

# Spring Orientation 2012

## Arrival Guide for New PSR Students



Pacific School of Religion  
1798 Scenic Avenue  
Berkeley, CA 94709  
[www.psr.edu](http://www.psr.edu)  
510-849-8200

Prepared by:  
PSR Office of Community Life

## About This Guide

The Arrival Guide for new PSR students is designed to address some of the most frequently asked questions posed by students about their arrival on campus and getting settled in the community.

The information is presented in a sequence beneficial to the needs of a new arrival: from City of Berkeley to recreational activities. We hope that you will find this guide helpful.

We welcome your suggestions for new material to enhance the experience of new PSR students.

Please contact the PSR Office of Community Life:

510-849-8257

[dmiller-mutia@psr.edu](mailto:dmiller-mutia@psr.edu)

## Welcome from the Assistant Dean of Students & Community Life

Dear New PSR Student:

Welcome to Pacific School of Religion and a new phase of your academic and spiritual journey! As Assistant Dean of Students and Community Life, I am pleased to assist you in your transition to PSR.

So that you will take full advantage of your experience in Berkeley we have compiled this Arrival Guide to compliment the many other resources that exist about this and the surrounding communities. I encourage you to read this Guidebook to help you ease into your new life here.

The information presented in this guide book is a compilation of the most frequently-asked questions that new students have when they first arrive at the Pacific School of Religion. Internet links are conveniently included as a reference for each section. All the information in this Guide is current as of December 2010.

When you arrive on campus, we will also provide you with a comprehensive Orientation program that will prepare you for a successful study at the Pacific School of Religion. Orientation is a requirement. **All students in a degree program are required to attend the orientation. New Student Orientation begins Monday, January 23 at 9:00 a.m. and ends Tuesday, January 24 at 4:00 p.m. Breakfast, lunch and dinner during the orientation dates are provided for you at no cost.** If you are a "special student," you are only required to attend the GTU consolidated general session; everything else is optional.

The staff at PSR takes great pride in supporting you during your program. We look forward to meeting with and assisting you this fall. In the mean time, please visit the PSR website for more information at [www.psr.edu](http://www.psr.edu) or the Office of Community Life section of the PSR website at [www.psr.edu-office-community-life](http://www.psr.edu-office-community-life).

For assistance with any questions, contact me with my contact info below.



Cordially,

A handwritten signature in black ink that reads "Donnel L. Miller-Mutia". The signature is written in a cursive, flowing style.

Donnel L. Miller-Mutia, Assistant Dean of Students & Community Life  
510-849-8257, [dmiller-mutia@psr.edu](mailto:dmiller-mutia@psr.edu)

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# The City of Berkeley Neighborhoods

Taken from UC Berkeley Cal Rentals Office:

[https://calrentals.housing.berkeley.edu/flyers/Berkeley\\_Neighborhoods.pdf](https://calrentals.housing.berkeley.edu/flyers/Berkeley_Neighborhoods.pdf)

**SOUTHSIDE:** A bustling, student-oriented area adjacent to south campus. Bookstores, record stores, cafes and restaurants abound. Telegraph Avenue is a main feature, with its colorful street vendors. Student housing is relatively plentiful in Southside.

**ELMWOOD:** Just to the south of Southside is the Elmwood district, which can be found by following College Avenue away from campus. Elmwood is a charming mix of small apartment complexes and large homes. Gift shopping is a delight, and there are many restaurants featuring international cuisine. There is also a popular movie theater.

**CLAREMONT:** A neighborhood consisting primarily of grand, expensive homes and few rentals. The typical Claremont rental might be an “in-law” apartment in someone’s house, or a room in a private home. The Claremont area is generally characterized as the area surrounding the Claremont Resort and Hotel.

**SOUTH BERKELEY:** West of the Southside, Elmwood and Claremont districts and south of Dwight Way is an area generally known as South Berkeley. This area, in addition to West Berkeley and the Westbrae neighborhoods, is where the most affordable housing is likely to be found. Small, single family bungalows, duplexes and fourplexes are featured on the tree-lined streets. Cute cafes, antique shops and the Ashby BART station with its weekend flea market in the parking lot are part of the South Berkeley scene.

**DOWNTOWN BERKELEY:** While “downtown” can be found just a block from the West Entrance of campus, continue a few more blocks westward and you will find tree-lined streets with a mix of apartments and houses. Many students live in this area and enjoy its convenience to downtown BART, movies, restaurants and the campus.

**WEST BERKELEY:** South of University Avenue and west of Sacramento Street is the area known as West Berkeley. Modest single family homes are interspersed with apartment buildings, and the neighborhood is dotted with Victorian farmhouses that were the original dwellings in the area.

**WESTBRAE:** A quiet, residential neighborhood just north and west of the North Berkeley BART station, the Westbrae area consists of small homes, duplexes and fourplexes. A highlight is a specialty produce store that attracts shoppers from all over Berkeley called Monterey Market. Easy access to BART and the campus makes this a popular area. Tennis, jogging track, pool and playground are nearby at the local middle school and are open to the public.

**OCEANVIEW:** The outlet stores, specialty shops and restaurants along the popular 4th Street area make this formerly sleepy place of small homes and light industry into a bustling, lively street scene.

**NORTHSIDE:** This area directly north of campus is a contrast to the bustling Southside area. Quiet by comparison, Northside boasts several student Coops and charming apartment buildings interspersed with large, single family homes. The main street is Euclid Avenue, which features a small grocery store and shops and restaurants.

**NORTH BERKELEY AND THOUSAND OAKS:** If you hear the term “gourmet ghetto,” it’s referring to this North Berkeley area of north Shattuck Avenue. Here you’ll find gourmet food shops and of course the famous restaurant, Chez Panisse, among others. Thousand Oaks continues the North Berkeley theme through the Solano Tunnel and down Solano Avenue with many restaurants, cafes and bookstores frequented by local residents. This is a popular area for young and old.



## Downtown of Berkeley

### City of Berkeley Website

[www.ci.berkeley.ca.us/](http://www.ci.berkeley.ca.us/)

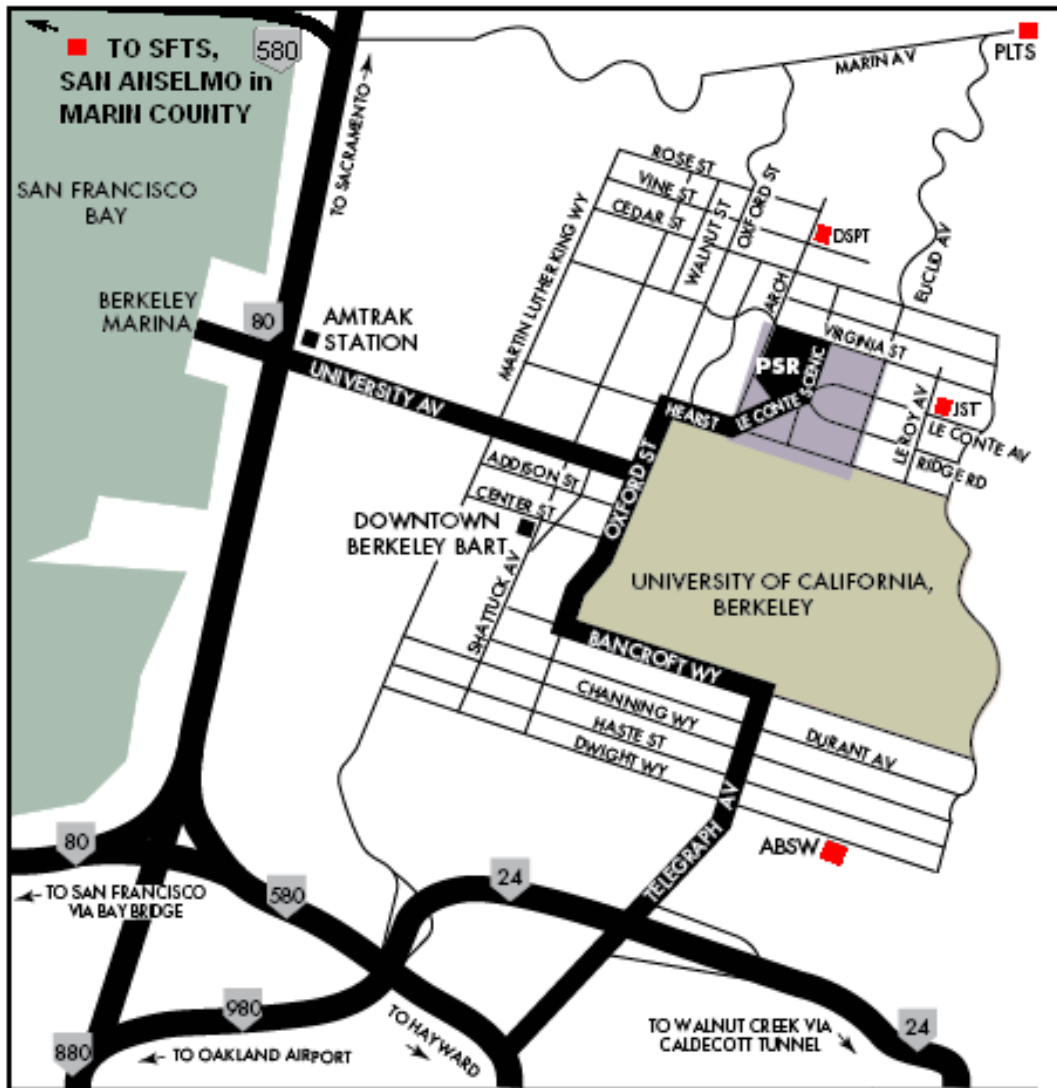
This site contains detailed information about the city of Berkeley.

### Visitor's Bureau of Berkeley

<http://visitberkeley.com/>

Contains easy to access info on how to have fun in Berkeley.

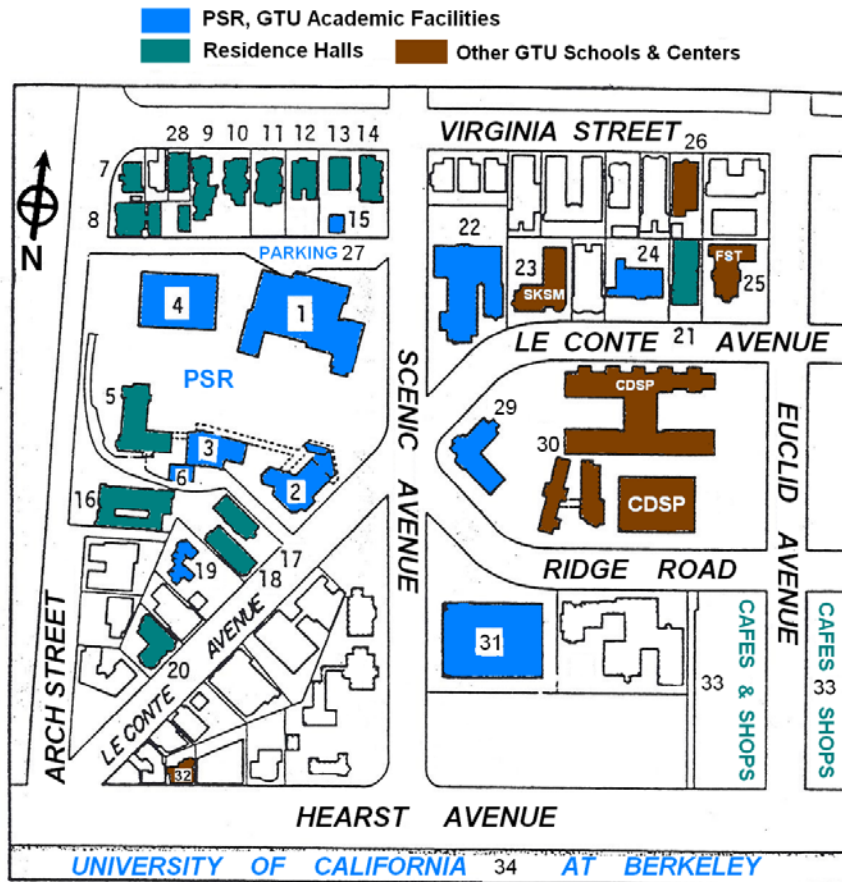
# Map of Berkeley (& GTU Schools that are not on the immediate "Holy Hill" block location)



■ GTU Seminaries not visible in PSR GTU Map on the next page

# Map of PSR, GTU & Related Institutions (in the "Holy Hill" blocks)

Use Google's Street View for a Virtual Tour (Enter PSR Street Address in Google Maps, "1798 Scenic Ave Berkeley CA"; Click "A" on map, then "Street View").



