



# The Postdoc Survival Guide

Presented by

the UC San Diego Postdoctoral Association

with contributions by:

Joshua Woliam, Ph. D.

Jami e Joseph, Ph. D.

Swati Naphade, Ph. D.

Alexandra Bortnick, Ph. D.



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## I. Introduction

Welcome to UC San Diego and congratulations on your new position as a postdoctoral scholar! Starting a postdoc can be a stressful experience, especially if, like most of us, you are new to the area. This guide is intended to provide the essential information necessary for a smooth and successful transition into your new life in San Diego.

*Please note that this is not an official publication of UC San Diego. The information provided here reflects the personal opinions of the authors, and does not represent all members of the UC San Diego Postdoctoral Association or the University.*

### **The UC San Diego Postdoctoral Association**

The UC San Diego Postdoctoral Association (PDA) is an officially recognized Academic Advisory Group comprised of volunteer postdocs. The mission of the PDA is to enhance the postdoctoral experience at UC San Diego by:

- Promoting social and scientific interaction among postdocs across disciplines, as well as with administration and faculty members
- Serving as a unified voice for postdocs on campus-related issues
- Expanding professional opportunities through career development and networking events
- Providing assistance to new postdoctoral scholars to ensure a successful transition

All postdoctoral researchers with a current appointment at UC San Diego are invited to join the PDA to become full voting members. Individuals in other researcher appointments (e.g. SRA, Project Scientist, Research Scientist, Visiting Scholar, etc.) may join as affiliate members and participate in activities; however, they do not have voting rights. There is no cost associated with joining, and there is no affiliation with the International Union, United Automobile, Aerospace and Agricultural Implement Workers of America (UAW). The PDA hosts numerous social and career development events, for which volunteers are needed.

#### *Meetings, Programs & Events:*

PDA Open Forum Meetings: An open forum meeting is held each month, during which postdocs are free to discuss any issues relevant to the postdoc experience and provide important input for PDA program development. Please visit the PDA website for date and time: <http://pda.ucsd.edu>

PDA Happy Hour: Come relax with fellow postdocs at the PDA Happy Hour, an excellent way for recent arrivals to meet new friends and colleagues! Please visit the PDA website for date and time: <http://pda.ucsd.edu>

Exposure to Industry Program (EIP): A career development program designed to introduce postdocs to private sector research companies in the San Diego area through sponsored company site visits. This includes tours of local biotech, pharmaceutical, high-tech, and medical device companies, during which participants may interact with representatives and form valuable networking contacts. Please visit the EIP webpage for information about how to sign up: <http://pda.ucsd.edu/EIP.htm>.

UC San Diego STEM Career Symposium: The first annual STEM Career Symposium was held in March of 2014, presenting postdocs with career options outside of traditional academic tenure-track positions in science.

Postdoctoral Research Symposium: Held in September during National Postdoc Appreciation Week, this symposium provides valuable opportunities to present and discuss data to the general UC San Diego campus, as well as make connections within the UC SAN DIEGO scientific community. The Symposium culminates in the Postdoc Appreciation Luncheon.

UC San Diego PDA Vendor Show: The primary PDA fundraiser, held in the late summer of each year. Proceeds from this event make possible all other events hosted by the PDA.

Volunteers are needed to assist with these events, each of which has a separate sub-committee responsible for organization and planning. Leadership opportunities are also available. Participation not only looks great on a C.V. or resume but also provides valuable networking connections both within and outside of academia. Interested individuals are encouraged to join the PDA today! Please refer to the PDA website for details: <http://pda.ucsd.edu/>, or contact [ucsdpda@gmail.com](mailto:ucsdpda@gmail.com).

## **The Office of Postdoctoral and Visiting Scholar Affairs**

The Office of Postdoctoral and Visiting Scholar Affairs (OPVSA) is the official UC San Diego administrative office responsible for supervising postdoctoral scholar appointments and benefits. In addition, they offer extensive career development and health welfare programming. In particular, upon beginning a postdoc at UC San Diego, you will need to attend one of the monthly OPVSA New Postdoc Orientation, in which they will guide you through your benefits package. You will also be introduced to the PDA at this meeting! The New Postdoc Orientation is part of your essential training as a postdoctoral scholar at UC San Diego. Other essential training includes Introduction to the Ethical Challenges of Research (part of the Ethical Challenges of Research Series) and having an Individual Development Plan. In addition, there are numerous career development events also hosted by the OPVSA, including Funding Fest, Exploring Careers in the University, Corporate Spotlight, Research Roundtable, Industry Connections and the Industry Job Search series. Visit the OPVSA website for details:

<http://postdoc.ucsd.edu/education/index.html>. For questions or comments about professional development programming, contact Ginger Hazen, the OPVSA Professional Development Coordinator for postdocs and advisor to the PDA, at [vhazen@ucsd.edu](mailto:vhazen@ucsd.edu) or call 858-822-5915.

## **UC San Diego International Center**

The UC San Diego International Center is an academic office devoted to supporting and promoting the social and educational interaction of international students, scholars, and faculty. In addition, the Center is responsible for promoting cultural awareness and appreciation for diversity within the UC San Diego community. As a large percentage of postdocs at UC San Diego hail from abroad, the International Center provides valuable resources. The iCenter hosts many social events, providing excellent opportunities to make new friends and connections on campus. In addition, they offer educational services, including language tutoring. For more information, visit their website at <https://icenter.ucsd.edu> or call 858-534-3730.

The International Faculty and Scholar Office within the Center provides a number of important services, including personal advising on visa status issues and the international scholar orientation program. Contact [ischolars@ucsd.edu](mailto:ischolars@ucsd.edu) or call 858-246-1448.

## **II. GETTING STARTED AT UC SAN DIEGO**

Upon arrival, the department in which your advisor is appointed will need to initiate your employment. The human resources or personnel representatives within your department will provide you with important information regarding benefits, taxes, and setting up direct deposits for your monthly paycheck.

### **Postdoctoral Appointments**

A postdoctoral scholar is appointed as Postdoctoral Scholar-Employee, Postdoctoral Scholar-Fellow, or Postdoctoral Scholar-Paid Direct based on the source of supporting funds for that individual. For the most accurate information, visit the OPVSA website: <http://postdoc.ucsd.edu/appointment-guidelines/index.html>

#### *Postdoctoral Scholar-Employee*

Postdoctoral employees are paid a salary, usually from their mentor's research grant or if the agency funding the scholar enables the appointee to be a university employee. As employees of the University of California system, these individuals are eligible for all associated benefits afforded to postdoctoral scholars. Although exceptions exist, they are usually subject to Federal and State Income Tax

withholding, and pay into the Safe Harbor Defined Contribution Plan (DCP) *in lieu* of Social Security.

### *Postdoctoral Scholar-Fellow*

Postdoctoral fellows are those who have been awarded a fellowship or traineeship stipend by an extramural agency, and it is paid for through the UC San Diego Payroll System. These individuals are not subject to tax withholding as they are not considered employees, and are required to self-report income to the government. For assistance, consulting a qualified tax advisor is recommended.

