



Welcome Guide

FOR F-1 INTERNATIONAL STUDENTS



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Welcome to SMC!

Welcome to Santa Monica College. SMC opened in 1929 with just 153 students. Today, SMC is home to over 30,000 students involved in more than 80 fields of study. Among those 30,000 students, over 3,300 are international students, representing over 100 countries from around the world. That's one of the largest international student populations at any college in the U.S.!

You've made a great decision to come to SMC. You will find that the college provides many outstanding services and resources especially for you. The International Education Center (IEC) staff includes:

- Immigration advisors to help you manage your F-1 student status;
- International academic counselors to guide you through your educational program;
- Specialists who help with housing and insurance and plan social and cultural activities that will introduce you to the LA area and help you meet new friends.

SMC is also the number one transfer institution in California. SMC students transfer to great universities in California like UCLA, USC, the CSUs and Loyola Marymount, as well as colleges and universities throughout the U.S. Other students come to SMC to complete AA or AS degrees, Certificates in their professional fields, or study for personal enrichment. Whatever your academic goals may be, the IEC staff is here to support you.

We know you're going to have a wonderful experience here, and we hope that this Welcome Guidebook is helpful as you prepare for your arrival on campus.

Sincerely,

International Education Center

Pre-Departure Information (for new overseas students)

Applying for an F-1 Student Visa

As an international student in the U.S., you will need to have F-1 Student Visa status. If you are in your home country now, and don't already have your F-1 Student Visa, you will need to apply for one at an American Embassy or Consulate in your country. There are specific instructions included in your Admission Packet about how to obtain an F-1 Student Visa on the page titled, "Using Your I-20: How to Pay the SEVIS Fee and Apply for Your F-1 Visa." For more information, you can visit the U.S. government website at: http://travel.state.gov/content/visas/en.html.

Travel Documents

Most Santa Monica College (SMC) international students arrive at Los Angeles International Airport (LAX). Upon arrival at the Port of Entry, have the immigration documents listed below ready for a U.S. Customs and Border Protection (CBP) officer to review. Make sure to put these documents in your carry-on bag. Do not pack them in your checked luggage. While the officer is inspecting your original documents, students also may be asked general questions. Always answer the questions clearly and honestly. Don't get nervous; it is a routine procedure.

I-20 – SMC has sent you an I-20 form. Please check this
form very carefully to be sure that all of your personal
information is correct and the spelling of your name matches
your passport and visa. You should also make sure that the
date of birth is correct.

You will need to show this original I-20 form to:

- Obtain an F–1 Student Visa
- Enter the United States every time you travel
- Prove your legal student status throughout your stay in the U.S.
- Apply for various benefits

Be sure to enter the U.S. with your SMC I-20. Do not use the I-20 of another school to enter the U.S. if you plan to study at SMC.

Passport – A passport is the required identification document for international travel. You will need to show your passport every time you travel, when you report to Santa Monica College, and on many other occasions when official identification and travel documentation are needed. Additionally, the F-1 Student Visa Stamp needs to be in your passport. If your passport expires and you obtain a new one while you are in the U.S., you will need to carry both your new passport and your expired passport as your visa stamp will not transfer to your new passport.

Be sure to keep your passport valid at all times. You may renew your passport at your country's embassy or consulate while you are here in the U.S. Your passport must be valid for at least six months into the future every time you travel internationally.

F-1 Student Visa Stamp – In order to enter the U.S. as an international student, you must have a valid F–1 Visa Stamp in your passport. When you enter the U.S. on an F–1 Visa, you will usually be admitted for the duration of your student status. That means that you may stay in the U.S. as long as you maintain full-time student status. Your visa status will be valid as long as you are a full-time student, even if the expiration date on your visa stamp passes. If your visa expires while you are in the U.S., that is okay. You do not need to make a special trip to renew your visa. However, if you travel outside of the U.S. with an expired visa (or if you changed your status to F–1 while you were already in the U.S. and never received a visa stamp), you will need to obtain a valid F–1 Student Visa Stamp in your passport before you may re-enter the U.S.

Do not enter the United States on a B-1/B-2 visitor visa or with a Visa Waiver. You will be prohibited from studying in the U.S. prior to obtaining approval of a change to F-1 student status.

 I-94 - Form I-94 is an electronic document. It is the Arrival/Departure Record that is created by the Customs and Border Patrol (CBP) officer when you come into the U.S. If you need a paper version of your I-94, you can print it from www.cbp.gov/i94

Health and Dental Care

Before you leave your country you should have a complete physical and dental examination. You should tell your doctor that you will be in the U.S. to study. Get copies of your medical records if needed. Make sure the records are in English.

Have your teeth examined thoroughly by your dentist. Get any work done before you leave your home country. Dental work in the United States can be very expensive and is not covered by SMC health insurance.

Money Matters

When you arrive in Santa Monica, you will need enough money for immediate expenses including food, transportation, and living arrangements. Do not bring large amounts of cash! There are many safer options available. If you are receiving assistance from your government or private agency, it also may take some time before your funds are distributed to you. Do not bring a lot of money in foreign currency because it is difficult and expensive to exchange. It is a good idea to carry a combination of U.S. currency, traveler's checks, cashier's checks/bank drafts, and credit cards.

Cash – You should bring some of your money in U.S. dollars. If possible, bring \$100 in smaller bills such as \$20, \$10, \$5, and \$1 bills to pay for your transportation from the airport and several meals. \$1 bills are easy to use for tips for taxis, hotels and restaurants, or taking public transportation. Again, do not carry a lot of cash because you may lose it.

- Traveler's Checks If the checks are in U.S. dollars, the money is available for use immediately. They can be replaced if lost or stolen. You should bring checks in various denominations because checks in large sums can be difficult to use. In addition, checks in any foreign currency may be subject to exchange fees. Once you arrive in the U.S., you can safely and easily deposit checks into a bank account. Do not countersign a Traveler's Check before you actually use it.
- Cashier's Checks/Bank Drafts These are useful for large sums of money; however, the money may not be available immediately.
- Credit Cards You can pay for your tuition and fees at SMC with a major U.S. credit card (Visa or Master Card). You can also use these cards in the SMC bookstore and for many other purchases in the U.S. It is sometimes challenging for foreign citizens to open credit card accounts in the U.S., but check with your U.S. bank to see if you may open a Secured credit card. If you want to use a credit card from your home country, you will probably need to make arrangements with your family to pay the bills for you. Not all U.S. stores and businesses accept international credit cards. It is important to find out if your credit card has a daily spending limit. Remember to also inform your credit card company that you plan to use your credit card while studying in the U.S.
- Debit/ATM/Check Cards These are useful because cash is available immediately from an Automated Teller Machine (ATM). Exchange rates, daily limits, and or additional fees may apply.

