



STATE FELLOW

**California Sea Grant State Fellowship Program
Guidebook for Finalists and Fellows**



CALIFORNIA SEA GRANT

State Fellowship Program



NOAA's California Sea Grant College Program funds research, education and outreach throughout California. Our headquarters is at Scripps Institution of Oceanography, University of California, San Diego; we are one of 33 Sea Grant programs in the National Oceanic and Atmospheric Administration (NOAA), U.S. Department of Commerce.

<http://caseagrants.ucsd.edu>



Updated August 2019

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Cover image: courtesy of NOAA National Marine Sanctuaries, Channel Islands



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Many fellows working in Oakland and SF choose to live on the eastern side of San Francisco Bay.

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Catch some sun in our southernmost location.

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North of Los Angeles, fellows work at NOAA Channel Islands National Marine Sanctuary.

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SAN FRANCISCO
(left)
This big city usually has the second largest number of host agencies.

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INTRO

CALIFORNIA SEA GRANT STATE FELLOWSHIP

"I am 100% confident that my Sea Grant fellowship was the stepping stone I needed to be competitive for my new position at the California Department of Fish and Wildlife Marine Region."
- Sara Worden, California Sea Grant State Fellow
Class of 2016

Former State
Fellows Morgan
Visalli and Jocelyn
Enevoldsen
trekked 1,200
miles to raise
awareness about
the California
Coastal Trail.



State Fellow Alumnus Nick Sadrpour (2015) now works for California Sea Grant.

The California Sea Grant State Fellows Program provides a unique educational opportunity for graduate students who are interested in marine resources and the policy decisions affecting those resources in California.

Modeled after the highly successful Knauss Marine Policy Fellowship Program, the California Sea Grant State Fellowship provides an opportunity to acquire on-the-job experience in the planning, implementation, and management of marine, coastal, and/or watershed resource policies and programs in the state of California. The program matches highly motivated and qualified graduate students and recent graduates with hosts in state, federal, or municipal agencies in California for a 12-month paid fellowship.

Eligibility

Applications may be submitted by a graduate student close to completing his/her degree (Masters, Ph.D., or J.D.) in a field related to conservation, management, protection, stewardship, public policy, or law of marine, coastal, and/or watershed environments, or areas that impact those environments, at a California university. Graduate who recently completed their degree at a California university with graduation date [i.e. date diploma awarded by the university] after May 1, 2018 are also eligible to apply. Applicants should address their degree of interest and experience in either marine/coastal science and/or public policy or law. Fellows must complete all degree requirements before starting the fellowship.

Length of Assignment

The length of assignment is 12 months (non-renewable). The fellowship, for this competition, will begin in early winter between January to March, but other schedules may be arranged.

Approximate 2019-2020 timetable

- September 2, 5:00 PM PST: Fellowship applications due
- September 4 – 27 (approximate): California Sea Grant screening of fellowship applications to select finalists
- September 28 (approximate): Finalists notified and applications distributed to participating hosts
- October 29 - 30 : **MANDATORY** matching workshop in Sacramento
- October 31 - November 8: (Remote) Finalist Interviews
- November 13 (approximate): Fellowship matches announced
- January 2020–March 2020: Fellowships begin

Contact

For additional information about the State Fellows program, contact:

Miho Ligare
Research & Fellowship Coordinator
sgproposal@ucsd.edu
(858) 534-1160

Catherine Courtier
Extension & Program Analyst
ccourtie@ucsd.edu
(858) 822-2167

MATCHING WORKSHOP

Fellowship assignments for each class of state fellows will be based on presentations and interactions at a mandatory matching workshop in Sacramento, and remote interviews the following week sometime in the fall.

The matching workshop is designed to be an educational experience for the finalists but ultimately, it facilitates fellow-host placement outcomes by providing opportunities for:

- Hosts to provide a better idea of specific fellowship activities and responsibilities and expectations from fellows
- Finalists to share their background, strengths, fellowship interests and expectations

THE WORKSHOP

During a specified two-days in the fall, finalists are required to travel to Sacramento to meet with hosts at the matching workshop. Costs associated with travel to this workshop will be covered by California Sea Grant regardless of outcome. Make sure to save your receipts (hotel, airfare, shuttle/taxi, and food – alcohol will not be reimbursed) and keep track of mileage if driving your own car.

California Sea Grant will reserve a block of rooms at a hotel, close to the selected site of the workshop in downtown Sacramento. Finalists are encouraged to stay at the hotel for ease of traveling to and from workshop location and for the hosted dinner but some may prefer to stay with nearby family or friends.

Hosts will have had access to your application package at least two weeks prior to the matching workshop. There is no need to bring any part of your application package to the matching workshop. It is the hosts' responsibility to have your application package on hand as a resource for your interview.

Workshop Day 1:

Each host will be asked to provide a brief 5-7 minute presentation that outlines their organization, the position description and fellowship expectations.

Each of the finalists will also be making a 5 minute presentation, highlighting their application and fellowship interests and expectations.

After the catered lunch, finalists will have the opportunity to meet each host agency.

Workshop Day 2:

The second day will continue with finalists meeting with every host. Professional development may also be offered to finalists.

Finalists become fellows only once they are matched with Hosts. **Sea Grant will invite two or three additional finalists than the number of fellowships available.** However, your odds of being placed with a host are therefore very high, but still less than 100%, and it is possible you may emerge from this workshop as an alternate. We have had to turn to our alternates in past years (see "Matching Outside the Workshop").

SELECTION

After participating at the matching workshop, both finalists and hosts will have a week to conduct remote interviews.

