You & McGill

Undergraduate Student Guide

2016-2017

INSIDE:
Important Dates
Tips for First-Years
Services at McGill
Getting Involved at McGill
and much more!
Visit mcgill.ca/firstyear for a comprehensive site with all the information you need to navigate your first year at McGill!

Table of contents:

Welcome Messages ................................................................. 02
Important Dates ................................................................. 04
Top Ten Advice for First-Years ............................................ 05
Get to Know Your McGill
  Academics ......................................................................... 07
  Tech ................................................................................. 11
Getting Involved at McGill .................................................. 12
Get Mentored ........................................................................ 15
Peer Programs ........................................................................ 15
Your Support at McGill ......................................................... 16
  First-Year Support (and more!) .......................................... 18
  Support for Student Populations ....................................... 19
  Student Societies .............................................................. 21
University Services ............................................................... 23
  Academic & Career Support .............................................. 26
  Financial Support .............................................................. 30
  Health & Wellness ............................................................. 31
  Equity & Social-Mindedness .............................................. 38
  Dining & Off-Campus Housing .......................................... 40
  Safety & Security .............................................................. 41
  Mediation & Advocacy ...................................................... 43
Explore Your McGill ............................................................ 44
  On the McGill Map ........................................................... 45
Explore Your Montreal .......................................................... 46
  On the Island of Montreal Map ......................................... 48
AskMcGill and the McGill App

AskMcGill

AskMcGill is McGill’s interactive question/answer online platform where prospective, new, and current students can ask a wide variety of questions about McGill.

AskMcGill est aussi disponible en français.

AskMcGill your questions at ask.mcgill.ca

McGill App

The official McGill App is a handy tool for students and lets you access class schedules, check out events, find services, navigate campus, and chat with other students. The app will even sync with your McGill account and automatically integrate your schedule and course info.

Search “McGill University” on the App Store or Google Play or visit mcgill.campusapp.com

Look for this symbol throughout You & McGill to learn how the McGill app can make your life on campus easier!
Welcome to the McGill community. You are about to embark on an incredible period of learning and discovery, gaining vital experience while you build lasting relationships. With over 300 areas of study and 21 faculties and professional schools, McGill is Canada’s leading teaching and research-intensive university. It is a wonderful place to begin the next exciting stage in your life.

You will be immersed in the most international campus in Canada with peers who are among some of the brightest students in the world in one of the most cosmopolitan cities in the world.

You will acquire a first-rate education, and you will have the chance to study abroad, to sing in an opera, to work in a lab as an undergraduate researcher, or to experience one of hundreds of internships, so that you concurrently develop the social skills and innovative thinking required to address the complex issues of the future.

You will live on one of the most unique and supportive student life and learning campuses in North America, which will provide you with the community and social engagement, the self-awareness, the global understanding, and the critical and creative thinking opportunities needed to shape the world.

And you will be joining a network of more than 250,000 alumni worldwide, including three astronauts, ten Nobel Prize recipients, nine Oscar winners, numerous Olympians, and many leaders who help shape our world.

This is going to be the adventure of a lifetime!

Bienvenue... Welcome to the McGill adventure. Our doors are open.

Olivier Dyens, Deputy Provost (Student Life and Learning)
A Message from your First-Year Coordinator

Hello and welcome to all,

It is my pleasure to welcome you to McGill University and to congratulate you on beginning this exciting stage of your life! As the First-Year Coordinator in Campus Life & Engagement (CL&E, pronounced "clay"), one of my roles is to help you become aware of the vast resources available on campus that will provide you with continued support throughout your studies. In fact, Campus Life & Engagement is your “first-year office”, so to speak, in that we are the one office on campus dedicated to serving all students who are attending McGill for the first time, and where all new students can find answers to the questions or concerns you have. All of us in CL&E are here to help you & McGill get acquainted as quickly as possible so that you can get involved and make the most of your time at McGill. We want to help you become an active member that helps build and shape the McGill Community in the years ahead.

This is why I am so excited to offer you this guide to help you as you begin your time at McGill University. The team here at Campus Life & Engagement has spent countless hours organizing what you will find in the following pages. We’ve talked to students and staff all around McGill to make sure that all the key information you need as a first-year student is contained within these pages. You won’t know everything from reading this guide, but it will help start you on the right foot and help you understand key things about McGill and what we have available to you. You can also always visit mcgill.ca/firstyear for comprehensive and regularly updated information about all the ways that McGill supports you as a first-year student.

I urge you to reach out, not only to the resources at your disposal, but to the people around you. Invest in friendships, relationships, and most importantly, in yourself. We understand that McGill University is only one step in your journey and while you are here, please take advantage of your time. Confidently move forward to build the life you want! You are here to learn and invest in your future, and we have countless resources at your fingertips to allow you to be the best “you” possible. McGill University is here to help you discover and build your potential.

We look forward to meeting as many of you as we can at one of the various events we host during Orientation and the rest of the year. Of course, all the knowledge contained in this book, and more, can also be accessed by picking up the phone, sending an email, or coming to visit us at CL&E.

On behalf the Campus Life & Engagement team, I wish you all a truly joyful and rewarding McGill experience! Good luck. We look forward to meeting you!

Best wishes,

Leslie Copeland
First-Year Coordinator
Campus Life & Engagement (CL&E)
### Important Dates

Note: In the event of a discrepancy between the dates in this list and the ones on the McGill website, the latter shall prevail.

#### SUMMER 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 14</td>
<td>Deadline for new students to register for at least one course to avoid a late registration penalty</td>
</tr>
<tr>
<td>Aug. 15-20</td>
<td>Late Registration period with a $125 late fee</td>
</tr>
<tr>
<td>Aug. 27-5</td>
<td>Orientation Week</td>
</tr>
<tr>
<td>Aug. 27-28</td>
<td>Residence move-in days on downtown campus</td>
</tr>
<tr>
<td>Aug. 28</td>
<td>Residence move-in day on Macdonald campus</td>
</tr>
<tr>
<td>Aug. 30</td>
<td>Discover McGill / Engage McGill</td>
</tr>
<tr>
<td>Aug. 31</td>
<td>Fee payment deadline</td>
</tr>
</tbody>
</table>

Discover McGill's Academic Expectations Day

#### FALL 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 1</td>
<td>Discover Mac's Academic Expectations Day / Transfer Students’ Information Session</td>
</tr>
<tr>
<td>Sept. 2</td>
<td>First day of Fall term lectures – Classes follow a Monday schedule</td>
</tr>
<tr>
<td>Sept. 5</td>
<td>Labour Day (University Closed)</td>
</tr>
<tr>
<td>Sept. 20</td>
<td>Add/Drop (Course Change) deadline</td>
</tr>
<tr>
<td>Sept. 27</td>
<td>Deadline for withdrawal from Fall term courses with full refund</td>
</tr>
<tr>
<td>Oct. 10</td>
<td>Thanksgiving Day (University Closed)</td>
</tr>
<tr>
<td>Nov. 1</td>
<td>Deadline for withdrawal from Fall term courses without refund</td>
</tr>
<tr>
<td>Dec. 5</td>
<td>Last day of lectures – Classes follow a Monday schedule</td>
</tr>
<tr>
<td>Dec. 7-20</td>
<td>Fall term exam period</td>
</tr>
<tr>
<td>Dec. 23-24</td>
<td>Holiday Break (University Closed)</td>
</tr>
<tr>
<td>Dec. 31</td>
<td>Deadline for cancellation of registration in, or deferral of admission to, the Winter term</td>
</tr>
</tbody>
</table>

Check Minerva for Winter term e-bill

Deadline for submitting legal documents (Fall admit students)

#### WINTER 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 4</td>
<td>First day of Winter term lectures</td>
</tr>
<tr>
<td>Jan. 5</td>
<td>Fees due for newly admitted &amp; returning students</td>
</tr>
<tr>
<td>Jan. 15</td>
<td>Deadline for McGill students to submit an exchange application on Minerva</td>
</tr>
<tr>
<td>Jan. 17</td>
<td>Late Registration period with $125 late registration fee</td>
</tr>
<tr>
<td>Jan. 26</td>
<td>Deadline for withdrawal from Winter term courses with full refund</td>
</tr>
<tr>
<td>Feb. 27 - Mar. 3</td>
<td>Study Break (No Classes / University Open)</td>
</tr>
<tr>
<td>Mar. 7</td>
<td>Deadline for withdrawal from Winter term courses without refund</td>
</tr>
<tr>
<td>Apr. 11</td>
<td>Last day of lectures</td>
</tr>
<tr>
<td>Apr. 13-28</td>
<td>Winter term exam period</td>
</tr>
<tr>
<td>Apr. 14</td>
<td>Good Friday (University Closed)</td>
</tr>
<tr>
<td>Apr. 17</td>
<td>Easter Monday (University Closed)</td>
</tr>
<tr>
<td>Apr. 30</td>
<td>Residence Move-Out Day (excluding students at Solin and MORE Houses)</td>
</tr>
</tbody>
</table>

#### SUMMER 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 22</td>
<td>Victoria Day (University Closed)</td>
</tr>
<tr>
<td>June 24</td>
<td>Saint-Jean-Baptiste Day (Fête Nationale) (University Closed)</td>
</tr>
<tr>
<td>July 1</td>
<td>Canada Day (University Closed)</td>
</tr>
</tbody>
</table>

**McGill App** Use the McGill App to get a list and keep track of Important Dates!
If you’re anything like I was before I started at McGill, you’re probably excited but also a little bit nervous and overwhelmed. No worries; you’re in luck! Campus Life & Engagement asked prospective Orientation Leaders to submit three pieces of advice for new students as part of their application process. Out of more than 1,600 replies and over 4,750 individual pieces of advice (which included everything from “Take advantage of Add/Drop” to “Stay away from the pigeons on Beach Day”), we’ve compiled the Top Ten Advice for First-Years. As someone who navigated their first year without the guidance of upper-year students, I can guarantee you that this list will enrich your McGill experience. I wish I had it when I was in your shoes!

Good luck and have fun,

**Katie Quigley, U3 Women’s Studies Major**
Communications Assistant
Campus Life & Engagement (CL&E)
Get involved
Getting involved is truly the best way to meet like-minded individuals at McGill, as well as an excellent way to relieve stress and broaden your horizons.

Ask questions and seek help if you need it
Never hesitate to ask questions. From professors and TAs to CL&E staff and floor fellows, the list of people who are eager to help you is endless. Don’t be shy!

Be open and adventurous
There is an endless supply of unique opportunities at McGill. Step out of your comfort zone, and never say no to something that interests you. Embrace every chance to try something new, whether it be studying a new subject or making new friends.

Be social
While it’s tempting to stay in watching Netflix all day, make it a priority to get out of your rez room or apartment. Socialize with people on your floor and in your classes. Take advantage of different social events happening in rez, within your faculty, or organized by clubs. If you lock yourself up and do nothing too often, you’ll definitely regret it later in the year.

Work hard
University is more challenging than high school or CEGEP, so it’s in your best interest to work hard from the very beginning. Don’t skip class or procrastinate, and always stay on top of your assignments. You’ll thank yourself when midterms and finals come around. However, if your grades aren’t as strong as they were in high school or CEGEP, don’t beat yourself up. Remember: your GPA doesn’t define you.

Find a balance
Everything is good in moderation, which is why it’s essential to balance your academic and social life. School should be your first priority, but it’s important to put the books down and let yourself relax once in a while. Having fun is a vital part of the university experience!

Explore Montreal
Montreal is an extraordinary city with so much to offer. Don’t get stuck in between Peel and Saint-Laurent. Break the McGill bubble!

Know your limits
Don’t overload yourself with too many classes and extra-curricular activities. It’s important that you have some free time to enjoy yourself. When it comes to partying, do it responsibly: count drinks, drink water, and pace yourself. Do whatever you need to do to stay safe while having fun.

Be yourself
In a huge, diverse community like McGill, there’s no need to be anyone but yourself. You will undoubtedly find friends who appreciate you just the way you are. Don’t be discouraged if you don’t find your new best friends right away – it takes time!

Stay healthy
The recipe for a happy and successful first year is to eat well, sleep well, and stay active. If you encounter difficulties with your mental health, there are a number of services and resources available to support you. (See page 34)
In an effort to make sure your transition into McGill is as smooth as possible, the team here at Campus Life & Engagement (CL&E) has collected and explained key topics and terms that you will be often hearing about and saying yourself throughout your time here. Consider yourself culture shocked no more! Of course there are many more not on this list, but to get you started on the right track, we thought it would be a good idea to familiarize yourself with the ones below.

