



SAN DIEGO STATE  
UNIVERSITY

American Language Institute



# OUT & ABOUT SAN DIEGO

› Maps › Public Transportation › Banking › Food › Beaches & Travel › Sports › Safety

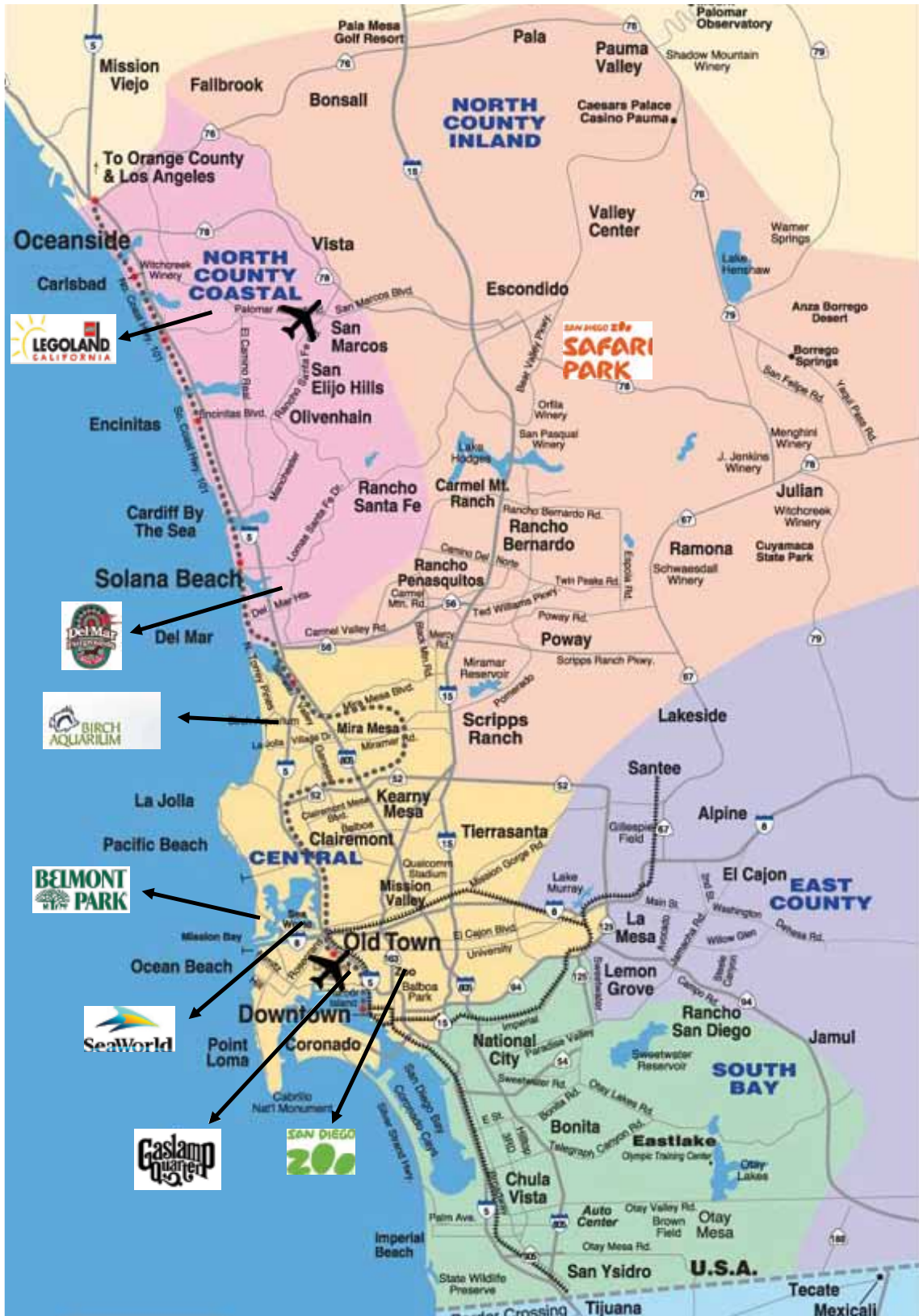
[ali@sdsu.edu](mailto:ali@sdsu.edu)

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Please note: the service, restaurant, entertainment, religious, and other organizations mentioned in this document are a sampling of those entities available in San Diego county. SDSU and the ALI do not endorse those entities listed in this document, they are simply provided for your information.

# San Diego





# MTS Trolley Map



# Transportation Options in San Diego

## Public Transportation - San Diego Metropolitan Transit System

Students can purchase a pass at SDSU's Viejas Arena Box Office with a valid RED ID. Viejas Arena is located on 55th St., in between the Aztec Recreation Center (ARC) and Fraternity Row apartments. For more information about rates, visit:

[http://sdmts.com/college\\_fare.asp](http://sdmts.com/college_fare.asp)

- ▶ College Monthly – \$57.60
- ▶ College Semester – \$152.00

To find out how to get from one place to another by bus and/or trolley, please go to:

<http://www.sdmts.com/schedules-real-time/trip-planner>

For maps & timetables of specific bus routes, please go to:

[http://sdmts.com/map\\_timetable.asp](http://sdmts.com/map_timetable.asp)



## Leasing or Purchasing a Car

To find a car dealership, visit:

[www.autotrader.com/cars-for-sale/all-cars?zip=92115](http://www.autotrader.com/cars-for-sale/all-cars?zip=92115)

## Taxi & Shuttle Services

### ▶ Taxi Services

<http://sandiego.org/articles/transportation/san-diego-taxi-rates.aspx>

### ▶ Super Shuttle

[supershuttle.com](http://supershuttle.com)

## Uber

City-wide app-based car service with various options and prices.