**OTHER GTU SCHOOLS not in the map:**  
(See ■ in previous page)

**Jesuit School of Theology (JST)**, 1735 Le Roy Ave  
\*2 blocks east of PSR campus

**Dominican School of Theology & Philosophy (DSPT)**, 2301 Vine St  
\*4 blocks north of PSR campus

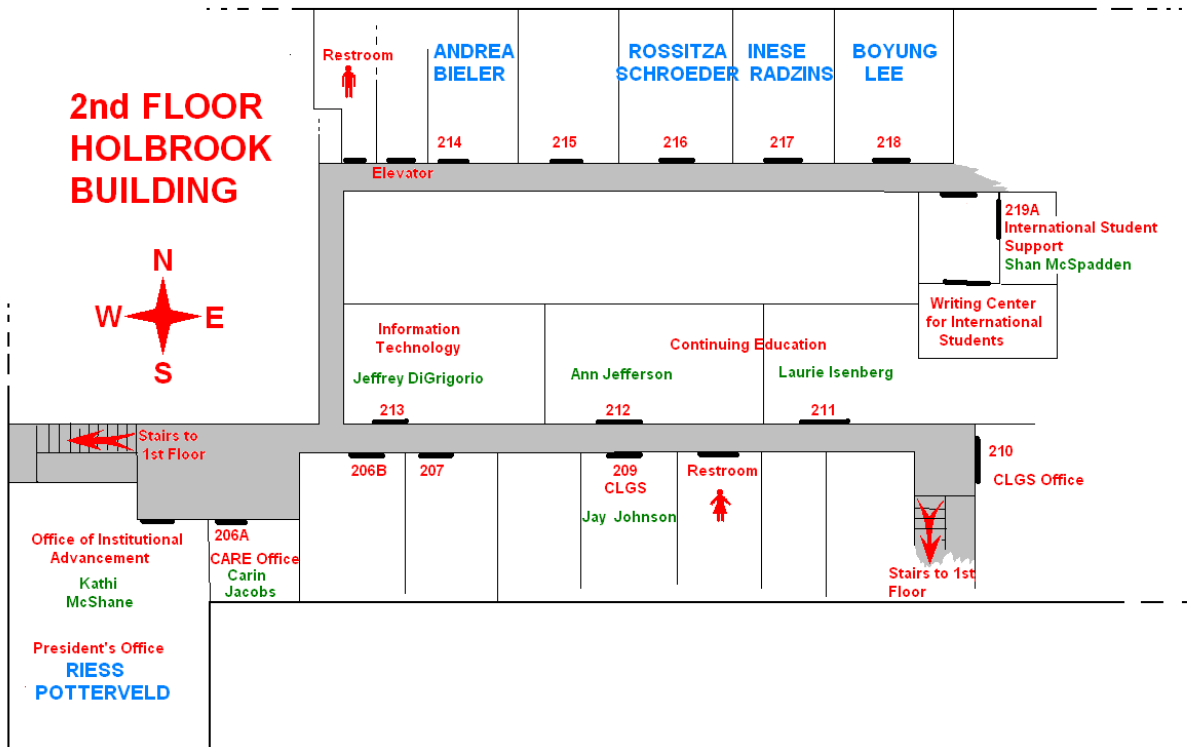
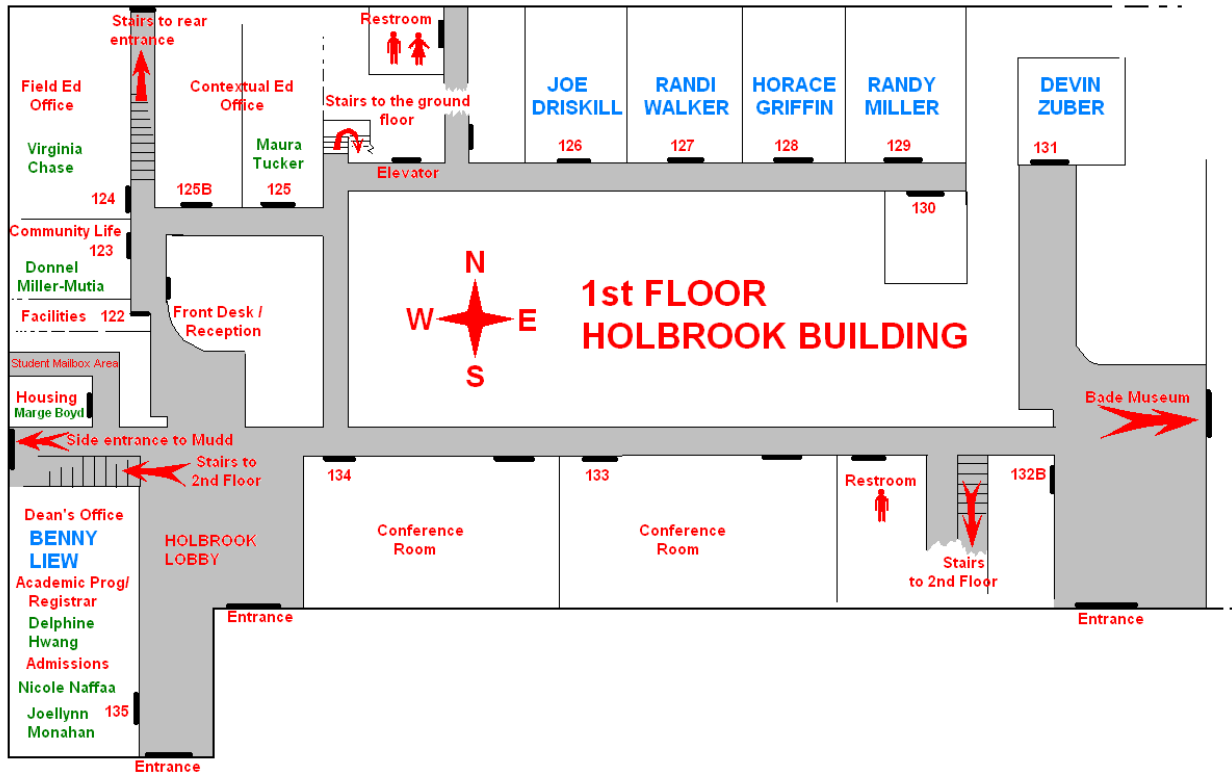
**American Baptist Seminary of the West (ABSW)**, 2606 Dwight Way  
\*about 15 blocks from PSR campus (20-25 min walk); south of UCB campus

**Pacific Lutheran Theological Seminary (PLTS)**, 2770 Marin Ave  
\*not walkable; about 10 min drive from PSR; north of PSR campus, on the Berkeley hills  
\*For info on PLTS shuttle, "Martin Looper," call 1-800-235-7587

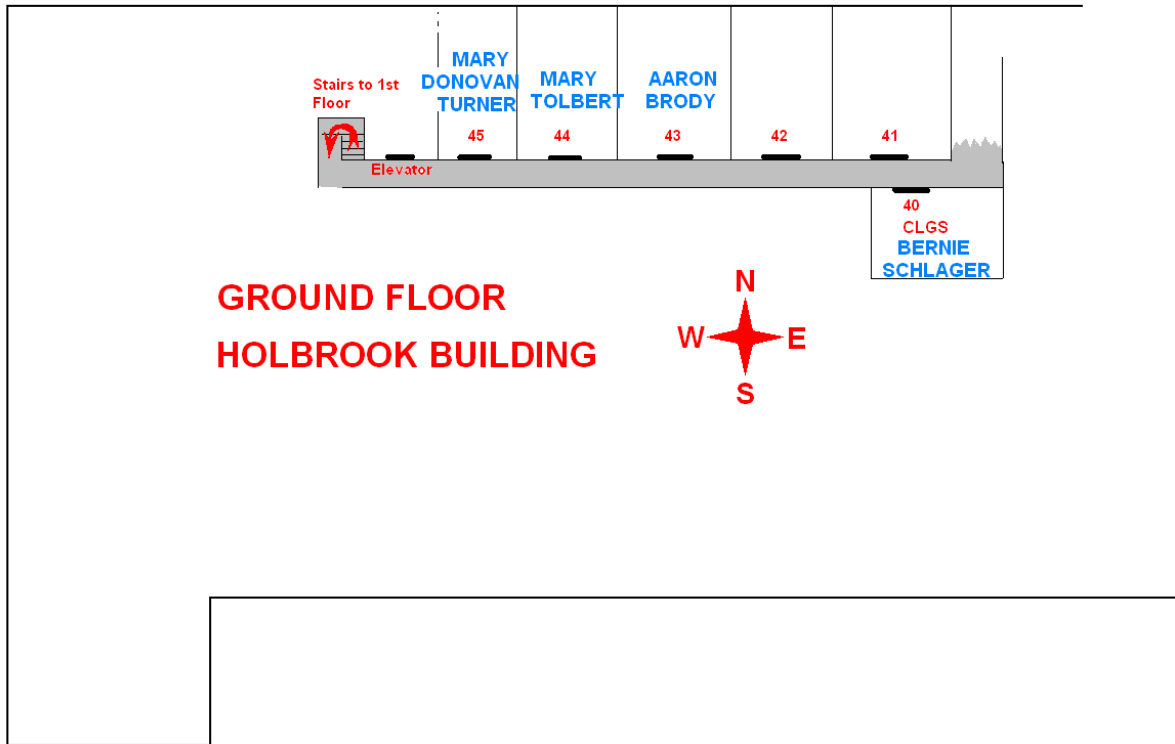
**San Francisco Theological Seminary (SFTS)**, 105 Seminary Road San Anselmo, CA 94960  
\*45 min drive to Marin County, across Richmond bridge.

- |  |   |   |
|--|---|---|
| <p>1. <b>Holbrook Building</b><br/>Admissions, Reception<br/>Faculty and administrative offices, Badè Museum, Doug Adams Gallery, CARE (Center for Arts, Relig. &amp; Ed), CLGS (Center for Lesbian and Gay Studies in Relig. &amp; Ministry)</p> <p>2. <b>Chapel of the Great Commission</b><br/>PSR Chapel, Buckham Chapel<br/>Media Center, PSR 6 (class rm)</p> <p>3. <b>d'Autremont Hall</b><br/>Dining hall, Swedenborgian House of Studies</p> <p>4. <b>Mudd Building</b><br/>Classrooms, Computer lab<br/>Student lounge</p> <p>5. <b>Benton Hall</b> (dorm)</p> <p>6. <b>Power House</b> (boiler)</p> <p>7. <b>1717 Arch St</b> (Apts)</p> <p>8. <b>1729 Arch St, Brock Hall</b> (Apts)</p> | <p>9. <b>2330-32 Virginia St</b> (Apts)</p> <p>10. <b>2340-44 Virginia St</b> (Apts)</p> <p>11. <b>2352-54 Virginia St</b> (Apts)</p> <p>12. <b>2366 Virginia St</b> (Apts)</p> <p>13. <b>2378-80 Virginia St</b> (Apts)</p> <p>14. <b>1700, 1716, 1718 Scenic Ave</b> (Apts)</p> <p>15. <b>1730 Scenic Ave</b> (CLGS)</p> <p>16. <b>Anderson Hall</b> ("Arch dorm")</p> <p>17. <b>2369 LeConte, Kofoid Hall</b> (Apts)</p> <p>18. <b>2363 LeConte, Castleview Hall</b> (Apts)</p> <p>19. <b>2357 LeConte</b> (Apt)</p> <p>20. <b>2317 LeConte</b> (Apts)</p> <p>21. <b>2479 LeConte, McCown Hall</b> (Apts)</p> <p>22. <b>Ecumenical Center ("E-center")</b>,<br/>E-center sanctuary, DSF (Disciples Seminary Foundation)</p> <p>23. <b>Starr King School</b> (SKSM)</p> | <p>24. <b>2465 LeConte Avenue</b><br/>GTU financial aid, administrative offices<br/>Center for Jewish Studies</p> <p>25. <b>Franciscan School of Theology</b> (FST)</p> <p>26. <b>2452 Virginia St</b> (Center for Islamic Studies, Center for Theology &amp; Natural Sciences, Center for the Study of Religion &amp; Culture)</p> <p>27. <b>PSR Parking</b></p> <p>28. <b>2322-24 Virginia St</b> (Apts)</p> <p>29. <b>Easton Hall</b><br/>Human Resources (shared by PSR, CDSP &amp; GTU), conference center</p> <p>30. <b>Church Divinity School</b> (CDSP)</p> <p>31. <b>GTU Library &amp; Admin. offices</b></p> <p>32. <b>2311 Hearst Avenue</b> (Orthodox Institute)</p> <p>33. <b>Cafes &amp; Shops</b></p> <p>34. <b>University of California at Berkeley</b></p> |
|--|---|---|

# Map of Holbrook Building

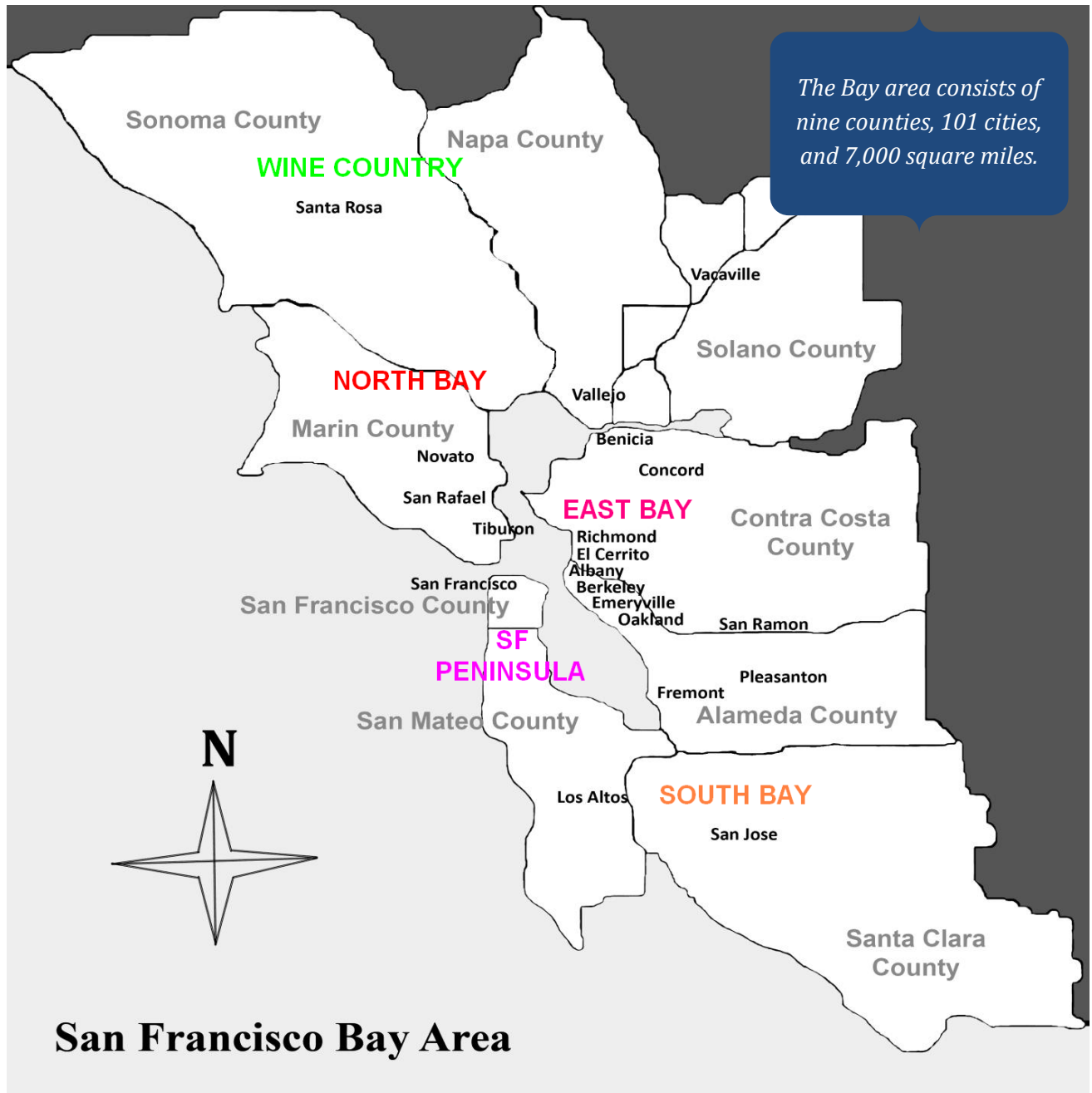


# Map of Holbrook Building (con't)



# The Bay Area

The “Bay Area” is a term you will hear often when you move to Berkeley since it refers to the region immediately surrounding the San Francisco Bay. “The City” (San Francisco) is the central point of reference for understanding where you are in the Bay Area and is divided into four regions 1) The North Bay, 2) The East Bay, 3) The South Bay and, 4) The (SF) Peninsula. Berkeley and Oakland are in the East Bay, San Jose is in the South Bay and Marin County makes up most of the North Bay



# Travel Information from Airport to PSR

**Transportation from Area Airports:** The best way to get to PSR from San Francisco and Oakland Airports is via the Bayporter Express ([www.bayporter.com/](http://www.bayporter.com/)). PSR's address is 1798 Scenic Avenue, on the north side of the Cal Campus, where LeConte, Ridge, Scenic converge (Holy Hill); phone is 510-849-8200.

