

GETTING SETTLED IN SAN DIEGO

PRACTICAL INFORMATION ABOUT LIVING IN SAN DIEGO

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MONEY

Do not carry large amounts of cash with you and do not leave large amounts of cash at home. It is not safe to do so in United States. If you are going to stay in the U.S. for more than 4 weeks, it is important to have a checking account at your local bank. You may use cash, money orders or traveler's checks if you are going to be here for less than 4 weeks.



Money orders can be purchased with cash at the post office or convenience stores (like 7-Eleven) for a small fee. Checks, money orders and traveler's checks are all safe to carry or leave at home in large amounts.

BANKING

It is very important to have a bank account while you are staying in the United States. 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.

How to Open a Bank Account

At the bank you can open a checking account and/or savings account. You should open a checking account at your bank if you will be in the U.S. for more than 4 weeks. A savings account is sufficient if you will be in the U.S. for less than 4 weeks.

To open a bank account, bring your student ID card, passport, I-20, and at least US\$100 to deposit in your account. You will get a checkbook with checks and an automated teller machine (ATM or debit) card after opening your bank account. The ATM card is an easy way for you to get money from an ATM machine or many grocery and drug stores. You can also use it like a credit card to make purchases (because it has a Visa or MasterCard symbol on it) since the money is automatically deducted from your bank account.

How to Use the ATM Machines

American ATM machines may be different from the machines in your home country. Also, ATM machines in the U.S. may vary from bank to bank. Make sure you know how to withdraw and deposit money in your bank's ATM machine before using it. In the past, some ALI students lost their money because they incorrectly deposited money in an ATM machine.

List of Banks Near the SDSU Campus

These banks are located on-campus or near San Diego State University:

- **Citibank**
5998 El Cajon Boulevard
Tel: 619-582-2409
www.citibank.com
- **Bank of America**
6801 El Cajon Boulevard
Tel: 619-667-3220
www.bofa.com
- **Union Bank**
6010 El Cajon Boulevard
Tel: 619-230-4567
www.uboc.com
- **USE Credit Union**
Aztec Center, San Diego State University
Tel: 619-286-0798
www.usecu.org
- **Washington Mutual**
3490 College Avenue
Tel: 619-221-5008
www.wamu.com
- **Wells Fargo**
4690 63rd Street
Tel: 619-583-8356
www.wellsfargo.com

TRANSPORTATION

If you do not have a car, the best way to travel in San Diego is by bus or trolley.



Local Buses

There are 2 kinds of buses in San Diego. One is a local bus, which stops at every bus stop on the way. The other is an express bus, which only stops at certain places. Look at the lower part of the bus window or at the top of the bus where the number is located. You will see "EXPRESS". There may also be a red sign to show it is an EXPRESS bus.

Bus Stops: Look for a blue rectangle on a tall pole on the curb of the street. The sign will read "Bus Stop-San Diego Transit". This is where you board the bus. Sometimes there is a schedule on the pole. If there is no schedule, you can ask for a schedule from the bus driver or print one from the San Diego Transit Web site at www.sdcommute.com

Bus Fares and Transfers: When you get on the bus, you must have the exact fare. It costs \$1.75-\$2.25 for most local routes, one-way. If you must take two buses to get to your destination, ask the driver for a TRANSFER. Give the TRANSFER slip to the driver of the second bus (or keep it if you transfer to the trolley). You can use a TRANSFER to go only in one direction, and not for a return.

Monthly & Semester Passes: Bus passes are available for each month and for the Fall and Spring Semesters. You may purchase student monthly and semester bus passes at the ticket office located on campus in the Aztec Center. Bring your student ID card to receive the student pass.

Transit Information and Schedules: You can get information about routes, fares and schedules from the following sources:

- **San Diego Transit Office**
Tel: 619-233-3004
www.sdcommute.com
- **On-campus Information Booth**
Aztec Center

San Diego Trolley

The San Diego Trolley is an electric train that you can take to Mission Valley, Old Town, downtown San Diego, El Cajon and the border with Mexico.

Reminder: DO NOT go to Tijuana, Mexico, without a valid passport, visa and I-20; otherwise, you might not be allowed to return to the United States.

Intercity Trains

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

- **Amtrak**
Tel: 1-800-872-7245
www.amtrak.com

Taxis

Taxi service is available in the area. Call one of the companies listed below.

- **Orange Cab**
Tel: 619-291-3333
- **Yellow Cab**
Tel: 619-234-6161

Buying a Bike

Mike's Bikes (used bikes)
Tel: 619-273-9506
Santee



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. To operate a motorcycle, you must have a special California motorcycle license.