[uber.com/cities/san-diego](http://uber.com/cities/san-diego)

## Car Rentals

There are numerous car rental companies in San Diego. You can rent cars for several days to several months. To rent a car, you need a passport, your national or international driver's license for identification, rental payment (traveler's check, cash, or credit card), and deposit (credit card only). Rates and fees vary depending on your choice of car, availability, and length of contract.

### **Dirt Cheap Car Rental**

3860 Rosecrans St.  
(619) 234-9300

[dirtcheaprental.com](http://dirtcheaprental.com)

### **Express Rent-A-Car**

2595 Kettner Blvd.  
(619) 232-5400

[expressrentacheapcar.com](http://expressrentacheapcar.com)

# Driving in the U.S.

To drive in California, you must have a valid California driver's license or a valid driver's license from your home country. If you have an international driving license (a translation of your home country's license), keep it with your home country's license when you drive. If you are only staying for a short period of time, it is not necessary or required to have a California driver's license. If you are staying for more than one year, it is suggested to have one.

## Local DMV Office

3960 Normal St.  
**1-800-777-0133**  
<http://dmv.ca.gov>

### How to Get a California Driver's License

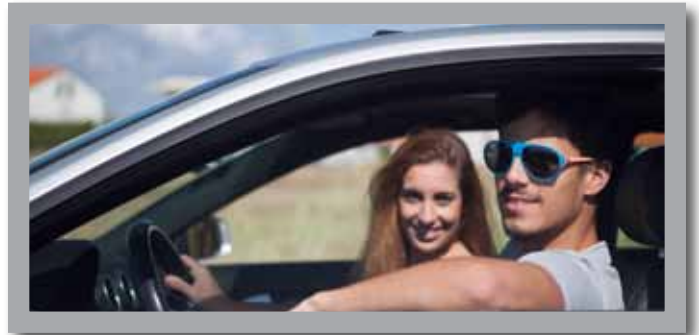
- ▶ Visit the DMV office or make an appointment online or by phone
- ▶ Complete application form DL 44 (an original DL 44 form must be submitted, copies will not be accepted)
- ▶ Give a thumb print and have your picture taken
- ▶ Provide your passport, F-1 VISA, I-94, and I-20 — as an international student without a Social Security number.
- ▶ Pay the application fee
- ▶ Pass a vision exam
- ▶ Pass a traffic laws and sign test, there are 36 questions on the test, and you have three chances to pass (**Sample Test**)

### How to Get a California Identification (ID) Card

- ▶ Visit the DMV office or make an appointment online or by phone
- ▶ Complete application form DL 44 – "Driver License or Identification Card Application" (an original DL 44 form must be submitted. Copies will not be accepted.)
- ▶ Give a thumb print and have your picture taken
- ▶ Provide your passport, F-1 VISA, I-94, and I-20 — as an international student without a Social Security number
- ▶ Pay the application fee

### Interpreter Services

If you need an interpreter, please let one of the staff at the DMV know and an appointment will be scheduled when a foreign language or an ASL interpreter is available. Appointments may also be scheduled by phone.



## Auto Insurance

While driving in the U.S., you must carry auto insurance. Most car rental companies will include insurance for you and the car. If you are purchasing a car, you must purchase your own insurance. Auto insurance companies located close to campus:

**State Farm Insurance**  
**Duane Werner**  
(619) 668-5414  
[statefarm.com](http://statefarm.com)

**Allstate Insurance**  
**Colleen Connolly**  
(619) 460-0579  
[allstate.com](http://allstate.com)

**Office of Phil Levi**  
**Farmer's Insurance**  
(858) 550-9060  
[farmers.com](http://farmers.com)

# Banking & Finance

It is very important to have a bank account while you are staying in the U.S. It is very common for people to pay bills and other expenses using checks or the bank's online bill payment service. For example, cash is not accepted as payment for telephone or electric bills. This practice may be different from your home country.

## List of Banks

### (Near or on the SDSU Campus)

- ▶ **US Bank**  
 Located on the SDSU Campus in West Commons  
 (619) 229-2880  
[usbank.com](http://usbank.com)
- ▶ **California Coast Credit Union**  
 SDSU Campus, Student Union  
 (877) 495-1600  
[calcoastcu.org](http://calcoastcu.org)
- ▶ **Bank of America**  
 6801 El Cajon Blvd.  
 (619) 664-2120  
[bankofamerica.com](http://bankofamerica.com)
- ▶ **Union Bank**  
 6010 El Cajon Blvd.  
 (619) 286-9129  
[unionbank.com](http://unionbank.com)
- ▶ **USE Credit Union**  
 SDSU Campus, East Commons  
 (866) 873-4968  
[usecu.com](http://usecu.com)
- ▶ **Wells Fargo**  
 4690 63rd St.  
 (619) 583-9084  
[wellsfargo.com](http://wellsfargo.com)

