Dim Sum.  
4609 Convoy Street  
858-268-0888  

**Dumpling Inn-Shanghai Saloon**  
4625 Convoy St.  
858 268-9638

**Spicy City, Sichuan style**  
4690 Convoy St. #107  
858 278-1818

### HAMBURGUERS

**In-N-Out Burger**  
Small chain with great burgers.  
2910 Damon Ave. Pacific Beach. off Highway 5.

**Smashburger.**  
Small chain with great burgers. Several locations. In La Jolla:  
1000 Prospect St. (corner of Girard Ave.)  
858-900-3355

**Five Guys**  
Several locations.  
8650 Genesee Ave.  
858-658-0778

**Shake Shack**  
Westfield Shopping Mall UTC  
619-391-1570
### INDIAN

**India Food and Grocery**  
Vegetarian, lacto.  
Take out and catering  
📍 9474 Black Mountain Rd.  
📞 858 271-7976

**Surati Farsan Mart** *(In Little India)*  
Casual eatery serving vegetarian snacks and sweets.  
📍 9494 Black Mountain Rd.  
📞 858 549-7280

**Punjab Tandoor** *(Several locations)*  
📍 5424 Morehouse Dr.  
📞 858 643-9370

### KOREAN

**Roadem BBQ.**  
All you can eat lunch buffet.  
📍 4344 Convoy St., Suite 1  
📞 858-279-0300

**Friend’s House Korean**  
📍 4647 Convoy St. #101-A  
📞 858 292-0499

**Chon Ju Jip**  
📍 4373 Convoy St.  
📞 858 268-0835

### JAPANESE

**Tajima**  
Small restaurant, real Japanese food.  
📍 4681 Convoy St.  
📞 858 576-7244

**Sushi Ota**  
A favorite of Japanese people.  
📍 4529 Mission Bay Dr.  
📞 858 270-5670

**Ramen Yamadaya**  
📍 4706 Clairemont Mesa Blvd.  
📞 858 483-3431

**Robataya Oton**  
📍 5447 Kearny Villa Rd.  
📞 858 277-3989

### MEXICAN

**Rubio’s** *(Several locations)*  
Mexican fish tacos. Tuesdays after 2:30 p.m. for only $1.50 - no limit.  
📍 8855 Villa La Jolla Dr.  
📞 858-546-9377  🌮 rubios.com

**Puesto**  
📍 1026 Wall St. La Jolla  
📞 858 454-1260

**The Taco Stand**  
📍 621 Pearl St. La Jolla  
📞 858 551-6666

### PIZZAS

**California Pizza Kitchen**  
Innovative pizzas, salads and soups.  
Multiple locations. Nearest UCSD:  
📍 3363 Nobel Drive (La Jolla)  
📞 858-457-4222  🍕 cpk.com

**Regents Pizzeria**  
New York and Chicago Style  
📍 4150 Regents Park Row #170  
📞 858-550 0406

**Sammy’s Woodfired Pizza**  
Good pizzas and great salads.  
📍 8650 Genesee Ave.  
📞 858-404-9898  🍕 sammyspizza.com
SALAD BAR

Souplantation
Inexpensive. All you can eat soups, salads, and all sorts of the things.
Several locations in San Diego:
📍 8105 Mira Mesa Blvd.
📞 858 566-1172
📍 7095 Clairemont Mesa Blvd.
📞 858 715-6824
🌐 https://souplantation.com/

THAI

Thai House Cuisine
Consistently serves good food.
📍 4225 Convoy St.
📞 858-278-1800

Turmeric Thai Kitchen
📍 6435 Caminito Blythefield LJ.
📞 858 886-7985

SEAFOOD

Point Loma Seafood
Fish market and casual on-site meals; great harbor view.
📍 2805 Emerson St.
📞 619-223-1109
🌐 http://pointlomaseafoods.com

El Pescador Fish Market
Also has informal meals.
📍 634 Pearl St, La Jolla
📞 858-456-2526
🌐 elpescadorfishmarket.com

