

SCIENTIST-IN-RESIDENCE HANDBOOK

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OCEAN DISCOVERY INSTITUTE OVERVIEW

To inspire the next generation of science leaders, Ocean Discovery Institute creates learning experiences for young people traditionally excluded from science due to race, income status, and educational opportunity. Our students will join high-paying fields, break generational poverty, and change the future of science.

Ocean Discovery operates on a single premise: by receiving high high-quality science learning opportunities, kids in poverty develop a passion for science and conservation, stay in school, go to college, become scientists, and gain entry to high high-paying fields where they make a difference.

Our unique seed-to-tree educational model supports young people throughout their development, engaging students early and staying with them through college and career. Our model provides science opportunities and experiences, mentoring, and tools for success to build belief, achievement, and leadership in underserved young people from kid (our “seeds” – *children who are filled with potential but lack opportunity to understand how the world works and how they can make a difference*) to career (our “trees” – *individuals who have the education and experience to use science to make decisions, obtain a career, and make a difference*).

We achieve this through provision of continuous, tuition-free science education across one school-shed – defined as the young people that feed into and through a single high school cluster, the Herbert Hoover High School cluster in City Heights. Our programs use ocean science as a platform to generate the “spark” that makes young people want to learn the principles of science, technology, engineering, math, and conservation. We, then, ensure all students have the tools to overcome adversity, achieve in the sciences, and ultimately, become leaders.

Ocean Discovery Institute has more than 20 years of experience providing science education for San Diego’s urban and underserved young people, both in City Heights as well as through our study abroad program in Baja California, Mexico. We have deep roots and hold strong relationships in both regions that enables us to provide consistent programming. Our committed partnerships with 14 schools in City Heights enable us to engage more than 6,000 students on an annual basis.

WHAT IS THE SCIENTIST-IN-RESIDENCE PROGRAM?

The Scientist-in-Residence Program connects established science and conservation leaders with inquisitive young minds. The Scientist-in-Residence serves as a mentor, helping our students envision themselves as future scientists. Interactions between the Scientist-in-Residence will help to dispel negative scientific stereotypes, create a more science-informed society, and instill a belief that discovery is possible for everyone.

The Scientist-in-Residence is a competitive program open to science leaders from all professional fields who have an interest in mentoring underserved youth.

“As I got to know the students better, I was humbled by their stories of the challenges they face, and it was inspiring to see their motivation to learn about ocean science, as well as to hear about their aspirations for the future.”

- Jasmin John, NOAA climate scientist and Ocean Discovery’s first Living Lab Scientist-in-Residence

YOUNG SCIENTISTS NEED MENTORS

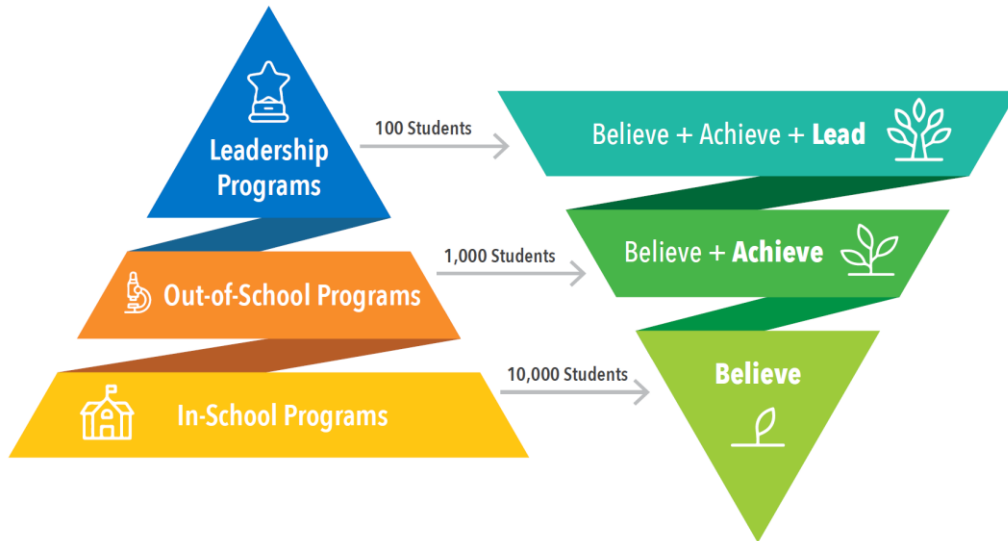
For our students, the small moments with their scientific mentors are the biggest: the conversation about college life over lunch, the impromptu sing-along during the last 10 minutes of a field trip, and the words of praise after a challenging activity.

