



## **MAKING NEW FRIENDS**

For more than 25 years, the International Center has provided a meeting place on the UCSD campus for people who share an interest in international friendship and understanding. To help you make new friends quickly, we encourage you to participate in these activities!

## **INTERNATIONAL CLUB**

The International Club holds weekly meetings and sponsors many social events throughout the academic year including trips, lectures, and films. Call (858) 822-0464 for meeting times and a quarterly calendar of events.

## **INTERNATIONAL CAFE**

Join more than 200 people for an informal lunch and conversation every Friday during the academic year from 11:30 am to 1:30 pm. The price for lunch is \$3.00 and is one of the best bargains on campus!

## **INTERNATIONAL PARTNERS PROGRAM**

This program is designed to promote interaction and friendship between American and international students at UCSD. If you would like to meet more American students at UCSD, stop by the International Center for a brochure and an application.

## **WEDNESDAY MORNING COFFEE**

The Wednesday Morning Coffee usually attracts more than 50 spouses plus many children and is a wonderful way to make new friends and share information. International spouses and children are encouraged to come to the International Center every Wednesday from 10:00 am to 12:00 noon for this informal gathering. If you do not have small children, a group without children plans many activities during the academic year.

## **FRIENDS OF THE INTERNATIONAL CENTER**

The Friends are a volunteer organization dedicated to furthering friendship, understanding and cooperation with the international community. They sponsor many activities at the International Center including the Cooking in America classes, crafts classes, English conversation round tables, ethnic dinners, and a Resale Shop which provides scholarships for international students. Volunteers are always welcome!

## **OCEANIDS NEWCOMERS GROUP**

The Oceanids, a UCSD support organization, welcomes newcomers to UCSD with monthly activities such as holiday parties, neighborhood coffees, garden wine parties, whale-watching by charter boat, picnics, etc. Be sure to fill out the Oceanids Newcomers Group application to participate in these activities.

## **COOKING IN AMERICA CLASSES**

The Friends of the International Center offer cooking classes for international spouses on Thursday mornings during the academic year. For a class schedule, stop by the International Center during the Wednesday Morning Coffee. Make new friends as you prepare meals together!

## **INTERNATIONAL KITCHEN**

Each quarter during the academic year, a group of spouses from the Wednesday Morning Coffee volunteers to prepare a lunch featuring specialty dishes from their country. If you wish to participate in the International Kitchen, stop by the International Center during the Wednesday Morning Coffee from 10:00 am to 12:00 noon.

## **LANGUAGE EXCHANGE**

You can help someone learn your language and enjoy conversational practice in another language in exchange. To participate, stop by the International Center Friends Library and look for the Language Exchange Box.



## OTHER ACTIVITIES

### INTERNATIONAL HOUSE PROGRAMS

The International House (I-House) is a unique intercultural living-learning apartment complex on the UCSD campus. Located at Eleanor Roosevelt College, I-House is available to single UCSD students and scholars and offers a variety of cultural and educational programs throughout the year. For more information, call the International House at (858) 534-2261.

<http://provost.ucsd.edu/roosevelt/ihouse/>

### UCSD STUDENT GROUPS

UCSD has a wide variety of student clubs. Some are organized as cultural/international groups as well as according to interest in sports, academic subjects, etc. Call the Student Organization Office (located in the 3rd floor of the Price Center) at (858) 534-0501 to find groups that interest you.

<http://solo.ucsd.edu/>

### MAJOR LEGAL US HOLIDAYS

The following legal holidays are days in which many businesses, schools, and banks are closed. However, please note that the USA and UCSD in particular are very diverse. We hope that in addition to the holidays listed here, you take the opportunity to learn about the holidays of other religions and cultures, and of course, teach us about your own.

- **New Year's Day (January 1):** The celebration, marking the first day of the New Year, occurs at midnight on December 31st with a grand party, a lot of noise, and toasts. Traditionally, New Year's resolutions are made to set personal goals for the coming year.
- **Martin Luther King Day:** Celebrate the birthday of this civil rights leader on the third Monday in January.