### *Postdoctoral Scholar-Paid Direct*

Postdocs with these appointments also have fellowships or traineeships from extramural agencies, but are paid directly from the agency rather than through the University. These individuals have a “without salary” status and are also not subject to tax withholding since they are not employees of the University.

Special cases exist within different categories, and policies can vary on a case-by-case basis. For more information, please access the OPVSA website related to appointment guidelines: <http://postdoc.ucsd.edu/appointment-guidelines/index.html>. Tax information may also be found at <http://postdoc.ucsd.edu/benefits-and-services/index.html>, under “Tax Information”. Retirement plan information (offered to employees only) can be found at <http://postdoc.ucsd.edu/benefits-and-services/index.html> (under “Welfare Plans”).

## **Insurance and Leave Benefits**

Postdoctoral scholar appointees in these three titles are offered the UC Postdoctoral Scholar Benefits Plan (PSBP). Postdocs must complete enrollment within 31 days after their appointment start date to select their PSBP options. These plans are overviewed in the New Postdoc Orientation hosted by the OPVSA. For general questions regarding these benefits, contact your departmental human resources officer or OPVSA member Merritt Bradford at 858-534-3553 or [merritt@ucsd.edu](mailto:merritt@ucsd.edu), who handles Postdoctoral Scholar Appointments and Benefits. For the most accurate information on Benefits, see the OPVSA website: <http://postdoc.ucsd.edu/benefits-and-services/index.html>. For detailed information regarding these plans, visit the Garnett-Powers & Associates website at <http://www.garnett-powers.com/postdoc/index.htm> or call the Garnett-Powers & Associates Postdoc Helpline at 1-800-254-1758.

Leaves of absence must be discussed with and approved by your advisor and department. For further information regarding leaves of absence, maternity leaves, and disability, see <http://postdoc.ucsd.edu/benefits-and-services/index.html>, under “Leaves” and “Maternity”.



## **UC San Diego Campus Cards**

After establishing employment within your department and receiving an employee number, you will need to obtain a UC San Diego Campus Card. This serves as an official photo identification card and security badge. Ask your departmental administrator or human resources officer for assistance. You will need to fill out a Campus Card Request Form and take it, along with a valid photo ID, to the Student Business Services Campus Card Office, located in the Student Services Center, Suite 355 (Third Floor South). For additional details, please go to <http://blink.ucsd.edu/go/id>, or call Campus Cards at 858-534-6606.

## **UC San Diego E-mail Accounts**

E-mail service may be provided through your department or through the Administrative Computing & Telecommunications office (ACT). A system administrator may be responsible for your department, or you may be required to visit the ACMS/ACT Help Desk during business hours, located in the Applied Physics & Mathematics Building Room 1313. Additional information about signing up for an e-mail account may be found at <http://blink.ucsd.edu/technology/email/tasks/get-address.html>, or by calling the ACT Help Desk at 858-534-1853.

Once you have an e-mail account established, sign up for the Postdoc Listserv to stay informed of events and issues that are important to postdocs: <https://mailman.ucsd.edu/mailman/listinfo/postdoc-scholars-l>.

## **Campus Maps**

Access this interactive online map of the University to assist in finding your way around campus: <http://maps.ucsd.edu/mapping/viewer/default.htm>

## **Essential Training for Postdocs**

### *New Postdoc Orientations*

Every month, the OPVSA holds an orientation for new postdocs to explain services available on campus and to review the benefits package options offered by UC San Diego. In addition, the PDA and the Postdoc Union (UAW Local 5810) have representatives present to promote their organizations. The Orientation is held on the second Thursday of each month from 12-2 pm. Please refer to the OPVSA calendar of events for information about the next scheduled orientation: <http://postdoc.ucsd.edu/education/index.html>.

Note: As a postdoctoral scholar with a UC appointment, you are represented by the UAW and monthly fees for the UAW are withdrawn from your earnings. If you decide to become a member of the UAW (not affiliated with the PDA), with voting rights, you

will have a slightly higher percentage withdrawn from your earnings for dues. For more information about the UAW contract for UC postdocs, see <http://ucnet.universityofcalifornia.edu/labor/bargaining-units/px/contract.html>.

### *Introduction to the Ethical Challenges of Research*

As a new postdoctoral scholar at UC San Diego, another part of your essential training is to take the Introduction to the Ethical Challenges of Research course. The purpose of this workshop is to discuss what the responsible conduct of research involves. Key areas include: data management, bias and negative results, authorship, publication, and the definition of misconduct. The Introduction course is held the second Tuesday of every month. You will only have to take this 2 hour workshop once.

If you are funded on an NIH mentored training program, you will need to complete additional hours. You may take the introductory course with three additional special topics courses (2 hours each) in the Ethical Challenges series OR the Scientific Ethics course offered through the campus Research Ethics Program ([ethics.ucsd.edu/research.html](http://ethics.ucsd.edu/research.html)). Both provide 8 hours of substantial face-to-face discussions on the various topics as required by NIH. For more information about this series and the Introduction course, see: <http://postdoc.ucsd.edu/education/index.html>.

### *Postdoc Individual Development Plan*

The final part of your essential training as a postdoc is to construct an Individual Development Plan (IDP). An IDP is a dynamic document that identifies and outlines career goals and is a tool to manage career development during your postdoctoral training period. The content of an IDP and formulation of career objectives is the responsibility of the postdoc, but should include input from various mentors. The IDP includes career goal(s), skills in need of development to achieve the career goal and at least 5 realistic goals per year to address those needed skills. Discussion of your IDP with faculty and additional mentors is vital. They have gone through this process and have experiences, best practices, and tips to share. Draw on their knowledge. Each year, update your IDP to reflect changes your accomplishments and changes in your career and research objectives.

To support you in the early stages of developing an IDP, OPVSA has partnered with the Career Services Center to design an IDP workshop. This interactive workshop will provide assistance on creating your IDP, assessing your skills, working with mentors and setting realistic and achievable goals. Each postdoctoral scholar will have the opportunity to develop and present his/her IDP to faculty participants for feedback and by the end of the session have a completed IDP to guide his/her career objectives.

Workshops will be held the 4th Thursday every other month from 12 – 3 pm. For more information about the IDP and workshop, see: <http://postdoc.ucsd.edu/idp/index.html>.

## **Immigration Issues**

The International Faculty and Scholar Office provides assistance regarding visa status issues and green card applications, and individual one-on-one advising may be arranged through appointment. For more information, go to their website at <https://icenter.ucsd.edu/ifso/about/index.html>, e-mail [ischolars@ucsd.edu](mailto:ischolars@ucsd.edu) or call 858-246-1448.

## **Security and Emergencies**

UC San Diego strives to provide a safe and secure workplace, but accidents, natural disasters and crimes occasionally occur. Be aware of your surroundings at all times, especially if walking alone at night. Never leave your belongings unattended in a public place, and do not leave valuable items visible in your car. Immediately report any suspicious activity to the police.