Once hosts' preference lists are received, Sea Grant will "match" the lists, starting with the finalists' list. Sea Grant will identify all highest level matches. A more comprehensive overview of the matching process will be provided at the matching workshop.

The matched pairs (finalist/host) will be notified of the match outcome. Once all the matches are confirmed, Sea Grant will announce the match to the entire class of fellows and hosts.

WORKSHOP TIPS

- Come to the matching workshop with an open mind; don't predetermine where you want to be placed.
- Be willing to learn, flexible, and expect to be matched.
- Come with questions about the host agency, project assignments, work environment/culture, team members, and mentoring and professional development opportunities.
- Remember that the matching workshop, as well as the fellowship itself, is an educational opportunity.
- Remember that the hosts want you as much, if not more than you!
- Stay relaxed and enjoy the experience!

PREPARING FOR THE MATCHING WORKSHOP

This intense two-day workshop involves getting to know the agency representative that could potentially be your supervisor and at the same time, the supervisors getting to know you.

Do Your Homework

After you have reviewed all host agency descriptions on the website, it is best to pick out the ones that most interest you, around five to ten, read in-depth and understand the background of the agencies. Keep in mind, you should know a little about every host agency since you will be meeting with all the host agencies.

Besides reading and understanding the host agency descriptions, there are a few other tasks that can help you prepare for the matching workshop.

- First, all agencies will have websites. Take time to familiarize yourself with this information.
- Second, you should think about what kinds of questions you will be asked during the interviews, and brainstorm answers to those questions. For this purpose, it is helpful to have a friend or relative practice interviewing you.

In addition to thinking about questions that you may be asked, it is also beneficial to think of at least one or two questions to ask. Asking questions after the interview shows that you have done your homework and that you are interested in the position. Good luck!

Contributor: Jennifer Bigman '14

RECOMMENDED ATTIRE

Be prepared to look professional. Business casual or professional attire is recommended. Past finalists have made favorable impressions wearing conservative suits and heels/dress shoes, sweater twinsets with twill pants or skirts and for men, polo shirts, and pressed khaki pants with comfortable leather shoes.

Women

- A suit is not necessary but your preference
- Dress pants, twill, or cotton pants
- Sweaters, cardigans, dress shirt
- Dresses
- Comfortable but professional-looking shoes (there will be some walking around so make sure you are in comfortable footwear)

Men

- A suit is not necessary but your preference
- Dress jacket/blazer/sweater
- Button-down long-sleeved shirt
- Dress pants or pressed khakis
- Tie (optional)

State Fellows Esther Essoudry and Jaimie Huynh (2017) speak with California State Controller Betty Yee on Oceans Day.



NO MATCHING WORKSHOP

Each year there are few applicants that get matched with a host outside or after the matching workshop. This may happen because one or more hosts were not matched with a fellow during that process.

If a host agency does not end up with a fellow after the workshop, the host will then look through the applicants to select possible fellows to interview. This generally happens in mid- to early December.

Congratulations if you have been selected as an interviewee and are reading this to find out about this process! Interviews can last anywhere to 30 minutes to more than 1 hour, which provides you a more in-depth conversation than conversations at the matching workshop.

There are two types of interviews:

1. Phone: If you are located far from the host location or have a scheduling conflict, a phone interview may be the best way to get an idea of whether the fellow/host matching would be a good fit for both parties.
 - If you have done a phone interview and have been selected, you have the option to use part of your travel funds to visit your host office. TIP: Use this time to meet other nearby fellows and to scope out potential neighborhoods.
2. In person: If you are located nearby or are able to visit the host in person, this is highly recommended. By visiting in person, you get a better idea of the host and people you will be working with and location you will spend time at over the next year (including work environment and city).

Making Your Decision

Due to the time between the matching workshop and this external workshop matching process, your situation (work, school, personal) may have changed.

It can be surprising, exciting, and sometimes a bit stressful having to make a decision about an

opportunity that seemingly comes out of the blue and move, and start within a short period of time. Just know this is a normal part of the process and that you've done a great job to get to this point!

Special considerations: If you are still finishing your degree (writing thesis, preparing to defend, etc.), let both your potential host and the California Sea Grant fellowship coordinator know. This fellowship is not meant to delay the degree finishing process, so make sure your host understands that you need enough time and work flexibility to finish because it is a priority. (For example, you may request occasional days to travel or work on thesis-related tasks.)

Tips:

1. Ask for contact information for incoming and outgoing fellows in the area (if applicable). You can contact them to learn more about their fellowship experience.
2. Since you will likely be starting later than many of the other fellows in your cohort, make sure to work out a start date that works best for you to do enough housing research and get moved without too much stress.

Contributors: Nicole Bobco '14, Meghan Powers '14



EAST BAY

Living in Berkeley and Oakland

The East Bay is generally guaranteed to run 10°F warmer than San Francisco and give you a lot more sun and less fog! Oakland is the third largest city in the San Francisco Bay Area, with a population of about 400,000, and Berkeley is a city of about 100,000 just north of Oakland.

Housing 101

Craigslist is a quick start at finding housing. UC Berkeley students might account for some housing turnover in January, so check into student resources on housing, too. Don't forget to use your network of acquaintances, friends, and family to get advice and find potential places to live. Advice from a local will give you the most current scoop. See below for some of the neighborhoods to live in or visit.

Berkeley Neighborhoods

- **Downtown** – Downtown has a variety of stores and restaurants, and is a regional transportation hub served by subway/BART, AC Transit, and the UC Berkeley's Bear Transit shuttle system. Downtown draws a wide variety of Berkeley students and regular residents, as well as business folks and visitors. Several new multi-story buildings have opened over the past few years, but the neighborhood does have some issues with homeless people and panhandlers.