## Emergency Money Transfer

- ▶ **Western Union**  
 6060 El Cajon Blvd.  
 (619) 265-0482  
[westernunion.com](http://westernunion.com)
- ▶ **Money Gram**  
 5141 College Ave.  
 (619) 287-0616  
[moneygram.com](http://moneygram.com)

## Currency Exchange

- ▶ **Travelex Currency Services**  
 177 Horton Plaza  
 (619) 235-0901  
  
 7007 Friars Rd. Ste. 593  
 (619) 542-1173  
  
 4417 La Jolla Village Dr.  
 (858) 457-2412  
[travelex.com](http://travelex.com)



# Important Information & Contacts

## General

- ▶ [sandiego.org](http://sandiego.org) – the official website of the San Diego Visitors and Tourism Bureau, includes information on hotels, restaurants, shopping, and activities
- ▶ [utsandiego.com](http://utsandiego.com) – movies, music, news, weather, entertainment, restaurants, and classified ads
- ▶ [sandiegoreader.com](http://sandiegoreader.com) – events, entertainment, classified ads, and coupons online for restaurants and nightclubs
- ▶ [yelp.com](http://yelp.com) – reviews by locals on restaurants, beauty & spas, entertainment, services, and more

## Parks & Recreation

- ▶ [sdcounty.ca.gov/parks](http://sdcounty.ca.gov/parks) – excellent website for parks where you can camp, hike, and fish
- ▶ [sandiego.gov/park-and-recreation](http://sandiego.gov/park-and-recreation) – San Diego's official city park website with information on Mission Bay, recreation centers, swimming pools, golf courses, and more
- ▶ [arc.sdsu.edu](http://arc.sdsu.edu) – information on sports at the ARC (Aztec Recreation Center) on the SDSU campus

## Tickets to Concerts and Events

- ▶ [ticketmaster.com](http://ticketmaster.com) – the official website to buy tickets for any event anywhere in the U.S.; you may also buy tickets for some events at the Viejas Arena Ticket Office at SDSU
- ▶ [stubhub.com](http://stubhub.com) – private ticket broker, great for buying sold-out tickets and hard-to-find seats, but expensive
- ▶ [sdartstix.com](http://sdartstix.com) – discount tickets on theater, music, and dance performances in San Diego

## Maps & Directions

- ▶ [maps.google.com](http://maps.google.com) – provides locations and driving directions for anywhere in the U.S.

## Transportation

If you do not have a car, San Diego offers many other affordable options to get around the city. Please see "Transportation Options" on page 5 for more information.

## Intercity Trains

Amtrak trains will take you to major cities in the U.S. It is less expensive than traveling by plane. The train station is located in Downtown San Diego at the Santa Fe Depot trolley stop.

(800) 872-7245  
[amtrak.com](http://amtrak.com)

## Cell Phones & SIM Cards

It is common for students to have a cell phone or mobile phone while in the U.S. Phones can cost up to \$600 depending on the plan purchased with the phone.

There are two types of plans:

1. **Contract Service:** This requires that you use the phone for 1-2 years or pay a cancellation fee if you cancel your service before your contract end date. Because international students do not have a social security number, you must pay a deposit with the phone, ranging from \$150-\$500.

2. **Pre-Paid Service:** This service does not require any deposit or social security number. There is no requirement for how long you use the phone; however, the plans may be more expensive, depending on what you need.

## Recommended Carriers

- ▶ **T-Mobile**, Camino del Rio North, (619) 295-2044, [tmobile.com](http://tmobile.com)
- ▶ **Verizon**, SDSU Bookstore, (619) 594-7525, [verizon.com](http://verizon.com)
- ▶ **Cricket**, 936 5th Ave., (619) 234-0695, [mycricket.com](http://mycricket.com)

## Postal Service

Before you mail an international letter or package, we recommend you first take it to the post office to weigh it. The post office closest to the SDSU campus is located at:

6401 El Cajon Blvd.  
 (619) 582-1281  
[usps.com](http://usps.com)

HOURS: Monday-Friday 9 am-5 pm, Saturday 9 am-12 pm, closed on Sundays; last mail pick-up of the day is 5 pm.

## Local Laundromats

Some homes may not have a washer or dryer, so students must bring their clothes to a laundromat. Below are laundromats near campus:

- ▶ **College Launderland**  
 3636 Billman St.  
 (619) 265-2348  
[sandiegolaundromat.com](http://sandiegolaundromat.com)
- ▶ **The Washboard Laundry**  
 6512 El Cajon Blvd.  
 (619) 286-0294  
[thewashboardsd.com](http://thewashboardsd.com)



# Important Information & Contacts

## Furniture Rentals

Most apartments off-campus are unfurnished. This means there will be no furniture in the apartment. You will need to buy or rent furniture after you move into your place.

- ▶ Cort Furniture**  
 7480 Miramar Rd.  
 (858) 549-0800  
[cort.com](http://cort.com)
- ▶ Signature Furniture Rental**  
 8525 Camino Santa Fe  
 (858) 227-4370  
[signaturefurniturerental.com](http://signaturefurniturerental.com)
- ▶ Brook Furniture Rental**  
 8138 Miramar Rd.  
 877-285-7368  
[bfr.com](http://bfr.com)

## Important Phone Numbers

### Emergency Calls (911)

Dial 911 if you have a medical or other type of emergency. An ambulance/fire engine/police officer will be sent if you have a true medical emergency. It is better to wait for an ambulance if a person is badly injured. If other emergencies not requiring ambulance service occur, take the injured person to the nearest hospital.