## **San Francisco International Airport Boarding Instructions:**

When you have your baggage and are ready for Ground Transportation at San Francisco International Airport, go to the Courtyards listed below, Bayporter Express will board passengers within 30 minutes upon arrival from 6am to 10pm daily except Thanksgiving and Christmas Days. Reservation is recommended. Please call BayPorter Dispatcher at 1-877-467-1800 (Bay Area Toll Free) for airport pick ups.

**Terminal #1 (South Terminal: US Air, Continental, Alaska, Northwest, Delta...)**  
Boarding Area: Courtyard #1 (same area as Charter Buses Boarding). From Baggage Level (Level 1) go out from the baggage claim doors and turn LEFT, follow the curb toward the beginning of the building until you reach a small parking area with the sign indicating "Courtyard #1".

**Terminal #3 (North Terminal: American, United Airline...)**  
Boarding Area: Courtyard #4 (same area as Charter Buses Boarding). From Baggage Level (Level 1), go out from the baggage claim doors and turn RIGHT, follow the curb toward to the end of the building until you reach a small parking area with the sign indicating "Courtyard #4".

**Terminal #4 (International Terminal: All International Airlines)**

Boarding Area: Courtyard #G (same area as Charter Buses Boarding). From Custom or Baggage Level (Level 2), go out from the Custom doors and turn RIGHT, take escalator or elevator down to Level 1, look for a sign indicating "Bus Courtyard #G".

**Cost: \$32 excluding gratuity; subject to change.**

## **Oakland International Airport Boarding Instructions:**

When you have your baggage and are ready for Ground Transportation at Oakland International Airport, go to the Door to Door Reservation Shuttle Stops listed below. BayPorter Express will board passengers within 30 minutes upon arrival from 6am to 10pm daily except Thanksgiving and Christmas Days. Reservation is recommended. Please call BayPorter Dispatcher at 1-877-467-1800 (Bay Area Toll Free) for airport pickups.

**Terminal #1 (All Major Airlines except Southwest Airline)**

Boarding Area: Go out from the baggage door, cross the street to the last island. Look for a bus shelter #4B indicating "Door to Door Reservations". Be sure to inform the Curb Coordinator that you have reservation with BayPorter Express.

**Terminal #2 (Southwest Airline)**

Boarding Area: Go out from the baggage door, cross the street to the last island. Look for a bus shelter #4G indicating "Door to Door Reservations". Be sure to inform the Curb Coordinator that you have reservation with BayPorter Express.

**Cost: \$25 excluding gratuity; subject to change.**

# Driving to PSR / BART(ing) train to PSR

## Driving Directions to PSR (Go to [www.psr.edu/visiting-campus](http://www.psr.edu/visiting-campus)):

- **From the north (I-80) or west (I-80):** Exit onto University Avenue and go east. Turn left (north) on Oxford. Turn right (east) on Hearst. Take oblique left on LeConte (a steep hill). Turn left at top of hill onto Scenic. The PSR campus is on your left. Turn left into PSR parking lot, just past first building on your left.
- **From the east (Hwy 24):** Exit right on Telegraph and go north. Turn left (west) on Bancroft. Turn right (north) on Oxford. Turn right (east) on Hearst. Take oblique left on LeConte (a steep hill). Turn left at top of hill onto Scenic. The PSR campus is on your left. Turn left into PSR parking lot, just past first building on your left.
- **From south (I-880/980 or I-580):** On I-880/980, continue past I-580 interchange to Hwy 24. On 580, turn off at Hwy 24 toward Berkeley. From Hwy 24, exit immediately on Martin Luther King and go north. Turn right (east) on University. Turn left (north) on Oxford. Turn right (east) on Hearst. Take oblique left on LeConte (a steep hill). Turn left at top of hill onto Scenic. The PSR campus is on your left. Turn left into PSR parking lot, just past first building on your left.

## Public Transportation: By Bay Area Rapid Transit (BART) to PSR

- **From the south or west**, take Richmond BART train. **From the north**, take any south-bound BART train. Exit at Berkeley station (downtown, NOT North Berkeley). Then walk or take bus. Walk: Go north on Shattuck, right on University, left on Oxford, right on Hearst, oblique left on LeConte (a steep hill) to corner of Scenic. The PSR campus is on your left. Bus: From Berkeley BART station, cross Shattuck to bus stop at corner of Shattuck and Center. Take #65 bus to Euclid and LeConte. Walk one block west along Le Conte to PSR.
- **Oakland International Airport** is closest to PSR. Take BART shuttle to Coliseum BART station. From this BART station, take Richmond train to Berkeley (follow BART directions above).
- **San Francisco International Airport** see BART directions above.
- For online transit information for the San Francisco Bay Area, visit [www.511.org](http://www.511.org).

# Things You Need to Know Before Arriving @ PSR

## Tentative Academic & Administrative Calendar

- Go to: [http://www.psr.edu/files\\_psr/PSR\\_2011-2012\\_Extended\\_Calendar.pdf](http://www.psr.edu/files_psr/PSR_2011-2012_Extended_Calendar.pdf)

## Housing—Campus Residents

Please review the Housing Policy at [www.psr.edu/housing](http://www.psr.edu/housing) for complete information.

- Campus resident's mailing address is: **1798 Scenic Avenue, Box # \_\_\_\_\_  
Berkeley, CA 94709**
  - Regardless of whether you live in the dorms or student apartments
    - **DO NOT USE YOUR BUILDING'S PHYSICAL ADDRESS FOR MAIL**
- Verification of residency required to register children in area schools may be obtained from Marge Boyd, Housing Coordinator.
- Please contact Marge Boyd with housing questions and to schedule your move in time.  
Marge Boyd, Housing Coordinator, Holbrook #138  
Office telephone: 510-849-8255  
Cell telephone: 415-939-0424  
[housing@psr.edu](mailto:housing@psr.edu) or [mboyd@psr.edu](mailto:mboyd@psr.edu)
- There are 2 types of student dorms
  - Single Room w/ shared co-ed bathroom down the hall
  - Suite of 3 gender specific rooms w/ shared bathroom and living space
  - Both have community kitchens w/ limited food storage
- Furnishings for Non-Dormitory Units
  - Furnishings for non-dormitory units are not provided by PSR.  
Note: International Students may request furnishings through the Housing Office.
  - Non-dormitory housing units come equipped with a stove and a refrigerator. Students may not bring additional major appliances, including refrigerators, washing machines/dryers, dishwashers, space heaters, etc.
- Dorm Rooms come furnished. Apartments do not come furnished. (All utilities [except phone/cable] are paid by PSR).
  - Dorm Room Furnishings
    - Bed (*If you would like to bring your own bed, you must notify the Housing Office in writing, so that the bed provided may be removed prior to your arrival.*)
    - Desk w/ chair and lamp
    - Dresser
    - Wardrobe or Closet
    - Bookcase
  - \*You may bring a mini refrigerator. In compliance with Fire Regulations other appliances (e.g. microwaves, toaster ovens, hot plates, crock pots, space heaters) are not permitted in the dormitories.
- There are a variety of non-dormitory units: studios, 1,2,3-bedroom apartments.

# Things You Need to Know (cont'd)

- Commuter rooms are available. Please contact Marge Boyd, Housing Coordinator.

## If you are not a PSR resident, and need a room at PSR during your orientation

- **PSR Guest Rooms:** Subject to availability, those who have not been assigned permanent residential units on campus may request a guest room in a gender-specific suite (\$50 per night; bedding and linens provided) or a guest apartment (\$80 per night; bedding and linens provided). Contact Marge Boyd, Office: 510-849-8255; Cell: 415-939-0424; [housing@psr.edu](mailto:housing@psr.edu) or [mboyd@psr.edu](mailto:mboyd@psr.edu).
- If all PSR guest accommodations are booked, then lodging options would be:
  - **Hotel/Motel:** in the area—go to: <http://visitberkeley.com/where-to-stay#Hotels>
  - **CDSP:** (Church Divinity School of the Pacific--Episcopal seminary across from PSR)—please contact *Supervisor of Guest Services, Events, and Administration*, 510-204-0732, [eastonhall@cdsp.edu](mailto:eastonhall@cdsp.edu)

## Parking

- **On the week of orientation:** Entrance to PSR parking is on Scenic Avenue behind the Holbrook building. After you park, go to the PSR front desk in the Holbrook lobby for a parking pass and place it on your car's dashboard.
- **Commuters:** Parking on-campus is \$6 per day; \$50 for 10 days (subject to change).  
**Residents:** Parking is \$65 per month or \$280 per semester. If you have a CA license plate you may purchase a parking sticker for street parking, from the City of Berkeley (not PSR), which is approx. \$34.50 per year (subject to change). Otherwise parking is in 2-hour increments on the street, with hefty parking ticket rates for violations.

## Dining Services

For the Dining Hall services' dates of operation, go to [www.psr.edu/dining](http://www.psr.edu/dining). On dates when the dining hall is closed, you may go to the Cafés and restaurants on Euclid Avenue (page 8) and grocery stores listed in page 26.

- Meals will be provided at no cost to you during Spring Orientation. D'Autremont Dining Hall at PSR serves three meals each weekday (except during winter break, January intersession, and the summer). There are Vegetarian options at all meals. Vegans, and those with dietary restrictions, will need to speak with dining hall staff. If you are not on the student meal plan, here are the Hours/Prices (Note: the dining hall schedule is very tentative):
  - Continental Breakfast 7:30–8:00am & 10:30–11:00am \$7.00
  - a la carte Breakfast 8:00 – 10:30am \$7.00
  - Lunch 11:00 am – 4:00 pm \$8.00
  - Dinner 4:00–7:00 pm \$9.00
- PSR requires that all students who are not in the dorm meal plan and are enrolled for 9 units (and above) of study in a term purchase a Block 25 Card. This card will be billed directly to the students' account with PSR. This requirement extends to MA candidate affiliated with PSR. The card may be picked up at the dining hall when the semester begins. The Block 25 Cards may be refundable for a period of three weeks following the beginning of the term if the student has dropped below the school's required number of units and the card has not been used for any meal.

# Things You Need to Know (cont'd)

## Computers & Tech Support

Go to [www.gtulink.edu](http://www.gtulink.edu) for detailed information.

- **Wireless:** Wireless internet connectivity is available to all students, faculty and staff. Students need to bring their laptops to the IT department so that one of our staff can set up the access and password.
- There is a **computer lab on-campus** with
  - 10 PC's
  - 1 Mac
  - Scanner
  - Printer (must supply own paper)
  - 1 Large screen monitor for sight impaired

To obtain the code to enter the room, visit the Office of Community Life in Holbrook 207 with a validated ID card. For more info on PSR Tech Support, go to: [www.gtulink.edu](http://www.gtulink.edu)

- **PSR E-mail account:** PSR students are required to have a PSR email account that all official school email will be sent to. The Tech Support department will give you access to your PSR email account during orientations. Your email account will most likely be in the form [first initial][last name]@ses.psr.edu and will be accessible through <http://mail.ses.psr.edu>.

You have the option of configuring your PSR email account to forward email to another account (for example, your current email account). It is your responsibility to configure their PSR email account so that you receive all of official and non-official PSR communication in your non-PSR email account.

## Bikes

- If you are bringing a bicycle, be prepared for horrendous hills. Bike parking is located in the garage under Anderson Hall (aka "Arch dorm"). Please go to the front desk at the Holbrook lobby for garage combination. For info on bike **registration**, bike **locks/security**, buying **used bikes**, and **bicycle registration**, go to page 26.

## Land Line Phone Service for PSR Residential Students

- You will need to set up your own phone/cable service through AT&T
  - You **MUST** use both the physical location address (for installation) and the mailing address (for billing) for phone service. Your housing contract lists both your unit and your physical location address.

## Laundry Machines

- Coin operated laundry machines are located on campus; you must have a supply of quarters.
  - \$1.50 per wash load & \$1.50 per dry load (subject to change). Other machines (such as in Arch dorm) cost \$1.75.

## Registering for Courses / Course Schedule

(Note: Delphine Hwang, PSR Assistant Dean for Academic Programs & Registrar, will send you more info via email.)

# Things You Need to Know (cont'd)

- You will register for classes during orientation. The GTU Course schedule is online, for your perusal at <http://www.psr.edu/course-catalog>
- You will register for courses online through WebAdvisor. For more information, go to: [www.psr.edu/how-register](http://www.psr.edu/how-register)

## Student Health Insurance

- Students taking 9.0 units or more are required to submit to the Kaiser Permanente verification of health insurance coverage to register at PSR. For details, go to: [www.psr.edu/student-health-insurance](http://www.psr.edu/student-health-insurance).

## Academic Program Requirements

(Note: Delphine Hwang, PSR Assistant Dean for Academic Programs & Registrar, will send you more info via email. Go to [www.psr.edu/degree-and-certificate-programs](http://www.psr.edu/degree-and-certificate-programs) for details about your particular program and for guidelines on what to take your first semester.)

**Financial Aid:** Go to [www.psr.edu/financial-aid](http://www.psr.edu/financial-aid) for details.

## What is CAPSR?

- CAPSR means "Community Association of PSR": for more information go to: [www.psr.edu/community-association-psr](http://www.psr.edu/community-association-psr). If you are interested in student advocacy on PSR campus, community building, and provide student voice within the PSR administration, please join **CAPSR Council**.

## A Quick Glance on PSR Student Groups (Start Your Own Group)

For a list of Student Groups, go to: [www.psr.edu/student-groups](http://www.psr.edu/student-groups)  
GTU Korean Student Association: <http://www.gtuksa.org/board.php?board=main>

## GTU Scholarship Database

Whether you are seeking funds to offset the cost of tuition, the **GTU scholarship database** is a great place to begin your search. There are over 500 different scholarships, grants, fellowships, and loan opportunities listed on. Go to: [www.seedwiki.com/?wiki=gtu\\_scholarships&page](http://www.seedwiki.com/?wiki=gtu_scholarships&page)  
Be proactive. Now is the right time to look over scholarship resources that might be available for you; mark the application deadlines in your calendar; and fill out the applications in advance.

# Your Online Student Directory Profile

## Create Your Online Student Directory Profile in Advance

PSR students can become a part of the PSR student/alum directory on the Web by logging in, applying for an account, and completing your profile. This adds your name to the student Web directory, and enables your professors and peers to get in touch with you. It also provides access to Satchel, PSR's internal communications page, for the latest campus news, events, and activities. Doing this in advance means that you'll have one less thing to do during orientations. Here are the steps:

### **FIRST, apply for an account.**

- Find and select the log-in at the upper right corner of PSR's Web site at [www.psr.edu](http://www.psr.edu).
- At the Login screen, choose the tab "create new account," complete the form, and click on "create new account" at the bottom of the page to submit. This sends a notice to the community life office to verify and activate your account.