Packing Your Luggage

What you bring depends largely upon how long you plan to study in the U.S. and who you are. Make sure you clearly identify your luggage inside and outside with your name and U.S. and overseas address. In your carry-on luggage, keep a change of clothes, toiletries, money, valuables, important documents (passport, visa, 1–20, SMC acceptance letter, arrival instructions), medications in their original containers, and prescriptions for your medications.

Do not bring fresh fruit, produce, meat or plants as you are not allowed to bring these items into the U.S.

- Clothing Everyone has personal preferences when it comes to fashion and clothing, so you should bring whatever you feel comfortable wearing. The culture at SMC, and in California in general, is casual. We do not have an official dress code at SMC. Most students choose to wear denim jeans and cotton t-shirts. You should bring some clothes that are lightweight and also some that are For example, bring a sweater for cool summer evenings, and a heavy jacket for colder winter weather. Although it does not snow in Santa Monica, it is possible for temperatures to drop as low as 30°F (0°C). You need clothes you can layer and wear in any weather and at least one formal outfit for interviews and formal In addition, since the campus is near the beach, it is advisable to bring a bathing suit. Once you arrive, you can purchase additional clothes.
- Footwear Typically, most students pack a variety of shoes depending on their preference. These include sandals, hiking shoes, athletic shoes, and dress shoes.
- Toiletries Don't overstock on personal hygiene products as you can purchase these when you arrive in the US. Any medication should be stored in your carry-on. You may wish to bring an extra pair of eyeglasses and/or contacts in case yours are lost or broken.

Airport Arrival

Los Angeles International Airport (LAX)

LAX airport in Los Angeles is the closest airport to SMC. Upon arrival, collect your luggage, and then proceed to the ground transportation. Depending on when your flight arrives, LAX can be quite crowded and overwhelming. There are several forms of transportation available. We have listed a few of your options. For more information on other forms of ground transportation, you can visit the LAX website: https://www.flylax.com/en/lax-traffic-and-ground-transportation

- Shuttle Service Generally, most shuttle companies operate continuously and can take you from LAX to your housing accommodations. Shuttle vans are shared and seat about 7 people and their baggage. Shuttle stops are designated by an overhead sign bearing the name of the shuttle company.
- Buses Although riding on the bus may be the most affordable option for transportation, it is not recommended since you will be traveling with luggage. Buses that service the LAX area include the <u>Santa Monica Big Blue Bus</u>, the <u>Metro</u> and <u>Culver City Bus</u>.
- Rideshares (Uber, Lyft) After you arrive and retrieve your luggage, you may follow the green "LAX-it" signs (pronounced "L.A. Exit") to walk or proceed to the rideshare shuttle to get to the "LAX-it," a parking lot outside Terminal 1. It may take up to 20 minutes to walk from the Bradley International Terminal, so the shuttle is best from there. Your driver will meet you there.

Housing Resources

Hotels, Motels, and Hostels

Listed below are a variety of hotels, motels, and hostels close to SMC.* If you have not already arranged a place to live, be sure to make a reservation for a temporary stay prior to your departure. Prices and availability are subject to change. For additional housing resources including temporary or permanent housing, visit the International Education Center homepage: www.smc.edu/international and click the "Housing" link, or use a such reputable hotel search engine, as Google Maps (www.google.com/maps hotels). and search for Expedia (www.expedia.com/Hotels), Kayak (www.kayak.com), and more.

*Please note that SMC does not endorse, recommend, or guarantee the quality of any of the following listed housing locations. The list is in alphabetical order, without any preference or prejudice. SMC does not investigate the accuracy, relevance, timeliness, or completeness of the information. While Santa Monica is a safe neighborhood, be sure to do your own research before booking any hotel, motel, or hostel.

<u>Best Western Gateway</u> <u>Hotel</u>

1920 Santa Monica Boulevard Santa Monica, CA 90404 Phone: (310) 829-9100

Website: www.bestwestern.com

Days Inn

3007 Santa Monica Boulevard Santa Monica, CA 90404 Phone: (310)829-6333

Website: www.daysinn.com

Comfort Inn Santa Monica

2815 Santa Monica Boulevard Santa Monica, CA 90404 Phone: (310) 828-5517

E-mail: gm.ca430@choiceho

tels.com

Website:

www.comfortinnsantamonica.com/

<u>Doubletree Guest Suites</u> <u>Hotel</u>

1707 4th Street Santa Monica, CA 90401 Phone: (310) 395–3332

Website:

www.doubletree.hilton.com

Housing Resources

Hostelling International

1436 2nd Street

Santa Monica, CA 90401 Phone: (310) 393–9913

Website: www.hihostels.com/hoste

Is/hi-los-angeles-santa-monica

Hotel Shangri-La

1301 Ocean Avenue Santa Monica, CA 90401 Phone: (310) 394-2791

Website: www.shangrila-hotel.com

Loews Santa Monica Beach

<u>Hotel</u>

1700 Ocean Avenue Santa Monica, CA 90401 Phone: (310) 458–6700

Website: www.loewshotels.com/sa

nta-monica

Sea Shore Motel

2637 Main Street Santa Monica, CA 90405

Phone: (310) 392–2787 E-mail: reservations@sea

shoremotel.com

Website: www.seashoremotel.com

<u>SureStay Hotel by Best</u> Western

3102 Pico Boulevard Santa Monica, CA 90405

Phone: (310) 450-5766

E-mail:

reservations @ Sure Stay Santa M

onica.com

Website: www.surestaysantamonic

a.com

Hotel Oceana Santa Monica

849 Ocean Avenue Santa Monica, CA 90404

Phone: (310) 393-0486

Website: www.hoteloceanasantamon

ica.com

Le Meridien Delfina

530 Pico Boulevard Santa Monica, CA 90405

Phone: (310) 399–9344 E-mail: info@lemeridiendel

fina.com

Website: www.lemeridiendelfina.com

Palm Motel

2020 14th St.

