



Welcome !

Dear Students:

I would like to welcome you to the Peralta Community College District (PCCD), consisting of four community colleges -- College of Alameda, Laney College, Merritt College and Berkeley City College.

The Peralta Colleges are accredited by the Western Association of Schools and Colleges, the official accrediting body of institutions of higher learning in the West. Our commitment to providing high-quality instruction and an enriching learning environment has helped many of our international students achieve academic excellence, complete the first two years of their baccalaureate degrees and transfer to top quality state and private universities. Peralta Colleges also offer 2-year Associate and Vocational degrees and Certificate programs. The four Peralta Colleges include:

College of Alameda

California's only community college located on an island. With its beautiful park-like campus, College of Alameda is an ideal location to study various high-quality programs, including Aviation Maintenance Technology, Apparel Design, Dental Assisting and Computer Information Systems.

Laney College

The largest of the four Peralta colleges, Laney College is located in downtown Oakland near beautiful Lake Merritt. Laney College offers Associate degrees and certificate programs in more than thirty vocational, liberal arts and science fields, ranging from Architectural Engineering to Business Administration, and Theater Arts.

Merritt College

Located in the scenic hills of Oakland, Merritt College provides a panoramic view of the San Francisco Bay Area. The campus offers a beautiful and tranquil learning environment where students may pursue studies in many areas, including Administration of Justice, Nursing and Landscape Horticulture.

Berkeley City College

Just minutes from U.C. Berkeley in downtown Berkeley, Berkeley City Community College offers its students the excitement of a thriving college community. Berkeley City College has a variety of academic programs, including International Trade, Biotechnology and Tourism.

Our Peralta student population mirrors the ethnic diversity of the San Francisco Bay Area. Students come from all over the world, bringing with them diverse cultural backgrounds and worldviews, learning and sharing their dreams and aspirations.

My goal is to provide you with the highest quality education and a rewarding life experience as you make yourself at home in the San Francisco/Oakland Bay Area. If you should need assistance, please visit our Office of International & Global Education. I wish you a successful and rewarding stay at Peralta Colleges.

Sincerely,

A handwritten signature in black ink, appearing to read "Jacob Ng", written over a horizontal line.

Dr. Jacob Ng
Associate Vice Chancellor, International Affairs

Acknowledgements

This handbook has been designed to serve as a reference tool to assist you and provide information on a variety of subjects, including immigration-related issues, academic topics and personal matters such as adjustment, social customs, basic needs and other subjects relevant to international students. We hope this information will prove useful to you and help you in your transition as a new student at the Peralta Colleges.

Publication of this handbook was made possible through information provided by various organizations including the San Francisco/Oakland/Berkeley Visitors and Convention Bureaus and NAFSA: Association of International Educators. We would also like to thank the various staff members and student assistants in our office for all of their hard work in developing the handbook.

We have tried to ensure that the information contained in the handbook is accurate and up-to-date. However, prices, telephone numbers and addresses may have changed since the publication of the handbook.

“Let your dreams be your inspiration!

Work hard, play hard, dream hard, and you can make your dreams come true.”

International Affairs Office of International & Global Education

The Office of International & Global Education exists to meet the needs of the Peralta College’s international student population. Support services provided by our office include:

- ✓ Providing international (F-1) student admissions and orientation.
- ✓ Assisting with immigration and visa issues, including visa extensions, employment, practical training and travel.
- ✓ Acting as liaison to United States Immigration and Customs Enforcement (USICE) and United States Citizenship and Immigration Services (USCIS) [formerly known as Immigration and Naturalization Service (INS)].
- ✓ Advising and counseling on academic and personal matters.
- ✓ Assisting students with practical matters such as health insurance, housing and obtaining a social security card and driver license.
- ✓ Assisting with adjustment to U.S. culture and coordinating social activities and trips.

We speak your language!

The office has a multi-lingual staff with language fluency in Cantonese, Vietnamese, Mandarin, and Spanish.

Office of International & Global Education

Brian Delon	Coordinator
Shirley Wilson	Senior Secretary to Associate Vice-Chancellor *Optional Practical Training (OPT) *I-20's
Thomas Clark	International Admissions Specialist *Immigration issues *International student activities
LisaMarie Miramontes	International Student Counselor
Todd Shima	International Student Counselor
Ron McPeak	Senior Clerical Assistant *International Admissions and Advising *Health insurance *Housing

Office of International Affairs

Jacob Ng	Associate Vice Chancellor
Shirley Wilson	Senior Secretary to Associate Vice Chancellor
Drew Gephart	International Student Support Specialist *SEVIS *Off-campus work authorization
Sean Brooke	Director *Student Issues

Contact Information
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333 East 8th Street, Oakland, CA 94606
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Email: globaled@peralta.edu
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Table of Contents

I. MAINTAINING F-1 STATUS	4
II. IMPORTANT DOCUMENTS	7
A. PASSPORT	7
B. VISA	7
C. I-94	7
D. 1-20	7
III. SEVIS	7
IV. SOCIAL SECURITY NUMBER (SSN)	7
V. EMPLOYMENT	7
VI. TRAVEL ABROAD AND RE-ENTRY	8
VII. HELPFUL IMMIGRATION ADVISING RESOURCES	8

SECTION 2 – ACADEMIC MATTERS

I. COLLEGE CATALOG AND CLASS SCHEDULE	9
II. REFUND AND DROPPING CLASSES	9
III. UNITS AND GRADES	9
IV. PROGRAM OF STUDY	9
CERTIFICATES	10
ASSOCIATE DEGREES	10
MAJOR AREAS OF STUDY FOR ASSOCIATE DEGREES AND CERTIFICATES	10
TRANSFER PREPARATION	12
V. TRANSFER PROCEDURE	16
VI. CONCURRENT ENROLLMENT	16
VII. EXTENSION OF PROGRAM OF STUDY	16
VIII. TIPS FOR SUCCESS IN COLLEGE	16
EARLY CLASS ENROLLMENT	16
CLASS RESPONSIBILITY	16
ASK FOR HELP	16
TIME MANAGEMENT	16
INSTRUCTORS	16
ACTIVE LEARNING	16
LIBRARY	17
IMPROVE SKILLS	17
FELLOW STUDENTS	17
SUPPORT SERVICES	17
STUDY TIME	17
STUDY LOCATION	17
LOOK AHEAD	17
AVOID “CRAMMING”	17
IX. STUDY SKILLS SITES ON THE WORLD WIDE WEB	17

SECTION 3 – PERSONAL AND SOCIAL MATTERS

I. ADJUSTMENT AND SURVIVAL TIPS	18
A. ADJUSTMENT PROCESS IN A NEW CULTURE	18
B. SOME FACTORS IMPORTANT TO SUCCESSFUL INTERCULTURAL ADAPTATION	18
C. DEALING WITH STRESS, DEPRESSION, HOMESICKNESS, LONLINESS AND CULTURAL SHOCK	19
D. CRISIS INTERVENTION AND COUNSELING SERVICES	22
II. SOCIAL CUSTOMS	22
A. U.S. SOCIAL CUSTOMS	22
B. U.S. HOLIDAYS	23
C. RELIGION	24
D. CHARACTERISTIC TRAITS OF AMERICANS	24
E. FAMILY LIFE AND LIVING WITH A FAMILY	24
F. MAKING FRIENDS, RELATIONSHIPS, DATING	24
G. ALCOHOL AND DRUGS	25
H. ENTERTAINMENT	26
III. BASIC NEEDS	26
A. COMMUNICATION	26
B. HOUSING REFERRALS	27
C. TRANSPORTATION	30
D. SAFETY	30
E. HEALTH CARE	31
F. MANAGING YOUR MONEY	32
G. SHOPPING	32
H. RESTUARANTS AND ETHNIC FOOD	32
FAQ's (FREQUENTLY ASKED QUESTIONS)	34

Section 1 – Immigration and Status Matters

Please read the following **very important** information regarding your F-1 student status and other immigration related matters. If you have any questions you **MUST** contact a Designated School Official (DSO) in the Office of International & Global Education at (510) 466-7380.

I. MAINTAINING YOUR INTERNATIONAL (F-1) STUDENT STATUS

It is very important that you maintain your F-1 international student status or you will be considered to be **out of status**. “Out of status” means that you have not followed the rules for being in international (F-1) student. Falling out of status is a very serious issue: If you fall out of status, you will need to apply for reinstatement and may be required to leave the U.S. You must do the following in order to maintain your international (F-1) student status:

1. **Keep Your SEVIS I-20 Current**

You must make sure that your **SEVIS I-20** does not “expire.” Section 5 on your I-20 indicates both your start date and end date, which is the date by which you must complete your studies (See sample SEVIS I-20). If you need additional time to complete your studies or before you can transfer to another school, you must make an appointment with an International Student Counselor at least one month **before** your I-20 expires in order to complete a **program extension**. If you allow your I-20 to expire, you will be out of status.

2. **Maintain Full-Time Student Status**

In order to maintain your full-time student status, you must enroll in at least 12 units by the last day to add classes and complete all 12 units each semester. Classes do **not** count toward your full-time student status if you enroll in classes and **drop/withdraw** from them later in the semester. However, F’s, CREDIT and NO CREDIT grades do count toward your 12-unit minimum. You do not need to take summer classes unless the summer is your first term. In addition, you must also maintain a grade point average (GPA) of at least 2.0.

Note:

Authorization for Reduced Courseload: Students may only be authorized to enroll in fewer than 12 units for the following reasons in accordance with immigration law: (#1) *Illness or medical condition*, (#2) *improper course level placement*, (#3) *initial difficulty with reading requirements*, (#4) *initial difficulty with the English language*, (#5) *to complete course of study in current term* or (#6) *unfamiliarity with American teaching methods*. If you believe that you are eligible for a reduced courseload based on one of these reasons, you must complete an **Application for Exemption of Full-Time International Student Enrollment** (“Under 12” Request) form with an International Student Counselor at the Office of International Education during the first 2 weeks of classes.****

3. **Keep Our Office Informed of Any Changes to Your Personal Information**

You must report a change of **address** (as well as **telephone number** or **email address**) in two locations within 10 days of moving. First you must submit a completed **Change of Address** form to the Office of International Education and second, you must inform the Admissions & Records Office at your college of your change.

You must also report any changes in your **major** or intention to transfer to a Peralta College other than the one listed on your I-20 to the Office of International Education.

4. **Follow Employment Regulations**

If you have F-1 student status you are allowed to work up to 20 hours per week on-campus. However, you are **not permitted to accept employment off-campus** without prior authorization.

5. **Report Intention to Transfer or Leave the U.S.**

You must submit a completed **Departure/Transfer Out** form to the Office of International Education **before** the end of your last semester at your college. This form is required so that we can transfer you to another school or terminate your SEVIS record in the correct manner if you have completed your studies in the U.S.

****If you have any questions, you should contact a Designated School Official (DSO) at the Office of International Education***

It is very important that you do not allow your SEVIS I-20 to expire. If your I-20 expires, you will be out of status and may need to leave the U.S. If you need more time to finish your studies, you must do a program extension at least one month before your I-20 expires.

SEVIS ID#

Immigration and Naturalization Service Status - For Academic and Language Students (OMB NO. 1115-0051)

Please read Instructions on Page 2
This page must be completed and signed in the U.S. by a designated school official.

1. Family Name (surname): ██████████		For Immigration Official User		SEVIS Student's Copy ██████████	
First (given) Name: ██████████	Middle Name: ██████████				
Country of birth: ETHIOPIA	Date of birth (mo/day/year): 02/17/1974				
Country of citizenship: CANADA	Admission number: ██████████				
2. School (School district) name: Peralta Community College District Merritt College		Vba Issuing post		Date Vba Issued	
School Official to be notified of student's arrival in U.S. (Name and Title): Anthony Powell Director of International Education/Admissions		Relisted, extension granted to:		8. This school has information showing the following as the student's means of support, estimated for an academic term of 12 months (Use the same number of months given in item 7). a. Student's personal funds \$ 0.00 b. Funds from this school \$ 0.00 Specify type:	
School address (include zip code): Peralta Community College District, Int 333 East 8th Street Oakland, CA 94606					
School code (including 3-digit suffix, if any) and approval date: SFR214F00296003 approved on 01/28/2003		3. This certificate is issued to the student named above for: Transfer Pending From: Peralta Community College District-			
4. Level of education the student is pursuing or will pursue in the United States: ASSOCIATE		5. The student named above has been accepted for a full course of study at this school, majoring in <u>General Studies</u> . The student is expected to report to the school no later than <u>02/26/2003</u> and complete studies not later than <u>12/31/2005</u> . The normal length of study is <u>34</u> months.			

Start

End Date (date the I-20 expires)

You must have the 3rd page of your SEVIS I-20 signed by a DSO* before you travel (Please bring your I-20 to the International Education Office several weeks before you travel).

Page 3

IF YOU NEED MORE INFORMATION CONCERNING YOUR F-1 NONIMMIGRANT STUDENT STATUS AND THE RELATING IMMIGRATION PROCEDURES, PLEASE CONTACT EITHER YOUR FOREIGN STUDENT ADVISOR ON CAMPUS OR A NEARBY IMMIGRATION AND NATURALIZATION SERVICE OFFICE.

FAMILYNAME: Menlikalew FIRST NAME: Rahel

SEVIS
Student's Copy
N0000190280

Student Employment Authorization:
Employment Status: _____ Type: _____
Duration of Employment - From (Date): _____ To (Date): _____
Employer Name: _____
Employer Location: _____

Comments: _____

Event History (Past two years):
Event Name: _____ Event Date: _____ Name of Official: _____ Title of Official: _____

This page when properly endorsed, may be used for reentry of the student to attend the same school after a temporary absence from the United States. Each certification signature is valid for one year.

Name of School: _____

Anthony Powell	Signature of Designated School Official	Director of International Education/Admissions	02/25/2003	Oakland, CA
Name of School Official	Signature of Designated School Official	Title	Date Issued	Place Issued (city and state)
Name of School Official	Signature of Designated School Official	Title	Date Issued	Place Issued (city and state)
Name of School Official	Signature of Designated School Official	Title	Date Issued	Place Issued (city and state)
Name of School Official	Signature of Designated School Official	Title	Date Issued	Place Issued (city and state)

Form I-20 A-B (Rev. 04-27-88)N

Signature for Travel

*DSO: Designated School Official. The DSO's work in the International Education Office and can sign your I-20 for travel.