THAI

Thai House Cuisine
Consistently serves good food.
📍 4225 Convoy St.
📞 858-278-1800

Turmeric Thai Kitchen
📍 6435 Caminito Blythefield LJ.
📞 858 886-7985

VIETNAMESE

Phuong Trang
Wide variety of good food.
📍 4170 Convoy St.
📞 858-565-6750

Pho La Jolla
📍 3211 Holiday Court
📞 858-587-4688
📍 7531 Clairemont Mesa
📞 858-565-6977

California Cuisine

George’s at the Cove.
Several restaurants in same complex; we recommend the informal upstairs Ocean Terrace. Great food with even greater ocean view.
📍 1250 Prospect St. La Jolla
📞 858-454-4244 georgesatthecove.com
📍 Island Prime
📞 619 298-6802
📍 8080 Harbor Island Dr.

Coasterra
📞 619 814-1300

Somewhat More Upscale Restaurants: Higher cost; very good food and service. Below a few of our favorites.

Italian: Piatti Italian Restaurant & Bar / Beautiful secluded patio.
📍 2182 Avenida de la Playa, La Jolla.
📞 858-454-1589

Cucina Urbana /
📍 505 Laurel St.
📞 619-239-2222
Balboa Park:
With 1,200 acres, San Diego’s Balboa Park is the nation’s largest urban cultural park and home to 15 major museums, the San Diego Zoo, theaters, restaurants, and gardens. The park turned 100 years old in 2015. It was created in 1915 to celebrate the opening of the Panama Canal. The Panama-California International Exposition, held there from 1915 to 1917, attracted millions of visitors. Some of the buildings and plants date from that time.

Parking is free. Information for planning your visit, including maps, can be found at www.balboapark.org. The Balboa Park Visitors Center is located in the House of Hospitality.

On Tuesday, on a rotating basis, many museums offer free admission for city and county residents. Identification is required. Note that the Timken Art Museum (www.timkenmuseum.org) is always free. The rotation is as follows:

<table>
<thead>
<tr>
<th>FIRST TUESDAY OF THE MONTH</th>
<th>SECOND TUESDAY OF THE MONTH</th>
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<tr>
<td>Centro Cultural de la Raza</td>
<td>Museum of Photographic Arts</td>
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<td><a href="https://www.balboapark.org/museums/centro-cultural-de-la-raza">https://www.balboapark.org/museums/centro-cultural-de-la-raza</a></td>
<td><a href="http://www.mopa.org">www.mopa.org</a></td>
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<tr>
<td>Reuben H. Fleet Science Center and IMAX <a href="http://www.rhfleet.org">www.rhfleet.org</a></td>
<td>San Diego History Center <a href="http://www.sandiegohistory.org">www.sandiegohistory.org</a></td>
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<tr>
<td>San Diego Natural History Museum <a href="http://www.sdnhm.org">www.sdnhm.org</a></td>
<td>Veterans Museum and Memorial <a href="http://www.veteransmuseum.org">www.veteransmuseum.org</a></td>
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<tr>
<td>San Diego Model Railroad Museum <a href="http://www.sdmrm.org">www.sdmrm.org</a></td>
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<tr>
<th>THIRD TUESDAY OF THE MONTH</th>
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<tr>
<td>Japanese Friendship Garden <a href="http://www.niwa.org">www.niwa.org</a></td>
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<td>Mingei International Museum <a href="http://www.mingei.org">www.mingei.org</a></td>
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<tr>
<td>San Diego Museum of Art <a href="http://www.sdmart.org">www.sdmart.org</a></td>
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<tr>
<td>San Diego Museum of Man <a href="http://www.museumofman.org">www.museumofman.org</a></td>
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A select House of Pacific Relations
International Cottages
http://sdhpr.org
San Diego Air and Space Museum
http://sandiegoairandspace.org/
San Diego Automotive Museum
https://sdautomuseum.org/
San Diego Art Institute
https://www.sandiego-art.org/

FOURTH TUESDAY OF THE MONTH

OTHER ATTRACTIONS IN BALBOA PARK

Balboa Park Carousel. https://www.balboapark.org/attractions/carousel
Merry-go-round adjacent to the San Diego Zoo.

