

SURF CHECK:



Coming to UC San Diego

WHAT IS SURF CHECK?

A surf check is an action done by surfers to survey various conditions at a location to get an understanding of what the surf conditions will be like. Each surfer may look for different things; some surfers may be looking for huge waves while some may just be looking for windless classic waves.

Just like surf check, **ISPO will be providing the necessary knowledge and experience to help you navigate your way to an exemplary experience at UC San Diego.** From what to pack when coming to the United States to the best eateries on campus, Surf Check will cover everything you need to know!



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with ISPO!



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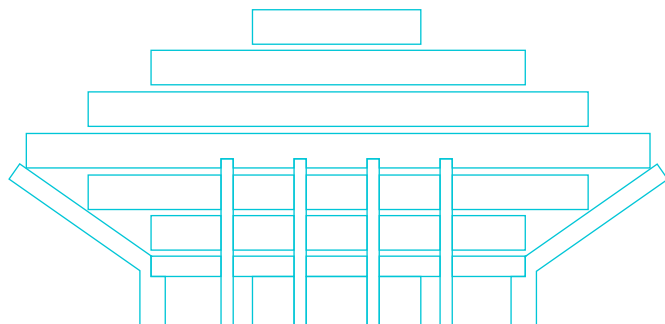
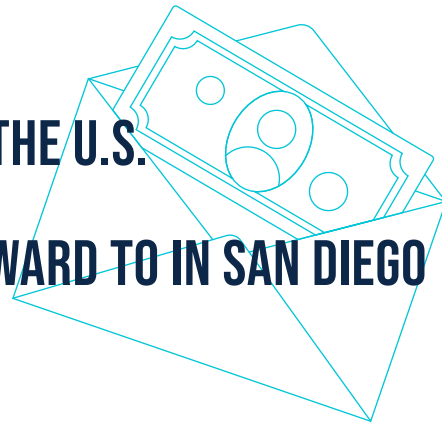
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Surf Check:

Coming to

UC San Diego
INTERNATIONAL STUDENTS
AND PROGRAMS OFFICE

WHAT TO PACK



UC San Diego

WEATHER

General Temperatures

- Very Cold: **below 50°F**
- Cold: 50 – 65°F
- Warm: 65 – 72°F
- Hot: 72 – 80°F
- Very Hot: **above 80°F**

- Make sure to **layer** to easily adjust to the cold/hot changes!
- Always have **a pair of sunglasses and sunscreen** with you.



Weather Trends in San Diego

- Inland areas are warmer than coastal areas.
- Temperatures can **decrease drastically during the night**.
- Mornings, especially by the coast, can be foggy and cool, but the weather warms up as the day progresses.
- Rainy days can be very unpredictable, but usually wetter season lasts from November to March, sometimes May and early June.
- Hottest season is August – September.

Friendly Reminder: Celsius vs Fahrenheit

Freezing: 0 degrees Celsius or **32** degrees Fahrenheit

Boiling: 100 degrees C or **212** degrees F

1 degree Celsius is 1.8 times larger than one degree Fahrenheit

TIP! Temperature in Fahrenheit = **Temperature in Celsius x 1.8 + 32**

MEASUREMENT SYSTEMS

WEV?0BEWENL 2Y2LEW?

General Tips

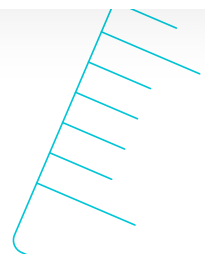
- Sometimes feet can be expressed as ' and inches as ". For example, if someone is 5 feet 4 inches tall, it may be written as 5'4".
- If you want to order a beverage, the **12oz** drink would usually be a small, **16oz** is medium, and **20oz** is large.
- Mattresses in the dorm are usually **Twin XL or Extra Long Twin**. The dimensions are 38in x 83in.
- Sizes for clothes and shoes are also different in the U.S.! Check-out [this website](#) for helpful conversions.



Conversions

- 1 mile (mi) = 1.6 kilometers (km)
- 1 foot (ft) = 12 inches (in) = 30 centimeters (cm)
- 1 inch (in) = 25 millimeters (mm) or 2.54 centimeters (cm)
- 3 feet (ft) is almost exactly 1 meter (m)
- 1 kilogram (kg) - just over 2 pounds (lbs)
- 1 pound (lb) = 454 grams (g)
- 1 ounce (oz) = 28 grams (g)
- 1 gallon (gal) = 3.79 liters (L)

A commonly used abbreviation, **MPH**, means **miles per hour**



ELECTRONIC OUTLETS

ELECTRONIC OUTLETS?

Plugs and Sockets



Type A

- mainly used in the USA, Canada, Mexico & Japan
- 2 pins
- not grounded
- 15 A
- almost always 100 – 127 V
- socket compatible with plug type A

Type B

- mainly used in the USA, Canada & Mexico
- 3 pins
- grounded
- 15 A
- almost always 100 – 127 V
- socket compatible with plug types A & B

Type C

- commonly used in Europe, South America & Asia
- 2 pins
- not grounded
- 2.5 A, 10 A & 16 A
- almost always 220 – 240 V
- socket compatible with plug type C

Type D

- mainly used in India
- 3 pins
- grounded
- 5 A
- 220 – 240 V
- socket compatible with plug type D (partial and unsafe compatibility with C, E & F)



Type E

- primarily used in France, Belgium, Poland, Slovakia & Czechia
- 2 pins
- grounded
- 16 A
- 220 – 240 V
- socket compatible with plug types C, E & F



Type F

- used almost everywhere in Europe & Russia, except for the UK & Ireland
- 2 pins
- grounded
- 16 A
- 220 – 240 V
- socket compatible with plug types C, E & F



Type G

- mainly used in the United Kingdom, Ireland, Malta, Malaysia & Singapore
- 3 pins
- grounded
- 13 A
- 220 – 240 V
- socket compatible with plug type G



Type H

- used exclusively in Israel, the West Bank & the Gaza Strip
- 3 pins
- grounded
- 16 A
- 220 – 240 V
- socket compatible with plug types C & H (partial and unsafe compatibility with E & F)

US plugs and socket types are **Type A and Type B** as shown on the image on the left.

The standard voltage is **120 V**, but electric appliances that range from **110 – 127 V** will work too.

If you plan to live on campus, check out the [UCSD Housing and Residential Life Policies](#) for detailed requirements on appliances, extension cords, and more.

Summary

- Make sure you have a **plug adaptor** if the plugs on your electronics are not **Type A or B**.
- If the voltage on electronic appliances from your home country exceeds **127V**, it may be easier to purchase some items in the U.S., or you will need to get a **voltage converter**.
- Fun Fact: The word "**outlet**" is also used to talk about *shopping centers or malls that sell items for a reduced price*.



What to Bring

- Clothes for all types of weather
- Comfortable shoes, the campus is quite large!
- Things that will help make this your new home!
- Personal hygiene items
- Headphones (highly recommended)
- Laptop and/or tablet/iPad
- Swimsuit. We do live across from the beach!
- 3MT Command Adhesive strips/hooks to hang things on your wall!
- A willingness to learn about yourself and your new community
- A positive attitude and excitement about starting your journey into college!



What NOT to Bring*

- Candles, incense, fireworks, or weapons
- Halogen lamps
- Multi-bulb light fixtures or "octopus lamps"
- Pets except fish
- Masking or cellophane tape, nails, and other **products that damage paint or wall surfaces**
- Two-pronged extension cords – **only three-prong cords are allowed**
- Hotplates or any electrical appliance with an open or exposed heating element
- Wireless routers or devices that might interfere with our network
- Toasters or toaster ovens
- Air conditioners
- Alcohol, drugs, or drug paraphernalia
- Waterbeds
- Self-built lofts of any kind



**as presented by UCSD Housing • Dining • Hospitality (HDH) and safety policies*

...or buy after moving in!

ON CAMPUS

Target @UCSD

Amazon @UCSD

UC San Diego Bookstore

You can also order things to be delivered to campus and can pick them up at **Amazon Smart Lockers!**



OFF CAMPUS

Walmart

IKEA

Target

Marshalls

Bed, Bath & Beyond

HomeGoods

Malls near UCSD:

Westfield UTC

Westfield Mission Valley

Fashion Valley



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WHEN TRAVELING TO THE U.S.



UC San Diego

WHEN TRAVELING

WHEN TRAVELING

Immigration Documents



- ISPO has created a **Welcome Guide** to help you prepare for arrival. Check it out to access easy checklists and valuable immigration information. We are very excited to see you at UC San Diego and hope these make your journey easier!
- Check out p.7 of our Welcome Guide to learn about immigration documents at a glance!

[Link to Welcome Guide](#)

Emergency Contacts & Urgent Requests

- For **immediate** health and safety emergencies when in the U.S., call **911**
- For immigration and U.S. Port of Entry issues **after business hours**, call **(858) 534-4357**
- For all other matters during business hours (Monday-Friday 9am-4pm PT), call **(858) 534-3730**
- For all other **urgent** matters after business hours, call **(858) 534-4357**
- Finally, we recommend taking a screenshot or saving the **International Student Emergency Contact Card** to your phone when traveling!

VISA SUPPORT RESOURCES

iNewStudent.ucsd.edu

This page provides a comprehensive guide for **newly admitted international students** based on their educational level and type. The guides outline the procedures for requesting documents, preparing for arrival, and upon arrival. You can also find useful information about F vs J Visa Options and answers to frequently asked questions!

Ask Triton

Ask Triton is a chatbot designed to help you with all your UC San Diego questions about admissions, visas, enrollment, financial aid, and billing in English, Chinese, Vietnamese, and Spanish! You can find it on our website at ispo.ucsd.edu

ISPO Advising

ISPO's team of expert staff provides the highest levels of knowledge and expertise in advising and immigration services to international students at UC San Diego. Advising is provided through **virtual Zoom Advising, email, Front Desk Advising, and our online advising guides.**

Surf Check:

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TRANSPORTATION FROM AIRPORT TO UC SAN DIEGO



UC San Diego

GETTING TO UC SAN DIEGO

From the San Diego International Airport (SAN)

FREE shuttle to/from San Diego Airport and the Old Town Transit Center

- Be sure to check out the newest extension of [San Diego's MTS trolley line \(the Blue Line\)](#) that takes passengers directly into La Jolla and the UC San Diego campus as well. Getting to campus on public transportation has never been easier!