Story-telling by our science leaders, which includes discussion of their own educational and career pathways, obstacles, as well as their own “spark”, helps to inject a sense of hope into our students – a belief that they, too, can participate in science.

By becoming a Scientist-in-Residence, you will become immersed within a community devoted to nurturing students along their pathway to college and careers. You will share these big and small moments with our students and help them understand that every pathway to a science or science-related career is different.

OCEAN DISCOVERY'S PROGRAMS

Our educational programs are structured with a “pyramid” approach, as described in more detail below. Our pyramid design demonstrates the number of students reached by a program tier, with an inverse correlation between the number of students reached and the intensity and impacts generated through participation. For example, the In-School Program, at the base of our pyramid, serves the most students at the lowest impact (including both number of hours of participation and projected student outcomes), while Leadership Program, at the top of our pyramid, serves the fewest students at the highest impact.



The pyramid approach to our educational programs, showing the number of students served by each program tier and the scale of impacts generated through participation.

In-School Programs: Reaching 10,000 Students

Our most inclusive tier is our In-School Programs. By partnering with every school in the school-shed, our In-School Programs ensure that every student has the opportunity to believe that science is something they can do and a scientist is someone they can be.

Through three experiences each year, elementary school students 1) build community in their classroom, 2) explore a coastal watershed habitat, and 3) make a difference, both today and tomorrow, during a trip to the Living Lab.

In middle school, students build their community's resiliency to climate change through experiences in their classroom, at field sites, and at the Living Lab.

At the high school level, students conduct biology, physics, and chemistry research while also developing their identities as the future science leaders that our world needs.

Out-of-School Programs: Reaching 1,000 Students

Our Out-of-School Programs is the middle tier of the pyramid. In partnership with families, these programs place-based science and conservation programming for K-8th grade students. Longer-term relationships with students and families promote attendance at multiple programs each year of a student's academic pathway. Programs are designed to provide students the opportunity to believe that science is something they can do while demonstrating they can achieve a positive academic performance and greater understanding of scientific concepts.

Out-of-School Programs consist of both weeklong, after-school science camp experiences as well as a weeklong summer camp. Curriculum themes change each academic year and summer, allowing each young person the opportunity to participate in unique programming twice a year from kindergarten to eighth grade. As part of our Out-of-School Programs, we also integrate large community events in order to generate a collective energy and sense of belonging.

Leadership Programs: Reaching 100 Students

Our Leadership Program is our most intensive tier, and offers young people, who want to do more, the opportunity to do more, as they progress on their pathway from eighth grade through college and beyond. By pairing rigorous science programming and experiences with college and career support services, these programs aim to develop young people into science leaders (our "Ocean Leaders") who make a difference in their community and our world. These programs build upon our In- and Out-of-School programs and uniquely also provides the practice of soft skills and practical tools for college and career.

Each year, a new cohort of 8th grade students are recruited to be part of the Ocean Leaders program. Over the course of 4+ years, participants will build their research experience through intensive summer programs:

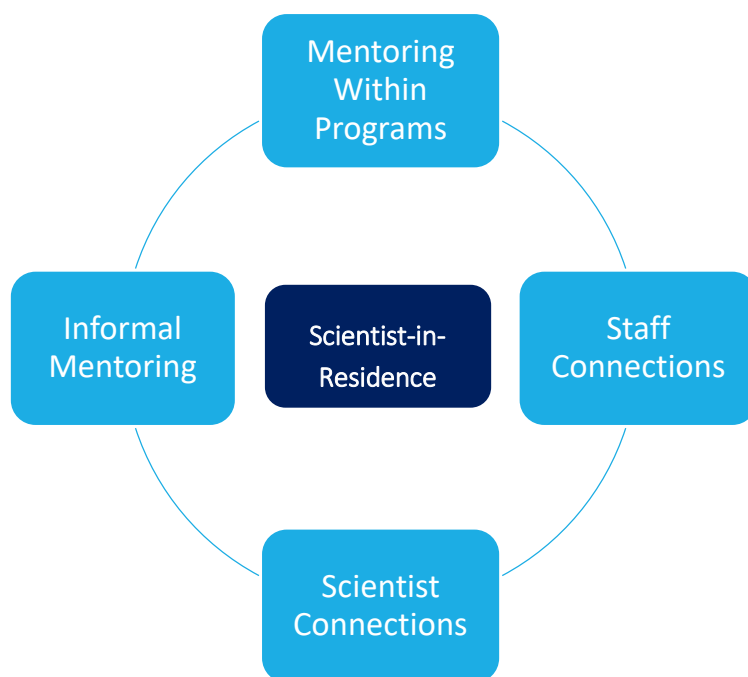
- In the 9th grade "Ocean Leader Bridge Program", students learn and understand the basics of the Science Discovery Process in San Diego
- In the 10th grade "Ocean Leader Intro to Research Program", students gain first-hand experience with field research methods in Baja California, Mexico.
- In the 11th grade "Ocean Leader Research Program", students have an authentic research experience in a lab at the University of San Diego.
- In the 12th grade "Ocean Leader College Prep Program", students prepare for their transition to higher education (*in development*).

During the school year, Ocean Leaders participate in regular science programming, coaching, mentoring, and practice in their growth mindset tools. Once students become an Ocean Leader, they will continue their participation through college and beyond, leading participants to share the phrase, "Once an Ocean Leader, always an Ocean Leader".

THE ROLE OF THE SCIENTIST-IN-RESIDENCE

The Scientist-in-Residence experience is dynamic and fluid – no two residencies will be the same. Each Residency experience will be influenced by the nature of the Resident’s field of study, mentorship interests, and the cycles of Ocean Discovery programming and major events throughout the year.

That said, each Resident’s responsibilities will fall under the same general categories. The following sections of this handbook are intended to provide context, background information, best practices, and expectations for your work within each category.



Mentoring Within Programs

The primary role of the Scientist-in-Residence is mentor students during daily programs. What this exactly looks like will depend on the time of year the Resident joins, but the following is a list of regular mentorship opportunities during programs:

1. Science Leader-Student Connection (SL-SC): The SL-SC is an ongoing, near-daily interaction between a guest science leader and students involved in our In-School and Out-of-School Programs. It is a 20-minute conversation and Q&A session, facilitated by Ocean Discovery staff, that enables students to get to know a science leader, learn about their career, hear about challenges they have overcome, and most importantly begin to discover things they have in common with a scientist and build belief that they can also do science and be a scientist.

Generally, a Scientist-in-Residence can expect to participate in the SL-SC at least 4 times in a week, in both the morning and afternoon. The schedule depends on when our partner schools are visiting the Living Lab and on the daily curriculum of our after-school science camps.

Most Scientists-in-Residence will participate in the SL-SC multiple times with the same group of students during after-school camp. We have multiple question sets so that the content of the conversation is different each day. The question sets are as follows:

Day 1:

1. Can you introduce yourself and tell us a little bit about your job and what you love about it?
2. Tell us about your pathway to your current job. For example, what got you interested in science?
3. Have you ever faced an obstacle or challenge in your life that you were able to turn into an opportunity? How did you do that?
4. Students have been investigating the (topic for that grade level – could be wetlands, rocky seashore, kelp forest, or climate change). Why do you think this work is important?
(Note: If what the students are studying is relevant to your job, you can make connections between your work and what the students are learning. If it is not relevant, make broader connections to why you think studying these things is important to the world.)

Day 2:

1. The first time we talked to you, we learned about your career as a science leader and how you got there. Can you tell us about one of your favorite single moments that has happened during your career as a science leader?
2. Can you think of a time during your education or your career where you had to make a choice that took you down a certain pathway? Are you happy with that choice?
3. What is one part of your job that you wish you were better at?

Day 3:

1. I know you are currently an Oceanographer, if you could be one other kind of scientist, what would you choose to be?
 2. Are there ways that you use science in your day-to-day life that isn't part of your job?
 3. What is some advice you would give to our students today?
2. Science Mentor: For Scientists-in-Residence visiting in the summer, they can serve in the Science Mentor role and participate in our Leadership Programs. Each year, these students will participate in an intensive summer program that will help prepare them to become leaders in the sciences. As a mentor, you will participate alongside the students in the programs for 3-5 consecutive days. During your time you will act

as a mentor, help students with the coursework, inspire them to pursue science, and build belief that science is something they can do, and a science leader is someone they can become.