How to Get a California Driver's License

Make an appointment by calling your local Department of Motor Vehicles (DMV) or visiting their web site at <https://eg.dmv.ca.gov/fpApt/Welcome.jsp>

At your appointment, you will be asked for your Social Security Card. Show your card to the DMV clerk if you have one. If you do not have one, then you must tell the DMV clerk that you do NOT have a Social Security Card and you are not eligible to have one.

Bring your passport, I-20 and I-94 to your appointment. The cost is \$25. You will be required to pass a written test and a behind-the-wheel driving test. These tests will occur on different days and require an appointment.

- **Local DMV Office**
3960 Normal Street
Tel: 1-800-777-0133
www.dmv.ca.gov

Directions

By bus: Take Bus#11 Spring Valley and get off the bus at University Avenue and Normal Street. The DMV office is a 5-minute walk from the bus stop.

By car: Turn right on Montezuma Road. Turn left on 54th Street. Turn right on El Cajon Boulevard. El Cajon Boulevard will become Normal Street. The DMV office is on this street.

How to Get a California Identification Card

If you need a form of identification other than a passport or California driver's license, you can apply for a California Identification Card. The cost is \$21.

Safe Driving

- The law says everyone in the car must wear seatbelts at all times. Children under 4 years old must be in an approved safety seat.
- Give pedestrians the right of way (let them go first).
- If you get a ticket, your insurance rates may increase.

DON'T DRINK AND DRIVE! Even one drink can affect a person's driving. Two drinks in an hour can make anyone an unsafe driver.

If you are convicted of driving with alcohol or drugs in your body for the first time, the judge may send you to jail. If the vehicle is registered in your name when you are convicted of driving drunk, the court may take your vehicle away for up to 30 days. You will have to pay for storing it.

It is a serious crime if any person gets hurt or killed because you were driving drunk or drugged. You will be punished with fines, jail and license suspension or revocation. You could also face a civil lawsuit that could result in a financial disaster for you.

The law is VERY strict on carrying alcohol or drugs in a vehicle. *Do not have any opened bottle, can or container of alcohol in your car.* A container of liquor, beer or wine carried in a vehicle MUST be full, sealed and unopened; otherwise, it must be put in the trunk.

- Always lock the doors of your car when you leave it. Thousands of cars are stolen in San Diego and Los Angeles Counties each year. Using a "Club" (special lock) on your steering wheel when it is parked is highly recommended.
- Do not leave any valuables on the seats or floor in plain sight.

How to Deal with Car Accidents

If you are involved in a car accident, DO NOT leave the scene of the accident under any circumstances. Ask someone to call the Police Department. They will send a police officer to report the accident. Call 911 immediately if there are any injuries. NOTE: The police may not come if there are no injuries. Make sure you do the following:

- 1) Do not discuss what happened in the accident with anyone other than the police and your auto insurance agent.
- 2) Exchange information with everyone involved in the accident. Get the other person's:
 - Full name
 - Address
 - Telephone number
 - Car insurance company name
 - Driver's license number and expiration date.
- 3) Tell your insurance company as soon as possible.

BUYING A CAR



To buy a car, you will first need to decide if you want to buy a new or used car.

New Cars: New cars can be purchased at car dealerships. Please check the local telephone directory at www.yellowpages.com. Look under "Auto Dealership" and choose a car maker such as Honda, Toyota, Ford, BMW, etc.

Used Cars: To buy a used car you can:

- Use a car dealer.
- Look at advertisements in the local newspaper, www.craigslist.org, www.sdreader.com, or www.autotrader.com
- Look at the ALI bulletin boards in the student lounge.
- Buy from a friend or someone who is going back to their home country.

Before buying a used car, you should check the Kelley Blue Book to find the approximate "Private Party Value" (when buying a car from a person) or "Suggested Retail Value" (when buying a car from a dealer). Using the Kelley Blue Book can prevent you from paying more for a car than it is worth. The Kelley Blue Book is available at the SDSU library or www.kbb.com

Additional advice on how to buy a car is available at:

- www.cars.com
- www.autotrader.com
- www.consumerreports.com

It is also a good idea to have the car checked by an auto mechanic to make sure the car is working properly. Ask the auto mechanic to check the brakes, engine, transmission, suspension, electrical, ignition and general parts.

- **SAMCO (Scientific Automotive Maintenance Company)**
7835 Armour Street
Kearny Mesa
Tel: 858-565-7835

SAMCO can do a complete check for most cars for about \$70.

Auto Insurance

DO NOT drive in the U.S. without insurance for your car--it is the law! In cases of accidents which involve the injury or death of a person or damage to property or another vehicle, you may be responsible for the damages incurred. These costs can vary greatly and may even involve jail time. You should get the advice of a good insurance agent regarding policies that best suit your needs.

You must show proof of car insurance to register your car in California and to any police officer who stops you.

How to Get Auto Insurance

In California the law requires a minimum insurance of "liability coverage". "Property damage" insurance is optional on your car. It is highly recommended that you purchase "uninsured motorist" coverage, as well.