You can always come to CL&E if you have any questions or concerns!

**Academic Standing**

Academic Standing is based primarily on students’ Cumulative Grade Point Average (CGPA), but may also be affected by their Term Grade Point Average (TGPA). Academic Standing, which is assessed after the end of term, may determine if students will be allowed to continue their studies in the next term and if any conditions will be attached to their registration. Being in Satisfactory Standing usually requires having a CGPA of 2.00 (C letter grade) or greater.

**[Academic] Advisors**

McGill offers students access to a variety of advisors, mentors and counsellors with different skills, expertise, and levels of authority. Depending on your degree and academic program, you may have access to a faculty advisor, departmental/school advisor, professor/lecturer or peer advisor to help you resolve a given problem. Be sure to seek academic and personal advice from the advisor most closely attuned to your academic needs or personal situation. Learn more at mcgill.ca/students/advising/whatadvisorsdo and for more about Academic Advising at McGill.

**First-Year Seminars**

If you haven’t already done so, try to register for a First-Year Seminar (FYS). You can take only one FYS, but they’re offered in both the Fall and Winter terms. These classes are for first-year undergraduate students only, so grab one while you can! They cover a wide range of topics and offer more interaction with your classmates and the professor as there are only around 25 students in each class! They fill up quickly, but don’t give up. Keep checking as space usually becomes available during the Add/Drop Period. Try one - you’ll like it!

**Academic Integrity**

As a McGill student, you will have many assignments, papers, laboratory reports and/or presentations to prepare over the course of your studies. McGill University values academic integrity, honest work, the art of scholarship, and giving credit where credit is due.

Make sure you complete the mandatory Academic Integrity Tutorial, which is available to all entering undergraduate students on myCourses. Please consult the Student Rights & Responsibilities website at mcgill.ca/students/srr where you can find two important online resources:

- **Handbook on Student Rights and Responsibilities**: The University’s policies and procedures pertaining to upholding academic integrity, specifically the Code of Student Conduct and Disciplinary Procedures.
- **Fair Play**: A resource that clarifies academic integrity and citation styles with real-life scenarios. It is a helpful and interactive companion to the guidelines outlined in the Handbook.

If you need more information, you may contact the Office of the Dean of Students (see page 43).
Course Load
The normal course load for a full-time student is 4-5 courses (12-15 credits) per term; a full year is normally 30 credits. Remember you need 12 credits minimum per term to maintain full-time status!

Course Evaluations
Conducted through Minerva, end-of-course evaluations provide valuable student feedback and are one of the ways that McGill works towards maintaining and improving the quality of courses and the student’s learning experience.

Course Withdrawals
After the Add/Drop (Course Change) deadline in the Fall and Winter terms, there is a period of a few days during which you may withdraw with a grade of “W” and a full refund of course fees. After the Withdrawal (with refund) deadline, there is a period during which withdrawal from a course will also result in a grade of “W,” but no course fees will be refunded.

Add/Drop Period or Course Change
Add/Drop is a multi-week period at the beginning of each term (summer term not included) that allows you to add and drop courses without having to pay for the changes. It is a great way to see if a class is for you or not. Remember to take into account your major/minor requirements and to buy books (and especially course packs) after your schedule becomes permanent!

Keep in mind, too, that the Add/Drop Period is when you should check to see if previously full classes now have openings.

GPA/TGPA/CGPA
Minerva will calculate your GPA quite nicely, but if you’re detail-oriented and want to check it out for yourself, here’s how to do it: multiply the number of credits the course is worth by the grade points below. Do this for all your courses, add the numbers up, and then divide by your total course credits – et voilà!

<table>
<thead>
<tr>
<th>Grade</th>
<th>Grade Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>4.0</td>
<td>85-100</td>
</tr>
<tr>
<td>A-</td>
<td>3.7</td>
<td>80-84</td>
</tr>
<tr>
<td>B+</td>
<td>3.3</td>
<td>75-79</td>
</tr>
<tr>
<td>B</td>
<td>3.0</td>
<td>70-74</td>
</tr>
<tr>
<td>B-</td>
<td>2.7</td>
<td>65-69</td>
</tr>
<tr>
<td>C+</td>
<td>2.3</td>
<td>60-64</td>
</tr>
<tr>
<td>C</td>
<td>2.0</td>
<td>55-59</td>
</tr>
<tr>
<td>D</td>
<td>1.0</td>
<td>50-54</td>
</tr>
<tr>
<td>F</td>
<td>0</td>
<td>0-49</td>
</tr>
</tbody>
</table>

The term grade point average (TGPA) is the GPA for a given term calculated using all the applicable courses at the same level in that term. The cumulative grade point average (CGPA) is the GPA calculated using your entire record of applicable courses at McGill at the same level.

What this system means is that the fewer classes you’ve taken, the more impact each grade you get will have on your GPA. In your first year, this will make it seem like every class is so crucial, but remember that at the end of a four-year program, for instance, each class grade will account for only 2.5% of your CGPA. That means that even getting an F could only affect your CGPA by as little as a tenth point. In a 120-credit program, a B+/3.3 CGPA will only drop to 3.22 if you were to get an F.

Grading System
Courses can be graded either by letter grades or in percentages, but the official grade in each course is the letter grade. Where appropriate, a class average appears on transcripts expressed as the letter grade most representative of the class performance.

Grades A through C represent satisfactory passes, D a conditional (non-continuation) pass, and F a failure.

If you see the following “mysterious” grades on your transcript and don’t have a clue what they mean, don’t worry, we have the answers! And yes, they are grades!

J: You didn’t do all the work or skipped the final exam. This counts as an F in your GPA.

K: Incomplete course, but the deadline has been extended for you.

L: You’ve deferred your exam.

P: You passed, but it’s not included in your GPA.

S: Satisfactory (graded under S/U option)

U: Unsatisfactory (graded under S/U option)

W: You withdrew from the course after the Add/Drop Period, with permission (not in your GPA).

McGill App
Use the McGill App to keep track of your class and exam schedules, and share your timetable with friends of your choosing.
Midterms and Exams
During the term, class tests/midterms in any course must be held during the time duly scheduled for that course in your course syllabus. Midterms can be held throughout the term so there is no real “midterm season”.

Formally scheduled final exams are three hours long. Unless given the choice, you cannot be asked to write a final exam worth more than 75% of your final grade. No final examination can be scheduled in the last 14 calendar days of classes (Excludes: oral examinations, assignments given in the syllabus (e.g., paper, presentation) and regular in-term assessments, so long as it is not worth more than 10% of the final mark).

A tentative exam schedule goes up early in the term, but do not make travel plans based on this schedule. It’s rare for the final schedule to be the same as the tentative one, so it’s wise to wait to make bookings (unless you have cancellation insurance or know you can make changes). For the Fall and Winter terms, the Tentative Exam Schedule is posted approximately the fifth week of each term, and the Final Exam Schedule in two weeks after that. If you miss an exam for a serious reason, such as illness or family affliction, and you have supporting evidence (such as a doctor’s note), you may be allowed to defer the exam to the next Deferred and Supplemental Exam Period (with the exception of courses given by the Faculty of Engineering. Deferral exams for these courses are written the next time the course is offered).

In some cases, students receiving a failing grade in courses offered by the Faculties of Arts or Science may apply for a Supplemental Exam.

For more information: mcgill.ca/students/exams/

Required/Complementary/Elective
**Required courses** are mandatory courses that must be completed to fulfil the requirements of a program, unless the student receives exemptions. Students have no choices among required courses.

**Complementary courses** are selected from a restricted list, a particular subject area, or a discipline. In some programs, students must include a number of these to meet program requirements.

**Elective courses** are, in some cases, taken outside of a student’s program of study and do not count toward the fulfillment of the specific program requirements. Some restrictions may apply, but students have the most choice in selecting elective courses.

Prerequisites/Corequisites
**Prerequisite** courses must be completed prior to course registration.

**Corequisite** courses must be completed concurrently with another course.
S/U Option

The Satisfactory/Unsatisfactory (S/U) option is an alternative course-specific grading scheme that lets undergraduate students take courses outside their areas of specialization without fear of decreasing their GPAs. Courses with final grades of “S” or “U” are not included in GPA calculations and do not count towards your major or minor requirements. Be careful, though, because the credits you get for a class taken S/U may also not count towards credits needed for awards. Check with an advisor first before choosing this option. The decision to use the S/U Option for an elective must be made within the Add/Drop Period.

Student IDs

Beyond telling the world that you are now an official McGillian, your student ID card gives you access to essential services on campus, such as the library, labs, athletic facilities, residences, cafeterias, and more. You can also use it to prove your student status at any location in and around Montreal offering student discounts!

To get your first and any replacement cards ($25), visit Service Point (and/or Laird Hall for those of you on the Macdonald Campus).

For more information: mcgill.ca/students/records/id

Preferred Name

The University recognizes that as a community many of its members use first names other than their legal first names to identify themselves. Students can add a preferred name to their record using Minerva. Your preferred name will then appear on your Student ID card and other university documentation. Here’s how you do it:

• Go to Minerva
• Select “Personal Menu”
• Select “Name Change”
• Enter your Preferred First Name

Syllabus

Your syllabus (plural: syllabi) is the written course outline you get from your professor during the first week of lectures. Information in syllabi should include, in part:

• A description of the topics to be considered in the course,
• A list of required and recommended readings and other materials,
• A description of the means of evaluation to be used in the course,
• The instructor’s office hours for students, office location and telephone number for office appointments.

No syllabi can be changed following the first day of class without unanimous approval from the entire class, unless reasonable accommodations are made to those students who disagree with the changes.
Tech:

McGill may be close to 200 years old (it was founded in 1821!), but we don’t operate like we’re still in the 19th century! Check out some of the ways that technology will shape your McGill experience.

Clickers

The Student Response System (Clickers) consists of hardware and software that facilitate interactive learning activities (live polling, answering multiple-choice questions in class).

Each clicker has a bar code and device ID on the back. Each student must register their device ID in myCourses to associate it with their name and allow instructors to track their responses.

New or used clickers can be purchased in the McGill Bookstore.

myCourses

myCourses is McGill’s learning management system for online teaching and learning. myCourses brings instructors and students together in a virtual classroom and creates a highly interactive learning environment. This is where professors will post announcements and class notes. It is also where you can access a course discussion board and your grades.

myMcGill

myMcGill, also called “the Portal”, offers all-in-one access to McGill information systems such as Minerva, myCourses, email, and library resources. Think of it as a one-stop-shop for all your personal, online McGill services!

EZProxy

The Library’s EZProxy server allows you to access Library databases from off-campus locations with ease. See: kb.mcgill.ca/it/ezproxy for details.

Username

You are given two usernames: a McGill username and a short username. Your McGill Username is based on your first and last name (e.g., first.last@mail.mcgill.ca)

The first.last portion may sometimes include an initial or middle name or a number, where necessary to ensure uniqueness.

Your short username is usually composed of the first letter of your first name, and the first 5 letters of your last name, often followed by a number to ensure uniqueness.

The McGill Username and McGill Password are used to access most IT services at McGill. However, the Short Username is required to sign into a few systems (most notably uPrint).

McGill Email

You are given a McGill Email Address and mailbox automatically when you confirm your acceptance to McGill. Notification about your McGill Email Address is sent to the non-McGill email address you entered on your application form. Make sure to often check your McGill email account, as it is McGill’s formal means of communication with you. This means that all of McGill’s professors/staff will often only use this account.

You should be proud of your new McGill email!

(Consider using it in more professional settings, too.)

Minerva

Minerva is the web-based administrative interface you used to apply to McGill. It can also be used to update your contact information, check your grades, order transcripts, declare your program, view your fee information, apply for financial aid and register for your courses. Once lectures begin, you might want to print a copy of your personal weekly class schedule for handy reference.

Visit mcgill.ca/minerva to log on. If you’re having difficulties, call Service Point at 514-398-7878.

uPrint

McGill offers a campus-wide copy and printing service that allows any student with a valid McGill ID to send a print job to the central print queue, and pick it up from any Xerox device. Printers are located all over campus and residence halls, so it’s extremely convenient!

VPN

[Virtual Private Network]

You can set up a VPN connection to access McGill-restricted sites and resources while you are off-campus: kb.mcgill.ca/it/vpn

McGill Students’ Life Hacks

PRACTICE SAFE SURFING

As a McGill student, you can register your laptop and have a STOP security plate affixed to it, on Mondays & Thursdays from 11 am to 12 noon, in room 120 Burnside Hall.