3. Ocean Leader Wednesdays: We facilitate a weekly program with our high school Ocean Leader students, approximately 60-75 students in total. The goal of this program for students to work on college readiness skills and activities, and to build their math identities and skills, or “math muscle”. During the program, you will have the opportunity to discuss your career, your personal and professional journey, and your hobbies with students, as well as ask them questions about themselves.

Informal Mentoring

The Scientist-in-Residence experience at the Living Lab is dynamic and brimming with opportunities to mentor students in a variety of programs and settings. Your involvement in programs and activities will help students and the community believe that science is something they can do and a scientist is someone they can be. However, our experience has demonstrated that those seemingly small moments and interactions with students – sharing a snack during a program break, a meal in the kitchen, playing a game during some downtime – can have a profound impact. This is what we refer to as Informal Mentoring. It’s when by listening to a student’s interests, sharing about your own hobbies and passions, and by just being yourself, you serve as a science and conservation role model and help instill confidence in our students that they are supported along their pathway to careers in science and conservation.

Another component of Informal Mentoring is having discussions, arranged by Ocean Discovery staff, with small groups of program alumni. Collectively, these young adults are either in college or have recently graduated and are currently navigating the early stages of their career journeys. Many of them experience challenges, such as the “imposter experience”, and building relationships with our Scientist-in-Residence helps them feel like they belong in the science community. Furthermore, these discussions can lay the groundwork for more long-term mentoring relationships between the Scientist-in-Residence and our alumni.

Staff Connections

Ocean Discovery staff work closely together as a team, and each visiting Scientist-in-Residence enhances our collective efforts in unique ways. All Scientists-in-Residence will give a presentation to all Ocean Discovery staff about their background, their work, and their passions as they relate to diversity, equity, and inclusion in STEM. We also facilitate opportunistic connections between the Scientist-in-Residence and individual staff members – for example, informing a new piece of curriculum, making connections to partners in your field of expertise, or leveraging one of your funding relationships to bring new support to Ocean Discovery.

Scientist Connections

Another primary way that Scientists-in-Residence leave a legacy with Ocean Discovery Institute is by connecting other science leaders, especially those passionate about mentoring students, to the organization. Our Residents

have extensive professional networks and help us to build our own network of scientist mentors. We are grateful for our Residents who advocate on behalf of the organization and share about their experience with others. Residents may do this through conversations with colleagues, presentations or posters at conferences, or making connections to professional societies or other diversity-focused initiatives they are a part of.

SCHEDULE

How will you schedule all of the various components of your Residency? The following are expectations and considerations for managing your time.

SCIENTIST-IN-RESIDENCE CALENDAR

Before your Residency, the Education Manager will work with you to create a basic calendar for your visit. This calendar will include the timing of orientations, program involvement, meetings, and events during your Residency.

DAILY SCHEDULE

Outside of your commitments as the Scientist-in-Residence, you may schedule the rest of your time as you see fit.

In order to maximize your experience, please consider the following expectations:

- You will be provided with an office inside the Living Lab to use for both Ocean Discovery-related work and your “day job”. Residents are encouraged to use this office whenever possible to maintain a consistent presence within our Lab – this helps to reinforce & remind students that a scientist is on site! If you need more private & focused time & space for your “day job” duties, you are welcome to use your studio as needed.
- We know that all Scientists-in-Residents must maintain some basic responsibilities of their “day job”. Our program allows for flexibility and a balance between Scientist-in-Residence duties and your day job responsibilities. We ask that at least 50% of your time be devoted to your Residency.
- We encourage you to maintain a healthy work/life balance during your Residency. Please know that you will not be contacted by staff while in your studio or outside of normal working hours except in case of emergency.

INTERFACING WITH THE OCEAN DISCOVERY STAFF

The Education Manager (Joel) oversees the Scientist-in-Residence program and is your primary contact for any questions or concerns regarding your Residency.

Each and every one of the other Ocean Discovery staff are excited to meet you and ready to offer help. Our staff offer a wealth of diversity in terms of background, expertise, and history with the organization.