Several Auto Insurance Companies

Rates and fees vary. Try to call several companies to find the best policy for you.

- **State Farm Insurance**
6663 El Cajon Boulevard
Tel: 619-668-5414
www.statefarm.com
- **Allstate Insurance**
6957 El Cajon Boulevard
Tel: 619-337-2929
www.allstate.com

Vehicle Registration

All cars (new and used) must be registered with the DMV office. Bring the following with you to the DMV:

- 1) Pink slip (proof of ownership) with proper signatures (of former owner or dealer)
- 2) Proof of auto insurance
- 3) Smog certificate
- 4) Current registration
- 5) Valid driver's license

Car Rentals

There are numerous car rental companies in San Diego. You can rent cars from several days to several months. A friend or a taxi may need to take you to the car rental company or sometimes a representative of the company will pick you up. To rent a car, you need a passport, your national or international driver's license for identification, rental payment (traveler's check, cash and credit card) and deposit (credit card only).

Car Rental Agencies

Rates and fees vary depending on your choice of car, availability and length of contract.

- **Avis**
3180 N. Harbor Drive
Tel: 1-800-852-4617
www.avis.com
- **Budget**
3125 Pacific Highway
Tel: 1-800-527-0700
www.budget.com

- **Dirt Cheap Car Rental**
**information in ALI office*
4420 Pacific Highway
Tel: 619-234-9300
www.dirtcheapcarrental.com

- **Enterprise**
4930 El Cajon Boulevard
Tel: 619-229-2300
www.enterprise.com

- **Express Rent-A-Car**
**information in ALI office*
2595 Kettner Boulevard
Tel: 619-232-5400
www.rentfromexpress.com

- **Hertz**
3202 N. Harbor Drive
Tel: 1-800-654-3131
www.hertz.com

- **Flexcar** (*For hourly rentals--for example, if you need a truck for only a few hours to move furniture or a car to go to La Jolla for a few hours.*)
www.flexcar.com
Pick up car at Old Town Trolley Station or other locations throughout San Diego.

Car Repairs

You will need a good auto mechanic if your car needs repairs.

How to Work with a Mechanic:

- 1) Make sure the mechanic is licensed or certified.
- 2) Go to the facility. Make sure it is orderly and the proper tools are available to do a number of jobs.
- 3) Ask for a written, itemized estimate. It should include all parts and labor. Find out if work will be guaranteed.
- 4) Tell the mechanic you want to be called first if additional work is necessary.

Local Car Repair Shops:

- **Tony Beck's Repair Shop**
8838 La Mesa Boulevard
La Mesa
Tel: 619-464-7575
- **Bowman's College Center Garage**
4622 College Avenue
Tel: 619-582-5258



FURNITURE

Most apartments 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.

New Furniture

To buy new furniture, visit www.yellowpages.com for a list of furniture stores in the area.

Used Furniture

You may also buy used furniture at inexpensive prices. Check the following:

- **Student Lounge Bulletin Board**
ALI Students who are returning home will usually sell their furniture for good prices before they leave. Look at the bulletin boards in the ALI Student Lounge.
- **Craig's List**
www.sandiego.craigslist.org
An online directory of many services and advertisements under "For Sale" section.
- **The San Diego Reader**
www.sdreader.com
The San Diego Reader is a newspaper that is issued every Thursday. A free copy is available on-campus at the Aztec Center. Look at the "For Sale" sections in the classified ads.
- **Salvation Army**
The Salvation Army thrift stores located near SDSU are:
 - 6875 El Cajon Boulevard
Tel: 619-466-4778
 - 2920 University Avenue
Tel: 619-296-6920

Rental Furniture

You can also rent furniture for your apartment.

- **Cort Furniture**
7480 Miramar Road
Mira Mesa
Tel: 858-549-0800
- **Rent-A-Center**
3645 El Cajon Boulevard
Tel: 619-563-1100
- **Brook Furniture Rental**
8288 Miramar Road
Mira Mesa
Tel: 858-549-4571

GAS AND ELECTRICITY SERVICE

You will need to arrange gas and electricity service if you live in an off-campus apartment. These arrangements must be made before moving into your apartment. Contact the San Diego Gas and Electric Company (SDG&E) at

- **San Diego Gas and Electric (SDG&E)**
Tel: 1-800-411-7343
www.sdge.com

When you call SDG&E, you will need to provide the following information:

- 1) Your full name, both first and last. Please spell it for the clerk.
- 2) Your new address and apartment number, including your zip code.
- 3) A reference is necessary. A relative or a staff at the American Language Institute is acceptable.
- 4) The name, phone number and address of the landlord or manager of your apartment.
- 5) The date you want service to begin at your apartment.
- 6) Your Social Security number, if you have one.
- 7) Your telephone number, if you have one.