II. Important Documents

A. Passport

Your passport must be valid at all times during your stay in the U.S. The expiration date should always be valid at least 6 months into the future (for example, if your passport expires in December, it should be extended by June of the same year). To extend your passport, please contact your country's consulate or embassy in the United States, or come to the Office of International & Global Education.

B. Visa

Your visa is the sticker-like stamp entered on a page of your passport at a U.S. Embassy or Consulate in your home country. The visa is only necessary to ENTER the United States. The date on the visa shows the latest date you can enter the United States, NOT how long you can stay here. If it is expired or if you change your visa status while in the United States, you must reapply for a new visa only if you plan to leave the United States and re-enter. **It is not necessary to extend your visa if you are not planning to take a trip outside the United States.**

C. I-94

The I-94 Card, also known as the Arrival/Departure Record, is usually stapled to the page next to your visa stamp in your passport. The date written on the lower right hand corner is the date you must leave the United States. For international students, duration of Status (D/S) is the notation on the I-94. This means that you can legally remain in the United States until you finish your degree program as indicated on your I-20.

D. SEVIS I-20

The SEVIS I-20 is the document that you received from the Peralta Community College District Office of International & Global Education. It is used to apply for an F-1 visa at a U.S. Consulate or Embassy abroad or to transfer from a previous school or college in the U.S. This form (or a copy) should be kept with you at all times and NOT given up when you leave the United States as it will be needed to re-enter the United States after a temporary absence. **You must not let your SEVIS I-20 expire!** (See "Maintaining Your International (F-1) Student Status" on previous page)

III. SEVIS

SEVIS refers to the **Student & Exchange Visitor Information System**, which is an internet-based system coordinated by United States Immigration and Customs Enforcement (USCIS) (formerly INS) to maintain current information on non-immigrant students, exchange visitors, and their dependents (i.e. all those in F or J status). SEVIS tracks F and J visa holders from the time they receive their documents (I-20, visa, etc.) until they complete their programs. SEVIS links with colleges and universities, US embassies and consulates, US ports of entry, the Department of State, and exchange visitor programs. The Office of International & Global Education is required to update and report information in SEVIS such as students' enrollment, change of address, change in academic program, transfers to another school, etc.

IV. Social Security Number (SSN)

Social Security is a retirement and medical benefits program administered by the United States Government. The SSA is taking steps to make it harder for someone to get or use Social Security Numbers due to problems related to identity fraud. Effective March 1, 2002, the SSA no longer assigns numbers for issuance of a driver license. Social Security numbers are now assigned for **work purposes** only. If you believe you are eligible to apply for a social security card, contact the Office of International and Global Education.

V. Employment

A. On-campus Employment

International (F-1) students may accept "on-campus" employment at any of the four Peralta Colleges **without** prior approval from Citizenship and Immigration Services. **However, you are not permitted to accept employment off-campus without prior authorization.** On campus employment is limited to 20 hours per week when school is in session (full-time during the summer, winter and spring vacation periods).

B. Employment Based on Economic Hardship

If other employment opportunities are not available (on-campus employment), eligible F-1 students may apply for off-campus work authorization caused by unforeseen circumstances beyond the students' control. You may apply for off-campus work authorization if you are in good status, have a GPA above 2.00, are enrolled full time (12 units) and have been at one of the four Peralta colleges at least 2 full semesters (8 or 9 months).

C. Practical Training

Practical Training is defined as work experience in the student's major field of study.

Optional Practical Training (OPT) is available only to students who have completed a degree or certificate program(s) and who have maintained an F-1 status for a minimum of 8 or 9 months. Interested students **must** apply at the Office of International & Global Education up to 60 days **before** the end of their last semester.

VI. Travel Abroad And Re-Entry

Whenever you plan to leave the U.S. temporarily and return to continue your studies at the Peralta Community College District, you must first obtain the necessary documents to permit your entry into another country as well as to permit your re-entry into the U.S.

You must have a Designated School Official (DSO) at the Office of International & Global Education validate your status by signing page 3 of your SEVIS I-20. You

must carry your I-20 with you when you travel outside the United States if you plan to return. Bring your I-20 to our office at least **three weeks before** you plan to travel. You are encouraged to register and pay for classes for the next semester, in which case you should take the receipt and printout of your class schedule with you when you travel as proof that you are still in school.

I-20 Signature Required to Travel Outside of the United States

How do I get my I-20 signed if I want to travel?

In order to have your I-20 form signed for travel, please make an appointment **at least two weeks before your departure date** at the Office of International and Global Education. It is very important that you have your I-20 endorsed to travel. Otherwise, you may not be allowed to reenter the United States.



VII. Helpful Immigration Advising Resources

U.S. Department of State (DOS) – Bureau of Consular Affairs

<http://travel.state.gov/>

This web site is full of great information, including links to U.S. consulate and embassy web sites, visa services information, instructions and forms, and travel warnings/consular info sheets.

U.S. Visa Information

<http://unitedstatesvisas.gov/>

An official source of information about U.S. visa policy and procedures.

Foreign Consulates and Embassies in U.S.

<http://www.state.gov/s/cpr/rls/fco/>

<http://www.embassy.org>

United States Citizenship & Immigration Services (USCIS)

www.uscis.gov

National Customer Service Center: 1-800-375-5283

Student & Exchange Visitor Program (SEVP)

<http://www.ice.gov/sevis/index.htm>

USCIS Case Status Online:

<https://egov.immigration.gov/cris/jsps/index.jsp>

USCIS Service Center Just In Time (JIT) Reports:

Beta test site of the National Archives and Records Administration's e-CFR, an on-line version of the

JIT reports, which give an indication of the processing time for the various immigration applications, can be found posted on a variety of web sites, including:

- American Immigration Lawyers Association (AILA): www.aila.org
Click on "Advocacy Center," then "Processing Time Reports."
- Siskind Susser Immigration Law Firm: www.visalaw.com

USCIS San Francisco Field Office:

San Francisco District Office
444 Washington Street
San Francisco, CA 94111

For current information on office hours please check the Field Office Closings page:

<http://www.immigration.gov/graphics/exec/fieldoffices/closings/index.asp>

Schedule your Appointment with INFOPASS

www.uscis.gov

InfoPass is an Internet-based system that allows you to make an appointment to see an Immigration Information Officer. If you have a complex immigration issue that is best handled in person by a trained information officer, InfoPass is for you.

1 (800) 375-5283

Electronic Code of Federal Regulations

<http://www.gpoaccess.gov/ecfr/>

Code of Federal Regulations, kept up to date with current Federal Register notices.

Section 2 – Academic Matters

You are expected to remain in good academic standing while enrolled in the Peralta Community College District. In order to be successful academically, you should plan ahead, meet with a counselor each semester, follow procedures, and ask your teachers or friends if you need help. If you are placed on academic probation or disqualified for inadequate academic performance, you must contact the Office of International and Global Education immediately for a counseling appointment.

I. College Catalog and Class Schedule

College Catalog: Publication for each college that describes academic programs, student services, general regulations, requirements and procedures. All classes offered by the college are described, including information about unit value, transferability and prerequisites. College catalogs are available at your college’s bookstore and cost **\$3.00** if purchased at the bookstore or **\$5.00** if you request that the bookstore mail a catalog to you (only in the U.S.). The college catalog is also available for free on the Peralta Colleges’ website at **www.peralta.cc.ca.us**.

Class Schedule: Booklet is published before each new semester. It includes the list of classes to be offered during the next term, registration and enrollment procedures and dates, general information and important dates (including refund deadlines). The **class schedule is also available online** for more up to date postings and classes **for free**.

II. Refund and Dropping Classes

In order NOT to pay for a class that you drop, you must drop the class within the first 2 weeks of the semester. Short-term classes must be dropped on or before the first day of class to be eligible for a refund. Check the Academic Calendar in the front of the semester class schedule for the exact date and review the “Nonresident Tuition and Capital Outlay Fee Refund Schedule” (See “FEE INFORMATION” page in class schedule). Remember, it is **your** responsibility to drop classes. **You will not receive a refund for classes dropped after the refund deadline.** For more information, call the Office of International and Global Education.

III. Units and Grades

Unit- A value that indicates the amount of credit given to a class. It reflects the amount of time required for class attendance. One unit usually equals one hour of lecture or three hours of lab each week during a college term.

Grades- Letter grades earned in courses are converted into points. These points are multiplied by the units for each course and totaled. Grade point average (GPA) is the total number of grade points divided by the total number of units a student takes each semester. Students are expected to maintain a GPA of 2.0 (“C”) or better in order to maintain their international student status.

Grade	Points	Definition
A	4	Excellent
B	3	Good
C	2	Satisfactory
D	1	Passing. Less than satisfactory
F	0	Failing
CR	0	Credit. At least satisfactory. Units not counted in GPA. Assigned only for courses with CR/NC option.
NC	0	No credit. “NC” means student did not fulfill the academic requirements of the course. Assigned only for courses with CR/NC option.
W	0	Withdrawal. “W” is assigned only for students who officially withdraw between week 5 and week 14 (for a full term course).
I	0	Incomplete. A teacher can give an "I" for incomplete academic work because of unforeseeable and justifiable reasons at the end of the term. The student has one year to make up the missed assignments and receive a grade. If the work is not completed, the "I" becomes an "F" after one year.



Important: A grade of “W” or “I” does **not** count toward the required full-time international student status. However, a grade of “F,” “CR,” or “NC” does count toward the full-time requirement.

IV. Program of Study

At Peralta Colleges there are three options available that can lead to successful completion of your academic goals:

- CERTIFICATE OF COMPLETION
- ASSOCIATE DEGREE (in Arts and in Science)
- TRANSFER PREPARATION

Certificates

One or two year Certificates are granted to a student upon completion of an organized curriculum designed for a specific occupation goal. Generally, certificate programs prepare students for employment in technical fields. Requirements include a grade of “C” or better in each course of the major curriculum outlined in the College Catalog.

Generally a Certificate can be completed in two to four semesters if you are attending school full-time. Having a CERTIFICATE offers many advantages to you in the work force. It tells a potential employer that you have had formal training in a particular field. It also tells an

employer that you were successful at completing that educational goal.

Associate Degrees

ASSOCIATE IN ARTS (AA) and ASSOCIATE IN SCIENCE (AS) DEGREES are offered at Peralta colleges. Candidates for the Associate Degree must complete at least 60 applicable units, which include courses in a major, General Education, and electives, as necessary. (See College Catalog for details.) It is very important for you to make an appointment to see a Counselor to go over the General Education and Major Requirements and your overall educational goals so that you do not accidentally take classes that you do not need.

PERALTA COMMUNITY COLLEGE DISTRICT													
ASSOCIATES DEGREES in ARTS (AA) or SCIENCE (AS)													
CERTIFICATES of COMPLETION (CC), ACHIEVEMENT (CA), SKILLS (CS)													
MAJOR COURSES OF STUDY		ALAMEDA			BERKELEY			LANEY			MERRITT		
Administration of Justice:	Corrections	-	-	-	-	-	-	-	-	AA	CC		
	Police Science	-	-	-	-	-	-	-	-	AA	CC		
African-American Studies		AA					AA			AA			
Anthropology		AA								AA			
American Sign Language:		-		AA	CC								
	American Sign Language Interpreter Training	-			CC								
Apparel Design and Merchandising		AA	CC										
Architectural and Engineering Technology:	Architectural Technology	-					AS	CC					
	Engineering Technology	-					AS	CC					
Art:	Ceramics	-					AA						
	Communication Graphics (Advertising Design)	-					AA						
	Fine Arts	-		AA			AA						
	Figure Drawing	-			CC								
	Oil and Acrylic Painting	-			CC								
	Watercolor Painting	-			CC								
Arts and Humanities		-					AA						
Asian and Asian-American Studies		-					AA						
Auto Body and Paint:	Auto Body	AS	CC										
	Auto Paint	AS	CC										
Automotive Technology:	Automotive Electronics Specialist	AS	CC										
	Chassis and Drivetrain	AS	CC										
	Chassis Specialist	AS	CC										
	Drivetrain Specialist	AS	CC										
	Engine Performance	AS	CC										
	Engine Repair Specialist	AS	CC										
	Light Duty Auto Repair			CA									
Aviation Maintenance Technology:	Airframe Technician	AS	CC										
	Powerplant Technician	AS	CC										
	Certificate of Achievement I, II and III			CA									
Biology		AS											
Biological Sciences:	Biomufacturing									CA			
Biotechnology				AS	CC	CA							
Business:	Accounting	AA	CC	CA	AA		AA	CC		AA	CC		
	Administrative Assistant	-			CC					AA	CC		
	Administrative Office Systems and Applications	-								AA			
	Banking and Finance	-					AA	CC					
	Business Administration	AA		CA	AA		AA	CC		AA			
	Business Information Processing	-								AA	CC		
	Business Information Systems	-					AA	CC					
	Business Management	-									CC		
	Office Technology (certificates in Accounting Assistant and Medical Assistant)	-			AA	CC							
	Entrepreneurship	-							CA				
	General Business	-			AA	CC				AA			
	Legal Office Assistant (Secretarial Studies)			CA								CA	
	Office Administration (certificates in General Office Clerk/Customer Service)	AA	CC	CA								CA	
	Management and Supervision	-						AA	CC				
	Marketing and Sales	-						AA	CC				
	Retail Clerk	-										CA	
	Retail Management	-							CC				
Word Processor			CA										

