

Summer Guest Resource Guide

2017

WELCOME

Welcome to Los Angeles, and to your new neighborhood. This guide is intended to help you thrive in your Colburn School experience and your new surroundings. It includes information about all kinds of businesses, services and public resources you might need. Don't hesitate to ask your Residential Life staff for help or additional information – We're here to make your Colburn experience unforgettable. Here's to a great stay here at The Colburn School!

RESIDENTIAL LIFE AT A GLANCE

Residential Life Overview

The Residential Life program at The Colburn School provides guests with enrichment opportunities, personal and academic support, and tools to assist with the transition to and journey through college life. Whether you are 18 or 28, from Eastern Europe or the rural Central Valley of California, the Residential Life program offer services, programs, and resources that are designed to make your experience fun and rewarding.

About the Residential Life Staff

The staff is committed to making the Colburn experience fun and meaningful. The team members are trained professional staff whose main areas of focus include: safety and security, personal support, programming and community development, and policy enforcement. The staff member living on your floor is your “go-to” person, and will be an invaluable resource for you as you progress through this school year.

There is a Resident Advisor (RA) on duty each weekday evening from 6 pm until 9am the following morning, and all day and night on Saturdays and Sundays. The RA may be reached by contacting the Security Command Center (213.621.4500) located at the entrance of Parking Structure 2.

The Residential Life Office is located in room 340 in the Olive Building.

THE RESIDENCE HALL AT A GLANCE

Emergencies

In any emergency, it is important to call 9-1-1 first, and then the staff— either the RA on-duty or the security guard on the third floor (plaza level). It is also important that you never put your own health/safety at risk. Take immediate action to keep yourself safe. And stay calm.

PLEASE: Program 9-1-1, and the Security Command Center (213.621.4500) phone numbers into your mobile phone at the beginning of your stay.

NOTE: The Evacuation Assembly Area for the Residence Hall (Olive Building) is the sidewalk at the corner of 2nd and Olive Streets by the Joe's Parking Lot. This is the gathering place for most emergencies. At the Evacuation Assembly Area, the staff will be able to assess the condition of the guests, communicate instructions, and formulate orderly next steps. Whenever there is an emergency evacuation, go directly to this spot and await directions.

Building Access

At all times, it is required that you swipe your card at the electronic gate to enter the elevator vestibule on the 3rd floor of the Residence Hall building. You may also be asked to provide photo identification to gain access. If there is a failure of the computerized card reader system, a manual sign-in procedure may be in effect until the system is restored.

Guests Access

During the summer, guests residing in the Colburn School Residence Hall are not allowed to have guests of their own during their stay.

Right to Access

The School recognizes guests' desire for privacy, and shall make every effort to be respectful of guests' living spaces and need for privacy. School staff may enter your suite or room under these rare conditions:

- Whenever there is an indication of immediate health/safety risk, medical, safety or facilities emergency, or when the building is being evacuated for an alarm.
- Whenever you have requested, or the staff determines there is need for, maintenance or repair.
- In your absence, the staff may enter your suite or room to silence noise (like an alarm clock, stereo, or computer).
- Whenever there is suspicion of violations of the Standards of Guest Conduct or the law, the School may choose to enter or enter with the assistance of campus Security or local police.
- Whenever possible, a staff member shall not enter your suite or room alone; s/he shall be escorted by another staff member. The Dean of Residential Life (DRL) shall be notified of the need to enter a room or suite in one of these extreme situations. The DRL shall weigh safety and the community good before giving any staff permission to access any guest living space, and shall accompany any other staff members who need to enter whenever possible.

Telephones

The Colburn School recognizes that mobile phones are widely used by our guests. However, the School has provided a shared common phone in each guest suite. This phone is for receiving incoming calls and for making internal campus calls only. The phone also may be used to dial 9-1-1 in an emergency. There is a public payphone on level 2, where 9-1-1 can be dialed, and where calling card and coin calls can be made.

Laundry

The guest laundry room is located on the second floor of the Olive Building, near the guest lounges and fitness center. The washing machines and dryers are coin (quarters) and credit card operated. Problems with machines and requests for refunds may be submitted to the maintenance/repair e-mail address: reshallservice@colburnschool.edu. Please include the machine location in your e-mail. Items left in the laundry shall be discarded after seven days.

Lockouts

Guests who are locked out of their room or suite should go to the Security desk on the third floor of the Olive Building for assistance or contact the Security Command Center (213.621.4500). A Residential Life staff member shall be contacted to assist Guests who are locked out. After three lockouts in one semester, the guest shall be fined \$25 and charged with a policy violation. Guests are expected to keep keys and key cards under their control at all times in order to ensure the safety and security of the community.