### *On campus emergencies:*

Dial **911** (from a landline) or **858-534-HELP (4357)** (on a cell phone) to reach a UC San Diego Police Dispatcher. Emergency call boxes are located at numerous sites across campus, easily identifiable by red or blue lights and lettering. Detailed information about how to prepare for a variety of emergencies, as well as available training courses and support groups can be found at <http://blink.ucsd.edu/safety/emergencies/campuswide/index.html>. For chemical spills and other workplace-related safety issues, the Office of Environment, Health, and Safety (OEHS) is responsible (858-534-3660). For additional contact information and other important safety-related phone numbers, please access this webpage: <http://blink.ucsd.edu/safety/emergencies/campuswide/phone.html>.

### *Off campus emergencies:*

Always dial **911** for police, fire, and ambulance support. This is the national emergency number of the United States.

## **Health Services**

### *Non-Emergency Workplace-Related Injuries*

For workplace-related injuries, the Center for Occupational and Environmental Medicine (COEM) has two Clinics available: one near the main UC San Diego

campus on University Center Lane and one in Hillcrest. Services include prevention and compliance, treatment of workplace-related injuries, vaccinations and medical surveillance of pathogens. Please call 858-657-1600 (Campus) or 619-471-9210 (Hillcrest) to make an appointment.

### *Emergency Services*

For after hours or emergency care (24 hours a day), go directly to the emergency department of a nearby hospital:

UC San Diego Health System – La Jolla Emergency Department  
Located inside the Sulpizio Cardiovascular Center  
9434 Medical Center Drive  
La Jolla CA, 92093  
858-657-7600

UC San Diego Health System – Hillcrest Emergency Department  
200 West Arbor Drive  
San Diego CA, 92103  
619-543-6400

Scripps Memorial Hospital La Jolla  
9888 Genesee Avenue  
La Jolla, CA, 92037  
858-626-4153

### **Banks and Credit Unions**

There are many banks and credit unions available to choose from in the San Diego area. In particular, the USE Credit Union caters to employees of the State of California, including UC San Diego faculty, students, and staff, and has a location on campus in the Gilman parking structure. Call 866-873-4968 or visit their website at <https://www.usecu.org/home/home>.

Chase Bank also has a full-service location on campus, in the Price Center. Chase is a very large corporate bank with offices and ATMs located across the country. Call 858-658-0967 or visit <https://www.chase.com/>. Wells Fargo also has an ATM in the Price Center and many branch locations in the greater San Diego area. These branches can be found by visiting <https://www.wellsfargo.com/locator/>.

### **Post Offices**

The UC San Diego Postal Center is located in the Price Center East, Room 1502. Services include shipping packages and letters using FedEx or UPS, both domestically and internationally. Private mail boxes are also available for rent. Call 858-822-1674.

The U.S. Postal Service (USPS) also has a nearby location in the Shops of La Jolla Village Shopping Center (at the back of the complex, behind Peet's Coffee):

8837 Villa La Jolla Dr.  
La Jolla, CA 92037  
858-459-3623  
<https://www.usps.com/>

### III. HOUSING

Housing costs in the San Diego/La Jolla area are fairly high, but economical options are attainable with a diligent search of the marketplace. If you are relocating to San Diego during the summer months, we recommend planning ahead, as housing is in higher demand during this time of the year. We have listed some recommendations for newcomers in order to ease the challenge of searching for housing in unfamiliar territory.

#### Short-term Housing

National chain extended stay hotels can be found in certain San Diego neighborhoods (<http://www.extendedstayamerica.com>). However, these apartments tend to be expensive and completely booked during the summer months. Many housing options are available for sublet and can be found on Craigslist (<http://sandiego.craigslist.org/>) or <http://www.sublet.com>. A unique alternative, Airbnb, lists current renters/homeowners who are interesting in renting/subletting their units for a short period of time ([www.airbnb.com/s/San-Diego](http://www.airbnb.com/s/San-Diego)). Lastly, there are certain apartment complexes that specifically provide short-term rental options. In Hillcrest – Studio 819 Apartments (<http://studio819.com/rates/rates-monthly/>) or Hillcrest Inn (<http://www.hillcrestinn.net/>).

#### On-campus/Subsidized Housing

The ARCH La Jolla Del Sol is UC San Diego's designated housing for faculty, staff and postdocs, located within the nearby University Towne Center (UTC) area. If you are interested in applying for this housing, it is important to note that you are required to apply within 30 days of your postdoc appointment and the waitlist for this community can be up to one year: <http://academicaffairs.ucsd.edu/resource-admin/homeloan/ljdelSol.html>. For visiting scholars and postdocs, furnished on-campus apartments are available at the International House (<http://ihouse.ucsd.edu/living/scholar/index.html>).

## Resources for Finding an Apartment

UC San Diego Commuter Student Services offers helpful information for apartment hunting in the San Diego area: <https://students.ucsd.edu/campus-services/housing/offcampus/search.html>. Here you will also find an online tool for listings of available housing, although a UC San Diego active directory account is required for access. Besides this service, searching through newspaper and internet classified advertisements is still the primary way to find an apartment. Recommended websites include Craigslist (<http://sandiego.craigslist.org/>), San Diego Union-Tribune (<http://www.utsandiego.com/>), and the UC San Diego Guardian (<http://ucsdguardian.org/classifieds/>).

## Neighborhood Descriptions

A survey of current postdocs recommends the UTC area of La Jolla, as nothing beats its proximity to campus. However, some apartment complexes are dominated by undergrads so do your research and choose wisely. Another popular area located fairly close to campus is Pacific Beach, which has lively nightlife but is also home to many party-happy undergrads. Many postdocs also choose to live in Hillcrest, North Park, or University Heights for a more urban feel. The UC San Diego commuter listing website provides some local area descriptions (<http://commuterlistings.ucsd.edu/ucsdStaff/AreaDescriptions.aspx>). To learn more about San Diego's Urban Neighborhoods visit: <http://sandiego.about.com/od/neighborhoods/tp/Top-Urban-Neighborhoods.htm>. In terms of suburban neighborhoods, many postdocs surveyed report living in or around Mira Mesa. To learn more about some of San Diego's Suburban Neighborhoods visit: [http://sandiego.about.com/od/livinginsandiego/tp/tp\\_suburbs.htm](http://sandiego.about.com/od/livinginsandiego/tp/tp_suburbs.htm).

## Understanding California's Tenant Policy

If you have never rented in California before, consult this guide for a detailed description of California Tenant Laws and Responsibilities:

<http://www.dca.ca.gov/publications/landlordbook/catenant.pdf>.

## IV. TRANSPORTATION

### Bus Services

#### *UC San Diego Shuttle*

A free University-operated shuttle service is available for UC San Diego students, faculty, and staff, which serves the campus and medical centers, including Hillcrest.