Carpentry		-	-	AS	CC		-		
MAJOR COURSES OF STUDY		ALAMEDA		BERKELEY		LANEY		MERRITT	
Child Development:		-	-	-	-	-	AA		
	Associate Teacher	-	-	-	-	-			CA
	Early Intervention	-	-	-	-	-			CA
	Teacher	-	-	-	-	-			CA
	Violence Intervention and Counseling	-	-	-	-	-			CA
Community Social Services:		-	-	-	-	-	AA	CC	
	Substance Abuse	-	-	-	-	-	AA	CC	
Computer Information Systems:		-	-	-	-	-	-	-	-
	Applied Micro Computer Information Systems	-	AS	CC					
	CISCO Networking Academy			CA					
	Computer Information Systems	AA	CC						
	Computer Programming		CA	AS	CC		AA	CC	
	Computer Programming Information Specialist	-	-	-	-	-	AA	CC	
	Computer System/Software Security and Encryption	-	-	-	-	-	AA	CC	
	Desktop Support Technician		CA						
	Game Development and Programming	-	-	-	-	-	AA	CC	
	Internet Development and Programming	-	-	-	-	-	AA	CC	
	Internet Programming	-	-	-	-	-			CA
	Network Support Technician (Administration)		CA	AA	CC				
	PC Applications Help Desk Specialist	-	-	-	-	-			CA
	Web Page Authoring	-	-	-	-	-			CA
	Web Programming			AS	CC				
	Web Publishing		CA						CA
Construction Management:		-	-	-	-	AS	CC		-
	Building Codes and Inspections	-	-	-	-	-		CA	
Cosmetology		-	-	-	-	AA	CC		-
Culinary Arts:		-	-	-	-	AS	CC		-
	Baking	-	-	-	-	-			-
	Cooking	-	-	-	-	-		CA	-
	Restaurant Management	-	-	-	-	AS	CC		-
Dance		-	-	-	-	AA			-
Dental Assisting		AS	CC						-
Diesel Mechanics		AS	CC						-
Economics		-	-	-	-	-		AA	
Emergency Medical Technician I		-	-	-	-	-			CS
English:		AA							-
	English	AA							-
	Language Arts	-	-	-	-	AA		AA	
	English Language and Literature	-	AA						-
	English Language/Writing	-	AA						-
	Creative Writing/Fiction	-		CC					-
	Creative Writing/Playwriting and Screenwriting	-			CA				-
	Creative Writing Poetry	-		CC					-
Environmental Control Technology:		-	-	-	-	-		CA	-
	Refrigeration Technology	-	-	-	-	-		CA	-
	Residential/Light Commercial HVAC & R	-	-	-	-	AS	CC		-
Environmental Management and Technology:		-	-	-	-	-			-
	Environmental Management and Technology	-	-	-	-	-	AS	CC	
	Ecological Restoration and Watershed Management	-	-	-	-	-	AS	CC	CA
	Green Building and Energy Management	-	-	-	-	-	AS	CC	
	Human Ecology, Policy, Planning and Environmental Justice	-	-	-	-	-	AA	CC	
	Ranger/Naturalist Outdoor Education	-	-	-	-	-	AS	CC	
	Urban Farming and Agro Ecology	-	-	-	-	-	AS	CC	
Ethnic Studies		-	-	-	-	AA			-
Geography		AA							-
Global Studies		-	AA						-
Graphic Arts:		-	-	-	-	AA	CC		-
	Applied Graphic Design/Digital Imaging	-	-	-	-	AA	CC		-
Health Professions and Occupations:		-	-	-	-	-			CA
	Healthcare Interpreter	-	-	-	-	-			CA
Health Sciences		-	-	-	-	-		AS	
History		AA							-
Humanities		AA						AA	
Human Services		-	-	-	-	-			CA
International Trade		-	-	CC					-
Journalism		-	-	-	-	AA			-
Labor Studies		-	-	-	-	AA	CC		-
Landscape Horticulture:		-	-	-	-	-			CC
	Basic Landscape Horticulture	-	-	-	-	-			CC
	Intermediate Landscape Design and Construction	-	-	-	-	-			CC
	Intermediate Landscape and Parks Maintenance	-	-	-	-	-			CC
	Intermediate Nursery Management	-	-	-	-	-			CC
	Landscape Design and Construction Specialist	-	-	-	-	-	AS	CC	
	Landscape and Parks Maintenance Specialist	-	-	-	-	-	AS	CC	
	Nursery Management Specialist	-	-	-	-	-	AS	CC	
	Turf and Landscape Management Specialist	-	-	-	-	-			CC
	Turf and Landscape Management Professional	-	-	-	-	-	AS	CC	
Liberal Arts		AA		AA		AA		AA	
Machine Technology		-	-	-	-	AS	CC		-
Mathematics		AS				AA		AS	
Media Communications:		-	-	-	-	AA	CC		-
	Digital Video Production for the Broadcast Media	-	-	-	-	AA	CC		-
	Performance and Production for the Broadcast Media	-	-	-	-	AA	CC		-
Mexican and Latin-American Studies		AA				AA			-
Multimedia:		-	-	AA	CC				-
	Animation	-	-	AA	CC				-

Digital Imaging	-	AA	CC	-	-
Web Design/Production	-	AA	CC	-	-
Digital Video Arts	-	AA	CC	-	-
Writing for Multimedia	-	AA	CC	-	-
MAJOR COURSES OF STUDY		ALAMEDA	BERKELEY	LANEY	MERRITT
Music	-	-	-	AA	-
Natural Sciences	-	-	-	-	AS
Nurse Aide: Certified Nurse Assistant/Home Health Aide	-	-	-	-	CA
Nursing:	-	-	-	-	AS
Vocational Nursing	-	-	-	-	AS
Nutrition and Dietetics: Dietary Assistant	-	-	-	-	CC
Dietary Manager (Dietetic Service Supervisor)	-	-	-	-	CC
Dietetic Technology	-	-	-	-	AS
Pathway II Certificate**	-	-	-	-	CA
Paralegal Studies	-	-	-	-	AA
Philosophy	AA	-	-	-	-
Political Science	AA	-	-	-	-
Psychology	AA	-	-	-	-
Photography	-	-	-	AS	CC
Radiologic Science**	-	-	-	-	AS
Real Estate	-	-	-	-	AA
Recreation and Leisure Services	-	-	-	-	AA
Science	-	-	-	AS	-
Sociology	AA	-	-	-	-
Social Sciences	AA	-	-	AA	-
Social and Behavioral Sciences	-	-	-	-	AA
Social Services Paraprofessional	-	AA	CC	-	-
Spanish	AA	AA	CC	-	AA
Theater Arts	-	-	-	AA	-
Travel/Tourism Industry: Adventure Travel	-	-	CA	-	-
Air Travel	-	-	CA	-	-
Cruise Industry	-	-	CA	-	-
Entry-Level Certificate	-	-	CA	-	-
Group Travel	-	-	CA	-	-
Inbound Travel	-	-	CA	-	-
Professional Certificate	-	-	CC	-	-
Welding Technology	-	-	-	AS	CC
Women's Studies	-	-	CA	-	-
Wood Technology	-	-	-	AS	CC

TRANSFER PREPARATION

In order to transfer to a four-year college or university, it is necessary to complete specific general education courses plus courses for your major. Students completing requirements for an Associate Degree and who are planning to then transfer to a four-year college or university are reminded that the Associate Degree alone does not qualify students for admission. Also, it is not necessary to get an Associate Degree in order to transfer to a four-year college or university. You should be sure that your college program meets the course, unit and grade requirements of the 4-year college that you want to attend. You should meet each semester with a Counselor, who will assist you in your transfer plans.

IMPORTANT: Discuss with an International Student Counselor if you have completed college/university coursework or degree in your home country. You may be able to receive credit for some of the courses you have taken.

IMPORTANT: Many universities will not admit students who have already completed a bachelor degree in their home country or who have "excess" (too many) units from classes taken in the U.S. and/or overseas.

IGETC

IGETC refers to the **Intersegmental General Education Transfer Curriculum**, which are a series of classes community college students can use to satisfy the lower division general education requirements at California State University (CSU) or University of California (UC) campus. However, students should realize that completion of IGETC is not a guarantee of admission or a requirement for transfer to a CSU or UC, nor is it the only way to fulfill the lower-division, general education requirements of the CSU or UC prior to transfer. Interested students should contact a Counselor for more information and to see whether it is the IGETC or the individual transfer requirements from CSU and UC that best suit them. All required areas on the IGETC must be completed and certified. A Counselor can explain this further. Students whose native language is not English and who want to transfer to UC do not need to take the foreign language requirement, since English is their foreign language.

USEFUL TRANSFER RESOURCES

UC and CSU Websites

You may wish to visit the websites of universities that you are considering applying to in order to learn more about the universities and their admission policies. A link to the 10 **University of California** campuses is available at www.universityofcalifornia.edu/campuses/welcome.html. A link to the 23 **California State University** campuses is available at www.calstate.edu/ (click on “campuses” link).

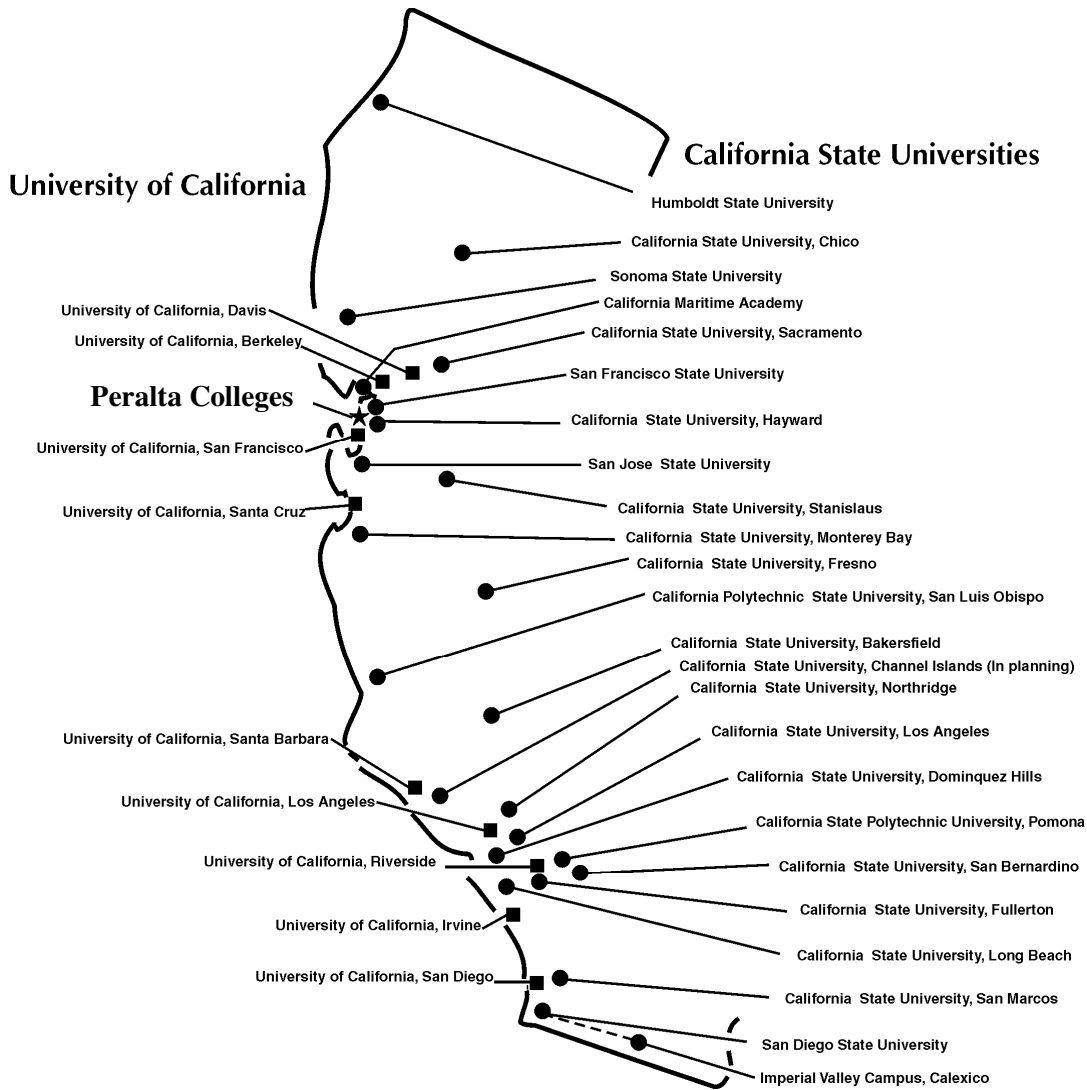
ASSIST

ASSIST refers to **Articulation System Stimulating Interinstitutional Student Transfer** and is located online at www.assist.org. It is California’s official statewide repository of transfer information. It can help students to determine whether they will receive credit for courses they have already taken and how these courses will apply to specific academic goals.

CSU Mentor

CSU Mentor is an online resource that helps students learn about the CSU system, select a CSU campus to attend and apply for admission. The website is located at www.csumentor.org.

Map of University of California and California State University Campuses



Education in the U.S.A. (From High School to Ph.D.)

Vocational Certificate

Specialized courses only - number of units required varies. A series of special courses, all related to a particular occupational skill (Example: *computer technician or airplane mechanic*). Offered by community college & private educational organizations.