STOP deters theft of computers and other valuable property. In addition, STOP registers your valuable equipment in a recovery database.

PRINT ON THE GO

uPrint allows you to print without installing any programs. Using your McGill email account, attach the files you want to print to a new email message and send the email to either uprint.mono@mcgill.ca (for black & white jobs) or uprint.colour@mcgill.ca (for colour jobs).

Pick up your documents at a uPrint printer as you normally would with your McGill ID.
I get it; it’s only your first year! You have lots to think about and good grades to get, and joining a club or program may not be high on your list. But I would urge you to think differently. Getting involved can decrease stress, expand your social networks, strengthen the learning you’re doing in class, open yourself up to new experiences, develop new or burgeoning skills, and increase your employability (assuming you want a job when this is all over). When I talk to upper-year students, their number-one regret is that they didn’t get involved earlier – or at all! So, I feel it’s almost my duty to pass on that message to you. Getting involved at McGill as a first-year student doesn’t need to be time-consuming or all-encompassing.

There’s so much to do and be a part of here that surely something will interest you and become your gateway into unforgettable experiences and networks. What’s more, many of your experiences on campus may be eligible for inclusion on your Co-Curricular Record [see page 13], which is a great tool for helping you reflect on your outside-of-the-classroom experiences and prepare for applying for internships, graduate studies, jobs, and more.

To help you out a bit, I’ve compiled some great ways to help you get involved.

Take it from me, a McGill alumnus who didn’t get involved until his third year.

Mitchell Miller, B.Ed. ‘10  
Student Life Coordinator  
Campus Life & Engagement [CL&E]

“Getting involved can decrease stress, expand your social networks, strengthen the learning you’re doing in class, open yourself up to new experiences, develop new or burgeoning skills.”

McGILL 101

Check out the Getting Involved section!
Activities Night
(featured hundreds of SSMU Clubs and Services!)
Activities Night is organized by the Students’ Society of McGill University (SSMU) and takes place twice a year. It’s a showcase of the hundreds of clubs, services, and groups at McGill that welcome and thrive on student involvement. There will be a long line to get into Activities Night, but all it will take to kick-start your involvement at McGill will be to visit that one special group’s table or pick up that one irresistible brochure.

When you come to McGill, definitely attend Frosh (Orientation Week) and Activities Night. I was involved in debating at home and Key Club, which is a subsidiary of UNICEF, so I joined UNICEF upon coming here. The activities that I did at home, like volunteering, I did here as well; I helped with raising funds for the Syrian refugee crisis. These are things that I did at home in Barbados, so I got better suited to the environment here by getting involved’.

Brian Wood, U2

Alumni Association
The McGill Alumni Association (MAA) brings together a community of engaged, informed alumni and friends to promote and celebrate the achievements of McGill University and support today’s students. The MAA enables alumni, students, faculty, staff, and friends of McGill to maintain their contact with the University and each other, for their shared benefit and for the advancement of McGill.

The MAA isn’t just for students who have graduated from McGill – far from it! Many of their services, programs, and events support students like you, as you find your place in the McGill community and build a foundation for future success. For information on how to get involved with the MAA, visit myalumni.mcgill.ca

SEDE & Community Engagement Day
SEDE is hosting its 5th annual Community Engagement Day (CED) on September 29th. Past projects have included community walking tours, urban gardening projects, interactive workshops, and filming a sign-language movie!
cedmcmill.com

Faculty/School Associations
Every student is represented by a Faculty/School Association. On top of many of them offering first-year councils (see more on those in this section), you can also get involved by helping to organize events, attending meetings, and more. You might also then consider running for an executive position next year or later into your time here. Stay tuned to your emails from them to know more about what they have coming up. See the full list of associations see page 22.

One of my favourite groups at McGill is definitely QPIRG, known as the Quebec Public Interest Research Group (see page 39). It’s in my involvement there that I really learned a lot about different social issues that I think affect everyone on our campus. Going to some of the different events, their workshops, and also the community that is built around that group has definitely been a welcoming space, and one that has helped me learn. I definitely recommend that folks check it out’.

Kareem Ibrahim, U3

ACCE (Ambassadors for Campus & Community Engagement) Team
We know that there are many students at McGill who want to be involved in McGill and/or Montreal organizations but are unsure how to do so. Students are unfamiliar with their campus and community resources and therefore are unable to take advantage of them. Look out for the ACCE Team on campus and at different events to learn more about to get involved on campus and/or in the Montreal community.
mcgill.ca/engage/support/acce
**Jobs & Internships**

Employment opportunities on campus pop up both during the academic year and summer. Some — but not all — jobs will be posted on the McGill Career Planning Service's (CaPS) myFuture website at caps.myfuture.mcgill.ca/students. There's no central McGill employment centre, so to maximize your chances of landing a job, you may need to contact specific offices. McGill's top employers include Athletics, McGill Bookstore, Residences, Student Services, and SSMU. SSMU job postings are available at ssmu.mcgill.ca/about-us/jobs-at-the-ssmu.

The Work Study Program offers students with financial need access jobs on campus or in some of the McGill-affiliated hospitals and organizations. Learn more at mcgill.ca/studentaid/work-study/students

Internships allow you to gain valuable on-the-job knowledge in your field. Consult the internship database at mcgill.ca/internships/opportunities to find internships on campus and beyond.

**SSMU MiniCourses**

MiniCourses are fun, inexpensive, non-credit courses offered by SSMU and are a great opportunity to explore and develop new skills and hobbies. They offer classes in everything from Languages to Cooking, Dance to Art. Classes take place in the Fall and Winter terms and usually occur once a week. Registration for courses will begin early each term.

ssmu.mcgill.ca/minicourses

**Emerging Leaders Mini-Workshops and Mini-Conferences**

The 55-minute Emerging Leaders Mini-Workshops are a great way to help you define how you want to navigate through your academic career as well as through life! Invest in learning more about yourself and your peers through these engaging, stimulating, and fun workshops. Topics include “Getting Involved at McGill”. mcgill.ca/engage/support/workshops

The Emerging Leaders Mini-Conference is a free, semi-annual conference for students. This is a unique event to develop your leadership skills, meet like-minded motivated individuals, and obtain the tools you need to more fully take the power of your education into your own hands.

mcgill.ca/engage/support/conference

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**Intramural Sports**

The intramural sports program offers all full-time McGill students the opportunity to participate in competitive sport. Sports include soccer, badminton, ice hockey, and Ultimate. Depending on the sport, most intramural games take place on weeknights or weekends. Most sports are divided into three categories: men’s, women’s, and co-recreational. Each league is divided into three levels (divisions) of play: competitive, intermediate, and recreational.

**Intramurals are a big thing, and that’s a great way to get involved and get active. My friends do the volleyball one and they think it’s really fun**.

Molly Patel, U2

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**Campus Student Media**

McGill doesn’t have a journalism program, so the best way for you to unearth your journalistic skills is to be a part of campus student media. In print, the biggest names here are the McGill Tribune, the McGill Daily, and the Bull & Bear. There’s also the CKUT radio station, as well as TVM: Student Television at McGill.

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**Peer Programs & Other Volunteer Work**

Many units and groups (such as Campus Life & Engagement) rely on the energy and enthusiasm of our volunteers and the support that one peer can offer another. Stay tuned for communications in the Winter during which many programs and groups will be recruiting new volunteers. For a listing of opportunities at McGill, go to mcmill.ca/peerprograms/students-seeking-peer-support

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**Study Abroad / Exchanges**

Don’t just leave the country yet, but do consider doing it at some point. Consider going on exchange to one of McGill’s partner universities around the world while earning credit at McGill and paying tuition to McGill. Awards and financial aid may be available to you if you meet certain conditions.

See page 23

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**First-Year Student Societies/Councils**

There are a number of campus-wide, faculty-specific, and living area-specific councils serving first-year students at McGill. SSMU’s First-Year Council (FYC) and Residences’ Inter-Residence Council (IRC) are two of the biggest. You can find the whole list at mcmill.ca/engage/overview/student-societies/first-year-students

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I began getting involved towards the end of my second year, which was good, and it’s better than not getting involved at all, but there are so many opportunities from Day 1 within residences or within first-year councils. Reflecting on that, I really wish I had gotten involved in any of those. There is a lot of work to be done, but getting involved in co-curricular activities provides you with an opportunity to work and learn and meet more people at McGill. So, even though it added more time to my schedule, it helped me actually organize my time a little bit better and meet more people who go to McGill and through that they were able to give me strategies on how to succeed in courses and how to do better**.

Aleks Djurdjevic, BA’16
Discover how mentoring can enhance your McGill experience!

There are many people within the McGill community who are available to support and guide you during your time at the University, and plenty of programs and services to match you with these community members.

Here are just a few!

### Mentoring Across McGill Program

The Mentoring Across McGill Program connects undergraduate students with members of McGill’s faculty, management and administrative staff, graduate students, alumni, and healthcare professionals.

This community-building program enhances the McGill experience for all by offering out-of-classroom conversations on a wide variety of topics as determined by the mentor and mentee.

Learn more at [www.mcgill.ca/mentoring/mentoring-across-mcgill](http://www.mcgill.ca/mentoring/mentoring-across-mcgill)

### Alumni Mentor Program

The McGill Mentor Program is designed to connect current McGill students with McGill alumni. Through the program, students establish ties with professionals who can offer valuable advice about their career options and career paths, organizations, and industries. The program is managed through a partnership between the McGill Alumni Association (MAA) and Student Services’ Career Planning Service (CaPS).

Learn more at [mcgill.ca/caps/students/services/mentor](http://mcgill.ca/caps/students/services/mentor)

### COUSINS – Indigenous Student Mentoring Program

Through the First Peoples’ House, new Indigenous students can be paired with a senior First Nations, Inuit, or Métis student to help ease the transition to university studies.

Learn more at [mcgill.ca/fph](http://mcgill.ca/fph)

### OSD Mentor Program

The Office for Students with Disabilities’ Mentor Program is designed to enrich the University experience of a diverse student body, facilitating access to learning and supporting the inclusion of diverse learners. Each student is paired with a mentor who is selected from a similar academic background and shares their extracurricular interests and individual preferences. Mentors and mentees meet for weekly one-on-one meetings, connecting over a variety of topics and mutual interests.

Learn more at [mcgill.ca/osd/services/mentoring](http://mcgill.ca/osd/services/mentoring)

### Peer Programs

The benefits of student-to-student peer support during university years are well-documented. Support from peers is effective because the peer has the experience and awareness of what you may be going through and can easily identify with your situation. The peer helper also shares a similar generational perspective and can relate to contemporary concerns.

The McGill Peer Programs Network (PPN) aims to strengthen, develop and support existing and developing peer support programs at the University. Visit the PPN website for a comprehensive directory of programs at McGill that offer various peer-to-peer support opportunities, according to intended audience.

[mcgill.ca/peerprograms](http://mcgill.ca/peerprograms)
There are several units, groups, offices, clubs, and services available to McGill students to ensure that your time at the University is as successful and fulfilling as possible.

In the next few pages, we’ll help you get acquainted with many of them, along with how you can reach them and what they can do for you.

We’d love to tell you that if you need help with one topic, to go to one office. The truth is that the place where you need to go will depend on many factors, such as whether you’re Canadian or international, in U0 or U1, and/or in a particular Faculty. Regardless, the support is here. The important part is that you find where you feel most comfortable going. To make navigating McGill and its services even easier for you, we’ve made sure to include commonly used acronyms for each of the services next to their names.

Each service has a listing of a sample of their offerings and programs. Make sure to visit their website to learn about everything they can do for you and how you might get involved with them.

Studying at Macdonald Campus?

Many services have satellite offices on the Macdonald Campus and/or specific contact information for Mac. See the respective Service sections for more information on their programs and their contact info for the Macdonald Campus. Look for the green lettering and “(Mac)” notation for any Mac-specific info.

Centennial Centre is the home for Student Services on the Macdonald Campus. Contact Student Services, Macdonald Campus:

Centennial Centre, suite 124
514-398-7992
stuserv.macdonald@mcgill.ca
mcgill.ca/macdonald-studentservices
facebook.com/MacStudentServices

McGill App

Use the McGill App to Find My Services and search a comprehensive directory of services at McGill and get their location (with GPS directions!), phone number, email, and more!
If you’re ever in doubt, contact or visit us at Campus Life & Engagement in the Brown Student Services Building.