Santa Monica, CA 90405 Phone: (310)452-3861

E-mail: reservations@palmmotel

santamonica.com

Website: www.palmmotelsantamoni

ca.com

The Ambrose

1255 20th St.

Santa Monica, CA 90404 Phone: (310)315-1555

Website: www.ambrosehotel.com

Wyndham at the Pier

120 Colorado Avenue Santa Monica, CA 90401 Phone: (310)451-0676

Website:

www.wyndhamsantamonicapier.com

Arrival Checklists

Here is a checklist of the things that you will need to do in order to begin your study program at SMC.

Intensive English Program (IEP)

If you will be starting in the Intensive English Program (IEP), there are 3 steps that you need to take before you begin your classes.

- □ Step 1 Check-in at the IEC (3rd Floor of the Student Services Building) and Take the Level Placement Test First, you will check-in with your documents. Bring the following documents with you:
 - I-20 form
 - Passport (with I-94 Card and F-1 Student Visa Stamp)
 - Completed <u>Check-in Form</u>

Next, you will take the level placement test. The test will help determine the best level of Intensive English course for you.

Step 2 – Attend Your Information Seminar

Before starting your classes, all new international students attend a required Information Seminar. The dates and times of your Check-In, Placement Test, and Information Seminar are included in your Admission Packet.

□ Step 3 – Pay Your SMC Tuition and Fees

You will receive an invoice for your program fees after your Information Seminar. Once you have your invoice, you will pay your fees at the Bursar's office on campus by the published deadline.

Once you start classes, be sure to maintain your F-1 status by adhering to the IEP Attendance Policy.

Arrival Checklists

Academic Program (Non-IEP)

If you will be starting in the Academic Program, there are 6 steps that you need to take in your enrollment process.

- Step 1 Complete the following before you come to SMC, in your home country.
 - On-Line Orientation: Log onto the On-line Orientation Page at www2.smc.edu/orient/INT.htm using your SMC ID and 6-digit date of birth (in MMDDYY format). The online orientation will introduce you to the helpful programs and services that are available at Santa Monica College. The advising portion will provide you with the basic information about enrolling in courses.
 - Complete the math GSP. The math self-placement presents six options based on your area of study (major) or the course you are interested in taking. You may take any of the math guided self-placements only one time. To access the guided self-placement tools, activate your Cornect account. Then log in, click the "Placement" tab, and follow the instructions on the screen. *See Step 3 regarding English/ESL.
 - Develop an educational plan through MyEdPlan at www.smc.edu/ep, and Pre-Enroll as soon as you reach your enrollment appointment date. We suggest you enroll in at least 12 units. You can find your enrollment appointment date by logging onto Corsair Connect (www.smc.edu/cc).
 - Complete all parts of the check-in form. There is a fillable pdf format of the check-in form in the Welcome email from the IEC, and also a printed version of the check-in form in your acceptance packet.

□ Step 2 – Check-In at SMC at the IEC

Upon arrival, you need to check-in at the International Education Center. We are located on the $3^{\rm rd}$ floor of the Student Service Building. Bring your I-20, passport, and completed check-in form with you.

Arrival Checklists

Step 3 – Take the ESL Placement Exam

Some students will be required to complete the ESL placement exam, which consists of ACCUPLACER Language Use, Reading Skills, and Sentence Meaning. *If you have completed 11th grade or graduated high school in the U.S. in the last 10 years, you will be placed using "multiple measures" consisting of high school GPA, courses, and grades reported on your CCCApply admission application.

Step 4 – Attend Your Information Seminar

All new international students must attend a mandatory Information Seminar. You have already selected the date of your seminar and a confirmation is included in your Admission Packet. At the seminar, you will receive more in-depth information and meet the staff members who will assist you in becoming a successful student at Santa Monica College.

Step 5 – Attend the Optional Group Counseling and Enrollment Session

At the end of your seminar, you may choose to join the Optional Group Counseling Enrollment Laboratory. Guides will take you from your Seminar to the Enrollment Laboratory. This session is recommended if you would like additional guidance with enrolling into your courses and help with developing a First Semester Education Plan of recommended courses. If you have college or university transcripts from your home country, bring a copy of your transcripts in English to show your counselor.

Step 6 – Finish Enrollment and Pay Your SMC Tuition and Fees

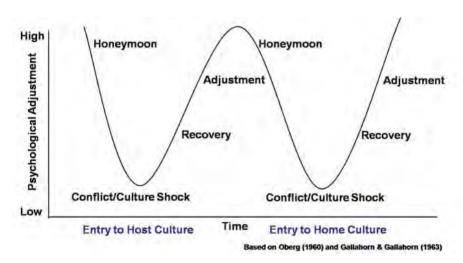
You will enroll in your classes or make adjustments to your schedule and pay your fees online with <u>Corsair Connect</u> by the published deadline. If the payment deadline has passed, you must pay for each class by 7:00 pm the same day that you enroll in it.

Additional Items for all Students Once the semester has begun, ride the Big Blue Bus anytime, any line for free after having a zero balance and purchasing your SMC student ID and Associated Students sticker at the Bursar's office. Purchase your textbooks at the SMC bookstore or online. Your professors will give you a course syllabus with a list of required texts.

Cultural Adjustment

Most people who travel to another country to work or study for a significant period of time go through an adjustment period to the new culture. It's important to remember that adapting to a new environment takes time, and students should be prepared for high points and low points. Although no two people will experience it exactly the same, there are some common stages to the cultural adjustment process. Knowing about the stages ahead of time may help prepare you to cope with them when you arrive.

The typical pattern of cultural adjustment consists of four distinct stages: Honeymoon, Crisis, Recovery and Adjustment. Later, this cycle is repeated upon re-entry to one's own country when a student returns home. These stages of cultural adaptation often affect students' moods. The stages' effects on students' mood are illustrated in this "w-curve."