We work in a fast-paced environment and each staff keeps busy with a variety of responsibilities. If you have questions or would like to meet with any specific staff for a longer and focused discussion, don't hesitate to email them, or ask in person, to schedule a meeting and they will be happy to accommodate you.

PACKING LIST & DRESS CODE

- Items Provided by Ocean Discovery:
 - Studio apartment with kitchenette, private full bathroom, desk, bed, closet, balcony, and dresser
 - Kitchen appliances: microwave, hot plate, Kuerig coffee maker, mini fridge, Brita water filter
 - Kitchen utensils: cups, plates, bowls, silverware, wine opener, dish towels, dish soap
 - Assorted coffee and tea
 - Linens: two sets of sheets, blanket, pillows, bath towels
 - Free washer and dryer, available when the building is open to staff (see “Living Lab Operation Hours”)
 - The Living Lab has a fully-equipped kitchen that may be used when the building is open to staff (see “Living Lab Operation Hours”).

For you to bring:

- Work clothes
 - Ocean Discovery’s dress code is business casual.
 - Polo shirt with employer’s logo, if you have one (e.g. a NOAA polo shirt)
- Special dinner clothes
 - All scientists will attend a special dinner with supporters, partners, and alumni. The dinner is held at an upscale restaurant. Attire guidance is as follows:
 - The dinner’s attire is considered Business Casual, but leaning a bit more toward business than casual (so think more suit pants and dress shirt or business dress than khakis and a button down).
 - Better to over dress than underdress at this venue
 - Shara typically wears a business dress
- Casual clothes
 - See table below for low, average, and high temperatures by month in San Diego.
 - To stay energy efficient, the Living Lab does not have air conditioning. On hot days, we keep the building cool by maximizing air flow and using fans. The building and offices can heat up to 80-85F on very hot days. The Scientist-in-Residence studio is the one space in our lab that does have air conditioning to keep you comfortable.
 - Believe it or not, it gets cold in San Diego in the winter! A warm jacket and 1-2 sweaters are recommended from Nov – Apr. A light jacket or 1 sweater will usually suffice from May – Oct, when nights stay warm.
 - A raincoat is highly recommended from Nov – May. The studio has an umbrella you can use.

San Diego (City Heights), California Climate Summary

Month	Average High	Average Low	Average Temp	Precipitation
January	69.0°F (20.5°C)	50.1°F (10.0°C)	58.1°F (14.5°C)	1.15" (29.3 mm)
February	70.2°F (21.2°C)	51.4°F (10.8°C)	59.5°F (15.3°C)	1.43" (36.2 mm)
March	71.7°F (22.0°C)	53.6°F (12.0°C)	61.4°F (16.3°C)	0.76" (19.2 mm)

<u>April</u>	72.5°F (22.5°C)	55.3°F (12.9°C)	63.0°F (17.2°C)	0.44" (11.2 mm)
<u>May</u>	72.5°F (22.5°C)	58.7°F (14.9°C)	64.5°F (18.1°C)	0.60" (15.2 mm)
<u>June</u>	76.1°F (24.5°C)	61.5°F (16.4°C)	67.5°F (19.7°C)	0.00" (0.0 mm)
<u>July</u>	80.2°F (26.8°C)	65.4°F (18.6°C)	71.4°F (21.9°C)	0.28" (7.0 mm)
<u>August</u>	82.6°F (28.1°C)	66.6°F (19.2°C)	73.1°F (22.8°C)	0.01" (0.2 mm)
<u>September</u>	83.7°F (28.7°C)	66.1°F (19.0°C)	73.7°F (23.2°C)	0.22" (5.6 mm)
<u>October</u>	80.4°F (26.9°C)	61.6°F (16.5°C)	69.7°F (20.9°C)	0.22" (5.5 mm)
<u>November</u>	74.5°F (23.6°C)	54.7°F (12.6°C)	63.3°F (17.4°C)	0.70" (17.8 mm)
<u>December</u>	67.7°F (19.9°C)	50.2°F (10.1°C)	57.8°F (14.3°C)	1.86" (47.3 mm)