We know what questions to ask to make sure we point you in the right direction.
First-Year Support (and more!)

Campus Life & Engagement (CL&E)
You’ll feel right at home on our campuses before long, but until then Campus Life & Engagement is here to help you acclimatize, settle in, and find the people and services you need. CL&E is the home for all first-year students at McGill.

WE SUPPORT YOU WITH (in part):

• This guide!
• Orientation activities, such as the university-wide Discover McGill and Engage McGill events that welcome all new undergraduate students.
• Discover McGill’s Academic Expectations Day
• McGill 101 online course, available to all first-year students through myCourses
• The Student Life Ambassador program, which pairs senior student “Ambassadors” with new Canadian students to help them navigate their first year of study at McGill.
• First-Year 5, a semi-monthly email sent to all first-year students with the top 5 most important and timely information, event notices, and announcements.
• University Success Series workshops, which help students develop capacities in key areas related to academic skills and preparation.
• Workshops, conferences, and other programs that support you getting involved at McGill through its vast network of university and student-run clubs, groups, volunteer opportunities, events, and activities.
• Outreach phone calls where we personally call all new undergraduate students during their first year to gauge how they have been adapting to their new life at McGill and to ask if they have any questions.
• Assistance for Francophone students through our Assistant for Francophone Students and our events and resources available to students studying in English for the first time.
• Specific orientation events for mature and re-entry students, transfer students and off-campus/commuter students.
• Support and resources for students in leadership positions in clubs, groups, councils, executives, and associations.
• Volunteer and engagement opportunities for over 1,500 students each year!
• Your go-to office for any questions about life at McGill and the services and opportunities available to you here.

Brown Student Services Building, suite 3100
514-398-6913
cle@mcgill.ca (general)
firstyear@mcgill.ca (first-year questions/support)
mcgill.ca/cle (general)
mcgill.ca/firstyear (first-year students)
facebook.com/CLEMcGill
@CLEMcGill (Twitter)
@CLEMcGill (Instagram)
CLEMcGill (Snapchat)

Si vous êtes un(e) étudiant(e) francophone ou si vous n’avez encore jamais étudié en anglais!
Support for Student Populations

International Student Services (ISS)

International Student Services (ISS) supports the growth, progress, and success of international students at McGill, and aims to ease their transition to a new school, a new home and a new country.

They support you with (in part):

- Pre-orientation webinars, orientation sessions, and post-orientation activities to help new international students adjust to their new life at McGill and in Montreal.
- An International Buddy Program that matches new international students with current McGill students who can help their “buddy” settle in to their new academic environment, while giving them the “inside scoop” on student life at McGill.
- Useful information about provincial and federal immigration requirements including information about the Certificate of Acceptance of Quebec (CAQ), the Study Permit, Entry Visas (TRVs), and Student Work Permits.
- International Student Health Insurance by administering the Blue Cross International Student Health Insurance Plan, including providing guidance on plan eligibility, coverage, and claim management. (See page 33 for more information on your Health Coverage at McGill.)
  - International students studying on the Macdonald Campus can pick up their International Health Insurance cards at Student Services, Macdonald Campus in the Centennial Centre.
- International Student Leadership Program, which consists of 18 – 20 experienced international student leaders who receive leadership training, gather for weekly meetings, and run a number of campus events and activities.
- Information Sessions for International Students about traveling to the US, working on and off-campus, understanding hockey, preparing for winter in Montreal, and more.

McGill International Student Network (MISN)

The McGill International Student Network (MISN) is an entirely student-run, volunteer-based network that caters to the largest international student body at McGill University.

They support you with (in part):

- Events which allow students to take part in cultural activities, and excursions in Quebec, Canada and other countries.
- Inexpensive language classes in an array of languages taught by your fellow international students.
- Tutoring for ESL-related issues such as drafting, writing, editing, and reading comprehension.
- Language Exchange Program, “Lingo Buddies” in collaboration with Université de Montréal and Université de Québec à Montréal.
- Other services such as board game rentals, the Food Network, and a Library Service.

Montreal’s Coat of Arms represents the city’s four founding peoples: the English rose, the Irish clover, the French lily, and the Scottish thistle.

ISS cannot advise on Permanent Residency.

How big is the international student community at McGill?

In 2015-2016, McGill had over 10,224 international students from 140 different countries, which represents over 24% of the student population!
First Peoples’ House (FPH)

First Peoples’ House provides a “home away from home” for First Nations, Inuit, and Métis students at McGill University. They provide a space where students can find academic support and stay connected to Indigenous culture.

**THEY SUPPORT YOU WITH (IN PART):**

- **Lounge**, which provides a comfortable place for students to decompress in between classes, mingle with their peers, enjoy a cup of coffee, or ask questions.
- **Residence** for Indigenous students.
- **Indigenous Student Advisor** to answer any questions you might have about course registration, exam preparation, financial aid, and more.
- Free, delicious **soup and bannock** (fried bread) **lunches** for all students, every Wednesday.
- **Subsidized tutoring sessions** for any First Nations, Inuit, or Metis students needing extra help in their courses.

Annual Pow Wow

The First Peoples’ House invites the McGill community to share in the celebrations for their 15th Annual Pow Wow, taking place Friday, September 16, before Indigenous Awareness Week.

Happening on McGill’s Lower Field, the Pow Wow will be a full day of traditional dancing and drumming. It is an excellent opportunity to browse artisan vendors, learn about student groups, and connect with Indigenous organizations. The Pow Wow is free and open to all!

Learn more at indigenousmcgill.ca/events
Students’ Society of McGill University (SSMU)

Your (undergraduate) student union. SSMU speaks out for you and advocates for your interests. On the local, university level this means being your representation to the McGill administration. On the broader level, SSMU is also a strong advocate for accessible, quality, public education.

THEY SUPPORT YOU WITH (in part):

• University Centre/Shatner Building, the hub of undergraduate student life on the downtown campus with lounge space, a cafeteria, the campus bar, all of SSMU’s student-run services and more.

• Over 260 active student clubs, services, and independent student groups.

• Activities Night, a twice-yearly event showcasing engagement opportunities through SSMU and other campus groups.

• Representation for all undergraduate students on the downtown campus through 13 elected student Senators who sit on McGill University’s Senate Committee and 38 elected student Councillors who make decisions about the operations of SSMU.

• Supplemental health insurance for undergraduate Canadian residents. For more information on your plan, visit ihaveaplan.ca

• Publications, such as the SSMU Handbook.

• MiniCourses, fun, inexpensive, non-credit courses held on weeknights or weekends that offer you the chance to learn how to Salsa, play the guitar, speak French/Spanish, cook, bartend, and more!

• Gerts, the undergraduate campus bar where you can drop by to hang out and relax.

• SRC, SSMU’s student-run cafeteria.

• Daycare offering full-time childcare for children ranging in age from 18 months to 5 years, and nursery offering full-time daycare for infants 4 months to 18 months of age.

Did you know...

Montreal (along with Boston) ranks highest among North American cities for the number of university students per capita.

In the hallway on the main floor connecting the University Centre and the Brown Student Services Building, suite 1200.

514-398-6800
frontctr@ssmu.mcgill.ca
ssmu.mcgill.ca
facebook.com/SSMUAEM
@theSSMU (Twitter)
@SSMUAEM (Instagram)

What’s the difference between a club and a service?

Clubs are “interest groups,” or groups of students with a shared passion — whether a particular political cause, sport, hobby, or anything really — while SSMU Services are operated as services for all SSMU members (i.e., all McGill undergraduates!) to use, but are also great ways to get involved if you are interested in volunteering.
Macdonald Campus Students’ Society (MCSS)
The MCSS is involved in all campus activities including both social and academic affairs, club coordination, and doing whatever possible to influence University policies in ways that they may best serve the student body at McGill’s Macdonald Campus in Sainte-Anne-de-Bellevue.

**THEY SUPPORT YOU WITH (in part):**
- Student clubs.
- Robber’s Roost Bookstore.
- The Mouthpiece e-publication, the number one way to stay on top of all events happening at Mac.
- The Ceilidh Pub, which also serves as a place to lounge, study, and eat during the week.
- Lost & Found for the Macdonald campus.
- Room bookings for the Ceilidh, Ballroom, or Conference Room.

Faculty/School Associations and Societies
Each Faculty/School on campus has a student society that represents the students and enhances the student life of that particular Faculty/School. These societies represent their members at university systems, communicate with their membership through various platforms, organize social and academic events, operate services, and much more! Departmental groups may also exist under certain Faculty Associations.

**FACULTY/SCHOOL ASSOCIATIONS INCLUDE:**
- Arts Undergraduate Society (AUS)
- Bachelor of Arts and Science Integrative Council (BASiC)
- Dental Students’ Society (DSS)
- Education Undergraduate Society (EdUS)
- Engineering Undergraduate Society (EUS)
- Law Students’ Association (LSA)
- Management Undergraduate Society (MUS)
- Medical Students’ Society (MSS)
- Music Undergraduate Students’ Association (MUSA)
- Nursing Undergraduate Society (NUS)
- Physical and Occupational Therapy Undergraduate Society (POTUS)
- Religious Studies Undergraduate Society (RSUS)
- Science Undergraduate Society (SUS)
- Social Work Students’ Association (SWSA)

For more information on these societies, including links to their websites and contact information, visit mcgill.ca/engage/overview/faculty-and-school-associations

Student participation is a must in order for the MCSS to continue to operate. Students are encouraged to approach the MCSS with any questions or ideas they might have. Anyone who wishes to organize their own club or activity is also encouraged to approach the MCSS for both financial and administrative aid.
University Services

Service Point (Enrolment Services)
Service Point is the student-facing customer-service arm of Enrolment Services. They provide administrative services and assistance to students, prospective students, applicants, guests, and parents.

THEY SUPPORT YOU WITH (in part):

• Legal document collection, such as your immigration permits and citizenship information, in order to update your student legal status and fees.
• Academic documentation, such as ID cards, official transcripts, letters of enrolment, and diplomas.
• Information regarding admission procedures.
• Information regarding Student Accounts (tuition and fees).
• Information regarding registration procedures and using the Minerva system
• Official nomination procedure for Student Exchanges, following Faculty approval. (refer below to International Education)
• Administrative services for students in the Faculties of Arts and Science, including process requests such as lates, exceeding credit limit, exam deferrals, etc.

International Education (McGillAbroad)
There’s no teacher like travel! Whatever your field, international study or research can help you develop the adaptability and other life skills you’ll need in a changing global environment. Visit the website mcgill.ca/students/international to see what mobility activity is right for you. The best time to study abroad is the year before your graduating year. If you are starting a three-year program, start planning now.

MOBILITY OPTIONS:

• Exchanges, where you can study at one of McGill’s partner universities while earning credit at McGill and paying tuition to McGill.
• Independent Study-Away, where you study away at another (“host”) university while earning credit at McGill and paying tuition to the host university.
• International internships, which allow you to gain valuable on-the-job knowledge in your field.
• Field Study Semesters (packages of courses) and individual off-campus courses, which provide upper-year students (so take note now for the future!) with opportunities to gain practical experience and a chance to integrate and apply knowledge gained in the classroom.
IT Services
IT Services, with its seven units, serves McGill by, in part, delivering user-centred information systems and services to the University community.

**THEY SUPPORT YOU WITH (in part):**
- **IT Customer Services (ICS),** the primary point of contact for problem resolution and IT help to the general University community. Contact them for issues related to your McGill email, Minerva, myCourses, myMcGill, and network connectivity.
- **Audio, video, computer and projection equipment** available for loan free of charge if required for coursework.
- **Network and Communications Services (NCS),** which provides campus-wide access to Local Area Networks, Wireless Network, Internet, email, and the infrastructure for all McGill central systems.
- **Photocopying and printing services, class lecture recordings, active classrooms and most classroom learning technologies**
- **Free Access to various software packages** for students, including Microsoft Office 365.

**McGill Bookstore**
The Bookstore is open year-round and carries new and used textbooks and custom courseware as well as reference and general books, stationery, office supplies, McGill insignia, and confectionery.

**THEY SUPPORT YOU WITH (in part):**
- New, used and digital **textbooks and course packs** for McGill classes.
- **Special resources and equipment** for students in Medicine, Nursing and Dentistry, Engineering and other sciences.
- A full range of **university insignia merchandise**, clothing, giftware, and stationery.
- **Special-order** and general books.
- General **stationery** and school supplies.
- **Textbook Buyback** program where you can sell your used or old textbooks for cash.