Bus

- Route 992 stops at the airport – you will need to transfer to/from your home or campus
- Search the [bus schedule](#)
- Ride free with your Triton U-Pass or there is a \$5 one-day MTS pass

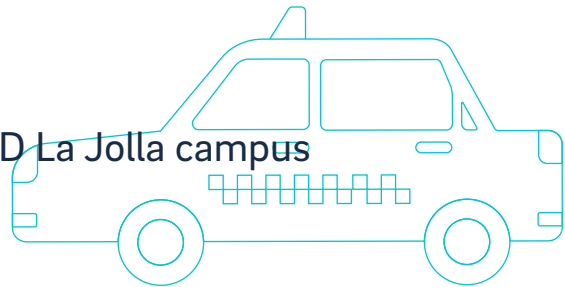


Ride share

- take advantage of our [campus partnership with Lyft](#)

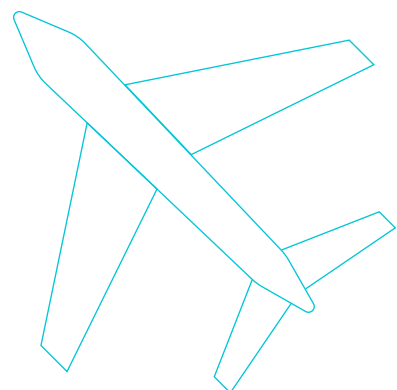
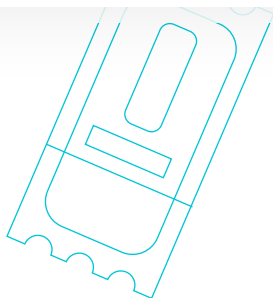
Taxi

- allow about \$50+ from airport to UCSD La Jolla campus



Private shuttle service

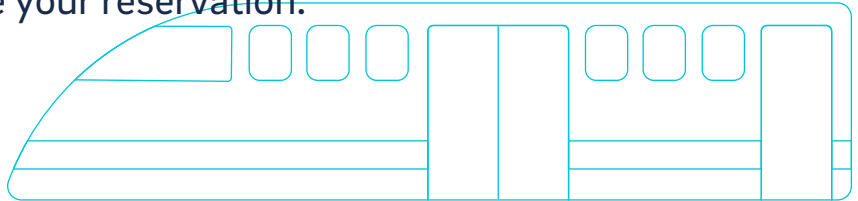
- about \$20 each way between SAN airport and UCSD La Jolla campus



Other traveling options for LAX airport

AMTRAK

- Departes from [LA Union Station](#)
- Find schedules on [Amtrak's website](#)
- The closest station to the La Jolla campus is [Solana Beach](#)
- Hop on the [101 Breeze](#) bus between the station and campus, or use another [bus line](#) or taxi to/from the Amtrak station
- [Amtrak offers students 15% off](#) the best-available rail fares for travel on Pacific Surfliner and other California Amtrak routes. Read the terms and conditions, then place your reservation.



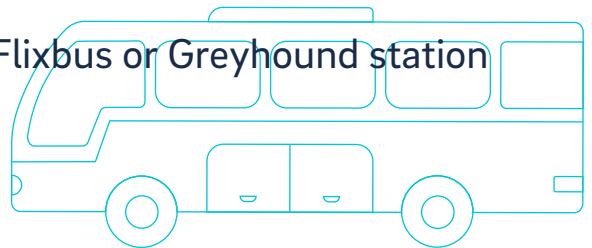
BUSES

Flixbus

Greyhound Bus

reLAXsan

- Certain routes stop at UC San Diego
- Use a nearby [bus line](#) or taxi to/from the Flixbus or Greyhound station



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HOUSING



UC San Diego

For More Details, Visit ISPO's Housing Resources Page Here

On-Campus Housing Considerations

Nothing beats on-campus living — you're next door to everything & everyone! **Students can apply for campus-operated housing as soon as they accept their offer of admission.** Housing, Dining and Hospitality ([HDH](#)) typically receives cancellations throughout the summer and Fall Quarter. As spaces become available, they will be offered to students on the [housing waitlist](#). Since HDH is not able to predict how many cancellations it will receive throughout the summer, students are **strongly encouraged to consider off-campus housing options.**

Off-Campus Housing

- [OffCampusHousing.ucsd.edu](#) is a great resource to find off campus housing options, roommates, off campus housing resources, and more.
- Vacancy rates are very low in San Diego, and it may take some time to find an apartment. The largest number of vacancies come up in June-September. It is recommended that you join the apartment complex's [waitlist](#).
- Living in San Diego, especially in La Jolla, is very expensive, and it is important to set a [realistic budget](#) before beginning to look for a place to live.
- Be prepared to pay a [security deposit](#) equal to one month's rent (which may be refunded upon leaving) in addition to the first month's rent.

Check out these ISPO Housing Webinars!

ON-CAMPUS HOUSING

Undergraduate Student Housing

Housing, Dining, & Hospitality (HDH) Undergraduate Student Housing provides on-campus housing across 8 neighborhoods with various floor-plans. UC San Diego is committed to creating more spaces for diverse population of undergraduate students to connect with each other, and Living-Learning Communities (LLCs) have been developed to strengthen learning by helping residents to connect academically and socially.

Visit hdhughousing.ucsd.edu for more detailed information and frequently asked questions regarding housing priority, waitlist, dining plans, etc. You may also check out HDH Undergrad Housing's [Contact Us page](#) to ask specific questions.



Graduate Student Housing

Housing, Dining, & Hospitality (HDH) Graduate & Family Student Housing provides on-campus housing for graduate and professional students and families.

Visit hdhgradfamilyhousing.ucsd.edu for more detailed information and directly submit housing application. Certain locations and floor plans could be popular and have a long wait list, so we recommend you plan ahead. Estimate wait times could be found [here](#) for reference purposes!

Feel free to follow [HDH Grad and Family Housing's Facebook page](#) for more timely information. You could also email gradfamilyhousing@ucsd.edu regarding leasing, waitlist and other questions.

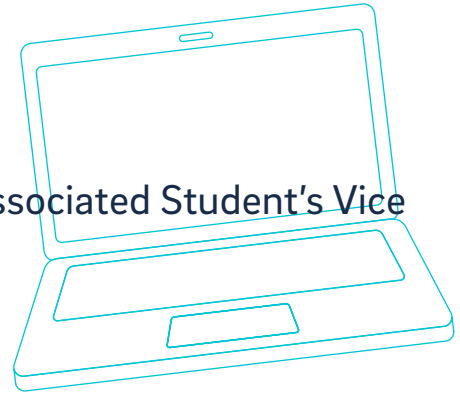
OFF-CAMPUS HOUSING RESOURCES

UC San Diego Off-Campus Housing Website

Using the Off-Campus Housing Website, students can review property listings for rooms, apartments, and shared rentals, create their own roommate profiles, search for roommates, and find other off campus housing related resources.

AS Local Housing Guide

An off-campus housing guide compiled by Associated Student's Vice President of Food and Housing Resources.



Student Legal Services

Access information regarding leasing and legal topics. Students can book appointments for legal counseling through this website.

HUGS International Corporation*

**This service is a courtesy suggestion only and is not endorsed by the International Students & Programs Office.*

RoomChazer*

UNOFFICIAL HOUSING FACEBOOK GROUPS

[UCSD Student Off-Campus Housing](#)

[University of California, San Diego \(UCSD\) Housing, Sublets & Roommates](#)

[UCSD | USD | SDSU Housing / Sublets / Roommates for International Students](#)

ALTERNATIVE HOUSING WEBSITES

[Padmapper](#)

[Spare Room](#)

[CORT Furniture Rental](#)

SHORT-TERM HOUSING OPTIONS

[Learn More](#)

Homestay Programs

Live with an American host family. Private and shared rooms available. **Apply at least 4-6 weeks before arrival.** Homestays are a great way for students to experience American culture and customs!

Solana Beach Homestay Program: Would you like to be matched with an American family who volunteers to help newly-arriving international students at no cost? The Solana Beach Host Family Program has been making this possible for 16 years. Please visit our website using [this link](#).

Temporary Housing Providers

These companies own and manage apartments in the local area and can help place you in their temporary or extended-stay accommodation. Additional costs for these services may apply. See websites for more information.

Hotels

There are many hotels with special **UCSD-affiliate discounts** near UC San Diego. Some are within walking distance of UC San Diego. When calling for reservations, ask for the UCSD rate for a discount.

Youth Hostels

Youth hostels in the San Diego area are far from UC San Diego but offer dormitory-style housing at a **lower rate than hotels**. Some have kitchen facilities.

Short-Stay Rentals

Please note you can also use popular sites such as [AirBnB](#) and [Vrbo](#) to find short-stay rentals. Please keep in mind that in addition to the rent fee you would have to pay other fees like cleaning.

AVOID HOUSING SCAMS

***Be aware of housing scams, particularly on websites like Craigslist!
Signs of a scam targeting renters can include the following:***

1. The advertised price of the rental property is **much lower** than that of similar properties.
2. The person trying to rent you the property claims to be an agent for the property owner who is too busy, out of the country, or otherwise unavailable to handle the rental.
3. The owner or agent **requires you to sign the lease before you see the rental property.**
4. The owner or agent isn't able to let you enter the home or apartment or charges you a fee to view it.
5. You're asked to **wire money** as a deposit or payment of first and last month's rent. Remember wiring money is the same as giving cash. You **can't get a refund**, even if you find out the offer was a fraud.
6. The owner or agent uses high pressure sales tactics, urging you to rent quickly, before someone else gets the property.
7. The person preparing the lease writes in a higher monthly rent or additional fees that you hadn't agreed upon.
8. The landlord directs you to a website to get a free credit check. This can be a tactic for **harvesting your identity**. Only disclose this information on a written application after you have seen the property.

Consult with [UCSD Student Legal Services](#) if have any questions about a property you are renting/would like to rent.



List of San Diego Neighborhoods

30 minutes or less by car / 15 miles or less away from campus*

Here are a list of San Diego neighborhoods and bus routes available for your reference during your housing search (listed in order of closest to furthest):

- **Torrey Pines**
- **University City** [MTS 41 or 105]
- **La Jolla** [MTS 30]
- **Sorrento Valley** [MTS 237 or 921]
- **Mira Mesa** [MTS 237, 921 or 31]
- **Miramar** [MTS 31]
- **Del Mar** [MTS 101, 202 or 41]
- **Clairemont** [MTS 41]
- **Kearny Mesa**
[MTS 27, 41, 44, 50 or 201]
- **Pacific Beach**
[MTS 27, 30, 41, 50, 150 or 201]
- **Carmel Valley**
- **Linda Vista** [MTS 41]
- **Mission Valley** [MTS 41]
- **Mission Beach**
[MTS 8, 30, 105 or 202]
- **Ocean Beach** [MTS 35 or 150]

Metropolitan Transit System

allows you to plan your trips via their website. It's a great tool for checking which bus you need to take, duration of the trip, and more.



Check for traffic during certain hours of the day as it may impact the time needed to get to campus.



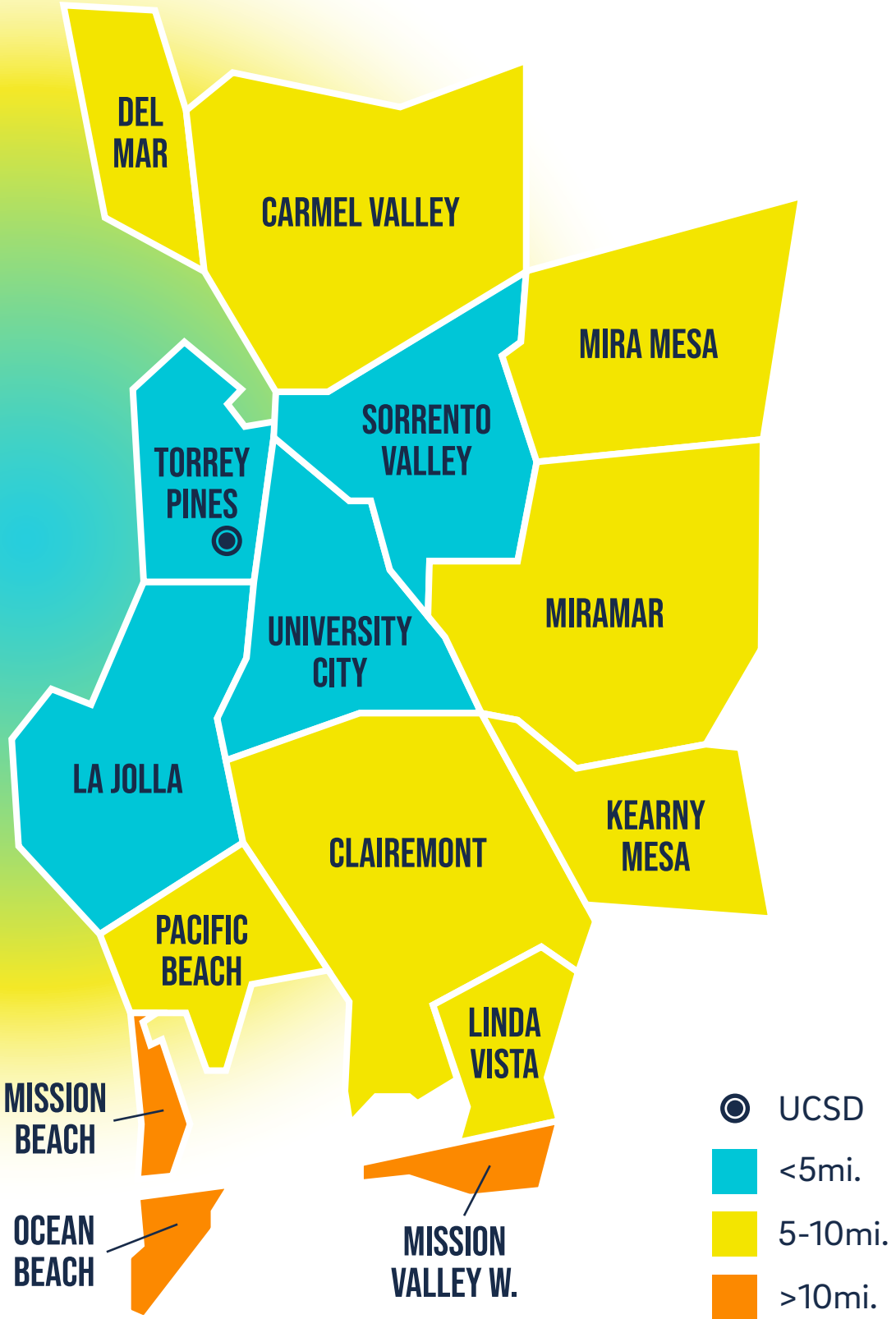
Check out the next page for a map visualizing the neighborhoods' distance from campus! →