The power can be turned on as early as the next day, except over the weekend. If you need to have the gas turned on, you or your manager must be present to allow the SDG&E representative to enter your apartment. This is not necessary when having the electricity service started.

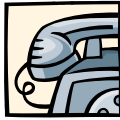
Within 10 days after service begins, a meter deposit based on twice an average monthly bill must be paid to SDG&E. The average bill is determined by SDG&E, based on the previous occupants' bills. The deposit is refunded when you end the service.

Plan to pay about \$45-\$55 per month or more for a one-bedroom apartment. The bill will be much higher if you use your air conditioner or heater often. The first month you will also be billed about \$20 for a one-time initiation of service fee.

Local SDG&E Offices

- 4332 54th Street
San Diego
- 104 N. Johnson Avenue
El Cajon

- 1720 Euclid Avenue
San Diego



PHONE INFORMATION

How to Make a Local Call

Most phone numbers that begin with the area codes 619 and 858 are free local calls. If you are calling a 619 number from a phone with a 619 area code, you do not need to dial 619 first. You only need to dial the 7-digit local number. When dialing numbers beginning with 858 or 760 from a 619 phone, dial a "1" first and then dial the 10 numbers that follow.

How to Make a Long-distance Call

Inside the U.S.: Dial "1" plus the area code (the first 3-digit number) and then the 7-digit local number. Weekdays from 11 PM-8 AM are the least expensive times to call. See the front of the White Pages for more details on calling rates.

Outside the U.S.: Dial "011" plus the country code, city code and then the phone number. See the front of the White Pages telephone directory for a list of country and city codes.

If you are calling from a pay phone, the telephone operator will tell you how much to deposit for a 3-minute telephone call. You must have plenty of coins with you. At the end of 3 minutes, you will be asked to deposit more money to continue the call. Using a phone card will be less expensive.

Cell Phones

It is common for students to have a cell phone or mobile phone while in the U.S. Phones can cost from \$0-200 depending on the plan purchased with the phone. (Some plans include the cell phone while others require you to buy one.) 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. They will ask for a social security number. If you do not have a social security number, you must pay a deposit with the phone, ranging from \$150-\$500. Phone companies may hold this deposit for 3-9 months after your contract ends.
- 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 how many minutes you use each month.

Make sure the plan you purchase will fit your needs. Before you shop, consider:

- 1) How many months you will need the phone.
- 2) How much of a deposit you want to pay when you buy the phone.
- 3) How much you want to pay each month.
- 4) How many minutes you will use.

Places to buy a cell phone are College Avenue or El Cajon Boulevard (offices near SDSU), Fashion Valley Mall and Mission Valley Center.

Recommended low-deposit contract service:

- **Sprint PCS**
3432 College Avenue
Tel: 619-229-6788
Tel: 619-665-9596 (manager)
www.sprintpcs.com
Deposit: \$150 includes free phone; monthly and annual contracts available. \$200 fee to cancel your contract early (or \$0 if you can transfer the plan to another ALI student.)
Monthly Fee: \$29.99-\$69.99

Recommended low-cost prepaid service:

- **Cricket Mobile**
5399 El Cajon Boulevard
San Diego, CA 92115
Tel: 858-882-9924
www.mycricket.com
Deposit: \$0
Monthly Fee: \$30-\$50

How to Order Landline Phone Service

If you need landline service for your apartment or house, visit the AT&T website. Review the different phone services that are available. After you know which phone services you would like, you will need to call AT&T to order the services.

- **AT&T Telephone Company**
Tel : 1-800-310-2355
www.att.com

Next you may need to go to an AT&T office to pay a deposit. Bring a picture ID with you, such as your passport, and a major credit card if you have one.

Local AT&T Office

- 873 Arnele Avenue
El Cajon

Long-Distance Service for Landlines

When ordering local service you will have a choice of several long-distance telephone companies. You will need long-distance service to call anywhere outside of San Diego or you can use a phone card. If you do not want long-distance service, be sure to ask that

you are not charged for it as AT&T may automatically choose a plan for you even if you do not order it.

There is a variety of prices and services offered by long-distance companies. You should contact different long-distance companies before calling to set up phone service. Search online under "San Diego long-distance phone companies" to research prices. Or you can order local phone service only and use a phone card for your long-distance calls.

Phone Cards

You can also use a phone card to make a long-distance call. Phone card long-distance rates can be cheaper than the phone company's long-distance rates. Phone cards are sold for \$5-\$50 with a good rate for international calls ranging from 3-10 cents per minute (depending on the card and country you are calling). You may buy phone cards at convenience stores and supermarkets or online at www.callingcards.com or www.nobelcom.com

How to Find a Telephone Number

White Pages: This is a telephone directory that provides an alphabetical list of people, businesses and agencies in San Diego. Street names and numbers are usually listed with the phone numbers. Here is an example:

- Harris, John R, 416 Elm St., La Mesa, 619-281-4362.