**The Robber’s Roost Bookstore**, operated by the MCSS, carries textbooks and course materials for Macdonald Campus classes. McGill and Macdonald clothing and insignia items are also available.

**McGill Computer Store**
The Computer Store supplies computer equipment and software, often at steep student discounts.

**THEY SUPPORT YOU WITH (in part):**
- **Computers and hardware** for desktops, notebooks, printers, displays, and tablets.
- **Special order** and customized-to-order products
- **Software** and student licenses
Office of Sustainability (MOOS)
The Office of Sustainability and other partners on campus are working together to build a culture of sustainability at McGill. The principles of sustainability inform everything we do at McGill, from the research questions we ask to the way we buy eggs for our dining halls.

**THEY SUPPORT YOU WITH (in part):**
- The **Sustainability Projects Fund (SPF)**, an exciting way for members of the McGill community to contribute and be involved in building a culture of sustainability on campus through the development and support of interdisciplinary projects.
- **Vision 2020**, which has broadly engaged the McGill community in developing a vision, goals, and an action plan for sustainability at McGill. Together, these three elements comprise a Sustainability Strategy for McGill.
- **Pedestrian zones** that create a greener, pedestrian-friendly downtown lower campus, as free as possible of motorized vehicles.
- **Local and fair trade products** offered in McGill cafeterias whenever possible. Most dairy products are procured from local suppliers and McGill is working to increase the amount of produce purchased locally. All retail outlets run by McGill Food and Dining Services offer Fair Trade Coffee.

The McGill Farmers’ Market
The McGill Farmers’ Market is a non-profit student-run organization founded in 2008 that works to bring local and sustainable produce to McGill’s downtown campus and the surrounding community. The MFM provides a medium through which local, healthy, and sustainable food choices are promoted on campus, all the while empowering local and sustainable vendors, as well as student farmers, to sell their produce first-hand. While the market is student-run, its support network and stakeholders draw from all corners of the McGill community. Learn more at mcgillfarmersmarket.blogspot.ca

Photo source:
McGill Farmers’ Market Facebook Page (facebook.com/mcgillfarmersmarket)
Academic Advising

As a McGill student you have access to a variety of academic advising resources. Depending on your degree and academic program, you may have access to faculty advisors, departmental/school advisors, professors/lecturers, and/or peer advisors with whom you can consult when you need academic assistance.

Your academic advisors will help guide you through your degree and program requirements, course selection and approvals, and can offer support and referrals in cases of academic or personal difficulty. Information on the different types of advisors and their roles can be found on the Academic Advising website. The Advising Directory is a good resource to help you identify and contact your academic advisors.

It’s recommended that you meet with your advisor(s) at least once a year, to ensure that you are meeting your degree/program requirements and to discuss any questions or concerns. You can also contact your advisor(s) at any time if you are having difficulty and need assistance.

WHO IS MY ACADEMIC ADVISOR?

Students in some degrees and programs are assigned a specific academic advisor in their Faculty or program, while others are not. If you have been assigned to a specific Faculty or program advisor, your advisor’s name will appear at the top of your Unofficial Transcript on Minerva (found under the Student Records Menu) by the beginning of your first semester. If you are not in a degree or program with assigned advisors, you can meet with any of the academic advisors in your Faculty or program.

Some students will have more than one advisor (for example, if you’re in the BA degree, you will have an advisor for each of your Major/Minor/Honours programs), while others will meet with the same advisor for all questions related to their degree or program (for example, if you’re a BSc Nursing student, you’ll contact your Nursing advisor for all questions).

Please refer to the Advisor Directory [see below] to find the contact information for your advisors.

ASK AN ADVISOR

If you’re unsure about which advisor or office to contact, Ask an Advisor can help. Ask an Advisor is an advising and referral resource for undergraduate students in all programs. You can access Ask an Advisor through the Advising website and receive an answer or referral within 48 hours (except for weekends and holidays), or enroll in the Ask an Advisor “course” in myCourses to access live chats and discussion boards.

McGill App

Use the McGill App to access a comprehensive directory of Academic Advising offices and services at McGill.
Library

McGill University Library advances teaching, learning, research, and community service by providing outstanding collections, access to the world of knowledge, excellence in service, and an appropriate library environment.

**THEY SUPPORT YOU WITH (in part):**

- **Over 6 million items** in its collection, available to borrow or view, including print books, e-books, print journals, e-journals, DVDs, music recordings, photographs, and rare and special collections.
- **Liaison Librarians** specialize in specific subject areas and are available to assist students, faculty and staff in person, over the phone, online, by email, and via online chat.
- **Interlibrary loan service** (ILL), which gives users access to documents that are not part of McGill Library’s collection.
- **Electronic library resources** such as databases, full text electronic journals and textbooks, as well as other online services available on and off campus.
- **Study areas** in most branch libraries, which provide attractive spaces conducive to individual study and group learning.
- **Citation guides** on how to properly cite references, and **citation software** to help you manage bibliographic citations or references.
- **A wide range of technology and equipment**, including computer workstations, scanners, printers, copiers, and microform viewing, scanning and printing facilities.
- **Library workshops and tours** offer a great introduction to the Library spaces and services.

**Did you know...**

The most circulated book in the McGill Library system is *Mastering French: Hear It, Speak It, Write It, Read It: Level 1*

The most watched DVD is *Planet Earth.*

The fourth most watched DVD is the *Star Wars Trilogy.*

In general, books may be returned to any McGill Library branch. Books that have been recalled by another user, course reserves, A/V material, journals, and maps must be returned to the branch from which they were borrowed.
Tutorial Service
Whether you are having difficulty in a given subject, require assistance preparing for exams, or need a paper proof-read, Tutorial Service’s qualified peer tutors are here to help.

THEY SUPPORT YOU WITH (in part):
- Peer tutoring service that matches your request for academic assistance with a qualified student selected from a bank of over 200 private tutors.
- 1 free hour of tutoring per semester for all newly admitted undergraduate students.
- Free tutoring for students on probationary standing to assist with dealing with academic difficulties.
- Free weekly open tutorial during Fall and Winter terms.

Office for Students with Disabilities (OSD) (myACCESS)
OSD works in collaboration with students, faculty and staff to create an accessible and inclusive campus experience.

THEY SUPPORT YOU WITH (in part):
- Access services for more targeted support in obtaining a barrier-free access to course content or modes of evaluation.
- Access advising if you are experiencing barriers in your learning - be they temporary or permanent, visible or invisible.
- Learning Resource Advisor, available to guide students as they explore new strategies, tools and self-management techniques.
- Access workshops focused on academic skills, time management and wellness.
- Mentor program that supports students in building and developing their own networks and skillsets that will empower them to achieve their academic goals.
- Access technology and an Adaptive Technologist.
- Study Partner Program, peer study sessions for any student who tends to procrastinate, needs a motivation boost, or is just looking for a new and interesting way to study.
- Student Services, Macdonald Campus arranges the midterm exams for students registered with the OSD, and a Learning Resource Advisor is available to meet with students during the academic year.
Career Planning Service (CaPS) offers numerous resources, services and programs designed to help students explore their career options, learn about graduate and professional school, and for those seeking employment (internships, volunteer opportunities, part-time, full-time, and summer jobs). CaPS is here to make your job search and career planning less stressful.

**THEY SUPPORT YOU WITH (in part):**

- **Individual Appointments & Mock Interviews** offered by qualified and experienced Career Advisors who are available to assist you with your career choices, answer your questions and concerns related to looking for jobs, internships and volunteer opportunities; prepare you for an interview; discuss your options after graduation; and more.
- **CV/Advising Drop-in hours** to review your CV or ask a quick question.
- **myFuture job search and career tools** suite, an efficient way to search for full-time, part-time, and summer jobs, and internships.
- **Program for the Advancement of Career Exploration (P.A.C.E.),** a fantastic four-week program designed to help you make decisions about your field of study and/or career options. Includes vocational testing and a complete self-assessment. Run in partnership with Counselling Service.
- **Career Development Workshops** offered throughout the year on topics such as CVs, Cover Letters, Interviews, Networking, Summer Jobs and more!
- **Career Fairs** organized throughout the year with student associations that provide excellent opportunities for you to meet company representatives across a variety of industries.
- **Professionals on Campus** participate in panel discussions and deliver company information sessions. These networking events are a great resource for exploring your career options and increasing your knowledge and contacts in your field of choice.

McGill Writing Centre (MWC)
The MWC offers courses in academic writing for both native and non-native speakers of English. These courses can be taken as electives toward completion of your program and some may be taken in satisfaction of language requirements.

**THEY SUPPORT YOU WITH (in part):**

- **A Writing Tutorial Service** that includes up to 7 hours of individual tutoring per term (any combination of 30-minute or 60-minute sessions).
- **Free writing workshops** throughout the year.
Financial Support

Scholarships and Student Aid (SSAO)
Scholarships and Student Aid offers advice on funding options, budgeting, and debt management. In addition, they help with government aid information for all Canadian provinces and US direct loans program.

**THEY SUPPORT YOU WITH (in part):**

- Entrance Financial Aid program to assist students from families with low to modest income to meet the cost of university studies.
- Entrance Scholarship program with one-year and renewable scholarships recognizing academic achievement and leadership quality.
- In-Course Financial Aid program to help full-time, degree-program students in financial difficulty by providing non-repayable bursaries, emergency short term and longer term low interest loans.
- Work Study program offers students with demonstrated need an opportunity to work part-time on campus to help cover their costs, with a selection of over 900 jobs in 2015-16.
- Guidance for Canadian and US students about applying for, receiving and repaying Government student loans.
- Financial Aid Counsellors available through one-on-one appointments to discuss options for funding studies, emergency situations, as well as personalized budgeting and debt management advice.
- Frugal Scholar Money Management Toolkit to set you on a path to financial wellness by providing a comprehensive guide designed to help you budget effectively and graduate with manageable debt.
- Financial Wellness Workshops tailored to specific student needs throughout the year.
- Mobility Financial Aid Supplement for students going on exchange and in financial need to help defray costs.

**Student Accounts** is where you can obtain information about everything from tuition and fees, other charges and fines, e-Billing and payments, tax receipts/slips and guest access. Front-line services are provided by Service Point.

**Other Funding Opportunities**
Many students are not aware of the numerous funding opportunities available to them in addition to McGill’s core financial aid and awards. We strongly encourage an investigation of these options – sometimes a portion of these awards is not given out simply because no one applied!

Find more information on these targeted funding opportunities at mcgill.ca/studentaid/other-funding
McGill Athletics and Recreation

McGill Athletics and Recreation boasts 29 different intercollegiate teams, numerous competitive clubs, 700 intramural teams, plus an extensive Fitness and Recreation program that encompasses over 100 non-credit fitness and recreation courses.

THEY SUPPORT YOU WITH (in part):

• Fitness and recreation classes, which include everything from capoeira and fencing to Pilates and ballet. You can register online on their website or at the McGill Sports Centre. Some classes require pre-registration while others are drop-in.

• Athletic facilities in the spectacular Percival Molson Stadium, which includes gymnasiums, tracks, courts, all-purpose activity rooms, fitness facilities, and a pool.

• The intramural sports program, which offers all full-time McGill students the opportunity to participate in competitive sport.

McGill App

Use the McGill App to learn more about a variety of services and programs at McGill and in Montreal that positively contribute to your Health & Wellbeing.

Office of Religious and Spiritual Life (MORSL)

The Office of Religious and Spiritual Life is dedicated to raising religious literacy and enhancing spiritual wellness at McGill. MORSL is a service you can turn to whether you want to connect with others who share your own religious roots or explore new and diverse religious and philosophical frameworks.

THEY SUPPORT YOU WITH (in part):

• Religious support or most religions (including Atheist, Buddhist, Christian Orthodox, Hindu, Jewish, Muslim, Protestant Ecumenical, Quaker, Roman Catholic, Sikh, Universalist Unitarian, and more), represented by a multi-faith volunteer team.

• Meditation space and various weekly meditation lessons.

• Quiet relaxation lounge with free apples and tea.

• Free full-spectrum light therapy lamps which mimic the sun’s rays and are said to lift one’s mood and combat the “winter blues” or S.A.D. (Seasonal Affective Disorder) without transmitting ultraviolet radiation.

• “My Neighbour’s Faith” monthly visits to various sacred sites around Montreal.