Marie Hitchcock Puppet Theater.
Good for all ages. www.balboaparkpuppets.com

Miniature Railroad. https://www.balboapark.org/attractions/miniature-train-
Child sized railroad provides 3-minute, 1/2 mile trip through 4 acres of Balboa Park.

San Diego Zoo. www.sandiegozoo.org
World-famous for its large collection of animals and plants.

Spanish Village Art Center. Houses 35 art studios.
http://spanishvillageart.com/

Spreckels Organ. https://spreckelsorgan.org/
The world’s largest outdoor pipe organ. Free concerts, Sundays, 2:00 to 3:00.
Also free, the International Summer Organ Festival, mid-June through August,
Mondays at 7:30pm.
SAN DIEGO AND ENVIRONS (In alphabetical order)


**Birch Aquarium.** Part of UC San Diego’s Scripps Institution of Oceanography, located down the hill from the upper campus, with great ocean view. Educational exhibits and activities. Fun tide pool display. https://aquarium.ucsd.edu/

**Cabrillo National Monument.** (Point Loma) Commemorates the landing of explorer Juan Rodriguez Cabrillo on the west coast of the U.S. in the year of 1542. Located on the tip of Point Loma, it is a good place to see whales in season. You can also hike, visit tide pools and climb the historical lighthouse. Free with National Parks Annual Pass. www.nps.gov/cabr

**Maritime Museum of San Diego.** Hosts one of the world’s finest collections of historic ships, including the Star of India, the oldest active sailing ship. There is also a ferry and a steam yacht. https://sdmaritime.org/

**Museum of Making Music.** Shows the evolution of musical instruments in the U.S. 5790 Armada Drive, Carlsbad 760-438-5996 www.museumofmakingmusic.org

**Old Town.** Focus is on the oldest part of San Diego where the first Europeans settled in California. See what it was like in 1850. Several Mexican restaurants. Good place to spend Cinco de Mayo. www.tripsavvy.com/old-town-san-diego-1476111

**Sea World.** Theme park with exhibits, shows, and rides. www.seaworldparks.com

**San Diego Zoo Safari Park.** Wild animal park located east of Escondido. Many transportation options to view the animals. www.sdzsafaripark.org

**Spanish Landing Park.** Commemorates the landing of the 1769 Gaspar de Portolà and Father Junipero Serra expedition. 2 parks on the San Diego Bay, on N. Harbor Dr. www.thebigbay.com
RECREATION

Sports on Campus
Many classes are offered through the Recreation Department. Also individuals can use the facilities, but must purchase a Rec Card to do so. The rec card will give you discount on the charge for classes, but you don’t have to have it to take classes. Outback Adventures (part of the recreation Department) offers outings and trips in addition to classes. Schedules are distributed on campus or see. http://recreation.ucsd.edu

Hiking
San Diego County is one of the 35 most biodiverse places in the world. Here you can enjoy hiking: in the mountains, in the desert, at the beach. See https://modernhiker.com/best-hikes-in-san-diego-county/ and select the San Diego, CA section. Some of our favorite locales are included (in order of distance from UCSD):

Torrey Pines State Reserve. State park overlooking the ocean with many hiking trails and trees unique to this area. Free docent guided walks. The Visitor Center has relevant exhibits. Located between La Jolla and Del Mar. https://torreypine.org/

Mission Trails Regional Park is just east of La Jolla. www.mtrp.org

The Laguna Mountains, the town of Julian and the Cuyamaca Mountains are just 50-60 miles to the east of San Diego.

Palomar Mountain has trails as well as a well-known observatory. https://www.parks.ca.gov/?page_id=637

Anza-Borrego Desert State Park, largest state park in California. Note: it can be dangerously hot from June through September. www.parks.ca.gov/?park_id=638

The Big Bear area in San Bernardino County features Lake Arrowhead and Big Bear Lake.