Associate Degree

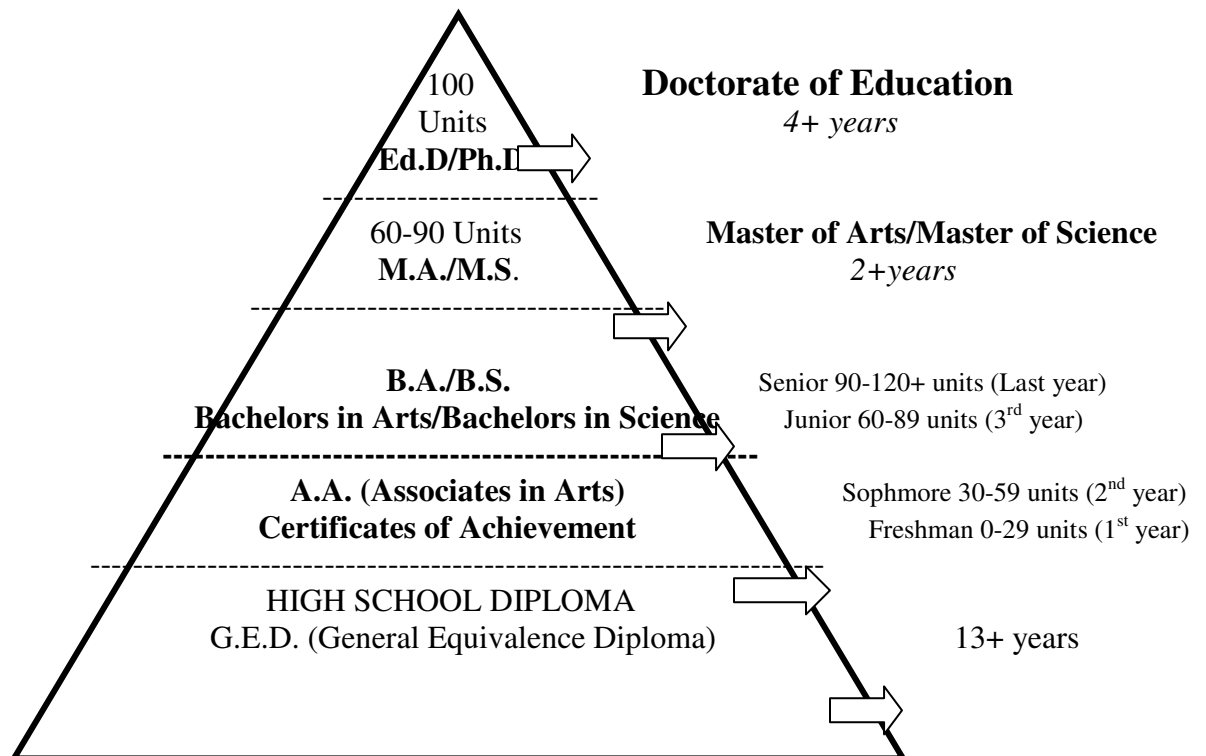
General education courses & electives 60 total units required. Usually referred to as A.A. (Associates in Arts) degree. Normally requires two years or four semesters of full time work. Offered by community colleges.

Bachelor's Degree

Major courses plus general education & minor or electives 120-132 units required. Usually referred to as B.S. or B.A. (Bachelor of Science or Arts) degree. Normally requires four years of full time work. You may complete the first two years at a community college and then transfer to a four-year university.

Graduate Degree

The masters degree (M.A. or M.S.) and doctorate degree (Ph.D. or Ed.D.) are post graduate degrees. These degrees generally are earned after graduation from a four-year university.



V. Transfer Procedures

If you plan to transfer from any of the Peralta colleges to another school, you will need to be admitted by the new school. You are also required to notify the Office of International and Global Education of your intention to transfer by completing a **Departure/Transfer Out** and submitting it to a Designated School Official (DSO) in our office **before the end of your last semester**. You cannot be transferred in SEVIS until this form is completed and you **will be considered out of status if the form is not completed** (See “Maintaining Your International (F-1) Student Status” for more information).

VI. Concurrent Enrollment

After 2 semesters and 20 units, you may take one course for 2 semesters at certain specific local universities. For concurrent enrollment at UC Berkeley and Mills College, you pay the Peralta fees and the course is put onto your Peralta transcript and counts towards your required 12 units at Peralta. For CSU Hayward and other East Bay colleges and universities, you must take 12 units at Peralta in addition to the class at one of these schools or universities. Please meet with an International Student Counselor more for more information.

VII. Extension of Program of Study

F-1 Visa students are admitted to the United States for “duration of status,” which is defined as:

1. The time during which a student pursues a full-course of study and makes normal progress toward completing his or her degree requirements; and
2. The time during which a student may work in authorized “practical training” after completing his or her studies (if the student qualifies and is so authorized).
3. After completion of studies, students have 60 days before they must depart the U.S.

The United States Citizen & Immigration Service (USCIS formerly known as INS) grants duration of status to F-1 students by entering the notation “D/S” in the upper right corner of both the SEVIS I-20 and I-94 forms. The “completion of studies” date in Item #5 on the “initial attendance” I-20 form that was issued to you by PCCD’s Office of International and Global Education (when you were first admitted to the college) is the date by which the INS expects you to complete all requirements for your current degree program. If you are unable to complete your program of study by that date, you must contact the Office of International & Global Education at **least 30 days before the I-20 will expire** to make an appointment with an International Student Counselor to request a **program extension**. **If you allow your I-20 to expire, you will be out of status and will need to apply for reinstatement or may be required to leave the U.S.**

VIII. Tips For Success In College

Early Class Enrollment

Enroll early, not after class begins. You may not be able to enroll in your first choice of classes, and your chances of completing them are much less than those of students who register on time. Missing the first class means you will have fallen behind in lectures and assignments.

Class Responsibility

Attend class, take notes regularly and complete course assignments on time or ahead of time.

Ask for Help

Ask your instructor or counselor for help at the first hint of difficulty. Either of them can refer you to the college’s support services.

Time Management

Avoid taking too many or too difficult classes, especially the first semester. Successful students find that it takes about two hours of study outside of class for every hour spent in class. If you plan to

work or have other obligations, consider taking an easier course.

Instructors

Get to know your instructors. They are usually very helpful and want you to succeed.

- Visit your instructors before or after class.
- Make appointments to meet with them.
- Discuss ideas for term papers or other class projects with your instructors.

Active Learning

Be an active learner in your classes.

- Participate in classroom discussions.
- Summarize major points and information in your textbooks and notes.
- Try to explain the material to other students.
- Do additional reading on topics that were introduced and discussed in class.
- Try to find flaws in arguments that were made in assigned readings or in classroom, discussions, and bring them up in class.



Library

Use the library.

- Ask the librarian for help in finding material.
- Look for additional references that other authors have cited.
- Use bibliographies and indexes to find journal articles and books.
- Prepare a bibliography or set of references for a term paper or report.

Improve Skills

Improve your writing skills.

- Use a dictionary to look up the proper word meanings.
- Think about grammar, sentence structure, paragraphs, word choice (use a thesaurus), and sequences of ideas as you are writing your papers.
- Write a rough draft of a paper or essay and then revise it before handing it in.
- Talk to your instructors about the comments they make on papers as they are returned to you.

Fellow Students

Get to know other students.

- Form study groups with other students in your class.
- Contact other students for class assignments that you may have missed.

Support Services

Take advantage of the college's support services.

- Talk to a counselor about the courses you should take and for help in developing your student educational plan.
- Your counselor can also refer you to the Transfer/Career Center, tutoring services, and other support services.

Study Time

Set a regular time to study.

- Don't delay, have all materials ready.
- Make up a time schedule for a week. Plan your study time and follow that plan.

Study Location

Have a regular, quiet place to study with no distractions (or as few as possible).

- Have a dictionary and all other materials at hand (pencils, paper, calculator, etc.). A straight-back chair is also recommended.

Look ahead

Keep a "Things I Have to Do" list or calendar.

- Keep it accurate. Indicate dates for exams as well as when assignments and projects are due. Watch long-term assignments; don't wait until the last minute to start.

Avoid "Cramming"

Allow enough time for each assignment.

- Start with the most difficult or least favorite task.
- Take breaks when you think you need them.
- Keep up with assignments each day. This will help you avoid having to "cram."

IX. Study Skills Sites On The World Wide Web

The following list of websites on the World Wide Web may be of particular use and interest to international students. These sites offer excellent tips on note-taking, participating in discussion-based courses and stress management techniques, among other topics.

Study Skills Self-Help Information

<http://www.ucc.vt.edu/stdyhelp.html>

Academic Success Resources

<http://dartmouth.edu/admin/acskills/#study> (Click on "Academic Success Resources")

Study Skills and Strategies

<http://www.studygs.net/>



For additional tips please make an appointment with our International Student Counselor:

Phone: (510) 466-7380

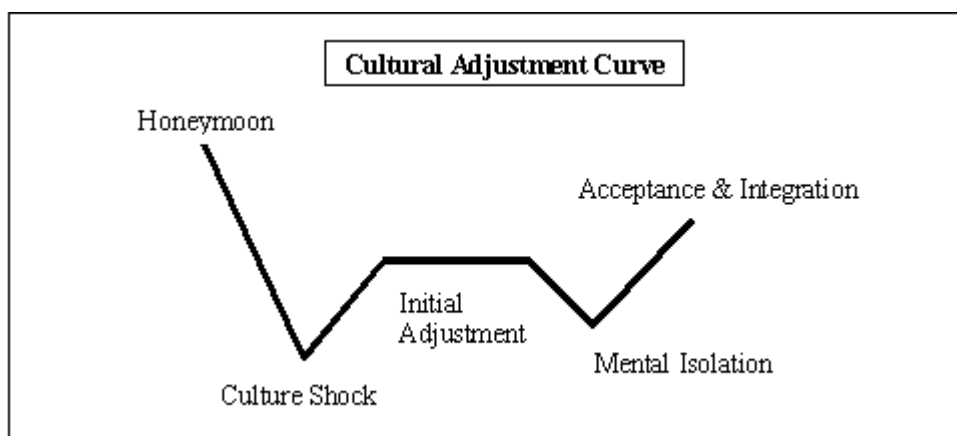
Section 3 – Personal/Social Matters

Possibly one of the most difficult challenges you will have to overcome is learning how things are done in the United States. Like every other country in the world, the U.S. has its own set of customs and behavior patterns. Cultural differences might be confusing to you and may conflict with those with which you were raised.

After you have gained a better understanding of American culture, you will likely be more at ease and have a more positive experience here. Please come see a staff member at the Office of International & Global Education if you have any problems or concerns.

I. Adjustment and Survival Tips

A. Adjustment Process in a New Culture



from *Beyond Language* by Deena R. Levine and Mara B. Adelman

Understanding the cultural adjustment process can help you in coping with the often intense feelings that you may experience as you begin your life in the U.S. Each stage in the process is characterized by “symptoms” or outward signs for typifying certain kinds of behavior.

- 1. Honeymoon Period:** Initially, many people are fascinated and excited by everything new. The visitor is elated to be in a new culture.
- 2. Culture Shock:** The individual is immersed in new problems: housing, transportation, shopping, language, etc. Mental fatigue results from the continuous effort to comprehend the new language.
- 3. Initial Adjustment:** Everyday activities such as housing and shopping are no longer major problems. Although the visitor may not yet be fluent in the language spoken, basic ideas and feelings in the second language can be expressed.
- 4. Mental Isolation:** Individuals have been away from their family and good friends for a long period of time and may feel lonely. Many still feel they cannot express themselves as well as they can in their native language. Frustration and sometimes a loss of self-confidence may result. Some individuals remain at this stage.
- 5. Acceptance and Integration:** A routine (e.g. work, business or school) has been established. The visitor has accepted the habits, customs, foods and characteristics of the people in the new culture. The visitor feels comfortable with friends, associates and the language of the country.

Note: This cycle may repeat itself throughout your stay in a new culture. These feelings are normal. Note also, that upon returning home you may experience some of the same feelings as you did when you first arrived in the new culture. This is called “reverse culture shock.”



B. Some Factors Important to Successful Intercultural Adaptation

- 1. Open-Mindedness:** The ability to keep one’s responses flexible and open to new ideas is crucial for this factor. Open-mindedness is demonstrated by a willingness to try to understand and appreciate (although not necessarily adopt) the values and beliefs of others, and to accept that a different point of view is equally valid.
- 2. Sense of Humor:** A sense of humor is important because in another culture there are many situations that can be challenging or confusing, and may lead to frustration or embarrassment. The ability to laugh and not take the situation too seriously will help you to stay positive and overcome difficulties you may face.

3. Ability to Cope with Failure: The ability to tolerate failure is critical because everyone fails at something overseas. People who go overseas are often those who have been successful in their home environments and thus may have rarely experienced failure. Experience with failure is important in developing a range of coping behaviors.

4. Ability to Communicate: Many situations in other cultures are confusing and ambiguous. To be successful overseas a person needs to be able to express his/her own feelings and thoughts, as well as to be able to ask for help in interpreting unfamiliar behaviors and subtle cultural cues.

5. Flexibility and Adaptability: The ability to respond to or to tolerate the ambiguity of new situations is a crucial factor in cross-cultural adjustment. This may mean having to alter and/or give up familiar behavioral patterns, and become familiar with or take on new behaviors of the host family and/or culture.

6. Curiosity: Curiosity is the demonstrated desire to know about other people, places, ideas, etc. This characteristic is important for intercultural travelers because they are constantly being confronted with new and different events and behaviors, and a genuine interest in those differences usually leads to a positive response.

7. Positive and Realistic Expectations: Students choose to spend time overseas for a variety of reasons. It is important for students to realize how difficult this experience may be at times, but also that it will be worth the reward if they persevere.

8. Tolerance for Differences: A person will need to be able to tolerate people who have different values, beliefs and practices. This implies an inner strength to be able not only to learn about others, but also to feel secure within one's self in the midst of others who may feel, look and act in a different manner.

9. Positive Regard for Others: This factor includes the ability to express warmth, empathy, respect and positive regard for other people. It is the ability to perceive and "feel" a situation from the point of view of others without judging or reacting negatively. People are most effective when they are able to communicate this empathy to others, even when a situation or behavior may make them feel uncomfortable.

10. A Sense of Self: A clear, secure feeling about oneself is usually present in individuals who are neither weak nor overbearing in their relationships with others. People with this strong, secure sense of themselves stand up for what they believe, but do not cling to those beliefs in the face of new information or perspectives.

C. Dealing with Stress, Depression, Homesickness, Loneliness and Cultural Shock



1. Ways To Minimize The Impact Of Culture Shock

Adapted from Deena R. Levine and Mara B. Adelman

- Look for logical reasons for things in the host culture that seem different. Relax your grip on your own culture.
- Resist "looking down on" or making jokes and comments about the host culture. Avoid others who take part in such derogatory remarks.
- Talk about your feelings with a sympathetic and understanding friend or see a Staff Member at the Office of International & Global Education to talk about your feelings.
- When you hear yourself making negative judgments or generalizations, stop and try to view the situation objectively – without value judgments.
- Take care of your physical health. Eat nutritious foods, get enough sleep and, most importantly, get some exercise every day (take a regular walk if nothing else).
- If you feel very depressed or suicidal, contact the Office of International and Global Education (510) 466-7380 to help you get professional psychological support. If these feelings are very strong during a time when college offices are closed, contact the Suicide Prevention & Crisis Intervention Service in the East Bay 1-800-309-2131.

If you have adjustment or other problems, remember that an International Student Counselor is available to talk to you at the Office of International and Global Education.