**SECOND: Complete your profile.** Your profile in the PSR website is sort of a simplified version of Facebook. Except for some constraints on profile photos, you have control over what information you enter into your profile, and when you enter the info. We encourage you to update your profile information accordingly.

### **Steps:**

1. At the PSR website ([www.psr.edu](http://www.psr.edu)), click "login" at the upper right hand corner, or go here: <http://www.psr.edu/user>.
2. This time select folder "Login" (instead of "create a new account").
3. Enter your username and password and then click "login" at the bottom.
4. Click on "Edit Profile" and then "Create your Student/Alumni Profile". Enter your profile info, so that students, faculty and staff will get to know who you are, and how to contact you. When you are done, click "Submit" at the very bottom.
5. How to download pics: Click on "Edit". Under the Edit folder, click "Account Settings" and upload your picture under "Upload picture". When you are done, click "Submit" at the very bottom.

### **PSR Profile Picture Protocols**

#### *Appropriately cropped photos*

You have two options: you can have Community Life download your headshot photo for you during orientations, or you can download one yourself now. If you download your own pic, it must follow this requirement: Your profile picture must be a headshot from the chest level up to the top of the head. Remember that the main purpose of the profile pics is to give the PSR faculty, staff, and your fellow students the opportunity to connect your names with your faces.

### **Photos that are not allowed**

- Pics that do not represent your face.
- Inappropriate pics that do not represent the values of the PSR institution; fraudulent, harassing or obscene pics are not allowed to be stored on PSR systems.

NOTE: If, for some reason, you find it difficult to create a directory profile before arriving at PSR, we will assist you during orientations.

# Tentative Orientation Schedule

## About Participation of PSR Orientation:

**All students in a degree program** are *expected to participate* in all activities of the two day orientation (breakfast & dinner are optional). If absence from part of this requirement is unavoidable, we will do our best to direct students to the source of the missed information.

**Special Students** who are not in a degree program are required to attend the "GTU Consolidated General Session" only. Other information sessions are optional for special students.

New Student Orientation begins **Monday, January 23 at 9:00 a.m. and ends Tuesday, January 24 at 4:00 p.m.** All meals on these dates free are provided for you at no cost. Spouses and partners are welcome to join in all activities.

During orientation, you will receive academic information, and go on a campus tour. During the two days you will learn more about campus life, the Holy Hill community, PSR's commitment to advancing racial justice, the importance of self-care, and how we can be intentional in building the Beloved Community.

**LOCATION:** All sessions will take place in a room in the Mudd Building (except for the Consolidated Session).

**SCHEDULE:** TBA (to be announced) - The details of the schedule will be announced at a later date.

### Monday, January 24:

|             |  |
|-------------|--|
| 8:00        | Breakfast (Dining Hall)                              |
| 9:00        | Welcome / Introduction (Holbrook Building, Room 134) |
| 9:30        | Worship & Reflection                                 |
| 10:30       | <b>TBA</b>   |
| 12:30       | Lunch (Dining Hall)                                  |
| 1:30 - 4:30 | <b>TBA</b>   |
| 5:00        | Dinner (Dining Hall)                                 |

### Tuesday, January 25:

|       |                         |
|-------|-------------------------|
| 8:00  | Breakfast (Dining Hall) |
| 9:00  | <b>TBA</b>              |
| 12:30 | Lunch (Dining Hall)     |
| 1:30  | <b>TBA</b>              |
| 5:00  | Dinner (Dining Hall)    |

**IMPORTANT NOTE:** Students in a degree program who participated in the Spring Orientation are strongly advised to join the General Orientations in the fall semester. Since the number of entering students in the spring semester is generally small, we have learned that it benefits entering students in the spring to join the fall orientation so they can be connected with the bigger group of entering students in the fall.

### Extended (more detailed) calendar:

Go to [www.psr.edu/files\\_psr/PSR\\_2010-2011\\_extended\\_calendar.pdf](http://www.psr.edu/files_psr/PSR_2010-2011_extended_calendar.pdf)

# Banking

The following bank locations are within walking distance from the PSR Campus. These banks have ATM machines located throughout the city and state:

**Bank of America**

[www.bofa.com](http://www.bofa.com)

2129 Shattuck Ave.  
Berkeley, CA 94704  
510.649.6600

**Citibank**

[www.citibank.com](http://www.citibank.com)

2323 Shattuck Ave.,  
Berkeley, CA  
(510) 843-0600, (800) 756-704

**Wells Fargo**

[www.wellsfargo.com](http://www.wellsfargo.com)

2144 Shattuck Ave  
Berkeley, CA 94704  
(510) 649-3630

**Chase Bank**

[www.chase.com](http://www.chase.com)

2150 Shattuck Ave  
Berkeley, CA 94704  
(510) 649-4041

**Mechanics Bank**

[www.mechbank.com](http://www.mechbank.com)

2301 Shattuck Ave  
Berkeley, CA 94704  
(510) 647-0720

If you prefer alternate options to corporate banks, please use these 2 search tools if you are interested in [Credit Unions](#)

- [Credit Union Online](#)
- [America's Credit Unions](#)
- [Cooperative Center Federal Credit Union](#)

**[Community Bank of the Bay](#)**: a community bank in Oakland, another great alternative to big corporate banks – this one reinvests in the local community

# News in Berkeley, PSR

## Free Local News

### **The Berkeley Daily Planet**

[www.berkeleydailyplanet.com](http://www.berkeleydailyplanet.com)

focuses on local news in Berkeley and Oakland.

### **The East Bay Express**

[www.eastbayexpress.com/ebx/Home](http://www.eastbayexpress.com/ebx/Home)

focuses on the arts and dining in Berkeley and Oakland.

### **The Daily Californian**

[www.dailycal.org](http://www.dailycal.org)

A campus student-run newspaper, available throughout the UC Berkeley campus.

### **The Berkeleyan**

[www.berkeley.edu/news/berkeleyan](http://www.berkeley.edu/news/berkeleyan)

campus faculty and staff weekly newspaper

### **The Berkeley Public Library**

[www.berkeleypubliclibrary.org/index.php](http://www.berkeleypubliclibrary.org/index.php)

### **The SF Bay Guardian**

is a free alternative newspaper published weekly in San Francisco.

[www.sfbg.com/](http://www.sfbg.com/)

**KPFA 94.1 FM**, [www.kpfa.org/](http://www.kpfa.org/) is a Berkeley-based radio station, and was the first community-supported radio station in the U.S. Their programs include news, interviews, review and an ongoing drama, literature and performance series. They play a lot of world music and a mix of eclectic sounds. The staff is unpaid community volunteers.

**KQED 88.5 FM**, [www.kqed.org/](http://www.kqed.org/) is a public radio station for northern California.

**KALW 91.7 FM**, [www.kalw.org/](http://www.kalw.org/) is a local public radio in San Francisco.

## PSR News

[www.psr.edu](http://www.psr.edu)

News from PSR Communications Office about PSR.

## PSR Weekly Calendar

This calendar is sent out once a week to your PSR email account during the fall and springs semester. It will list institutional announcements, events at PSR- GTU and events students are involved outside PSR.

## PSR Students' Logos Newsletter

[www.psr.edu/logos-monthly-psr-newsletter](http://www.psr.edu/logos-monthly-psr-newsletter)

Newsletter created by PSR students for the PSR community (8 issues during the school year).

# Shopping for Furniture ([www.yelp.com](http://www.yelp.com) for customer reviews)

| New   |  | Used  |   |
|---|--|---|---|
| <b>Ikea</b><br><a href="http://www.ikea.com">www.ikea.com</a><br>4400 Shellmound St.<br>Emeryville, CA<br>(510) 420-4532  | Inexpensive and modern Scandinavian-style furniture that you can order online                        | Rummage, Garage or Moving Sales   | People sell used (and sometimes new) items in front of their house or apartment building at a reasonably affordable price. Sellers usually announce their garage sales by posting signs around town or on Craigslist. |
| <b>Target</b> <a href="http://www.target.com">www.target.com</a><br>1057 Eastshore Hwy<br>Albany, CA 94710 (510) 982-0512 | Major retail store selling inexpensive household items and furniture.                                | <b>Craigslist</b><br><a href="http://www.craigslist.org">www.craigslist.org</a>   | Search under San Francisco – East Bay for items in the local area. You will likely have to pick up the items yourself.  |
| <b>Futon Emporium</b><br>811 University Ave<br>Berkeley, CA 94710<br>(510) 644-2311                                       | Futons are great for students; they can be converted from sofas into beds and are easy to transport. | <b>The Goodwill Store</b><br>2058 University Ave<br>Berkeley CA 94704<br>(510) 649-1287   | Cheap stuff! Be creative!   |
| <b>Unique Images</b><br>2001 University Ave<br>Berkeley, CA<br>(510) 548-9123   | Sells an interesting collection of modern urban-style furniture near the UCB campus.                 | <b>Thrift Town</b><br><a href="http://www.thrifttown.com">www.thrifttown.com</a><br>2101 Mission Street,<br>San Francisco, CA<br>(415) 861-1132         | A big selection of many kinds of used items including furniture.  |
| <b>American Home Furnishings</b><br>11425 San Pablo Ave<br>El Cerrito, CA 94530<br>(510)215-5034                          | A large inventory of quality furnishings at a reasonable price. They will deliver your purchases.    | <b>Urban Ore Ecopark</b><br><a href="http://urbanore.ypguides.net">http://urbanore.ypguides.net</a><br>900 Murray St Berkeley,<br>CA 94710 510-841-7283 | Serves two functions: a disposal service for people to let go of unwanted but still-useful goods, and a retail store where other people can find things they want at a low price.                                     |

## Freecycle

[www.freecycle.org/](http://www.freecycle.org/)

It's a grassroots and entirely nonprofit movement of people who are giving (& getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by a local volunteer (them's good people). Membership is free. To sign up, find your community by entering it into the search box. [http://groups.yahoo.com/group/Berkeley\\_CA\\_Freecycle/](http://groups.yahoo.com/group/Berkeley_CA_Freecycle/)

## Transporting Furniture If You Don't Own a Car

Many furniture stores will deliver items for a fee. The fee can be minimal—or it can be a major percentage of the total cost, so be sure to ask before making your decision.

OR rent a **U-Haul Truck** [www.uhaul.com](http://www.uhaul.com)

## Household Items

There are a number of discount stores that sell a wide range of general household supplies, small appliances and hardware near the UCB campus:

**Target** [www.target.com](http://www.target.com)

1057 Eastshore Hwy Albany, CA  
94710 (510) 982-0512

**Costco** [www.costco.com](http://www.costco.com)

4801 Central Ave,  
Richmond, CA  
(510) 898-2000

**Ross** [www.rossstores.com](http://www.rossstores.com)

2000 El Cerrito Plaza  
El Cerrito, CA  
(510) 528-0640

**Wal-Mart** [www.walmart.com](http://www.walmart.com)

1400 Hilltop Mall Road  
Richmond, CA 94806  
(510) 669-1342

**Bed, Bath and Beyond**

[www.bedbathandbeyond.com](http://www.bedbathandbeyond.com)  
6000 El; Cerrito Plaza  
El Cerrito, CA 94520

**Ace Hardware**

2145 University Ave  
Berkeley, CA 94704  
(510) 845-0410

## Discount Clothing Stores

**Marshall's**

[www.marshallsonline.com](http://www.marshallsonline.com)

10759 San Pablo Ave.  
El Cerrito, CA 94530  
Phone: 510-527-5668

**H&M**

[www.hm.com/us](http://www.hm.com/us)

5630 Bay Street, California,  
Emeryville, CA 94608  
(510) 547-2274

**Ross**

[www.rossstores.com/](http://www.rossstores.com/)

2000 El Cerrito Plaza  
El Cerrito, CA  
(510) 528-0640

**Kohl's**

[www.kohls.com](http://www.kohls.com)

2201 S. Shore Center  
Alameda, CA 94501  
(510)263-0308

**Old Navy**

[www.oldnavy.com](http://www.oldnavy.com)

5625 Bay St Emeryville,  
CA 94608-2407  
Phone: (510) 595-8729

## Stores with Things Religious

**Sagrada Sacred Arts**

[www.sagrada.com/](http://www.sagrada.com/)

"Serving People of All Faiths" since 1994  
4926 Telegraph Ave. Oakland, CA 94609  
(510) 653-7196

**Veil Between Heaven & Earth**

[www.veilbetween.com/welcome/](http://www.veilbetween.com/welcome/)

1862 Euclid Ave. *(1 block away)*

## Shopping Malls

### **Pacific East Mall / Ranch 99 Supermarket**

[www.99ranch.com](http://www.99ranch.com)

One of the best Asian markets in the area – the Ranch 99 Supermarket, as well as the incredible Pho Saigon restaurant, delectable Asian bakery goods, a karaoke lounge, hair salons, cafes and many other stores and specialty shops.

3288 Pierce Street  
Richmond, CA 94804  
(510) 769-8899

### **Hilltop Mall**

[www.simon.com/mall](http://www.simon.com/mall)

Indoor mall connected to a Wal-Mart store, about a 15-minute drive from campus.

2500 Hilltop Mall Road  
Richmond, CA 94806  
(510) 223-1933

### **Bay Street Emeryville**

Bay Street is home to more than 65 shops, 10 restaurants, a 16-screen AMC theatre and over 1,000 residents who live in the 400 residential units.

5616 Bay Street  
Emeryville, CA 94606  
(510)655-4002

### **Westfield San Francisco Center**

[www.westfield.com/sanfrancisco](http://www.westfield.com/sanfrancisco)

Upscale shopping; designer stores and a movie theatre in a gorgeous new facility in downtown SF.

865 Market Street  
San Francisco, CA 94103  
(415) 243-8500

### **Broadway Plaza Shopping Center**

Outdoor suburban mall with an assortment of stores and restaurants spread over several blocks. A little far from campus, but a nice change of pace from the urban setting of Berkeley.

1275 Broadway Plaza  
Walnut Creek, CA 94596  
(925) 939-7600

## Boutiques and Retail Stores

There are many small, privately-owned boutiques and retail stores located along College Boulevard, Telegraph Avenue, Solano Avenue [www.solanoavenueassn.org](http://www.solanoavenueassn.org) and Fourth Street [www.fourthstreet.com](http://www.fourthstreet.com). Of course, shopping in San Francisco's many neighborhoods is an adventure in itself! Take a friend and go for a morning stroll and lunch at any of the cafes or restaurants along the way. You may also want to visit Oakland Chinatown [www.oaklandchinatownchamber.org/index.html](http://www.oaklandchinatownchamber.org/index.html). The hub of Chinatown is the Pacific Renaissance Plaza, a multi-story residential and commercial complex, which features two levels of shops, restaurants and Asian library.