• An in-house interfaith library.
Balancing Student Life and Family Responsibilities

Are you a student who has children or is planning to have children? Are you caring for a dependent family member? If so, then you may be interested in contacting McGill’s new Family Resources Coordinator. This position was created through the help of the Sustainability Projects Fund and McGill’s Social Equity and Diversity Education (SEDE) Office in order to assist students with family responsibilities (planning to have children, with children, caring for a dependent) via information, referrals, support, workshops, activities, research, and advocacy.

514-398-5645
family.coordinator@mcgill.ca
mcgill.ca/equity_diversity/students/family-care

Healthy McGill

Healthy McGill connects you to support and resources to help you achieve and maintain a healthy lifestyle. They recognize that “healthy” means something different to everyone and encourage you to make decisions that are right for you.

THEY SUPPORT YOU WITH (in part):

• Outreach both on campus and online through campaigns, workshops and collaborations.
• Health Education on topics including safer sex, relationships, mental health, eating well, being active, and safer partying.
• Free safer sex supplies and other seasonal health items in Campus Health Kiosks at locations all across campus.
• The Shag Shop, McGill’s online safer sex & health boutique and your resource for sexual health information. Orders are placed and then picked up on campus.
Health Insurance

While studying at McGill, it is a requirement that you have some form of health insurance coverage, whether it is a provincial or international plan. Information about your plan is different depending on your citizenship status and then if you already have additional provincial coverage (e.g., from a parent, employer, etc.). It is important you understand how your plan works and how to use it to access care on and off campus.

Canadian students

Upon payment of tuition, full- and part-time undergraduate students on the downtown campus with Canadian residency are automatically enrolled in the SSMU Health & Dental Plan that is administered by ASEQ. The plan fees will be charged to your student account. Students arriving in January can enrol themselves during the January Change-of-Coverage Period. Out-of-province Canadian students can take advantage of the SSMU’s Plans Pay Direct Card, which allows pharmacists to process claims for prescription drugs immediately, so you won’t have to pay the full amount up front. Quebec residents must first submit drug claim receipts to a spouse’s employee/parent’s drug plan or to the Public Prescription Drug Insurance Plan (RAMQ).

For more information about Change-of-Coverage dates, enrolments and opt-outs, as well as what is covered by your plan, visit ASEQ’s website at ihaveaplan.ca

Mac students

Canadian students studying on the Macdonald Campus also have a health plan with ASEQ, but your plan is negotiated through the Macdonald Campus Students’ Society (MCSS). If you have questions, contact MCSS [see page 22].

Non-Residents (Canadian citizens without provincial residency)

If you are a recent permanent resident of Canada or a Canadian citizen who has been living abroad, you may not be eligible for provincial health insurance coverage, or you may have to wait for three months after your arrival to qualify. If you have no insurance coverage or your private insurance is not adequate, you may enrol in the group plan offered through International Student Services. In addition, all international students are automatically covered by the SSMU or MCSS Dental Plan, accordingly. International students covered by private health insurance are not exempt from the McGill International Health Insurance plan. Please visit mcgill.ca/internationalstudents/health for more information. All inquiries about the IHI plan should be directed to International Student Services at international.health@mcgill.ca [see page 19 for full contact info]. Please refer to ihaveaplan.ca for all inquiries about the Dental Plan.

For more information about health insurance coverage, as well as links to both provincial and international health insurance providers, visit mcgill.ca/studenthealth/insurance.

Alternative Health Insurance

If you’re covered by alternative health insurance, you may be able to opt out of the SSMU or MCSS Health Plans and have the fee credited to your student account. You can opt out permanently or annually. If you choose the latter, you’ll have to opt out each year. To confirm Opt-Out dates, visit ihaveaplan.ca or contact 514-789-8775 / 1-800-795-4435.

International Students

McGill requires all international students and their accompanying dependents to participate in the compulsory McGill International Health Insurance (IHI) Plan, which is administered by International Student Services. Certain students may be eligible for an exemption from the plan; details are provided at mcgill.ca/internationalstudents/health/exemption. Please note that International students covered by private health insurance are not eligible for exemption from the McGill International Health Insurance Plan. Students who begin their studies during the Fall term are billed an annual fee for the international health insurance.

All international students who begin their studies during the Fall term are billed an annual fee for the international health insurance. In order to pick-up the IHI card at Service Point (or Centennial Centre on the Macdonald Campus), you must first confirm your coverage on Minerva under the Student menu by August 15th. Recent permanent residents of Canada or Canadian citizens who have been living abroad may not be eligible for provincial health insurance coverage, or may have to wait for three months after arrival to qualify. If you have no insurance coverage or your private insurance is not adequate, you may enroll in the group plan offered through International Student Services. In addition, all international students are automatically covered by the SSMU or MCSS Dental Plan, accordingly. International students covered by private health insurance are not exempt from the McGill International Health Insurance plan. Please visit mcgill.ca/internationalstudents/health for more information. All inquiries about the IHI plan should be directed to International Student Services at international.health@mcgill.ca [see page 19 for full contact info]. Please refer to ihaveaplan.ca for all inquiries about the Dental Plan.

For more information about health insurance coverage, as well as links to both provincial and international health insurance providers, visit mcgill.ca/studenthealth/insurance.
To better serve and support our students, a new health and wellness space is being developed for the 2016-17 academic year, to be located in the Brown Student Services Building. This space will provide interconnected access to our major health and wellness services (Student Health Service, Counselling Service, and Mental Health Service) and connect you to other supports at McGill. The following information about these three services, including their names and contact information, is subject to change when the new space launches. More information will be made available as the project develops.

Student Health Service
Student Health Service provides McGill students with quality, comprehensive health care in a convenient campus location. Student Health’s services are specifically geared towards the unique health needs of students, and are delivered by caregivers sensitive to – and experienced with – their particular health concerns.

TAKENOTE!

THEY SUPPORT YOU WITH (in part):

• Walk-in clinic for urgent care with doctors and nurses, available on a first-come, first-served basis. A triage nurse is present to assess the urgency of medical needs during opening hours.
• Pre-booked appointments with doctors, nurses, or dieticians for non-urgent medical needs (or routine testing or prescriptions).
• Medical notes if an illness is preventing you from attending an exam/class or completing an assignment, by visiting the urgent care walk-in clinic. (This being said, McGill has strict guidelines concerning medical notes, which can be found on the Student Health Service website.)

Visit mcgill.ca/studenthealth for information on how to make an appointment at the clinic.

Visit mcgill.ca/studenthealth to pay for your visit.
Counselling Service

Whether providing assistance during a crisis, teaching relaxation techniques, or discussing a failed exam or broken heart, the McGill Counselling Service is here to help.

THEY SUPPORT YOU WITH (in part):

- **One-on-one counselling and psychotherapy** to individuals dealing with a wide range of psychological and emotional issues and academic and vocational challenges.
- **Crisis drop-ins**, a same-day, drop-in service put in place to ensure that students experiencing a crisis - that is, a situation for which they require immediate assistance - get the help they need without delay.
- **Group counselling**, single session and multiple session workshops, which range in focus from academic difficulties to life-skills - and ongoing support groups, which are aimed at specific types of students.
- **Sitting meditation** for students who need some peace on campus, are interested in practicing guided meditations, and/or have some experience with mindfulness and want a place to practice.
- **Program for the Advancement of Career Exploration** (P.A.C.E.) [see page 29]

Mental Health Service

The Mental Health Service is dedicated to providing specialized treatment for mental health disorders among McGill students. The service is composed of psychiatrists, psychologists, psychotherapists, nurses, social workers, and dietitian who offer treatment within a safe, non-judgmental, and confidential space. A range of psychological and psychiatric disorders are treated, including anxiety, depression, bipolar disorder, obsessions/compulsions, ADHD, eating disorders, trauma-related anxiety, substance abuse/dependence, psychosis, as well as other conditions.

THEY SUPPORT YOU WITH (in part):

- **Psychiatrists, psychologists and therapists**, available by appointment.
- **Emergency Walk-In Clinic** for urgent mental health situations where students can be seen briefly for help.
- **Eating Disorder Program**, a specialized interdisciplinary clinic whose mission is to help students overcome their issues with disordered eating and related emotional distress.

To make an appointment you must first attend a “consultation” appointment, where you will meet briefly with a counsellor to collaboratively discuss how they can best assist you. Intake operates on a first-come, first-served, drop-in basis.

To ensure continuity of care for incoming students who have sought mental health care, we encourage you to have your physician fax (514-398-5529) your relevant medical information if you would like to access the Mental Health Service. Visit mcgill.ca/mentalhealth/med-notes-records and scroll down to the “Release of Information” section for the form and more information.
Peer Support Centre
The Peer Support Centre is a free, non-judgmental, and confidential drop-in service for one-on-one peer support. The peer supporters are highly trained students who provide listening ears to all McGill students who want to talk about anything and everything.

Check their Facebook page for updated hours and location.
facebook.com/PearSupportMcGill

McGill Students’ Nightline
McGill Students’ Nightline is a confidential, anonymous and non-judgmental [English-only] listening service, run by McGill students. Anyone can call them for absolutely anything: questions, referrals, just to chat, crisis, etc.

They support you with (in part):
- Information and referral service for anything and everything.
- Active listening service if you need advice or someone to talk with to help you work through whatever you’re feeling.
- Crisis management if you ever experience anything that feels out of your control.
- Calls about absolutely anything! So no matter what’s on your mind, pick up the phone.

514-398-6246
ssmu.mcgill.ca/nightline
facebook.com/mcgill.nightline
@CallNightline (Twitter)

NEED TO KNOW!
Hours of operation are every night from 6pm-3am, 7 days a week, during the Fall and Winter terms. Lines are closed during summer break, winter break, and Reading Week.

Sometimes university can be a bit stressful, so we want to make sure we give you time to paws. Therapy dogs are a common sight at McGill. These caring canines come to campus daily during exams and they often visit during other times of year, such as part of Mental Health Awareness Week. Look for notices throughout the year about when a puppy pal will be in a campus space near you!
Sexual Assault Centre of the McGill Students’ Society (SACOMSS)

The Sexual Assault Centre of the McGill Students’ Society (SACOMSS) is a volunteer-run organization committed to supporting survivors of sexual assault and their allies through direct support, advocacy, and outreach. SACOMSS is a pro-survivor, pro-feminist, anti-racist, anti-ableist, anti-classist, queer-positive, trans-positive and anti-oppressive organization. All SACOMSS services are free, confidential, and non-judgmental.

THEY SUPPORT YOU WITH (in part):

• **Drop-in services**, which include non-directional active listening, support and resource referral upon request for survivors of sexual assault and their allies.

• **Phone line**, which offers the same service as the drop-in support (check their website for updated drop-in and phone line hours).

• **Support groups** for survivors of sexual assault, and sometimes for family, friends, and allies.

• **Advocacy & Accompaniment (A-branch)**, which supports students through McGill’s policy on Harassment, Sexual Harassment, Discrimination and can accompany survivors to meetings and appointments, if desired.

• **Alternative book & zine library** with resources related directly to sexual assault, as well as ones providing information on other topics covered by their mandate.

• **Education and Outreach** through workshops and trainings on sexual assault sensitivity, active listening, consent, and other topics covered by their mandate.

Developed by the Dean of Students’ Liaison Officer (Harm Reduction), #ConsentMcGill is a collaboration with many different services and groups on campus to engage McGill community members in creating a safer campus through promoting events and volunteer opportunities, and by sharing relevant news articles, videos, and information on consent, sexual assault prevention, and healthy relationships. Look for the #ConsentMcGill campaign happening early in the Fall term, and consider attending the “Becoming an Active Bystander” workshop, a free, peer-facilitated session designed to empower community members to identify and interrupt potentially harmful situations, and respond compassionately to individuals affected by sexual violence.

**Trigger warning:** #ConsentMcGill may post information about sexual assault, gender-based violence, rape culture, and/or other violence that can be emotionally triggering to some individuals. If you would like to access support, please consult mcgill.ca/saap/support-resources
Equity & Social-Mindedness

Social Equity and Diversity Education Office (SEDE)

SEDE offers a wide variety of training programs and community engagement activities. The SEDE Office strives to foster a better understanding among different cultures and communities through providing information, education and training to all areas of McGill University in order to cultivate a respectful, diverse and supportive campus.