Toilet Paper & Cleaning Supplies

Toilet paper and trash bags are available in the Trash Room on the southwest side of each floor of the Residence Hall. Cleaning supplies are available from your summer conference staff.

Building Amenities

The Fitness Center is located on the 2nd Floor of the Olive Building. It is available 24 hours daily. Once you have completed the Fitness Room Waiver, you may pick up a Fitness Center Access card from the Olive Security.

Fitness Center Rules (level 2 of the Olive Building):

- Appropriate shirts and shoes along with proper exercise pants (i.e. athletic shorts, sweats, leotards or wind pants) are required. Shirts must be worn at all times.
- No food or drinks in the fitness area, except for bottled water. Chewing gum must be disposed of in the trash receptacles provided.
- Equipment should not be moved without prior permission from the Dean of Residential Life. For safety reasons you must have at least two people present to use free weights.
- Guests must wipe down equipment after every use.
- Permission must be granted before any alterations may be made to equipment or facilities. ☒
- Guests are aware that use of the Fitness Center is done at their own risk. Guests should consult with a physician before beginning an exercise program.
- There is no staff on-site. In an emergency, dial 9-1-1.
- The School is not responsible for damage or injury caused by using the Fitness Center.

- Improper use of the Fitness Center shall result in a fine to the guest's account and/or revocation of Fitness Center privileges.

The Café is located on the 3rd floor of the Olive building.

Vending Machines (coin operated) are located on the 2nd floor of the Olive Building. The vending machines also make change.

Security

This information is provided for your safety and the security and safety of your fellow residents.

Preventive measures in the Residence Hall:

- Keep your doors locked at all times.
- Never open your door to strangers. The Colburn School personnel will always identify themselves prior to entering your suite or room. Notices will be posted on your floor in the event engineering or janitorial staff needs to enter your suite or room to complete their work.
- Avoid keeping large amounts of cash in your room.
- Report the presence of suspicious persons or activities to the Security Command Center at 213.621.4500 immediately.
- Prepare a list of personal property including serial numbers and model numbers and keep the list in a secure place.
- If you lose your key card or your room key (if issued), report it to the Residential Life Office immediately. Your key card will be replaced at a cost of \$25.
- In the event that your door has been forced open when you arrive home, do not enter. Call the Security Command Center at 213.621.4500 and wait for assistance.

Preventive measure outside the Residence Hall:

- If you feel that you are being followed, cross the street or get to a brightly lit area and remain alert.
- Avoid walking near dark doorways, abandoned buildings or other locations where someone could be hiding.
- Avoid shortcuts and stay in well-lit areas.
- If a vehicle stops and the occupant asks for directions, remain on the sidewalk and do not approach the car. To get away from the vehicle, walk in the opposite direction of the car.
- If someone is loitering in front of or inside your residence or if someone may have followed you home, notify the security officers in the lobby of the building. Officers are posted 24 hours in both the Grand and Olive Building.
- Before entering an elevator, check to see who is inside. If your suspicions are aroused, wait for the next elevator. Also, if a suspicious person enters, stands near the control panel or if you are attacked, press as many buttons as possible and exit as soon as you can.
- Do not use the stairs unless an emergency has been declared and the building is being evacuated.

Fire Safety

The Colburn School recognizes the importance of fire safety, and has put in place policies that are designed to prevent needless threats to the safety of our Guests and to comply with strict guidelines set by the Los Angeles Fire Marshal. As the Seton Hall University residence hall fire in January 2000 demonstrated, even seemingly harmless pranks can turn into deadly situations. Fire safety policy violations are treated with the utmost seriousness. For more information, refer to the “Safety Information and Emergency Procedures” section of the handbook.

Evacuation / Compliance with Alarms: Guests are expected to evacuate the building during fire or smoke alarms and to congregate in the designated evacuation assembly area. Failure to evacuate the building quickly—using stairs, not elevators—is seen as an extremely serious matter. See the “Safety Section” of this Handbook for the evacuation plan.

Tampering with Fire Equipment: Tampering with, damaging, altering, or disconnecting fire safety equipment – including but not limited to smoke detectors, fire alarm horns, fire pull stations, fire door exit alarms, sprinkler heads and fire extinguishers – is strictly prohibited. A violation of this policy is seen as an extremely serious matter.

Acceptable Occupancy: Large gatherings in guest suites (encompassing bedrooms and suite living area) are prohibited due to fire code and safety considerations. Suites may not have gatherings that exceed double the amount of residents the suite is designed to hold.