2. Comments From International Students About Their Experiences Studying in the U.S.

Living in the Bay Area

This is my second semester in Berkeley City College, Berkeley. When I came here luckily, I had the support of my friends in the Bay Area. They used to say “we are from the Republic of Berkeley” but I didn’t really know the deep meaning of this “nationality” and to be honest I am a still “digging out” new concepts. I learned from Berkeley to be “politically correct”, meaning being conscious about the social consequences of my daily behavior and “environmentally friendly”, meaning being aware of the either positive or negative impact of our behavior in Nature but the fundamental concept of Berkeley’s style of life is freedom in a very broad sense, meaning freedom of speech, of dress code, tolerance and respect to other people’s opinions, cultures, religion creed, political identity and sexual preferences. I am pleased to see how public transportation is designed to be more accessible to handicapped people, how you can enjoy a meal in a restaurant free of smoke and I enjoy of course Telegraph Avenue, a very interesting avenue next to UC Berkeley campus, full of cafes, gothic stores, punks and college students. I am still new, I guess I still look “raw” but I took the attitude of an explorer eager to learn new concepts, attitudes, spaces and social rules from a new and complex social environment and explore a new universe that suddenly surrounded me but without losing my own identity and even discovering myself in this search.

The first “shock” was of course the language. From the moment I get out the airport I had to speak, think and even dream in English. It is fun to learn new words, idioms and the specific situations in which they should be used. I took English classes first and I heard the strangest accents and met people from opposite sides of the globe. Another lesson was the management of time. Every activity should be scheduled if I wanted to accomplish goals and there is almost no time for spontaneous activities. This seems to be the rule for busy business people but it would not be too accurate applied to students. Another interesting experience is the city of San Francisco. It’s a city where diversity is celebrated as a blessing and I really mean, “celebrated”. You can walk small distances and experience a big change of environment: from Chinatown as a good depiction of a Chinese city in Asia to North Beach as a mainly Italian style neighborhood full of cafes and music, from Nob Hill where you can find the bourgeois style of life with fancy stores to Tenderloin with adult theaters. Every neighborhood has its own flavor: Financial District, the financial part of the city where you can find the major banks or the nation and business men rushing everywhere, Castro, the world famous gay neighborhood, Mission District, the mainly Latino neighborhood, Haight famous for the hippie environment reassemble the 60’s and others such as: Presidio, Russian Hill, and SOMA. California is a state of contrast: from the liberal Bay Area to conservative country people, from Lake Tahoe to Death Valley, from Yosemite to Monterrey Bay, from Financial District to Berkeley, from business men, pastors and far right politicians to punks, gothics, hippies, from Democrat to Republicans. Everybody can feel represented in this rich mosaic of cultures, colors, religions, philosophies, and social classes. The cultural life seems fortunately endless too: ethnic dances, music and food, exhibitions about artistic expressions of different countries and periods of time in the Asian Art Museum, modern art in the MOMA (Museum of Modern Art), classical music in Davis Hall, science in Lawrence Hall and the Museum of Natural Sciences.

*As a conclusion, my advice to new students in the Bay Area is **to get out and explore!** There is so much to see, hear, taste, learn and experience. Keep an open mind, keep your own cultural and personal identity.*

-Randall Gutierrez (Costa Rica)



My Experience

Since I came to the U.S. and decided to start studying at Peralta I had one of the best times ever. A friend in Oakland told me about the Colleges, so I applied. The procedure was simple for the exception of writing the essay. I was “freaking out” because that was the first English written text I had to turn in. I guess the grammar wasn’t a big issue or wasn’t the important thing they paid attention to, or probably my acceptance would have been denied because of it! After acceptance I had to go back to Paraguay to get an F-1 Visa since I was here on a Visa Waiver. It took about one week for me to be back here ready for that big scary event which was taking classes at a foreign College (foreign to me), full of foreign people. I still remember the first day of class where I noticed everybody was just looking at foreign to everybody as me. After we introduced to each other I noticed how much they knew of each other, which was nothing. Nobody knew anything about anybody else, which made them foreign to each other too. So I was just in the same place as everybody else.

The following semesters I had new classmates, and every once in a while, I ran into classmates from the past semester, some I would chat with, some I wouldn’t, depending on what the connection was with them and what the little voices said. It is more unusual to see me talking to somebody here than in Paraguay, where people are less private oriented (sometimes even too little privacy). It is a part of California’s culture I like and also put in practice. After a while I

started looking for a job on campus, which also brought new fears with it. I had to write a resume in English, but I got the job! My coworkers were very hardworking, very supportive and extremely friendly.

Making friends outside the Campus was a bigger step, but a very productive one. At this point I have many great friends with whom I have lots of fun. I can count on them especially if it is to go and eat at any of the many places the Bay Area offers. It was surprising how it is just full of places to eat everywhere. Food from countries I never even heard of before.

Another part of this experience I found amazing is the great variety of places in the Bay Area I was able to visit; they were inexpensive to visit, nearby, fun to see or to walk through, and the sights and the weather were absolutely beautiful. My personal preferred areas are waterfronts like the Embarcadero in San Francisco or Jack London Square in Oakland. Another great experience was taking the Ferry from Oakland to San Francisco, the sights were awesome. I also go to Ocean Beach in San Francisco often, I think it is so peaceful and full of good energy there. Taking public transportation was almost always enough to go to any of these places in short time.

My life is basically as comfortable as in Paraguay or better, and if it's not too much to ask I would like to call the U.S. my home country at this point. Every time I leave the Bay Area I get homesick, but not from Paraguay, I get homesick from the Bay Area. The great opportunity I took to broaden my knowledge, learn English, and pursue a career made that first year and the time after, a great time for me. I am very happy for being here studying and aiming higher than I ever expected.

-Rodrigo Piris (Paraguay)

“Don't Sweat It”

If there is any wisdom that I wish to impart to new international students, it would be this: don't sweat the small stuff and don't pet the sweaty stuff. I did not come up with this gem of a saying myself, by the way. A colleague of my sister did. One day, she came back from a difficult day at work fuming mad. She spoke on the phone with a colleague for a while, and when she came back, she was as calm as a cucumber. "What did he say to you?" I asked. "He said, don't sweat the small stuff and don't pet the sweaty stuff," she answered.

Since then, I've had a chance to deliberate the meaning of the saying and come to realize the true genius in the phrase. How many times have I let little things get in the way of realizing my goals? The teacher who intimidated me so much that I ended up not asking him the questions that I really needed the answers for. The friend who bothered me so much with her selfishness that I just stopped talking to her. If I had just been able to look beyond the small inconveniences of the situation, I would have gotten a better grade in my class and not lost a dear and valuable friend.

The second part of the saying is a little more open for interpretation. Don't pet the sweaty stuff? Why would I? But again, the wisdom of the phrase showed through. Why would I want to pet something sweaty? Why would I want to do something that was counter to my instincts as something pleasant? And more importantly, am I something sweaty? Would I be unpleasant for someone to interact with?

It is difficult to be alone in a new place, by yourself so far from home. And you will find that things can go wrong sometimes. But in your time of need, I hope that this little phrase will be of some help to you. Ultimately it means, don't get hung up on the insignificant details that can get in the way of your happiness and from achieving the goals of your dreams.



-Soyoung Shin (South Korea)

D. Crisis Intervention and Counseling Services

AIDS HOTLINE:
1-800-367-2437 (no charge to caller)

**DRUG AND ALCOHOL ABUSE 24 HOUR
HELP LINE AND TREATMENT**
1-800-374-2202 (no charge to caller)



RAPE CRISIS CENTER
In the East Bay (Oakland, Berkeley, etc.)
(510) 845-7273

RAPE CRISIS CENTER
In San Francisco
(415) 647-7273

24-HOUR CRISIS LINE
Toll-Free & Confidential
1-800-309-2131



**SUICIDE PREVENTION AND CRISIS
INTERVENTION SERVICE**
In San Francisco
(415) 781-0500

**PLEASE VISIT OUR OFFICE FOR MORE INFORMATION ON REFERRALS AND AVAILABLE
ASSISTANCE IN THE COMMUNITY.**

II. Social Customs

Although it is impossible to characterize the traits of a group of people, the following are certain generalizations that can be made about Americans as a whole. They should, however, be recognized as such, and you shouldn't be surprised to find exceptions.

A. U.S. Social Customs

Greetings: American manners include informal politeness joined with friendliness. Casual friendliness is characteristic of Americans and should not be mistaken for intimate friendship, which is developed over time. Americans are informal about shaking hands. Men usually shake hands when they meet for the first time, but a man generally does not shake a woman's hand unless she offers it to him. In business situations, both men and women shake hands. Only close friends hug or kiss as a greeting. "Good morning" and "Good afternoon" are formal greetings. Usually, people just say "Hello" or more commonly, "Hi". If you have difficulty understanding a conversation, it is okay to ask the person to speak more slowly.

The Use Of Names: This is an expression of friendliness, not an insult. It is automatically correct to use the first name of someone of approximately your same status and age or younger. A man or woman older than yourself should be addressed as Mr., Mrs., Miss, or Ms. until the individual requests you to use his/her first name. Once you have been called by your first name, you can do the same. If you do not know whether a woman is single or married, Ms. is a proper form of address. The titles Mr., Mrs., Miss, and Ms. are used only with last names in the U.S. Finally, if you have any doubts as to what to call someone, ask.

Punctuality: You are expected to be on time in the U.S. Being on time is very important to people who are on a schedule, so you should try to arrive on time for classes, appointments and dinners. However, it is quite common to arrive late for certain informal social functions (such as parties). If you accept an invitation, either written or verbal, you are expected to attend unless you notify the host ahead of time. If you wish to talk to someone about a business or personal subject, it is better to make an appointment in advance. Most professional people, (for example, doctors and dentists) have secretaries who will make these appointments. If you cannot keep an appointment or cannot avoid being late, it is important and courteous to call ahead and explain.

Social Invitations: Invitations should be answered as soon as possible. Appointments for social affairs are more flexible than those for business functions. For example, if a party is to begin at 8:00 P.M., many of the guests might arrive at staggered hours, and some may come as late as 10:00 P.M. This is acceptable. However, it is not acceptable for a dinner invitation or formal event. Often, a person who invites you to dinner or to the theater pays the bill as well. However, since students often don't have a lot of money, you should be prepared to pay for yourself. If you are in doubt, ask.

Going Dutch: "Going Dutch" means that each person pays his/her own way. You may receive an invitation to a potluck dinner (a dinner where each guest brings a part of the meal) or it may instruct you to bring your own beverage. Although it may seem strange, this is a perfectly acceptable way of entertaining in American culture since most households do not have servants.

Tipping: When eating at a restaurant, Service Charges or Tips are not included in the bill. Waiters and taxicab drivers are tipped about 15% - 20% of the bill. In a buffet restaurant, you usually leave a tip of 5% per person. However, porters and bellmen receive \$1.00 for each piece of luggage.

Saying Thank You: After being entertained, you should telephone or send a "Thank You" note to your host. The custom of taking a gift when visiting a home is not usual in the U.S., especially if you are invited only for dinner. If you are invited to a birthday party or for Christmas, a small gift is appropriate. It is never necessary to give an expensive gift; a small souvenir from your country would be happily received. Thank You is used often in the U.S. Even for small favors done by a person who is only doing his/her job (such as a clerk in a store), it is customary to say thank you. The response "You're Welcome" is also customary.

Body Care: Body Care, usually called "Personal Hygiene", is very important to Americans. Most Americans shower once a day. This, along with using deodorant, helps to stop body odor, which is considered unpleasant. It is also customary to wash your hands before each meal, and to brush your teeth after each meal. Mouthwash is widely used for stopping mouth odor. Hair should be washed with shampoo at least every two days. Clothes should be washed regularly. Deodorants, perfumes, colognes, shampoo, and other body aids can be bought at drug stores and most supermarkets.

B. U.S Holidays

The U.S. observes holidays to commemorate important traditional and historical events. Note that not all holidays are celebrated by everyone. Some holidays are only celebrated by particular groups of people or by certain religious denominations. The list indicates which ones are legal holidays (when government offices are closed), business holidays (when most but not all businesses are closed), official holidays (both legal and business holiday), unofficial holidays (celebratory only) or religious holidays (these are unofficial).

<u>Holiday</u>	<u>Date</u>	<u>Type of Holiday</u>
Flag Day	June 14, 2007	Legal
Father's Day	June 17, 2007	Unofficial
Independence Day	July 4, 2007	Official
Labor Day	September 3, 2007	Legal
Rosh Hashanah	September 12, 2007	Jewish Religious
Yom Kippur	September 22, 2007	Jewish Religious
Columbus Day	October 8, 2007	Legal
Halloween	October 31, 2007	Unofficial
Veteran's Day	November 11, 2007	Legal
Thanksgiving Day	November 22, 2007	Legal
Hanukkah	December 5, 2007	Jewish Religious
Christmas Day	December 25, 2007	Official/Religious
New Year's Day	January 1, 2008	Official
Martin Luther King's B-Day	January 21, 2008	Legal
Ash Wednesday	February 6, 2008	Christian Religious
Valentine's Day	February 14, 2008	Unofficial
President's Day	February 18, 2008	Legal
Saint Patrick's Day	March 17, 2008	Unofficial
Palm Sunday	March 16, 2008	Christian Religious
Good Friday	March 21, 2008	Christian Religious
Easter Sunday	March 23, 2008	Christian Religious
April Fool's Day	April 1, 2008	Unofficial
Cinco de Mayo	May 5, 2008	Unofficial
Mother's Day	May 11, 2008	Unofficial
Memorial Day	May 26, 2008	Legal



C. Religion

One of the many freedoms that Americans value dearly is the freedom of religion. There is no state religion in the U.S., and people are free to belong to any of the hundreds of religious denominations that exist in the U.S. today. The intensity of religious belief varies from person to person. A number of religious organizations believe that it is their duty to convert "non-believers" to their particular set of religious beliefs or teachings. International students are especially vulnerable since they may not be accustomed to proselytizing in their home country. Unsuspecting students may be drawn to such groups by the offer of free meals, clothing, or household items. While there are many groups that are sincere in their desire to help needy international students, it is important that students not feel obligated to attend a particular church service, join a prayer group, or become a member of any given denomination in order to show appreciation for any kindness shown to them. Respect for the diversity of religious belief is the only way to safeguard this freedom that we now all enjoy.