These shuttles operate weekdays, year-round, except university holidays, with reduced service during weekends and academic breaks. For information about shuttle route maps and schedules, please visit <http://blink.ucsd.edu/facilities/transportation/shuttles/index.html>. UC San Diego shuttles can be tracked real-time on <http://www.ucsdbus.com/>. The website also provides details on how to access real-time information on mobile phones and signing up to receive daily alerts via text messages.

### *San Diego Metropolitan Transit System*

San Diego is also well-served by the Metropolitan Transit System (MTS). The ECO Pass is a MTS program available to UC San Diego faculty and staff. Individuals who enroll in the program through automatic payroll deduction enjoy a 25% discount off a regional transit pass that provides access to all regular MTS and North County Transit District (NCTD) buses as well as the San Diego Trolley. The pass costs \$54 per month. Sign up at the parking office on campus (in the Gilman Parking Structure) or in Hillcrest, or visit <http://blink.ucsd.edu/facilities/transportation/commuting/eco-pass.html#How-to-Enroll>.

For more information about all public transportation options at UC San Diego, visit: <http://blink.ucsd.edu/facilities/transportation/commuting/public.html>

### **Bicycling**

UC San Diego highly encourages biking to campus as an alternative to driving. Information on campus bicycle policy and bicycle safety is available on <http://blink.ucsd.edu/safety/emergencies/security/bike.html>. If you bike to work regularly, join the Pedal Club for parking incentives, such as quarterly free parking passes, and more:

<http://blink.ucsd.edu/facilities/transportation/commuting/pedal.html>

Additional information and resources for bicyclists is available on: <http://blink.ucsd.edu/facilities/transportation/commuting/bicycles.html>. To get involved in bicycling around San Diego and to learn about bicycle-friendly events, consider joining the San Diego County Bicycle Coalition (SDCBC): <http://www.sdcbc.org>.

### **Train Service**

Amtrak service is available from Los Angeles Union Station with routine stops in Solana Beach, Old Town, and the downtown San Diego Union Station. The Solana Beach stop is the closest to UC San Diego and requires a transfer to North County Transit bus #101. Reservations for Amtrak can be made by calling 1-800-USA-RAIL or online at <http://www.amtrak.com/home>.

## Owning and Operating a Car

Whereas public transportation is affordable, the same cannot be said for car ownership in San Diego. However, you may wish to purchase a car, as personal automobiles are still the primary form of transportation in the city. Extensive information can be found on online resources such as [www.edmunds.com](http://www.edmunds.com) and [www.kbb.com](http://www.kbb.com). For information and comparisons of fuel efficient vehicles, visit <http://www.epa.gov/greenvehicle/>. Advertisements for used cars for sale are frequently posted on bulletin boards around campus. Alternatively, you can visit local dealerships or [www.craigslist.com](http://www.craigslist.com), [www.carsearch.com](http://www.carsearch.com), [www.cars.com](http://www.cars.com), [www.carmax.com](http://www.carmax.com). For information about driver license requirements, access the California Department of Motor Vehicles website at <http://www.dmv.ca.gov/portal/home/dmv.htm>.

As a postdoctoral scholar, you are eligible to purchase an A (red) or B (green) parking permit. If you start work later in the day, consider purchasing an A permit as B parking fills quickly, especially in the Gilman Parking Structure. Short-term and occasional use permits are also available. Permits can be purchased at the Gilman and Hillcrest Parking Offices. Parking on campus is free on Saturdays and Sundays, university holidays, and between 11 p.m. – 7 a.m. on weekdays. For more information on parking permits, please visit: <http://blink.ucsd.edu/facilities/transportation/permits/index.html>.

For postdocs who might not want to purchase a vehicle immediately, but need one every now and then (especially during the initial move to San Diego), consider a car rental. Dirt Cheap Car Rental offers affordable rates, including liability and collision insurance coverage: <http://www.dirtcheapcarrental.com/student-rental-cars.html>. They have rentals for travel within San Diego (the cheapest option), but also rentals for travel across San Diego, LA, San Francisco, and Las Vegas. Their cars are far from new and fancy, but they're cheap and reliable. The only downside is that they are quickly booked up, so if you need a car for more than a day or two, it would be best to reserve a car at least 1 or 2 months in advance. Other popular choices for car rentals can easily be found by searching "car rental San Diego."

Another alternative is to join a car share program such as Zipcar (<http://www.zipcar.com/contact>) or Car2Go (<https://www.car2go.com/en/sandiego/>). Follow this link to receive special UCSD rates! <http://blink.ucsd.edu/facilities/transportation/commuting/zipcar.html>

## Commuting Solutions/Catch a Ride!

Looking for a ride to one of the PDA events? Post your request on zimride, an easy way to catch a ride with coworkers within a private rideshare community for UC San Diego: <http://zimride.ucsd.edu/>. You can also list yourself as a driver.

For longer term solutions, look for carpools, vanpools, or join the Coaster Club: <http://blink.ucsd.edu/facilities/transportation/commuting/coaster.html>



## V. POSTDOCS WITH FAMILIES

Many postdocs arrive in San Diego with families or start one during their stay. With this endeavor come many challenges, particularly with obtaining high-quality and affordable childcare and education. San Diego is a very family friendly city and offers many options from which to choose.

### **Maternity Leave**

If you become pregnant and have a baby while working at UC San Diego, you are entitled to maternity leave. Postdocs needing to take maternity leave must contact their advisor and discuss these options with their departmental personnel or human resources officer. Information about maternity leave options may be found at the OPVSA website <http://postdoc.ucsd.edu/benefits-and-services/index.html>, under “Maternity”.

### **Childcare**

#### *UC San Diego Early Childhood Education Center*

The Early Childhood Education Center (ECEC) at UC San Diego is open to children of all full-time students, faculty, and staff. The ECEC operates a childcare center for children of 3 months to 6.5 years of age, accredited by the National Association for the Education of Young Children (NAEYC). Although there is a substantial monthly fee associated, subsidized childcare is available for lower income parents. Applications should be submitted as soon as possible in order to be placed on a waiting list for the appropriate age group. Unfortunately, as there are only a limited number of positions, the wait can be for a year or longer. Call 858-246-0900 or visit them online at: <http://blink.ucsd.edu/HR/services/support/child/ECEC/index.html>.

#### *Off-Campus Childcare Programs*

Additional off-campus child care resources may also be found here: <http://blink.ucsd.edu/HR/services/support/child/off.html>.

The YMCA of San Diego offers a Childcare Resource Service, which also provides referrals and may help you to find a good quality childcare program. Please visit <http://www.crs.ymca.org/>.

Another home-care resource available to postdocs is Bright Horizons Care Advantage (formerly SelectPlus), an online database of pre-screened in-home caregivers. This includes qualified care for children, pets, and adults, as well as other services. Information can be found at [http://www.garnett-powers.com/postdoc/bright\\_horizons.htm](http://www.garnett-powers.com/postdoc/bright_horizons.htm). Additional babysitting resources may also be found here: <http://blink.ucsd.edu/HR/services/support/parents/babysitting.html>.