### Crisis Calls

- ▶ Emergency Services & Travel (in your language): (888) 871-4636
- ▶ Poison Information Center: (800) 222-1222

## Hospitals

- ▶ Alvarado Hospital**  
 6655 Alvarado Rd.  
 (619) 287-3270  
[alvaradohospital.com](http://alvaradohospital.com)
- ▶ Grossmont Hospital**  
 5555 Grossmont Center Dr.  
 (619) 740-6000  
[sharp.com/grossmont](http://sharp.com/grossmont)

- ▶ Scripps Mercy Hospital**  
 4077 Fifth Ave.  
 (619) 294-8111  
[scripps.org](http://scripps.org)
- ▶ Sharp Memorial Hospital**  
 7901 Frost St.  
 (858) 939-3400  
[sharp.com/memorial](http://sharp.com/memorial)

## Urgent Care

- ▶ Partners Urgent Care**  
 6136 Lake Murray Blvd.  
 (619) 303-5500  
 Mon.-Sun., 8 am-8 pm
- ▶ Rady Children's Urgent Care** (patients 17 and under)  
 5565 Grossmont Center Dr., Bldg. 2, Ste. 2  
 619) 713-5375  
 Mon.-Fri., 4-10 pm; Sat.-Sun., 1-10 pm
- ▶ Urgent Care & More**  
 3434 Midway Dr., Ste. 1002  
 (619) 225-6200  
 Mon.-Sun., 8 am-10 pm

## San Diego Authorities (Non-Emergencies)

- ▶ San Diego Police Department**  
 (619) 531-2000
- ▶ Legal Aid Society**  
 (877) 534-2524
- ▶ San Diego Paramedics**  
 (858) 484-3154
- ▶ San Diego Fire Department**  
 (619) 533-4300

## San Diego State University

- ▶ SDSU Information**  
 (619) 594-5200
- ▶ University Police**  
 (619) 594-1991
- ▶ SDSU Health Services**  
 (619) 594-5281

# Important Information & Contacts

## Medical Needs

### SDSU Health Services

ALI students can use the SDSU Student Health Services Center. It offers general medicine and emergency treatment areas, as well as an x-ray laboratory, physical therapy, preventative dentistry program, and low-cost pharmacy. It also offers nutrition counseling, travel consultation, family planning, immunizations, and general health education.

### Not Covered in Your Basic Service

- ▶ General physical exams
- ▶ Specialty clinics, elective injections (e.g., allergy maintenance, travel inoculations, others)

### Services That Are "Reimbursable"

- ▶ Prescriptions
- ▶ Over-the-counter drug and orthopedic aids
- ▶ Lab tests that must be sent to a contracted lab
- ▶ Some serums/vaccines used for inoculations
- ▶ Medical record
- ▶ Copying including x-ray films

When you visit Health Services, you must bring your RED ID card. You should first report to the appointment desk. Once there, the clerk will make an appointment for you with the appropriate clinic or doctor. If you do not speak English well, take a translator with you or ask the ALI to find one for you.

### SDSU Health Services

(619) 594-5281

<http://shs.sdsu.edu>

HOURS: Mon.-Fri., 8:30 am-4:30 pm; Thurs., 9:30 am-4:30 pm; weekends and certain holidays, closed. Call for an appointment.

If Health Services cannot meet your needs, you will be referred to another doctor or dentist who is located off-campus.

## Healthcare in Your Language

National and state law requires that the hospital must provide you with an interpreter in your language if you request it.

[ncmonline.com/languageaccess](http://ncmonline.com/languageaccess)

## Health Insurance

All students attending the American Language Institute are required by law to have health insurance coverage. Health Insurance is included in your program fee.

## Parking on SDSU Campus

Parking is strictly enforced on campus. You will need a parking permit at all times. If you park your car without a permit, you may receive a parking ticket and have to pay a fine.

To obtain up-to-date permit costs, please visit <https://bfa.sdsu.edu/campus/parkingtrans/parkingportal>

### How to Get an SDSU Parking Permit

Parking permits can be purchased online at <https://bfa.sdsu.edu/campus/parkingtrans/parkingportal>

Students must park in specially marked parking lots, designated to students by signs posted with a red "S."

The closest student lot to the ALI is Parking Structure 7. Students will get a parking ticket if they park in Parking Structure 6, which is the lot next to the ALI. Student lots are marked "S," not "F/S."

## Bicycles & Skateboards

It is important for you to learn where you can ride a bicycle and/or skateboard. Bicycles and skateboards are allowed on the SDSU campus in the biking/skateboarding lane. Campus Security will issue a ticket if you ride in prohibited areas. If you have any questions about where you can legally ride, please check with the SDSU Public Safety department by calling (619) 594-3193.

## No Smoking Policy

SDSU is a completely smoke-free, tobacco-free campus. Smoking is not permitted in or outside any buildings (including Viejas Arena), or in parking areas.

## ALI Contact

If you have any questions, please contact the ALI.