- **Presidents' Day:** Observed on the third Monday in February, this holiday honors the birthdays of the first U.S. president, George Washington (February 22) and President Abraham Lincoln (February 12).
- **Cesar Chavez Day (March 25):** A California state Holiday to honor the Labor Activism of Cesar Chavez on behalf of Farm Workers.
- **Memorial Day (last Monday in May):** Commemorates U.S. soldiers who have died in wars. It is customary to decorate their graves with flowers or flags on this day.
- **Independence Day (July 4):** A day of parades, picnics, fireworks, celebrating the signing of the US Declaration of Independence in 1776.
- **Labor Day:** Celebrated on the first Monday in September honoring the importance of labor organizations in America.
- **Veteran's Day (November 11):** "Armistice Day" marking the treaty date ending World War I. This holiday honors veterans of all wars with parades and speeches.
- **Thanksgiving Day:** Celebrated on the fourth Thursday of November with a huge traditional dinner consisting of a roasted stuffed turkey, cranberry sauce, sweet potatoes, squash, and pumpkin pie. The custom dates back to the pilgrims in 1621 who gave thanks for a bountiful harvest.
- **Christmas (December 25):** A joyful holiday of gift-giving, family reunions, Santa Claus, feasting, and decorated Christmas trees based on a Christian tradition.

**RECREATION AND SPORTS****CAMPUS RECREATION**

<http://recreation.ucsd.edu/>

Campus Recreation offers instruction and facilities in racquetball, swimming, tennis, volleyball, basketball, yoga, and other individual and group sports. In addition, students, faculty, and staff can participate in intramural sports and sports clubs. There are also special programs for children. To participate, you must be either a current UCSD student or a Recreation Card (RecCard) holder. You must carry your RecCard or Student ID and a towel when using any of the facilities. You can purchase a RecCard at the Recreation and Intramural Activities Complex (RIMAC), located on the northwest section of campus. For more information about classes, schedules and registration, you may phone Campus Recreation at (858) 534-4037.

**CRAFTS CENTER**

<http://www-crafts.ucsd.edu>

The UCSD Crafts Center offers courses in ceramics, photography, jewelry making, drawing and other types of art. Fees vary. Call (858) 534-2021 or visit the Crafts Center in the Old Student Center near the Grove Caffe.

**LA JOLLA RECREATION CENTER**

The La Jolla Recreation Center, located on 615 Prospect Street, has summer and holiday camps for children as well as facilities for sports. Call (858) 552-1658 for more information.

**LA JOLLA YMCA**

<http://lajolla.ymca.org>

The La Jolla YMCA is a community recreational center located near UCSD. The YMCA offers classes and facilities for swimming, aerobics, racquetball, weight training, tennis, and children's programs. For more information, contact the YMCA, (858) 453-3483, at 8355 Cliffridge Avenue, La Jolla.

**MISSION BAY AQUATIC CENTER**

Mission Bay Aquatic Center is one of the finest water sports facilities in the country and offers a wide variety of inexpensive and fun activities for the whole family. The Mission Bay Aquatic Center offers classes and rentals in waterskiing, sailing, surfing, rowing, kayaking, scuba diving, and windsurfing. For more information, call the Aquatic Center at (858) 488-1036, or look for their class schedule around campus. Discounts are available for UCSD affiliates.

**OUTBACK ADVENTURES**

<http://recreation.ucsd.edu/Outback.html>

Outback Adventures rents camping, skiing, and other equipment for very reasonable prices. Outback Adventures also offers trips such as kayaking, mountain biking, hiking, rock climbing, and skiing. For more information phone (858) 534-0684, or visit their office located across from the Office of Graduate Studies and Research, east of the Price Center.

**STANDLEY PARK AND RECREATION CENTER**

Standley Park and Recreation Center, located at 3585 Governor Drive, sponsors a variety of low-cost and free activities and classes for children and adults. Call (858) 552-1652 for more information.

**UNIVERSITY EXTENSION**

<http://recreation.ucsd.edu/outback.html>

UCSD Extension has classes in the arts, music and performing arts, computers, foreign languages, recreation and exercise, horticulture, wine tasting, intercultural programs, etc. Classes are open to everyone and are available for credit or non-credit. Fees vary. Ask about discount rates. For a catalog and more information, call (858) 534-3400 or visit the Extension Office located on Scholars Drive, near Torrey Pines Road.

<http://extension.ucsd.edu/>



## PLACES TO GO IN SAN DIEGO

### BALBOA PARK

<http://www.balboapark.org>

The site of the world famous San Diego Zoo, as well as museums, art galleries, a botanical garden and many spots for picnics. The laser light show at the Omnimax theatre in the Reuben H. Fleet Space and Science Center is a popular event.

### BIRCH AQUARIUM

(858) 534-3474

<http://www-aquarium.ucsd.edu/>

Offers visitors an up-close view of sea life off San Diego's coast with marine life displays, outdoor tidepools, classes for children, and a museum located at Scripps Institution of Oceanography.