Yellow Pages: This is a telephone directory that provides an alphabetical list by type of business. Street numbers and names are usually listed with the phone numbers. Here is an example:

- Restaurants: El Torito Restaurant, 445 Camino Del Rio South, 619-296-6154

Dial 411: This is an information service provided by the telephone company. By dialing 411, you will be connected with an operator who will help you find the number of the person or place that you need to call. The operator will ask you which city you want to call and then ask you the name of the person, business or agency you are looking for. There is a fee for this call, which will be added to your monthly phone bill.

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.

Important Telephone Numbers

Crisis Calls

- **Emergency/Police/Fire/Highway Patrol**
911
- **Alcoholics Anonymous**
619-265-8762

- **Suicide Hotline**
1-800-784-2433
- **Emergency Services & Travel (in your language)**
1-888-871-4636
- **Poison Information Center**
1-800-876-4766

Hospitals

- **Alvarado Hospital**
619-287-3270
- **Grossmont Hospital**
619-465-0711
- **Scripps Mercy Hospital**
858-457-4123
- **Sharp Memorial Hospital**
858-541-3400

Physical Health

- **Crisis Team Hotline (Drug Abuse)**
1-800-479-3339
- **Rape Crisis Center**
619-233-3088
- **Crisis Pregnancy Center**
619-337-8080
- **Planned Parenthood**
619-683-7526

San Diego Authorities (Non-emergencies)

- **San Diego Police Department**
619-531-2065
- **Legal Aid Society**
619-262-0896
- **San Diego Paramedics**
858-974-9792
- **San Diego Fire Department**
858-974-9706

San Diego State University

- **SDSU Information**
619-594-5200
- **American Language Institute**
619-594-5907
- **University Police**
619-594-1991
- **SDSU Health Services**
619-594-4325

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:

- **U.S. POST OFFICE**
6401 El Cajon Boulevard
San Diego, CA 92115
Tel: 619-582-4774

HOURS:

Monday-Friday, 8:30 am to 5 pm
Saturday, 8:30 am to 12:00 noon
Last mail pick-up of the day: 5:15 pm

Postage Rates

Letters:

First Class Mail

Within U.S.: 41 cents (1st ounce, goes AIR)
Canada & Mexico: 41 cents (1st ounce)
Other Countries: www.usps.gov for rates

Air Mail

All Countries other than Canada and Mexico:
90 cents (1st ounce)

Post Cards:

First Class Mail

Within U.S.: 26 cents (goes AIR)
Canada & Mexico: 26 cents
All Other Countries: www.usps.gov for rates

Air Mail

Canada & Mexico: 69 cents
All Other Countries: 90 cents

Packages

International

It is advisable to send packages overseas by Air Mail to assure prompt delivery. Rates differ from country to country, so bring your package to the post office for the exact cost.

Domestic

Domestic packages sent by surface mail take about 3 weeks to arrive, and Air Mail takes about 3-7 business days.

Special Note:

If you are planning to mail books to your country, be sure to visit or telephone the post office to find out exactly how this is done. Do not wrap your books for mailing without instructions from the post office.

Picking Up Packages and Registered Mail at the Post Office

Proper identification—a passport or California driver's license—is required. A student identification card is not acceptable.

International Money Orders

You can buy international money orders at the post office, but they take from six to eight weeks to reach their destination. It is quicker to go to the bank and get a bank draft and send it by air mail.

Miscellaneous Information

You cannot return stamps to the post office. Also, every country has specific prohibitions and restrictions regarding postal regulations. For example, you cannot send salt to Japan! If you have questions about what you can or cannot send, ask at the post office. You may pay the post office with a traveler's check if over 50% of the check is spent on stamps. Special Delivery and Registered Letters are available to most countries.

LOST & FOUND

Gateway or Extended Studies Buildings

If you lose any personal items in the ALI classrooms or ALI building, go to the ALI office to see if a teacher or another student brought them to the Front Desk.

SDSU Campus

If you lose any personal items on the SDSU campus, go to the Information Booth located in the middle of the Aztec Center. Textbooks and notebooks will be held for 2 weeks in lost and found. Wallets, calculators, clothes and other items of value will be held for 90 days. Students who lose meal tickets, dorm keys or library books should also look in the following places:

- Meal tickets are returned to Dining Services on the 1st Floor of East Commons.
- Dorm keys are returned to the Housing and Residential Life Office.
- Library books are returned back to the library.



NO SMOKING POLICY

There is a strict NO SMOKING policy on the SDSU campus. You cannot smoke within 20 feet/6 meters of any SDSU or ALI building. Please make sure you follow this rule or you may be cited (asked to pay a fee) by the SDSU police.