**(619) 594-5907**

[ali@sdsu.edu](mailto:ali@sdsu.edu)

# International Food Markets

## Farmers' Markets

Fresh fruits, vegetables, flowers and foods from San Diego farmers. Visit [sdfarmbureau.org](http://sdfarmbureau.org) for a list of all Farmers' Markets in San Diego County.

- ▶ **La Mesa:** Fridays, 2-6 pm, Date and University Ave.
- ▶ **La Jolla:** Sundays, 9 am-1 pm, 7335 Girard Ave.
- ▶ **Ocean Beach:** Wednesdays, 4-7 pm (Jan.-March), 5-8 pm (April-Dec.), 4900 block of Newport Ave. between Cable and Bacon St.
- ▶ **Hillcrest:** Sundays, 9 am-1 pm, 3960 Normal St. at Lincoln
- ▶ **Little Italy:** Saturdays, 8 am-2 pm, West Cedar St.



## Food Markets

▶ **Balboa International Market**  
5907 Balboa Ave.  
(858) 277-3600  
[balboamarket.com](http://balboamarket.com)

▶ **The Market by Buon Appetito**  
1605 India St.  
(619) 267-1335  
[themarketlittleitaly.com](http://themarketlittleitaly.com)

▶ **African Caribbean Food Market**  
4811 El Cajon Blvd.  
(619) 229-0032

▶ **99 Ranch Market**  
7330 Clairemont Mesa Blvd.  
(858) 974-8899  
[99ranch.com](http://99ranch.com)

▶ **Zion Market**  
7655 Clairemont Mesa Blvd.,  
(858) 268-3300  
[zionmarket.com](http://zionmarket.com)

▶ **Nijiya**  
3860 Convoy St., Suite 121  
(858) 268-3821  
[nijiya.com](http://nijiya.com)

▶ **Mideast Market & Fresh Halal Meats**  
4595 El Cajon Blvd  
(619) 284-6361

▶ **Babylon International Market**  
524 East Main St., El Cajon  
(619) 442-4779

▶ **Viperipe**  
8191 Fletcher Parkway  
(619) 421-8844  
[vinripefarmersmarket.com](http://vinripefarmersmarket.com)

## Organic/Other

▶ **Trader Joe's**  
1090 University Ave.  
(619) 296-3122  
[traderjoes.com](http://traderjoes.com)

▶ **Cost Plus World Market**  
372 4th Ave.  
(619) 236-1737  
[worldmarket.com](http://worldmarket.com)

▶ **Lang's Bakery**  
4610 Alvarado Canyon Rd., Suite 6  
(619) 280-5264  
[langsbakery.com](http://langsbakery.com)

▶ **Whole Foods**  
711 University Ave.  
(619) 294-2800,  
[wholefoodsmarket.com](http://wholefoodsmarket.com)

# San Diego Area Beaches

For more information about the beaches in San Diego County, visit [sandiego.gov/lifeguards/beaches](http://sandiego.gov/lifeguards/beaches).

## Cardiff

- ▶ **Cardiff State Beach:** Coast Highway 101
- ▶ **San Elijo State Beach:** Coast Highway 101

## Carlsbad

- ▶ **Carlsbad State Beach:** 2400 Carlsbad Blvd.

## Coronado

- ▶ **Coronado City Beach:** Ocean Blvd.
- ▶ **Dog Beach:** Ocean Blvd. & Isabelle Ave.
- ▶ **Silver Strand State Beach:** 5000 Highway 75

## Del Mar

- ▶ **Del Mar City Beach:** 1700 Coast Blvd.
- ▶ **Dog Beach:** Camino Del Mar

## Encinitas

- ▶ **Beacon's Beach:** 948 Neptune Ave.
- ▶ **Boneyard Beach:** F St.
- ▶ **D St. Viewpoint:** 450 D St.
- ▶ **Grand View Beach:** 1700 Neptune Ave.
- ▶ **Moonlight State Beach:** 400 B St.
- ▶ **Stone Steps Beach:** 350 S. El Portal St.
- ▶ **Swami's:** 1298 Coast Highway 101

## La Jolla

- ▶ **Black's Beach:** 2800 Torrey Pines Scenic Dr.
- ▶ **Boomer Beach:** just below Scripps Park between Shell Beach & La Jolla Cove
- ▶ **Big Rock:** just south of Palomar Ave.
- ▶ **Bird Rock:** between South Casa Beach and Pacific Beach
- ▶ **Whispering Sands Beach:** 200 Coast Blvd.
- ▶ **Windansea Beach:** 5800 Neptune Place
- ▶ **Wipeout Beach:** 800 Coast Blvd.
- ▶ **Torrey Pines State Beach:** 12600 N. Torrey Pines Rd.
- ▶ **Horseshoes:** between Marine St. & Coast Blvd.
- ▶ **La Jolla Cove:** 1180 Coast Blvd.
- ▶ **La Jolla Shores:** 8200 Camino del Oro
- ▶ **Marine St. Beach:** 300 Marine St.
- ▶ **Scripps Beach:** 8599 El Paseo Grande
- ▶ **Shell Beach:** 900 Coast Blvd.

## Pacific Beach

- ▶ **Tourmaline Surfing Park:** 602 Tourmaline St.
- ▶ **Triangle Cove:** 6102 Camino de la Costa
- ▶ **Whispering Sands Beach:** 200 Coast Blvd.
- ▶ **Windansea Beach:** 5800 Neptune Place
- ▶ **Wipeout Beach:** 800 Coast Blvd.