Four Phases of Adjustment

- Honeymoon Many students feel very happy for some time immediately after their arrival. In this phase, you feel excited and fascinated by your new experiences and the new environment.
- Crisis When you reach the crisis stage, you are experiencing "culture shock." This is the most difficult stage in the process. The "honeymoon" is over and the realities of academic. social. and everyday life miaht overwhelming. You might feel alienated, confused and depressed by the cultural differences between your home and the U.S. You may feel angry because you might think the customs of the new culture are unreasonable or unfavorable. You may feel lonely since your close friends are back in your home country. You may also feel disappointed and discouraged because you think you are not "fitting in." During this phase, students often restrict their social interactions to only fellow international students who understand their experiences and challenges.
- Recovery The third stage is marked by recovery. You find you can understand cultural clues better. Your attitude towards American culture and life in general improves. You might even find yourself laughing about stage two, or helping other international students who are suffering from culture shock.
- Adjustment In the adjustment phase, your anxiety is largely in the past and you find yourself in a stage of equilibrium. You feel comfortable enough to assess your host country objectively, and you feel free to express both negative and positive opinions about your experience. It is during this stage that many students acknowledge that surviving culture shock has been a source of insight and personal growth.

Culture Shock

"Culture shock" is not "shocking" at all! It is a perfectly normal part of learning to live in a new cultural environment. At some point during your stay in the United States, it is likely that you will feel overwhelmed and frustrated by the differences between your culture and the U.S. culture.

Culture shock symptoms include:

- Uneasiness/general anxiety
- Homesickness
- Irritability
- Hyper-sensitivity
- Loss of perspective
- Digestive problems

- Loss of appetite
- Low energy
- Depression
- Insomnia
- Headaches

As you can see, the symptoms may range from mild to serious- but don't despair! There are strategies for you to try in order to cope with your culture shock.

Strategies to Cope with Culture Shock

- "Be prepared" Understand the phases of cultural adaptation, and expect that culture shock will probably affect you in one way or another.
- Know yourself Clarify your own values and examine your own assumptions. Your responses to situations and people in the new culture will make more sense if you have a clear idea of what is important to you personally.

- Be philosophical Understand that this is a learning process and that you will benefit from it.
- Listen and observe Since there are new rules, norms, and cues that may be unfamiliar, you need to listen and observe communication behavior very carefully. Analyze verbal and nonverbal messages like a scientist. When something surprises or confuses you, investigate!
- Ask questions and be honest You cannot assume that you always know what is going on, or that you always understand a particular communication. Most Americans will be very helpful if you need an explanation of something, but you need to be honest and ask.
- Try not to judge You will see many things that are different from your own culture. Don't label anything as "good" or "bad" in comparison to your own culture. Most customs, habits, and ideas are simply different from the ones that you know.
- Try to empathize Try to put yourself in another person's place, and look at the situation from his/her perspective.
 Culture influences how different people interpret the same situation.
- Be open and curious Avoid isolating yourself with people from the same cultural background. Try new things and talk to different people. Discover how and why certain things are done.

The more you explore, the more you'll learn.

- Keep a sense of humor It is likely that you will make mistakes as you explore a new culture. Laughing at your mistakes will encourage others to respond to you in a friendly manner and help you learn from them. Often, the first sign of recovery from culture shock is the reappearance of one's sense of humor.
- Try to accept frustration Learning to function in a new culture is not easy, and it is natural to feel anxious and frustrated at times. Realize that these feelings are normal.
- Get involved The more you put into the experience, the more you'll learn from it. Make an effort to meet people, get involved in activities, and learn about the people and their culture.
- Stay positive Don't complain about your experience. Try
 to find someone who has gone through this experience and
 can offer you good advice and comfort.
- Talk to someone Find friends who are going through a similar process, call your family back home, or see a counselor. If your culture shock symptoms are difficult to manage, or are interfering with your daily activities, visit the SMC's Center for Wellness and Wellbeing. The trained counselors are from many cultural backgrounds and can help you through the difficult parts of cultural adaptation. In the U.S., it is very common to talk with a counselor about personal difficulties. Take advantage of the resources available to you at the college- there are many people who are here to help you!

Housing

Comfortable, safe housing is an important concern for our international students. Although Santa Monica College does not provide on-campus housing or on-campus student dormitories, the International Education Center (IEC) is happy to assist students with the many housing options offered in the Santa Monica area. Please remember that securing housing is your responsibility; we strongly recommend that you arrive in Santa Monica early enough to have adequate time to find suitable housing and to get settled in your new environment before beginning your studies. Before you leave home, temporary accommodations should be arranged through a Homestay organization or at a local hotel, Air B&B, motel, or youth hostel so you have a place to stay while searching for a more permanent home. Also, keep in mind that SMC does not endorse or pre-screen the following housing information.

Homestay Programs - Homestay programs are arranged through private companies that charge a fee to match you with a compatible, pre-screened family, usually called a "Host Family". If you choose a homestay program, be sure to contact the homestay company at least two months before you plan on arriving in the US. Applications must be submitted directly to the organization and processed prior to your arrival as SMC does not monitor or administer these programs. The host family often provides meals; typically you would have a private bedroom and share a bathroom with members of the family. Some of these companies require full payment in advance. In most cases, a refundable damage deposit will be charged in addition to the processing fee and the monthly rent. Depending on the facilities provided, anticipate paying between \$1,000 to \$1,500 or more per month. Most homestays are within 30 to 45 minutes to SMC by public transportation, but be sure to confirm the location before signing any contract. If you are not sure, chose a company that provides a short-term option. You may check how long it might take by bus at http://bigbluebus.com/. following are a few local homestay companies

Global Student Services

Tel: (310) 438-7485 Fax: (424) 254-2304

E-mail: info@global-student-

service.com

Website: www.global-student-

service.com

IHPS Homestays

Tel: (626) 798-0209 Fax: (626) 795-5198

E-mail: info@ihpshomestays.com

Website: www.ihpshomestays.com

Universal Student Housing

Tel: (310) 824-4908 E-mail:contact@usaish.com Website:www.ushstudent.com

International Student Placements

Tel: (650) 947-8879 Fax: (650) 948-1105

E-mail: info@isphomestays.com Website: www.isphomestays.com

Hotels & Hostels – If you prefer to rent or share an apartment, it is important to plan on arriving two or three weeks before the beginning of classes. Be sure to make reservations at a hotel, Air B&B, motel or hostel before leaving your home country.

Check on-line for Santa Monica hotels, motels or hostels in your price range.

- Rooms in Private Homes The IEC maintains a current listing of rooms for rent that includes a limited number of rooms in private homes. Please stop by the IEC to pick up a current copy of the list (it is not available on-line). Keep in mind, however, that this list is offered as a free service and SMC does not investigate, endorse, pre-screen, or guarantee the availability of these listings. The average monthly cost is \$1,000, depending on facilities provided, which may or may not include food or utilities. Move-in costs may include first and last month's rent as well as a security deposit. Each listing is unique- it's your job to find one that suits you best!
- Apartment Rentals There are a variety of apartments available for rent in Santa Monica and the surrounding neighborhoods. Free lists may be found in local newspapers, on the Internet, or at the IEC.