Download the **Compass Cloud App** to access the **Triton U-Pass** for Students and to get UNLIMITED rides on all regional MTS and NCTD mass transit!

**time estimates do not account for traffic or using public transportation; distance may vary depending on the route or the exact location.*

San Diego Neighborhoods Map



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GETTING SET UP IN THE U.S.



UC San Diego

U.S. BANK ACCOUNT

How to Set Up a U.S. Bank Account

- In the United States, it is customary to use checks and credit cards rather than using cash because it is **easier and safer**.
- Most banks are open Monday through Friday from morning until mid-afternoon, and some are also open Saturday mornings.
- Upon opening an account, a “cash machine” or ATM card will be offered in order to get money out of the account at any hour, day or night. These cards can be used at automated teller machines (ATMs) all over the world.



The two main types of bank accounts:

- **Checking accounts** allow you to make purchases, pay bills, write checks, or transfer money.
- **Savings accounts** offer a place to keep larger sums of money and earn interest.



Common Banking Options

Chase**

USE Credit Union*

Bank of America**

Citibank

Wells Fargo

University Credit Union*

Cal Coast Credit Union**

San Diego County Credit Union

*Branches on campus
**ATM on campus

Navy: Banks that don't require a Social Security Number (SSN) to set up an account

- Study up on the location of Automatic Teller Machines (ATMs) to make sure they are near campus. You'll pay fees if you use an ATM that is outside your bank's network!

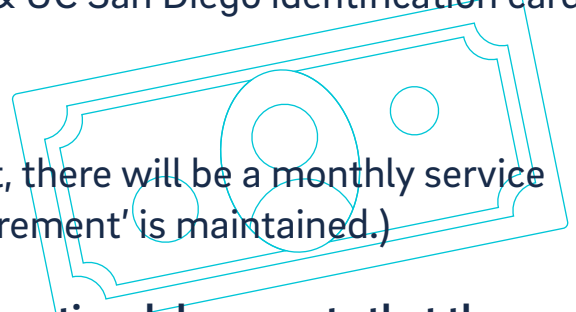


For More Details, Visit ISPO's Financial Resources Page Here

U.S. BANK ACCOUNT

What You Need

- **2 valid forms of identification** (passport & UC San Diego identification-card are usually sufficient)
- **Local mailing address** to receive mail
- **At least \$25** (Depending on your account, there will be a monthly service charge unless a "minimum balance requirement" is maintained.)



Check the bank requirements! Here are some optional documents that the bank may ask you about:

- **Social Security Number (SSN)** (NOT ALL banks require a Social Security Number, however, bank services may be limited if you don't have a SSN.)
- **Proof of a local address** (e.g. apartment leasing agreement or bills)
- **Government forms** related to your domestic studies and a letter proving you are enrolled in university (I-20, I-94, DS-2019)
- **Letter of Employment** from UCSD (if you are going to be a TA)

- Read the documents carefully and ask if the bank has any "hidden" fees, especially those for international transfers.
- Make an appointment ahead of time.



Apps for Money Transferring

- Need to transfer money between bank accounts or send money to a friend to cover the cost of dinner? **Money transferring apps** can come in handy! Here are some you may find helpful:

Venmo

Zelle

PayPal

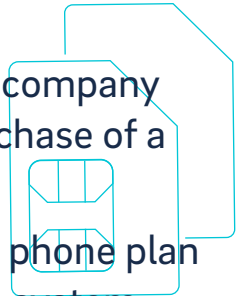
Cash App

U.S. PHONE ACCOUNT

How to Set Up a U.S. Phone Account

Cell Phone Plan vs SIM Card

- **Cell Phone Plan** – paid monthly contract with a mobile carrier company that covers phone calls, text, and cellular data as well as a purchase of a cell phone.
- **SIM Cards** - can be purchased for *unlocked* phones. Prepaid phone plan works very similarly to a monthly plan but on a pay-as-you-go system
- Another option is **Campus SIMS**. Campus SIMs is offering free SIM cards to students to help connect you with mobile phone service in the United States (U.S.). Plans start at \$15/month and you can get your U.S. phone number before you leave your home country. **Click [here](#) to get your free SIM card mailed to you, so can use your phone as soon as you arrive in the U.S.** For more information, visit campussims.com.



Common Providers & Things to Keep in Mind

T-Mobile

Verizon

AT&T

Cricket

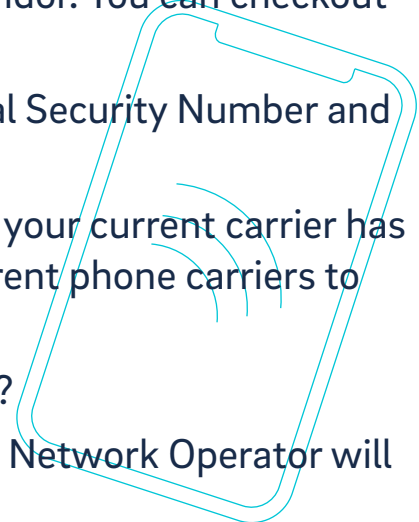
Boost Mobile

Mint Mobile

Major Providers

Smaller Providers

- Compare plans and services before settling for a vendor. You can checkout this [WhistleOut tool](#) to compare plans.
- Getting a cell phone plan in the U.S. requires a Social Security Number and a Credit Score.
- You may not need to set up a U.S. phone account IF your current carrier has international roaming options. Check with your current phone carriers to see if there are roaming plans available!
- How much data do you need? What is your budget?
- Does your cell phone work overseas? Which Mobile Network Operator will your phone work with?



GETTING A GOVERNMENT ISSUED PHOTO ID

What is a government issued photo ID?

A government issued photo ID is an official document that includes your picture and personal information such as full name, date of birth, address, and more. This can be a driver's license, a state issued photo ID, or a passport.

Why do people get a government issued photo ID?

It can be used for local transactions where an identification is required such as purchase of alcohol. It is a **convenient alternative to carrying a passport with you.**

What's the difference between an ID Card and a driver's license?

Unlike a driver's license, you **cannot use your state issued ID Card for driving.** In California, the Department of Motor Vehicles (DMV) oversees issuance of driver's licenses & state issued photo ID cards.

What is a REAL ID?

REAL ID is a driver's license or ID card that is also a federally accepted form of identification. For example, it can be used to fly within the U.S. The REAL ID Cards are marked with a gold bear and a star. The state of California is transitioning into only using REAL ID cards by May 3, 2023. Please note that **a REAL ID is used for photo identification and is not evidence of legal presence in the U.S.**



What you need to do get an ID Card:

DMV Website

- Make sure your SEVIS record has been activated
- Complete an [ID Card Application](#).

- Valid I-20 Form
- I-94 Record
- Original Passport
- Social Security (SSN) Card or Social Security Denial (Form SSA-L676)
- [Residency documents](#) (have to show your name and the address where you reside, usually need 2 different types of documents. See DMV website for more detail)



DOCUMENTS

- Debit/credit card or cash to pay the application fee (about \$33)

What to expect at the DMV:

- Some services do not require an appointment and you can just walk in, check the DMV website for information.
- Once a staff member looks over your documents, you will be given a number. When it is your turn to approach the window, your number and the window number will appear on the screen. *(Fun Fact: Different letters that are part of your "number" are associated with different services. The numbers and letters are not called in a sequence!)*
- DMV can be a bit slow, be patient and **set aside at least 2-3 hours** to go to the DMV.
- You will be asked to provide a thumbprint and a signature as well as take a picture as part of the process. *(Please note that this may be different if you are applying for the driving license.)*
- The ID card will be mailed to you. In the meantime, the DMV will give you an official paper that acts as your ID.

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WHAT TO LOOK FORWARD TO IN SAN DIEGO



UC San Diego



ATTRACTIONS

ALLBACCTIONS?

EXPLORE CAMPUS

Stuart Collection Walking Tour

Walk UCSD

Learn more about some of the pieces at page 29-32!

HIKING ROUTES

Scripps Coastal Reserve

Scripps Coastal Reserve Biodiversity Trail

Torrey Pines

Ho Chi Minh Trail

Tide Pools Walk

La Jolla Heights Preserve Walk

Gliderport

Bird Rock Bike Path

BEACHES

La Jolla Windansea

Blacks Beach*

La Jolla Shores

Pacific Beach (PB)

Mission Beach

Del Mar Beach

Ocean Beach (OB)

Coronado Beach

**Note: Blacks Beach is a nude beach*

PARKS

Mission Bay

Ellen Browning Scripps-Park

La Jolla Cove

Kate Sessions Park

Chicano Park

Mission Trails Park

Presidio Park

Rose Canyon Open Space Park

ATTRACTIONS

ATTRACTIONS?

BALBOA PARK

Main Website

San Diego Air and Space Museum

San Diego Museum of Art

Fleet Science Center

San Diego Model Railroad Museum

San Diego Natural History Museum

Museum of Photographic Arts

Timken Museum of Art

Museum of Us

The Old Globe

Spreckels Organ Pavilion

San Diego Art Institute (free admission)

Japanese Friendship Garden

MORE MUSEUMS

USS Midway Museum

Museum of Contemporary Art

Cabrillo National Monument

OTHER

Old Town

Support Village

Farmer's Market

Birch Aquarium

Hotel Del Coronado

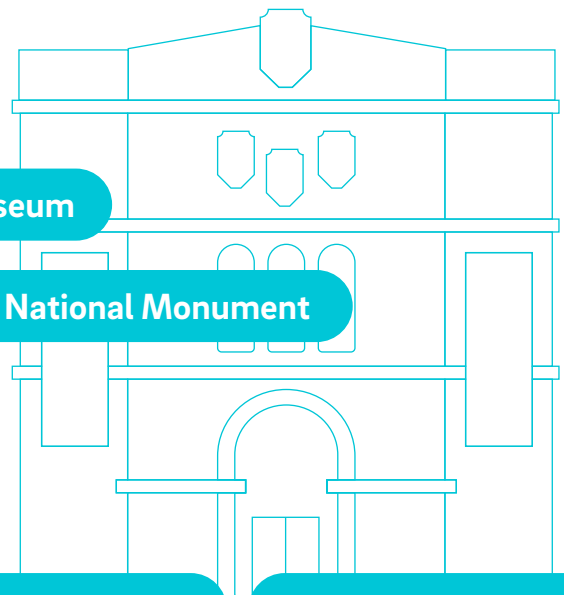
Hidden San Diego

Liberty Station

UCSD REC Adventures

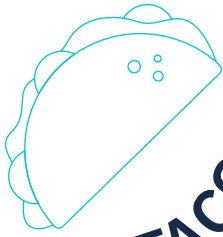
Haunted Places in San Diego

Belmont Park



Don't forget to check out **student discounts** for [the zoo](#) and [other attractions](#)!