Smoking is allowed only at the designated smoking areas (see Smoking Rules and Areas flyer).

MEDICAL NEEDS

SDSU Health Services

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

When you are suffering from an illness or have a minor accident you should go to Health Services.

Student fees and tuition cover basic treatment at Health Services. There are, however, several procedures that you will be required to pay extra for (or for which you must pay for and be reimbursed for by your private insurance company).

The following are not covered in your basic service:

- general physical exams
- specialty clinics, elective injections (example: allergy maintenance, travel inoculations, etc)

Services listed below 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 student identification card. You should first report to the appointment desk. 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. Expect to wait, since in the clinic there are many students to serve.

Health Services is open as follows:

- Monday- Friday: 8:30 am-5 pm
- Holidays & summer: Call 594-4325 for hours
- Weekends: Closed

You can also call for an appointment.

- **SDSU Health Services**

Tel: 619-594-4325

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

In Case of Emergency or Accident

If an accident occurs on campus and an ambulance is required, call the San Diego City Police at 911. 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. Hospitals near San Diego State University are:

- **Alvarado Hospital**
6505 Alvarado Road
Tel: 619-287-2222
- **Villa Valley Community Hospital**
4095 55th Street
Tel: 619-582-3516

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. See www.ncmonline.com/languageaccess

General Information about Drugs

There are two kinds of medicine or drugs that you might need during your stay here.

Prescription drugs are those recommended to you by your doctor. You will not see them on the store shelves with the other medicines. Each time you need this drug, you will have to go to a drug store or hospital to have a licensed person make the medicine especially for you. You will have to bring the prescription from your doctor/hospital or empty bottle of medicine with you so that the person can read the label and prepare the right drug for you.

Non-prescription drugs can be bought by anyone wherever medicine is sold. This is called "over-the-counter." You will find them in drug stores, supermarkets, and stores like Target and Wal-Mart.

Health Insurance

All students attending the American Language Institute are required by law to have health insurance coverage. You must bring proof of insurance for the duration of their studies in the U.S. or you may purchase health insurance from ALI Accounting.

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.

How to Get an SDSU Parking Permit

Long-term permits are available at the Cashier's Office in the College of Extended Studies (in the ALI patio) or from the Cashier's Office on the second floor of the Student Services Building. You must show your ALI student I.D. card in order to purchase a permit.

Prices are subject to change without advance notice.

- **Semester Rates**
Car: \$135
- **Short Term Rates**
Weekly: \$11
- **Daily Rates**
Car: \$1 per hour
Permits can be purchased from the kiosks located in the student parking lots.

Students must park in specially marked parking lots, designated to students by signs posted with a red "S." The closest student lots to the ALI are Parking Structures I, III and V. Students will get a parking ticket if they park in Structure II, which is the lot next to the ALI. Student lots are marked "S" (not F/S).

Students parking in Dorm Parking Lots will need a special "W" validation sticker. After you purchase a regular parking permit at the Cashier's Office, you should get this additional sticker from the Housing Residential Life Office (located at the corner of College Avenue and Montezuma Road). There is no additional charge for this sticker.

Bicycles & Skateboards

It is important for you to learn where you can ride a bicycle and/or skateboard. Bicycles and skateboards are not allowed on the SDSU campus. This is true for walkways to and from the ALI classrooms and around the bus stop area next to the ALI office. Campus security will give you 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, located next to Peterson Gym, across the street from the Aztec Recreation Center.

Escort Service

SDSU's Public Safety Department provides an Escort Service, which is free for all SDSU students. The service operates seven days a week, from sunset to sunrise, and can be reached by telephoning 619-594-6659, or by using the blue "emergency" telephones located throughout the campus and parking areas.

This service is designed to provide an escort to and from various parking lot and campus locations.

SHOPPING

There are a variety of places to shop in San Diego. Some will require a car, but most shopping centers will have bus stops.

Major Shopping Centers

- **Mission Valley Mall**
1640 Camino Del Rio North
www.westfield.com/missionvalley/
- **Fashion Valley Mall**
7007 Friars Road
www.simon.com/mall/default.aspx?ID=765
- **Horton Plaza**
324 Horton Plaza
www.westfield.com/hortonplaza/
- **Grossmont Center**
5500 Grossmont Center Drive
www.grossmontcenter.html
- **University Towne Center**
4545 La Jolla Village Drive
www.universitytownecenter.net

Discount Stores (Outlets, Clothing & Housewares)