Apartments Nearby:

Midvale Plaza

527/540 Midvale Avenue Los Angeles, CA 90024

Tel: (310) 208-4868

Website: www.midvaleplaza.com Luxury apartments, pool, study lounge, fitness center, 30 minutes by BBB #8, controlled access

Solutions in LA

Tel: (310) 391-5030

E-mail: info@solutionsinla.com

Website:

http://www.solutionsinla.com Various singles, studios and shared apartments, 30 minutes by BBB #7, plus student services such as private tutoring, driver's license applications, etc.

Westwood Villa Apartments

2901 S. Sepulveda Blvd. Los Angeles, CA 90064 Tel: (310) 479-2120

Website:

www.westwoodvilla.com Pool, laundry facility, bus, shops and restaurant nearby, 25 minutes by BBB #8, 7, R7 and the Sunset Ride.

Pico Lanai Apartments

2501 Pico Blvd.

Santa Monica, CA 90405

Tel: (866) 869-9011

Website: pacificreachsantamonica.com
One bedroom, one bath
apartments, pool, laundry,
controlled access, walking distance

to SMC, by BBB #7, R7

Lincoln Place Apartment Homes

1050 Frederick St. Venice, CA 90291 Tel: (310) 975-8407

Website:

www.lincolnplaceapthomes.com Luxury apartments, 30 minutes by BBB#3, 16, swimming pool, fitness center, garage parking, outdoor fireplace lounge, pet friendly, etc.

Zuma Housing

Tel: (310) 209-5577

E-mail: info@zumahousing.com Website: www.zumahousing.com Fully furnished apartments or rooms in Santa Monica and West LA for SMC students, various properties within walking and bus distance of SMC

^{**} BBB—Listed are Big Blue Bus lines that can take you to or near these businesses from SMC

For other listings, visit the following web sites:

- www.apartmentguide.com
- www.apartments.com
- www.aptmags.com
- www.data.cho.ucla.edu
- www mdrents com
- www.move.com
- www.rstrents.com
- www.sublet.com
- www.westsiderentals.com
- Visit these web sites for information on rules and regulations concerning rentals:
 - www.findlaw.com
 - www.nolo.com
- Apartment Sharing Many students choose to share an apartment with other students, and the IEC maintains a current list of students who are available to share an apartment or who have a room in their apartment for rent. Students who wish to share their apartment make their own terms; be prepared for move-in costs to include first and last month rent as well as a security deposit. Approximate monthly costs to share an apartment start around \$1,000 (excluding utilities, telephone, internet and Cable TV).

Solutions in LA

Tel: (310) 391-5030

E-mail: info@solutionsinla.com

Website:

http://www.solutionsinla.com Various singles, studios and shared apartments, 30 minutes by BBB #7, plus student services such as private tutoring, driver's license applications, etc.

Zuma Housing

Tel: (310) 209-5577

E-mail: info@zumahousing.com Website: www.zumahousing.com Fully furnished apartments or rooms in Santa Monica and West LA for SMC students, various properties within walking and bus distance of SMC Shared Student Housing – Similar to traditional student housing, these programs are arranged through private organizations that charge a fee based on the services provided. Typically, the living accommodations are furnished and meals may be provided.

Solutions in LA

Tel: (310) 391-5030

E-mail: info@solutionsinla.com

Website:

http://www.solutionsinla.com Various singles, studios and shared apartments, 30 minutes by BBB #7, plus student services such as private tutoring, driver's license applications, etc.

Universal Student Housing

Tel: (310) 824-4908 F-mail: contact@usaish.com Website: www.usaish.com Students share an apartment with a choice of one to three other students. USH offers airport pickup, telephone & answering machines in each apartment, free incoming fax services, tour packages and weekly grocery shopping trips. All rooms are fully furnished: the buildings offers controlled access, a pool, laundry facilities, and is 30 minutes by BBB #8. Prices vary depending on accommodations offered.

Universal Cooperative Housing Association

500 Landfair Avenue Los Angeles, CA 90024 Tel: (310) 208-8242

E-mail: uchaweb@earthlink.net Website: www.uchaonline.com Located 2 blocks from the UCLA campus and 6 miles from SMC, the Co-Op offers affordable housing for students. All rooms are furnished and utilities are included. Fach member of the Co-Op must contribute four hours of chores per week. 19 meals per week are provided and vegetarian fare is available. The Co-Op has single, double, and triple rooms. Residents may remain in rooms during UCLA academic breaks at no additional charge.

• Corporate Housing – Typically more expensive than the average apartment rental, but less expensive than many hotels, corporate-style apartments are also available. They offer nightly, weekly and monthly rates and may provide a valuable short-term alternative to a hotel stay or a long-term alternative to renting an unfurnished apartment. These apartments are fully furnished, the kitchens are fully equipped and there are laundry facilities on site. You may contact the following companies for corporate housing:

Archstone Citrus Suites, Santa Monica

1915 Ocean Way Santa Monica, CA 90405 Tel: (866) 474-8666

Website:

www.equityapartments.com

Travelodge Hotel at LAX Airport

5547 W. Century Blvd. Los Angeles, CA 90045 Tel: (800) 421-3939

(310) 649-4000

Website: www.travelodgelax.com

*Maximum stay is 28 days

Oakwood Marina del Rey Apartments

4111 S. Via Marina, 2nd Floor Marina del Rey, CA 90292 Tel: (310)751-4545

Website: www.oakwood.com

Banking

Once you arrive in the U.S., you should open a bank account as soon as possible to keep your money in a secure location and have it readily accessible to pay your bills. In the U.S., you may make purchases and pay bills by writing a check, or using a debit card or credit cards issued by your bank. A student checking account (usually carrying no monthly fees) is the type of bank account most students have. It will allow you to deposit your money and then write checks against the balance. To open a bank checking account, you will need your passport, I–20, I–94, a secondary form of identification, a U.S. address, and some money to deposit into your account. All U.S. banks have to follow the same regulations; the following are just a few of the banks local to SMC:

Bank of America

3320 Ocean Park Blvd. (310) 526-9997 www.bankofamerica.com

City National Bank

1620 26th Street (310) 264–2900 www.cnb.com

Chase Bank

3250 Pico Blvd (310) 309–3260 www.chase.com

Wells Fargo

2940 Ocean Park Boulevard (310) 450–0749 www.wellsfargo.com

Restaurants

There are lots of places to eat and a wide variety of foods available in Southern California, especially in and around Santa Monica. We have everything from high-end cuisine, vegetarian/vegan friendly restaurants, to burgers and fries. For more information, visit: http://www.santamonica.com/where-to-eat/

Grocery Stores/Supermarkets

There are many grocery stores/supermarkets located in Santa Monica and the surrounding areas. They sell a wide range of foods and merchandise including fresh produce, organic/international/ethnic foods, household items, etc. The various types of places are listed below. Try them all to get an idea of what is available:

Bob's Market

1650 Ocean Park Blvd Santa Monica, CA 90405 (310) 452–2493 www.bobsmkt.com

Co-Opportunity

1525 Broadway Santa Monica, CA 90404 (310) 451–8902 www.coopportunity.com

Ralphs

1644 Cloverfield Blvd. Santa Monica, CA 90404 (310) 582–3900 www.ralphs.com

Smart and Final

12210 Santa Monica Blvd. Los Angeles, CA 90025 (310) 207–8688 BBB 16

DDD 10

www.smartandfinal.com

Trader Joe's

3212 Pico Blvd. Santa Monica, CA 90405 (310) 581–0253 www.traderjoes.com

Vons

1311 Wilshire Blvd. Santa Monica, CA 90403 (310) 395–4510 www.yons.com

Whole Foods

225 Lincoln Blvd, Venice, CA 90291 (310) 566–9480 www.wholefoodsmarket.com

Whole Foods 365

2121 Cloverfield Blvd. Santa Monica, CA www.365bywholefoods.com

Marukai Corporation

12121 West Pico Blvd. Los Angeles, CA 90064 (310) 806-4120 www.marukai.com

Convenience Stores

These are small stores that are open from early in the morning to late at night and sell items such as snacks, soft drinks, newspapers, toiletries and some groceries. The largest convenience chains are 7–Eleven Food Stores and AmPm mini-markets.

Farmers' Market

These are outdoor markets where local farmers sell goods such as organic fruits, vegetables, fresh flowers and other products. They are usually located in public areas, on certain days and times during the week. There are several farmers' markets in Santa Monica. To find times and locations of a particular market, visit: https://www.smgov.net/portals/farmersmarket

Transportation

There are a variety of options to commute to Santa Monica College including walking to campus, riding a bicycle, driving a vehicle or taking public transportation. Students who drive may either park on the main campus or park at one of the satellite campuses. Parking is extremely limited. Street parking in the surrounding neighborhood is restricted and SMC parking decals are not valid on these streets. For more information about parking at any of the SMC campuses, you can visit the Santa Monica College Transportation and Parking website at: http://www.smc.edu/transportation

Riding your Bicycle – Santa Monica College has an active bicycle community. Riding a bike is a great alternative to driving to campus. It is environmentally friendly, economical and healthy. Wearing a helmet is not required by law, but is highly recommended. Be sure to plan ahead by mapping the safest route possible and following basic safety measures. For more information on bike paths, you can visit the Santa Monica College Transportation and Parking website at: http://www.smc.edu/transportation

- Driving a vehicle If you plan to drive a vehicle (car, scooter, motorcycle) while in the U.S., you must have a valid driver's license. California law states that if you are visiting and have a valid driver's license from your home state or country, you may drive in our state without getting a California driver's license as long as your home state/country license remains However, if you are a student, take a job in California or move here, you must get a California driver's license if you want to drive. Please note that liability insurance is required for all drivers of motor vehicles in California. You must carry your insurance card, driver's license, and current registration with you at all times while driving. You must also have a valid SMC parking permit to park on campus. For more information, you can visit the California DMV website: www.dmv.ca.gov
- Public Transportation There are three different forms of public transportation SMC students use to commute to and from campus. The most widely used form is the Santa Monica Big Blue Bus.
 - Big Blue Bus The Big Blue Bus is Free for all SMC students with an active SMC student ID, as long as the term has started, they have paid their AS and student ID fees, and have a zero balance. The Big Blue Bus provides local service in Santa Monica and West Los Angeles. Service extends to the Pacific Palisades, UCLA, LAX, Venice, and Downtown Los Angeles. Visit the SMC's Cashier's Office to obtain an SMC student ID and enrollment sticker. Timetables obtained can be at: www.bigblue bus.com
 - Metro Bus and Rail The Metro System offers close to 200 bus and rail lines to take you where you want to go in LA County. Exact change is

required. Timetables and fares may be obtained at: www.metro.net.

 Culver City Bus – The Culver City Bus system serves the Westside communities of Venice, Westchester, Westwood, West Los Angeles, Palms, Marina Del Rey, Rancho Park, Mar Vista, Century City, and Culver City. Exact change is required. Timetables and fares can be obtained at: www.culvercity.org/en/enjoy/culver-city-bus

Weather

Santa Monica enjoys mild temperatures and clear skies during most of the year. The average daytime winter temperature ranges from 55 to 75 °F (13 to 24 °C) and evening temperatures can be about 20 degrees cooler. Typically, it rains during the end of the winter months and the beginning of the spring. During the late spring to beginning of the summer, the weather is mild, often overcast and rainy. Summers can be dry and hot, reaching 95 °F (35 °C) during the day and dropping to 60 °F (16 °C) in the evening. The breeze from the Pacific Ocean blows year round causing temperatures to change unpredictably.

Places to Visit

The city of Santa Monica has plenty to offer. There are a wide variety of events and activities happening in Santa Monica as well as in the local surrounding communities. Take a stroll on the Santa Monica Pier or ride the historic Carousel and solar-powered Ferris Wheel. Shop and dine at the 3rd Street Promenade, a large outdoor shopping area that stretches three blocks. Drive to the Santa Monica Mountains and enjoy the great outdoors. For more information, you can visit the Santa Monica Tourism website at: www.santamonica.com

SMC Health Insurance

Health care in the U.S. is very expensive. Insurance is necessary to manage the costs of treatment in the case of illness or injury. All international students at SMC are required to purchase the International Student Health Insurance Plan through SMC. Students pay for their insurance fee when they pay for their enrolled classes.