FOOD RECOMMENDATIONS



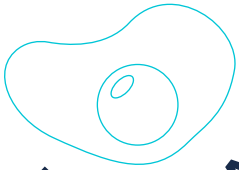
TACOS



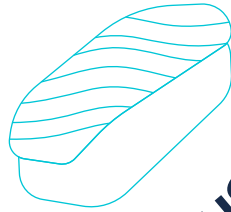
DESSERTS



PIZZA



BREAKFAST



SUSHI



RAMEN

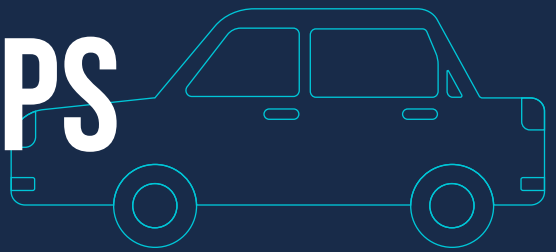
- Little Italy
- Clairemont/Kearny Mesa [Convoy]
- Old Town
- Gaslamp
- Pacific Beach
- Encinitas
- Hillcrest
- North Park
- Liberty Station

NEIGHBORHOODS

- The Taco Stand
- Board & Brew
- Cake De Partie
- Menya Ultra
- Sushi Ota
- Buona Forchetta
- Crack Tacos
- Rare Tea
- Bobboi Natural Gelato
- Rakiraki Ramen & Tsukemen

ISPO FAVORITES

ROAD TRIPS



CORONADO ISLAND

*Hotel Del Coronado • Silver Strand State Beach •
Coronado Central Beach • Glorietta Bay Beach •
Coronado Ferry Landing • Kayaking in the
San Diego Bay • Trolley Tours*

SAN CLEMENTE

LAGUNA BEACH

AMUSEMENT PARKS

*Disneyland • Knott's Berry Farm • Legoland •
Six Flags*

LOS ANGELES

*Hollywood Walk of Fame • Griffith Observatory •
Universal Studios (get student discounts!) •
Santa Monica Pier • Venice Beach*

PALM SPRINGS

*Palm Springs Aerial Tramway •
Palm Canyon Drive • Great hikes!*

SALTON SEA

Salvation Mountain

JOSHUA TREE NATIONAL PARK

LAKE ARROWHEAD & BIG BEAR LAKE

SANTA CATALINA ISLAND

SOLVANG

SANTA BARBARA

*Stearns Wharf • Arroyo Burro County
Beach Park (Hendry's Beach) • Lotusland*

FALLEN STAR, SNAKE PATH, AND A BEAR, OH MY!

The UC San Diego campus is filled with interesting landmarks and viewpoints. Join Danny, a curious young lad, finds himself on an adventure to encounter art pieces from the Stuart Collection, such as Do Ho Suh's Falling Star, Alexis Smith's Snake Path, and Tim Hawkinson's Bear.

Check out the video on our [IGTV \(@ispo.ucsd\)](#) or by clicking below!



Learn more at stuartcollection.ucsd.edu

Fun facts about the Pieces

FALLEN STAR (2012) BY DO HO SUH

Location: Jacobs Hall

- Do Ho Suh's work explores the notions of home, cultural displacement, one's perception of space and how one builds a memory of it. These explorations grew out of Suh's experience when he arrived in the U.S. in the early 90's to study at the Rhode Island School of Design.
- The Fallen Star is a sheer fabric replica of Suh's home in Seoul and his American apartments.

Have you ever felt like you are in the right place where you want to be, but things still feel a bit off? Your dream career is just a touch out of color from what you thought it was going to be like? This is similar to what Do Ho Suh was feeling when recreating an almost exact replica of his home in Seoul but setting it off-balance teetering off of the edge of a building.



The best way to experience this piece is making your way to the rooftop and walking into Fallen Star. The entire room is tilted ever so slightly to ensure for a mixture of home-ly comfort yet off-kilter instability.

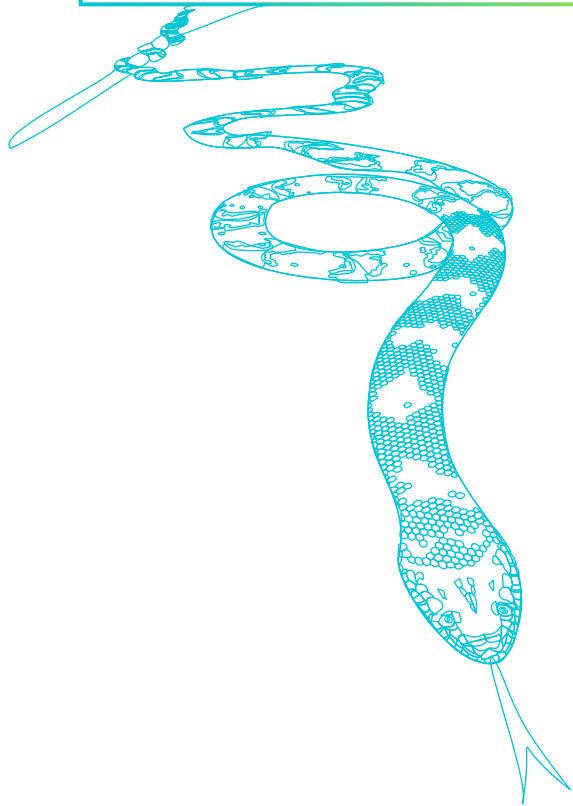
Fun facts about the Pieces

SNAKE PATH (1992) BY ALEXIS SMITH

Location: near the Geisel Library

- Snake Path consists of a winding 560-foot-long, 10-foot-wide footpath in the form of a serpent, whose individual scales are hexagonal pieces of colored slate, and whose head is inlaid in the approach to the Geisel Library. Along the way, the serpent's slightly crowned body circles around a small "garden of Eden" with several fruit trees including an apple, a fig and a pomegranate.

What comes to your mind when you think of what the word "paradise" means to you? Alexis Smith tackled this notion with the creation of Snake Path, a large walkway that serpentine up the side of the hill towards Geisel Library.



In working with the idea of a "movement towards knowledge" that one would do when going towards the site of the library and the potential for breaking away from the comforts of ones' own understanding of their world, or paradise, Smith deliberates on this idea of ignorance is bliss and what happens when leaving from that in the pursuit of knowledge.

Fun facts about the Pieces

BEAR (2005) BY TIM HAWKINSON

Location: Academic Courtyard

(formed by Atkinson Hall of the California Institute for Telecommunications and Information Technology, the Computer Science and Engineering Building, and the Powell-Focht Bioengineering Hall)

- The Bear is 23'6" feet high and weights 180 tons as it is constructed out of 8 granite stones and pushes the bounds of credibility.
- The Bear has inspired many students who have given it Valentines' Day "heart glasses", an entire crew team uniform, and a "Beary Potter" costume.

Have you ever had a small plush teddy bear when you were younger? How would you feel if you were to encounter that same bear but scaled up to the size of a building and made out of stone?



Playfully working with these concepts, Tim Hawkinson's Bear statue entices the viewer to look with awe at an almost fantastical structure that seems to break all conventions of scale.

Surf Check:

Coming to

UC San Diego
INTERNATIONAL STUDENTS
AND PROGRAMS OFFICE

BILLING



UC San Diego

TUITION PAYMENTS

Introduction

- Every student has a student account that is automatically set up by the Office of the Registrar and managed by the [Student Financial Solutions](#) (SFS) when you enroll. Any charges due will be billed to your UCSD student account. This is also where you can find the E-Bill for your tuition! (*Note: You will not receive a paper bill.*)
- To access your UCSD Account, [click here](#).

Graduate Student Billing

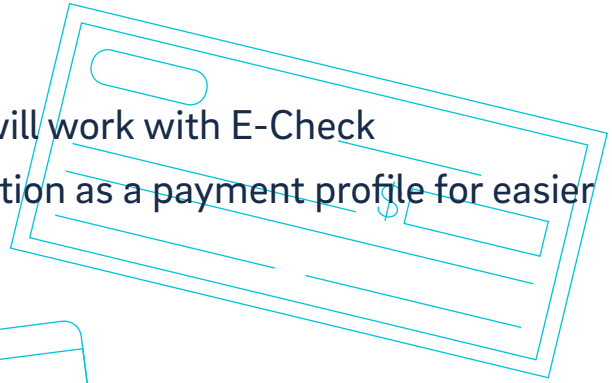
- Payment methods are the same as undergraduate students.
- Depending on your department, you will have received an [Awards Summary](#) listing the type and amount of funding you have for each academic year, i.e. Teaching Assistantship (TAship) funding, stipends, etc.
- Graduate students may also be arriving to UCSD with funding from American organizations such as National Science Foundation (NSF) or government organizations from their home country.
- Your home department will have a graduate advisor/coordinator who will provide set-up paperwork for direct deposit and other documents to be signed when classes start.
- Please note that for graduate students with TAship roles, their first paycheck will be deposited **November 1st**. If you encounter any financial challenges due to this first pay period, you may be eligible for a temporary loan which requires your Graduate Advisor's signature.

Check out ISPO Pre-Arrival Webinars

PAYMENT OPTIONS

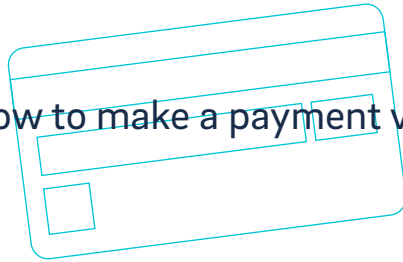
E-Check

- **Only your personal checking account** will work with E-Check
- Set up a profile: Store account information as a payment profile for easier payments in the future



Credit Card

- For instructions on how to make a payment via a credit card, [click here](#).



Third Party Billing

- Please note that International Students & Programs Office (ISPO) facilitates invoices for international undergraduate sponsored students. For more information, visit [this website](#).
- Sponsored students are those who are enrolled at UC San Diego, and require direct billing to an outside agency (public or private sector sponsor including: military agency, educational institution, and international embassy) for tuition and mandatory fees.
- Check out this [infographic for paying via third party sponsorship](#)



Triton Registration Installment Plan (TRIP)

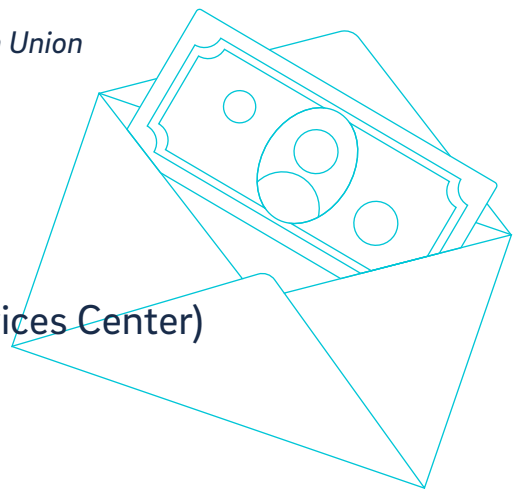
International Payment Options*

*Flywire, Western Union

Alternative Payment Options

Students can also pay through:

- Cashier's Office (ground floor of Student Services Center)
- Mailed Payments
- 529 Plan



Pros & Cons of Payment Methods*

*Please note that the following comparisons are for information purposes only. ISPO does not endorse one option over the other.