## Mission Beach

- ▶ **Mission Beach:** 3141 Ocean Front Walk
- ▶ **South Mission Jetty:** Ocean Front Walk & Mission Blvd.

## Ocean Beach

- ▶ **Dog Beach:** West Point Loma Blvd. & Voltaire St.
- ▶ **Ocean Beach City Beach:** 1950 Abbott St.

## Pacific Beach

- ▶ **Pacific Beach:** 950 Grand Ave.
- ▶ **Pacific Beach Point:** Linda Way & Sea Ridge Dr.

## Point Loma

- ▶ **Point Loma Tide Pools:** Catalina Blvd.
- ▶ **Sunset Cliffs:** along Sunset Cliffs Blvd.
- ▶ **Newbreak:** south of Cornish Dr. at Sunset Cliffs
- ▶ **33's:** south of Cornish Dr. on Sunset Cliffs
- ▶ **Indicators:** Hill St. & Sunset Cliffs

## Solana Beach

- ▶ **Fletcher Cove:** 111 S. Sierra Ave.
- ▶ **Seascape Shores:** 501 S. Sierra Ave.
- ▶ **Tide Beach Park:** 302 Solana Vista Dr.



# Places to Go in San Diego

## Mission Valley, Fashion Valley

The closest and most convenient location to ALI for shopping, restaurants, movies, and fun. Less than a 15-minute trolley ride or 5-minute drive from campus.

### Attractions

- ▶ **Qualcomm Stadium** is home to San Diego Chargers football, SDSU Aztecs football, concerts, and more
- ▶ **Mission Valley Mall** (with Target) is the closest shopping mall to ALI
- ▶ **Fashion Valley Mall** is a larger shopping mall than Mission Valley with upscale stores like Armani Exchange, BCBG, Coach, Guess?, Gucci, Hermes, Juicy Couture, Steve Madden, and more
- ▶ **AMC Movie Theaters**, [amctheatres.com](http://amctheatres.com)



## La Jolla

San Diego's version of Beverly Hills, with expensive cars, lots of antiques and art, chic fashion stores, fine dining, outdoor cafes, and a beautiful view of the Pacific Ocean.

### Attractions

- ▶ **La Jolla Contemporary Museum of Art** has various modern art exhibits and is also a popular place to see premieres for snowboard, ski and surf movies, free if you are 25 years or younger.
- ▶ **La Jolla Caves** offers a walking tour of the cliffs and through the ocean-carved caves
- ▶ **La Jolla Cove** is one of the best places in San Diego for kayaking, snorkeling, and scuba diving
- ▶ **Mount Soledad** has the best free scenic viewpoint of San Diego on a clear day
- ▶ **La Jolla Playhouse**, [lajollaplayhouse.com](http://lajollaplayhouse.com)
- ▶ **Birch Aquarium** has colorful California marine life at the kid-friendly public exploration center for Scripps Institution of Oceanography at UC San Diego, [aquarium.ucsd.edu](http://aquarium.ucsd.edu)

## Pacific Beach

The classic Southern California beach community with surfers, hip fashion stores, affordable restaurants, and a great nightlife with many university students and young adults, all located next to a beautiful beach.

### Attractions

- ▶ **Crystal Pier** offers a great view of the beach and has cute cottages over the ocean where you can stay for a night or more
- ▶ **Tourmaline Surf Park** is a popular place to watch surfing or to learn how to surf
- ▶ **Pacific Beach Boardwalk** offers an array of unique shops and cafes, and a long stretch of concrete (the boardwalk) to bike and skateboard

## Point Loma, San Diego Sports Arena

A seaside community with two major military bases and a national cemetery.

### Attractions

- ▶ **Cabrillo National Monument** is a landmark where Juan Cabrillo, landed in California. It has a beautiful view, a lighthouse, and tide pools (entrance fee), [nps.gov/cabr/index.htm](http://nps.gov/cabr/index.htm)
- ▶ **Sunset Cliffs** is where million-dollar homes meet the ocean – park along the side and watch the sunset or walk along the cliffs
- ▶ **Ocean Beach** is where San Diego's hippy community resides, most points of interest are on Newport Ave.





# Places to Go in San Diego

## Mission Bay, Mission Beach, Clairemont

Miles of grass, beach, and sand for a variety of recreational activities both in and out of the water.



### Attractions

- ▶ **The Boardwalk** runs along both the beach and the bay and is great for biking, rollerblading, and jogging
- ▶ **Cheap Rentals** and other rental shops will rent rollerblades, bicycles, surfboards, beach chairs, and other beach items for as little as \$10-15 per day
- ▶ **Mission Bay Aquatic Center** offers lessons in surfing, kayaking, waterskiing, sailing equipment, and other watersports to ALL students for a discount, [mbaquaticcenter.com](http://mbaquaticcenter.com)
- ▶ **Mission Bay Sportscenter** rents waverunners, power boats and sailboats, and discounts are also given to ALL students
- ▶ **Belmont Park** is an American-style amusement park with a rollercoaster, carnival rides, games, American carnival food, and shopping, [belmontpark.com](http://belmontpark.com)
- ▶ **The Wave House** has two man-made waves for you to try, or you can watch others, also a California beach-style restaurant with outdoor dining and ocean view, [wavehousesandiego.com](http://wavehousesandiego.com)
- ▶ **Sea World** is San Diego's No. 1 attraction (discount tickets are available at the Aztec Center Ticket Office), [seaworld.com](http://seaworld.com)
- ▶ **California Ballet Company**, [californiaballet.org](http://californiaballet.org)

## San Diego Harbor

Incredible views of the harbor with great seafood restaurants, tourist attractions, beautiful boats in the marina, and opportunities to take dinner tours and boat tours on the San Diego Bay.

