Dear new IPN graduate students,

Congratulations on your admission to McGill and welcome to the IPN!

We are the Graduate Students Association of Neuroscience (GSAN), an organization that represents Neuroscience graduate and post-graduate students at McGill. Our goal is to promote the integration of students and to provide a platform for social and educational interactions between IPN students across all research institutes in Montreal.

We have compiled a few useful links and information that hopefully will help you with your new start in Montreal and McGill. Take a look at it and please do not hesitate to contact us if you have further questions and comments!

Sincerely,

Mardja Bueno and Becky Pearse

GSAN's New and International students officers
**The GSAN Buddy program**

Every term a senior IPN student is paired with a new student to help him or her adjust to the city and McGill student-life. Your buddy will be able to answer questions related to academic work, and is prepared to assist you with personal advice.

https://docs.google.com/forms/d/e/1FAIpQLScyN508_hYV0Pe376nz7useTqglRQXut3O58i022-BMeP7KWw/viewform?vc=0&c=0&w=1

**The IPN peer support program**

The IPN peer support program is a free service that will match you with a trained listener who is also an IPN student. You can meet with this student one-on-one to confidentially discuss anything on your mind (no issues are too big or too small!)

https://gsaneuro.com/students/peer-support/

**International Student Services (ISS)**

The ISS organizes welcome and orientation events for international students and offers very helpful information about pre-departure arrangements, health insurance, taxes and immigration. You can even visit them and get help renewing your student permits or visas!

https://www.mcgill.ca/internationalstudents/

**McGill International Student Network (MISN)**

MISN is a McGill club that assists international students to adjust to their new life at McGill and Montreal. They organize language exchange meetings and several other social events.

https://www.mcgill.ca/internationalstudents/resources/student-societies-clubs/misn
Funding opportunities

The following link will give you an overview of internal and external funding available for graduate students and postdoctoral trainees. It also describes funding opportunities for international students

https://mcgill.ca/gps/funding

Fees and deferral

You can apply to defer the payment of your fees without any charge by logging in your Minerva then choosing the Financial Aid/Awards tab and then following the option: Defer Payment of Tuition and Fees. For more information about the deferral of your fees please visit

https://www.mcgill.ca/student-accounts/awards-assistance/tuition-fees-payment-deferral

Social Insurance Number

A SIN card is necessary to work in Canada, here you can find out how/where to get it

https://www.mcgill.ca/internationalstudents/work/social-insurance

Whether you are looking for Off Campus or On Campus Housing, McGill has a very useful survival guide that will give you all the information you need for starting your apartment search. It includes information about Montreal and its neighbourhoods, apartment sizing and approximate prices as well as legal information about renting and contracts. It also provides an overview of the rights and responsibilities of tenant and landlord

https://www.mcgill.ca/students/housing/

Also, if you’re looking for Off Campus Housing, don’t forget to check Craigslist and Kijiji to see the biggest selection of classifieds for rooms and apartments

https://montreal.craigslist.ca/

https://www.kijiji.ca/
Arriving in January and don’t have a proper Winter coat? McGill runs the Winter Coat Program which offers free, lightly used winter clothes to international students in need.

https://www.mcgill.ca/morsl/winter-coat-project

Also don’t stay indoors for the entire Winter! Check our GSAN Facebook page for Winter events, like hiking Mont Royal and ice-skating!

https://www.facebook.com/GSANeuro/?eid=ARDCXyCq2ahk3T51SVFjLHVheHiPyiznyr7N9q60s9bpw_NjUM2fw-wF3Aj-thcY05qtdiyxDgZed1K7

The Société de transport de Montréal (STM) manages the public transportation. You can check their maps, fares and schedules here

http://www.stm.info/en

Reduced fare are available for students with an OPUS ID card. In order to request yours, log into Minerva, go to Student Services and then to Reduced-fare OPUS card order form.

Also, if you register your OPUS card online you can recalled loaded tickets or passes in case you loose your card.

AIRPORT TRANSPORTATION: You can either get a taxi or the bus to get downtown from the Pierre Elliott Trudeau International Airport. For taxis, the fixed fare for airport-downtown distances is CAD$ 40. As for the bus, the 747 bus line service runs 24/7, between the airport and the central bus station (Berri-UQAM métro station) and the fare is $10 for unlimited travel throughout STM bus and métro.
GETTING INVOLVED

**BrainReach**

Is a community outreach program managed by graduate students in the Integrated Program in Neuroscience (IPN). It provides fun, interactive neuroscience-based workshops to young students at the elementary and high school level in under-resourced neighbourhoods around Montreal.

https://www.mcgill.ca/ipn/brainreach

**Three minute thesis (3MT)**

Is a worldwide event that celebrates cutting-edge research conducted by graduate students. The competition allows for students to explain their research effectively in a 3-minute time span, is a language that is easy to understand by a non-specialist audience.

![2017 winners of the 3MT competition](image)

**Language classes**

Currently we offer French classes at the Beginner, Intermediate and Advanced levels, and Spanish classes at the Beginner level. All classes are taught by graduate student volunteers. There is no set curriculum, and the progress of the class depends on its participants. We also meet each month at different cafes over Montreal to offer Conversation Cafés.
GETTING INVOLVED

Neurosymposium
Every year, this event gathers graduate students from all neuroscience research centres in the province to present their research to their peers and colleagues. The goal is to promote positive interactions between young neuroscientists that will lead to lasting collaborations and impactful research.

Friday Relaxons
Whether in terms of help dealing with stress, getting academic pointers, learning new techniques, or getting funky at one of our parties, GSAN is here for you. To extend this mission, GSAN is hosting a weekly informal hang-out session at Thomson House. Bored after lab? Interested in meeting new people and making friends? Stop by Thomson House on Friday evenings at 6pm!

Still have questions?
Contact your New and International students officers!

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