CREDIT CARD

- Can authorize a parent or other payer to make a payment on your behalf

PROS

- Need a U.S. credit card (Visa, MasterCard, Discover, or American Express). To open a credit card you will need a Social Security Number (SSN). *(Please note that international students new to the U.S. will be able to apply for a secured credit card due to no credit history.)*
- Credit card payment is only good for Tritonlink. The in-person Cashier's Office does not accept credit cards or debit cards.
- **2.75% non-refundable banking service charge (not paid to UCSD)**

CONS

E-CHECK

- Can authorize a parent or other payer to make a payment on your behalf
- Store account information as a payment profile for easier payments in the future
- Secure
- **Lowest fees (\$0.50 per transaction)**

PROS

- Need a U.S. checking account to make the payment

CONS

TRITON REGISTRATION INSTALLMENT PLAN

- Divides the mandatory tuition & registration fees payments into **3 smaller payments**. Don't have to pay the whole sum at once
- Can enroll for one quarter, the entire academic year, or all future quarters

PROS

- Only available for Fall, Winter, and Spring Quarters
- Does not cover housing, books/bookstore, parking fees, student health services fees, and miscellaneous charges
- Late payment penalties
- **Non-refundable \$40 enrollment fee per quarter**

CONS

FLYWIRE/WESTERN UNION

PROS

- Can pay in your home currency
- Can pay from any country and any bank
- Offers multiple payment methods (i.e. bank transfer, credit cards, etc.)
- Can track progress of your payment and receive notifications
- Multilingual customer support
- Partner of Bank of America

CONS

- May take between **7-10 business days** to complete
- May have limits on the amount you can transfer

[More Information and Important Dates](#)

Surf Check:

Coming to

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INTERNATIONAL STUDENTS
AND PROGRAMS OFFICE

TRANSPORTATION: CRUISIN' AROUND CAMPUS ON TIME



UC San Diego

GETTING AROUND CAMPUS

GETTING AROUND CAMPUS?

Introduction

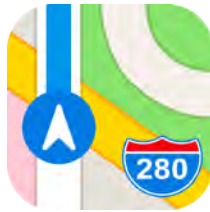
- UC San Diego is a large campus, spanning almost a mile and a half from North to South! Optimizing your mobility can be a vital part of ensuring that you **get to your classes on time** with ease.
- Plan your trips! This can help you decide what mode of transportation will be right for you!

Popular trip planning tools:

Google Maps



Apple Maps



[Citymapper](#)



[UCSD Map](#)



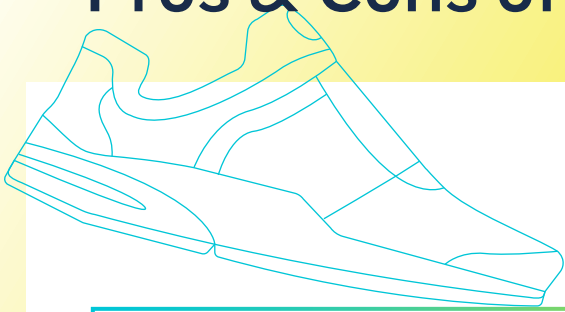
Lost? Find a Waypoint!

- Look for these **location markers on light posts** around campus. Simply scan the QR code and your smartphone will open our campus map, centered on your current location, and provide information about nearby:
 - Buildings
 - Dining options
 - Campus services
 - Public art



[Learn More](#)

Pros & Cons of Modes of Transportation



Walking

"Walk it out."

- No equipment needed to get around.
- Great daily exercise!

PROS

- You might need to jog a bit if your classes are far apart and the time gap is small!
- Campus is located on coastal hills. You may find yourself walking up inclines.

CONS

HELMETS & SIGNS

- Falling sucks! For transportation options faster than walking, you should wear a helmet! Get one at a big discount through the [Helmet Access Program](#).
- Get discounts by joining the [Rider Reward Program](#).
 - UC San Diego Bookstore – 10% off entire purchase on Fridays
 - 10% off Taco Villa and other participating merchants!



Keep an eye out for signs:



Personal Bike

"Hop on a seat and pedal with ease."



- Move faster around campus with less effort put in.
- Can tackle hills, both up and down!
- Bike lanes and bike paths are found throughout campus!

PROS

- Need to have good balance (and know how to ride a bike)
- Need to spend the money to purchase a bike, whether new or second hand. (Check out [Campus Bike & Skate store](#) for discounts & equipment!)
- Difficult to use when roads become more crowded.
- Bikes are not allowed in certain areas, such as Library Walk and Ridge Walk during crowded hours.
- Bikes **get stolen** on campus. Use a U-Lock and attach to wheels and frame.
- Thousands of bikes get **abandoned** on campus which **generates waste**. Please consider Spin Bicycles!

CONS

SPIN Bicycles

"The benefits of a bike without the hassle of ownership!"

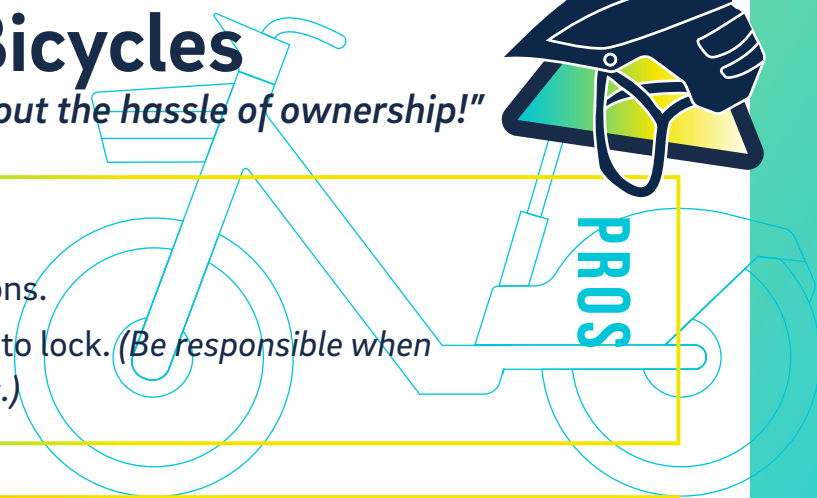


- Move faster around campus!
- Utilize bike lanes which increase options.
- Flexible parking options. Much easier to lock. (Be responsible when locking. Do not leave bike in pathways.)

PROS

- Costs a fee to activate and for the duration of the trip.
- Some bikes may be in poor condition.
- Can compromise your safety and the safety of others. **Use responsibly and don't speed!**

CONS



Skateboards, Longboards, & Scooters

"Traverse the concrete."



- More portable than a bike and faster than walking.
- Save time by bringing with you to classes—don't need to lock.
- Scooters are easier to learn and ride compared to a skateboard.

PROS

- Need to have good balance on Longboards & Skateboards!
- Can be dangerous on hills. Learn to stop easily!
 - For Longboards & Skateboards, learn to stop by **foot braking!**
 - Most Scooters come with **hand brakes** which are easier!
- Going up hills can be tiresome.
- Longboards & Skateboards are not allowed on certain roads on campus!

CONS

SPIN e-Scooters

"Electrify your ride!"

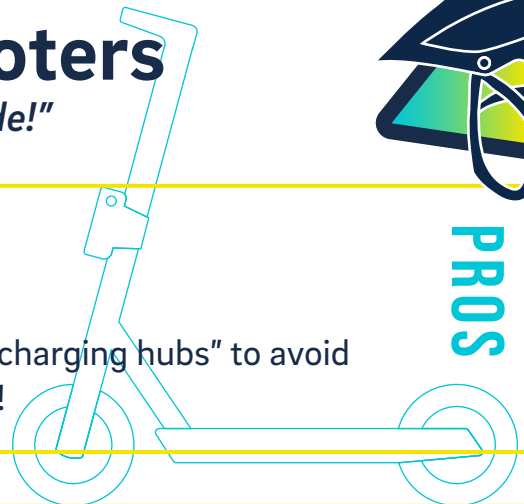


- Motorized so it is effortless and fast
- Comes with a very effective hand break.
- Park in one of the 8 new SPIN "geozones" or "charging hubs" to avoid scooter litter and receive monetary incentives!

PROS

- Costs a fee to activate and for the duration of the trip.
- Service reliability can get worse later in the day as scooters become placed in odd places or their batteries get drained.
- Very easy to forget to lock the scooter at the end of a ride, meaning you get charged for the time it is left going.
- You will meet the charge cap very quickly.

CONS



The Right Solution For You?

- **The best solution will be the one that you are the most comfortable with and that can best work with your schedule.**
- Get to know your routes around campus! Take a weekend to walk to each of your classes to get a feel for your pathing and make a decision accordingly.
- Keep your classroom locations in mind when creating your schedule—try to avoid transitions that have you running across campus in 10 minutes.
- Get rewarded with monthly gift card drawings and a chance to win a new eBike with the [Triton Commuter Club](#).



From the UCSD Police Department...

IMPORTANT RULES

- Vehicle insurance may not cover you in the event of an accident.
- You are considered a motor vehicle and must follow the rules of the road.
- You **cannot ride doubles** on an electric scooter.
- You must wear a helmet on an electric board no matter your age.
- When driving an electric scooter, you **must have a learners permit or license**. For 18+ drivers, no helmet is needed on an Electric Scooter.
- You can't carry a bag in hand and attempt to ride micro-mobility.
- You cannot hold onto a motor vehicle.
- You cannot leave the scooter lying in the middle of the sidewalk.

ADVICE

- Operate at the micro-mobility device at a safe speed.
- Ride in the bike lane.
- **Obey all traffic laws as if you were in a car.**
- Stay off of Library Walk and Ridge Walk especially during hours that have heavy foot traffic.
- Remember that you do not automatically have the right of way.
- You must slow down for pedestrians.
- Do not operate the device above your skill level.
- Do not speed.
- **#1 – Be Safe!**

TRITON TRANSIT

Shuttles

- Fixed-route service between campus shuttle stops.
- Download the [TransLoc app](#) for real-time shuttle locations and alerts.
- **Tip:** Historically, the shuttle service sees the most volume in the first two weeks of the quarter while people navigate campus. Please be patient if you have to stand in line and miss the first two buses. Volume will go down as people figure out their schedules.



[Learn More](#)

Mobility

- If you are a student, staff or faculty member with a disability, [Triton Transit - Mobility](#) can help you travel between ADA-compliant locations on the La Jolla campus via a wheelchair-accessible van or cart.

Dial-A-Ride Transit (DART) On-Demand

- Dial-a-Ride Transit (DART) is an on-demand service that transports passengers between Triton Transit shuttle stops on the La Jolla campus when fixed-route service isn't running. It coordinates closely with the UC San Diego Police [Community Service Officer program](#), (858) 534-9255, which can provide safety escorts on campus between sunset and sunrise.

Also check out this easy **car rental service** on campus!

