



The
**Frugal
Scholar**
Money Management
Program

With students, for students.

Brought to you by the Scholarships
and Student Aid Office
www.mcgill.ca/studentaid



McGill Student Services

The Cheap Sheet

A Booklet of Thrifty Options for the Savvy McGill Saver! Now with options for Macdonald Campus!

To Access our links, please go on our [website](http://mcgill.ca/studentaid/finances/cash-tips): mcgill.ca/studentaid/finances/cash-tips

SCHOLARSHIPS AND STUDENT AID OFFICE

WHAT IS THE CHEAP SHEET?



Intent

The Cheap Sheet is a student initiative which lists free and/or cheap resources at McGill and on the island of Montreal. This initiative is part of our Frugal Scholar Money Management Program, which aims to help students with budgeting and to promote financial wellness. The tips are provided by students and updated by our office.

The Cheap Sheets has several sections:

- Food
 - Cheap eats near McGill downtown, around Montreal, near Mac Campus, free food, and cheap groceries
- School Supplies
 - Cheap textbooks, school supplies, cheap clothing, toiletries and everything else
- Services
 - Haircuts, transport, travel, and bicycle purchase or repair
- Sports and Recreation
 - Parks, fitness centers, McGill clubs, skating and yoga
- Museums and Monuments
 - Art museums/galleries, history museums, and others
- Entertainment
 - Movies and theatre, festivals, and others
- Frugal Living Tips
 - McGill students share tips on how they save money from (i.e. using less energy, meal planning, etc.)

Disclaimer

The purpose of this document is to provide frugal ideas to students living on the island of Montreal. The Scholarships and Student Aid Office is not affiliated with nor paid to endorse the services, businesses, and companies listed in this document. All the prices listed in this document are subject to change without the knowledge of the Scholarships and Student Aid Office.

Due to the current COVID-19 pandemic some of the services or businesses included in this document may be affected. If you have any questions regarding a service or business's operations please contact them directly. For updated information about COVID-19, please go to [the Government of Canada website](#).

This document was last updated in May 2021.

For financial aid resources and information, visit our website at mcgill.ca/studentaid

FOOD



Cheap Eats:

At / Near McGill Downtown

- [Frostbite](#) (**CLOSED** - McConnell Engineering) exists to meet all your ice cream needs! Open Monday to Friday 12 – 5 p.m. They offer ice cream for \$1.50 per scoop if you bring your own cup (any cup works!), and on “Toonie Tuesday” they offer \$2 small cups of frozen deliciousness. They also offer free ice cream to those who received a grade of less than 30% on a midterm weighted more than 15%.
- [Japote](#) (**Delivery and takeout options available** - 1000 Sherbrooke West, Concourse level) serves authentic Japanese food at affordable prices. Prices usually range from \$5 to \$10 for a full plate or bento (boxed lunch). Note: They are only open from Monday to Friday, 11:30am to 2:00pm, and are closed on the weekends.
- [McGill Pizza](#) (**Delivery and takeout options available** - 625 Milton) is a hidden gem around McGill. They offer any number of yummy comfort foods at ridiculously cheap prices. Two slices of pizza will run you \$5.75 + tax, and they even offer a breakfast with 2 eggs, bacon/ham, home fries, toast and coffee for only \$8.65. Open only for delivery and pick-up.
- [The Midnight Kitchen](#) (**Cancelled for 2020-2021 academic year**) offers free or pay-what-you-can vegan meals during the school year, Monday to Thursday at 12:30 p.m. in the SSMU Building. Bring your own plate and cutlery! You can also borrow dishes from [The Plate Club](#) by emailing them at theplateclub@ssmu.ca.
- [SNAX](#) (**CLOSED** - Leacock Building) sells all kinds of, as their name suggests, snacks: pastries, cookies, candy, salads and even wraps from Aux Vivres. Their coffee is only \$1 if you bring your travel mug, and if you forget it, take advantage of their Early Bird special before 10am, and get a small coffee and a muffin for \$2. Cash Only.
- [Soup and Science](#) (on ZOOM) is held for one week at the start of the Fall and Winter semesters for undergraduate science students. Each day, 4-6 professors speak briefly about their research and current projects. Following these talks, all attendees receive free soup and sandwiches. You can also mix/mingle with the professors and ask questions.
- [Tim Hortons](#) (**Delivery and takeout options available** - 674 Sherbrooke Ouest / 2035 Stanley) is a Canadian legend. They offer cheap coffee, hot drinks, donuts and sandwiches, and you can barely walk 3 blocks in any Canadian city without walking into one. They’re reliable, everywhere and open late. Find one on the John Abbott College side of Mac Campus (**CLOSED** - Casgrain Centre), open Monday-Friday, 7:30am – 7pm.
- [Vinh’s Cafe](#) (**CLOSED** - Genome Building and Strathcona Music Building – **not** the Anatomy & Dentistry Strathcona) has delicious Bahn Mi Vietnamese sandwiches, as well as soups, noodles, steam buns and desserts. The Vinhs Classic sandwich will fill you up for only \$3.45 and they have several vegetarian options too!
- [The Yellow Door](#) (**CLOSED**, 3625 Aylmer) runs the Rabbit Hole Café every Friday, from 12:30 – 2:30 p.m. during the school year (except during exams), where they provide vegan lunches in their coffee house for

donations of \$2+. The meals are always vegan and you are encouraged to bring Tupperware to take home some leftovers. They also have a small food bank, so bring your McGill ID.