Active wear

- Hiking & Outdoor Activities (e.g. coastal field trips with students)
 - Hat
 - Reusable water bottle
 - Sunglasses
 - Hiking/walking shoes that are okay for flat dirt trails
 - Lightweight pants and shirts (long sleeve shirts and long pants are nice for sun protection)
 - Shorts and short-sleeve shirts for more casual hikes or walks
- Beach (optional)
 - Bathing suit
 - Flip flops or sandals
 - Ocean Discovery has sunscreen, beach towels, wetsuits, masks, snorkels, and fins that may be borrowed

Personal toiletries

Personal laptop and other electronics

- Standard office supplies (pens, pencils, computer mouse, etc.) will be provided

Headphones

Watch (not necessary but recommended if you have one)

YOUR HOME: THE LIVING LAB



LIVING LAB OVERVIEW

Designed by renowned architect Rob Wellington Quigley, the Living Lab is a 12,000 square foot, LEED-platinum, cutting-edge facility, strategically located in City Heights within walking distance for thousands of students. The Living Lab is more than just a building.

- It is a place where students and teachers explore the fields of science during and after school.
- It is a place where youth define their college and career aspirations.
- It is a place where families engage in science and conservation activities relevant to their daily lives.
- It is place where scientists from the National Oceanic & Atmospheric Administration, Scripps Institution of Oceanography, and other partners conduct research alongside students.
- It is a place that transforms an entire community through science and conservation.

LIVING LAB HOURS OF OPERATION

HOURS OF OPERATION FOR STAFF

The Living Lab's security system is unarmed and the building is open M-F, 8am-6pm.

Musical cues are used during open hours to signal building closing, beginning at 5:40pm. This music will also be played through the speakers in the residence.

HOURS OF OPERATION FOR THE SCIENTIST-IN-RESIDENCE

The Scientist-in-Residence will have the same access to the Living Lab as staff. They may access the same spaces as staff and use the building during the same hours as staff. When the building is closed to staff, Scientist-in-Residence access will be limited to the studio apartment. The Scientist-in-Residence's weekly work schedule will generally be Monday through Friday.

THE LIVING LAB RESIDENCE



Jasmin John, Scientist-in-Residence, inside the Living Lab's apartment

RESIDENCE POLICIES

- The residence should remain locked at all times.
- No students are permitted inside the residence while a scientist is staying there.
- Staff are not permitted inside the residence unless arrangements have been made with the scientist for staff to visit.
- At the end of a scientist's stay, all keys must be left behind inside the residence.
- No pets are allowed inside the residence.

LIVING LAB SECURITY SYSTEM

- The Living Lab will not be accessible to the SIR when we are closed for business.
- Only certain Directors and Managers are permitted to lock/unlock the building.

RESIDENCE SECURITY

- The alarm is not necessary to use while staying in the apartment, but you may set the alarm if you choose to.
- The numeric password to arm/disarm the system is: 634747
- To set the alarm, all doors must be closed and no motion sensors can be activated (e.g., stand very still next to the key pad ☺).
- Type in the code and hit “ent”.
- To disarm the alarm, simply type in the same code and hit “ent”.



Jasmin John at the street entrance to the Scientist-in-Residence studio

EMERGENCY PROCEDURES

- You should not hesitate in activating emergency services if you feel it is necessary or you are unsure of what to do. For life-threatening emergencies, immediately call 9-1-1.
- During open hours, an onsite Manager-on-Duty is designated at all times to support in responding to issues before they escalate, and being an initial point of contact in emergency response. Each morning the Manager-on-Duty is announced during Morning Announcements. It is also posted in the Copy Room.
- During closed hours, On Call staff are available for emergency and/or non-emergency facility related concerns.

Lindsay McKay 619-807-4741 (emergency)

Chris Macedo 619-252-3134 (non-emergency, facility/maintenance)

For schedule or general residency related questions, contact Joel Barkan, 207-232-0452.

- The Scientist-in-Residence is equipped with the following safety equipment:
 - First Aid kit

- Fire Extinguisher
- Sprinkler System

Evacuation

The Living Lab is equipped with two primary bell notification systems: (1) Fire Alarm and (2) Intrusion Alarm (Note that the Scientist-in-Residence is NOT connected to the main Living Lab intrusion alarm. Thus, you may enter/exit the residence independent of the hours of the Living Lab; however, you may only enter the Living Lab during open hours.)