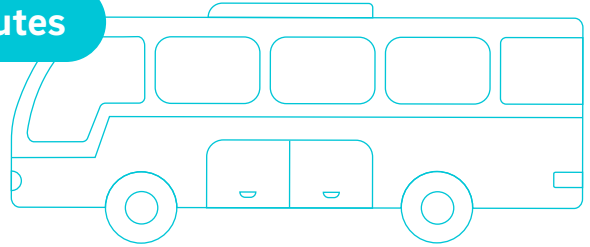
[Zipcar at UC San Diego](#)

GETTING AROUND SAN DIEGO

The San Diego Metropolitan Transit System (MTS) consists of MTS buses and the MTS trolley. For more than 135 years, public transit has been serving the San Diego community and helping it thrive.

[MTS Map](#)

[Check out MTS Bus Routes](#)



[The Trolley](#)

The [UC San Diego Blue Line](#) will go from the border with Mexico, through downtown and all the way to UTC and UC San Diego's La Jolla campus. UC San Diego students ride for free!

[MTS Trip Planner](#)

From Point A to Point B, the MTS Trip Planner will help you determine your best path, whether it be by foot, bus, or trolley! You can also [search for Schedules and Real Time by Bus Route, Trolley Line, Stop Number or Location](#).

[North County Transit District](#)

Great option if you want to take a coaster to go up North.

[U-Pass on the Pronto App](#)

The Triton U-Pass is a UC San Diego universal transit pass program that provides students **unlimited rides** on all regional MTS and NCTD mass transit bus and trolley/light rail routes during fall, winter and spring academic quarters. UC San Diego currently enrolled students are uploaded to the PRONTO portal. Each student is required to create their PRONTO account and link to the U-Pass program.



Surf Check:

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BEACH DAY: BE PREPARED



UC San Diego



BEACH DAY

BEACH DAY

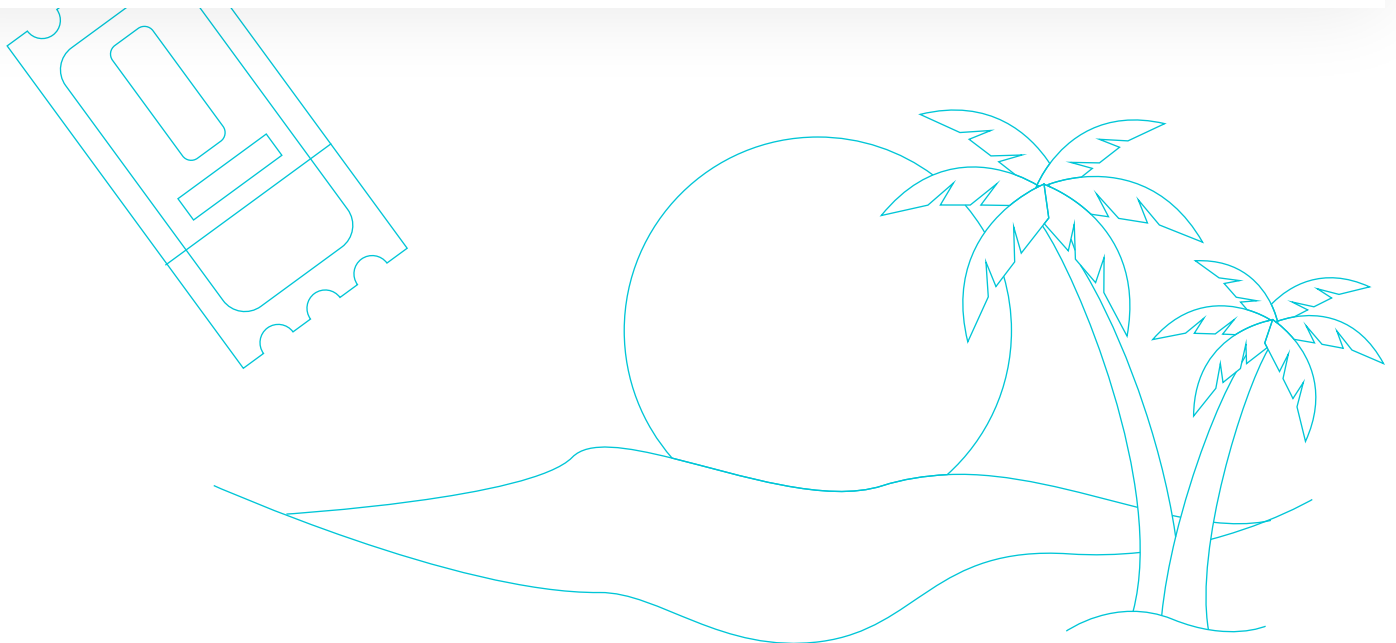
Introduction

- *The suns gleaming in the sky and you're looking for a fun excursion from campus. Why not head to the beach?*
- Keep reading for **activities that you can do to spice up your beach trip!** Bring friends!

RAP Pass & Equipment Rentals

Get fitted for the sea!

- The [Recreation Activity Pass](#) (RAP) is FREE for all UC San Diego Students! Discover new classes and trips this fall including indoor, outdoor, online and in-person fitness, yoga and instructional classes, Outback Adventure day trips, Intramural Sports and more! Check out these [free trips!](#)
- [Outdoor Gear Rentals](#) - Outback Adventures offers all kinds of rentals, from camping in the desert to snowboarding in the mountains – the Outback Rental Shop has it all!



Beach Activities: What to Pack

Surfing

"Hit the waves!"

- Being this close to the shore, might as well learn how to surf. It's highly recommended that you get a **surfing mentor or teacher** to guide you into the sport to make it the most enjoyable experience.
- UCSD Recreation offers highly sought-after **Surf Workshops** where several instructors and equipment are provided.

Where to Rent: Surfboards are provided for rental by UCSD Rec, but **wetsuits must be rented through Outback Adventures.**

- A Towel
- Swimsuit
- Extra Change of Clothes

PACK

Snorkeling

"Under the sea!"

- Did you know that La Jolla is an ecological reserve and underwater park? That's right – it's a federally protected park since 1970, which has allowed marine life to flourish over the last 50 years!
- You can either **rent the gear or go on a guided trip!** Below are companies that should be able to help you with both:

Outback Adventures

La Jolla Kayak

Bike and Kayak Tours Inc

Everyday California

Hike Bike Kayak La Jolla

- Snorkel Mask
- Fins
- Wetsuit* (depending on water temperature and your preference)
- Camera* (if you have one that can go underwater!)

PACK



Ocean Kayaking

"Row your way down the beautiful coast"

- Interested in sightseeing on the sea? Bring some friends or yourself to kayak on the beautiful waters of San Diego. Become a **recreational member** now so you can receive all access to all facilities across campus and **discounted prices on a variety of classes, trips, services, and more!**

Cool Locations for Kayaking

Kayaking Checklist

- Sea Kayak or Touring Kayak
- Paddle (1 per person)
- Personal flotation device
- Bilge pump
- Spray Skirt
- Dry bag
- Signaling whistle

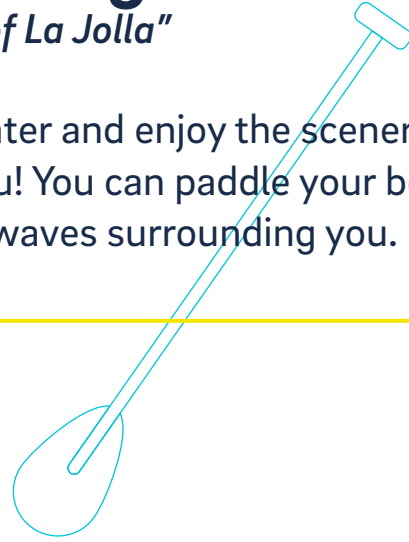
PACK



Paddleboarding

"Enjoy the calm waters of La Jolla"

- Have you ever wanted to stand on top of water and enjoy the scenery? Paddleboarding might be the activity for you! You can paddle your board across the waters and take in the beautiful waves surrounding you.



PACK

- Standup paddle board (SUP)
- SUP Paddle
- Personal Flotation Device (PED)
- Fin(s) for SUP
- SUP leash
- Rescue whistle
- Headlamp or flashlight (required for paddle boarding after sundown)

Paddleboard Rental in La Jolla

Beach Volleyball

"Spike it on the beach!"

- La Jolla Shores features some **communal Beach Volleyball nets** that are available for public use. Join a game or bring a ball and your friends!



How to Play Beach Volleyball

- A volleyball (You can buy one for a cheap price at Walmart or Amazon!)
- A Net to tie to the poles!

PACK

Beach Bonfire!

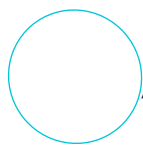
"Smore's time!"

Learn More

- Grab some firewood and friends for a fun evening of relaxing on the beach!
- There are **6 firepits at La Jolla Shores** available on a first come first serve basis. If not, dig out in a safe place by the sand and get going!

- Firewood, a lighter, and some lighter fluid to get the bonfire going. *(Ralphs, Vons, or Bristol Farms will have this!)*
- Gloves and a Flame Stoker.
- Metal Skewers and some Meat to Barbeque!
- Collapsible chairs for sitting around the fire. A foldable table is useful for keeping the food clean!
- Marshmallows, Hershey's Chocolate, & Graham Crackers to make some killer Smoes!

PACK

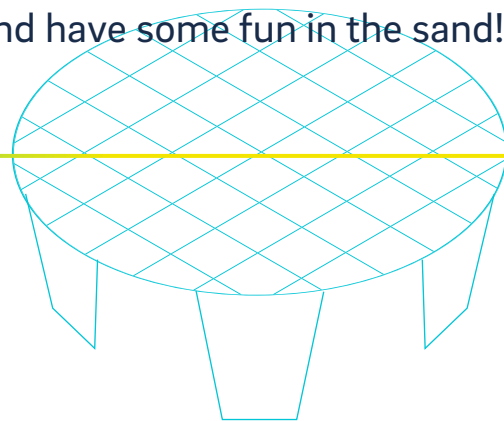


Spikeball

"The baby of volleyball and four-square."

- Bring 3 of your competitive friends and have some fun in the sand!
- **Best Paired With: Beach Bonfire!**

- Spikeball Kit
- Beach Towels
- Sun Glasses
- Water! (For drinking)



PACK

Surf Check:

Coming to

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INTERNATIONAL STUDENTS
AND PROGRAMS OFFICE

GET INVOLVED!



UC San Diego



GET INVOLVED

GET INVOLVED

Why Join Clubs and Orgs?

Find your **community** on campus!

Friendships & Networking

Explore your **interests**

Leadership opportunities

Clubs and Organizations

CSI Student Organization Registration

- Want to join a club but are not sure where to start? Visit the following website to explore the clubs and organizations on campus. You can even **filter results by category of interest!**

studentorg.ucsd.edu



GET INVOLVED

GET INVOLVED

Student Government

- Being a part of student government is a great way to be involved, influence policies, and advocate for International Students' needs.

There are still some positions available!

College Councils

Associated Students (AS)

Graduate & Professional School Association (GPSA)



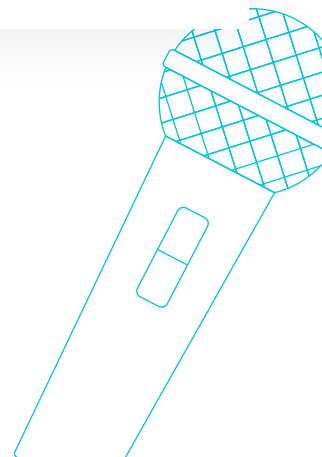
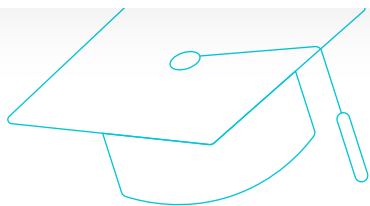
- Many international student government representatives also serve on **ISPO's International Student Advisor Council (ISAC)**. Email us at iprograms@ucsd.edu if you want to join ISAC!