Swimming Many local beaches are good for swimming. Our favorites:

La Jolla Shores Beach, Del Mar Beach, Torrey Pines Beach
www.sandiego.gov/lifeguards/beaches

Swimming Pools. In addition to two pools on UCSD campus, San Diego Parks & Recreation offer numerous pools for a nominal charge. Swanson Pool at Standley Park is nearest UCSD.
Conrad Prebys Music Center. UCSD Music Department  
-http://musicweb.ucsd.edu/concerts/

Humphrey’s Concerts by the Bay.  
Popular and rock and roll type music. Dinner and show packages.  
- www.humphreysconcerts.com 

La Jolla Symphony & Chorus. Mandeville Auditorium, UCSD 12 concerts each year. The performers come from the university and the community.  
- www.lajollasymphony.com  
- 858-534-4637

La Jolla Playhouse.  
Innovative theater productions on the UC San Diego campus.  
- http://lajollaplayhouse.org/  
- 858-550-1010

Mainly Mozart Festival.  
Classical music concerts during the month of June.  
- http://mainlymozart.org/  
- 619-239-0100

Old Globe Theatre.  
In 3 theaters located in Balboa Park, the Old Globe produces a year round season of plays, including its highly-regarded Shakespeare festival.  
- https://www.theoldglobe.org/  
- 619 234- 5623

San Diego Opera. Presents 3 world-class operas per year.  
- https://www.sdopera.org/  
- 619-232-7636

San Diego Symphony. The Orchestra offers a wide range of concert experiences and performs over 140 concerts each year.  
- http://www.sandiegosymphony.org/

Summer Pops. Open air concerts by the San Diego Symphony at the Embarcadero on the San Diego Bay.  
- http://www.sandiegosymphony.org/
There are many local Street Fairs and other fun activities. Check the Internet for street fairs, block parties, parades, festivals, and other events. *We list some here:*

**Adams Avenue Street Fair**
https://www.adamsavenuebusiness.com/event-info/adams-avenue-street-fair/

**Balboa Park December Nights, first weekend in December**
https://www.sandiego.gov/december-nights

**Diwali Festival of Lights, in October in Balboa Park**
http://sdias.info/festival-of-lights

**Fiesta Cinco de Mayo in Old Town, San Diego**
https://www.cincodemayooldtown.com/

**Fleet Week in Fall**
https://fleetweeksandiego.org/

**Mardi Gras in the Gaslamp**
http://gaslampmardigras.com/

**Marine Corps Air Station Miramar Air Show**
in late September or October. http://www.miramarairshow.com/

**Pacific Beach Fest in October.** Celebration of the beach
https://www.pacificbeachfest.org/

**Parade of Lights in December on San Diego Bay at Christmas**
http://sdparadeoflights.org/

**San Diego County Fair** takes place annually at the Del Mar Fairgrounds from early June through the Fourth of July weekend. Amusement park rides, entertainment, fast food booths, displays of crafts, cooking, photography, and, of course, farm animals.

Photos from: https://www.facebook.com/sdfair/photos
THINGS TO DO
WITH KIDS

Birch Aquarium.
Part of UCSD's Scripps Institution of Oceanography.
Tide pool displays.  🌊https://aquarium.ucsd.edu/

Legoland California.
Theme park located in nearby Carlsbad.
🌼https://www.legoland.com/california/  ☎ 760-918-5346

San Diego Park & Recreation playgrounds.
🌼https://www.sandiego.gov/park-and-recreation/activities

*There are 379 playgrounds in the system throughout the city.*

Nearest to UCSD:
- Doyle Recreation Center. Also has classes for children.
 📍 8175 Regents Rd.  ☎ 858-552-1612
- Standley Recreation Center. Has a Tot Lot, summer concerts.
 📍 3585 Governor Drive.  ☎ 858-552-1652

San Diego Zoo. (See page 12) Balboa Park.
🌼http://zoo.sandiegozoo.org/

San Diego Zoo Safari Park. Escondido. (See page 13)
🌼http://www.sdzsafaripark.org/

Sea World San Diego. (See page 13) Marine theme park.
🌼https://seaworld.com/san-diego/