- **Target**
3400 College Avenue
www.target.com
- **Wal-Mart**
3412 College Avenue
www.walmart.com
- **Nordstrom Rack**
1640 Camino Del Rio North
www.nordstrom.com
- **Ross Dress For Less**
3830 Rio San Diego Dr.
www.rossstores.com
- **Las Americas Outlet Shops**
4211 Camino de la Plaza
www.lasamericas.com
- **Carlsbad Premium Outlets**
5620 Paseo del Norte
www.premiumoutlets.com/carlsbad/
- **Viejas Outlet Center**
5000 Willows Road
www.shopviejas.com

Supermarkets Near SDSU

- **Ralphs**
6670 Montezuma Road
www.ralphs.com
- **Vons**
6155 El Cajon Boulevard
www.vons.com
- **Albertsons**
6331 El Cajon Boulevard
www.albertsons.com

STAYING SAFE IN SAN DIEGO

In general, San Diego is a safe place to live. But as in any large city, there are precautions to take and situations to avoid to help ensure your personal safety. Please read the following guidelines designed to help you avoid various kinds of problems.

On the Street

- Don't walk alone after dark.
- Stay on populated, well-lighted streets.
- Be aware of your surroundings! Make it difficult for anyone to take you by surprise.
- If you think someone is following you, turn around and check. Change direction, go towards people, lights or traffic. If you yell, "Fire!" you may get more attention from others than yelling, "Help!"

At Home

- Use good locks on your doors and keep doors locked at all times.
- For security reasons, do not keep large amounts of money in your apartment or dorm room. If you have a large amount of money in cash, it is important to keep it in a checking or savings account at a bank, or convert it to traveler's checks, which may be replaced if lost or stolen.
- Keep lights on when you are away.
- Always check to see who is at the door before you answer or open it! Request identification from repair people, police and other officials before letting them in.
- Get to know your neighbors so you can get help if necessary.

In the Car

- Make sure your car is in good working order and has plenty of gas.
- Keep your car locked and check the seats and floor of your car before getting in.
- Have your keys ready before you reach the car. Get in quickly. Lock the doors and roll up the windows after entering the car.
- If your car breaks down on the road, put your flashers (hazard lights) on and open the hood of your car. If someone stops to help you, do not accept a ride. Ask the person to call the police to help you (if you do not have a cell phone).
- Never pick up hitch hikers.
- Park in well-lighted areas.
- If you are followed by another car, drive to a police or fire station or any business or gas station. Do not drive to your home or to a friend's house.
- In the bus or trolley, sit near the conductor or driver, or near other riders. (Women, try to sit next to another woman who is older.)

On Campus

- Keep an eye on your belongings.
- Put your book bags, backpacks, etc. in the SDSU bookstore lockers while you are there shopping. Do not leave your belongings unattended on top of the lockers. These lockers are provided free for you to use while you are shopping. You will need to deposit a quarter, but it will be automatically refunded when you pick up your bag.
- Do not leave your books and other belongings unattended in the library. This is especially important when it is near the end of the semester and the library is more crowded than usual.
- After dark, do not walk on campus alone. Use the Escort Service (619-594-6659 or 46659 on a campus phone) to arrange for an escort to accompany you to your car, public transportation or campus residence.

At Parties or on Dates

- Dating under the influence of drugs or alcohol is very dangerous. The use of alcohol and drugs is often related to incidents of acquaintance rape. Drugs or

alcohol reduce a person's ability to make responsible decisions.

- To Women: Be assertive. Say, "NO," when you mean NO. If you feel that a situation is unsafe, trust your feeling and get to a safe place.
- To Men: Respect the rights of women as you would your own rights. You do not have the right to pressure or force a woman for sex in any situation. Recognize that a woman has the right to say, "NO."

Defending Yourself

- If you are in danger, get the attention of other people--scream, honk your horn, knock on a nearby door, etc.
- Loud, aggressive words will often discourage a potential attacker from continuing his pursuit.
- If you must struggle or fight, aim for the face, eyes, throat or groin. These areas will cause immediate disability. Strike with your maximum force. Your life may depend on your determination.
- Your best defense against potential crime is prevention. Use common sense and avoid situations that could jeopardize your safety.

HIV & AIDS

- **Who needs to worry about AIDS?**
In the United States, AIDS is among the top 5 causes of death for both men and women between the ages of 25 and 44. Especially among women, cases are on the rise. AIDS affects people of every age, race and sexual orientation. **Everyone needs to be aware of and informed about AIDS.**
- **What is the difference between HIV and AIDS?**
AIDS stands for Acquired Immunodeficiency Syndrome. HIV stands for Human Immunodeficiency Virus. A person who has HIV is referred to as HIV-positive. **If you are infected with HIV, then you will eventually develop AIDS.**
- **How can you tell if someone has HIV?**
You cannot tell by looking at a person that he or she has HIV. An HIV-positive person can appear completely healthy and may have no symptoms for many years. Getting tested is the only way to find out that you have HIV. **Many people infected with HIV do not know that they have the virus.**