Enrollment and Eligibility **PPO Network** Benefits, Claims, ID Card Relation Insurance Wellfleet Group, LLC Ciana PPO dba Wellfleet www.mycigna.com Services Administrators, LLC (800) 537–1777 P.O. Box 15369 www.4studenthealth.co Springfield, Massachusetts m/smc 01115-5369 (877) 657-5030, TTY 711 www.wellfleetstudent.com Policy #: WI2021CASHIP126

There is a \$250 deductible per policy year. The deductible will be reduced to \$50 per policy year when: 1) you receive a referral from the Health Services Center (HSC); or 2) the HSC is closed. You will also need to pay a \$25 copay for each doctor visit, and \$50 per visit to the emergency room, waived only if admitted to hospital.

If you go to the HSC, most charges are covered by the insurance at 100% of reasonable and customary charges. The deductible and copay do not apply to eligible expenses.

For other covered services outside the health center, the doctor or hospital must be a member of Cigna Network, the Preferred Provider Organization (PPO), in order for charges to be covered at 100% of allowable charges (after copayment and deductible). Otherwise, charges will be covered at only 70% of reasonable and customary charges, meaning you will have to pay at least 30% of the cost. Medications prescribed by a doctor are covered at 50%.

You can print a copy of your insurance card or ask for it to be sent to you by visiting www.4studenthealth.com/smc

In order for your bills to be paid, you must follow these basic rules:

- Always visit the Health Services Center at Santa Monica College first, unless it is closed or you have an emergency medical condition. The health center will treat you or give you a referral to see an off-campus doctor. If you do not get a referral first before seeing an outside doctor, your claim will not be paid by the insurance.
- Once you have a referral, be sure the doctor or hospital you go to is a member of the Preferred Provider Organization (PPO).
 To find a PPO provider, call Cigna, Choice Fund PPO at 1-800-468-4343, or visit www.cigna.com
- After you visit the doctor, be sure to fill out and sign your claim form, and then mail it, along with your referral and all medical bills, to Cigna (for Cigna Providers), or Wellfleet (for non-Cigna PPO Providers)

Please see the International Student Health Insurance Plan policy brochure or contact Relation Insurance Administrations (RIA) for questions or information about benefits, or what conditions are covered. For answers to Frequently Asked Questions, or assistance in using your health insurance, please visit the International Education Center.

Health Services Center at SMC

Phone: (310) 434–4262

Location: Northeast corner of the Cayton Center Complex

Office Hours: Hours may vary. Please check with the Health

Services Center at the phone number listed above.

The Health Services Center provides cost-effective primary health care services to currently enrolled Santa Monica College students. They focus on health promotion, illness treatment and prevention,

referrals for needed services, health education, and other services most needed by college students. They are staffed by registered nurses, health assistants, nurse practitioners, clinical psychologists, and doctors.

SMC Health Service Center services include:

- Blood pressure screening
- Immunizations/vaccinations
- Dental insurance info
- Over-the-counter medication
- Emergency/first aid treatment
- Medical care and intervention

Free condoms

- Red Cross blood donation
- Gynecological services
- Referrals to specialists
- Health related pamphlets and literature
- Tuberculin skin test
- HIV/STD testing & counseling

Psychological Services at SMC – The Center for Wellness & Wellbeing

Phone: (310) 434 - 4503

Location: Liberal Arts building, room 110.

Office Hours: Monday from 9:00 a.m. to 4:00 p.m.

Tuesday – Friday from 9:00 a.m. to 5:00 p.m.

The Center for Wellness & Wellbeing is staffed by licensed psychologists and provides free personal counseling services for SMC students. To schedule an appointment, you may go directly to the office or call.

The Center for Wellness & Wellbeing offers:

- Crisis intervention
 - Referral services
- Individual psychotherapy Substance abuse counseling

Local Medical Centers and Hospitals

If you need medical attention, but the SMC Health Services Center is closed, you can go to an urgent care center. For a complete list, go to www.cigna.com.

Santa Monica Urgent Care

Phone: (310) 394-2273

Location: 524 Colorado Ave, Santa Monica, CA 90401

Westside Walk in Clinic

Phone: (310) 305-1801

Location: 3018 Washington Boulevard, Marina Del Rey, CA

90272

If your situation is an emergency, you should call 911 or go directly to an emergency room. There are two emergency rooms near campus:

Santa Monica UCLA Medical Center and Orthopedic Hospital

Phone: (310) 319–4000

Location: 1250 16th Street, Santa Monica, CA 90404

St. John's Health Center Emergency Room

Phone: (310) 829-5511

Location: 2121 Santa Monica Blvd., Santa Monica, CA 90404

Please be aware that if you are treated at a PPO Hospital, it does not mean that all providers at that Hospital are PPO providers. In addition, if you are referred by a PPO provider to another provider or facility, it does not mean that the provider or facility to which you are referred is also a PPO provider. For instance, when a network provider refers you to a lab for tests, be sure it is a network lab. This information can be found on the network website listed above.

Health and Wellness Tips

College students lead very busy lives and sometimes health care doesn't seem like a very high priority. However, maintaining good physical and mental health is essential to achieving student success!

- Get enough sleep When it comes to balancing busy schedules, students tend to sacrifice their sleep time first. Don't do this. Lack of sleep can affect your ability to concentrate in your classes, and it can weaken your immune system which will make you more vulnerable to colds and the flu. So try to stick to a regular sleeping schedule, and aim for 7 to 8 hours a night.
- Eat sensibly Attending college can make it hard to eat a healthy diet. Students often eat late at night and consume too much junk food. A bad diet can result in low energy and weight gain. To maintain a healthful diet, you should:
 - Choose nutritious foods Limit the amount of fast food and processed foods that you eat. Those foods are high in fat, sugar, and salt. Replace those foods with alternatives like fruits, vegetables, lean meats, whole grains, and yogurt.
 - Always eat breakfast Skipping breakfast actually contributes to weight gain and makes it hard to concentrate in class. You don't have to eat a big breakfast; a bowl of cereal, soup or a cup of yogurt will make you a happier and healthier human being.
 - Eat enough Many college students have problems with eating disorders. If left untreated, eating disorders can be dangerous. If you think you might have psychological issues with food or body image, seek help at the Heath Services Center or Psychological Services at SMC.