# Grocery Stores ([www.yelp.com](http://www.yelp.com) for customer reviews)

## **Lucky**

[www.luckysupermarkets.com](http://www.luckysupermarkets.com)

1000 El Cerrito Plaza

(510)524-7282

(locations throughout California—check web site for location near you)

## **Berkeley Bowl** (2 locations)

[www.berkeleybowl.com](http://www.berkeleybowl.com)

2020 Oregon St

Berkeley, CA 94703

(510) 843-6929

920 Heinz Street

Berkeley, CA 94710

(510) 898-9555

## **Safeway** (*\*walking distance*)

<http://shop.safeway.com/superstore>

1444 Shattuck Place

Berkeley, CA 94709

510-526-3086

(locations throughout California—check web site for location near you)

## **Andronico's** (*\*walking distance*)

[www.andronicos.com](http://www.andronicos.com)

Upscale grocery store with higher prices, higher quality, more exotic selections, and bright, spacious presentation, fewer total items, and smaller square footage than the major popular priced markets.

1550 Shattuck Avenue Berkeley, CA 94709

(510) 841-7942

## **Ranch 99**

[www.99ranch.com](http://www.99ranch.com)

Serves the pan-Asian population by providing hometown flavors and shopping experience.

3288 Pierce Street

Richmond, CA 94804

(510) 769-8899

## **Trader Joe's** (*\*walking distance*)

[www.traderjoes.com](http://www.traderjoes.com)

Products sold include gourmet foods, organic foods, vegetarian food, unusual frozen foods,

imported foods, kosher foods, domestic and imported wine, and basics like bread, cereal, eggs, dairy, coffee and produce as well as some non-food items. Customers rave about their products and are very dedicated. Shopping at TJ's always requires plenty of time—the lines are long and stores are crowded, but worth it.

1885 University Ave. (cross St.—MLK Way)

Berkeley, CA 94703

(510) 204-9074

## **Whole Foods Market**

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

The Whole Foods Market specializes in natural and organic foods. Their prices tend to cost a little more than the standard supermarket fare. A great place to find “health food” items and vegetarian meals.

3000 Telegraph Avenue

Berkeley, CA 94705

(510) 649-1333

## **Costco**

[www.costco.com/](http://www.costco.com/)

Costco is a discount warehouse that sells many different products. They also have food at greatly reduced prices. You must buy a membership to shop at Costco and enjoy the savings. See it for yourself.

4801 Central Avenue

Richmond, California 94804

(510) 898-2003

## **The Natural Grocery Company**

[www.naturalgrocery.com/](http://www.naturalgrocery.com/)

This small, local store is overflowing with healthy selections. The produce department features all organic fruits, vegetables and herbs and the meat department is all natural. Grind your own peanuts at the store for fresh, homemade peanut butter!

1336 Gilman Street

Berkeley, CA 94706

510-526-115

## Produce Markets

A produce market specializes in fresh fruits and vegetables. They also carry a wide range of other items; the quantity and selection varies from store-to-store. Produce markets are generally less expensive than supermarkets.

### Monterey Market

[www.montereymarket.com](http://www.montereymarket.com)

1550 Hopkins St.  
Berkeley, CA 94707  
510-526-6042

### Produce Center

<http://shopinberkeley.com/p/producecenter/index.php>

1500 Shattuck Avenue  
510-548-0565

## Farmer's Markets

Farmer's markets are outdoor, temporary markets set up on certain streets on certain times of the week where local farmers sell their goods. You can often find organic foods here. There are farmer's markets in every city. You may also find small fruit and vegetable stands along highways or other roadsides.

### North Shattuck (Berkeley)

Organic Farmers' Markets

[www.cafarmersmarkets.com](http://www.cafarmersmarkets.com)

Tuesdays, 2-7pm at Derby & Martin Luther King  
Thursdays, 3-7pm at Shattuck Ave. & Rose St.  
Saturdays, Center & Shattuck 10-2pm

### Oakland Chinatown Market

[www.oaklandchinatownchamber.org/index.html](http://www.oaklandchinatownchamber.org/index.html)

Oakland Chinatown's open-air markets display everything from live fish to imported ceramics. Chinatown is located in downtown Oakland between Broadway to the west, Interstate 880 to the south, Oak Street and Laney College to the east, and 12th Street to the north.

### El Cerrito Plaza Farmers Market

[www.elcerritoplaza.com/farmers\\_market.htm](http://www.elcerritoplaza.com/farmers_market.htm)

Tuesdays and Saturdays 8am-1pm

## Organic Food delivery services

Community Supported Agriculture Boxes:

**Full Belly Farm:** [www.fullbellyfarm.com/eastbay.html](http://www.fullbellyfarm.com/eastbay.html)

**Terra Firma Farm:** <http://terrafirmafarm.com/csa.html>

**Eatwell Farm:** <http://eatwell.com/new-members/>

**Organic-Now:** [www.organic-now.net/index.html](http://www.organic-now.net/index.html)

**Albert & Eve:** [www.alberteve.com/default.asp](http://www.alberteve.com/default.asp)

General Organic Food Delivery:

**Spud:** [www.spud.com/about/whatsnew.cfm?msg=0#Logme](http://www.spud.com/about/whatsnew.cfm?msg=0#Logme)

**Planet Organics:** [www.planetorganics.com/organic-delivery.html](http://www.planetorganics.com/organic-delivery.html)

**A community-supported cooperative:** Three Stone Hearth: [www.threestonehearth.com/](http://www.threestonehearth.com/)

## Pharmacies / Drugstores

### Walgreens

[www.walgreens.com](http://www.walgreens.com)

2310 Telegraph Avenue  
Berkeley, CA 94704  
(510) 848-5121

### Longs Drugs

[www.CVS.com](http://www.CVS.com)

1451 Shattuck Avenue,  
Berkeley, CA  
(510) 849-0832

### CVS Pharmacies

[www.CVS.com](http://www.CVS.com)

2300 Shattuck Avenue  
Berkeley, CA 94704  
510-549-4250

# Public Transportation

General Transit Info & Trip Planner: <http://transit.511.org/>

## Public Transportation

While at Berkeley, you will likely use three main modes of transportation: BART, buses and shuttles. Taxis are more expensive and not frequently used by students or scholars. For longer journeys, you may choose to ride the train or rent a car on your own. Described below are more details about each mode of transportation.

### Bay Area Rapid Transit System (BART)

[www.bart.gov](http://www.bart.gov)

BART is a local light rail / subway system that serves the entire Bay Area. Stops include San Francisco Airport (SFO), downtown San Francisco, Oakland, Berkeley, Fremont, Richmond, and Concord. BART runs seven days a week. Fares vary according to the distance to be traveled. When you enter a BART station, you must buy your ticket from a ticket machine before boarding. You will receive a small card which you will then insert into a machine marked "enter." Remember to keep it until you arrive at your destination. When you leave the BART station, you insert the card again in the machine marked "exit." If there is any money left on your card, the card will be returned to you, otherwise, the machine will keep it. Children 12 years old and under are eligible for special discount tickets available at BART stations. No monthly passes are available but you may buy prepaid cards (\$45-\$60). The Downtown Berkeley BART station is *12-15 minute walk from PSR*.

### Alameda County (AC) Transit Bus System

[www.actransit.org](http://www.actransit.org)

The Alameda-Contra Costa Transit District is the third-largest public bus system in California, serving Berkeley, Albany, El Cerrito, Oakland and Kensington. AC Transit buses run through the UCB campus and also carry passengers across the Bay into San Francisco.

### Taxis

[www.bayareayellowcab.com](http://www.bayareayellowcab.com)

Although you can find taxis available near most BART stations (on Shattuck and Center Street), the best way to get service is to make a reservation in advance or call 15- 20 minutes before you want to be picked up. Taxis don't run as often in Berkeley as they might in other big cities, so you may have to wait if you don't have a reservation. Taxis can be expensive, thus are not a popular mode of transportation for students.

### Greyhound Bus System

[www.greyhound.com/home/](http://www.greyhound.com/home/)

Greyhound is the largest provider of intercity bus transportation, serving more than 2,300 destinations with 13,000 daily departures across North America. It provides regularly scheduled passenger service and its "Greyhound Travel Services" unit offers charter packages for businesses, conventions, schools and other groups at competitive rates. Nearest bus terminals include:

#### Oakland Station

2103 San Pablo Ave  
Oakland, Ca 94612  
510-832-4730

#### San Francisco Station

425 Mission  
Transbay Station Floor 3  
San Francisco, Ca 94105  
415-495-1569

# Public Transportation (cont'd) / Car Share & Rental

## **Caltrain**

[www.caltrain.com](http://www.caltrain.com)

A commuter train that runs daily from San Francisco to San Jose, stopping at many cities along the way.

## **AMTRAK Trains**

[www.amtrak.com](http://www.amtrak.com)

Amtrak is the largest passenger rail company operating in the United States. With more than 500 station stops in 46 states, Amtrak makes it easy for you to go where you want. Although it's not the fastest way to travel, it is a great way to see the country and relax while someone else drives! You can reserve a sleeper car for overnight trips, or just take a day trip along the California coast on the Coast Starlight where the scenery is unsurpassed. You can purchase tickets online or at the station. There is an Amtrak station in Berkeley and in Emeryville, Use their helpful web site to plan your trip.

## **Car Share Programs**

Car-sharing is a neighborhood-based transportation service that allows people to use a car when needed, without the costs and responsibilities of ownership. Cars of various sizes are kept in small parking lots all over a city. Members make reservations on-line or via a toll-free phone number, walk to the closest car access it using an electronic key and drive off. They are billed at the end of each month based on usage. Car share programs come in many forms. Two of the most well-known programs in the Bay Area are:

**Zip Car** [www.zipcar.com](http://www.zipcar.com)

**City Care Share** [www.citycarshare.org](http://www.citycarshare.org) \*For student discounts, show your current PSR- ID/library card with validation sticker and a driver's license.

## **Rental Cars**

There are many rental car agencies located within the Oakland and San Francisco Airport as well as other locations around the city. However, on most rentals the minimum age is 25 (or in some cases, 21 with an additional fees) and you must have a valid driver's license. Each rental agency has its own policies regarding what is acceptable proof of a driver's license, so it's best to check their web site in advance. Go to the airport web site listed previously in this Guide and click on "Ground Transportation" for links to all the rental car agencies. The closest car rental agency to PSR is *Enterprise* located in 1990 Oxford St., Berkeley, CA 94704, which is about 5 blocks away from PSR.

# Car Registration & Bicycles

## Car Registration

You must register your car with the state within twenty days if you brought it with you from another state and within thirty days if you purchase it in California. Failure to do so can result in a penalty and other legal difficulties. Registration can be accomplished at the DMV. If your car does not have a California emissions control system, you may have to pay \$300 in fees or have your car retrofitted. Your car may also have to undergo a smog control test. This will cost about \$100. The test can be done at most gas stations, but look for an official "Emissions Control" sign. Don't panic if your car fails the first time. You may only need a tune-up. Consult the Vehicle Registration booklet which you can download from the DMV website for registration fees at [www.dmv.ca.gov/vr/vr.htm](http://www.dmv.ca.gov/vr/vr.htm)

## Parking in the City of Berkeley

You can park on Berkeley neighborhood streets for two-hour periods as long as there are no restricted parking signs posted. If you live in the city of Berkeley, you can purchase a residential parking permit which allows you to leave your car on the street for up to 72 hours at a time. To apply for a residential permit in Berkeley, see the City of Berkeley web site at [www.ci.berkeley.ca.us](http://www.ci.berkeley.ca.us) and search under "Parking." Parking spaces near the UC Berkeley campus are very difficult to find.

Read carefully the street signs for parking limits and street cleaning times. Failure to obey these signs or parking in illegal spaces will result in parking citation fees of \$30 and up. For parking rules and regulations, read the California Driver's Handbook available [www.dmv.ca.gov/pubs/dl600.pdf](http://www.dmv.ca.gov/pubs/dl600.pdf)

## Bicycles

Owning a bicycle to get around on campus is a good investment. Due to the population density and the resultant traffic congestion, riding a bike is often a faster mode of transportation than a car!

A person under 18 years of age is required by California state law to wear a properly fitted and fastened bicycle helmet to operate a bicycle, or ride upon a bicycle as a passenger. Bicycle theft is the most common crime in Berkeley. Thieves will also take bicycle parts (such as seats, wheels, accessories) if they are not locked up. The higher quality "U"-shaped locks have proven to be the most effective. You may actually need two or

more locks, depending on where you park and what accessories you have on your bike.

## Buying Used Bikes

Shop for used bicycles at garage sales, bicycle shops and through Craigslist (garage sales are listed on Craigslist as well). Not all bicycle shops carry used bikes; the following used bike shops are located in Berkeley:

### Karim Cycle

[www.teamkarim.com](http://www.teamkarim.com)

2800 Telegraph Ave.

Berkeley, CA 94705 (510) 841-2181

### Bent Spoke (no web site)

6124 Telegraph Ave. Oakland, CA 94609

(510) 652-3089

### Recycle Bicycle Shop

<http://recyclebicycleshop.com/>

3121 Sacramento St.

Berkeley, CA 94702

510-666-1022

## Bicycle Registration

The UC Police department offers FREE bicycle licensing services to campus affiliates once a week on upper Sproul Plaza. Each semester a new schedule will be posted. UCPD will not be offering any more bike licensing for the rest of the summer 2008. UCPD will begin offering Bike Licensing during the beginning of welcome week and the fall semester.

<http://pt.berkeley.edu/around/bike/info#license>

At UC Berkeley and in the City of Berkeley, bicycles are required to have a California Bicycle License. If the UCPD stops you while riding a bicycle without a valid license, you could be subject to citation. Additionally, licensing your bicycle increases the likelihood of recovery in case of theft. A new license is valid for three years. Renewals, also available, are valid for up to three years.

Licensing may be done at the following location:

*University of California at Berkeley*

*2150 Kittredge Street, between Shattuck and Fulton Streets, one block from Bancroft; next to the Touchless Car Wash.*

*The customer service lobby is on the first floor. (510) 643-7701.*

# Family Resources: Spouses / Partners

## Spouses / Partners

If your partner/spouse accompanies you during your stay at PSR, you will need unique services and resources to help your spouse feel at home. Living in one of the PSR housing units is a good way to find community and supportive resources. Listed below are some common topics of interest for partner/spouses of PSR students:

### **Auditing a Class at PSR**

Spouses (domestic partners, husbands, wives) of PSR students may be eligible to audit up to one course in the consortium for free per semester for every semester that the PSR student is registered at 9.0 units or more. To do this, spouses should fill out an Audit Application at the PSR website <http://www.psr.edu/auditing-courses>.

### **Connecting with PSR Community Events through Weekly Calendar**

There are many community events organized by students and by the Community Life Office that partners/spouses can participate in. The best way for partners/spouses to get connected is through the Weekly Calendar, which is sent weekly thru email during the school year (September to May). With your spouse' permission, please send a note stating a request to have your spouse' email address to be included in the Weekly Calendar email list. In the end of August, this note should be sent to [weeklycalendar@psr.edu](mailto:weeklycalendar@psr.edu).