The New Children’s Museum.
📍 200 W. Island Ave. 🌼 www.thinkplaycreate.org  ☎ 619-233-8792

Torrey Pines State Reserve. (See page 14)
Exhibits at the Visitor Center appeal to children and Junior Ranger Programs are available for them. Hike trails and learn about the plants and animals. Free docent guided tours.
🌼https://torreypine.org/  ☎ 858-755-2063

R.H. Fleet Science Center and IMAX
Has interesting interactive exhibits for young people.
🌼https://www.rhfleet.org/
The Friends activities provide good ways to improve your English and practice speaking. You can go to weekly Wednesday Coffee. You can practice English at the conversation tables. You can volunteer to help at the Resale Shop. You can volunteer to help serve lunches at the International Café. You can go to Craft Circle and monthly cooking classes. You can chat with volunteers and other participants. You can attend our evening events.

Here are some more formal ways to improve your English on campus:

**English in Action (EIA)** A tutor program, a tutor for each student. The website is:


There is a one-time registration fee of $80. You will be paired with a volunteer tutor to practice English conversation. You will also gain information about living in the United States and San Diego. Conversation partners usually meet for 1-2 hours per week at location convenient to both, for an average of 12 months. For more information, email to: eia@ucsd.edu

**English Language Institute (ELI)** UC San Diego Extension provides 2, 4, 8, and 10 week English language courses for a tuition fee. The programs are developed for students at 12 separate levels. The students must be at least 18. Specialized professional and technical English courses are available also.

(858) 534-6784, or email ipinfo@ucsd.edu.

[https://extension.ucsd.edu/international-programs/english-language-institute](https://extension.ucsd.edu/international-programs/english-language-institute)

**UC San Diego Language Laboratory**

This self-help laboratory offers materials for English as a Second Language, conversation, listening comprehension, and pronunciation. Computers are available as well as materials to be used onsite. Members of the community may use the lab on a space available basis. There is no fee for using the lab’s services.

AP&M Building, Room 3432A

Please contact through email, langinfo@ling.ucsd.edu

THE COMMUNITY ALSO OFFERS RESOURCES FOR IMPROVING ENGLISH.

San Diego Continuing Education
The English as a Second Language (ESL) program includes free General Classes for California residents, offered at 6 campuses and many other locations in the community. There are morning, afternoon, and evening classes at 7 different levels, from beginning to advanced. You can begin any time in the year. The ESL program also has free Computer Labs.  [http://www.sdce.edu/esl](http://www.sdce.edu/esl)

Community Colleges
Community colleges offer English classes for credit at all levels. (They also offer associate degrees and technical certificates.) There are 3 community colleges within the boundaries of the city of San Diego. They are: Miramar College: [https://www.sdmiramar.edu/](https://www.sdmiramar.edu/)  
Mesa College: [http://www.sdmesa.edu/](http://www.sdmesa.edu/)  
City College: [https://www.sdcity.edu/](https://www.sdcity.edu/)  
In addition there are 5 community colleges outside of the city within the County of San Diego. They are Grossmont, Cuyamaca, Southwestern, Palomar and MiraCosta. All have websites for further information.

Library Services
The San Diego Public Library and San Diego County Library have many services to offer residents. Examples are help with homework, tax forms, programs for children and teens and Internet access.  
San Diego Public Library [https://www.sandiego.gov/public-library](https://www.sandiego.gov/public-library)  
On campus, you can use the Geisel Library with a campus ID (Identification).


La Brea Tar Pits. Los Angeles. (Close to Los Angeles Museum of Art) http://www.tarpits.org/

Laguna Festival of Arts. Pageant of the Masters. Where Art Comes To Life! Each night during the summer season at 8:30 the Festival of Arts presents its most famous attractions, the Pageant of the Masters. Ninety minutes of “living pictures”—incredibly faithful recreations of classical and contemporary art works with real people posing to look exactly like their counterparts in the original pieces. https://www.foapom.com/


GETTING AROUND UCSD

Several public transportation systems can be used to get to and around UCSD.