### Attractions

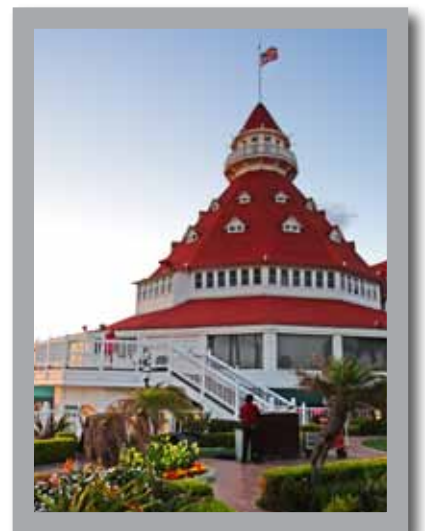
- ▶ **USS Midway** is a museum on an American aircraft carrier that was active for 47 years, [midway.org](http://midway.org)
- ▶ **Seaport Village** is a cute tourist area with many shops and several restaurants – great view of Coronado Island and delicious seafood, [seaportvillage.com](http://seaportvillage.com)
- ▶ **Hyatt Hotel** is the tallest waterfront hotel on the west coast – on the top floor is the Top of the Hyatt, a classy bar with one of the best views in San Diego, [manchestergrand.hyatt.com](http://manchestergrand.hyatt.com)
- ▶ **Convention Center** plays host to major business events and conventions, such as the auto show, boat show, and more, [visitsandiego.com](http://visitsandiego.com)
- ▶ **Shelter Island** has boat rentals, jet ski rentals, fishing trips, and whale-watching tours
- ▶ **San Diego Harbor Excursions** offers sightseeing cruises on the bay, [sdhe.com](http://sdhe.com)

## Coronado Island

Some of the most beautiful beaches and homes in San Diego, plus a world-famous hotel; the longest, widest, and most beautiful sandy beaches in San Diego with room for everyone to sunbathe.

### Attractions

- ▶ **Hotel Del Coronado** is one of the oldest and most prestigious hotels and is open to visitors – a posh place to eat Sunday brunch
- ▶ **Coronado Ferry Landing** will take you by ferry boat from and to Coronado and Downtown San Diego
- ▶ **Coronado Museum of History and Art** preserves and presents the island's history within three galleries
- ▶ **The Gondola Company** offers San Diegans a little bit of Italy by going on a gondola ride
- ▶ **Silver Strand State Beach**
- ▶ **Coronado Municipal Golf Course**



# Places to Go in San Diego

## Downtown

Downtown San Diego has everything from shopping to businesses to theaters and the best nightlife in San Diego; AVOID the homeless areas north (C St. & Ash St.) and east (Seventh Ave. & streets with higher numbers) just outside the Gaslamp Quarter.

### Attractions

- ▶ **Horton Plaza Mall** is downtown's hip and colorful shopping center
- ▶ **The Gaslamp Quarter** is the historic part of downtown on the streets between Fourth and Fifth Ave. and Broadway at Market – this is the best nightlife in San Diego
- ▶ **East Village Tavern & Bowl**, [tavernbowl.com](http://tavernbowl.com)
- ▶ **Civic Theater** hosts off-broadway plays, opera, the San Diego ballet, comedy shows, and musical performances, [sandiegotheatres.org](http://sandiegotheatres.org)
- ▶ **Asian American Repertory Theatre**, [asianamericanrep.org](http://asianamericanrep.org)
- ▶ **San Diego Opera**, [sdopera.com](http://sdopera.com)
- ▶ **San Diego Symphony**, [sandiegosymphony.com](http://sandiegosymphony.com)

## Balboa Park, Hillcrest

The nation's largest cultural park, with many beautiful gardens and traditional Spanish architecture – great for walks and picnics – plenty of museums and the San Diego Zoo.

### Attractions

- ▶ **San Diego Zoo** is one of the world's most famous zoos for its variety of animals and plants and its conservation projects – currently hosting China's pandas, [sandiegozoo.org/](http://sandiegozoo.org/)
- ▶ **Museums** Art, History, Auto, Sports, Science, Photo, and more are one of the main attractions in the park – every Tuesday different museums are FREE, [balboapark.org/in-the-park/museums](http://balboapark.org/in-the-park/museums)
- ▶ **Theaters** The Old Globe, IMAX, and Starlight Bowl Outdoor Theater, [balboapark.org/in-the-park/PerformingArts](http://balboapark.org/in-the-park/PerformingArts)
- ▶ **International Cottages** representing Argentina, Austria, China, Colombia, Denmark, France, Germany, Iran, Italy, Mexico, Norway, Peru, Poland, Spain, Sweden, Turkey, Ukraine, and more are open every Sunday afternoon for visits.
- ▶ **Public Golf Course**, <http://sandiego.gov/park-and-recreation/golf>

- ▶ **Disc Golf Course** is a place to play disc golf (also called frisbee golf), rentals of discs (frisbees) are available, [morleyfield.com](http://morleyfield.com)
- ▶ **Eveoke Dance Theatre**, [eveoke.org](http://eveoke.org)
- ▶ **Starlight Bowl/Starlight Musical Theatre**, [starlighttheatre.org](http://starlighttheatre.org)



## Old Town

Historic Old Town San Diego is known as the birthplace of California. It's a popular stop on the bus and trolley routes where you can discover the history of early San Diego.