### **Joining the "Significant Others of Students Group" & other Student Interest/Support Groups**

There are many student groups that your partner-spouse can get involved with, including "PSR Significant Others of Students." For contacts and meeting times, go to [www.psr.edu/student-groups](http://www.psr.edu/student-groups).

### **Recommended book**

Committed relationships take work, and a partner attending grad school can put stress in the relationship. For relationship maintenance,

please check out the book, *"The Seven Principles for Making Marriage Work,"* by John M. Gottman.

### **Employment**

Some student's partner-spouses work in PSR and/or GTU. PSR job listing is available online: [www.psr.edu/working-psr](http://www.psr.edu/working-psr). Current job postings are available in a bulletin board next to the PSR housing office in the 1<sup>st</sup> floor of Holbrook.

Other job listings include:

**Craigslist** [www.craigslist.com](http://www.craigslist.com)

**Monster.com** [www.monster.com](http://www.monster.com)

**Bay Area Jobs** [www.bajobs.com](http://www.bajobs.com)

**Kelly Services (Temp Agency)**

[www.kellyservices.com](http://www.kellyservices.com)

**San Francisco Chronicle**

[www.sfgate.com/jobs](http://www.sfgate.com/jobs)

### **Unpaid or Volunteer Work**

Unpaid or volunteer work may be a good alternative, especially for international student spouses who are not eligible for paid employment. As a volunteer, your spouse can gain experience and become a part of the community. There are a few online organizations such as Volunteer Match [www.volunteermatch.org](http://www.volunteermatch.org) that can help you find something in the Bay Area. However, the best way to find opportunities is simply to ask people who work in places of interest to your spouse. Some ideas include: Hospitals, Libraries, Public or Private Schools, Senior Centers, Museums, Zoos or Animal Shelters, to name just a few.

# Family Resources: Parents & Children

## Resources for Parents

**UC Berkeley Parents Network** <http://parents.berkeley.edu/>.

A great web site to find information related to children, parenting, families and a wide variety of other topics related to living in the Bay Area. This web site contains thousands of pages of recommendations and advice contributed by members of the Berkeley Parents Network, a parent-to-parent email network for the community of parents in the Berkeley, California area. Since 1993, this network has been run by a group of volunteer parents who send out email newsletters each week to local parents. You can subscribe to their email newsletter or just browse their index of subjects at the web link provided above.

**Parent's Press Magazine** [www.parentspress.com/index.html](http://www.parentspress.com/index.html).

This free, local newspaper is available at most supermarkets, public libraries and other places that cater to children (and online, too). It has a section every month on fun things to do with the kids and provides a lot of useful information about living in the Bay Area.

## Childcare

**Bananas Child Care Information and Referral Service** [www.bananasinc.org](http://www.bananasinc.org)

Bananas is a community-based service for finding either regular daily care or the occasional babysitter.

**Childcare at PSR:** Many PSR & GTU parents collaborate and share /trade child care.

## Education for Children

All children in California between the ages of 6 and 18 are required to be registered in and attending school. Your children will be required to have certain medical exams before entering school. The quality of schools in the Bay Area varies considerably from one school to another. To help your children make a smooth transition into their new school, read as much as you can about how the school systems works and what you can expect. Some helpful web sites for general information include:

- **Info USA** <http://usinfo.state.gov/infousa>
- **The U.S. Department of Education** <http://www.ed.gov>
- **Great Schools** [www.greatschools.net/](http://www.greatschools.net/)

# Family Resources: Public Schools

## Public Schools

In the U.S., all children are eligible for free elementary and secondary education provided by the local public school district in the city where you reside. In light of that, you may want to choose where to live based on the school district serving that area. Many schools offer after-school programs that provide homework assistance and organized activities. English as a Second Language (ESL) instruction is offered at many public schools. For information on how to get your child enrolled in public school, contact the appropriate school district for your city of residence:

### Albany Unified School District

<http://ausd.ca.schoolloop.com/>

### Berkeley Unified School District

[www.berkeley.k12.ca.us/](http://www.berkeley.k12.ca.us/)

### Oakland Unified School District

<http://webportal.ousd.k12.ca.us/Default.aspx>

**West Contra Costa Unified School District** (El Cerrito/Richmond) [www.wccusd.k12.ca.us](http://www.wccusd.k12.ca.us)

## Private and Parochial Schools

Private and parochial (religious) schools also educate a large percentage of the Bay Area's students, but are often filled quite early and charge tuition. It is advisable to arrange a visit to find the school that best suits your child's needs. A comprehensive list can be found at [www.baprivateschools.com/alameda.htm](http://www.baprivateschools.com/alameda.htm).

## Homeschooling

Homeschooling is a legal option in California and has recently become more popular. There are many ways to home school your children, but it's important that you do research to make sure you are complying with state laws. The California Homeschool Association web site is a good place to learn more about this type of education at: [www.hsc.org/home.html](http://www.hsc.org/home.html)

## U.S. Educational Structure

### Preschools (Ages 2.5 - 5)

Pre-school is not mandatory and therefore most of them are privately-owned. You do not need to reserve a space in a preschool prior to your arrival, although spaces at some of the better schools fill up quickly. Before choosing a preschool for your child, visit several to decide where your child would feel most comfortable. Fees range from approximately \$375/month (part time) to \$1200/month (full time). Most preschools require children to be toilet trained. State law requires a nap or resting period for all children in pre-school. See the above links to UCB early childcare programs and Bananas Referral Service to find out what programs are available in your area.

### Kindergarten (Age 5 or 6)

Kindergarten is the first level of elementary school. It usually runs for a half day only — either in the mornings or afternoons. To enter kindergarten in the public school system, your child must be 5 years old by December 1st to start school in September of the same year. Some private schools require that your child be 5 years old by September 5th or October 10th to begin school in September of the same year. Many schools require certain immunizations before the child can begin school. Bring copies of your child's medical records to the U.S. for this purpose.

### Elementary School (Ages 6-11)

Elementary school includes Kindergarten through 5th grade.

### Secondary School (Ages 11-18)

Secondary Schools include Middle School for grades 6, 7 and 8 and High School for grades 9, 10, 11 and 12. In the public school system, Elementary, Middle Schools and High Schools may not necessarily be near each other geographically. Many private schools include grades K-8, but there are other configurations depending on the school.

# Family Resources (cont'd)

## Family Legal Matters

It is important that you know some of the laws designed to protect children in the U.S. Violation of some laws may result in payment of a fine, others may result in arrest.

### Car Safety Seats

California law requires that anyone riding in a moving car must be wearing a seat belts. Children must be secured in an appropriate child passenger restraint (safety seat or booster seat) until they are at least 6 years old or weigh at least 60 pounds. Infants under 20 lbs. must be secured in a rear-facing car seat.

### Unattended Children

There are strict laws about leaving very young children alone, either in cars, in public, or at home. The law states that it is a crime to leave anyone in a car who is incapable of getting out without help. These laws stem from cases where young children have died from being left in cars with closed windows in warm weather. In addition, it is considered "child neglect" to leave very young children unattended (such as outside of a restaurant) or home alone. It is better to awaken a sleeping child than to risk their possible harm, and/or face arrest.

### Kids and the Law: An A- to-Z Guide for Parents

Published by the California Bar Association [www.calbar.ca.gov/LinkClick.aspx?fileticket=R-Pd4l3wKxs%3d&tabid=1331](http://www.calbar.ca.gov/LinkClick.aspx?fileticket=R-Pd4l3wKxs%3d&tabid=1331). This booklet is designed to give you a basic overview of some of the laws that apply to children—laws created, in many instances, to help safeguard your youngsters at school, in part-time jobs and at play. This

updated version of the guide can also help you understand your rights and responsibilities as a parent and assist you in answering your children's questions about the law.

### Intimate Partner Violence

Intimate partner violence and emotional abuse are behaviors used by one person in a relationship to control the other. Violence can be criminal and includes physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuse are not criminal behaviors, they are forms of abuse and can lead to criminal violence. Although both men and women can be abused, most victims are women (see Resources below for suggestions on where to find help).

### Child Abuse

Child abuse is a very serious crime in the U.S. Child Abuse is defined as any act or failure to act (neglect) on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation or any act which presents an imminent risk of serious harm.

In the U.S., the following people are required by law to report suspected child abuse: Doctors, nurses, dentists, mental health professionals, social workers, teachers, day care workers, and law enforcement personnel.

# Taking Care of Yourself

## PSR's Circles of Care

PSR coordinates systems of care for the community called Circles of Care. This network of support includes the following: (1) PSR Campus Care Network, (2) PSR Campus Pastors, (3) List of Counselors, Therapists, Spiritual Directors, Counseling Centers in the area [this list is compiled by the Office of Community Life]. For a complete info on the circles of care, go to: [www.psr.edu/circles-care](http://www.psr.edu/circles-care).

**NOTE:** Please note that the care resources at PSR, namely, Campus Care Network, and the Campus Pastors, **is not counseling or therapy**. The CCN provides “active listening” or “peer listening;” while the campus pastors provide “pastoral care.” While some level of informal counseling might take place in peer listening or pastoral care, these encounters should not be perceived as counseling or therapy. The campus pastors may help you discern if you need formal counseling/therapy with a professional caregiver.

**Workshop in the Fall:** Wondering what the fuss is about regarding the importance of Spiritual Direction and Counseling/Therapy while attending seminary? The Office of Community Life will lead a workshop in the Fall on: “*Spiritual Direction & Therapy--Tools for Leadership Formation*” (check your emails in the Fall).

## Counseling, Therapy, Spiritual Direction

**Recommendation on Counseling/Therapy:** We suggest that students consider pastoral counseling or psychological counseling as part of their spiritual and leadership formation.

### List of Counselors, Therapists, and Spiritual Directors

[www.psr.edu/campus-resource-list](http://www.psr.edu/campus-resource-list)

### FAQ on Counseling / Therapy

For PSR Community Life's Frequently Asked Questions (FAQ) on Counseling, go to [www.psr.edu/faq](http://www.psr.edu/faq).

### Counseling Centers in the Area

[www.psr.edu/counseling-centers](http://www.psr.edu/counseling-centers)

### What's the difference between spiritual direction, pastoral counseling, and psychological counseling?

|               | Spiritual Direction   | Pastoral Counseling   | Psychological Counseling   |
|---------------|---|---|--|
| GOAL          | To assist a person to discover God acting in his or her life and to facilitate that person's creative, loving response to God; presupposes a certain degree of healthy psychological functioning and a fidelity to daily personal prayer. | In a faith context, to facilitate a person's growth to greater personal integration and freedom of choice through self-knowledge and awareness of God's healing grace.                    | To facilitate a person's growth to greater personal integration and freedom of choice through self-knowledge.                      |
| PROCESS       | In the context of a one-to-one helping relationship, director and directee together attend to and discern the primary relationship and call of God in the directee's life and his or her response to the mystery of grace.                | The therapeutic relationship between counselor and client discerning together the personal meaning of experience in light of faith.   | The therapeutic relationship between counselor and client.   |
| TECHNIQUES    | Interaction between counselor and client, utilizing self-disclosure, support, questions, clarifications, and reflection on patterns of prayer and on the creative, redeeming, and sanctifying action of God.                              | Interaction between counselor and client, utilizing self-disclosure, support, observation, clarification, interpretation, reflection on God's love and forgiveness.                       | Interaction between counselor and client utilizing self-disclosure, observations, support, clarifications, interpretations, etc.   |
| AREA OF FOCUS | Directee's relationship with God as experienced and developed through prayer, life experience, and relationships.   | Client's life experience (past and present), events, thoughts, relationships, feelings, especially areas of pain, family of origin; all these seen as revealing God's call to the client. | Client's life experience (past and present) events, thoughts, relationships, feelings, especially areas of pain; family of origin. |

\*Taken from *The Institute for Living*, Winnetka, IL

# Taking Care of Yourself (cont'd)

## What's the difference between pastoral care and pastoral counseling?

- **Pastoral Care:** refers to a broad and inclusive way of pastoral work that is concerned with the support and nurturance of persons and interpersonal relationships. It includes the everyday expressions of concern that may occur in the midst of pastoring activities and relationships, such as prayer (restoration, enduring), guiding/educating (counsel, advise), reconciling (re-establish broken relationships).
- **Pastoral Counseling:** an extended and structured conversation focused on the needs and concerns of the one seeking help. (\*Definitions taken from *the Dictionary of Pastoral Care and Counseling*)

## Resources for Students in Addiction Recovery

Go to this link: [www.psr.edu/addiction-resource](http://www.psr.edu/addiction-resource)

Seminarians and clergy are not immune to addictions. In the Lenten Chat on “Seminary Life & Substance Use” last spring, PSR Campus Pastor Jim Mitulski pointed out in his talk that when we find ourselves in leadership roles post seminary in churches or nonprofit organizations, the issue of substance use will come up again and again in communities that we serve; or we may find ourselves struggling with use of substances or other types of addictions.

The resources in the link above are provided solely as information. Only students can decide which, if any, of these resources might be helpful to them. Listing comes with no guarantees, promises, recommendations or endorsements. Exclusion from this list does not imply anything either. If a student finds himself/herself struggling with substance use or some type of addiction, finding help which suits him/her best will save time on the recovery journey, and give hope more quickly and be most cost efficient.

## Student Health Insurance

Go to this link: [www.psr.edu/student-health-insurance](http://www.psr.edu/student-health-insurance)

Students taking 9.0 units or more are required to submit to the registrar verification of health insurance coverage to register at PSR.

## Retreat Centers

[www.psr.edu/retreat-centers](http://www.psr.edu/retreat-centers)

## Gyms

- **Cal Rec Center** (for a short description, see p. 38)  
[www.recsports.berkeley.edu/index.aspx](http://www.recsports.berkeley.edu/index.aspx)  
2301 Bancroft Ave., Berkeley (510-642-6400). Membership type for PSR-GTU students: Associated Students. For Associated Student memberships you must sign up in-person, either at the RSF Cashier Station located at the entrance to the Recreational Sports Facility.
- **Berkeley YMCA** (for a short description, see p. 38)  
[www.baymca.org/](http://www.baymca.org/)  
2001 Allston Way, Berkeley (510-848-9622). Financial assistance for membership is available for low-income applicants.
- **24 Hour Fitness**  
[www.24hourfitness.com/non\\_member\\_home.html](http://www.24hourfitness.com/non_member_home.html)  
2072 Addison St (510-548-4653)

## Culture Shock: The Process of Adjustment

### What is it?

Culture shock is the natural reaction to a series of transitions that occur when we are uprooted from our cultural environment and transplanted into a new situation. (While this phenomenon might be true for international students, it will also apply to Americans who [a.] transplant from a cultural context to a different one within the U.S.; [b.] individuals for whom the academic field of theology, humanities, or social sciences is new; [c.] folks who haven't been to school for a long time.) Most of all, culture shock happens when we have lost our social supports (family, friends, classmates, coworkers) and we must begin again in a place where things are unpredictable. While the words "culture shock" imply something immediate, the onset is usually gradual and cumulative.