THEY SUPPORT YOU WITH (in part):

• Equity, Diversity, and Inclusion Workshops that provide interactive and engaging learning environments where participants and facilitators address challenging topics openly and honestly.
• Consultation and made-to-measure trainings on issues related to equity, diversity, and inclusion.
• Events related to race, cultural diversity, sexual orientation, and gender identity, such as guest lectures, film screenings and discussions, and panel discussions.
• Indigenous Education Program, which provides Indigenous-specific programming and opportunities for bridge-building among all groups in the McGill community.
• Community Engagement Day (CED), an annual celebration of community-university partnerships that exist within McGill that has students, staff, and faculty participate and volunteer with Montreal community organizations.
• Alternative Spring Break, an initiative taking place during McGill’s Reading Week that engages students with five days of volunteering, learning, and interacting with the local Montreal community.

Looking to increase your knowledge of Indigenous history and current issues amongst Indigenous and non-Indigenous peoples at McGill?

There are many ways for you to learn more and join your McGill community in building bridges between Indigenous and non-Indigenous people.

• IndigenousMcGill.ca is McGill’s Indigenous Resource Portal, a one-stop hub for on/off-campus job and volunteer opportunities, indigenous research, and student groups. Check out the calendar for upcoming talks and events, the Research on Campus page to browse exciting indigenous research at McGill, and the Resources section to help guide your prospective studies.
• Indigenous Awareness Week is designed to increase awareness at McGill about Indigenous peoples in Canada. The week honours the many Indigenous cultures across the country including the Métis, the Inuit and First Nations. The week also offers an opportunity to collaborate with community partners and draws active participation from McGill students, faculty and staff.
• The Indigenous Perspectives Workshop is presented by the Indigenous Education Program at the SEDE Office and examines, from multiple perspectives, issues related to the inclusion of Indigenous peoples on our campuses.

For questions, consultation, or inquiries, contact McGill’s Indigenous Education Advisor by visiting mcgill.ca/equity_diversity/contact-us/our-staff
Quebec Public Interest Research Group at McGill (QPIRG-McGill)

The Quebec Public Interest Research Group at McGill is a non-profit, student-run organization that conducts research, education, and action on environmental and social justice issues at McGill University and in the Montreal community.

**THEY SUPPORT YOU WITH (in part):**
- **Popular education** as a conduit for Social Change through event series and educational projects.
- **Resources** for conducting action-oriented research, such as office space, staff assistance, resource centre, computer use, and access to sources of funding, including many at QPIRG-McGill itself.
- The largest **alternative library** in Montreal with over one thousand titles, including books, journals, magazines, DVDs and videos.
- **Volunteer and internship opportunities** to help plan fun and educational events for social and environmental justice, participate in inspiring campaigns, maintain the library, provide translation, offer childcare, and help with publicity.
- **Working groups** made up of students and community members who undertake action and research into issues at the core of QPIRG-McGill’s mandate.

Union for Gender Empowerment (UGE)

The Union for Gender Empowerment (UGE) is a trans-positive feminist service of the SSMU.

**THEY SUPPORT YOU WITH (in part):**
- **Lounge space** with couches, free tea and coffee, a microwave, and helpful staffers.
- **Alternative book & zine library** with an ever-expanding collection of books and zines on topics ranging from feminism, queer theory, erotica, trans* issues, parenting, anti-racism, disability studies, and beyond.
- **Small zine distro**, selling or giving away zines that they have bought from members of the Montreal and McGill communities.
- **Co-op** that sells safer sex products, gender empowerment items, alternative menstrual products, and a limited amount of DIY sex toys, all on a pay-what-you-can basis.
- **Parties and events**, such as Rad Sex Week.
- **Discretionary funding** to support projects that are relevant to their mandate.

Queer McGill (QM)

Queer McGill is a social, political, informational, and support service for queer students and their allies.

**THEY SUPPORT YOU WITH (in part):**
- **Free supplies and resources**, such as condoms and dental dams, as well as a large library with books and DVDs on all aspects of queer issues.
- **Volunteer opportunities** to deliver free English workshops to groups in the Montreal area addressing sexual orientation, gender, negative language, sexual health, and more.
- **Weekly discussion groups** on queer-related topics.
- **Educational and social events**, parties, coffee houses, movie nights, gaymes nights and all you can think of!
Dining & Off-Campus Housing

**Food and Dining Services**

Food and Dining Services is where you’ll find everything you need to know about eating on campus. Food and Dining is a member of the “Student Housing and Hospitality Services” unit.

**THEY SUPPORT YOU WITH (in part):**

- Residence dining halls and campus dining locations.
- Meal plans for students living on or off campus.
- Food trucks on campus.
- Events and special activities.

**Want to know where to eat on campus?**

See page 44.

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**Off-Campus & Commuter Student Support**

Do you live off-campus or at home? Are you worried about missing out on fun activities, important information, and other campus resources? Fear no more; OCCSS is here to help!

Join us at Off-Campus Connects, an orientation day hosted by Campus Life & Engagement at the beginning of each academic year (end of August). Similar to RezFest, but geared towards incoming students not living in McGill residences, this day is where you get to meet your awesome, diverse, and fellow off-campus students and make lifelong friendships.

Be a part of our COMunity (Commuters of McGill), which strives to create a sense of community for McGill’s commuter students using our Connectors, upper-year students living in various Montreal neighbourhoods who plan inclusive and engaging events across the island of Montreal. COMunity also works to connect McGill commuter students to the resources and support they need on campus.

Plus there are many more resources supporting off-campus and commuter students, currently in development! Join our Facebook group to stay up-to-date year-round on these resources and other important information.
Safety & Security

Security Services

Security Services is committed to supporting the goals and mission of the University by providing a safe and secure environment for all through guidance, prevention, and response.

**THEY SUPPORT YOU WITH (in part):**

- **Lost & Found** in Burnside Hall, suite 120.
- **STOP anti-theft device program for laptops**, with patented technologies including a tamper-proof anti-theft plate and indelible anti-theft tattoo. In addition, STOP registers valuable equipment in a recovery database.
- **Adapted Transport Services**, available to McGill students who need mobility assistance around the downtown campus.
- A network of **exterior emergency phones** (yellow box type) that covers the campus. To use an emergency phone, simply press the red button and wait until you are connected to Security Services. A mobile patrol will be dispatched to your location to provide assistance if required.
- **Security Safety Escort**, who will provide the service within the immediate campus area. Available by calling the emergency line.

**Burnside Hall, suite 120**
Laird Hall, suite 101 (Macdonald Campus)

Emergency: 514-398-3000
514-398-7777 (Mac)
General: 514-398-4556
514-398-7770 (Mac)

campus.security@mcgill.ca
macsecurity@mcgill.ca (Mac)
mcgill.ca/security

@McGillSafety (Twitter)

**NEED TO KNOW!**

For all emergencies, call 911 immediately. Then inform campus security services using the emergency numbers above.

**Night Route**

McGill has suggested a "Night Route" which outlines the safest paths for crossing either campus at night. It’s very important to know this designated route especially if you find yourself walking back to residence late at night.

Check out the Night Route map at mcgill.ca/security/night-route-maps-both-campuses

**McGill App**

Use the McGill App to quickly and easily access a comprehensive list of Campus Public Safety services, both at McGill and in Montreal.
McGill Student Emergency Response Team (M-SERT)

The McGill Student Emergency Response Team (M-SERT) is a volunteer service supported by the SSMU whose members provide emergency first-aid services to McGill University and the Montreal community.

They support you with (in part):
- First-aid coverage to McGill University Residences, as well as Intramural Hockey, Gerts Bar, and many on- and off-campus events.
- Red Cross courses in Standard First Aid with CPR/AED.

Walksafe

Walksafe is a volunteer SSMU service that provides free night-time accompaniment for those who are feeling uncomfortable, or who are unable to walk home alone. The service is available to anyone in Montreal, and they will walk to and from any destination on the island. Walksafe can also accompany you on the metro or in a taxi.

Drivesafe

Drivesafe is a volunteer SSMU service that operates vans which can drive students safely home for free, every Friday and Saturday night from 11 PM – 3 AM during the Fall and Winter terms. Drivesafe’s standard operating range is the island of Montreal. Students are encouraged to call and request a ride if they are feeling unwell or unsafe getting home on their own.

How can I identify a Walksafe volunteer?

Walksafe volunteers can be identified by their bright red jackets, with the service’s name and phone number printed on the back.

What if I live off the island of Montreal?

Although Drivesafe tries to drive students who live off the island of Montreal, it is sometimes impossible due to the number of vans they have per night and the long wait-list of students on the island. Therefore, in order for Drivesafe to be more efficient in transporting students near the campus and downtown, please arrange for other means of transportation.
Mediation & Advocacy

Office of the Dean of Students (ODoS)
The Office of the Dean of Students is committed to promoting your success in academic and personal areas. ODoS oversees many areas, including student rights and responsibilities, academic integrity, academic advising, mentoring, the student disciplinary process, crisis response, Aboriginal Affairs, and student recognition.
Feel free to contact or visit ODoS with your academic or personal questions or concerns.

Office of the Ombudsperson
The Office of the Ombudsperson offers confidential, informal, independent, and impartial dispute resolution services to all members of the student community by providing information, advice, intervention, and referrals.

THEY SUPPORT YOU WITH (in part):
• Information on University rules, regulations, policies, and procedures.
• Assistance in identifying and evaluating options for resolving and managing conflicts and providing help in pursuing those options.
• Referring students to appropriate persons in order to resolve problems.
• Acting as a facilitator between students and other members of the University community.

Legal Information Clinic at McGill (LICM)
The Legal Information Clinic at McGill (LICM) is a non-profit, student-run, bilingual, and free legal information service.

THEY SUPPORT YOU WITH (in part):
• Legal Information Clinic for general legal information only by in-person appointment or phone-in service. Deals with most areas of law, with the exception of Criminal law and Tax law.
• Student Advocacy, free advice and representation to students accused of a disciplinary offence (such as plagiarism or cheating) or students who feel unjustly treated by the University. LICM helps students find formal and informal solutions to their problems.
• Commissioner of Oaths
• Informative presentations on legal topics
The McGill campus is more than just classrooms. There are also a wealth of spaces and places to discover and claim as your new favourite spot.

**EXPLORE McGill**

**Need to eat or snack or drink?**

Consult the handy **Student Housing and Hospitality map** for dining locations on McGill’s downtown and Macdonald campuses, and to know which ones accept oneCard services. You can download the map at mcgill.ca/foodservices/locations. A limited number of printed copies are also available at Service Point.

**The cafeteria** on the second floor of the University Centre (3480 McTavish) houses SRC, SSMU’s Student-Run Cafeteria.

The **Midnight Kitchen** offers vegan meals for whatever-you-can-pay in an effort to promote sustainable eating. Despite their misleading name, lunches are served weekdays starting at 12:30pm in room 302 of the University Centre. You are asked to bring your own container and cutlery.

Located on the first floor of the Leacock Building, **SNAX** is your place to get coffee and, appropriately, snacks, at affordable prices on campus. Run by the Arts Undergraduate Society (AUS), SNAX is a great place to stop between classes for your morning and mid-day pick-me-up.

The **Engineering Undergraduate Students’ [EUS] General Store (G-Store)** is located in the McConnell Engineering Building. Here you can get anything you need to help you get through your long school days; whether it’s snacks, coffee, or even basic school supplies. Next door to the G-Store is EUS’s **Frostbite** ice cream store. If you get below 30% on a midterm, don’t fret! Head to Frostbite for a complementary ice cream and plenty of free smiles.

The **Dave’s Store**, run by the Management Undergraduate Society (MUS), is located in the Bronfman basement and carries a variety of snacks and drinks to keep you up and running throughout the term.

Found in the basement of the University Centre, SSMU’s **Gerts** is a campus bar for students, professors, and visitors alike. Fun and affordable!

**McGill’s Redpath Museum** is one of the oldest museums in Canada. It was opened in 1882.

**Need to study or relax?**

**Beyond McGill’s vast network of libraries, there are a number of unique spaces to study or relax.**

**The Birks Heritage Chapel**, a two-storey, galleried space, is a quiet retreat on campus, located at 3520 University Street.

**Morrice Hall**, or the Islamic Library, has so many beautiful, quiet spaces to sit and be at peace. You can find it at 3485 McTavish Street.

Many buildings will also have dedicated student space or lounges available, usually operated by the student faculty association. The **SSMU lounge** by the main entrance to the University Centre, with its variety of couches, is a popular place for undergraduate students to relax in between classes.

At Mac, MCSS’s ever-popular **Ceilidh Bar** is located in the Centennial Centre. The Ceilidh is the place to be on Thursday afternoon/night to hang out with old friends and to make new ones.