Candles and Open Flames: The possession of items that produce an open flame (including but not limited to candles/decorative candles, incense, torches, propane cooking grills) is not permitted. The responsible storage of small cigarette lighters/matches is allowed.

Small Appliances: In each suite the School provides a small refrigerator, a coffee maker, and a microwave oven; *no other kitchen appliances are allowed*. The use or possession of appliances that have a heating element or coils and/or produce excessive heat is prohibited for safety reasons. This ban includes (but is not limited to) the following common items: Halogen lamps, sunlamps, toaster ovens, hot plates, deep-fryers, electric skillets, electric heaters, steamers and/or rice cookers and coffee pots (except for the one provided by the school). The use of handheld clothing irons that are equipped with automatic shut-off timers is acceptable, when stored and used safely. All appliances must be UL-approved.

Explosives, Combustibles: The possession or use of any item that has the potential to cause an explosion, excessive sparks, or heat, is prohibited. Also, storage of chemicals or substances, which have the potential to explode or cause burning or other injury, is prohibited.

Smoking

Smoking includes but is not limited to cigarettes, cigars, and the use of pipes, bong, hookahs, etc. Smoking is not permitted in any campus buildings, including in the Residence Hall—including common areas, guest suites, and guest bedrooms. Designated smoking areas are clearly labeled outside the buildings, but never closer than 20 feet from the buildings per law. Smoking is to be confined to designated areas at all times.

Environmental Policy

The leadership of The Colburn School recognizes that the activities involved in running the organization have tangible impacts on the environment. In an effort to minimize these effects, The Colburn School is committed to a policy of responsible environmental action and partnership with an emphasis on the principles of recycling, reduction of waste and the reuse of material where possible. Interwoven with this commitment to responsible leadership, The Colburn School asserts an obligation to respect human rights and to ethical policy both within our community and in our external partnerships.

- Education – working to ensure that the Guests, employees, and guests are aware of the potential environmental effects of their activities and the benefits of improved environmental action.
- Participation – working with organizations that align with the above values of environmental stewardship and respect for human rights.
- Social justice – recognizing the social and human impact of responsible environmental policy.
- Conservation – protecting the quality of life for future generations through reduced use of resources.
- Economic – responsibly utilizing our financial resources to support the above values.
- Committed – taking a long-term perspective in analyzing and reducing the impact of The Colburn School’s consumption and environmental practices.
- Community – creating an atmosphere of personal and community responsibility based on environmental stewardship.

The Colburn School takes measures to reduce waste at the source; use low energy light bulbs; replace, when necessary, old items with an environmentally-responsible version; re-use waste components where safe and practicable to do so; recover/recycle waste where possible; adopt the practice of responsible energy management through reduced consumption and the encouragement of energy efficiency throughout the school; encourage the use of public transport and provide facilities for the disabled, pedestrians, and cyclists; aim for continuous improvement.

TRANSPORTATION

While the main mode of transportation in Southern California may be by car, there are many public transportation services that you can take advantage of. Some fares run less than \$1.00.

Buses

DASH – The DASH bus system can take you all over downtown Los Angeles for only \$0.25 a ride. Bus stops are quite frequent and can be a nice advantage to walking up and down Bunker Hill. Downtown and all other routes and fares are available online at www.ladottransit.com/dash

MTA Bus System – Buses are a nice way to get around town and not have to deal with parking in Los Angeles; they do make frequent stops however so make sure to plan enough time. Fares start at \$1.25 but you can purchase day, week or monthly passes that can save you money. Look up routes and fares at www.mta.net or at 1-800-COMMUTE.

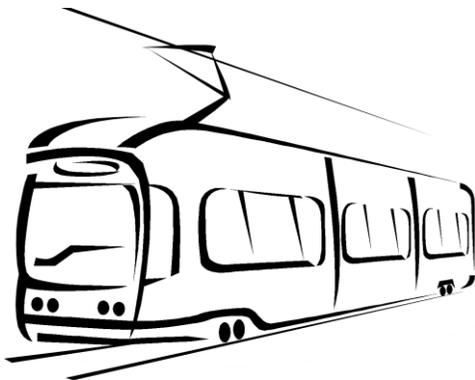
Trains & Subways

Trains and Subways service much of the Los Angeles and Southern California Area and can be a nice alternative to get around town during rush hour.

The Metro Rail - The Metro Rail system is comprised of the Metro Blue, Green, Red, Purple, Exposition and Gold Lines. The Red and Purple Lines are the only subways in Los Angeles, all other lines run above ground. The Red line has a station at Olive and 5th in Pershing Square and services many popular locations such as Hollywood & Highland and Universal Studios to name a few. Look up routes and fares at www.mta.net or at 1-800-COMMUTE.