- **North Berkeley/Gourmet Ghetto** – Just above Shattuck Ave, you can find a place with sweeping views of San Francisco, the San Francisco Bay, and the Golden Gate and Bay Bridges and still be able to walk to shops, restaurants, schools, and bus stops. It will cost you more to live here than in most Berkeley neighborhoods, but group houses can offer affordable rents. North Berkeley attracts graduate students, university faculty, and regular Berkeley residents. Panhandling is not too common here, and the neighborhood is generally considered safe.

- **West Berkeley** – This newly popular Berkeley neighborhood is home to the city's only industrial area, the trendy Fourth Street business district, and the Berkeley Marina. The neighborhood is close to the Amtrak station, I-80, and San Pablo Avenue, so it's easy to travel in and out of Berkeley. West Berkeley and adjacent South Berkeley are more affordable Berkeley neighborhoods. College students do not dominate the area because a wider range of residents are attracted to the diverse offerings of homes and apartments. However, crime has been a persistent issue in parts of West (and South) Berkeley, especially in Southwest Berkeley.

- **South Berkeley/Elmwood** – The neighborhood of Elmwood consists of beautiful old homes near shops and restaurants along College Avenue and the giant white Claremont Resort. Elmwood borders the Oakland neighborhood of Rockridge, with Berkeley's businesses clustered around Ashby Avenue and Oakland's around the Rockridge BART station. Elmwood attracts a mix of undergraduate and graduate students and regular Berkeley residents.

- **Telegraph Avenue** – Inexpensive foods, unique stores, and multitudes of undergraduates characterize much of Telegraph Ave. This neighborhood is defined by the university and its student housing buildings, and it is a central gathering spot for panhandlers, their dogs, and street vendors. There are real and perceived issues with crime in the area, especially in and around People's Park.

Oakland Neighborhoods (biased selection based on the knowledge of a long-time Berkeley resident!)

- **Downtown** – In downtown Oakland, you can find hotels from the 1870s converted into offices and shops, the remains of an elegant 1930s Art Deco shopping district, and a myriad of ethnic shops and restaurants. Recently a number of newer bars and restaurants have begun to attract crowds from outside of the neighborhood and it is the new hip weekend spot. With two BART stops, this spot is convenient for people commuting into the city as well.

- **Rockridge** – One of the trendiest neighborhoods in Oakland. The commute from the Rockridge BART is convenient and many homes on the leafy residential streets have been charmingly restored.

- **Grand Lake** – The Grand Lake/Lake Merritt neighborhood is a popular place to eat, shop, visit the farmers market, and watch films in the historic Grand Lake Theater. The three-mile path around Lake Merritt is a popular running route.

Transportation

Berkeley and the Oakland neighborhoods referenced here are highly walkable places, overall, with proximity to many AC Transit bus and BART stops. Many residents have cars, but it's not a must. Depending on the neighborhood, parking can be difficult (the closer you are to UC Berkeley's campus and downtown, the worse parking is). Biking is a popular commuting option and there are secure bike lockers at many subway/BART stations. Safety is a consideration in parts of Oakland and Berkeley. For most of Oakland, some people choose not to walk alone at night.

Suggested Activities

- Tour the Farmer's Markets; visit Berkeley's Aquatic Park or a dog park; hike the Fire Trail to Strawberry Canyon; bike through Old Tunnel and Tilden Park

Contributors: Carey Batha '13, Mary Matella '14

SACRAMENTO

California's Capital City



The Golden State's capital is home to plentiful outdoor activities, 200 parks and two rivers, and it's also the self-proclaimed "Farm-to-Fork Capital of America." No matter what your interest, it's safe to say Sacramento won't leave you bored.

- U.S. News & World Report

Sacramento may invoke images of Gold Rush history, state government, and farming, but arguably some of its more appealing traits are its culture, dining, and proximity to a variety of California "destinations". Being centrally located in northern California, you're close to the Bay Area (1.5-2 hours), Napa Valley (1.5 hours), and Lake Tahoe (2 hours); while a bit further, Yosemite and Big Sur (3.5-4 hours) are also quite manageable for a weekend trip.

Sacramento has a population of 495,234 (as of 2016) and is 100 square miles. Most of the Sea Grant host offices are located in downtown, the area of Sacramento near the capitol. Surrounding Sacramento are the American and Sacramento Rivers, which meet just north of midtown and have great bike paths and parks. From spring to fall, there are daily farmer's markets located throughout the city, and there are many beer, wine, and music festivals throughout the year.

Weather

You may have heard that Sacramento gets HOT. You have heard correctly - in June and July, the temperature can get over 100°F. This is great if you are a desert reptile, or have air conditioning at home and in your office. People also manage with fans - the temperature usually drops at night, so you can cool off once the sun goes down. Otherwise, the rivers (or going to any of the fun places near Sacramento) provide great places to hang out on weekends.

In the winter, weather is mild. It never snows, but you can see the snow-capped Sierra Nevadas. Expect weather generally in the 50-60°F range with some fluctuations during the day, and in the 40s at night. Given the drought and climate change impacts, it's hard to estimate the amount of rain, but generally, the storms that make awesome powder in Tahoe will hit Sacramento first.

Neighborhoods

Sacramento has a lot of small neighborhoods that might strike your fancy. Sea Grant fellows have lived in all the places listed here, but remember that there are many more options if these don't suit.