Around Montreal:

- [Bao Bao Dim Sum](#) (**Delivery and takeout options available** - 83 de la Gauchetière Ouest) is similar to Cocobun, but cheaper and yummiier (in this humble writer's opinion at least). It may not be as conveniently located as Cocobun, but Chinatown is filled with sights to see, and other cheap food to eat, so it's definitely worth it. My favourite items are their mixed vegetable steamed buns (\$2) and their red bean steamed buns (\$2.50).
- [Cachitos](#) (**Delivery and takeout options available** - 3 Ste-Catherine Ouest) sells Venezuelan cachitos (croissant with filling) as well as other pastries and coffee. They have many different fillings of cachitos to try, and most are only \$4.55 each. Open with reduced hours. Only accept Pay Pass and take out option.
- [Cocobun bakeries](#) (Guy-Concordia or Atwater metro stops) offer a variety of Chinese baked goods at super reasonable prices. From BBQ pork buns (\$1.95) to mochi (\$2.30) to custard buns (\$1.85) they've got a bit of everything at several convenient locations.
- [Crescent Sushi](#) (**Delivery and takeout options available** - 1437 Crescent) is a great choice if you're looking to maximize your dollar. Their all-you-can-eat lunch is only \$17.99, and they offer many vegetarian and meat options of sushi, Japanese and Chinese foods.
- [Joe's Panini](#) (**Delivery and takeout options available** - 1404 Drummond) is the Super Sandwich of Concordia. They offer a variety of sweet and savory grilled sandwiches for \$4.78 each and are open 24 hours to help you with those hungry all-nighters!
- [Ô Claf \(formerly "Le Clafouti"\)](#) (2122 Drummond) is a family run, cash only deli and sandwiches on baguettes. Plus, vegetarian & vegan options - salad + sandwich = \$6.
- [Olly Fresco](#) (**CLOSED** - located at the Promenades Cathedrale and Carrefour Industrielle Alliance downtown) is a prepared food market that serves fresh and delicious food. They have vegan and gluten-free options. They have a hot sandwich bar, hot lunch buffet and a salad bar (prices for the latter two are determined by weight). If you want something quick, they have packaged lunches, starting at \$3.79. An hour before they close, they have 2-for-1 specials on selected packaged lunches on Tuesdays through Fridays. On Fridays only, the 2-for-1 special also applies to their larger packaged meals. Be sure to get there early as the food sells out fast! Note: they are closed on the weekends.
- [Pushap](#) (**Delivery and takeout options available** - 5195 Paré / 4777 [Blvd des Sources](#) – pick up only), the people who make all the McGill samosas for sales (known as "Samosa Gods") have a physical location and it is filled with CHEAP Indian food. Seriously, their entire menu is vegetarian (with quite a few vegan options) and all of the options are less than \$5. Main meals are less than \$10 for one person which include the combo, two samosas, tea, and dessert. Take-out and delivery options available.
- [Restaurant Nilufar](#) (**Delivery and takeout options available** - 1923 Ste-Catherine Ouest) A great little Middle Eastern restaurant near Guy-Concordia with a lot of vegan, halal, and gluten-free options. It's ridiculously good and doesn't break the bank with 1.69\$ falafel pitas and all plates under \$8. The owner is also the sweetest person and her presence fills the restaurant with light. No contact delivery options available from their online store (\$40 minimum order payable via e-transfer)

At / Near Mac Campus

- [Annie's Sur Le Lac](#) (**Delivery and takeout options available** - 76 Ste-Anne) offers great pub food at great prices. On Tuesdays, they have a \$6 special on burger and fries or 6 chicken wings. They also have \$3 taco special on Thursdays. (open during the summer months)

- **Crème de la Glace (CLOSED - 152 Ste-Anne)** is an ice cream stand conveniently located right off the boardwalk in Ste-Anne-de-Bellevue (open for summer only).
- **Cunningham's Pub (Delivery and takeout options available - 75 Ste-Anne)** has a Wing Night on Tuesdays, which is a 20% special on their signature chicken wings. Online ordering for pick up or delivery.
- **Out of the Garden Project (CLOSED)** is a student-run café at Mac Campus that serves healthy and delicious food at a cheap price! Sandwiches go for around \$4, and soups and salads at \$3! They also have a \$1 breakfast. You could also volunteer to earn free meals (academic year only).
- **Studio 77** (271 Lakeshore road) is a trendy café located in the Pointe-Claire Village. They have a wide range of delicious meals. Every Monday, they have \$2 lattes!
- **Wild Willy's Ice Cream (Delivery and takeout options available - 20 Cartier)** is one of the most popular and tastiest homemade ice cream places, located in the Pointe-Claire Village! They have a wide selection of flavours, and they even sell frozen yogurt and ice cream sandwiches!

Free Food:

- **Bagel Breakfast (CLOSED)** – The Mac Campus Graduate Student Society offers a free bagel breakfast for graduate students the third Tuesday of every month from 9:30am to 11am in the Faculty Lounge (academic year only).
- **Free Food on Campus and in Montreal** is the go-to place to find free food around McGill and elsewhere. Posts are made daily on any free food students have found around, and you can bet that if there is any free food, the eagle-eyed guys in this group have found it!
- **Happy Belly** is a club at Mac Campus that provide healthy food options for students. They collect food from nearby grocery stores and farms, and are in partnership with Macdonald Student-Run Ecological Garden to provide students with locally grown food. They cook and serve free vegan-friendly healthy lunches. Volunteering at Happy Belly will also get you some free food – not available right now due to the pandemic. They offer free, online bi-weekly talks about waste reduction and eco-friendly tips on their [Facebook page](#).