Metrolink – The Metrolink (not be confused with the Metro Rail) is a commuter train system that links the greater Southern California area including Los Angeles, Orange, San Bernardino, Riverside and Ventura Counties. Go to www.metrolinktrains.com to look up train schedules and fares. Los Angeles Union Station is the closest station at 800 N. Alameda St. Los Angeles, CA 90028.

Amtrak – Amtrak is a passenger rail service with service throughout the country. Amtrak is a great alternative to long car rides or hectic air travel. Visit www.amtrak.com to look up routes, schedules, and fares. Amtrak also offers discounts for students or AAA members.



Air

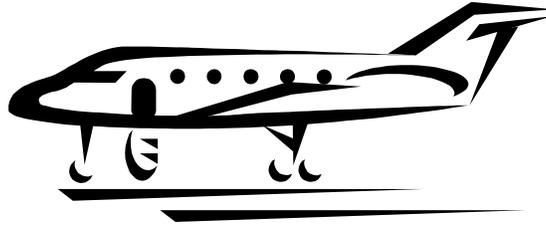
Los Angeles International Airport (LAX) – Los Angeles's main airport. Services most domestic and international carriers.

30-40 minutes from downtown

Burbank/ Bob Hope Airport – A nice alternative to LAX if you can. Burbank

services most domestic carriers including Jet Blue and Southwest. About 20-30 minutes from downtown.

Long Beach Airport – Small domestic airport. About 30-45 minutes from downtown



Ontario International Airport – A full service airport with service to most major U.S. cities and many international locations. Ontario International is

located in the Inland Empire about 35 miles east of Downtown Los Angeles.

Santa Ana/ John Wayne Airport - is a commercial airport with service too many U.S. cities and is the only airport in Orange County. John Wayne Airport is 35 miles south of Los Angeles.

Taxis



Many taxis can be found up and down Grand Avenue during the work week. Fares are displayed on the side door of the cab and are calculated by meter. Make sure to look for the official City of Los Angeles Taxicab Seal, these drivers are trained, insured and are regularly inspected by the City of Los Angeles. Go to www.taxicabsla.org to look up taxi companies and their contact numbers.

Travel Resources

Being a student has many advantages, including reasonable discounts on travel and entertainment events. Many companies offer student discount cards that can save you 10-20%.

STA Travel – STA travel offers many student discounts from airfare to all inclusive vacations. Signing up for an ISIC (International Student Identity Card) or IYTC (International Youth Travel Card) can save you money on travel, accommodations, entertainment, museums and even food. Go to www.statravel.com to check it out.

Student Advantage – A student advantage card can save you money on Amtrak fares, movie tickets and even on popular clothing brands. Go to www.studentadvantage.com to see a full listing of discounts.

Uber – Visit www.uber.com

Lyft – Visit www.lyft.com

(First rides are free up to \$25.00)

BANKING

Institutions

The Colburn School is located right in the middle of the financial district in downtown Los Angeles. Almost any banking institution is available at a reasonable distance. Below is a listing of some of the closest and most popular locations.

Wells Fargo - 333 South Grand Ave. Los Angeles, CA 90012

Bank of America - 333 S. Hope St. Los Angeles, CA 90012

Chase - 400 S. Hope St. Los Angeles, CA 90012

Citi Bank - 444 S. Flower St. Los Angeles, CA 90012

Bank of the West - 300 S. Grand Ave. Los Angeles, CA 90012



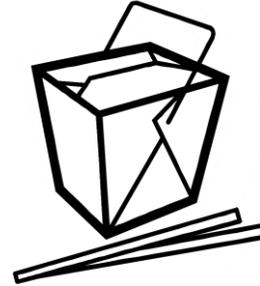
FOOD & DINING

Restaurants Close to Campus

The California & Wells Fargo Plaza have a variety of dining options that are both quick service and sit down restaurant style. Cuisine ranges from ready-made sandwiches and sushi platters to Mexican and Italian dishes. However many eateries are only open Monday - Friday and close after the lunch hour.

Price Guide:

\$0 - \$10.00	=	\$
\$10 - \$20.00	=	\$\$
\$20.00 +	=	\$\$\$



California Plaza

Mendocino Farms – order made salads, sandwiches and wraps. \$

Mixt Greens – Salad bar \$

Saffron – Indian cuisine. \$

Dan's Deli – Order made sandwiches, soups and salad bar. \$

Salata - Salad bar. \$

Watercourt

Blue Cow – Seasonal, locally sourced New American small plates & sandwiches, plus cocktails & an outdoor patio.. \$\$

George's – Greek cuisine. \$\$

Starbucks (Open Saturday and Sunday) – Coffee bar, ready-made sandwiches and salads. \$

Panda Express – Chinese cuisine. \$

Wells Fargo Plaza

Trimana (Open Monday – Friday 6:30am – 6pm) – Sandwiches, snacks, **extensive sundry shop**

McDonald's (Open Saturdays) – Burgers and fries.