Beyond these UC San Diego services, a nation-wide resource for nannies may be found at <http://www.care.com>, in which parents may browse child caregiver profiles. For a fee, this service will provide contact information of selected individuals.

## **Schools**

UC San Diego and the La Jolla area fall under the jurisdiction of the San Diego City Unified School District. Access information about nearby public schools at <http://www.sandi.net/>. Public high schools in the area include La Jolla High School, University City High School, Clairemont High School, and Mission Bay High School. In general, these large public high schools offer a wide range of extracurricular and competitive sports activities, as well as college preparatory classes. Outside the city of San Diego, visit the San Diego County Office of Education website for information about public school districts and individual schools located throughout the entire county: <http://www.sdcoe.net/Pages/Home.aspx>.

The State of California Department of Education lists information about private, charter, and public schools on their website, including academic performance: <http://www.cde.ca.gov/ds/>. Several private and charter schools are located in the vicinity of UC San Diego, and are available in exchange for tuition. However, financial assistance may be possible for lower income families. In La Jolla itself, The Children's School La Jolla offers education from kindergarten through eighth grade, and The Bishop's School contains grades 6 – 12. Visit <http://www.tcslj.org/> or <https://www.bishops.com/> for more information.

UC San Diego also has resources for faculty and staff members with school-age children: <http://blink.UC San Diego.edu/HR/services/support/parents/index.html>. This includes local options for education, day care, summer camps and additional helpful information. Listings of local kindergarten through twelfth grade public school districts may also be found at <http://blink.ucsd.edu/HR/services/support/parents/k12.html>.

## **VI. SHOPPING**

There are numerous shopping centers in San Diego and surrounding areas. In addition, many neighborhoods have smaller local shops that lend character to individual areas of the city.

### *Groceries*

Grocery stores are plentiful in San Diego and La Jolla, and there's bound to be a Whole Foods, Trader Joe's, VONS, Albertsons, Ralphs, or Sprouts nearby wherever you choose to live. In addition, most major neighborhoods have a farmer's market that features local produce and food stall vendors once a week: Sunday – Hillcrest, La Jolla Open Aire; Tuesday – Pacific Beach, Coronado, and UC San Diego (outside

the Price Center); Wednesday – Ocean Beach; Thursday – North Park, La Jolla/UTC; Saturday – Little Italy, University Heights. For updated times and locations visit: <http://www.sandiego.org/articles/shopping/san-diego-farmers-markets.aspx>. Supermarkets that specialize in exotic/international produce are also popular, including Zion Market and 99 Ranch Market, which both have locations in Clairemont Mesa.

### *Wholesale Shopping*

San Diego has a number of national wholesale warehouses, including COSTCO and Sam's Club. For hours and locations, visit [www.costco.com](http://www.costco.com) and [www.samsclub.com](http://www.samsclub.com).

### *Shopping Malls*

The primary large shopping malls in San Diego are Mission Valley Mall (1640 Camino Del Rio N, San Diego, CA 92108; <http://www.westfield.com/missionvalley/>) and Fashion Valley Mall (7007 Friars Rd, San Diego, CA 92108; <http://www.simon.com/mall/fashion-valley>). The UTC area of La Jolla has a shopping mall that many UC San Diego students and employees frequent (Westfield UTC, 4545 La Jolla Village Dr, San Diego, CA 92122; <http://www.westfield.com/utc/>). La Mesa's Grossmont Center (5500 Grossmont Center Dr, La Mesa, CA 91942), which is outside the San Diego city limits, is also a large shopping center with a number of stores.

### *Outlet Malls*

If you're looking for outlet malls, the two main Outlet Malls in San Diego County are Carlsbad Premium Outlets (5620 Paseo del Norte, Carlsbad, CA 92008; <http://www.premiumoutlets.com/outlets/outlet.asp?id=66>) and Las Americas Premium Outlets (4211 Camino De La Plaza, San Diego, CA 92173; <http://www.premiumoutlets.com/outlets/outlet.asp?id=76>).

### *International Center Resale Shop*

This on-campus thrift shop is run by The Friends of the International Center, a volunteer organization that supports the mission of the Center through a variety of hospitality programs and fundraising events. Proceeds from the sale of used clothes, books, and household items fund scholarships for international education. Please visit <http://icenter.ucsd.edu/friends/what-we-do/resale-shop.html> for more information. Volunteers and donations are welcome!

## VII. FUNDING OPPORTUNITIES

### Resources for Obtaining Grants

The Office of Postdoctoral and Visiting Scholar Affairs (OPVSA) periodically sends emails with announcements for extramural and internal/departmental funding opportunities. Subscribe to the postdoc listserv to receive postdoc specific funding and job opportunities: <https://mailman.ucsd.edu/mailman/listinfo/postdoc-scholars-1>. For a searchable list of postdoctoral funding that lists if U.S. citizenship or Permanent Residency is required, visit: <http://cfr.ucsd.edu/postdoc/index.html> For a more extensive list of Funding Opportunities at UC San Diego, visit <http://blink.ucsd.edu/research/finding-funding/funding-opportunities/index.html> Also, be sure to check out the Resources tab on the PDA website for links to potential opportunities (<http://pda.ucsd.edu/resources/index.html>).

### Funding Fest

Each spring the OPVSA hosts a series of funding-related workshops beneficial to postdocs and early stage investigators: <http://postdoc.ucsd.edu/education/>

### UC San Diego Postdoc Awards

Each year the OPVSA and PDA provide recognition awards (Chancellor's Awards) and research awards, respectively. To learn more, visit: <http://postdoc.ucsd.edu/award-opportunities/index.html>. In addition, to search for conferences of interest, search <http://www.biomeeter.com/>, a search engine created by one of your fellow postdocs!

### National Institutes of Health (NIH) National Research Service Awards (NRSA/K)

For information on applying for individual F32 awards visit: <http://grants.nih.gov/grants/guide/pa-files/PA-14-149.html>. For information regarding Career Development Awards, visit: <http://grants.nih.gov/training/careerdevelopmentawards.htm>. If your PI is affiliated with the VA Hospital, there may also be career development opportunities available through the VA: <http://www.research.va.gov/funding/CDP.cfm> A number of departments at UC San Diego also have two year T32 Institutional Fellowship slots sponsored by NIH. Contact your department for eligibility requirements and further information.