Cheap Groceries:

- **Buy Your Own Bulk (available with reduced services)** is a non-profit organization that sells affordable and organic food in bulk at Mac Campus. They sell foods from grains to legumes and flour! You would pay anywhere between \$0.22 to \$3.17 per 100g. A list of their products and prices are posted on their [Facebook Page](#) (academic year only).
- **Bulk Barn (Delivery and takeout options available - 5445 des Jockeys / 1616 rue Ste-Catherine)** Bulk snacks and ingredients. Healthy, cheap and filling ideas: chickpeas (salads, hummus, roasted), lentil (soup, curry), kidney beans (soup, enchiladas, chili), nuts and dried berries (whole cranberries = best). They have a 10% student discount on Wednesdays. Online ordering for pickups available at some locations.
- **Costco** Purchase in bulk with a friend/roommate and share the value! Open during regular hours. Have a 2-day delivery option for members. Non-members can shop but may have a delivery surcharge
- **Flashfood** is an app where you can buy groceries that are approaching their expiration date (but are still good) up to 50% off. The idea behind it is to rescue foods that grocery stores would throw out just because the food's expiration date is approaching (within two weeks). Once you've placed your order on their app, you can pick up your food at a participating grocery store.
- **Good Food Box** is a bi-weekly box of fresh fruits and veggies ordered through S.N.A.C. (Student Nutrition Accessibility Club). They offer 3 sizes of boxes, for \$13, \$19 and \$27 respectively, and the boxes are well-worth the value! If you order for a whole term at once, you can receive a discount on the price.

- [Kitchen Collectives](#) (**CLOSED**) are groups of people that pool their money, time and food to cook together. It allows you to meet new people and get portions of food you don't know how to, or don't have time to, cook in exchange for portions of something you can.
- [Mac Market](#) is open from July to November and sells fresh fruits and vegetables at Mac Campus (at a lower price than grocery stores!). They offer a student vegetable basket every Friday (from the end of August to end of October) for \$20/basket. The baskets are large, and best shared with a friend or family.
- [Marché Adonis](#) (**Delivery and takeout options available** - 2173 Ste-Catherine Ouest / 4601 Blvd des Sources) is another discount market. Check their weekly flyer for their best deals. Consider coming here especially if you're looking for specialty Greek ingredients. Online ordering available.
- [Marché Lobo](#) (3509 av du Parc) is great for cheap produce and has a wide variety of Middle Eastern foods.
- [Marché Oriental](#) (**Delivery and takeout options available** – 7101 Saint Denis at Jean Talon) Best coconut water price - \$3 for 1L pure 100% no additives. Stay hydrated! Also has a good selection of cheap Asian ingredients and snacks.
- [McGill's Farmers' Market](#) (**available in Summer**) Vegetable Basket delivers fresh veggies every week. It's an 8-week commitment of \$136 for the small basket, \$248 for the large basket or \$124 for a bi-weekly large basket. You can pick up your basket at the Farmers' Market on the path between the Redpath Museum and the Y-Intersection on campus on Thursdays between 4 and 6pm.
- [McGill Student Run Ecological Gardens](#) (**available in Summer**) is what I use for fresh veggies during the off times of the Good Food Box. They offer two programs a year: a 10-week in the summer and an 8-week in the fall. Their boxes are about enough food for a household of 2 people, but I effectively fed 3 people on it this summer. The 10-week summer box is \$225 for students (\$22.5 per week) and the 8-week fall box is \$180, which is much less than buying the same veggies at a store. Plus, they're local, organic and the people are really nice.
- [PA Supermarché](#) (**Delivery and takeout options available** – 1420 du Fort / 5242 Av du Parc) is a chain of supermarkets with products considerably cheaper than Provigo or Metro. Have delivery options; minimum order of \$35 plus delivery fees (prices vary).
- [Sami Fruits](#) (**Takeout options available** – 1505 Legendre Ouest / 3000 de Marche) is a grocery store specializing in fruits and vegetables and their prices are relatively lower than regular grocery stores. Measures are in place to protect customer health during the pandemic.
- [Segal's Market](#) (**Takeout options available** – 4001 Blvd St-Laurent, near Duluth) is a small, cheap grocery store with a good, quality selection. Segal's is great for cheap produce, dairy, and organic products. Good for stocking up in bulk for less. Get hemp milk for the best price. However, their meat/poultry selection is limited.
- [Super C](#) (**Delivery and takeout options available** – 147 ave Atwater / 44 Blvd de la Cité-des-Jeunes) is a discount grocery store chain that offers small discounts on all items and large discounts on their weekly sale items. Check out their flyer to find out when they have the best deals. If you're ever making a bulk beer or wine purchase, go here! They regularly have great deals on big cases of beer and large bottles of wine.
- **Various ethnic supermarkets** offer the best option if you're looking for foods specific to any one culture. For Asian foods check out [Marché Eden](#) (**Delivery and takeout options available** – 3575 avenue du Parc) which is currently offering online ordering and same-day delivery. [Jang-Teu Asian Supermarket](#) (**Delivery and takeout options available** – 2109 Ste-Catherine Ouest) or almost any grocery store in Chinatown.

SCHOOL SUPPLIES



Cheap Textbooks:

- [AbeBooks](#) is a partner to Book Depository and often has some better deals if you're shipping to Canada. Prices are in US dollars so be careful with the conversion. Shipping can take 1-2 months sometimes, so order early!
- [Amazon](#) offers new and used textbooks, sometimes at amazing discounts, sometimes at full price. They tend to be fairly hit or miss when it comes to textbooks, but it's always worth looking! If you have Prime and are buying a book through Amazon, check for free 1-day or 2-day delivery.
- [Book Depository](#) is an online retailer of new and used books. Their prices are often cheaper than Amazon, and they offer free worldwide shipping, so even if their price is the same as Amazon or the Bookstore, it is often worth it to buy from here if other sources are out of stock.
- [Book Finder](#) is a wonderful resource for online textbook (and non-textbook) buying! This site will search all online book-selling websites, across all different countries, and show you the cheapest prices after factoring in shipping to wherever you are. This site is 100% your best bet at finding the best deals online and has personally saved me hundreds of dollars.
- [Direct Textbook](#) offers much the same service as Book Finder, but specializes in textbooks. I've had it turn up some offers that Book Finder missed, so it's definitely worth a search before you buy.
- **General Bookstores: used or loose-leaf copies** are available as a last resort. They are sold at close to full price but will save you at least some money over their new and hard-cover counterparts.
- [John Abbott College Book Sale & Exchange](#) is a sell and buy Facebook group. Many of the textbooks are also used at Mac Campus.
- [McGill Textbook Exchange](#) is a good first stop when looking for any textbooks. Chances are there are students who took the same class last term who are looking to offload their barely used, no longer needed textbooks for a steep discount.
- [Robber's Roost Bookstore](#) (Centennial Centre) has second hand books for sale; but they also sell general toiletries in small quantities, including feminine hygiene products, toothbrushes, toothpaste, Kleenex, etc. at a cheap price! Second hand text books sell for about 50% the cost of new.
- [Slugbooks.com](#) is a website where you can buy, sell, or rent textbooks. You can search for textbooks using the ISBN so you can find the exact version required by your prof. The site will compare book prices over several sellers to save you time and money. You can use it not only to compare prices to buy online, but to compare prices if buying from another McGill student (Don't get ripped off). Be sure to change the country to "Canada" in the drop-down menu before you begin.
- [The Word Bookstore](#) (469 Milton) is a used bookstore. They sell used textbooks and novels, and also buy back used books.

School Supplies:

- [Dollarama](#) (**open with modified hours**) has school supplies at prices up to \$4. They also offer a wide variety of goods such as house décor, arts and crafts, snacks, and much more.

- [Giant Tiger](#) (**open with modified hours** - 6877 boul. Newman / 3374, boulevard Taschereau) Giant Tiger is a short bus, train, or bike ride from campus. It's a great place not only for cheap food, but also for clothing, small appliances, toys, and much more.
- **McGill Clubs** and services like [Student Wellness Hub](#), and [The Sexual Assault Centre of the McGill Students' Society](#) (SACOMSS) – **with limited, irregular hours**, as well as [Campus Life and Engagement](#). **Office Supply Stores** are always the better option for buying school supplies. Places like depts (convenience stores), grocery stores and even the McGill Bookstore usually charge much more than a store like [Bureau en Gros](#) for pens and pencils. If it's an item you know you will use (highlighters, white-out, tape etc.), then buy the bigger pack; it's almost always a better deal. Consider skipping the brand-name supplies for the generic brands (all yellow highlighters are yellow) and make sure to evaluate your actual need of supplies (do you really need five different colours of pens or will three do?). Check [Amazon.ca](#) and [Walmart](#) (**Delivery and takeout options available**) too for office supplies.
- **Other University Libraries' Wi-Fi** – Cafes can get expensive if you need a change in study environment. You can connect to Wi-Fi on many university campuses throughout the world using [eduroam](#) with your McGill email and password.

PERSONAL ITEMS



Cheap Clothing:

- [Montreal Swap Collective](#) hosts monthly (or so) clothing swaps, for used and new clothes of all types. For every bag of clothes you bring, you can leave with a bag of clothes. Swaps are usually free, or less than \$10 to attend and offer great chances to revitalize your wardrobe for cheap. If none of the locations or dates of these events work for you, consider hosting one yourself!
- **Thrift Stores:** Montreal has a lot of these, as well as used clothing stores called **friperies**. You can find clothes, accessories, furniture and household items at many of these stores. Some well-known ones include:
 - [Value Village](#) (2033 Blvd Pie-IX / 4906 Jean-Talon Ouest) is a large used clothing and household item store, part of whose proceeds go to benefit local charities. Consider bringing your old items to donate here, as for every bag you donate, you get a discount on your future purchases!
 - [Eva B](#) (2015 Blvd St-Laurent) has grown into a Montreal institution. They offer second-hand, stylish and vintage clothes for reasonable prices, and are a great place to find some trend-setting pieces. They also have a cute (and cheap!) café in their store, boast the cheapest cappuccino in Montreal (\$2.25), have an impressive 3 story patio with an apiary and garden and, all things considered, are a place that needs to be experienced by everyone.
 - [Le Coffre aux trésors du Chaînon](#) is a second-hand store has clothing, shoes, books, home items and more. The revenue goes to Le Chaînon, which is a women's shelter.
 - [Salvation Army Thrift Store](#) is a chain of thrift stores throughout the island of Montreal.
 - [Thrift Shops for Nova](#) (43 Ste-Anne / 449 Beaconsfield Blvd) is a not-for-profit organization sells second hand furniture, clothes, linens, etc. at an affordable price!
 - [Union Church: Boutique 24](#) (24 rue Maple) Their thrift shop is open every Thursday between 12pm and 4pm!
 - [Église Ste-Anne-de-Bellevue](#) has a [bazaar every Tuesday](#) between 12:30pm and 5pm!
 - [L'Actuel: Thrift Shop](#) (88 rue Adele in Vaudreuil-Dorion) is a non-profit volunteer centre that provides services to the community. They sell clothing, shoes, books, dishes, electronics, appliances, and much more. They also have a food bank although are currently serving by appointment only.
- [Winners](#) (**Virtual line up at select stores** - Place Montreal Trust and other locations) Clothes and home items of good quality and brand names for lower prices. Sometimes/often deals on designer/brand names.
- [The Winter Coat Project](#): As of 2019, McGill's [World University Services Canada](#) (WUSC) has taken over the project. If you're an international student, you can pick up a used winter coat for free. This is also a great program to donate your used jackets to when you upgrade or move back home. More information will be available on their [Facebook page](#).