- **Midtown/Downtown** – Downtown roughly encompasses 2nd to 15th Streets, and Midtown 16th to 30th Street, by A-X Streets, creating an easily navigable, flat grid. Do your best to stay on the grid (your street should be a number or a letter), noting that higher the number gets as it moves through Midtown, towards East Sacramento and away from downtown, the better the area. Most of the host offices are located within this grid, and it has a lot of popular bars, restaurants, and gyms. Many fellows enjoying living here because it's easy to get to work, walk around, and hang out after.

- **Curtis Park** – If you are looking for the bedroom community lifestyle in an older neighborhood with more character and restaurants, try the Curtis Park and Land Park area of East Sacramento. It has a nice park with a track and basketball courts. It's about a 25 minute bike ride to downtown. There aren't very many bars or restaurants and is overall pretty quiet. Local bars include Pangea, Track 7, and Hideway. There's a really good ice cream shop called Gunthers too!

- **Land Park** – Immediately south of downtown, separated by an elevated section of the Capital City Fwy, the old City Cemetery, and Broadway,

Land Park is another older, well-kept neighborhood with a forest of mature tree-lined streets (as in most of central Sacramento). Similar in flavor and price to Curtis Park and East Sacramento, yet closer to downtown, there are a number of apartment complexes, detached garage apartments, and rental houses to choose from.

- **Pocket, Little Pocket, & South Land Park** – More suburban, but with plenty of apartments along Del Rio Rd and Riverside Blvd, South Land Park starts at Sutterville Rd (moving south) and extends roughly to Seamas Rd (an exit of northbound I-5). Little Pocket and the Pocket are a mix of suburban tracts and apartments. Definitely not the same vibe as closer to town, but the commute has many options (freeway, buses, surface streets, biking, etc). Land Park is one of the few hilly places in town if you're biking.

- **West Sacramento** – Across the Sacramento River (and into Yolo County) lies the very diverse, on-the-rise community of West Sac. Some newer apartments mixed with shopping complexes close to this, and suburban options to the south from town (Southport). Avoid west side's sketchy motel strip, and the northside neighborhoods of Broderick & Bryte.

- **Campus Commons/East Sacramento/Arden Arcade** – The State Lands Commission is the only Sea Grant host agency that is located in East Sacramento. Conveniently, East Sacramento is also a great place to live for those who will not miss city living. It's quieter, full of tons of trees, not as crowded, and feels somewhere between midtown and suburban but has all the amenities you could need. Most of the areas within East Sacramento are probably safer than the city proper. Prices get cheaper the further north you go into Arden Arcade, but the trade-off is quality and safety.

- **South Natomas** – This area is more suburban than midtown, but there are still plenty of restaurants and shopping centers. The commute to downtown takes roughly 10-15 minutes by either bus or car. Several bus lines run through south Natomas and into downtown. Rent prices are comparable to mid and downtown. NOTE: Apartment complexes more east of I-5 are generally a bit sketchier.

- **North Natomas** – If you are looking for a bedroom community because you want a house and yard, North Natomas might be right for you. It is all new

continued on next page

- Sacramento Map**
- 1) Red notes are words of caution
 - 2) Bear mugs indicate the general area of great bars and restaurants. These areas are generally safe, though there is more foot traffic
 - 3) Staying within the green lines is your best bet
 - 4) Yellow indicates an transition area. Not great but could be worse
 - 5) Colored lines are subject to change, please use this as a general guide. Asking a current fellow for a "locals" tour is your best bet
 - 6) Track crime at <https://communitycrime.map.com/>
 - 7) Check an area before you sign a lease
- Sign-up for the Nextdoor App

MORE Sacramento:

developments close to strip malls. There are lots of "green belt" paved trails in this region for walking, running, and casual biking.

- **Rancho Cordova** – This is not a recommended location - too far from work and activities. Rancho Cordova is a suburb located ~10 miles east of Midtown. The Gold Line serves many stops in Rancho Cordova and it takes ~35-45 minutes to get to exits in this area via public transportation from midtown, ~25 minutes driving during rush hour. There is no central social life area.

- **Del Paso Heights** – Avoid Del Paso Heights and the immediate surrounding area.

Searching for Housing

When searching for housing in Midtown, DO NOT Google it, do not use apartments.com and do not go to bigger complexes. You'll be looking at rents way above budget. Your best bet is to use Craigslist, HotPads, or go through local property management companies. These properties go FAST, so plan on coming up for a few days, touring, and making your decision on the spot. If your building does not have parking, make sure your unit is eligible to get a free street parking permit from the city.

Transportation

Sacramento is flat, has a functional public transportation system, and you can generally find public parking.

Biking: Highly recommended. There are many good bike shops around downtown and the suburbs, and the terrain is fairly flat. Buy a powerful bike light - the streets are often poorly lit, so you'll want at least 200 lumens to fully illuminate the road at night. If you plan to bike along the river to work, check the route. Some sections aren't considered safe.

Public transportation: Functional and far-reaching. The light-rail system goes into suburbs north, east, and south of midtown, as well as toward the Amtrak Station. Buses are also timely and convenient - fellows have used them when it is raining or they don't feel like biking or walking.

Driving: Parking in downtown can be difficult to find and quite expensive. The K-street mall has the cheapest all-day parking, early-bird special, if you are in by 10 am and out after 4:30 pm. Most host offices are about 4-9 blocks away from the mall.