Ocho (Closed Saturdays) – Local Mexican faire much like Chipotle.

Robeks – fresh juices, smoothies, baked goods and ready-made sandwiches and salads. \$

Starbucks (Open Saturdays)- Coffee bar. \$

Tacone – Order made hot/cold sandwiches. \$

Taipan – Chinese Cuisine. Sit down restaurant. \$\$\$

Restaurants Further From Campus

Los Angeles is an expansive city with many different options of places to eat. Below is just a sampling of some restaurants to try when you want to venture out from campus or on weekends.

The Pantry – American Cuisine. Sit down restaurant. 877 South Figueroa St., Los Angeles CA 90017. \$\$

Phillipe's – American Cuisine. "The Birth Place of the French Dipped Sandwich". 1001 N. Alameda St. Los Angeles, CA 90012. \$\$

Ernie Jr's Taco House – Mexican cuisine. Sit down restaurant. 2803 West Broadway, Los Angeles CA 90041. \$\$

Chinatown – www.chinatownla.com

Olvera Street – www.olvera-street.com

Healthy Eating

Farmers Market @ Central Library – Every Wednesday 10:00am-3:00pm

Farmers Market @ Bank of America Plaza – Every Friday 10:00am-3:00pm

L.A's Top 7 restaurants for healthy eating

<http://Losangeles.citysearch.com/roundup/42084>



Delivery Options

Dominos – 545 S. Olive St. Los Angeles, CA 90012 (213) 623-2424.

Pizza Hut – 1562 W. Pico Blvd. Los Angeles, CA. (213) 388-6111

Pitfire Pizza – 108 W. Second St. Los Angeles, CA. (213) 808-1200

Charms – Thai Cuisine. 406 W. Cesar Chavez Ave. Los Angeles, CA 90012. (213) 680-1950.

TG Express – Thai Cuisine. 1906 W. 3rd St. Los Angeles, CA 90012. (213) 483-8033.

LA Café – 24 hour delivery, 639 S. Spring St. Los Angeles, CA. (213) 612-3000.

www.thelacafe.com

Household Items

The following are a list of locations that supply groceries, household items and any personal necessities. Several companies also offer online shopping so you can have your items delivered.

CVS (www.cvs.com) - Drugstore and pharmacy.

1050 W. Sunset Blvd. Los Angeles, CA

(213) 428-1765

2530 Glendale Blvd. Los Angeles, CA

(323) 953-8514

Grand Central Market

317 S. Broadway, Los Angeles, CA

Open Monday-Sunday 9:00am-6:00pm

2626 Colorado Blvd. Los Angeles, CA

5600 Whittier Blvd. Los Angeles, CA

IKEA (www.ikea-usa.com)

600 N. San Fernando Blvd. Burbank, CA

Trader Joes

263 S. La Brea Blvd. Los Angeles, CA

K-Mart (www.kmart.com)

5665 Rosemead Blvd. Temple City, CA

Walgreens (www.walgreens.com) – Drugstore and pharmacy

1625 W. Sunset Blvd. Los Angeles, CA

(213) 482-9283

3201 W. 6th St.

(213) 251-0078

Mitsuwa

333 S. Alameda St. Los Angeles, CA

(213) 687-6699

Whole Foods Market

788 S. Grand Ave. Los Angeles, CA

(213) 873-4745

Ralph's

9th and Flower. Los Angeles, CA

Rite –Aid

501 S. Broadway. Los Angeles, CA

(213) 623-5820

Vons

1342 N. Alvarado St. Los Angeles, CA

3461 W. 3rd St. Los Angeles, CA

Target (www.target.com) – Discount retailer.

SERVICES

Beauty Salon and Supply

Visage Aveda Salon – 517 S. Olive St. (213)

228-0008.

Cell Phone Service

A cell phone has become almost a necessity. There are many different companies that you can go to for service here in Southern California. Make sure to look at different plans and what will work best for you. Most major providers have service over the greater Southern California area.

AT&T – 735 S. Figueroa St. Suite 139. (213) 624-61111. www.att.com
Sprint – 750 W. 7th St. Los Angeles, CA. (213) 488-4977. www.sprint.com.

T-Mobile – 750 W. 7th St. Los Angeles, CA. (213) 614-1812. www.t-mobile.com.