Toiletries:

- **Buy in Bulk**, or at least in the biggest size available, for products you know you will use (shampoo, tampons, face wash, etc.). Travel size, or smaller sized products are never the cheapest option in the long run.
- **Condoms** are given out for free in many public McGill locations by Healthy at McGill, and can also be found in the offices of The [Sexual Assault Centre of the McGill Students' Society \(SACOMSS\)](#) **limited service and**

hours, [Queer McGill](#) or the [Union for Gender Empowerment \(UGE\)](#). Contraception, sex toys and menstrual products can also be ordered through the [McGill Shag Shop \(CLOSED\)](#).

- [Dollar Shave Club](#) offers packages delivered monthly with 4 cartridges for as low as \$4.50 / month for twin blade cartridges (shipping included!). This site might market primarily to men but their razors work just as well for other genders and I'd be personally stunned if you could ever find a cheaper price for a month of razors.
- **Drug Stores** (like [Pharmaprix](#) or [Jean Coutu – modified hours](#)) offer cheaper prices on toiletries than grocery stores or depts. Pharmaprix does have a [good points system](#) that when used appropriately can save you money in the long run.
- **Menstrual Cups** ([divacup.com](#), [mooncup.co.uk](#) or others) are money- and environment-saving alternatives to tampons and pads. They market for around \$40 and can be used for years at a time, saving you \$100+ /year in disposable menstrual products. [PutACupInIt.com](#) has a quiz to help you figure out which cup would suit you best. The [McGill Shag Shop \(CLOSED\)](#) also sells them.
- **Tampons and Maxi Pads** are available for free in the women's bathrooms in the SSMU building and in the Brown Building as well as other buildings on campus (**currently closed**). The [Student Wellness Hub](#) has free tampon samples. This is a great option if you find yourself on campus without one or just grab a few to take home with you. The [McGill Shag Shop \(CLOSED\)](#) also sells them too.
- [The McGill Union for Gender Empowerment](#) offers a variety of gender empowerment and safe sex products like packers, lube, sea sponges, breastfeeding supplies, clean needles and gaffs. They also offer a female undergarment ordering service for those who feel uncomfortable or unsafe making these purchases themselves or have a limited financial capacity. All of their services ~~is~~ are on a pay-what-you-can basis.

Everything Else:

- [Free and for Sale](#) and [Mac Free and For Sale](#) are Facebook Groups for past and present McGill students to buy, sell or giveaway their unwanted items. From furniture to workout equipment to food and everything in between, this group gets a bit of everything (and always for cheap!). You are especially likely to find what you need for cheap if you time your search to the end of terms (December or May)—when students are leaving, and suddenly realize they can't take so much stuff home—or July 1 (moving day in Quebec)!
- [Groupon](#) offers tons of discounts on activities, travel, goods, and food.
- [IsThereAnyDeal.com](#) is your one-stop-shop for buying video games online, mainly for PC games. Simply enter the game you're looking for, and they search through 34 different online video game retailers to find the cheapest price. For each game and site, they also offer historical low prices so you know that you're getting a good deal. You can even sync your Steam, Gamersgate or GOG wish lists and set the site to email you when good deals arrive.
- [McGill Computer Taskforce \(CLOSED\)](#) offers free printing to Science and Arts and Science students, in the Burnside basement. Otherwise, check out [Copi-EUS \(CLOSED\)](#) in McConnell Engineering for cheap printing.
- [Montreal Used Book Swap \(private group\)](#) hosts monthly book swaps where you can bring your already read books and exchange them for ones that are new-to-you. Entrance is free, and books of any language are welcome!
- [Steam](#) – everyone's favourite online video game retailer, has massive sales a few times a year. Prices usually drop by 10-90% on almost every game in store, so it's usually worth it to wait, if you can, before buying a new game. They have summer and Christmas sales every year and have been known to have Easter, Thanksgiving and even Chinese New Year sales too.

- [The Kijiji “Free Stuff”](#) and the [Craigslist “Free”](#) sections can have some awesome hidden deals. Kijiji and Craigslist are also great places to look for cheap furniture, household items, bikes, and apartment listings. Make sure you buy and sell safely and always arrange to meet in a public place. Be mindful of [social distancing](#).
- [The PC Optimum Card](#) allows you to accumulate points at Provigo, Esso and Pharmaprix and you can redeem your points for food and other essentials.
- [The SPC Card](#) is a student discount card. It’s 10\$ for the card annually and you get discounts on 450+ brands all year long. Some brands include Amazon.ca, Apple, Thai Express, and many more!

SERVICES



Haircuts: Note: some salons may have limited spaces and may require an appointment. They also may charge a COVID fee and have safety protocols. Please contact them or check their website for more details.

- [Académie de Coiffure Hilda](#) (4621 de Salaberry Suite #1) is a hair school offering their students' services for cheap (\$14 for a haircut for women, \$10 for a haircut and beard trim for men) located in the northern part of Montreal.
- [Académie de coiffure Tornade](#) is a chain of hair styling schools. The closest location to campus is on St. Denis at St. Joseph. You can get your hair cut by a hair styling student or a certified stylist. Price: \$11.33+ for a haircut (male or female).
- [Andie's Barber Shop](#) (1245 Metcalfe) does men's (and potentially women's short) haircuts for \$27 for students. Their loyalty system makes the 10th haircut only \$10. It's first come first served, so you may have to wait. Note: they are closed on Saturdays and Sundays!
- [Coiffure Benny](#) (2030 Frontenac) offers a no frills, quality men's haircut for cheap (\$12).
- [Coiffure Pierre](#) (500 Sherbrooke Ouest) is no-nonsense, no-frills barbershop offering haircuts to people with short hair for \$20. This place is located just east of campus and your entire haircut is likely to take only 20 minutes.
- [École de Coiffure International](#) (4755 ave Van Horne Suite 107) offers cheap haircuts done by their students. Starting at \$11 for women and \$8 for men, it's hard to beat their prices. They also do colour, highlights, and styling. Just be aware that it may take longer than usual as it will be a student cutting your hair!
- [Gordon Robertson Beauty Academy](#) (240 Beaurepaire Drive) is a school offering their students' services for cheap (ranging from \$10 - \$15) – just a short bus ride or bike from Mac Campus.
- [Haircuts for Anyone](#) (390 St-Zotique Est) is committed to giving people of all genders, sexes, sexualities and ethnicities haircuts without judgment. They charge \$25 - \$60 depending on your income, making them a wonderful project to support.