Many international students recognize that there is a spiritual dimension to their lives. The difficulties associated with the transition to American culture, and/or the distractions of schoolwork and part-time jobs, may cause students to ignore this part of their life. Research has shown that students who continue to nurture their spiritual lives after coming to the United States are more successful in dealing with the transition of living in a new culture than those who made abrupt changes in their religious beliefs and practices. Sometimes the reassessment of religious beliefs ends up being a part of what it means to continue the engagement with your spiritual self.

D. Characteristic Traits of Americans

Informality: In most cases, young Americans avoid elaborate social rituals. This is not to say that there is no form of etiquette, but they tend to prefer being casual and informal. However, this should not be taken as a lack of respect.

Individuality: Most Americans like to be treated as individuals rather than as members of a certain class or group. They dislike being dependent on other people.

Directness: Honesty and frankness are more important in American culture than “*saving face*.” Americans may raise conversational issues that may be sensitive or embarrassing, but try not to be offended. Frankness might appear to be rudeness, but in most cases, it is not intended to be. Americans are quick to get to the point and may not spend as much time on polite social talk as do many other nationalities. Americans also tend to ask many questions, some of which may appear to be unusual, uninformed, or elementary. Try to be patient in answering them, as the person is probably genuinely interested in knowing more about you.

Cooperation: Part of friendship and friendliness is cooperation. Cooperation can mean helping to clean the house and wash dishes, or respecting the needs of others. Also, it can mean helping others do something they can't do or don't have to do themselves. People in the United States generally are very cooperative. They like to help others, but they do not like to be taken advantage of. You, as a new student in the Bay Area, might be too willing to help someone in hopes of establishing a friendship. Watch out for people who might take advantage of you. Sometimes a friend or acquaintance may ask you for a favor when you are very busy. You will not jeopardize your relationship if you tell that person you don't have time to help. Don't put aside your needs to help others and don't expect others to put aside their needs for you. If this concept is confusing, ask others – students in your classes or the International & Global Education Office staff – to help you understand.



E. Family Life and Living with a Family

Family Life: In many countries, the extended family is the basic social unit. In the U.S., the family unit is much smaller and tends to play a comparatively smaller role than it does elsewhere. The average-size family is a couple with two children. Families tend to be very mobile; by the age of 21, children often move out of the family home to begin living on their own.

Living With a Family: Living with a family is sometimes a good way to get to know American culture and to improve your English. The Office of International & Global Education can give you information on home stay programs. If you encounter difficulties in your living situation, contact us. We are available to help you work out your difficulties.



F. Making Friends, Relationships, Dating

Making Friends: Social relationships in the U.S. are constantly changing and the country's size causes differences in social conduct among regions, so describing people can turn into a very difficult task. Californians are often regarded as more private-oriented.

Americans are generally very friendly to everyone – they may be eager to talk, smile and joke. That's because silence makes most Americans uncomfortable so they would rather talk about the weather than encounter a lapse in conversation.

However, don't mistake friendliness for friendship. Americans are concerned with establishing personal freedom and therefore tend to be cautious about making commitments.

Most Americans have many acquaintances but few close friends. The people you are friendly with during the semester may not necessarily stay in touch when classes are over. Each semester brings new acquaintances. Friendships take time to grow. You are bound to be lonely at times – everyone is. Don't let a few disappointing experiences with acquaintances discourage you from seeking close friendships at school.

The casualness of social patterns in the U.S. allows people to move into new social groups with little ceremony, and this is an advantage. Social groups form in halls, classes, clubs, and at sporting events, and you should feel as welcomed to participate as anyone else. The key to being successful is to participate and to be flexible.

Relationships: Young people in the U.S. associate more freely than in many other countries. The kinds of activities in which they engage include: having a cup of coffee together in the student lounge; sharing a meal together in the cafeteria or a restaurant; studying in their residences or library; going to a movie, lecture, museum, athletic event, concert, party, or dance. The decision to get together for one of these activities could be “on the spur of the moment” (spontaneous) or planned in advance. The latter arrangement is called a “date” because the time and place are prearranged. For example, a person might ask another person to a concert, dinner, or dance. If he/she accepts, they have a date. If that person declines, it may mean that he/she has other plans or does not want to go out.

Although there are fewer formal restrictions on relationships in the U.S. than in many other countries, the casual, free-and-easy interchange that can be observed among students on American campuses should not be misinterpreted. Some relationships do progress from casual acquaintances to close friendships or intimate personal relationships, but this can never be assumed and most likely will develop only over time and by the mutual consent and desire of both individuals. Americans as well as non-Americans realize that they are responsible for their actions, but in the United States, great emphasis is placed upon individual conscience in defining acceptable adult behavior between the sexes. Thus, it is difficult to give guidelines that will be appropriate for all situations. Just remember that honor and respect for the feelings and beliefs of others are the basis of all enduring relationships in America just as they are elsewhere in the world.

If you have difficulty in understanding campus ways and social life, do not hesitate to talk with your fellow students and with the staff members from our office of International and Global Education. Social relationships may be very different in the U.S. than in your country, but this does not mean that you should feel pressured to abandon customs and beliefs that are important to you in order to “fit in”. Do what comes naturally and feels comfortable to you; try to keep an open mind and sense of humor while exploring this new culture, and with time, patience, and goodwill, you will discover that this initial period of transition and adjustment can present a variety of rewarding experiences.

Dating: In countries where it is practiced, dating is generally not as casual as it is in the United States. When a man or a woman asks a person to join him or her for an activity, such as dinner, a movie, or a dance, each of the people, as well as the activity, is called a “date”. If two people go on several dates, it may simply mean that they enjoy each other's company; it does not necessarily mean that they have serious romantic interests in one another.

Dating customs can be complicated for visitors to the U.S. who are not familiar with American social customs. Sometimes a date may involve groups of people going to concerts, movies, parties, or just sitting around and talking. Other times a date may simply involve two people, but the rules may be a little different from what you may be used to back in your home country. If you want to ask someone to go out with you, you don't need to make plans a week ahead of time. People often make plans at the last minute, especially if study schedules make their leisure hours uncertain and less flexible.

It is considered impolite and inconsiderate to “break a date” (cancel the engagement) without giving prior notice to the other person. A date should be broken only for a compelling reason. You can change your plans if the other party is also agreeable. Traditionally, the person who issues the invitation pays for any expenses related to the date. However, students and young people are often on restricted budgets, which may result in a sharing of expenses.

Try not to mistake friendliness for physical attraction. Simply because a person is friendly does not mean that he or she is interested in dating you. Just because someone accepts a date, it does not necessarily mean that the person is ready for an intimate relationship. Interpersonal relationships in any culture are different and require the use of judgment in every new situation.

G. Alcohol and Drugs



If you are under 21 it is illegal for you to sit in a bar and drink alcohol or to buy it in a store. It is illegal at any age to possess or consume narcotics in California. Possession of one ounce or less of marijuana is punishable by an expensive fine. If you are caught carrying more than one ounce, you may also be arrested. Possession of any drug other than marijuana is a

felony violation of the law. If you are caught with heroin, L.S.D., cocaine or any other narcotic, you can be arrested and put in jail. Selling any drug (including marijuana) is a serious violation of the law. Conviction for selling drugs in any quantity can result in jail or deportation.

If you have questions concerns, are confused etc., please come talk with us at the Office of International & Global Education.



H. Entertainment

For information about current venues of entertainment, such as theatre productions, sports, music and night life/clubs in the Bay Area, you may refer to publications such as the Oakland Tribune also available at (www.oaklandtribune.com), San Francisco Weekly (www.sfweekly.com), Guardian, Berkeley Daily Planet and East Bay's Express.

Other web sites you might find useful are:

BayInsider	www.bayinsider.com
SFGate	www.sfgate.com
SFGuide	www.sfguide.com
BayArea	www.mercurvnews.com
East Bay Express	www.eastbayexpress.com
InsideBayArea	www.insidebayarea.com



About the Bay Areas nightlife: Since the Bay Area has a big city atmosphere, it has a very active, glamorous nightlife. It is always recommended to walk with somebody at night to avoid any kind of danger. One can have great entertainment in any of the many nightclubs, discos and bars in the Bay Area. Some of these places have live bands, karaoke, etc. and sometimes they charge an entry fee. NOTE: You have to be at least 21 years old to enter the bars. You will be asked to show identification (i.e. a driver license).

Before you leave the bar make sure your previously "designated driver" is legally sober. Selecting a designated driver is a common and advisable practice. The penalties for driving or committing a misdemeanor while under the influence of alcohol are very severe. If you are stopped by a police officer for any reason, be polite and cooperative. Do not try to outrun or bribe an officer; it is a sure trip to jail if you do.

III. Basic Needs

A. Communication

Three primary modes of communication will be valuable to you:

1. Mail Service: The U.S. Postal Service is very inexpensive and efficient. Price for domestic mail (within the U.S.): 37 cents. The Post Office is usually open from 9 am to 5 pm. Some offices open on Saturday from 10 am to 1 pm. Money orders, up to \$700, are available at post offices. For more details you can check their web site at www.usps.com.

2. Telephone Service: Phone service in the U.S. is private, and for long distance calls you have a choice of providers. Be sure to shop around for the company that offers the best long distance service to the country you will be calling most frequently. You can go to the Pacific Bell Telephone Company office at 2140 Webster Street (between 21st and 22nd Streets), Oakland, or call (800) 310-2355 or (800) 870-5855 (in Spanish), Monday – Friday, 9 am – 5 pm. For more information on telephone companies, you can check out the following Internet addresses:

-www.att.com

-www.mci.com

-www.sprint.com



There are five ways to make a long distance call in the U.S.:

- 1) Person-to-person: You tell the operator the number and name of whom you want to call. If that person is not home, you do not pay for the call.
- 2) Station-to-station: You tell the operator the number you want to call. You will speak to any person who answers the telephone. You must pay for the call if any person answers.
- 3) Direct: You dial the other number yourself.
- 4) Collect phone calls: (reversing charges) are easily made from pay phones. It is difficult to pay for long distance phone calls at the pay phone because it requires a lot of change, so it is easier to call collect.
- 5) Calling Cards: Many people have calling cards so that they can make phone calls when they are away from home. You can buy them in grocery stores, supermarkets or you can order pre-paid AT&T cards by telephone at 1(800) 462-1818 , or non-subscriber AT&T cards at 1(800) 451-4341.

3. Electronic Mail (e-mail): Many Professors and other university administrators use e-mail most frequently. E-mail is also a free mode of communication with your home and other people.

Office of International & Global Education E-mail Mailing List

The Office of International & Global Education has an email mailing list that announces events or activities that have an international focus. Many international students as well as staff of the Office of International and Global Education are subscribed to this list. You must have an e-mail account to subscribe. Some useful addresses to get free email accounts are:

-www.hotmail.com

-www.yahoo.com

-www.excite.com

To sign onto the mailing list just send an e-mail message to gloaled@peralta.cc.ca.us with your first name, last name and explain that you want to join the mailing list.

B. Housing Referrals

We help students to look for a roommate or a place to live by providing leads through our extensive resources. However, we DO NOT guarantee rental or home stay. You will complete our “*Student Housing Application Form*” to provide us with details such as



your contact information, your budget and living preferences. If we find a match, we will contact you.

For further information regarding housing, please contact the Office of International & Global Education at (510) 466-7380.

Temporary Housing Accommodation

Upon your arrival here, you may need to find a temporary housing accommodation while you look for a permanent place to live. Below is a list of inexpensive accommodation:

Accommodation	Distance from College	Approx. Daily Rate – 1 person
Days Inn 1925 Webster Street, Alameda Tel: (510) 521 8400	COA: 0.2 mi/0.4km Laney: 1.5mi/2.4km	\$79.99 /-daily 15%-student discount
Civic Center Lodge 50 6 th Street, Oakland Tel: (510) 444 4139	COA: 2.0 mi/3.2km Laney: 0.5 mi/0.8km	\$60/- daily
Best Western 233 Broadway, Oakland Tel: (510) 452 4565	COA: 2.0mi/3.2km Laney: 0.9mi/1.5km	\$84/- onwards
Howard Johnson Express 423 7 th Street, Oakland Tel: (510) 451 6316	Laney: 0.7 mi/1.2 km COA: 1.9 mi/3.1km	\$69/-onwards
Lakehurst Hotel 1569 Jackson Street, Oakland Tel: (510) 451 3648	Laney: 0.6 mi/0.9 km COA: 2.2 mi/3.5 km	\$35/- daily \$650 monthly w/ bath \$675 mo. w/shared bath
Nash Hotel 2045 University Avenue, Berkeley Tel: (510) 841 1163	Berkeley City: 0.1 mi/0.1	\$39 w/shared bath \$59 w/ private bath
Oaks Motel 3250 MacArthur Blvd, Oakland Tel: (510) 482 3200	Merritt: 2.4 mi/3.8km	\$55.50 (weekday) \$61.00 (weekend)
Holiday Motel 4474 MacArthur Boulevard, Oakland Tel: (510) 530 2700	Merritt: 2.4 mi/3.8 km	\$45+ tax

Neighborhood Guide

Below is a list of locations near the four Peralta Colleges.

College of Alameda

Alameda

Located right across the canal from Oakland via the Webster tube. Once known for its Naval Base and easy port access, Alameda has grown into a great modern city, which has maintained its old world charm. This land city consists of mostly single-family homes, but there are wonderful rentals available as well. Gorgeous Victorian homes are located in all areas of the city, and some

have been converted to duplexes or apartments. Shopping is convenient at the South Shore Center, and there are restaurants of every variety. Alameda is near the 880 freeway, and is a very popular home for San Francisco commuters. One visit to Alameda with its beaches and beautiful, well-maintained rentals and you'll want to call it home too.

Laney College

Central and South Oakland

Oakland, the largest city in the East Bay is a city that has something for everyone. It is composed of a wide variety of communities with distinct characteristics. It also offers museums, theaters, concerts, and even a zoo. Jack London Square is a popular place to shop and eat, as is Chinatown on 8th and 9th Streets between Broadway and Washington. The East Bay's main airport is located in Oakland, as well as many BART stations and buses. I-80 (Interstate highway 80), I-580, I-880, I-980 and Highway 24 run through Oakland.