Many faculty student associations operate small after-school pubs one night of almost every week. Check out Arts’ **BdA** (Bar des Arts) on Thursdays in the AUS Lounge in the basement of the Leacock Building, Management’s **4A** on Thursdays in the basement of the Bronfman Building, Education’s **Detention Den** on Thursdays in the basement of the Education Building, or Engineering’s **Blues Pub** on Friday nights in the EUS Common Room in the basement of the McConnell Engineering Building.

**Open Air Pub [OAP]** is the signature outdoor event organized by the Engineering Undergraduate Society (but open to all students) held each year during Orientation Week and at the end of the Winter exam period.
BROWN BUILDING
The shorter name for the William and Mary Brown Student Services Building (3600 McTavish Street) where you can find most of the Downtown Campus Student Services.

LOWER FIELD
Just north of the Roddick Gates and southwest of The Y is a large grass field, or “lower field”, a popular location for sports, tanning, and campus events. If you end up graduating in the summer on the downtown campus, this is where convocation takes place, under a giant tent that seats thousands. (In Montreal, we’re big fans of open air celebrations, but we don’t trust the weather here that much.)

“MAC CAMPUS”
McGill’s Macdonald Campus is located in the town of Sainte-Anne-de-Bellevue, just 30 minutes west of downtown Montreal and the McGill Downtown Campus. It houses the University’s Faculty of Agricultural and Environmental Sciences, School of Dietetics and Human Nutrition, Institute of Parasitology and the McGill School of Environment.

MILTON GATES
Another entranceway onto McGill Campus. Found at the intersection of University Street and Milton Avenue.

RODDICK GATES
They are the main entrance to the McGill campus and a well-known monument in Montreal. Found on Sherbrooke and McGill College, you cannot miss them!

“UPPER REZ”
This term refers to the cluster of residence buildings that sit atop University Street, above Dr. Penfield. The four residences are Molson Hall, McConnell Hall, Gardner Hall, and Douglas Hall.

McTAVISH RESERVOIR
Also known as Rutherford Park, the McTavish Reservoir, named for Simon McTavish, is an underground reservoir and park located within McGill University’s campus on Docteur-Penfield Avenue. It’s also the cause of two infamous floods at McGill, in 2011 and 2013.

JAMES McGILL STATUE
Located near the Roddick Gates, our founder is immortalized in this bronze sculpture that has James McGill walking wind-bitten with his staff in one hand and hat in the other.

SHATNER (SSMU) BUILDING
Officially known as the University Centre, this building (run by SSMU) was unofficially named the William Shatner University Centre by students in the 1990s. It is found on McTavish Street and is attached to the Brown Student Services Building. It has effectively become one of the hubs of student life on McGill’s downtown campus.

VISITOR'S GARDEN
Commonly known as “James Square”, it’s the area just inside the Milton Gates in between the James Administration Building and the McConnell Engineering Building, and features terraced green spaces, paving stones, and a sculpture garden.

“DESAUTELS” / BRONFMAN
The Desautels Faculty of Management is McGill’s business faculty. Pronounced DEH-ZUH-TELL, this faculty is housed in the Bronfman Building.

THREE BARES AND THE Y
The Threes Bares park is a green area situated southwest of the Arts Building and east of the Redpath Museum. Often used for on-campus events, the park is distinguished by a statue-fountain featuring three nude figures (hence the park’s name).

Three Bares also falls to the west of the intersection of three pathways on lower campus, which is referred to as “The Y-Intersection”, or more simply “The Y.”

Did you know...

The “visitor” in “Visitor’s Garden” refers to the Governor General of Canada, who is McGill’s official Visitor.

The Honourable David Johnston, Governor General of Canada (and former McGill Principal!)

SEE WHAT LIES BENEATH
Both sides of campus have their own underground network of tunnels and shortcuts connecting the buildings, which is extremely convenient in the wintertime. Tunnel entrances are generally marked with a blue and yellow snail logo.

McGill Students’ Life Hacks

McGill App
Use the McGill App to access an interactive Map of either the downtown or Macdonald campus. You can search by building name and get walking directions and information based on your current location.

Want a physical copy of a McGill campus map? You’ll be getting a copy at Discover McGill or you can come by the CL&E office [see page 18] to pick one up!
By deciding to come to McGill, you’re not only going to attend one of the best universities in the world, you also now get to live in one of the most amazing cities in the world.

Below you’ll find some useful information regarding Montreal, aka La Métropole, the 514, the MTL. You can also go online to www.tourisme-montreal.org for more tips and listings.

Of course, the best way to discover more about the city is to get out there. If you only stick to the “McGill bubble”, you won’t really be able to say you got to live in Montreal.
FRENCH

French is the official language of the province of Quebec, and one of Canada’s two official languages!

It is the primary language used on signs, in public service establishments, and in businesses.

In most regions of Montreal, however, English is widely spoken and the majority of information is available bilingually. You may want to download a translation app on your phone or pack a French-English dictionary, especially if you plan to venture outside of downtown Montreal.

In order to help you integrate into Montreal’s bilingual culture, McGill provides various French-language tutorial resources to current and prospective students. McGill’s French Language Centre (FLC) is a department of the Faculty of Arts with a unique mandate to offer credit courses in French as a Second Language to students registered in any academic program. Look for them by their FRSL course subject code. Other fun ways to learn French at McGill include taking a SSMU MiniCourse or participating in a language class or exchange (“Lingo Buddies”) through the McGill International Student Network (MISN). You can also look into French immersion programs happening during the Winter or Summer break in areas such as Québec City.

CÉGEP

The two years of education

(minimum) that Quebec students do following high school (which ends in grade 11). Because of the additional year of post-secondary education, Quebec students enter McGill as U1. Just under 50% of McGill students are from Quebec.

PHONES

514 is a telephone area code for Montreal and most of its surrounding area.

In 2006, 438 was added as another Montreal-region area code. Most new phone numbers now use 438. Area codes 450 and 579 encompass the off-island suburbs of Montreal. Unlike in some countries, most Canadian mobile phone companies consider long distance to include different cities within the country. If you’re in Montreal calling a Toronto number, it may be considered long distance. Likewise, if you have a Montreal number and visit Toronto and use your phone there, it may be considered roaming and long-distance charges may apply.

WEATHER

Montreal weather is fairly unpredictable.

Depending on the season, some days it’s warm and humid in the morning and by evening it’s windy and snowing. That being said, don’t worry! It’s manageable. All you need to do is make sure you’re prepared. Dressing for the weather is important, so for the colder months, use layers. If possible DO NOT sacrifice quality in favor of a cheaper price when it comes to winter boots and jackets.

Then make sure to take advantage of those warm days, such as by hiking Mont-Royal, dining outdoors, or biking any part of the 14.5km-long Lachine Canal path, which was ranked the third most beautiful urban circuit in the world by Time magazine.

“Cinq à sept”

Literally translated as “five to seven,” it is a term used in Quebec for happy hour.

Did you know...

In Montreal’s major tourism sector, there are approximately 64.9 restaurants per km².

LEARN THE LINGO

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Montreal is an island!
That's why you'll often hear people use the word “island” interchangeably with “city.”
We also don’t exactly use the correct directions here. The St. Lawrence River is taken as flowing west to east (even though it flows southwest to northeast past the island), so that directions along streets parallel to the river are referred to as “west” and “east,” and those along streets perpendicular to the river, “north” and “south.” Just imagine the island has been rotated clockwise 45 degrees in your head and no one in the world has noticed.

LEARN THE LINGO
“The Main”
St. Laurent Street is at the heart of the city and where some of the biggest action happens. It divides the city in half, i.e., east from west.

WEST ISLAND / SOUTH SHORE / NORTH SHORE (LAVAL)
LEARN THE LINGO
The West Island neighbourhood is the unofficial name given to the cities, towns and boroughs at the western end of the Island of Montreal, starting with Dorval.
The South Shore is the general term for the suburbs of Montreal located on the southern shore of the Saint Lawrence River opposite the Island of Montreal.
The North Shore can also be used as a reference for those living on the island north of Montreal where you will find the City of Laval.

LEARN THE LINGO
Morgan Aboretum (Mac campus)
Sainte-Anne-de-Bellevue (West Island)

PARKS
Montreal is home to an array of parks, each with their own character and attractions in every season. Closet to campus are Mount Royal Park, Jeanne-Mance Park, and Lafontaine Park.
You can also venture to the MacDonald Campus and visit the Morgan Aboretum, a large forested reserve with trails you can walk or ski.

LEARN THE LINGO
Gibeau Orange Julep (aka “The Big Orange”)
Côte-des-Neiges

FOOD
Montrealers love their food! From Ethiopian to Peruvian, Tibetan to fast food served out of a giant orange, Montreal’s many cuisines will satisfy even the most adventurous food-lovers! There’s much more to Montreal than smoked meat, bagels, and poutine — though we strongly recommend giving these a try!

Visit restomontreal.ca and zomato.com for restaurant listings and reviews.

LEARN THE LINGO
Poutine / Steamé / Pogo
A poutine is French fries covered in gravy and cheese curds.
A steamé is a steamed hot dog and bun (as opposed to a toasté).
Consider getting yours “all-dressed,” Montreal-speak for topped with mustard, chopped onion, and fresh coleslaw.
A pogo is a corn dog.

Gibeau Orange Julep
One dollar and two dollar coins. The Loonie is bronze and features a loon. The Toonie has a bronze center surrounded by silver and features polar bears.

ART
As a city bursting with culture and expression, it’s no wonder that Montreal is home to a wide range of galleries and art venues – no matter your taste!

LEARN THE LINGO
MFA Downtown

SHOPTING
Several malls line Ste. Catherine St. plus the more trendy boutiques and vintage shops along St. Laurent and St. Denis are all within walking distance of the downtown campus. Not to mention there’s an entire underground city with even more places to shop!

LEARN THE LINGO
Sta. Catherine St.

SPORTS
Home to the 1976 Summer Olympics, Montreal is not shy about its obsession with sports. Whether you’re a diehard Habs fan or an avid hiker, Montreal has something for you. We recommend you grab tickets to a hockey game at Centre Bell, check out the Grand Prix du Canada, or visit one of the city’s many ice skating rinks. Don’t forget to also look into other Montreal teams, like the Impact (soccer) and the Alouettes (Football), and our own McGill teams.

LEARN THE LINGO
Habs
Another name for Montreal’s beloved NHL hockey team, the Canadians.

APARTMENT INSURANCE
Living off-campus and thinking about insuring your valuables? Thanks to a plan negotiated by the McGill Alumni Association, McGill students benefit from preferential insurance rates offered by the TD Insurance Malachy Minnabar program. To learn more about student insurance premiums, contact them online at malachyminnabar.com or by phone at 1-877-536-7755.

LEARN THE LINGO
Apartments with iconic winding external stairs
Le Plateau

NIGHTLIFE
The thriving music scene and nightlife is one of the best things about living in Montreal.

Majer local festivals include Osheaga, held in Montreal’s Parc Jean-Drapeau, and Igloofest, which brings together thousands of electronic music fans to enjoy the best local and international DJs in the industry – all in the thick of winter.

Besides its many festivals, Montreal is home to a plethora of music venues ranging from intimate bars to arenas. One thing is for sure, you’ll never be at a loss for places to go on a night out in Montreal! Check out nightlife.ca for a directory of where to go (“Go aillier”) and what to do (“Quoi faire”). (Take note: the website is only available in French, but at least it’s an excuse to practice!)
News

McGill offers many news sources, both published by the University (The McGill Reporter, McGill News) and student-run (e.g., The Tribune, The Daily, Le Délit, The Bull & Bear). For local news, check out the Montreal Gazette or le Journal Métro de Montréal. Notable local blogs include MLTblog.com, Tourisme Montréal Blog, and CULTMontreal.com.

Did you know...

Each Montreal metro station was designed by a different architect. Take time to admire the original artwork specifically commissioned for the individual stations before you board.

(Public) Transportation:

Montreal’s public transportation is arguably one of the most efficient in North America.

Operated by the Société de transport de Montréal (STM), our buses and Métro (subway) make getting around extremely convenient. Exploring is a simple and inexpensive experience as well — we wholeheartedly encourage you to give it a shot! Depending on how many times you use the Métro, look into getting an Opus Card. Fares come in a variety of options, from 1 trip to unlimited weekends. Five commuter trains also cover the Montreal metropolitan region, run by the Agence métropolitaine de transport. Bixi is Montreal’s public bike system. The stations are installed in the spring, starting at the beginning of April, depending on weather conditions. Stations are kept in service until Mid-November, before being removed from the streets for the winter. There are a number of Bixi stations around McGill.