Transport around Montreal: Wearing [a mask or a face covering that covers the nose and mouth](#) is mandatory while taking public transit.

- [BIXI](#) is a bike sharing program that is incredibly popular in Montreal. They have 460 stations throughout the city and offer several options for people looking to use their bikes. A single trip of 30 minutes or less costs \$2.99 and a full day's access (with unlimited 30 minute trips) costs \$5.25. If you have a Photo OPUS card, a single 30-minute trip will cost \$2. Through McGill, students can receive a [15% discount](#) on an annual BIXI membership which takes the price from \$97 to \$82.45 and allows the user 45-minute trips instead of 30-minute trips. BIXI stations are open from April 15 to November 15 annually.
- [Drivesafe](#) and [Walksafe](#) (**currently CLOSED**) are two great student services. Drivesafe (514-398-8040) is a free transportation service operating on Thursdays-Saturdays from 11pm to 3am that will drive students anywhere on the island of Montreal. Walksafe (514-398-2498) is a free walking companion service operating Sunday - Thursday 9pm to 12am and Friday-Saturday 9pm to 3am that will walk with you anywhere on the island of Montreal.

- [Self-Serve Bikes Service](#) (Laird Hall room 101) is a free bike rental serviced offered at Mac Campus only. The service is available from 6am to 11pm and you could rent it for a maximum of 3 hours. A valid McGill ID card is required.
- [STM Montreal \(Metros, trains and busses\)](#) offer significantly reduced fares to students. (As of 2017 this is available for all students, regardless of age). [A student OPUS](#) card costs \$15 and you can now apply for it through Minerva, avoiding the yearly line at Berri-UQAM. The best option for a student who will use transit every day or many times a week is the 4-month pass, which was designed, with students in mind, to be the length of one term. It costs \$204, which breaks down to \$51 per month, and it will save you the hassle of reloading your OPUS card along with everyone else on the 1st of every month. If you'd rather do the pass by the month, the student OPUS discounts the normal monthly price of \$86.50 to only \$52.

Travel: Please consult the [Government of Canada](#) website for more information.

- [Expedia](#) is a great one-stop shop when booking flights or hotels. They search through all airlines and hotel companies to find the cheapest rates for you. Be sure to search in a private browser session, as many airlines and hotels will raise their prices if they see you looking multiple times on their pages.
- [McGill Rideshare](#) is a Facebook group to help past and present McGill students organize ride-sharing. The group is especially active around the holidays (when many students are travelling home) and splitting gas is usually cheaper than buying a ticket on a bus, train or plane. Always be safe, however, as there is a greater risk when travelling with other students than when using official transport. Wearing [a mask or a face covering that covers the nose and mouth](#) is mandatory while in enclosed spaces.
- [Megabus](#) offers the cheapest option to anyone travelling to Ontario or the USA. If booked months in advance, their tickets can be as low as \$10, and even last minute tickets are only \$50. Consider reserving a seat when you book. It only costs a few extra dollars, and guarantees you the aisle or window seat you prefer.
- [Porter](#) (**CLOSED until Jun 21, 2021**) is a discount airline service for most major Canadian cities and major northern U.S. cities. Their service is excellent, and their tickets are often hundreds of dollars cheaper than their competitors, so they're always worth a look when booking flights.
- [Via Rail](#) is potentially the most comfortable option for travelling, with on-train Wi-Fi, food and drink service, and large bathrooms. Their tickets tend to run more on the expensive end but can be reasonable if you book in advance. They have sales every Tuesday on last minute deals and offer the youth rate to all students under 25 (or present a valid student ID card or an ISIC card for students 26 or older). On top of the student discount, you can get the McGill discount when travelling for University-related activities. For more information, visit [McGill Travel Services](#).

Bicycle Repair or Purchase:

- [Les Bicycletteries J.R.](#) (928 Villeray) offers a \$49.99+ tune up for your bike in the Plateau.
- [Bikurious](#) (1757 Amherst, website in French only) offers a general tune up starting at \$49.99 depending on the type of bike, and also features a hair salon in the corner of the room!
- [Giant by Teal Sport](#) (90 Morgan Road) – sometimes their sale section online has good bikes at decent prices.
- [Golden Sports](#) (428 Beaconsfield Blvd Suite 101) is a sports store that also specialize in bike repairs and tune-up, but they also offer ski and snowboard tune-ups!

- [The Flat Bike Collective](#) (**CLOSED** - SSMU Basement – currently at 2075 Robert-Bourassa Blvd Basement) is open most evenings and offers tools and aid in fixing your own bike. This is not a repair service, but people who are willing to help you learn to help yourself. It is free to use.

Utilities

- [Hydro Quebec](#) has some useful tips videos on how to reduce consumption, which ultimately you save on hydro. If you're facing some financial difficulties in making your payments to Hydro, you may [contact them](#) to make payment arrangements.