Suggested Activities

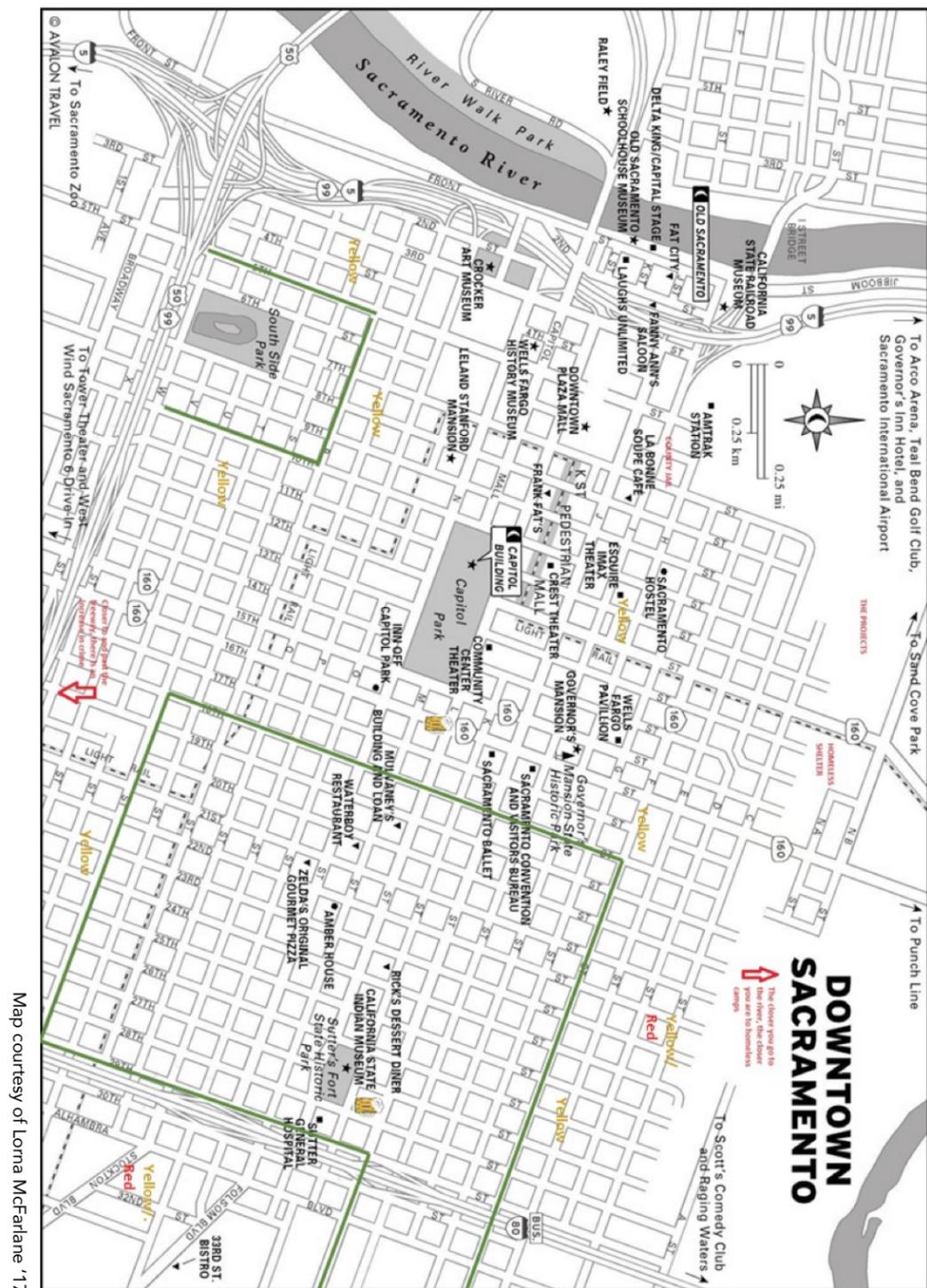
- Explore the Auburn State Recreation Area and it's numerous trails and tributaries; grab a bike and join the Sacramento BikeParty (first Friday of every month); buy/rent inner tubes and float down the American River - hop in at Sunrise Recreation Area and get out at River Bend Park; see a movie at Sacramento's historic Tower Theatre; walk over to Sutter's Landing and hang out on the beach; check out the Crocker Art Museum ("Pay What You Wish" every third Sunday of the month); catch a show at Ace of Spades or Harlow's; gather a team for trivia night at Fox & Goose Public House.

- The city of Sacramento puts on a variety of events ranging from food/beer festivals to block parties. Notable events include Concerts in the Park, Beer Week, R Street Block Party, Grilled Cheese Festival and more! A great website for people new to the area is <https://sacramento.downtowngrid.com/events/>

- Recommended restaurants: Tres Hermanas, Zocalo, Lucca, Mikuni, Mother, Bacon & Butter, Fox & Goose, Paesanos, Tank House, Cafeteria 15L, Pushkin's, Pronto, Ryujin Ramen House, The Red Rabbit, Lou's Sushi, Alejandro's Taqueria, Kim's Vietnamese, Backbone Café, Localis, The Rind, and The Waterboy.

- Recommended bars: Kupros, Bottle & Barlow, Golden Road Brewing, Big Stump Brewing Co., Capital Hop Shop, The Golden Bear, Der Biergarten, Federalist Public House, Pre Flite, Blue Cue, B-Side, The Shady Lady Saloon, Ten Ten Room, Two Rivers, and LowBrau.