Open Hours Alarms/Evacuation

The following types of evacuations may be signaled during your time at the Living lab:

On Site Evacuation	Off Site Evacuation	In Place Sheltering "Lockdown"
<ul style="list-style-type: none"> • Primary: Watershed Plaza • Secondary: Discovery Courtyard 	<ul style="list-style-type: none"> • Primary: corner of 43rd Street and Fairmount Avenue • Secondary: Joint-Use Field at Florence Joyner Elementary. 	<ul style="list-style-type: none"> • Modified Lockdown: Indoors at the Living Lab • Complete Lockdown: Canyon Level Storage

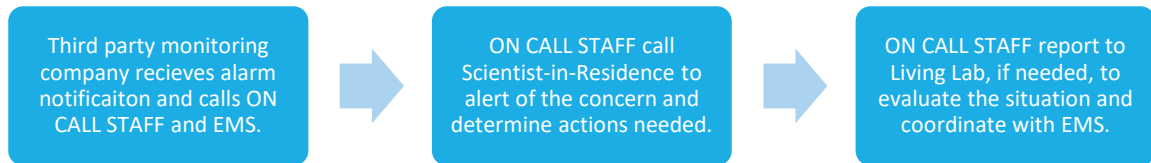
These will be signaled by an alarm, PA system, and/or runners as appropriate. During an evacuation, staff will be responsible for the movement, control, and return, release, and/or reunification of Living Lab occupants. They will direct you, along with other occupants, to evacuation locations and provide additional instructions as needed until the situation is determined "All Clear".

In the case of an Active Shooter on-site, our procedures follow the Homeland Security recommended protocol of Run, Hide, Fight.

Closed Hours Alarms/Evacuation

If an alarm sounds during off-hours, evacuate the building as necessary and when safe to do so.

A third party company monitors our bell notification systems. During off-hours, they will call On Call staff to notify them of an alarm notification. The company will then dispatch emergency services to respond. After being notified, On Call staff will communicate with the Scientist-in-Residence to determine actions needed and report to the Living Lab to evaluate the situation and coordinate with EMS.



WI-FI ACCESS

- Ocean Discovery's WiFi information is follows:
 - Network: OceanDiscovery
 - Password: GreyWhale

TRANSPORTATION

Ways To Get Around

- Ocean Discovery will provide Lyft/Uber credit during your stay for your local trips.
- Some Residents choose to rent a car during their stay, while others do not.
- Visit <https://www.sdmts.com/> for routes and schedules for San Diego's bus and trolley system.

EXPLORE SAN DIEGO

We hope you take advantage of your time to explore our wonderful city. The following are ideas based off a gift given to a new staff member who had relocated to San Diego from the Midwest. The gift consisted of dozens of popsicle sticks. Written on one side of each stick was a title, and on the other side was a description of the activity. These titles and descriptions have been transcribed below as a resource for you. The Ocean Discovery staff will also be happy to offer suggestions based on your interest.

Play Create Learn	The New Children's Museum Downtown
Wild Animal Park	Go find all the animals in the Wild animal Park in Escondido
Explore Balboa Park	Pick a new museum, get lunch, do some shopping
Seeing the Sunset	Go watch a sunset at Sunset Cliffs, bring a blanket
Lean to Surf	Mission Beach offers many surf lessons options
Take a Hike	to the Devils Punch Bowl
Nature is Neat	Take a walk and see the sea lions around the La Jolla Cove
Take a Walk	along the OB Pier, then do some tide pooling on OB too
Got for a Bike Ride	Ride Bikes along the wetlands and the bay on the Silver Strand
Winter Whale Watching	Bring binoculars and go catch the migrating whales on a boat tour
Build a Bonfire!	Head to Crown Point for a bonfire – don't forget the s'mores
Take a Hike...	Up Palomar Mountain
Take in the views...	From the California Tower at the Museum of man in Balboa Park
Take a Hike...	around Mission Trails
Got a Sweet Tooth?	Grab an ice cream at Mr. Frostie in PB – a San Diego Favorite
Only in Cali...	Get a California Burrito at the taco shop – Carne Asada, Fries, guac – The best!
Take a Ferry Ride!	Ride the ferry from downtown to Coronado and spend the day Exploring!
Take a walk...	Around the San Diego Botanic Gardens!
Time for Some Theater!	Grab some discounted tickets for the Cygnet Theatre
Tide Pooling Time!	Go explore the Tide pools at the Cabrillo National Monument!