Grad Opportunities

- From fun programs to public speaking competitions, Division of Graduate Education and Postdoctoral Affairs (GEPA) offers a lot of fun events for graduate students to participate in.

Grad Events



GET INVOLVED

Social Events

iEvents Calendar

- Your go-to for internationally-focused programs. Explore a range of topics from cultural events to career panels!

University Centers

- Curious to know what events are held on campus? University Centers has it all!



Globally Engaged Tritons Co-Curricular Record (GET CCR)

- Like to attend events that promote global engagement and internationalization of our university? GET CCR allows you to earn credit on your **Co-Curricular record** for participating.

[Learn more](#)

International Student Fund

- ISPO understands that traveling abroad to begin a new academic program has its challenges which is why we are offering **awards of up to \$500** for UC San Diego cultural student organizations to help engage incoming international students.

[Application Form](#)

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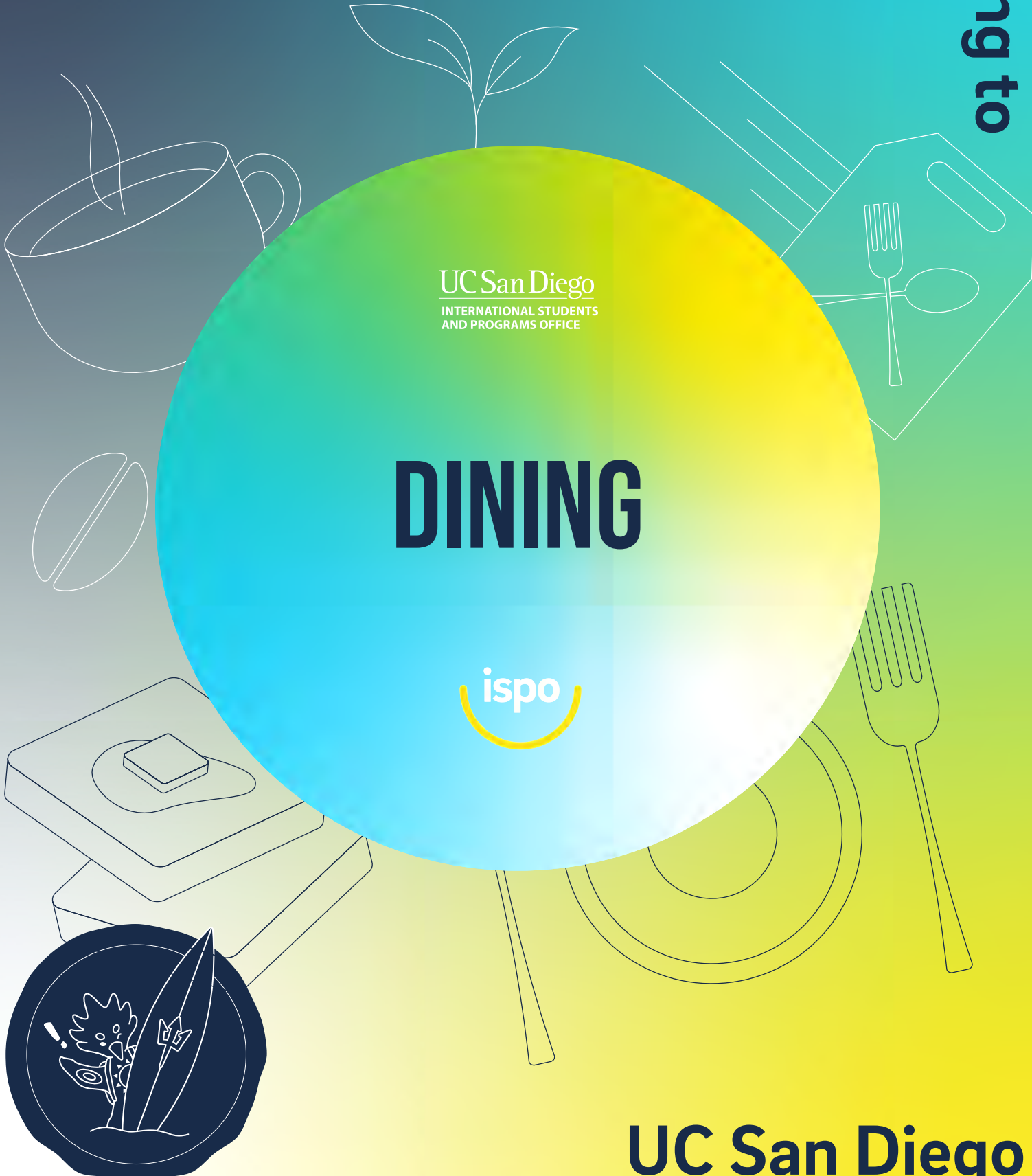
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DINING



UC San Diego



DINING

DINING

Dining Plan

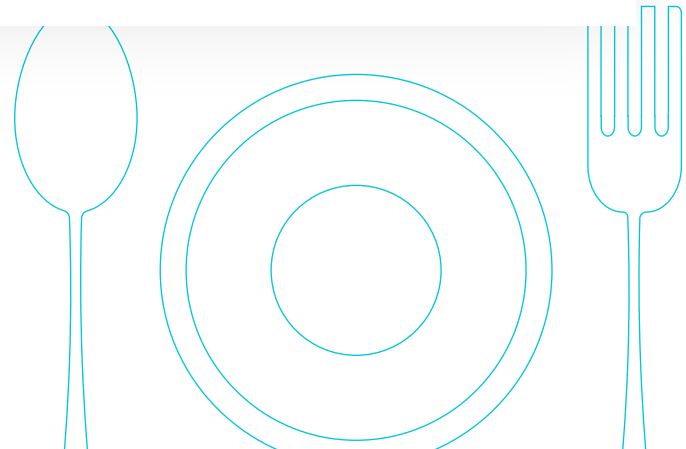
- Dining Dollars are linked directly to your **campus ID card** and can be used in all Dining Services restaurants and markets. The account is automatically activated with gull dollar amount of the selected Dining Plan loaded upon move-in. Each purchase is automatically deducted from your account balance – like a bank debit card. The various [Dining Plans](#) are designed to be **flexible and low cost**, and will not support 3 meals a day, 7 days a week.

A dining plan is INCLUDED in your housing contract. Dining plans options vary depending on if you are an incoming student or a continuing student.



Grad Housing Dining Options

- **Rough Draft Brewing Pub** located at Mesa Nueva
- **Daily mobile coffee shops** on a rotating schedule: Nostalgia Coffee Roasters, Hot Bevs
- **Food trucks** in the evenings at Mesa Nueva: rotating variety of food trucks
- **Walking distance to off-campus restaurants and take-outs:** Regents Pizzeria, Einstein Bros. Bagels, L & L Hawaiian Barbecue and more



DINING OPTIONS

RESIDENTIAL DINING AND SPECIALTY LOCATIONS

- 11 convenient locations
- Diverse menus
- Glatt Certified Kosher
- Halal Certified
- Vegan/Vegetarian
- 2 full-service Restaurants
- Dining Delivers & Catering

MARKETS

- 5 convenient locations
- Coffee and espresso bars
- Late night hours
- Grab and go items
- Groceries and household items
- Market Kitchen items: Bulk snacks, salads, sandwiches, parfaits, and sushi prepared fresh on campus daily!

Checkout the following site for more locations and work hours!

Places to Eat at UCSD

"ON-THE-GO " DINING DOLLARS

- Variety of Markets on Campus! (John's, Rogers, Sixth Market, etc.)
- Grabbing something to-go from dining hall (64 degrees, Pines, Ocean View, etc.)

"ON-THE-GO" REAL MONEY

- Starbucks
- Sunshine Market
- Coffee Stations (Art of Espresso)
- Pete's Coffee
- Warren Plaza area will have several food trucks during the weekdays

SIT DOWN

- Dining Halls
- PC Locations:
- Tapioca Express, Santorini, Subway, Burger King
- Other places on campus: Croutons, Blue Pepper, Taco Villa. etc.
- Fancy Night Dinner: 64 North, The Bistro

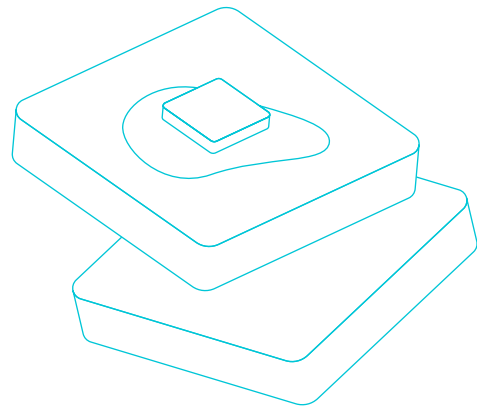
DINING

DINING

Special Events & Programming

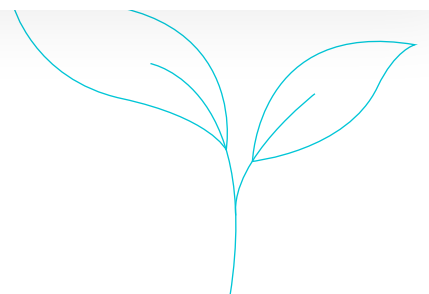
Residence Life Offices and student groups and campus organizations collaborate with the Dining Services to host annual programs with cultural, educational, and social components. These include live music, interactive activities, and special food that is associated with the event. Some examples are:

- Día de los Muertos
- Lunar New Year
- Black History Month Celebration
- May the 4th be with you
- Mardi Gras
- Quarterly De-Stress Brunch



Allergen Program & Medically-Necessitated Diets

- UCSD Dining provides a robust and flexible Dining program that has been able to accommodate students with food allergies and intolerances. As part of its Allergen Program, HDH coordinates with the [Office for Students with Disabilities \(OSD\)](#) to provide students with menu options free of top allergens and gluten! To receive accommodation, please register with the OSD.
- Students can also schedule an appointment with the Dining Services Dietitian Miriam Jirari for dietary recommendations or help with nutrition needs. This is a free and confidential resource for campus residents! For more information, please email Miriam at HDHdietitian@ucsd.edu.



DINING

DINING

Dining and Delivery Apps

There are many options when it comes to ordering your food online:

Triton2Go

allows you to order food from Dining Services on campus. The app will notify you when your food is ready for pick and has perks like loyalty points.

Grubhub

great for ordering from on-campus locations but also restaurants off-campus. Also accepts Triton Cash!

Uber Eats

DoorDash

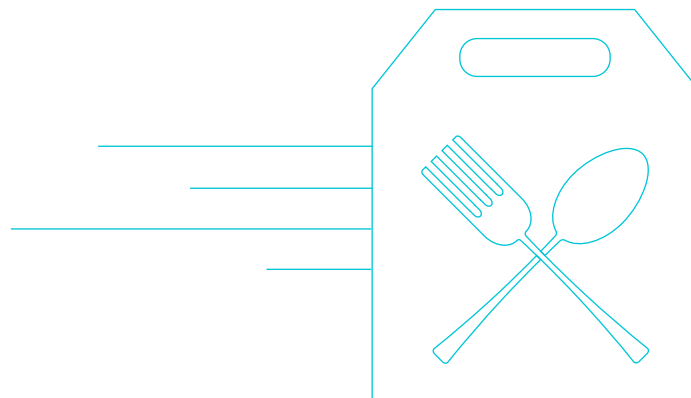
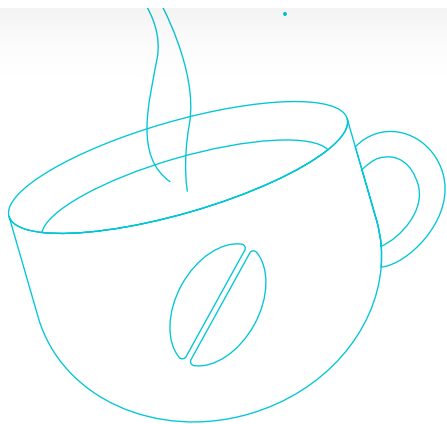
Postmates

make sure to check the fees associated with each delivery as they may differ depending on the app/website you use!