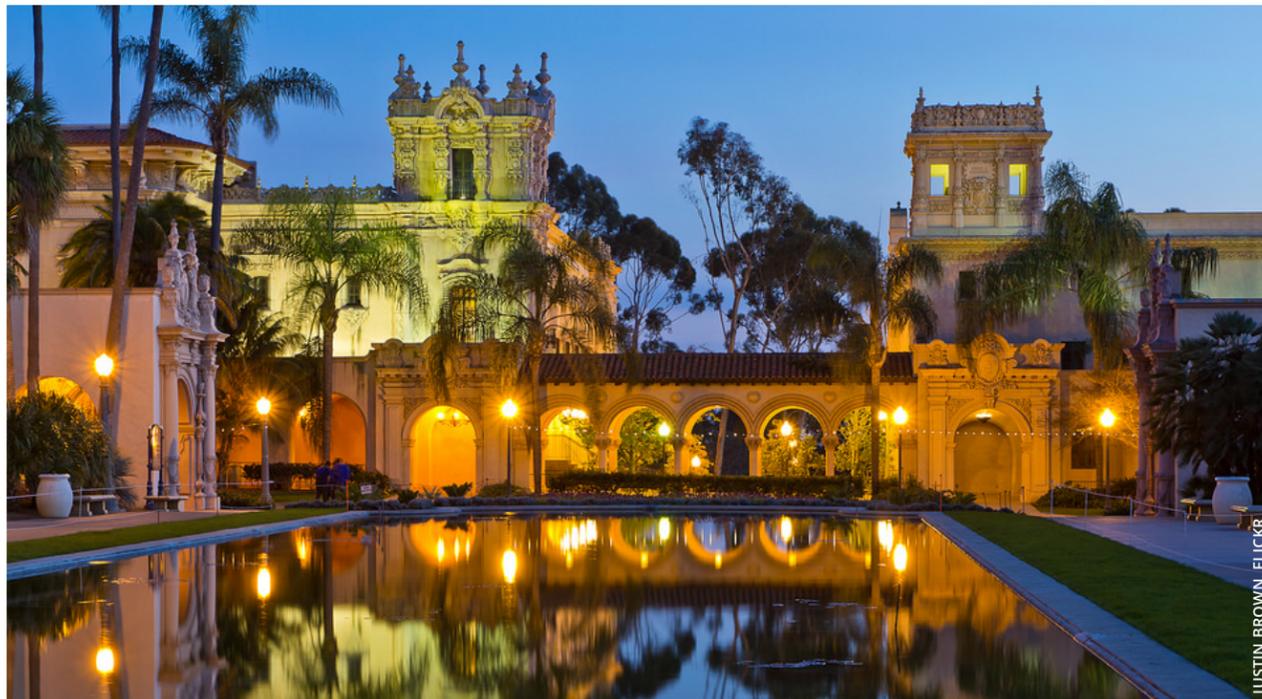
Contributors: Stephen Pang '18, Lorna McFarlane '17, Liz Parissenti '14, Karen Kayfetz '14, Nicole Bobco '14, Meiling Roddam '14, Miho Ligare '12, Randy Lovell



Map courtesy of Lorna McFarlane '17

SAN DIEGO

America's Finest City



San Diego lives up to its reputation for constant sunshine, palm tree-lined beaches, and a bustle of outdoor activities, with plenty more across the US-Mexico border in Tijuana and Ensenada.

Housing 101

Even though your fellowship may start in an "off" period, people in the Scripps community seem to rent or sublet housing year-round. One way to find housing through Scripps people is by joining the SIO-Housing@sio.ucsd.edu email list, and advertise that you are looking to rent. Craigslist and PadMapper are other options.

Neighborhoods

- **La Jolla** – La Jolla is the closest area to Scripps, but you won't find your own two-bedroom apartment for an affordable price. This is a wealthier, older area of San Diego, without much nightlife. People are always subletting rooms, though, and you can bike or bus to work. Cute coffee shops, restaurants and high-end workout studios, but not many grocery stores or malls.
- **University City (UTC)** – A popular living spot for UCSD grads/recent graduates. A mix of high-rise apartments and townhome communities. You can find reasonably-priced shared apartments or sublets, and there is high renting/subletting turnover. You'll have to drive, bike or bus to Scripps, but UTC has shopping malls, grocery stores, and yoga studios.
- **Pacific Beach (PB)** – Another popular spot for recent college grads who want to live by the beach and have a good time! Young and lively, with plenty of bars, night-life, surfing and sand. A good option if you like to go out on weekends. A 30-35 min. bike or bus ride/15-20 min. drive to Scripps.
- **Del Mar/Solana Beach/Encinitas** – North from Scripps, you pass a string of beachfront communities, with lovely beaches and charming one-street storefronts. The commute to Scripps can vary from 20-30 minutes.
- **Hillcrest and Downtown San Diego** – Hillcrest is a popular, hip, yoga-and-slow-food-movement neighborhood, but be prepared to drive 30+ minutes to work or the beach (UCSD offers a free shuttle between Hillcrest and main campus).

Transportation

San Diego has an extensive bus system, but don't expect it to get you where you need to go quickly. If you have a car, bring it. San Diego is spread out enough that without some planning and dedication, you'll find yourself driving most places (that being said, our first San Diego fellow survived without a car!). The MTS 201/202 bus lines go between the main UCSD campus and the UTC Westfield shopping mall and grocery stores. The 30 bus line goes from UCSD through La Jolla and PB. Biking is also a popular commuting option. Some areas of San Diego have better bicycle infrastructure than others, so plan on taking time to scout out the safest route.

Suggested Activities

San Diego is a very outdoor-oriented place, and has a wealth of cultural attractions.

- Surf, swim, and dive in La Jolla; explore the kelp forests and canyons; hike Mt. Woodson, with the famous Potato Chip Rock and Cowles Mountain (great for moonlit hikes); join the San Diego Bike Club (SDBC) which has all levels of bike rides every weekend; UCSD recreation classes and trips; check out the microbreweries – San Diego is becoming famous for its brews
- Must-see – Balboa Park museums, San Diego Zoo; San Diego Wild Animal Park; San Diego Harbor and Coronado Island; Tijuana; Old Town San Diego (great Mexican food and neat shops!).