Picnic in the Park!	Grab a blanket and a picnic and take in the views at Mt. Helix Park
Time for a SKATE SECH!	Bundle up and go ice skating at Liberty Station!
Let's go MINI – GOLFING!	Head to Belmont Park in Mission Beach for mini – golf and arcade games!
Take a Hike...	At Torrey Pines State Reserve
Let's go paddling	Rent Kayaks and paddle out around La Jolla Shores!
Take a Hike	To Three Sisters Falls
Nature is neat	Go explore the Tijuana Reserve around border Field Park in San Ysidro!
Time for some Theater	See a play at The Golden Globe!
Take A Hike!	Up Cowles Mountain
See the sights and the lights	Hop in the Car and check out the decorated houses - Garrison St in Point Loma is a MUST!
Take a Hike	To Potato Chip Rock
Let's go to the Zoo!	Spend the day finding all the critters at the famous San Diego Zoo!
Nature is Neat!	Go for a walk around San Elijo Lagoon!
Snorkeling!	Head to La Jolla and see the Kelp and abundant fish at the cove!
Take me Out to the Ballgame!	Grab tickets for a Padres game at Petco Park!
Play Tourist at...	The Birch Aquarium at Scripps
Stretch and Relax!	Get up early and head to the sand for free beachside yoga with a view!
Let's go Fishing!	Go rent some poles and a boat and catch some dinner at Lake Jennings
Play Tourist at...	The Midway Museum
Eat your Fruits and Veggies!	Suzie's Farm has lots of fruits to pick yourself, especially strawberries!
Girl's day!	Treat yourself to mani pedi's and a movies!
Play Tourist at...	Hotel Del Coronado

Time for a day Trip	Spend the Day exploring Julian – Go for some hikes, pick apples and eat pie!
Spend a day at the Races	Head to the Del Mar Races – don't forget your floppy hat!
Explore Balboa Park!	Pick a new museum, get lunch, do some shopping – Explore a new part!
See the setting Sun	Go watch a sunset at sunset cliffs – bring a blanket!
Lear to Surf!	Mission Beach offers many surf lesson options – Everyone has to try!
Take a Walk...	Around the Flower Fields in Carlsbad
Nature is neat!	Take a walk and see the sea lions around La Jolla Cove!
Go on a Bike Ride!	Ride bikes along the wetlands and bay on the silverstrand!
Winter Whale Watch	Bring binoculars and go catch the migrating whales on a boat tour!
Beach Day!	Grab your swimsuits and sunscreen for some fun in the sun!
Spend the Evening at The LOT	Grab some dinner or catch a movie at THE LOT at Liberty Station.
Play Tourist	The Living Coast Discovery Center
Nature is Neat!	Get outside and go for a nature walk around Lake Murray or Miramar Lake!

Local Dining

- City Heights:
 - Caffaina
 - El Titanic
 - Super Cocina
 - Nate's Garden Grill
 - El Borrego
 - A Chau
 - Saigon
 - Pho Hoa
 - Thanh Tinh Chay
- Kensington:
 - Ponce's
 - Kensington Café
 - Pappalecco
 - Cucina Sorella

- North Park:
 - Awash
 - Carnitas' Snack Shack
 - URBN Pizza
 - Grand Ole BBQ Y Asado
- South Park:
 - Kindred
 - Buona Forchetta
- Hillcrest / Banker's Hill / Mission Hills
 - Cucina Urbana
 - Kous Kous
 - Trust
 - Fort Oak
- Little Italy
 - Juniper & Ivy
 - The Crack Shack
 - Ironside Fish & Oyster
 - Craft & Commerce
 - Kettner Exchange
 - And many, many more in this neighborhood!
- Point Loma / Liberty Station
 - Liberty Public Market
 - Stone Brewing Bistro & Gardens
 - Mitch's Seafood

Local Grocery Stores

- Murphy's Market (.3 miles away)
 - Closest market to Living Lab
 - Mexican market w/Mexican specialties
 - Basic produce, meat, dairy
- El Super (.8 miles away)
 - Large local grocery store
 - Huge selection, has all the basics, more limited organic/healthy options
- World Foods Supermarket (2.3 miles away)
 - Large Asian grocery store w/Asian specialties
- Vons (2.5 miles away)
 - Largest SoCal chain grocery store
 - Has everything