### Attractions

- ▶ **Plaza del Pasado** has live Mexican music and performers, many great outdoor restaurants, and arts and crafts in a historic and fun atmosphere.
- ▶ **San Diego Ave. and Twiggs St.**, where many shops and great restaurants are located.
- ▶ **The Presidio** is a historic landmark at the top of a hill with a public golf course, the Junipero Museum, and great views of San Diego.
- ▶ **The Whaley House** stands as a classic example of mid-19th century Greek Revival architecture. It is a historic museum that also opens as a haunted house during Halloween, [whaleyhouse.org](http://whaleyhouse.org)

# Sports & Recreation

## Aztec Recreation

AR membership is included for all ALI students. Sign up at the Aztec Recreation Center with your SDSU RED ID card. Find information about the following AR programs and facilities at [arc.sdsu.edu](http://arc.sdsu.edu) or call (619) 594-7529.

### Aztec Recreation Center (ARC)

Cardio and strength training equipment, group exercise classes, an indoor climbing wall, and open courts for basketball, volleyball, and indoor soccer. Open 24 hours most days.

### Intramural Sports

Recreational team and individual sports leagues for SDSU students with games played on campus. Sports include soccer, basketball, volleyball, tennis, bowling, softball, and more.

### Aquaplex & Tennis Courts

Solar-heated outdoor swimming pools, diving boards, and spa, and a state-of-the-art tennis center, a short walk from the ARC.

### ARC Express & Aztec Lanes

New gym and bowling & games center in the recently opened Conrad Prebys Aztec Student Union.

### Mission Bay Aquatic Center (MBAC)

Water sports classes & equipment rental. Surfing, sailing, kayaking, stand-up paddling, wakeboarding, and more. Special rates are available for students. Located in the Mission Beach community.

1001 Santa Clara Place , (858) 488-1000

### Aztec Adventures

Outdoor treks and camping trips to national parks and wilderness areas. Backpacking, canoeing, hiking, river rafting, rock climbing, and other adventures designed for students. Guides, equipment, and meals included in trip cost.

## Off-campus Sports Leagues

### Badminton

[sandiegobadminton.org](http://sandiegobadminton.org)

### Baseball

[sdabl.com](http://sdabl.com)

### Basketball

[sandiegobasketball.com](http://sandiegobasketball.com)

### Soccer

[sdcsf.com](http://sdcsf.com)

### Swimming

[swim.isport.com](http://swim.isport.com)

### Table Tennis

[sdttta.org](http://sdttta.org)

### Social Sports Club

[govavi.com](http://govavi.com)

**Note:** If you have questions about sports or recreational programs, stop by the Aztec Recreation Center or send an email to ALI Student Life at: [alistudentlife@mail.sdsu.edu](mailto:alistudentlife@mail.sdsu.edu)



# Safety

The American Language Institute would like to welcome everyone to San Diego. We depend on each and every member of the university community to take an active role in their safety and security by following a few simple precautions.

- ▶ Remember to lock your car and secure all valuables out of sight. If you have security devices for your vehicle, for example: club, alarms, or vehicle immobilizers, please use them.
- ▶ When you leave your apartment or your room, lock your doors and windows.
- ▶ Do not leave personal items of value unattended anywhere, even on campus, or in a classroom.
- ▶ Conceal your cell phone when you are in a public place. If your cell phone is stolen, you must report it to the police immediately.
- ▶ Pay attention to your surroundings and avoid distractions. Immediately report any suspicious activity to the University Police department (**call 911** for any true emergency, or **(619) 594-1991** for nonemergency police services).
- ▶ Avoid wearing expensive jewelry or carrying large amounts of cash. Make sure your credit card is returned to you after each transaction.
- ▶ Do not accept rides from strangers, or approach someone in a car that you do not know.
- ▶ There is safety in numbers! Do not walk alone at night. Avoid short cuts, narrow alleys, or poorly lit streets at all times. If you think you're being followed, go toward a crowded area.
- ▶ If possible, avoid using stairs. Stand near the front door of an elevator rather than in back.
- ▶ Do not accept food or drinks from strangers. Criminals have been known to put drugs in food or drinks to weaken victims.
- ▶ If you are confronted with a weapon, give the criminal whatever personal belongings they ask for: wallet, jewelry, cell phone, etc. Your life is more valuable than replaceable possessions!
- ▶ To obtain Police or Fire department help for true emergency services, dial 911 from your cell phone or any campus phone, or activate any "**Blue Light**" **Emergency Duress Phone** on campus.
- ▶ The SDSU University Police department is located in the Public Safety building at the intersection of 55th St. and Remington Rd., across from the Aztec Recreation Center. The Police department is operational 24 hours a day, seven days a week.

