Resource Map for Building Community in San Diego

Leisure and recreation

- <u>Balboa Park</u> houses art, science, and history museums along with gardens and art exhibits with many scheduled events throughout the year (including free events!).
- The <u>San Diego Museum Council</u> provides information about ongoing arts and cultural museum exhibits. During the month of February, the Council sponsors "<u>Museum Month</u>", which offers discounts for many museums in San Diego.
- <u>Mission Bay Aquatic Center</u> offers classes and equipment rentals for a variety of water sports including paddle boarding, surfing, sailing and more.
- Concert venues like the Casbah, Musicbox, Bellyup Tavern, Humphrey's, The
 Observatory, Soda Bar, and others, offer almost daily shows at affordable prices. <u>The Rady Shell</u> is an outdoor venue with fantastic views of the downtown skyline and is in a class of its own. See upcoming San Diego concerts!
- **Restaurant hubs** offer a great variety of styles and price points in Liberty Station, Little Italy, Park Blvd, North Park, Convoy Street, and many other places!
- There are many <u>parks</u> and <u>trails</u> to visit including Torrey Pines and the <u>Sunset Trail</u>. Here is a book that offers a guide to 250 hikes and information about the habitat in each!
- Sports events: tickets for the San Diego <u>Gulls (hockey)</u>, <u>Padres (baseball)</u>, <u>Wave (soccer)</u>, <u>Legion (rugby)</u>
- TG: happy hour event starting at 5 PM every other Friday at Surfside

Discounts and special offers

- <u>Birch Aquarium</u> offers a free annual membership to <u>graduate students</u> along with 4 guest passes (show student ID at Birch Aquarium Visitor Services office). <u>Discounts</u> for staff!
- <u>San Diego Museum of Art</u> is free for San Diego county residents on Tuesdays, and tickets are \$5 after 5 pm on Fridays.
- <u>Several Museums in Balboa Park</u> are free on select Tuesdays including Fleet Science Center, Natural History Museum and more (be sure to check this <u>schedule!</u>).
- Hillcrest Bars offer discounted drinks every Wednesday.
- <u>La Jolla Playhouse</u>, which is a highly prestigious theater located on the UCSD campus, offers great discounts to UCSD students (50% off with ID; see details) and staff.
- Caroline's Cafe by the ocean at Scripps (Discount code: "UCSD" or show ID)

Family Activities

- <u>San Diego Public Library</u> has local branches all over San Diego, offering a great selection of children's books, events, activities, and <u>free tickets</u> to San Diego events!
- <u>Kids' entrance is free</u> to various parks and museums during October (includes San Diego Zoo, Sea World, restaurants, and more). Legoland offers <u>free kids admission</u> with a paid adult ticket.
- There are many kid-friendly parks and playgrounds to visit!

Wellness Resources

 Many resources available to students, faculty, and staff to promote wellness and work-life balance. Link to our <u>Resource Map for Mental Health and Self Care</u>.

Basic Needs

Housing

- Graduate student housing
- Faculty housing assistance and other housing resources
- La Jolla del Sol is a housing facility for postdocs and staff (waitlist can be up to 1 year!)
- SIO housing <u>listserv</u>

Getting around SIO

- Map of SIO
- Building Access Form
- Coffee/Lunch: Pinpoint Cafe or Caroline's Cafe

Random Essentials

• Taxes, vacation, retirement

Transportation

- Pronto app for <u>Trolley</u> and <u>bus</u> use, free <u>U-Pass</u> for students and <u>discounted</u> for staff
- Free campus shuttles: track on live shuttle tracker
 - Grocery shuttle to Convoy St on weekends 10am-6pm (5% off at 99 Ranch and Target along with other discounts for students!)
- Bike routes map and UCSD cycling information
- Carpooling and by-the-hour car rentals (discounted for students)
- UCSD parking <u>permits</u>
- Flyer Shuttle to airport

Family Resources

- Dependent Care Travel Grants
- Child care information: How to Apply for the Early Childhood Education Center (ECEC)
- Care givers and elder care
- Babysitting
- Comprehensive list here and here

Professional Development and Opportunities

- Affinity Groups
- Staff Education and Development
- UCSD Extension (e.g. programming)
- Staff Equal Opportunity Enrichment Program (<u>SEOEP</u>)

Mentorina

- Staff Mentorship Program
- Staff Mentorship Guidebook
- Faculty Mentoring, also here
- Student Mentor Program

Calendar of Events

- SIO
- Register for mail lists
- Student Health and Well-Being events
- Equity, Diversity, Inclusion