- **What about HIV testing?**
HIV testing is available in many places throughout the city of San Diego. HIV testing is both free and confidential. The test determines whether or not you have been exposed to the HIV virus. **The HIV test is not a test for AIDS.** It only tells whether or not the virus is present in your blood at the time of the test, so every time you are exposed to risk, you should be tested.
- **How can I protect myself against AIDS?**
HIV is most often transmitted by intimate sexual contact with an infected person. **If you engage in any sexual activity, be aware of activities which are safe and activities which put you at risk.** AIDS cannot be transmitted by casual contact--touching, hugging or kissing on the lips. It cannot be transmitted by talking, eating, drinking or working with someone who is HIV positive. **Activities which are clearly unsafe and put you at risk are: unprotected (without a latex condom) sexual intercourse and sharing needles for drugs, tattoos or ear-piercing.** If you are not sure whether or not a particular behavior puts you at risk, either avoid that behavior or take precautions and get information. Remember that if you engage in risk behaviors, **you are risking your life.**
- **For further information about AIDS, HIV, or HIV testing, call SDSU's Project ACCEPT at 619-594-4116.**

Drug & Alcohol Abuse

Since you are attending school at a U.S. university campus, you will probably encounter alcohol and/or drugs at one time or another.:

- **Alcohol**
In the U.S. the age to legally drink is **21**. Do not drink and drive, or drive with anyone who is drunk. **The penalty for drinking and driving (D.U.I.), even if it is your first offense, is VERY serious.** You may go to jail, be fined and/or lose your driving license.

WE ADVISE YOU TO STAY AWAY FROM THE FOLLOWING:

- **Codeine and tranquilizers** are issued by doctors but are sometimes taken in excess. Codeine reduces pain while tranquilizers have a calming effect.
- **Marijuana and hashish** are stimulants. These drugs increase your appetite, relax your body and increase your heartbeat. They are taken in the form of a hand-rolled cigarette called a "joint" or in a device with a tube attached called a "bong".

- **Cocaine and crack** are stimulants. Both speed up your nervous system. Although this will make you feel very happy for a brief time, you will then experience a "down", when you feel sad and need more of the drug. These drugs are taken by sniffing the substance up your nose. Crack is one of the most **harmful and addictive** drugs.
- **Heroin** is used to reduce pain. This drug is injected into a vein in the body with a needle. It is very **dangerous and addictive**. One can get HIV by sharing needles. Also, the drug can kill you.
- **LSD or Acid, Ecstasy and PCP** are hallucinogens. These drugs change your perception of what you see, hear, taste and smell. These are powerful drugs and **can affect you for many months**.
- **Inhalants** can be bought as spray paint, nail polish and model glue. Breathing the fumes can make you feel happy but it can also make you sick and dizzy. The fumes are poisonous and will permanently damage your lungs and brain.

Say no to drugs and alcohol!

For more information and assistance at SDSU, call:

- **Center on Substance Abuse**
619-594-5472
- **Student Health Services**
619-594-4133
- **Counseling Services**
619-594-5220

What You Should Know About Gangs

There are some active street or neighborhood gangs in San Diego County. The majority of these gangs are located in certain neighborhoods south of El Cajon Boulevard to the Mexican Border. There are Hispanic gangs, black gangs, white gangs and Asian gangs.

Most gang violence takes place on high school grounds or on the streets of gang neighborhoods and is directed at other gang members. However, the San Diego Police Department warns San Diego residents and visitors of the following:

Warnings

- Any gang member is considered dangerous by police officers.
- Gang members usually carry knives and sometimes hand guns.

- Gang members are considered unpredictable and can suddenly become involved in a violent gang incident.
- If you do come upon possible gang members or youths fighting, leave the area as quickly as you can. **Do not try to help or to get involved.**

How to recognize gang members

- Gang members are usually 14-24 years old.
- Gang members usually wear some article with their gang color (most often blue, red or black).
- Gang members often wear clothing or tattoos with numbers or letters identifying their gang.

Remember: Stay away from gang members.

What You Should Know About Earthquakes

There has not been a major earthquake in San Diego in over 80 years. However, a major earthquake could happen here and it is important to know what to do if one occurs.

If there is an earthquake while you are in class:

- Do not run outside. Stay in the classroom.
- Stay away from windows, mounted televisions and any other heavy classroom equipment.

If you are outdoors:

- Get away from any trees, buildings or power (electrical) lines.
- After the earthquake, stay away from any fallen power lines.

In order to be prepared at home, do the following:

- Keep one week's supply of food, water and all important medicines in your home.
- Know how to turn off the gas valve in your house or apartment. If there is an earthquake, turn off the gas.

For more information on earthquake safety, call:

- **SDSU Public Safety**
619-594-5955
- **San Diego Red Cross**
619-291-2620