### How can I avoid it?

Since culture shock is a natural response, your strategy should not be how to avoid it, but instead, how to manage it. Being able to anticipate the feelings you may encounter, and having an understanding of the cycle of adjustment should help minimize much of the difficulty of adjusting to life at PSR in Berkeley. While at times it may be an unpleasant experience to go through, adapting to a new culture provides great opportunities for personal growth and development.

### When will it go away?

Sometimes the symptoms of the hostility stage last just a few days, but more commonly, a few weeks or even months. Your friends may appear to adjust easily while you are suffering miserably. Several different factors, such as your pre-departure expectations, coping skills, and any past experience living overseas can affect the degree to which a person is affected by culture shock, making each individual's experience unique. Also, people often move back and forth between the stages throughout their stay.

### Suggestions for a Smooth Adjustment

- Realize that what you are going through is normal. Remember that the unpleasant feelings are temporary, natural, and are common to any transition that a person makes during their life.
- Be patient and give yourself the time to work through this process.
- Take good care of yourself. Eat well, exercise, learn relaxation and stress reduction techniques.
- Maintain a sense of humor. Be able to laugh at yourself and at the predicaments you get into.
- Resist the temptation to constantly disparage the new culture you find yourself in. Begin to consciously look for logical reasons for anything in the new cultural context that seems strange, confusing, or threatening. There is a reason why people do things differently than people do in your culture of origin.
- Talk to someone about your experiences. Do not be afraid to talk to family, friends, Campus Care Network, Campus Pastors, and the Assistant Dean of Students (see *Circles of Care* on page 33).

## The Stages of Culture Shock

1. **Honeymoon** – When you first arrive, the differences you observe are new, exciting and interesting. You are optimistic and are likely to focus on the positive aspects of your new environment.
2. **Hostility** – As some time passes, the differences that were once interesting have now become obstacles for you to get things done or communicate effectively. You may begin experiencing any of the following feelings or behaviors: • disorientation and confusion • acute homesickness for family, friends and places • loneliness • helplessness • irritability • sadness and depression • frequent frustration • being easily angered • fatigue • withdrawing from friends or other people • self-doubt, sense of failure • recurrent sickness • desire to go home
3. **Recovery and Adjustment** – Gradually, you begin to feel more comfortable in the new culture and are functioning well at work or school. Your confidence builds as you start to adjust to the differences and expand your social network. You are able to view things more objectively and are becoming more flexible.
4. **Reverse Culture Shock** – Do not underestimate the adjustment that will be required when you return home from your sojourn. People go through a similar series of stages upon re-entry to their home culture.

# Taking Care of Yourself (cont'd)

## PSR, GTU, UC Berkeley Campus Safety

PSR, GTU, and UCB are open campuses, situated in the heart of the city of Berkeley. It is a thoroughfare for pedestrians to get from one side of town to the other. As a result, the campus is bustling with people from the community as well as students, faculty and staff. At the perimeter, it is difficult to know where the campus border ends and the city begins. With such an urban setting and high population density, there is bound to be some criminal activity. Since much of the crime that occurs around PSR, GTU and the UCB campus is robbery and theft, there are easy measures you can take to avoid these incidents:

- If you are interested, crime reports are listed on their web site as well at <http://police.berkeley.edu/crimealerts/2008/index.html>.
- Although you can reach emergency services by calling 9-1-1, you will get faster service by calling **510-981-5911** from your cell phone.
- Avoid walking alone at night.
- Use theft prevention strategies:
  - Keep apartment doors/ dorm room doors locked while you are out.
  - Close and lock windows in your home while you are out
  - Do not leave laptops, books, or other valuable items in common areas For example, don't leave valuables on tables while searching for books in the library or at a café while getting your food or drinks. "Professional" thieves are waiting to grab for these opportunities.
  - Walk in well-lit, populated areas and be aware of people and your surroundings

## Earthquake and Emergency Procedures at PSR

Please go to this link: [www.psr.edu/earthquake-and-emergency-procedures](http://www.psr.edu/earthquake-and-emergency-procedures)

### The Alerting and Warning System

The "Alerting and Warning System" (AWS) is a network of warning sirens that warn and inform the UC Berkeley campus community in the event of certain major emergencies such as earthquakes, chemical spills, flooding, power outages, transportation incidents, and other public safety incidents.

Siren testing occurs every first Wednesday of each month at noon. You will be able to hear this loud siren throughout the campus and in Berkeley. If you hear the siren on a test day, you do not need to do anything. The system is simply

being tested for functionality. Follow the campus emergency response procedures :

**1) Shelter** - go inside

**2) Shut** - shut the doors and windows

**3) Listen** - do one of the following three things: call the emergency hotline at 1-800-705-9998, log on to the campus emergency web page, or listen to the campus radio station: KALX, 90.7 FM. Wait for instructions, then follow them.

You may hear these warning sirens in other locations off campus as they are found in nearly every city across the U.S. Follow the same procedures as above.

# Local Arts and Culture

Having fun and getting regular exercise is important for both your physical and mental health while you are in graduate school. The San Francisco Bay Area is full of variety when it comes to recreation. Listed below are a few of our favorite ways to stay in shape both on and off campus. Take a look at these web pages for calendars of art, culture and recreational events in the Bay Area:

## General

### UC Berkeley Events Calendar

[www.berkeley.edu/calendar](http://www.berkeley.edu/calendar)

### Cal Performances

[www.calperfs.berkeley.edu](http://www.calperfs.berkeley.edu)

### SF Chronicle Entertainment

[www.sfgate.com/entertainment](http://www.sfgate.com/entertainment)

### SF Station

[www.sfstation.com](http://www.sfstation.com)

### Berkeley's Convention and Visitor's Bureau

[www.berkeleycvb.com](http://www.berkeleycvb.com)

## Music

### UC Berkeley Music Department

<http://ls.berkeley.edu/dept/music/noon.html>

### San Francisco Symphony

[www.sfsymphony.org](http://www.sfsymphony.org)

### Berkeley Symphony

[www.berkeleysymphony.org](http://www.berkeleysymphony.org)

## Theater

### UCB Theater, Dance and Performance Studies

<http://theater.berkeley.edu>

### Berkeley Repertory Theater

[www.berkeleyrep.org](http://www.berkeleyrep.org)

## Museums

### Asian Art Museum

[www.asianart.org](http://www.asianart.org)

In the San Francisco Civic Center.

### Bay Area Discovery Museum

[www.baykidsmuseum.org](http://www.baykidsmuseum.org)

Children's science museum located in Sausalito.

### Berkeley Art Museum

[www.bampfa.berkeley.edu](http://www.bampfa.berkeley.edu)

Includes the Pacific Film Archive

### California Academy of Sciences

[www.calacademy.org](http://www.calacademy.org)

Aquarium and Natural History Museum

### California State Railroad Museum

[www.csrmf.org](http://www.csrmf.org)

Located in Old Sacramento

### Contemporary Jewish Museum

[www.jmsf.org](http://www.jmsf.org)

Contemporary art, film, music, and more

### de Young Museum

[www.famsf.org/deyoung/index.asp](http://www.famsf.org/deyoung/index.asp)

Art of America, native Americas, Africa, and the Pacific

### Exploratorium

[www.exploratorium.edu](http://www.exploratorium.edu)

Museum of "science, art, and human perception"

### Legion of Honor

[www.famsf.org/legion/index.asp](http://www.famsf.org/legion/index.asp)

Ancient and European art

### Oakland Museum of California

[www.museumca.org](http://www.museumca.org)

Art, history, and natural sciences of California.

### San Francisco Museum of Modern Art (SFMOMA)

[www.sfmoma.org](http://www.sfmoma.org)

A dynamic center for modern & contemp. art

### The Tech Museum of Innovation

[www.thetech.org](http://www.thetech.org)

Technology center in Silicon Valley

### The Walt Disney Family Museum

[www.disney.go.com/disneyatoz/familymuseum/index.html](http://www.disney.go.com/disneyatoz/familymuseum/index.html)

Opened October 1, 2009 in the Presidio, SF

### Yerba Buena Center for the Arts

[www.ybca.org](http://www.ybca.org)

Across the street from SFMOMA in SF.

# Sports and Outdoor Recreation (cont'd)

## Cal Recreational Sports

[www.recsports.berkeley.edu](http://www.recsports.berkeley.edu)

The Cal Rec Club offers an "Associated Students" membership for PSR-GTU students. As a Cal Rec Club member, you have access to cardio equipment; indoor basketball courts, pools, weight rooms, outdoor tracks, tennis, racquetball, handball and squash courts, group exercise classes, Intramural Sports Teams classes such as strength training, dance, Pilate's, sailing, windsurfing, kayaking and personal training. The main facility is called the RSF (Recreational Sports Facility), located on 2301 Bancroft Way.

**YMCA** [www.baymca.org](http://www.baymca.org)

The YMCA is a health club and non-profit community organization that provides fitness classes, child care, family resources, volunteerism, and many other programs for all ages. You must purchase a membership to use their services; ask about the low-income discount on membership prices. The downtown Berkeley YMCA has a wonderful indoor "Kindergym" for young children with a slide, ball pit, bounce house and other play equipment. The Kindergym is a great place for kids to run, climb, jump and explore (good place for birthday parties too!)

The Berkeley YMCA is located in downtown Berkeley at 2001 Allston Way, just one block from Shattuck Avenue. There are YMCAs throughout the city and the country-- check their web site for a location near you.

**East Bay Regional Parks** [www.ebparks.org](http://www.ebparks.org)

East Bay Regional Park District (EBRPD) is a system of beautiful public parks and trails in Alameda and Contra Costa counties. The system encompasses 1,745 square miles on the eastern side of San Francisco Bay. The parks offer many fun programs and activities for such as swimming, boating, horseback riding lessons, hiking, camping, music concerts and more.

**Tilden Park** [www.ebparks.org/parks/tilden](http://www.ebparks.org/parks/tilden)

Tilden is a popular destination for Berkeley students and scholars and their families. Plenty of picnic areas, hiking trails and open fields for

impromptu ball games or sunbathing. Don't miss the Little Farm, the carousel and steam train or the Golf Course and Botanical Garden. Tilden Park is located just up the hill behind the UC Berkeley campus.

**Hiking** [www.bahiker.com](http://www.bahiker.com)

There are over 2,000 miles of hiking trails in the Bay Area, most with breathtaking views. There are a range of challenging excursions for the experienced

to easier hikes for families with children. Nearby hiking spots include Tilden Park, Mount Diablo, and Lafayette Reservoir, just to name a few.

## Lake Swimming

The East Bay Regional Parks system has many options for swimming and other outdoor activities. Many lakes have sandy beaches, lifeguards on-duty and snack bar during the summer months. Hours of operation vary, so it's best to check the web site of the particular park you are planning to visit in advance. Here are some highlights:

**Lake Anza**, Tilden Park-Berkeley

[www.ebparks.org/parks/tilden](http://www.ebparks.org/parks/tilden)

**Lake Temescal**, Oakland hills

[www.ebparks.org/parks/temescal](http://www.ebparks.org/parks/temescal)

**Shadow Cliffs Lake**, Pleasanton

[www.ebparks.org/parks/shadow\\_cliffs](http://www.ebparks.org/parks/shadow_cliffs)

## Public Swimming Pools

There are public pools located in most cities.

Since the weather in the Bay Area is moderate most of the year, some pools stay open all year.

The city of El Cerrito has a nice outdoor pool, and the city of Albany has an indoor pool (currently closed for remodeling). Check the web site of the city where you want to swim for hours and locations.

## UC Berkeley Pools

Cal Recreational Sports operates several outdoor pools on campus available for recreational use.

Only the Strawberry Canyon pool allows children (not open during winter). With membership (see above), you can use the pools for free.

## Public Beaches

The beaches of the San Francisco Bay Area can often be foggy, so even on the warmest days of the year, a chill can usually be felt in the ocean air. Your best beach days will occur during the warmest months of the year- September and October. Not too many people actually go swimming due to the cold water (unless you own a wetsuit), but you can still enjoy beach activities on the shore. Take a jacket along to keep out the cold and an extra blanket just in case.

### Ocean Beach

[www.parksconservancy.org/visit/park-sites/ocean-beach.html](http://www.parksconservancy.org/visit/park-sites/ocean-beach.html)

The largest of the San Francisco beaches, it takes up the entire west side of San Francisco and offers a panoramic view of the Pacific Ocean. It offers approximately five miles of peaceful surf and sand. For people living in The City, it is a pleasant getaway from the rapid pace of city life. It's often foggy and the water is cold, but on a rare hot day, it can be a great escape. This beach is accessible by MUNI train/bus in SF.

### East Beach (commonly known as China Beach)

[http://gocalifornia.about.com/od/casfmenu/p/each\\_china.htm](http://gocalifornia.about.com/od/casfmenu/p/each_china.htm)

Named after the history of Chinese fishermen who camped here in days past. It is located in Pacific Heights, at the intersection of Seacliff and 28th Avenue. This is one of the safest beaches for families with younger children, with shallow waters for the kids to play in and lifeguards on duty during the summer.

### Stinson Beach [www.stinsonbeachonline.com](http://www.stinsonbeachonline.com)

is located in Marin County, about a one-hour drive from Berkeley down Highway 1. The drive itself offer stunning views along winding seaside roads. On your way, stop by to see Muir Woods, home of some of the oldest Redwood trees in California.

**Muir Beach** [www.muirbeach.com](http://www.muirbeach.com) is near Stinson Beach. It's a little smaller and parking is limited, but it's closer than Stinson.

## Cycling

There are many places to ride in the Bay Area. If you are a serious cyclist, join the Cal Cycling Cub [www.2008.calcycling.org](http://www.2008.calcycling.org) . Their website also provides a quick list of some of the more popular routes. Here are a couple of suggested places to ride:

### San Francisco Bay Trail

<http://baytrail.abag.ca.gov/>

Currently, a 290-mile biking and hiking trail. It is also a great place to view wildlife in the Bay, The East Bay section of the Trail extends from Richmond to Hayward. The easiest access point is on University Avenue near the Berkeley Marina. Expansion of the trail to a 500-mile circle around the San Francisco Bay is on-going. Tilden Park/

### Nimitz Trail

[www.ebparks.org/files/EBRPD\\_files/access\\_reports/Nimitz.pdf](http://www.ebparks.org/files/EBRPD_files/access_reports/Nimitz.pdf)

This is a well maintained, wide, 4-mile paved trail that starts out at Inspiration Point off Wildcat Canyon Road in Tilden Park. This trail is great for young children to ride their bikes on.

## Sailing

### Cal Sailing Club: [www.cal-sailing.org](http://www.cal-sailing.org)

The Cal Sailing Club is a non-profit, volunteer-run sailing and windsurfing club that offers lessons, recreation, and free programs for the general public and for summer programs. Located on the south side of the Berkeley Marina, CSC's major activity is teaching sailing and windsurfing safety.