Verizon – 400 S. Olive St. Los Angeles, CA. (213) 853-1212.

Cleaners

Sloan's Dry Cleaners – 300 S. Grand Ave. Los Angeles, CA. (213) 620-0205.

Park Cleaners and Grand Promenade – 255 S. Grand Ave Ste 103. Los Angeles, CA. (213) 617-2204.

Hotels

Here is a listing of hotels close to campus for the out of town visitor. Check out www.hotels.com to get more information on pricing and last minute deals. You can also see pictures and read customer reviews.

Omni – 251 S. Olive St. Los Angeles, CA. (213) 617-3300. www.omnihotels.com.
Biltmore – 506 S. Grand Ave. Los Angeles, CA. (213) 624-1011. www.thebiltmore.com.

Westin Bonaventure – 404 S. Figuerora St. Los Angeles, CA. (213) 624-1000. www.westin.com/.
LA Hotel Downtown – 333 S. Figueroa St. Los Angeles, CA (213) 617-1133. www.thelahotel.com

Mailing and Shipping

Fed Ex-Kinkos – 330 S. Hope St. Los Angeles, CA (213) 620 – 8615
US Post Office – Located in the California Plaza. 300 S. Grand Ave. Los Angeles, CA.

UPS Store – 2202 S. Figueroa St. Los Angeles, CA (213) 749- 1249.

RECREATION & LEISURE

Arts & Entertainment Resources



Performing Arts Venues

The Music Center – Comprised of the Walt Disney Concert Hall, Dorothy Chandler Pavilion, Ahmanson Theater and Mark Taper Forum, The Music Center provides the premier performing arts venues in Los Angeles. The Music Center is home to the Los Angeles Phil, The Center Theater Group and The Los Angeles Opera. 135 N. Grand Ave. Los Angeles, CA 90012. www.musiccenter.org.

REDCAT – The Roy and Edna Disney/ Cal Art Theater, know to be downtowns center for innovative visual, media and performing arts. 631 W. 2nd St. Los Angeles, CA. www.redcat.org.

Museums & Theaters

Museum of Contemporary Art (MOCA) – Admission is free Thursdays from 5-8pm. 250 South Grand Ave., Los Angeles CA 90012. www.moca.org.

The Broad – Newly opened contemporary museum. Admission is Free. Timed reservations booked months in advance but there is a standby line. 221 S. Grand Ave., Los Angeles, CA 90012. www.thebroad.org

Los Angeles County Museum of Art (LACMA)- Admission is Free after 5pm. 5905 Wilshire Blvd, Los Angeles CA 90036. www.lacma.org

The Getty Museum – Admission is Free. 200 Getty Center Drive, Los Angeles CA 90049. www.getty.edu

Hollywood Bowl –The Hollywood Bowl is an outdoor amphitheater and is home to the Los Angeles Philharmonic Orchestra during the summer months. 2301 N. Highland Ave. Hollywood, CA. www.hollywoodbowl.com.

Greek Theatre – The Greek Theater is an outdoor amphitheater in the heart of Los Angeles. The Greek offers concerts of headline entertainers during the summer months. 2700 N. Vermont Ave. Los Angeles, CA

Alex Theatre – Since 1925 The Alex Theater has been a Los Angeles landmark and a top performing arts center. The Alex is home to the Los Angeles Chamber Orchestra and the Alex Film Society to name a few patrons. 216 N. Brand Blvd. Glendale, CA

The Griffith Observatory – Call or go online to make reservations. 2800 Observatory Rd. Los Angeles CA 90027. www.griffithhobs.org

The Los Angeles Central Library- 630 W. 5th St. Los Angeles CA 90071. www.lapl.org/central

The Pantages Theater – Houses large theater and Broadway Productions. Currently showing “Wicked” 6233 Hollywood Blvd. Hollywood, CA 90028

Fashion Institute of Design (FIDM) Museum & Gallery – Displays traveling exhibitions and students work. Admission is free. 919 S. Grand Ave. Los Angeles, CA 90012. (213) 236-1397. www.fidm.edu.

Ticket Resources

Ticketmaster – online seller of entertainment events

www.ticketmaster.com

Goldstarevents – offers discounted event tickets if you register for free with them.
www.goldstarevents.com.

Shopping & Entertainment

7th & Fig – Shopping & Dinning. Farmers Market on Thursdays from 11:00am-3:00pm. 725 South Figueroa St. Los Angeles, CA 90017

Macy's Plaza – Shopping & Dinning. 700 S. Flower St. Los Angeles, CA 90012

The Grove/ Farmers Market – Shopping, Dinning & Movie Theater. 189 The Grove Dr. Los Angeles, CA 90036

Hollywood & Highland/ Graumans Chinese Theater. 6801 Hollywood Blvd. Hollywood, CA 90028. Hollywood and Highland is Accessible via the Metro Red Line. Go to www.mta.net for a schedule and route map of the Red Line.