SPORTS AND RECREATION



- [Cap-Saint-Jacques Nature Park](#) (20099 Gouin Blvd Ouest) it is one of the largest parks in Montreal, with plenty of hiking trails and a public beach (with a \$5 admission fee).
- [Mac Arena \(CLOSED\)](#) is free for McGill Students with a valid McGill ID card during lunch time hours; Skating is Monday to Friday 12pm to 1pm, Hockey is from Monday to Friday 1pm – 2:30pm (Note: you must have a helmet and the appropriate gear to participate). The Mac Arena is not open for recreational skating or hockey during the holidays or March break.
- [Macdonald Stewart Athletic Complex](#) – Has online fitness classes available. They have a [Summer Fitness Pass](#) for \$20. There is also [outdoor gyms](#) available to use, free of charge, and an [outdoor sand volleyball court](#) (reservation required).
- [McGill Clubs](#) – Almost every other sport has some form of club at McGill, so whether you're into dragon boat racing, badminton or running, there's probably a club for you—most of which offer subsidized ways to participate in your favourite activities! [Mac Athletics](#) also has a wide range of recreational activities from skating to the Woodsmen/ Woodswomen Competition!
- [The McGill Fitness Centre \(CLOSED\)](#) offers bar none the cheapest option for those looking for a gym membership. Access and use of the sports complex is included with student fees in the fall and winter semesters (so change rooms and the indoor track, amongst other things, may always be used) and access to the fitness centre is only \$45 a semester for undergrads and \$55 for graduate students. That breaks down to \$12.25 (or \$13.75) a month! The fitness centre also offers classes in everything from [swimming to martial arts to tennis](#). Each class lasts around 7 weeks and they vary in price from about \$40 - \$145. If that's too steep for your budget, consider the many [pay as you go](#) classes that are offered for \$10 per class, like Zumba, yoga and spin.
- [Morgan Arboretum](#) is a 245-hectare forest reserve on Mac Campus. It's open all year long from 9am – 4pm. They have beautiful hiking trails in the summer and fall, and nice skiing trails in the winter. They had various types of trees, including one of the oldest living maple stands on the island of Montreal, and the home of 200 or more species of birds. They also hold nature events. A one-year full-time student membership is \$46 (**memberships are limited due to the increase in demand**), and a one-time student visit is \$5.50.
- **Local Parks** are usually free and they are open year-round. It's a great way to escape the everyday hustle and bustle of school life:
 - [Mount Royal](#) is located on Montreal's famous mountain in the heart of downtown.
 - [Jeanne-Mance Park](#) is a little park located in front of Mount Royal.
 - [La Fontaine Park](#) is another park located downtown
 - [Jean Drapeau Park](#) is a small island park off of the island of Montreal (it's visible from the Old Port). They have free firework viewings in the summer and countless festivals throughout the year.
 - [The Lachine Canal \(limited visitor access\)](#) has a 13.5 km walking path and bike path located in the southwest of Montreal, stretching from the Old Port to Lake Saint-Louis (near the West Island).
 - [Angrignon Park](#) is located near Angrignon Metro in LaSalle. There's a bike path, walking paths that go around a lake and through the woods, and a good place to have a picnic.
 - [Bois-de-Liesse Park \(limited visitor access\)](#) is located in Pierrefonds and it has tons of hiking trails.
- [Paddle Mac](#) Take advantage of Mac Campus' waterfront location and rent a paddle board, kayak or canoe! Seasonal membership costs \$240, or hourly rentals are \$15/hour and up.

- [Quinn Farm](#) (**Reservation required**, 2495 blvd Perrot in Notre-Dame-de-l'Île-Perrot) They grow plenty of seasonal vegetables. Free until mid-June (admission fee of \$5 afterwards), you can go and pick your own apples, pumpkins, strawberries, or whatever is in season. There is an additional cost depending on how much you pick measured in weight.
- **Skating** is incredibly popular during the many winter months in Montreal. There are hundreds of small, local rinks, some offering skate rentals. [The Ville de Montréal](#) lists information on outdoor skating rinks. There's also a few outdoor skating rinks in [Ste-Anne](#). Here are a few of the more special rinks in the city:
 - **Verdun Skating Rink ([Le Bleu Blanc Bouge](#))** (1re Avenue, Verdun QC) offers an exact replica of the Montreal Canadiens's rink in the Bell Centre. Admission is free, and offer free skates or helmet rental in exchange for a valid ID.
 - **Parc Jeanne-Mance** (av du Parc and av du Mont-Royal) offers a large and beautiful rink at the base of the mountain with free admission. They do not offer skate rentals.
 - **Parc Jean-Drapeau** (Île Notre-Dame) offers a 1.5 km skating path through the woods during their Fête Des Neiges (from the end of January to the beginning of February on weekends only). Admission is free and they offer skate rentals for \$10 for 2 hours. It's \$9 for 2 hours for those who have the Fete des Neiges ACCROPASSE passport.
 - [Pierrefonds-Roxboro Public Skating](#) (14700 blvd de Pierrefonds) There's a \$3 admission fee to skate during the designated times. Free admission during the winter holiday and on spring break!
 - [Beaver Lake](#) (2000 Remembrance) sits atop Mont Royal and offers the city's most popular outdoor skating rink. With gorgeous views of the city, it offers free admission, \$9 for 2 hours' skate rental and \$7 skate sharpening.
- **Yoga** – some studios offer virtual classes [Akasha yoga](#) (**drop-in class: \$10, monthly: \$60**), [Enso yoga](#) (**2 classes trial offer: \$19, 30-Day Challenge: \$34.95**) and [Modo yoga](#) (**drop-in class: \$12, first virtual class: \$5, monthly: \$80-\$108**). Some yoga studio also offer outdoor classes.