### OCSC Sailing: [www.ocscsailing.com](http://www.ocscsailing.com)

Teaches sailing to enhance people's inextricable link to the ocean, to nature and to each other. Three docks with over 50 boats right on San Francisco Bay, a club room with stunning views, state-of-the-art classrooms, pro shop, gear rental, and professional service department.

# Family Fun for Children of All Ages (cont'd)

*The Bay Area is a vast playground for adults and children alike. There are so many things to do and see, you'll never be bored! Listed below are just a few resources to explore with your family.*

**Public Libraries** A wide range of free programs is available for children such as storytelling, “toddler time” (for younger babies) and films. You can also get a free library card for your child to check out books, videos and music to take home.

## **Berkeley Public Library**

[www.berkeleypubliclibrary.org/children](http://www.berkeleypubliclibrary.org/children)

## **Albany Public Library**

[www.aclibrary.org/branches/alb](http://www.aclibrary.org/branches/alb)

## **Oakland Public Library**

[www.oaklandlibrary.org/](http://www.oaklandlibrary.org/)

## **Lawrence Hall of Science**

[www.lhs.berkeley.edu/lhshome.html](http://www.lhs.berkeley.edu/lhshome.html)

A public science center with exciting hands-on experiences for learners of all ages with on-going exhibits, special events, a planetarium, animal discovery room, classes and camps for kids, and a science-themed gift store. Don't miss their outdoor park with a fabulous view of the San Francisco Bay.

## **Chabot Space & Science Center**

[www.chabotspace.org](http://www.chabotspace.org)

Chabot Space & Science Center seeks to educate students of all ages about Planet Earth and the Universe. It offers an observatory, planetarium, classes, lectures, shows, interactive exhibits, and a natural park setting where a diverse public can imagine and learn science.

## **Cal Recreational Sports/ Youth Programs**

[www.recsports.berkeley.edu](http://www.recsports.berkeley.edu)

This UC Berkeley-based program exposes children to a variety of activities and sports in a supportive environment. Full-day and half-day summer camps keep kids busy and in good shape when school is out. Most activities take place on or near the UCB campus.

## **Parks and Playgrounds**

[www.ci.berkeley.ca.us/DepartmentHome.aspx?id=8506](http://www.ci.berkeley.ca.us/DepartmentHome.aspx?id=8506)

Berkeley has 52 parks located throughout the city that include athletic fields, swimming pools, tennis and basketball courts, as well as numerous playgrounds. Popular parks include the Berkeley Marina, Adventure Playground, Codornices Park, the Virginia-McGee Totland and Tilden Park (see East Bay Regional Parks, above). You are sure to find one near you!

## **The Berkeley Marina**

<http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=3966>

The Berkeley Marina is much more than just a place for boats and fishing. Two fine restaurants provide breathtaking views of the bay. Businesses supporting fishing, diving, sailing, and boarding are available. Outdoor recreation opportunities include the Adventure Playground, the Shorebird Nature Center, an off-leash dog area, kite flying, and a 3,000 foot long pier for fishing or just walking out onto the Bay.

## **Adventure Playground – Berkeley Marina**

[www.ci.berkeley.ca.us/ContentDisplay.aspx?id=8656](http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=8656)

The Adventure Playground at the Berkeley Marina is a wonderfully unique outdoor facility where staff encourage children to play and build creatively. Children can climb on the many unusual kid designed and built forts, boats, and towers. Ride the zip line or hammer, saw, and paint. By providing these low risk activities Adventure Playground creates opportunities for children to learn cooperation, meet physical challenges and gain self confidence. Open Saturday and Sunday, 11- 5pm.

## **Children's Fairyland**

[www.fairyland.org](http://www.fairyland.org)

At Fairyland, children will discover storybook sets, kid-size rides, friendly animals, a reading room, and an arts-and-crafts center. The Storybook Puppet Theater—the longest-running puppet show in the United States—brings classic tales from all over the world to life. Admission fee is only \$7.

# Family Fun for Children of All Ages (cont'd)

## **Golden Gate National Recreation Area**

[www.nps.gov/goga](http://www.nps.gov/goga)

One of the world's largest urban national parks, Golden Gate National Recreation Area hugs the California coastline for nearly 60 miles in and around San Francisco. There are so many things to do, it's impossible to list them here. The most popular places to go include Muir Woods, Alcatraz Island, and Stinson Beach.

## **Golden Gate Park**

[www.golden-gate-park.com](http://www.golden-gate-park.com)

This San Francisco attraction is a large urban park, similar to Central Park in New York. It is the third most visited city park in the United States and contains the California Academy of Sciences, the De Young Museum of Art, the Conservatory of Flowers, a Japanese Tea Garden, and a Botanical Garden and Arboretum. Activities you can find here include Archery (at the Archery Range, biking, boating, roller skating, lawn bowling, Segway tours and listening to live concerts on the Music Concourse.

## **Oakland Zoo**

[www.oaklandzoo.org](http://www.oaklandzoo.org)

The Oakland Zoo is home to more than 440 native and exotic animals. The recently remodeled children's area is designed for up-close views of the animals as well as plenty of play area for kids to run around. Children's exhibits include alligators, river otters, tortoise, pot-bellied pigs, domestic sheep, goats and rabbits, fruit bats, ring-tailed lemurs, and a host of reptiles, amphibians and insects. They also offer special activities and events for young children and their families on an ongoing basis. Don't miss the mini-amusement park adjacent to the zoo with a steam train, merry-go-round, roller coaster and other attractions for younger children.

## **SF Zoo**

[www.sfzoo.org](http://www.sfzoo.org)

The San Francisco Zoo is home to a stunning and important botanical collection as well as more than 250 species of animals, many of which are highly endangered. It also has a recreation area where people can relax and have fun and a bird sanctuary and bird watcher's paradise. There is also a

miniature steam train and carousel ride for the kids. Penguin feeding time is a popular activity.

## **Habitot Children's' Museum**

[www.habitot.org/index.htm](http://www.habitot.org/index.htm)

A hands-on "discovery" museum for young children with exhibits and drop-in art activities designed for infants, toddlers, preschoolers and families. Habitot offers children's classes and camps, preschool field trips, birthday parties, parenting classes and parent support groups.

## **Exploratorium**

[www.exploratorium.edu](http://www.exploratorium.edu)

Housed within the walls of San Francisco's Palace of Fine Arts, the Exploratorium is a collage of hundreds of science, art, and human perception exhibits. In its vast interior, children of all ages can interact with unique machines, experiment with sound, light and texture, and learn about physics in a fun way.

## **Six Flags Discovery Kingdom**

[www.sixflags.com/discoveryKingdom/index.aspx](http://www.sixflags.com/discoveryKingdom/index.aspx)

Six Flags is a chain of amusement parks found throughout the U.S. The Discovery Kingdom park, located in Vallejo (about a 30-minute drive from Berkeley), is based on an animal theme—you can ride roller coasters and see a dolphin show all in one park! They often have promotions and discounts tickets at supermarkets and elsewhere; contact the park for more information.

## **California's Great America Theme Park**

[www.pgathrills.com/index.cfm#actions](http://www.pgathrills.com/index.cfm#actions)

This amusement park has the most thrill rides in Northern California. They also offer rides for young children, live performances, and a water park.

## **Water world**

[www.waterworldcalifornia.com](http://www.waterworldcalifornia.com)

A water with dedicated play areas for little kids, thrill attractions for the young at heart, family attractions almost everyone enjoy, and lots of sunshine in Concord, CA.

## **Gilroy Gardens**

[www.sfbayfun.com/gilroygardens.html](http://www.sfbayfun.com/gilroygardens.html)

A horticultural theme park designed for families with young children and garden lovers.

# Churches in the Bay Area

## How to look for churches

If you are looking for churches in the bay area, please use Google Maps at [www.google.com](http://www.google.com) (specifically, <http://maps.google.com/>). You may search in this format: “[Church denomination] in [location parameters]”

### Examples:

*UCC Church in Berkeley*

*DOC Church in 94709*

*UU Church in bay area*

*Popular churches in the bay area*

## On recommendations for churches you might want to join:

For recommendations, please click on reviews in the google map page, or you may use [www.yelp.com](http://www.yelp.com), or ask people in the PSR/GTU community who have lived in the bay area for a while. If you are interested in churches that have some connection with PSR, you may contact the PSR field ed office, e-mail: [fielded@psr.edu](mailto:fielded@psr.edu)

## Popular churches

A few popular churches you might visit while living in the Bay Area:

**City of Refuge UCC:** A radically inclusive UCC church known for its ministry of restoration and reconciliation. Bishop Yvette Flunder, Founder and Senior Pastor, leads worship services described as 'Bapta-Metho-costal', that is, worship with prayer, preaching and song from the Baptist, Methodist and Pentacostal traditions.

**Mission Bay Community Church:** Presbyterian Church that is attentive to social media and cultural changes on the church (emergent church movement).

**St. Gregory's (of Nyssa) Episcopal Church:** A very artsy, colorful, smells and bells dancing church. This is not your typical Episcopal church; lots of influence from Orthodox Christian tradition.

**Glide Memorial Church, UMC:** Through the leadership of Rev. Cecil Williams, this church has served as a counter-culture rallying point and has been one of the most prominently liberal churches in the United States. The church got featured in the Hollywood film, *In Pursuit of Happiness*, with actor Will Smith.

**Grace Cathedral, Episcopal Church:** An open minded Episcopal church known for its mosaics by De Rosen, a replica of Ghiberti's Gates of Paradise, two labyrinths, varied stained glass windows, Keith Haring AIDS Chapel altarpiece, and medieval and contemporary furnishings, as well as its 44 bell carillon, three organs, and choirs.

# ESL Classes in Berkeley & Oakland

\*This resource is for international students and their families.

## ESL classes in Berkeley

- [English Studies Institute in Berkeley](#): For [dates and fees](#) of offered courses are available on their website. If you choose to take classes at ESI, please inform them that you have been referred by Pacific School of Religion and can qualify for a partial scholarship, a **60% tuition reduction**.
- [Berkeley Adult School](#)

### Free classes (Oakland)

- [Refugee Transitions](#) in Oakland: Click here for more info [on site based ESL classes](#).
- [Lao Family Community](#): Call Christina (510) 533-8850

## WALKING DISTANCE

### **Cordonices Park / Rose Garden (free)**

[www.ci.berkeley.ca.us/ContentDisplay.aspx?id=12118](http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=12118)

Walking distance: uphill on Euclid (7 blocks uphill). Rose Garden and Cordonices Park are next to each other. Cordonices has a kids playground.

### **Ohlone Park (free)**

[www.ci.berkeley.ca.us/ContentDisplay.aspx?id=12716](http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=12716)

Walking distance: on Hearst (9-10 blocks). Ohlone has a 2 playgrounds, and 1 tot playground. Note: 3 blocks away from Totland.

### **Totland (free)**

[www.yelp.com/biz/totland-playground-berkeley](http://www.yelp.com/biz/totland-playground-berkeley)

Walking distance: go down on Virginia (11 blocks). Playground for toddlers.

### **Live Oak Park (free)**

[www.ci.berkeley.ca.us/ContentDisplay.aspx?id=12676](http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=12676)

Walking distance: go on Cedar, turn right on Shattuck (about 10 blocks). Nice creek nearby.

### **Berkeley Public Library (free)**

<http://www.berkeleypubliclibrary.org/children/>

Walking distance to downtown Berkeley: cross street Shattuck and Kittredge (about 10 blocks). Check out readings times for kids. Also, site above has calendar of kids events in Berkeley area.

### **Habitot (\$)**

[www.habitot.org/](http://www.habitot.org/)

Walking distance to downtown Berkeley: cross street Shattuck and Kittredge (10 blocks).

## CAR DRIVE

### **Aquatic Park (free)**

[www.ci.berkeley.ca.us/ContentDisplay.aspx?id=12016](http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=12016)

12 minutes car drive.

### **Adventure Playground at Berkeley Marina (\$)**

<http://www.ci.berkeley.ca.us/contentdisplay.aspx?id=8656>

<http://family.go.com/travel/things-to-do/california/san--francisco/poi-810889-adventure-playground/>

13 minutes car drive to the Berkeley Marina.

### **Lawrence Hall of Science (\$)**

<http://lawrencehallofscience.org/>

7 minutes car drive.

# Kids Playgrounds (cont'd)

## **Botanical Garden (\$)**

<http://botanicalgarden.berkeley.edu/>

6 minutes car drive (same direction as Lawrence Hall of Science). **Note:** First Thursday of each month free.

## **Studio Grow (\$)**

<http://studiogrow.com/berkeley.home.html>

10 minutes car drive.

## **Tilden Park (some free, some \$)**

Farm & Museum (free), Lake Anza (\$), Merry Go Round, Trains (\$)

[www.ebparks.org/parks/tilden](http://www.ebparks.org/parks/tilden)

10-15 minute car drive.

## **Marina Bay Park in Richmond CA (free)**

[www.rcvb-ca.com/marinabay.htm](http://www.rcvb-ca.com/marinabay.htm)

Rosie the Riveter Memorial: [www.ci.richmond.ca.us/index.aspx?NID=603](http://www.ci.richmond.ca.us/index.aspx?NID=603)

Kids Playground: Shipyard Stories Park:

[http://www.kidsplayparks.com/spot\\_kid\\_friendly\\_parks\\_Shipyard\\_Stories\\_Park\\_Richmond\\_CA\\_80674.aspx](http://www.kidsplayparks.com/spot_kid_friendly_parks_Shipyard_Stories_Park_Richmond_CA_80674.aspx)

25 minute car drive. Nice playground, and bike trail by the water. Close to Rosie the Riveter memorial.

## **Sadiedey's Café (\$)**

<http://www.sadiedeyscafe.com/>

15 minute car drive.

## **Fairyland (\$)**

[www.fairyland.org/](http://www.fairyland.org/)

18 minute car drive. Entertainment for kids in the 50's era. It's hard to describe—visit to experience what it's like.

## **Oakland Zoo (\$)**

[www.oaklandzoo.org/site/](http://www.oaklandzoo.org/site/)

25 minute car drive.

## **Pump It Up (\$)**

[www.pumpitupparty.com/](http://www.pumpitupparty.com/)

20 minute car drive. Fun with jumpy houses.

## **Chabot Space & Science Center (\$)**

[www.chabotspace.org/index.htm](http://www.chabotspace.org/index.htm)

25 minute car drive.

# Distance Learners & Connecting w/ PSR Community

Distance students invited to attend at least one orientation at PSR, either in the Fall or Spring, so that they can connect with residential students at PSR. Distance students taking intersession or summer session courses at PSR are strongly encouraged to meet with the Assistant Dean of Students and Community Life to check in about your academic experience, and assess what support you need as a distance student, especially around how you can be connected with the PSR community.