Universal City Walk – Shopping, Dinning, Movie Theater & Nightlife. Universal City Walk is accessible via the Metro Red Line and a free shuttle service. Go to www.mta.net for a schedule and route map of the Red Line.

Old Town Pasadena – Shopping, Dinning, Movie Theater & Nightlife. www.oldpasadena.org Old Town Pasadena is accessible via the Metro Rail. Go to www.mta.net for a schedule and route map.

Glendale Marketplace/Exchange – Shopping, Dinning, Movie Theater. 144 South Brand Blvd. Glendale, CA 91206



Sports & Recreation

Beaches – You can find almost any kind of beach experience you want in Southern California from a calm relaxing visit in Malibu to the action packed Santa Monica Beach. Below is a list of beaches from north to south in the Los Angeles and Orange County vicinities.



- Malibu
- Santa Monica Beach
- Venice Beach
- Dockweiler State Beach
- Manhattan Beach
- Hermosa Beach
- Huntington Beach

Bowling - All Star Lanes. 4459 Eagle Rock Blvd. Los Angeles, CA 90041

Fitness Centers – Gold's Gym. 725 S. Figueroa St. #2. Los Angeles, CA 90012

Hiking – The geology of Southern California offers some of the most varied hiking spots. Go for a hike over looking the beach or up in the local mountains. Look for hiking trails at www.lamountains.com/parks_activities_hiking.html.

Horseback Riding - Los Angeles Equestrian Center. 480 W. Riverside Dr., Burbank CA

Ice Skating - Pickwick Ice Skating Center. 1001 Riverside Dr. Burbank, CA 91506

Local Parks – Parks in Los Angeles offer everything from tennis, boating, jogging trails or even just a nice spot to have a picnic. Check our a web directory of local parks at www.laparks.org.

Movie Theater – Laemmle Grande 4-Plx. 345 S. Figueroa. Downtown L.A.'s only movie theater. Shows recent releases, art films, and occasional festivals.

Sports Venues – Los Angeles has almost every sport you may be looking for from baseball to

football you can find a local sport team to root for.

- Dodger Stadium – home to the Los Angeles Dodgers. 1000 Elysian Park Ave. Los Angeles, CA.
- Staples Center – home to the Los Angeles Lakers and Kings. 1111 S. Figueroa Ave. Los Angeles, CA.
- Rose Bowl – UCLA's home stadium. 101 Rose Bowl Dr. Pasadena, CA.
- The Coliseum – USC's home stadium. 3939 S. Figueroa St. Los Angeles, CA.

Yoga – Bikram Yoga. 700 W. 1st St. Los Angeles, CA 90012

Day / Weekend Excursions

Amusement Parks

Disneyland/ California Adventure – The first and original of the Disney parks Disneyland is about a 30 minute drive south to Anaheim, CA. Take the 5 south and exit off of Disneyland Drive.

<http://www.disneyland.com>

Knott's Berry Farm – Originating from a berry stand in Anaheim, CA, Knott's Berry Farm now holds dozens of attractions, rides, restaurants and shops. Visit during the month of October for "Knott's Scary Farm" where the park gets decorated with ghosts and monsters that will make the thrilling rides even more frightening.

Raging Waters – One of the largest water parks in the country, Raging waters hosts rides from tame to extreme. This is a great place to go during the summer. Raging Waters is seasonally open from about May to September so make sure to check before you go for the park hours.

<http://www.ragingwaters.com/indexsd.aspx>

Six Flags Magic Mountain – About 30 miles north of Los Angeles, Magic Mountain offers some of the biggest roller coasters in the world. Take the I-5 north and exit on Magic Mountain Pkwy.

<http://www.sixflags.com/magicMountain/index.aspx>

** TIP: Most amusement parks offer discounts for groups of 10 or more **

Fairs and Festivals

Los Angeles County Fair – September 7-30, 2007. Entrance tickets run \$10-15.00, but they also offer group discounts. 1101 W. McKinley Ave. Pomona, CA 91768.

www.lacountyfair.com.

Orange County Fair – Mid July – Early August. Orange County Fair and Exposition Center, 88

Fair Drive, Costa Mesa, CA 92626.

www.ocfair.com.

Strawberry Festival – Mid/ Late May.

Strawberry Meadows of College Park, 3250 South Rose Ave, Oxnard, CA. [www.strawberry-](http://www.strawberry-fest.org)

[fest.org](http://www.strawberry-fest.org).