San Leandro

San Leandro is a great place for single professionals and families to locate a rental. Its clean streets and friendly atmosphere demonstrate the pride that the residents have for their community. The San Leandro schools are rated well on a national scale, and the Parks and Community Service divisions of the City of San Leandro do a great job of maintaining the beautiful parks, play areas and creek (which runs through the city). The city also has its own Marina and a beautiful new City Hall. Shopping is easy in San Leandro. Bayfair Mall is located just off of East 14th Street, and it hosts a Farmer's Market every Saturday. Transportation is convenient due to San Leandro's proximity to I- 580 and the BART station in the center of town.

Berkeley City College & Merritt College

South and West Berkeley

South and West Berkeley are popular neighborhoods for UC Berkeley students because rents are generally lower than in North Berkeley. Many movie theaters, cafes, restaurants, bookstores and innovative shops make this a very popular area. On the Westside of town, 4th Street, a quaint commercial area with cafes and shops, provides a fun and relaxing place for many professionals. The Berkeley Marina is a popular place for windsurfing and fishing. South and West Berkeley are cyclist and pedestrian friendly. There are 2 BART stations and frequent bus stops. Berkeley borders Interstate I-80, I-580 and highway 24. The quality of primary education in Berkeley varies (junior high schools rate in the 60%-80% of the state, while high schools rank in the 80%-90% of the state).

El Cerrito

With the low rents, large number of apartments, and 20-minute bike ride to downtown Berkeley (or quick BART ride to San Francisco) El Cerrito has become a popular neighborhood for professionals and students looking for housing. El Cerrito also

has many shopping centers and 2 BART stations in the center of town.

Albany

Albany is a small, quiet town located just north of Berkeley and extends from the bay to the hills. The relatively low crime rate and high-ranking schools make it a popular home for many professionals. Many restaurants, antique shops, and bookshops are located on Solano Avenue. The theaters in the area are known to show some of the best foreign films. Albany is approximately 10 minutes from Oakland by car, 20 minutes to San Francisco (without traffic). I-80 and I-580 lie along the west edge of town. BART stations are accessible in El Cerrito and Berkeley. AC Transit runs to UC Berkeley and BART.

Richmond

Located on a peninsula directly across the bay from San Francisco, Richmond is approximately 20 minutes by car from Oakland and 15 minutes from Marin County via the Richmond Bridge. I-80 and I-580 run through the city, and a combined AMTRAK and BART station downtown make transportation convenient. The city is perhaps not

as safe or beautiful as some of the surrounding communities, but housing is abundant and rent is lower. The Richmond Hills and surrounding areas

have very large homes on tree-lined streets, and a very strong sense of community.

Rental

Property owners are more likely to rent to students if they feel assured that they will pay rent on time and take good care of their property. Expect to pay \$700 - \$1,000 for a studio or \$550 onwards for one bedroom. Prices vary with location, size, amenities, commuting convenience and accessibility to shopping areas

Rental Deposits

Property owners usually require 1 month rental deposit and a security deposit. Good apartments are "snatched up" very quickly. Be ready to make an offer right away if you like the place and to move in if your application is successful

Documents to Bring With

Bring along a *housing "resume"*, listing your *name, contact number, address* and a *letter of recommendation* (e.g. from the Office of International and Global Education).

How To Find A Place To Live

1. Newspapers

Newspapers such as the *Alameda Journal, East Bay Express, Oakland Tribune* and *Berkeley Voice* have rental listings. Some of these papers are published daily, once or twice a week and some are available for a quarter or free of charge. Foreign language newspapers can be found in San Francisco and Oakland's many ethnic neighborhoods and are available in Chinese, Japanese, Korean, Spanish and Vietnamese.

2. Word of Mouth

Make new friends. Let many people know that you are looking for a place to live.

3. Contact the International Education Office

4. Neighborhood Canvassing

Drive or walk around the neighborhood in which you would like to live and watch out for "For Rent" signs. Some landlords do not advertise in the newspapers.

5. Bulletin Boards

Also check at the bulletin boards found in grocery stores or supermarkets in your area.

6. Home Stay

For home stay, student will be referred to a home stay coordinator for placement. Benefits will include home cooked meals such as breakfast and dinner, interaction with an American family, and daily practice of your English.

Housing Rental Agencies

Another way to check out the rental listings is via the Internet through rental agencies such as the following:

Rental Agency/Address	Telephone No.	Website/Fees
e-housing Suite 317, 2161 Shattuck, Berkeley	510 - 549 2000 ask about discount	www.E-Housing.com Membership: Between \$35 - \$75
Gallagher & Lindsey Inc. 1406 Webster, Alameda	510 - 522 3322	www.alamedarentals.com Fee: 30% of 1 st month's rent
Harbor Bay Rental 885 Island Drive, Suite 203, Alameda	510 - 523 1166 510 - 814 4801	www.hbrhomes.com Fee: 30% of 1 st month's rent
Homefinders Bulletin 2158 University Ave, Berkeley	510 - 647-0960 ask about discount	www.homefinderslist.com Membership: \$35 - \$75

You may also wish to visit **Craigslist** at www.craigslist.org. Craigslist is a free website that, in addition to a variety of other listings, includes listings of individuals with available apartments.

C. Transportation

BART & Bus

There are many ways to go around the Bay area without a car. The Bus and BART (Bay Area Rapid Transit) connections are often faster and more convenient than being stuck in traffic. The BART system covers the vital areas in the Bay Area. For example BART can take you from Lake Merritt Station in Oakland to Civic Center in San Francisco in a little bit more than 20 minutes. The fee for the BART system varies between \$1.25 and \$7.45, depending on your destination. For students who use public transportation regularly, the BART Plus ticket is recommended. The BART Plus ticket is valid for 2 weeks and has a value between \$38 and \$71. The ticket includes a BART value between \$15 and \$50 and offers unlimited use of AC Transit buses.

AC Transit is the bus service in the East Bay. The fare for the AC transit is **\$1.75** one way. An additional **\$0.25** can be paid to upgrade the ticket to a transfer ticket. Transfers are good for unlimited trips in any direction for at least one hour after issuance. It is possible to buy a 10-ticket book for \$17.50 or a monthly pass for \$70.

To find out more about public transportation please visit the website: www.transitinfo.org



D. Safety

It is recommended that you become familiar with the areas of the city where crime is a problem. Learn methods of self-protection and precautions to take while at home or in unsafe areas.

Reporting Criminal Activities or Other Emergencies

The Peralta Community College District contracts its Police Services with the Alameda County Sheriff's Office. All crime occurring on campus should be reported to Police Services. Suspected criminal activity or any emergency can be reported at any time by calling Police Services at **465-3456**, by dialing ex. **7236** from any interior campus telephone, or by using one of the Blue Emergency Phones located throughout the campus and in the parking lots. You also may dial **911** (free call) in case of an emergency.

When you call, you will talk directly with a Sheriff Technician, who will send a deputy to your location. While the deputy is being sent, do not hang up the telephone; the technician will ask you questions that will give the responding deputy valuable information about your emergency. Initially, the information determines the swiftness of the police response and

Automobiles, Driver license and California ID

If you are thinking about buying a car, we suggest you wait a couple of months to get familiar with your new environment here in California. The highways and freeways in the Bay Area during rush hour are very overcrowded and traffic jams are a daily event.

California law requires every driver or car to have liability insurance. This insurance will cover injuries to other participants of an accident and resulting damage in case you were at fault in the accident. Additionally, there are several taxes when buying a car. **Also, you should always have the car inspected before you buy it** to determine whether there are any problems with the car that you don't know about!

To operate a vehicle you need to have an international driver license or obtain a California driver license if you stay longer than 4 months in the US. To obtain a California driver license you have to pass a written and practical test at the Department of Motor vehicles (DMV). The fee for the driver license is around \$13 and you should bring your passport, I-20, Social Security Card (or a rejection letter from the Social Security Office) and a letter from the Office of International Education explaining your Visa-Status. If you are not planning to operate a vehicle you should apply for a California ID to prove your identity.

whether an ambulance, para-medical or fire department assistance is needed.

Emergency Blue Phones

Emergency Blue Phones are located in numerous locations on all of the campuses except for Berkeley City College. In case of an emergency at Berkeley City College, call **911**.

Escort Services (Safety Aides)

If you don't feel safe at night walking alone after class, you can call the campus Escort Service. *Safety Aides* will walk with you from the building where your class is held to the campus parking lot (or BART station at Laney College or bus stop at the College of Alameda). Safety Aides carry two-way radios and can call the police if there is an emergency. Call **465-3456** (or ex. **7236**) to request a Safety Aide.

Note: No Escort Service is available at Berkeley City College.

Safety Tips on Campus

Never leave valuables visible from the outside of your vehicle. Lock all property, especially sweaters

and jackets, in the trunk; otherwise, take them with you.

- Lock your car door after entering or leaving your vehicle.
- When returning to your vehicle, look both, around and inside to ensure that it is safe to get in. Have your keys in your hand to speed your entry.
- Use well-lighted paths to and from the parking areas.

- Avoid walking alone, especially late at night. Use the “Buddy System” or request a Safety Aide escort.
- Know the locations of telephones and “Blue Phones” (emergency phones) on campus.
- Do not leave purses, tote bags, knapsacks, etc., unattended.
- Lock your bicycle to the bike rack.



E. Health Care

Because of the high cost of medical care in the United States, adequate health insurance for hospitalization or major medical expenses caused by accident or illness is extremely important. The Office of International & Global Education has researched and approved a health insurance policy with the Somerton Student Insurance Agency for all international students. Therefore, F-1 students attending the Peralta Community College District who do not have their own health insurance should purchase the **Somerton Student Insurance Plan BEFORE REGISTERING FOR CLASSES.**

We believe that the Somerton Student Insurance Agency offers quality coverage. They promise to provide prompt claims payments, effective administrative services, a student services representative, and a toll-free special services telephone number. Our office and the Somerton Student Insurance Agency will be working closely to assist you if any medical problems or emergencies occur.

2005-2006 coverage includes:

- Maximum Benefit of \$100,000 per illness or injury (lifetime).
- \$15 co-payment per physician visit.
- \$100 deductible per Covered Injury or Sickness per policy year. The deductible is reduced to \$50 if a referral is obtained from the Student Health Center.
- Benefits are paid at 80% of the Usual & Customary charge up to \$2,500 for each Covered Injury or Sickness and at 100% after that. Some benefits may vary such as: inpatient mental & nervous conditions at 80%, outpatient mental & nervous conditions at 50%, etc.
- Physical Therapy benefit is also paid at 80% of the Usual & Customary charges when prescribed by a physician.
- Eligible outpatient prescription drugs are covered at 50% of the actual charge. Prescriptions can be obtained from any pharmacy.

- Medical evacuation and repatriation benefits covered to a combined maximum benefit of \$50,000.
- Maternity coverage treated the same as any other injury or sickness
- Coverage provided worldwide, except for the insured’s home country

Don’t put yourself at risk by not having medical coverage! Come by the Office of International & Global Education to sign-up and learn more about the Somerton Student Insurance Plan. To sign-up for the next school year contact us, our friendly staff will assist you with the process, address any questions you may have about health insurance or show you how to access the health care system in this country.

Remember to take care of your health. Eat well, exercise, and get enough sleep. But if you do become sick or have a medical problem, you can either go to the Health Center on your campus, contact your insurance provider, or the Office of International & Global Education.

If you have an emergency/life threatening situation, dial 911 on the telephone and tell the operator the language you speak and someone will help you. Also request the ambulance to take you to the nearest hospital such as:

Summit Medical Center

350 Hawthorne Avenue
Oakland, CA 94609
510-655-4000

Alameda Hospital

2070 Clinton Avenue
Alameda, CA 94501
510-522-3700

Alta-Bates/Medical Ashby Campus

2450 Ashby Avenue
Berkeley, CA 94705
510-204-4444

If you need to see a Physician, you can either go to www.ccnusa.com (to see the complete list) or call **888-685-7774. (Applies only to Students who are insured by Somerton Student Insurance Plan).**

F. Managing Your Money

If you are going to stay in the Bay Area for several months, you might want to open a bank account. The following banks are located near the Oakland Area.

- To open a checking or a saving account, two forms of identification are required. You will need your passport and another picture ID, for example your College ID card.
- You must be 18 years or older to open a checking account.

CITIBANK

Lincoln Square Office. Phone: 510 482-2710
4100 Redwood Road, **Oakland, CA**

BANK OF AMERICA

388 9th Street, Suite 168. Phone: 510 273-5040
Oakland, CA

WASHINGTON MUTUAL

2270 Otis Dr. Phone: 510 864-3325
Alameda, CA

WELLS FARGO

2144 Shattuck Ave. Phone: 510 464-2115
Berkeley, CA



There are basically two kinds of bank accounts:

1). A Checking Account allows the student to write a check rather than paying cash for things the student buys. The check, which has your signature, orders the bank to pay the amount you write it for and authorizes the bank to take the money from your checking account. Do not write checks for more money than you have in the account or you may lose your check-cashing privilege and have to pay an expensive service charge. In addition, you will damage your credit in the US. You may cash checks at the bank where you have your account or at one of its branches. When you write checks in stores while you are shopping, you must have an identification card with your photograph on it. You may use your passport or other photo identification for this. Some stores might ask to see a credit card for identification.

2). You can also deposit your money in a **Savings Account**. This account will earn money (interest) for you. If you wish to withdraw money, you must do so in person at the bank. You do not need checks to withdraw money from your savings account. With a savings account it is easier to know exactly how much money you have in the bank.

You may also withdraw your money from either a checking or a savings account by using an **ATM (Automated Teller Machine)**.

G. Shopping

Malls have a variety of stores, including clothing, department, shoe, toy stores, etc.

Refer to the Resource section at the back of the Handbook for more information.



Pharmacies (Drug Stores/chemists):

For all pharmaceutical and cosmetic needs (prescription and over-the-counter medication), visit one of the many Bay Area pharmacies such as:

Walgreen's
www.walgreens.com

Longs Drugs
www.longs.com

Rite-Aid
www.riteaid.com

H. Restaurants and Ethnic Food

Visit www.bayinsider.com or www.sfgate.com to locate good restaurants in the Bay Area.