### San Diego IRACDA

San Diego IRACDA is an NIH/NIGMS-sponsored program which provides three years of mentored, post-doctoral research experience in biomedical or behavioral

sciences at UC San Diego with a teaching component:  
[http://iracda.ucsd.edu/iracda.ucsd.edu/SD\\_IRACDA.html](http://iracda.ucsd.edu/iracda.ucsd.edu/SD_IRACDA.html)

### **National Science Foundation (NSF)**

For information on applying for individual NSF postdoc fellowships visit:  
[http://www.nsf.gov/funding/education.jsp?fund\\_type=3](http://www.nsf.gov/funding/education.jsp?fund_type=3)

## **VIII. CAREER DEVELOPMENT**

### **UC San Diego Human Resources**

UC San Diego Human resources website offers a wealth of information on benefits, employment, services, training and more. Please visit <http://blink.ucsd.edu/HR/>

### **Career Development Series**

OPVSA and PDA host many career development events and workshops on a myriad of topics that directly benefit postdocs. For a calendar of events and description of series offered from OPVSA, visit <http://postdoc.ucsd.edu/education/index.html>. To receive the most current updates about these and PDA events, subscribe to the postdoc listserv with your UC San Diego email address at <https://mailman.ucsd.edu/mailman/listinfo/postdoc-scholars-l>.

### **UC San Diego Extension Service and Continuing Education**

UC San Diego Extension Service offers a variety of individual courses and certification programs that may help you gain additional career training. Postdocs receive a 15% discount on tuition. For in-depth course descriptions and fees, visit <http://extension.ucsd.edu>

Postdocs can also audit graduate level courses. Course descriptions are available on <http://www.ucsd.edu/catalog/front/courses.html>. For additional and more current information, contact individual departments.

### **Additional Resources**

The National Postdoctoral Association is an excellent resource on a variety of topics, including career planning, retirement planning, tax issues, diversity issues, visa and immigration issues, and research ethics. Please visit:  
<http://www.nationalpostdoc.org/postdocs-30>.

The UC San Diego Postdoctoral Association also lists resources on their website at

<http://pda.ucsd.edu/resources/index.html>, on their Facebook page <https://www.facebook.com/ucsdpda>, on LinkedIn <https://www.linkedin.com/groups/UCSD-Postdoctoral-Association-Postdoc-Alumni-4930280> and Twitter <https://twitter.com/ucsdpda>.

Different departments at UC San Diego hold career development seminars as well. Check with your department if such seminars are available to you.

The San Diego Center for Systems Biology sponsors a number of educational symposia and workshops: [http://sdcsb.UC San Diego.edu/category/events/](http://sdcsb.UC%20San%20Diego.edu/category/events/)

## **IX. TEACHING**

### **Teaching Assistant (TA) Training Workshop**

A postdoc-led workshop devoted to Creating an Inclusive Classroom. This workshop was developed with two goals - 1) to raise TA awareness of the importance of diversity and inclusivity in the classroom and to provide TAs tools to create a more inclusive classroom and 2) to provide an opportunity for postdocs in the Biological Sciences to increase their teaching skills, as well as interact with other postdocs with similar interests in creating a better classroom experience for students. Offered at the beginning of every quarter. For more information, go to <https://biology.ucsd.edu/diversity/get-involved/postdocs.html>

### **STEM Teaching and Diversity Journal Club**

This discussion group is composed of graduate students, post-doctoral fellows and faculty in the UC San Diego community with an interest in STEM education. Discussions focus on science education pedagogy, mentoring, and policy with an emphasis on diversity, equity and inclusion. Meetings are held every other week for ~1 hr to discuss items of interest to the group selected by a rotating Discussion Moderator. These items can include, but are not limited to: research studies, essays, seminar/meeting review, news articles, websites and audiovisual media such as podcasts. People interested in attending a meeting should email Alexa Clemmons ([alexaclemmons@gmail.com](mailto:alexaclemmons@gmail.com)), all are welcome!

### **The College Classroom**

A series of weekly, 90-minute seminars held throughout each quarter, part of the Center for Teaching Development's Preparing Future Practitioners (PFP) program. The course is aimed at graduate students and postdocs who already have experience as teaching assistants and are interested in making the leap from grading, running discussion sessions or leading labs to being the instructor-of-record at UC San Diego and beyond. Note this is not yet an official UC San Diego course

so there are no credits for successfully completing The College Classroom, nor will it appear on your transcript. However, you will receive a certificate of completion to include in your teaching portfolio. To apply, visit:

<http://ctd.ucsd.edu/programs/pfp/tcc/>

## **X. NETWORKING OPPORTUNITIES**

San Diego has a large and dynamic scientific community, encompassing academia and private industry, making it an excellent place to build valuable network connections for a future career. Still, it can be a daunting task for postdocs working in the lab to reach out to the multitude of organizations outside of academia. There are a number of local associations that are diligently working to bridge this gap.

### **UC San Diego Postdoctoral Association**

As mentioned in the introduction, the UC San Diego Postdoctoral Association holds events throughout the year to encourage interaction among postdocs on campus as well as with leaders in private industry. In particular, the Exposure to Industry program, STEM Career Symposium and social events provide excellent opportunities to expand network connections. Get involved as a volunteer today! For more information, visit <http://pda.ucsd.edu/>, or contact [ucsdpda@gmail.com](mailto:ucsdpda@gmail.com).

### **Association for Women in Science – San Diego**

The Association for Women in Science (AWIS) is a non-profit organization devoted to promoting advancement and equal opportunity for women in STEM careers (science, technology, engineering, and mathematics). Members have a broad range of STEM-related career experience in academia and industry, allowing participants to learn about a variety of possible paths to take after completing a postdoc and build a professional network that spans all career levels. The San Diego Chapter (AWIS-SD) is very active and engaged in the UC San Diego community and has a membership of ~350. AWIS-SD hosts networking events and career development workshops at least once a month, including the Women in Science and Technology Conference, a one-day biennial symposium focusing on career and personal development. In addition, AWIS-SD members who volunteer to participate in Committee and Board activities benefit by gaining organizational, leadership, communication, and community youth outreach experience. Members are always welcome to volunteer for Committees and outreach service. For more information about the Chapter, how to join, and upcoming activities, visit their website at [www.awissd.org](http://www.awissd.org).

## **San Diego Regulatory Affairs Network**

The San Diego Regulatory Affairs Network (SD-RAN) is an association of clinical, regulatory affairs, and quality assurance/control professionals, dedicated to providing educational and professional development opportunities for members. Programs include an Internship Program in which participants gain valuable experience working on short-term assignments at sponsor companies, Regulatory Affairs Certification study groups for both the U.S. and European Union exams, as well as a Mentoring Program in which individuals work to attain goals with the help of an experienced mentor. An annual Open House is free to attend by the public. Additional information may be found at <http://www.sdran.org/>

For additional networking organizations, refer to the Resources tab on the PDA website (<http://pda.ucsd.edu/resources/index.html>).

## **XI. RECREATION/THINGS TO DO IN SAN DIEGO**

### **Sports Facilities**

#### *On Campus Gym Membership*

UC San Diego has a number of recreation centers on and off-campus. The gym membership fee for postdocs is \$100/quarter (10 weeks). Day passes and individual class passes are also available for purchase at the Recreation and Intramural Activities Complex (RIMAC), located on the northwest section of campus. For class schedule and registration information, visit: <https://recreation.ucsd.edu/>.