### CABRILLO NATIONAL MONUMENT

(619) 557-5450

<http://www.nps.gov/cabr/>

This landmark commemorates explorer Juan Cabrillo's discovery of the California coast in 1542. Tour the lighthouse, explore the tidepools, watch for whales, and enjoy the breathtaking view. Located at the tip of Point Loma.

### GASLAMP QUARTER

(619) 233-5227

<http://www.gaslamp.org>

Tours of the historic district in downtown San Diego are offered by the Gaslamp Quarter Council. There are a wonderful variety of restaurants, dance clubs, and shops to explore.

### HOTEL DEL CORONADO

1500 Orange Ave., Coronado  
(619) 435-6611

<http://www.hoteldel.com>

San Diego landmark made famous in the Marilyn Monroe movie "Some Like it Hot." Unique architectural design and picturesque backdrop, located on the island of Coronado. Explore the museum at the hotel and don't miss the quaint shops and restaurants that Coronado has to offer.

### JULIAN

This small town in the Laguna Mountains is a popular destination during apple season. Tantalize your taste buds with apple pie, apple cider, and a wide variety of apple delicacies while you escape to the mountains of San Diego.

### LA JOLLA COVE

Explore the cave and tidepools of the cove at this popular beach location. Many fine gift shops and art galleries are located along Girard Avenue and Prospect Street. Bring a picnic or try one of the many restaurants that offer spectacular ocean views.

### MISSION BAY PARK

(619) 221-8901

Aquatic park with 27 miles of beaches, bike trails, picnic areas and playgrounds. Recreational areas for water-skiing, jet-skiing, sailing, and swimming. Enjoy a day in the sun!

### OLD TOWN STATE HISTORIC PARK

(619) 220-5422

Includes San Diego's original settlement with buildings dating from the 1820's. Many shops, museums, and restaurants. Bazaar del Mundo offers the exciting sights and sounds from mariachi music to folk dancing. Various restaurants and cafes offer authentic Mexican food and drinks.



## **PALOMAR OBSERVATORY**

*<http://astro.caltech.edu/palomarpub/index.html>*

Visitor center offers an excellent view of the 200-inch Hale telescope. Star-gazing offered in the summer. Located atop Palomar Mountain and opened daily from 9:00am-4:00pm.

## **SAN DIEGO WILD ANIMAL PARK**

(760) 747-8702

*[http://www.sandiegozoo.org/wap/visitor\\_info.html](http://www.sandiegozoo.org/wap/visitor_info.html)*

Recognized worldwide, this unique 1,800-acre wildlife preserve allows animals to roam freely in settings similar to their native homelands. Offers exotic animal and garden exhibits, exciting animal shows, private safari photo tours, and a fascinating monorail ride through the park. Located six miles east of Escondido.

## **SAN DIEGO ZOO**

(619) 234-3153

*[http://www.sandiegozoo.org/zoo/visitor\\_info.html](http://www.sandiegozoo.org/zoo/visitor_info.html)*

World-famous zoo located in Balboa Park. Home to a wide variety of species and state-of-the-art climate zones. Offers a petting zoo for children, animal nursery, Skyfari tram rides and a bus tour.

## **SEAPORT VILLAGE**

(619) 235-4014

*<http://www.seaportvillage.com>*

Daily entertainment, fine dining, and more than 65 one-of-a-kind shops from fine art to handcrafted gifts. Features a carousel from the 1890's, jugglers, music and year-round special events. Magnificent view of San Diego Harbor.

## **SEA WORLD**

(619) 226-3901

(800) 380-3203

*<http://www.seaworld.com/seaworld/ca>*

Popular marine theme park located in Mission Bay. Offers a variety of animal shows, including a killer whale show featuring "Shamu" and special exhibits such as the Shark Encounter. Spectacular waterskiing shows and fireworks displays are offered during the summer months.

## **ANZA-BORREGO DESERT STATE PARK**

(760) 767-5311

*<http://www.anzaborrego.statepark.org/>*

As the largest desert state park in the USA, it features wildflowers, a desert garden outside the Visitor Center, and campgrounds (reservations for camping may be made by calling Park Net toll-free at (800) 444-7275). In addition to firsthand contact with the desert environment, the eroded Badlands of Anza-Borrego provide a window into the region's vanished past to offer insight into paleontology. Learn about nature and the outdoors and have fun while doing it!