The following information is a list of approximate serving times restaurants have for each meal. This will help you to successfully plan a social outing:

- **BREAKFAST**, the first meal of the day, is served in most restaurants between 7:00 a.m. and 11:00 a.m.
- **LUNCH** is usually served between 11:00 a.m. and 2:00 p.m.
- **DINNER** is typically served between 5:00 p.m. and 10:00 p.m. It is important to note when making your plans that dinner is usually more expensive than lunch.

*******Restaurants and Ethnic Food Stores Recommended by Our Office Staff*******

American

BARNEY'S GOURMET HAMBURGERS

This hopping place boasts possibly the best selection of burgers this side of the Mississippi. They have veggie burgers, salads, chicken sandwiches, and gigantic orders of fries, too.

Lunch and Dinner daily (510) 655-7180
4162 Piedmont Avenue, Oakland.

THE POT BELLY PIG

A sandwich joint
77 Eighth Street, # 182, Oakland. (510) 832-3287

Italian

SPETTRO

Try traditional Italian favorites at this well-known eatery.

Lunch: Tues-Fri; Dinner daily
3355 Lakeshore Ave., Oakland. (510) 465-8320

Chinese

THANH KY RESTAURANT

549 East 12th Street, Oakland. (510) 763-8801

KING OF KING RESTAURANT

1139 East 12th Street., Oakland. (510) 663 9318

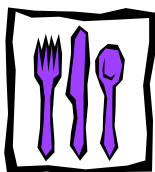
Japanese

ICHI JAPANESE RESTAURANT

382 17th Street, Oakland. (510) 451-6667

ISOBUNE SUSHI

5897 College Avenue, Oakland. (510) 601-1424



French

LA CRÈME DE LA CRÈME

People from all over the Bay Area are drawn to this cozy spot for its traditional French menu, lamb noisette and triple chocolate mousse.

5362 College Ave., Oakland. (510) 420-8822

Caribbean

TROPIX BACKYARD CAFÉ

Fresh, flavorful and incredibly tasty Caribbean, Gulf Coast and Latin-inspired specialties offered in the relaxing and colorful style of the tropics.

3814 Piedmont Avenue, Oakland.
(510) 653-2444

Middle Eastern

HOLY LAND KOSHER FOOD

This Israeli eatery near Lake Merritt offers traditional cuisine.

677 Rand Avenue, Oakland.
(510) 272-0535

Soul Food/Cajun/Creole

TJ'S GINGERBREAD HOUSE

This 30-year-old favorite haunt sports a charming garden seating area, and costumed wait staff.

741 5th Street, Oakland. (510) 444-7373

Mexican

MEXICALI ROSE RESTAURANT

This all-hours restaurant in the heart of downtown serves authentic and moderately priced dishes.

701 Clay Street, Oakland. (510) 451-2450

EL TORITO MEXICAN RESTAURANT & CANTINA

50 Franklin St, Oakland. (510) 835-9260

Vietnamese

VI'S VIETNAMESE CUISINE

This tiny Chinatown shop and Vi himself are longtime favorites of restaurant folk.

724 Webster Street, Oakland. (510) 835-8375

Thai

THAI PLACE

1405 Webster Street, Alameda. (510) 521-6466

Indian

SABINA INDIAN CUISINE

The authentic northern Indian cuisine here includes baked clay-pot dishes and vegetarian and meat curries.

1628 Webster Street, Oakland. (510) 268-0170

African

CAFÉ COLUCCI

This crowded storefront Ethiopian restaurant offers an excellent range of authentic dishes.

Breakfast, lunch and dinner daily

6427 Telegraph Ave., Berkeley. (510) 601-7999

California/Mediterranean

JACK'S BISTRO

This restaurant serves a tasty blend of California and Mediterranean cuisines, featuring fresh fish, meat, poultry, pasta and wood-oven pizzas.

1 Broadway St, Oakland. (510) 444-7171

Cambodian

PHNOM PENH HOUSE

Enjoy tasty Cambodian food at this eatery located downtown near Jack London Square.

Lunch and dinner Mon-Sat

251 8th Street, Oakland. (510) 893-3825

Ethnic Food Stores

CHINATOWN

Downtown Oakland, Broadway, between 7th-9th Street

TRADER JOE'S

5700 Christie Avenue, Emeryville

EMERYVILLE PUBLIC MARKET

5959 Shellmound Street, Emeryville

Market 99—PACIFIC EAST MALL

3288 Pierce Street, Richmond

Fast Food

For quick, inexpensive meals you can try the following. They have sit-down and drive-through services.

- Burger King
- McDonalds
- Taco Bell
- Wendy's
- Jack in the Box
- Carl's Jr.

FAQ's (Frequently Asked Questions)

What is a community college (junior college)?

A community college, also called junior college, is a post-secondary institution that offers certificate programs, Associate of Arts and Associate of Science degrees and other programs. Many students complete their first two years of undergraduate study at a community college before transferring to a four-year institution.

How many colleges are in the Peralta Community College District?

The Peralta Colleges are comprised of four community colleges: College of Alameda, Laney College, Merritt College and Berkeley City College.

What is a unit?



A unit is a measurement of credit that a student receives for a class and is referred to as a credit at other institutions. One unit often (but not always) equals one hour of instruction per week.

What is a full-time student?

The United States Citizenship & Immigration Services (USCIS), formerly known as Immigration and Naturalization Service (INS), requires all international students (F-1) to maintain a full-time course load. Peralta Colleges international students need to maintain a minimum of 12 units per semester for both the Fall and Spring semesters unless the Summer is your first semester.

What does GPA mean?



GPA, or grade point average, is the system used by Peralta Colleges and other institutions to grade students.

What is SEVIS?

SEVIS refers to the **Student & Exchange Visitor Information System**, which is an internet-based system coordinated by United States Immigration and Customs Enforcement (USCIS) (formerly INS) to maintain current information on non-immigrant students, exchange visitors, and their dependents (i.e. all those in F or J status). SEVIS tracks F and J visa holders from the time they receive their documents (I-20, visa, etc.) until they complete their programs. SEVIS links with colleges and universities, US embassies and consulates, US ports of entry, the

Department of State, and exchange visitor programs. The Office of International & Global Education is required to update and report information in SEVIS such as students' enrollment, change of address, transfers to another school, etc.

How often should the back of my SEVIS I-20 be signed for travel?

Your I-20 must be signed by a Designated School Official (DSO) in order for you to be permitted to reenter the U.S. after a brief travel abroad. An endorsement is valid for one year. However, we recommend that you have your I-20 signed every time you travel. Keep in mind that if you remain out of the U.S. for more than 5 months, you will need to request a new I-20 to reenter.

If the visa stamp in my passport expires while I am in the U.S., must I leave the country to renew it?

NO. The visa stamp in your passport is an "entry permit" only, so you do not need to be concerned if it expires once you have already entered the U.S., unless you plan to travel out of the U.S. and reenter. In that case, you will need to go to the U.S. Embassy or Consulate (generally in your home country) and apply for a new visa stamp. When you do so, you must bring with you your endorsed I-20 (that is, signed on the back by a Designated School Official). Please contact the Office of International & Global Education for more information.

Are International (F-1) Students required to file an income tax return each year with the U.S. government?

International Students who are working in the U.S. (either on- or off-campus) are subject to federal and state income taxes, which are normally withheld from each paycheck. If you were employed at any time and taxes were withheld, you must file federal and state tax returns. Forms are available at many post offices. Federal Tax forms are filed with the Internal Revenue Service (IRS) and with the Franchise Tax Board (state income tax) between January 1st to April 15th. You must enclose a copy of your W-2 forms (summary of income earned and taxes paid) for the calendar year with both returns. Your employer must provide you with your W-2 forms before January 31st. In addition, all F-1 and M visa holders are required to file Form 8843 with the IRS **even if they did not work in the U.S.** For those students who do not work in the U.S., Form 8843 must be filed before June 15.

RESOURCES

Mail

U.S. Postal Services (888) 275-8777
www.usps.gov

The address for the Post office near Laney College is:
201 13th St. (510) 251-3216
Oakland CA 94612-9991

Long Distance Call Service Providers

AT&T (800) 222-0300
www.att.com

MCI (800) 955-0925
www.mci.com

SPRINT (800) 877-4646
www.sprint.com

Free email accounts

Hotmail www.hotmail.com

Yahoo www.yahoo.com

Excite www.excite.com

Mixmail www.mixmail.com

Latinmail www.latinmail.com

MyOwnEmail www.myownemail.com

Email www.email.com

Transportation

AC Transit Oakland- San Francisco
(510) 817-1717

AC Transit Teletypewriter Only
(800) 448-9790

BART Transit Information
(510) 465-2278

BART Handicapped Transit Info
(TTY) 464-7133

General Info www.transitinfo.org
Dept. of Motor Vehicles (800) 777-0133
www.ca.dmv.org

Greyhound Bus Lines (800) 229-9424
www.greyhound.com

Amtrak (800) USA-RAIL
www.amtrak.com

Emergency Phones

General Emergency **911**
Berkeley Police (510) 981-5900

Berkeley Police TDD-DEAF ACCESS
(510) 981-5799

Oakland Police
(510) 777-3333

Peralta Community College Police
(510) 465-3456

Poison Control Center
Hotline (24hours) (800) 222-1222

Rape/Sexual Assault
UC Berkeley Prevention/Education (510) 642-6000
Highland Hospital (510) 534-9290
Bay Area Women Against Rape (510) 845-7273

Shelters
A Safe Place (Women) (510) 536-7233
Tri-Valley Haven for Women (925) 449-5842

Social Services Alameda County
TTY-TDD Machine Users Only (510) 834-9434

Suicide & Crisis
Alameda County (510) 849-2212

Victims Of Domestic Violence
Family Violence Law Center (510) 540-5354

Victims Of Violent Crimes
Victims Witness Assist. Division (510) 272-6180

AIDS
Aids Hotline (800) 367-2437
Aids Minority Health Initiative (510) 763-1872
Aids Project of the East Bay (510) 663-7953

Alcohol/Drugs
Alcoholics Anonymous (510) 839-8900
Narcotics Anonymous (510) 444-4673

Child Care
Bananas (510) 658-0381
Four C's Child Development Ctr. (510) 272-0669
YMCA (510) 451-9622

Physicians list/Lewer Agcy. Inc. (800) 992-4362
www.phcs.com

Hospitals/Health Centers
Summit Medical Center (510) 655-4000
350 Hawthorne Ave.
Oakland, CA 94609

Alameda Hospital (510) 522-3700
2070 Clinton Avenue
Alameda, CA 94501

Children's Hospital Medical (510) 428-3000
Center of Northern CA
747 52nd. Street
Oakland, CA 94609

Alta Bates Medical Center (Ashby)
2450 Ashby Avenue
Berkeley, CA 94705

San Leandro Hospital
13855 E 14th Street
San Leandro, CA 94578

St. Luke's Hospital
3555 Cesar Chavez
San Francisco, CA 94110

St. Rose Hospital
27200 Calaroga Avenue
Hayward, CA 94545

Information and Referral

Spanish Speaking
Citizens Foundation (510) 261-7839

Mental Health

Asian Mental Health (510) 451-6729
Berkeley Mental Health (510) 644-8562
Eden Mental Health Ctr. (510) 667-7500
La Clinica de la Raza (510) 535-4000
La Familia Counseling (510) 881-5921
Parental Stress Services (510) 893-9230
San Leandro Community
Counseling (510) 638-6603
Native American Health (510) 535-4440

Shopping Centers

South Shore Center Alameda
(510) 521-1515
Jack London Square Oakland
(510) 814-6000
Bayfair Mall San Leandro
(510) 357-6000
San Francisco Shopping Ctr. San Francisco
(415) 495-5656
Pacific East Mall Richmond
(510) 527-3000
Southland Mall Hayward
(510) 782-3527
Serramonte Center Daly City
(650) 992-8686
Stoneridge Mall Pleasanton
(925) 463-2770

Sunvalley Mall Concord
(925) 825-2042
New Park Mall Newark
(510) 794-5522
Stanford Shopping Center Palo Alto
(650) 617-8240
Auto Mall Parkway Fremont
(510) 440-1574
Oakland Mall Oakland
(248) 585-6000

Pharmacies

Walgreen's (800) 289-2273
www.walgreens.com
Longs Drugs (800) 865-6647
www.longs.com
Rite Aid (800) 748-3243
www.riteaid.com

Things to do/Entertainment in the Bay Area

Bayinsider www.bayinsider.com
SFGate www.sfgate.com
SFGuide www.sfguide.com
Bayarea www.bayarea.com

Fast Food/Drive Through

Burger King www.burgerking.com
McDonalds www.mcdonalds.com
Taco Bell www.tacobell.com
Wendy's www.wendys.com
Jack in the Box www.jackinthebox.com
Carl's Jr. www.carlsjr.com

Newspapers

The Oakland Tribune (510) 208-6300
www.oaklandtribune.com
Bay Area News (510) 208-6300
www.insidebayarea.com
The Chronicle (800) 281-2476
www.sfgate.com
The Examiner (415) 359-2600
www.examiner.com
The Alameda Times Star (510) 208-6300
www.timesstar.com
Berkeley Daily Planet (510) 841-5600
www.berkeleydailyplanet.com
Daily Review Hayward (510) 783-6111
www.dailyreview-ang.com

Public Libraries

Many public libraries lend video and music tapes as well as CDs and books. To become a member of a public library you should have a passport or student ID and a proof of your current address. It can be a telephone or PG&E bill, or rental agreement.

Oakland Main Library

125 14th Street
TEL: (510) 238-3134

Hours

Monday - Tuesday	10:00 - 5:30
Wednesday - Thursday	12:00 - 8:00
Friday	12:00 - 5:30
Saturday	10:00 - 5:30
Sunday	1:00 - 5:00



Alameda Free Library

2200-A Central Avenue
TEL: (510) 748-4660

Hours

Mondays & Wednesdays	9:30 - 9:00
Tues., Thurs. - Sat.	9:30 - 5:30
Sundays	1:00 - 5:00
Closed Holidays	

Berkeley Main Library

2090 Kittredge Street (at Shattuck)
TEL: (510) 981-6100

Hours

Monday - Thursday	10:00 - 9:00
Friday - Saturday	10:00 - 6:00
Sunday	1:00 - 5:00