Contributor: Laura Lilly '14



SANTA BARBARA

The American Riviera

With its perpetually blue skies and taco stands, Santa Barbara remains a laid-back town where the star attraction is still the beach.

- *The New York Times*



Santa Barbara and nearby Goleta share a stretch of oceanfront property squeezed between the Pacific Ocean and Santa Ynez Mountains. The year-round warm and sunny weather adds to its allure, making it a highly sought-after place to live.

Housing 101

There's no way around it. Housing in Santa Barbara is expensive. On occasion couples or families rent extra rooms, but expect to pay more to rent a room in a house or apartment shared with other housemates. Studio and one-bedroom apartments tend to be the most expensive options.

Neighborhoods

- **Downtown Santa Barbara** - This area is close to restaurants, bars, Santa Barbara City College, the beach, and bus stops. It certainly has the most going on, but these amenities are reflected by higher rent prices.
- **The Mesa** - This is a large, flat hill adjacent to downtown that is mostly residential. Several bus lines pass through and it is fairly easy to get to UCSB/Goleta and elsewhere in Santa Barbara. Highlights nearby include Leadbetter Beach, Hendry's Beach, and Elings Park.
- **Goleta** - Goleta is composed of mostly residential, quiet neighborhoods without as much excitement or character as downtown Santa Barbara, but this is where the best housing deals tend to be and you are still close to UCSB, downtown, and the beach.
- **Ellwood** - This neighborhood is on the outskirts of Goleta and about a 20-minute drive to downtown Santa Barbara. Only one bus serves this area every hour, so it can be difficult to get around town without your own vehicle. It is located next to Ellwood Mesa, a beautiful preserve next to the ocean that provides excellent dog-walking opportunities, biking, and scenic walks.
- **Isla Vista** - Isla Vista's reputation as a crowded, somewhat rundown community full of hard-partying college students is very well deserved. If you want to live in a decent home with even a hint of peace and quiet, this is a neighborhood that would best be avoided.

Transportation

Santa Barbara's bus system is fairly cheap and can get you nearly anywhere in the SB/Goleta/UCSB area. Trips between downtown and UCSB are notably fast and convenient, but any other route tends to be fairly tedious and time-consuming. There is no public transportation past 10:30 pm, so be prepared to drive or take a taxi home after a late night. Santa Barbara is also a very bike friendly community and has many bike paths that make this a safe and efficient mode of transportation

Suggested Activities

Santa Barbara is world famous as a picturesque city by the sea. It offers plenty of outdoor recreational opportunities, unique dining experiences, and interesting sights. A great website for people new to the area is santabarbaraca.com.

- Surf, sail, kayak, fish and snorkel along the coastline of Santa Barbara County – the nearby Channel Islands are considered one of the top diving destinations in the world; hike Seven Falls and Rattlesnake Canyon; Los Padres National Forest offers endless backcountry hiking in the San Raphael Wilderness; take a recreational sailing or yoga class at UCSB or SBCC; visit State Street and explore Santa Barbara nightlife; head over the mountains and view Santa Barbara's wine country
- Must-see – Santa Barbara Museum of Natural History, Santa Barbara Botanical Garden, Stearns Wharf, and camping at Refugio, El Capitan, and Gaviota beaches.

Contributor: Sean Herron '14

SAN FRANCISCO

The City by the Bay

San Francisco is a cultural hub integrating art, technology, food, and music from around the globe. Its mild, Mediterranean weather provides a comfortable living environment suitable for being outdoors year-round, whether biking for a commute or camping around the Bay Area. Its location between the ocean and the largest estuary in California provides a diverse community of ecosystems and services to the San Francisco community. The fantastic qualities of this foggy city have made it a popular home to many. Although deemed the most expensive city to rent in the U.S., there are a handful of tips to renting and living cheaply in San Francisco.

Housing 101

The cheapest and easiest way to find a place to live in San Francisco is to have roommates. Essentially the rule is: the more roommates, the cheaper. If you are moving here solo, not to worry, there are plenty of rooms for rent listed on Craigslist. If you go that route (joining an established apartment), start your search in neighborhoods that are sunny and safe with good transportation to downtown (where you will likely be placed as a fellow). Bernal Hill, the Mission, Noe Valley, the Castro, Hayes Valley, and Lower Haight are all great options. Though, these sunny neighborhoods are popular and thus have higher rental rates than other neighborhoods. For slightly cheaper rent, anywhere from Golden Gate Park to the beach (NOPA, Panhandle, the Richmond, the Sunset, etc...) is a safe bet. Typically, the closer you are to the ocean the cheaper the rent, however that rule is slowly fading. Your commute time will increase a bit in these foggy, coastal neighborhoods,



but if you like to bike, the routes are pleasant and easy. If you wish to live alone in San Francisco, it will be expensive.