Los Angeles Times Festival of Books – Late April. UCLA campus.

www.latimes.com/extras/festivals.

Los Angeles Film Festival – Late June.

Westwood Village. www.lafilmfest.com.

Lotus Festival – Mid July. Echo Park Lake, Los Angeles, CA. www.lotusfestival.org.

Port of Los Angeles, Lobster Festival –

September 14-16, 2007. Entrance tickets are \$8.00. Ports O' Call Village,

San Pedro, CA. www.lobsterfest.com.

Grand Avenue Festival – September 30, 2007.

California Plaza, 350 S. Grand Ave.

Regional Travel

Santa Monica – Santa Monica is one of the closest beachside communities to downtown. Santa Monica offers many attractions including the Santa Monica Pier, 3rd St. Promenade and Venice Boardwalk. Rent a bike and ride up and down the coastline on bike paths that run along the beach.

Big Bear/Lake Arrowhead – The mountain communities of Big Bear and Lake Arrowhead



offer both great summer and winter outdoor activities. During the winter season Big Bear is the place to head for some skiing and snowboarding, during the summer months head to either Lake Arrowhead or Big Bear Lake for hiking, boating or much more.

San Diego – California's third largest city, San Diego lays about 100 miles south of Los Angeles. San Diego is home to many sports team including the Padres and the Chargers. If you are looking for warm water beaches San Diego is the place to go. Points of interest



include Sea World, the world famous San Diego Zoo, Old Town and Coronado.

Santa Barbara – A beachside community about 100 miles north of Los Angeles. Santa Barbara offers beautiful beaches, shopping, dining and nightlife. Some points of interest include the Santa Barbara Mission and scenic Santa Barbara Zoo. Downtown offers many restaurants, hotels and the Paseo Nuevo shopping center. Take the 101 north and exit off of Carrillo.

Solvang – Solvang is a small Danish Village located in the Santa Ynez Mountains in Santa Barbara County. Solvang offers small boutique shopping, local restaurants, wine tasting and much more. The shops tend to close around 5:00pm so make sure to do your shopping earlier in the day.

Las Vegas – Known for its bright lights, casinos and glamorous hotels; Las Vegas is a weekend and holiday vacation spot for many Southern California residents. Vegas is about a four to five hour drive east of Los Angeles. Take to I-10 east to the I-15 east.

Internet Resources

http://www.canal22.tv/KNBC/YOURLATV/shop_ping.html - website by the NBC local television show "Your L.A."

<http://www.downtownnews.com/> - web version of the free Downtown news paper.

<http://www.downtownla.com/> - a web guide to Downtown Los Angeles.

http://www.free-attractions.com/los_angeles.htm - a guide to free attractions in the Los Angeles area.

<http://www.laokay.com> - a web guide of things to do on Los Angeles.

<http://www.losangles.com/restaurants> - restaurant guide to Los Angeles.

<http://www.museumspot.com/cities/losangeles.htm> - a guide to all Los Angeles museums.

<http://www.southern-california-beach-vacation-guide.com> - a guide to all Southern California beaches.

Places of Worship

There are many places of worship in Los Angeles. Below is a listing of nearby religious centers

Baptist

Mission Baptist Church – 2012 Mozart Ave. Los Angeles, CA.

Buddhist

Buddhist Universal Association – 2007 Wilshire Blvd. Los Angeles, CA.

Christian

Congregational Christian Church – 2400 Temple St. Los Angeles, CA

Episcopal

St. John's Episcopal Church – 514 W. Adams Blvd. Los Angeles, CA.

Greek Orthodox

St. Sophia Greek Orthodox – 1324 S. Normandie Ave. Los Angeles, CA.

Jewish

Ahavas Yisroel Synagogue – 731 N. La Brea Blvd. Los Angeles, CA.

Lutheran

Angelica Lutheran Church – 1345 S. Burlington Ave. Los Angeles, CA.

Methodist

LA Plaza United Methodist Church – 115 Paseo De La Paz. Los Angeles, CA.

Mormon

Church of Jesus Christ of Latter Day Saints – 3115 S. Vermont Ave. Los Angeles, CA.

Presbyterian

LA Open Door Presbyterian Church – 634 S. Westlake Ave. Los Angeles, CA.

Roman Catholic

Cathedral of Our Lady of the Angels – 555 W. Temple St. Los Angeles, CA.

Seventh Day Adventist

Seventh Day Adventist – 1720 E. Cesar Chavez Ave. Los Angeles, CA.

Unitarian

First Unitarian Church – 2936 W. 8th St. Los Angeles, CA