- Drink water Most people do not get nearly enough water. Get a refillable water bottle and carry it around with you. You can refill your bottle at the water bottle refilling station in the cafeteria.
- Don't drink too much alcohol Excessive drinking can lead to addiction, alcohol poisoning, poor choices and unsafe behavior. Know your limit! Remember the U.S. legal drinking age is 21 years old. Alcohol is not allowed on campus.
- Don't smoke Smoking of any kind is not allowed on campus, and marijuana use is illegal for F-1 students in the U.S. We all now know the dangers of smoking and the damage that it does to your health. However, the temptation to smoke can be great during college. Avoid starting, and if you are already a smoker, the single most beneficial decision you can make for your health is to quit.
- Get regular exercise Physical activity helps you stay healthy in both body and mind. It can help you maintain healthy body weight, focus better in your classes, and manage your stress! Even if you're busy with schoolwork, there are many ways to incorporate regular exercise into your schedule.
 - Take full advantage of walking opportunities! Even if you have a car, make walking your main form of transportation to, from, and on campus.
 - □ Enroll in one of the many physical education classes at SMC such as tennis, boxing, or yoga.
 - Visit the www.santamonicaswimcenter.org for SMC student swim hours.
- Learn to relax This can be a difficult goal for college students, but do your best. Learn to put things in perspective and plan relaxation activities into your schedule. The counselors in the Center for Wellness and Wellbeing can provide techniques to help you relax.

- Get psychological counseling if you need it College students frequently suffer from anxiety, depression, eating disorders, addiction, and homesickness. Although these conditions are common, they can be debilitating and dangerous. The campus Center for Wellness and Wellbeing offers free counseling to help with these issues.
- Practice safe sex You've heard this lecture before, but it's
 a lecture you need to remember. Communicate with your
 partner. Make sure to get your partner's consent each time.
 Always use a condom. Know the physical and emotional risks
 that come with sexual activity. Behave respectfully and
 responsibly toward yourself and your partner.
- Visit the campus Health Services Center The Health Services Center offers many free and discounted services to help you stay well, including free annual gynecological exams for female students. The Health Services Center is your first stop if you think you may need any kind of medical care.

SMC Police Department

Phone: (310) 434-4300 (dispatch)

(310) 434-4608 (front office)

9–1–1 (emergency)

Location: 1718 Pearl St., Santa Monica, CA 90405

Hours: Monday – Thursday from 7:00a.m. to 8:00 p.m.

Friday from 7a.m. to 6:00 p.m.

SMC Police Department services include:

Lost and found

• Reporting a crime/crime statistics

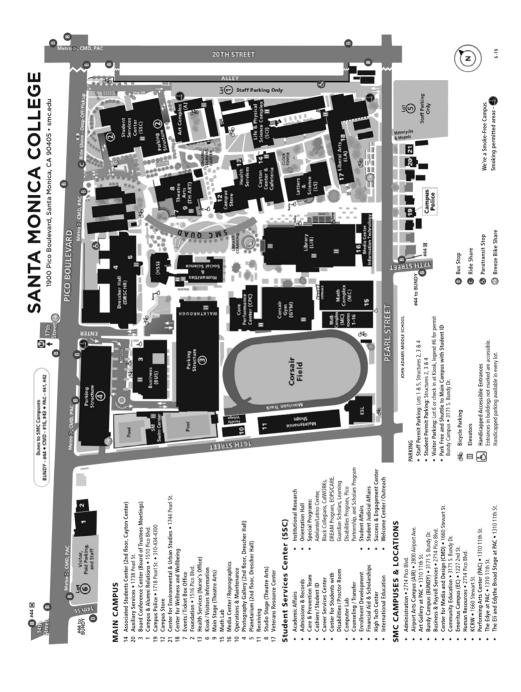
Parking information

• Emergency preparedness

• Safety Escort Service

Safety Tips

- Report all crimes.
- Do not leave valuables unattended. Theft is the most common crime on campus. Always watch your textbooks, laptops, cell phones, and MP3 players. You should take all your belongings with you even when you are visiting the restroom at the library.
- Always lock your car and do not leave valuables in your car.
- Always lock your bicycle to a bike lot with a strong lock that cannot be cut through. Do not use a chain or cable lock, as those are very easily to forcibly remove.
- Do not carry a lot of cash or expensive valuables with you.
- Make sure to put your name on all of your belongings so that SMC Campus Police can contact you if your lost items get submitted to Lost and Found. Don't forget to check the Lost and Found for your lost item just in case!
- Be aware of your surroundings at all times.
- At night, walk in well-lit areas and do not walk alone.
 Walk with confidence. If you would like a SMC representative to escort you after dark from campus to your bus stop or car, call (310) 434–4300.
- Grey and blue emergency booths with emergency phones/call boxes are located across campus.
- Alcohol and illegal drugs are not allowed on campus.



Santa Monica College Campuses & Transit Map

For more Information and Schedules go to: Satellite Campus Parking & Connecting Shuttles are Free for Students & Staff with SMC ID CAMPUS SHUTTLE PARKING BUNDY www.smc.edu/transportation and Classrooms (Temporary) ARTS AIRPORT and AET SANTA MONICA FREEWAY CLOSED (Under (AET) CAMPUS SMC ACADEMY Construction) and Hard Hard of the Control of the which connects by way of the route SANTA MONICA MAIN CAMPUS The Sunset Ride route in light grey connects all Campuses except the Performing Arts Center (Madison), COLLEGE in medium grey. PERFORMING ARTS CENTER SMC

Helpful Resources

International Education Center/Counseling 3rd floor of Student Services Building

1900 Pico Boulevard Santa Monica, CA 90405 IEC Phone: (310) 434-4218 Email: intled@smc.edu

Website: www.smc.edu/international

SMC Departments

- Academic Programs
- Associated Students
- Homepage
- Student Life and Services

Immigration

F-1 Visa Information usvisas.state.gov

Other

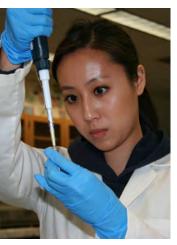
Big Blue Bus Line www.bigbluebus.com

City of Santa Monica www.smgov.net

LAX www.lawa.org/welcomeLAX.aspx

U.S. Postal Service www.usps.com







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GO where the world goes



International Education Center

1900 Pico Blvd. Santa Monica, CA 90405

Phone: (310) 434-4217 Fax: (310) 434-3651 Email: IntlEd@smc.edu

WWW.SMC.EDU/INTERNATIONAL