Neighborhoods

There are so many great neighborhoods in San Francisco, but here are highlights from a handful of them:

- **Downtown** - This is where you will most likely be working. It is always packed with tourists, but if you can brave the crowds there are several urban gardens for lunch breaks. There is a farmers market every Tuesday, Thursday and Saturday at the Ferry Building.
- **Hayes Valley** - This is a fancy and adorable part of town. The streets are lined with swanky clothing boutiques, a local butcher shop, the best German food and beer garden (biergarten), coffee, and ice cream. Good for strolling on sunny days.
- **Presidio** - The Presidio provides beautiful biking and hiking trails and look-outs of the city. Biking through the Presidio and ending your journey at Crissy Field—a beautiful restored salt marsh habitat beside the Golden Gate Bridge—makes for a wonderful outing.
- **The Richmond/Sunset** - These neighborhoods encompass a huge part of the city and they have similar qualities. They both surround Golden Gate Park (Sunset on the south and Richmond on the north) and Ocean Beach. They also both contain the best Asian food in the city: An ideal day on Clement St (inner Richmond neighborhood) would entail grabbing Dim Sum at Wing Lee, Boba at Genki, and heading to Green Apple Books for perusing the used/new books, movies, and music.

• **The Mission** - This is a sunny, fun (and increasingly posh) area in the city. It is historically a Mexican neighborhood, and still is in parts, with great food and nightlife. Shopping and coffee is great on Valencia St, while authentic Mexican food (and a delicious Jewish deli!) is found on 24th St.

• **Panhandle** - Panhandle Park is the gateway to Golden Gate Park and although it lies between two major thoroughfares (Oak and Fell St), it's great for a quick BBQ or rest in the grass.

Transportation

San Francisco has an efficient public transportation system and a supportive biking community. The buses, called MUNI, come frequently and can take you anywhere. The light-rail MUNI system is convenient for those living in the Sunset, Castro, Dog Patch, or Bay View neighborhoods. The underground subway system, called BART, is great for travel across the SF Bay Area. BART is not typically used to get around the city of San Francisco as it only goes between downtown-the Mission-Excelsior.

Biking is typically the fastest, easiest, cheapest, and healthiest way to get around San Francisco. The SF Bike Coalition has (and continues to) improve bike routes, lanes, and street surfaces for the SF bike community.

Suggested Activities

Stop by the Academy of Sciences and the interactive Exploratorium; enjoy Golden Gate Park; stroll along Ocean Beach with your dog; take a dip at Baker Beach (watch for nudies!); camp in a redwood forest at Big Sur; backpack on a coastal peninsula at Point Reyes

Contributor: Evyan Borgnis '14

HOST RELATIONSHIP

Fellow responsibilities

- Maintain contact with the host office and supervisor prior to arrival. Be sure to arrange your start date with your host office. This will give you an opportunity to ask about any necessary reading, visit the office prior to the start, or possible early travel opportunities with your host.
- At the start of the fellowship, review office policies including work hours; time needed (if any) to work on school commitments or finish your thesis; and attendance at fellowship functions, conferences, hearings, and meetings. Vacation and sick time should be determined by the fellow and host agency early on. Sea Grant does not provide guidance on this.
- Arrange and coordinate activities listed above (conference attendance, fellowship activities, vacation, etc) with the host office/supervisor in advance.

Early withdrawal from the program

Situations may arise over the course of the fellowship year in which a fellow decides to leave the program early. This may be due to personal reasons, conflicts with a host, or to move on to an employment opportunity. Each situation will be handled on a case-by-case basis. There will be an open discussion between the host, fellow, and the California Sea Grant Fellowship Coordinator to determine the fellow's transition out of the program in a way that is acceptable to all parties. Fellows that do not complete the fellowship will not be considered alumni.



2017 State Fellow Andrew Hill joins staff at his host agency, the California State Water Resources Control Board, for a rafting trip on the lower American River, located just outside Sacramento.

MANAGING YOUR AWARD

Funds, taxes, and travel.

For all information on insurance, student loans, travel, and reimbursement, please find the most up-to-date information on our website:

caseagrants.ucsd.edu/fellowships/manage/state-fellowship

COMMUNICATIONS SUPPORT

California Sea Grant State Fellows do work that is important to the State of California and beyond. Help us tell your story by sharing information about your publications, projects, and events. We require that each fellow contribute at least one communications material, whether that is a blog post, social takeover, or other project. The California Sea Grant communications team is also happy to advise or provide support where appropriate.

How can California Sea Grant communications help me?

NEWSLETTER AND SOCIAL MEDIA

If you'd like us to share a project or announcement from your host office, email casgcomms@ucsd.edu

OTHER SUPPORT

If you or your host agency need additional communications guidance, reach out. We're happy to help brainstorm or discuss how we can help.

Where can I find the California Sea Grant logo?

Visit go.ucsd.edu/2CKWUdx

What is the recommended email signature?

[First Name] [Last name] | California Sea Grant State Fellow
[Host agency name]
[Phone number]

Example:
Miho Ligare | California Sea Grant State Fellow
California Ocean Protection Council
858.534.4444

HOW TO MAKE THE VERTICAL BAR IN THE EMAIL SIGNATURE

- Option 1
1. Copy and paste it.
- Option 2
1. Hold the "Shift" key on the keyboard.
 2. Press the "Backward Slash" key above the "Enter/Return" key.

CONTACTS

GENERAL FELLOWSHIP QUESTIONS

Miho Ligare,
Research and Fellowship Coordinator

mligare@ucsd.edu

858-534-1160

STIPENDS, HEALTH INSURANCE AND TRAVEL QUESTIONS

Herminia Villalpando, Fund Manager

hvillalpando@ucsd.edu

858-534-4442

MAIN PHONE

(858) 534-4440

OFFICE FAX

(858) 534-2231

MAILING ADDRESS

California Sea Grant
University of California, San Diego
9500 Gilman Drive, Dept. 0232
La Jolla, CA 92093-0232

EXPRESS MAILING ADDRESS (via UPS, FedEx)

California Sea Grant
University of California, San Diego
8830 Biological Grade Way
La Jolla, CA 92037

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