Food Notification App

- Did you know that the [UC San Diego App](#) has a new feature that notifies you of events that have leftover food? Students can pick it up for free!
- To sign up for notifications, simply log in to the UC San Diego app, go to "Settings," tap "Notifications," and turn the free food notification on!



DINING

DINING

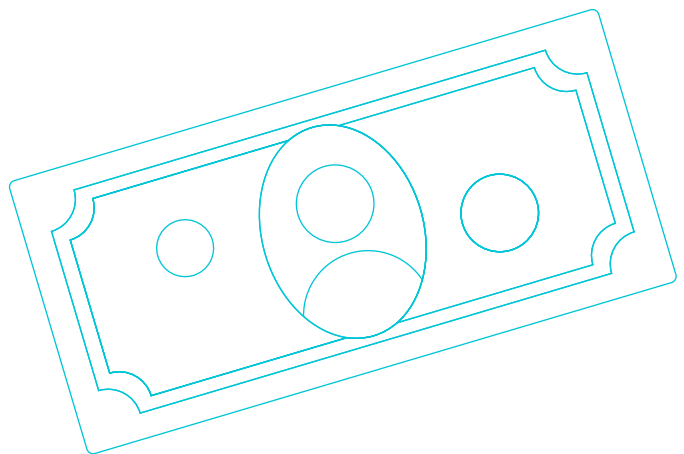
Triton Food Pantry

The mission of the [Triton Food Pantry](#) is to provide a discreet service to UC San Diego students in need of food. Their goals are to ensure that every student has enough energy to get through the day and that no student should give up a single meal for any reason. They aim to build a network of food resources and awareness about food insecurity so that every UC San Diego student has nutritious fuel to achieve academic success.

Triton Cash Account

This is a pre-paid account linked directly to your student ID card that is managed by the [Triton Card Accounts Services \(TCAS\)](#). Triton Cash Account is required at all on-campus laundry facilities and is accepted at over 50 locations ON & OFF campus, including Price Center. If you have a housing contract, an account is automatically activated for you upon arrival!

[List of places that accept Triton Cash](#)



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REGISTRATION



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BEFORE ENROLLING: RESOURCES

Before enrolling in any classes, sit down and look over the requirements that you need to take for your GEs and major! Here are some resources* to help you find the right classes for each quarter:

List of GE Requirements Based on Each College

List of Approved DEI (Diversity, Equity, Inclusion) Courses

RateMyProfessors.com

A website where you're able to see ratings and reviews about your professors from students who have taken the professor themselves.

CAPE

A student-run organization that administers a standardized evaluation of UCSD's undergraduate courses and professors. Student feedback gauges the caliber of both the University's curriculum and its faculty. They provide students with the opinions of their peers on any particular course or professor.

SmarterCAPes

A student-run website that gathers overall data of student reviews and ratings of professors + their classes. It gives a general overview of how you might perform in that class.

College Advisors

Department Advisors

General Advising Information

College Advisors can advise you on any college pre-requisite classes and schedules, while **Department Advisors** can advise you on any classes and requirements for your Major.

Degree Audit

Accessed through MyTritonLink → "Advising & Grades" → Degree Audit

A data file that shows you what classes you will need to fulfill and the credits you have already earned or need to earn in the future.

*These are resources that students find helpful for your reference. They are NOT endorsed by ISPO.

ENROLLING IN CLASSES: WEBREG



Schedule-planning and enrollment tool accessed through **TritonLink** →
Academics → **Enrolling in Classes (Login Required)**

- Check your **Appointment Time** beforehand!

MY TRITONLINK UC San Diego

Current Students Advising & Grades Classes & Enrollment Financial Tools Personal Tools Student Forms Help

Course Enrollment

Appointment time | Enrollment Information | Fall Quarter 2021

Enrollment and Registration Information:

The deadline to add a class for the quarter was Friday of Week 2. Requests to add a class at this time must be submitted as a **Late Add** through EASY. Requests are not guaranteed.

You can only change grade option/units (if permitted) and drop courses without a 'W' grade on your transcript at this time.

Visit the [Enrollment and Registration Calendar](#) to view a complete list of academic deadlines.

Search for Classes: Search

Difference between First Pass and Second Pass

- First Pass: 48-hour window time frame. **No more than 11.5 units** allowed. You **cannot waitlist** in any classes during your first pass.
- Second Pass: Can enroll **up to 19.5 units** and waitlist for classes.
- You need **at least 12 units** to be considered a **full-time student!**

When planning out your schedule on WebReg, make sure you **check the locations** of any back-to-back classes. Ideally, have them around the same area so you won't have to rush all over campus to get to them!



IMPORTANT DATES:

Enrollment and Registration Calendars

ADVISING

The following programs require advisor approval before enrolling:

- Comparative Studies in Language, Society and Culture
- Literature
- Math (first- and second-year students)
- School of Global Policy and Strategy (GPS)



ENROLLING

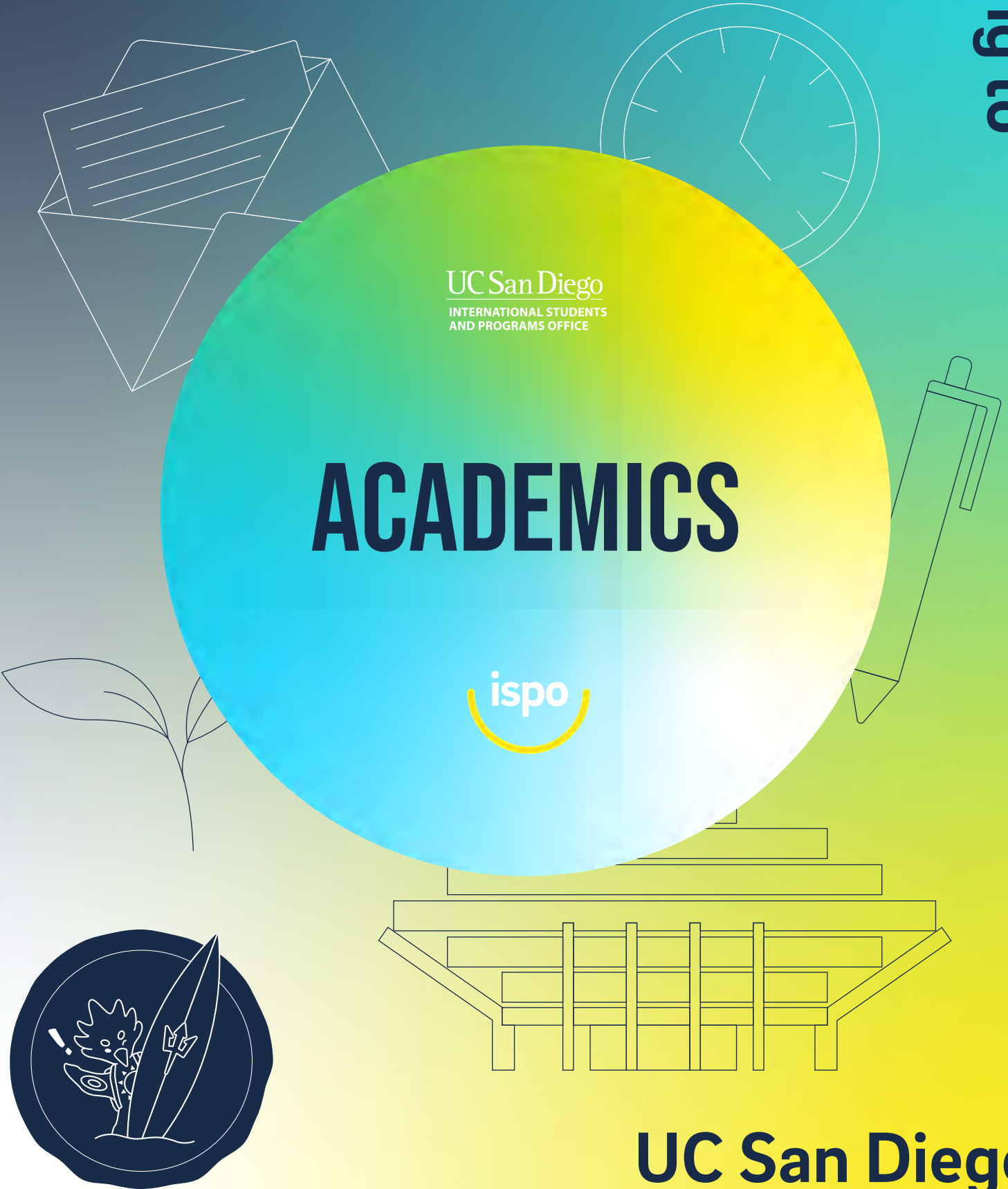
- You can enroll without an appointment at any time during the enrollment period by using [WebReg](#).
- Enrollment restrictions and prerequisites apply to School of Global Policy and Strategy (GPS) students only.
- You can print a copy of your schedule from WebReg.
- Note: The official university deadline to add classes (including [Special Studies classes](#)) is Friday of Week 2. Requests to add classes after Week 2 are not guaranteed and require a request submitted through the [Enrollment Authorization System \(EASy\)](#) to be approved by both instructor and department offering the course, and submitted to the Office of the Registrar by 4 p.m. on Friday of the final week of instruction.

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ACADEMICS



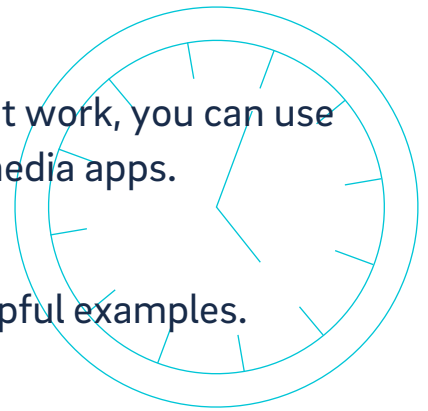
UC San Diego

STUDY TIPS

1. **Find a good place** for studying.
 - Figure out what works best for you; studying at the library or at the coffee shop is not for everyone!
 - Did you know that Geisel Library has different levels of silence depending on the floor?
2. Organize **study groups** with people in your class.
 - Great for making friends too!
3. Go to **office hours** if you have any questions.
4. Set aside time for studying.
 - Use **Pomodoro technique** by breaking up studying into 25-minute chunks & taking breaks in between!
5. **Eliminate distractions.**
 - Can't put down your phone? If hiding it doesn't work, you can use **different apps** to block your access to social media apps.
6. Develop effective **study skills**. [Here](#) are some helpful examples.
7. Incorporate **self-care** into your studying routine!!

Want to learn more? Refer to the following article!

25 Scientifically Proven Tips For More Effective Studying



Academic Resources

iRESOURCE

iResource.ucsd.edu

An on-campus resource page to support international students.

- From writing resources to English-learning programs, the iResource page contains up-to-date information and helpful links about different academic resources offered on campus

"HOW TO" SERIES

A series that focuses on helping students navigate different processes such as:

- Emailing your professors
- Asking for a letter of recommendation

Go [here](#) for more details

Or view them through our *Instagram story highlights!*

@ispo.ucsd