#### *Off Campus Recreation*

There are many local indoor (e.g. yoga studios) and outdoor recreational facilities (e.g. Mission Bay Park workout course (free!), rock climbing, etc.). Many of these facilities offer promotions via Groupon and LivingSocial, so be sure to check for these in your neighborhood. One popular fitness franchise among UC San Diego faculty and staff is 24 Hour Fitness ([www.24hourfitness.com/](http://www.24hourfitness.com/)) with many locations in San Diego County and around the country.

### **Professional Sports Teams**

San Diego hosts major league professional football and baseball teams with large-scale stadium facilities, as well as minor league soccer and hockey teams. The UC San Diego International Center occasionally arranges group trips to games. Please access team websites for more information.



*San Diego Chargers*: American NFL football team (<http://www.chargers.com/>)

*San Diego Padres*: Major League Baseball team (<http://www.padres.com/>).

*San Diego Flash*: Soccer team (<http://sandiegoflashsoccer.com/>)

*San Diego Gulls*: Ice hockey (<http://www.sandiegogullshockeyclub.com/>)

In addition, the UC San Diego Tritons compete in many collegiate sporting events, see <http://www.ucsdtriton.com/>.

## **Major Attractions**

### *San Diego Zoo*

The world famous San Diego Zoo is a major attraction located in Balboa Park near downtown San Diego. Although visiting the Zoo requires an entrance fee, you can purchase a discounted membership with your UC San Diego ID. The Zoo is a few miles long, so prepare to see quite a bit and spend a significant amount of time there! For tickets and membership information visit <http://zoo.sandiegozoo.org>. You may also purchase discounted tickets for the Zoo and many other area attractions on campus at the UC San Diego Box Office, located in the Price Center courtyard next to Jamba Juice, <https://ucsdboxoffice.com/Online/default.asp>.

### *San Diego Zoo Safari Park*

A large zoo featuring open-range enclosures, allowing observation of animals in a more natural setting. Guided safari tours are available within the exhibits, at an additional cost (unless you purchase membership, which may be a wise choice if you decide to return!). The park also contains large botanical gardens. Like the San Diego Zoo, it is operated by the San Diego Zoological Society. Membership to the zoo also applies to the safari park (one membership, two parks!). Located at 15500 San Pasqual Valley Rd in Escondido, <http://www.sdzsafaripark.org/>

### *Balboa Park*

In addition to housing the San Diego Zoo, this large urban park contains many museums, beautiful gardens, as well as art and cultural associations. The Spanish Colonial Revival style buildings along El Prado were constructed during the 1915-1916 Panama California Exposition. Recently the California Tower opened to visitors for the first time since 1935! For more information, go to <http://www.balboapark.org/>

### *SeaWorld San Diego*

A famous animal theme park and aquarium in Mission Bay, featuring live performances of trained animals, including killer whales and dolphins. Visit <http://seaworldparks.com/en/seaworld-sandiego/>

### *Cabrillo National Monument*

Located on Point Loma, this beautiful monument commemorates the 1542 landing of Juan Rodriguez Cabrillo in San Diego Bay. Enjoy panoramic views of most of the city as well as the surrounding mountains to the east and the Pacific Ocean to the west. Two lighthouses are also found here, the older of which is open to the public as a museum. In addition, the park contains numerous tide pools that are home to an interesting array of sea life. On your way, stop to pay respects at the Fort Rosencrans National Cemetery looking over the San Diego Bay. Visit their website at <http://www.nps.gov/cabr/index.htm>.

### *Mount Soledad*

Drive up to the peak of this small mountain in La Jolla for breathtaking views of San Diego and East County. The public park at the top is also famous for its controversial white cross, a veteran's memorial which is the center of a decades-long legal battle over the separation of church and state.

### *Julian*

A century-old gold mining town in the Cuyamaca Mountains with a number of historic sites. Remember to return with some homemade apple pie - a Julian specialty! <http://www.julianca.com/>

### *Coronado*

Just across San Diego Bay from downtown, take the 15-minute ferry ride (<http://www.flagshipsd.com/coronado-ferry>) or drive across the stunning bay bridge to the quaint town of Coronado (<http://coronadovisitorcenter.com/>), home of the famous "Hotel Del" (<http://hoteldel.com/>) where Marilyn Monroe filmed "Some Like It Hot." They even offer gondola rides (<http://gondolacompany.com/>)!

### *Old Town State Historic Park*

Provides visitors a glimpse of the first settlement in San Diego. Historic buildings include the blacksmith shop, Seeley Stables, Stewart House, Estudillo House and the oldest schoolhouse in San Diego. For more information, visit the park website at

[http://www.parks.ca.gov/?page\\_id=663](http://www.parks.ca.gov/?page_id=663). Many authentic Mexican restaurants and bars are also located in the surrounding area, <http://www.oldtownsandiego.org/>

### *Mission Basilica San Diego de Alcalá*

Located in the appropriately named Mission Valley near the San Diego River and about 6 miles east of Mission Bay, this is the first of the Spanish missions of California, founded by Father Junipero Serra in 1769. <http://www.missionsandiego.com/>

### *Gaslamp Quarter*

An historic area of downtown San Diego centered around Horton Plaza and extending along 5<sup>th</sup> and 6<sup>th</sup> Avenues. This district contains shops and restaurants, and has a very lively nightlife with many bars and night clubs. <http://www.gaslamp.org/>.

### *Seaport Village*

An area of shops, restaurants and hotels along the San Diego Bay waterfront. Great for strolling and window shopping. <http://www.seaportvillage.com/>

### *Scenic Drive*

The 59 mile drive allows travelers to experience many of the must-see places in San Diego. <http://www.sandiego.org/articles/tours-sightseeing/san-diegos-59-mile-scenic-drive.aspx>

### *San Diego Botanic Garden*

The San Diego Botanic Garden is just 30 minutes north of downtown San Diego in Encinitas, California. It covers approximately 35 acres at 230 Quail Gardens Drive, which runs parallel to Interstate 5 between Encinitas Blvd and Leucadia Blvd. Open 9-5 daily, and until 8PM in the summer months. Members; children ages 2 & under are FREE. Admission for adults (that's you) is \$14. <http://www.sdbgarden.org/index.html>

### *Beaches*

San Diego County has many beaches, each with a distinct personality. You can go scuba diving (La Jolla Cove), surfing, swimming, kayaking, have a beach bonfire (Coronado, Mission Beach or La Jolla Shores), explore tide pools (Point Loma), walk along the boardwalk (Mission Bay and Pacific Beach) or even watch the sunset (or watch the sunrise if you're a morning person!). All beaches are free to the public.

The major beach cities/neighborhoods from North to South San Diego County: Oceanside, Carlsbad, Encinitas, Solana Beach, Del Mar, La Jolla Shores, Pacific Beach, Mission Beach, Ocean Beach, Coronado and Imperial Beach.