There are multiple shuttle bus services around the campus and to a variety of places off campus. There is no charge for using these shuttles for anyone who has a campus ID (Identification). Family members of employees of the university are eligible for a campus ID. Many of the international scholars are considered employees of the university. Please ask in your spouse’s department if you are eligible for the ID.

For destinations, routes and bus stops, see:

🔗 http://transportation.ucsd.edu/shuttles
🔗 https://www.facebook.com/UCSanDiegoTransportation/
The San Diego Metropolitan Transit System (SDMTS) is the name of the bus and trolley system in the city. It covers the city and the eastern part of the county. There is a charge, but monthly passes can be purchased. Bus routes that go to the La Jolla campus and to the Hillcrest Medical Center are listed at:
https://transportation.ucsd.edu/alternatives/transit/index.html

For further information about SDMTS destinations, routes and fares, see the Trip Planner at:
https://www.sdmts.com/schedules-real-time/trip-planner

The part of the county to the north of UCSD is covered by the North County Transit District. It includes buses and the Coaster commuter train and the Sprinter light railroad. For more information, see: http://www.gonctd.com/
Cycling/Pedal Club
Any faculty, student or staff member who lives off campus and does not hold a limited or annual parking permit may join the Pedal Club. Pedal Club members must:

- Commit to cycling for most of your commutes to UC San Diego.
- Register your bicycle with the state of California and maintain a valid registration sticker.
- Register online and pick up sticker at the UC San Diego Police substation located inside Price Center East (across from Burger King).

One of the incentives is: Park free when necessary: Receive a complimentary 10 Day permit each quarter. (First-year students are not eligible to receive these parking permits.) For more info click: https://transportation.ucsd.edu/alternatives/cycling/pedal.html

UCSD has a bikeshare program with approximately 300 bikes located in key campus locations. For $0.50 for the first 30 minutes, you can pick up a bike in one location and drop it off anywhere on campus. These bikes can often be found in parking lots that are more likely to have vacant spots but are located further away, thus allowing easy access to campus by bike.

For more information: https://transportation.ucsd.edu/mobility/bikeshare.html.

Zipcar Car-Sharing Program
If you bike, hike, carpool or take public transportation, you can use campus Zipcars for short personal or business-related trips. Visit Zipcar to find out how car-sharing works.
https://transportation.ucsd.edu/alternatives/zipcar.html

CAMPUS PARKING INFORMATION

Parking throughout UC San Diego can be a challenge and continues to change with construction, so please visit https://transportation.ucsd.edu/parking/index.html to check for more details and to insure current information to avoid receiving a parking ticket.

On the main campus, there are 3 parking structures that contain visitor parking spaces (Gilman Levels 1 & 2, Hopkins Level 7, Pangea Levels 5 & 6) as well as several parking lots scattered throughout the campus. The Gilman Parking Structure is located closest to where the Friends of the International Center activities are held. Fees or a permit are required for parking at UC San Diego during the week, however, there is no fee for parking on the main campus on University Holidays, or on Saturday and Sunday.

For additional information, especially for information about Scripps Institution of Oceanography or UC San Diego Health Centers, please visit: https://transportation.ucsd.edu/parking/visitor/.

Campus Map
https://maps.ucsd.edu/map/default.htm
The Friends of the International Center (Friends) is a non-profit organization, 100% volunteer organization that depends on its membership fees to operate the many Friends programs that support the international community.

This booklet and many of our programs are offered to you free of charge and we would like to keep this atmosphere of open hospitality; but to do so, we need your support by joining the Friends of the International Center as a member and or by making financial donations.

To learn more about our organization, please consult our website:

http://global.ucsd.edu/friends/

CONTACT INFORMATION Please feel free to address questions to:

orientFIC@ucsd.edu
Welcome! Information for New UCSD Arrivals,
Revised in July, 2018

Published by
Friends of the International Center, UC San Diego
University of California, San Diego
9500 Gilman Drive #0018
La Jolla, CA 92093-0018
http://global.ucsd.edu/friends/
orientFIC@ucsd.edu