### *Hiking*

San Diego has many great hiking trails. Some of the most popular trails can be found at Torrey Pines State Reserve (<http://www.torreypine.org/>), Mission Trails Regional Park (<http://www.mtrp.org/>), Poway (<http://www.poway.org/index.aspx?page=596>), Palomar Mountain State Park ([http://www.parks.ca.gov/?page\\_id=637](http://www.parks.ca.gov/?page_id=637)) and Laguna Mountain Recreation Area. More information can also be found at <http://www.sandiego.org/what-to-do/sports/hiking.aspx>.

If you plan on visiting California's many national parks and monuments, consider investing in an annual National Parks and Federal Recreational Lands Pass, which waives entrance and parking fees (<http://www.nps.gov/findapark/passes.htm>).

## **Museums and Art Galleries**

### *Balboa Park*

Balboa Park contains 15 different museums as well as numerous gardens. Some of the museums are free on the 1<sup>st</sup> Tuesday of the month for San Diego residents. For hours and locations, visit: <http://www.balboapark.org/in-the-park/museums>.

### *Museum of Contemporary Art*

The Museum of Contemporary Art has two locations: downtown and La Jolla. Entrance is free on the third Thursday of every month from 5:00pm-7:00pm. For more information, visit: <https://www.mcasd.org/>

### *Art Galleries*

Visit Ray at Night, an area of Ray Street in the North Park Arts District with many shops and art galleries, every second Saturday of the month from 6pm-10pm for live music, arts & crafts and food. <http://www.rayatnight.com/>

A few galleries can be found in the Gaslamp Quarter, mostly along 5<sup>th</sup> Avenue: <http://www.gaslamp.org/galleries/>.

The village of La Jolla also contains several art galleries and museums: <http://www.lajollabythesea.com/services/art-museums>.

### *UC San Diego Campus Art Tours*

UC San Diego's Visitors Tour Program offers free tours to area residents, new faculty and staff, first-time visitors to our campus and the general public. These 90-minute Sunday afternoon tours are led by knowledgeable adult volunteer guides who are eager to show you the most notable features of our beautiful campus. Your tour reservation request should be submitted no later than noon on the Thursday before the tour you've chosen. Tours begin at 2:00 p.m. on the first Sunday of each month, leaving from the Gilman Entrance Information Center. Remember to reserve your spot (<http://ucpa.ucsd.edu/resources/tours/>).

Visit the Fallen Star Tuesdays and Thursdays from 11-2PM at Jacobs Hall. Take the elevator to the 7<sup>th</sup> floor. Questions? Contact Mary Beebe (mbeebe@ucsd.edu).

### *Friday Night Liberty*

Friday Night Liberty is an evening of free open artist studios, galleries and events held on the first Friday of each month at NTC at Liberty Station's Arts & Cultural District. Free Parking, free admission, and freedom to explore, wander and enjoy a growing cultural campus" <http://www.ntclibertystation.com/what.php>.

### *South Park Walkabouts*

The community of South Park hosts seasonal "walkabouts," fun-filled evening festivals to introduce you to the independent boutiques, cafes, and taverns of South Park. <http://www.southparkscene.com>

## **Music and Theatre**

### *San Diego Symphony*

The San Diego Symphony is in the Tier 1 category as ranked by the League of American Orchestras. The Symphony performs at the Jacobs Music Center in downtown San Diego, with concerts held in Copley Symphony Hall. During the summer, they perform their Summer Pops Series at an outdoor venue on San Diego's waterfront: Embarcadero Marina Park South, located behind the San Diego Convention Center, adjacent to the Marriott Hotel Marina. Students under the age of 35 with current ID may enjoy any San Diego Symphony concert at Copley Symphony Hall for just \$10 (CASH ONLY), but must purchase their tickets no sooner than one hour in advance, limit 2 per ID, subject to availability. The first Saturday night concert of each month is SNL (Symphony Night Live)! For more information please call 619-235-0804 or visit <http://www.sandiegosymphony.org>

### *Moonlight Theatre (Musical Theatre)*

If you like musical theatre and picnics, pick this venue (outdoor stage) to visit. For information about tickets and the upcoming season, visit: <http://www.moonlightstage.com>

### *Casbah*

The Casbah is *the* iconic music venue in San Diego, open since 1989 and hosting such bands as: Nirvana, Smashing Pumpkins, Lemonheads, The Jesus Lizard, and Rocket From The Crypt. <http://www.casbahmusic.com>

### *Belly Up*

Belly Up is a night club located in Solana Beach. This 21 and *up* bar/club hosts a wide array of musical events, ranging from nationally known award-winning artists to undiscovered local bands. <http://www.bellyup.com>

### *Art Powr*

Art Powr is UC San Diego's very own performing arts initiative. Performances are vibrant, challenging, and multi-disciplinary by emerging and renowned international artists, and are usually right here on campus. Not to miss. <http://artpwr.com>

For a more complete listing of live music shows, visit <http://www.sandiegoreader.com/music/shows/>

Also recommended: <http://sandiego.urbanistguide.com>

## **Movies (UTC area)**

### *Arclight*

Located on the second level of the UTC mall with a bar/café upon entrance. Be sure to reserve in advance for the best seats in the house! <https://www.arclightcinemas.com>

### *AMC*

Next to the Trader Joe's in UTC, this theatre features reclining seats for one of the most luxurious movie experiences in the area. Inquire about their smaller screening rooms, if you are looking for a more intimate movie experience. Once again, call ahead to reserve the best seats. Finally, if you're an opera buff or just curious, check out their streaming videos from the MET opera house in NYC! <https://www.amctheatres.com/>

### *Landmark*

Featuring avant-garde, independent films. Also your best bet for foreign films. It is located in the Shops at La Jolla Village shopping complex near Whole Foods and Sprinkles cupcakes (hint, hint). <http://www.landmarktheatres.com/LocationFinder>

### **Interest Groups**

#### *Oceanids*

Oceanids is a University of California, San Diego organization promoting friendship and services to the UC San Diego community. Their annual events include: Fall Welcome Lunch, Holiday Party, Whale Watching, Desert Camping, Museum Bus Trip, Campus Focus, Theater Fundraiser and Spring Luncheon. The Oceanids' Interest Groups are the backbone of their organization. If you are interested in book clubs, day trips, bird watching, practicing your French or German, wine tasting, playing bridge, dining out, join them! For a more complete list and description of their groups, see here: <http://pda.ucsd.edu/events/index.html#GroupsMeetups>

Postdocs are also welcome to start their own interest/social groups and use the PDA website as a communication tool. Please contact [ucsdpda@gmail.com](mailto:ucsdpda@gmail.com) if you would like us to post your event!

## **XII. SUMMARY**

Once again, on behalf of the UC San Diego Postdoctoral Association and the local postdoc community, congratulations on obtaining a postdoctoral position at UC San Diego! We hope that you find the information provided in this guide helpful in establishing yourself in San Diego, and introducing you to some of the many social and professional opportunities in the area. Although we have attempted to make this guide as comprehensive as possible, we are always looking for additional information. If you have any comments or suggestions, please contact us at [ucsdpda@gmail.com](mailto:ucsdpda@gmail.com).