MUSEUMS AND MONUMENTS



Art museums/Galleries:

- [La Galerie de l'UQAM](#) (**Online exhibitions** - 1400 Berri) exhibits contemporary Quebec art as well as contemporary art from Canada and abroad. They host a variety of interesting events that are definitely worth checking out and admission is free to all!
- [The Guild](#) (**Online exhibitions** - 1356 Sherbrooke Ouest) is a museum specializing in First Nations and Inuit art. Entrance is free and their collection is unmatched in most of Quebec.
- [The Montreal Museum of Fine Arts](#) (**Online exhibitions** - 1380 Sherbrooke Ouest) is one of the most famous, and large, museums in Montreal. It has a tremendous number of artifacts to discover and they offer free admission to their collection and discovery exhibitions for all people under 30.
- [The Musée d'art contemporain de Montréal](#) (**Online exhibitions**) offers half-price admission on Wednesday evenings from 5pm to 9pm. Normally, it's \$10 for students with a valid ID.
- [The Musée des maîtres et artisans du Québec](#) (**Online exhibitions** - 615 ave Saint-Croix) works to showcase individual creators within Quebec. They want to raise awareness about both traditional and contemporary craftsmanship in Quebec, and allow artists a place to show their work. Student admission is \$5.
- [Phi Foundation for Contemporary Art](#) (**Reservation required** - 451 & 465 St-Jean), formerly known as DHC/ART, is an art museum specializing in contemporary art of many different media types. Admission for all is free and their exhibits change quite frequently.

History museums:

- [The Canadian Centre for Architecture](#) (**Reservation required** - 1920 Baile) is a collection on Canadian architecture, both modern and ancient. Entrance for students is free and their exhibits change quite frequently so this museum never gets boring.
- [Centre d'histoire De Montreal](#) (**CLOSED BUT WILL REOPEN IN 2022** - 335 place D'Youville) is a gorgeous museum focusing on the history of Montreal. The main exhibits focus on the founding of Montreal, and its development through the ages. Entrance for students is only \$5.25 with a valid ID.
- [Château Ramezay](#) (280 Notre-Dame Est) is an experience like no other. This heritage home offers a window into the past with exhibits inside the house and a beautiful garden outside. They also offer many opportunities to engage in activities of the era. Student entrance is \$9.
- [Écomusée du Fier Monde](#) (2050 rue Amherst) is a working class and industrial history museum. It focuses on the impacts of the Industrial Revolution on Quebec, especially on its working-class populations, and tells many stories that other museums may miss. There is a 50% discount on regularly priced tickets on Wednesdays from 5-8pm. If that doesn't work for you, student admission is reasonable at \$6.
- [The McCord Museum](#) offers free admission on Wednesday evenings from 5pm-9pm. Extra fees for major exhibitions still apply.
- [Montreal Holocaust Memorial Centre](#) (**Online Exhibitions, reservation required for in-person visit** - 5151 ch de la Côte-Ste-Catherine) offers a unique perspective on this great tragedy. Their museum is filled with exhibits on the life of Jewish individuals before, during and after the war. Admission for students is \$5 with valid ID.

- [The Musée des Hospitalières de l'Hôtel-Dieu de Montréal](#) (201 av des Pins Ouest) offers a history of the founding of Montreal by Jeanne Mance, and stories of the founding of major Montreal hospitals, hotels and other landmarks. The building the museum is situated in is simply stunning and student admission is only \$8 (cash only).
- [Pointe-Claire Village](#) (319 Bord-du-Lac Lakeshore road) is a historical area dating back to the 17th century. Located along the river in Pointe-Claire, there are some charming shops, cafes, and bars. Many events held in the Pointe-Claire village, especially during the summer months.
- [Pointe-du-Moulin](#) (2500 Blvd Don Quichotte) is a historical site and is famous for its 300-year-old windmill. It's open every day during the summer months from 9:30am – 5pm, and it's free for residents of Île-Perrot, Pincourt, Terrasse-Vaudreuil, and Notre-Dame-de-l'Île-Perrot. They offer guided tours which is \$8 from May to October. It's closed during the winter months.

Others:

- [The Cinémathèque Québécoise](#) (335 de Maisonneuve Est) is a museum of movies, television and media. They work to preserve and present the audiovisual history of Quebec, and offer both exhibits and film and TV screenings. Students are admitted for free to the permanent and temporary exhibits, and for \$10 to any screenings. Currently have daily film recommendations on their [Facebook](#) page.
- [Ecomuseum](#) (**Reservation required** - 21125 Sainte Marie Road) is an outdoor zoo next to the Morgan Arboretum! It features Quebec's wildlife in a natural setting and is open 364 days a year. Admission is \$18 per visit during the peak season (late-March through October) or \$15.25 during the off-peak. An annual membership costs \$50 for unlimited visits.
- [La Grande Bibliothèque](#) (475 de Maisonneuve Ouest) is Montreal's biggest library and one of its most beautiful modern buildings. As well as housing hundreds of thousands of books (in many languages) they also offer some displays put on by the Quebec government. Whether you're looking for somewhere new to study or just something to explore, the library is definitely worth a trip (entrance is free!).
- [McGill's Redpath Museum](#) (**Exhibitions are closed, but offer online events**) is free for all individual visitors. The Museum also runs cool events and workshops including nighttime flashlight tours and guest speakers.
- [Montreal Biosphere](#) is an impressive structure that houses exhibits on environment, climatology, water and air quality. It was built for the famous Expo 67, and has become a Montreal landmark. Student entrance is \$10, and there are a few discounts you might want to take advantage of if you are going to several museums in a day.
- [The Saint Joseph Oratory](#) (3800 Queen Mary) is a stunning part of the Montreal landscape and Canada's largest church. Even though visiting this monument to look around and take photos is free, donations are encouraged. They also offer a museum, which depicts the church's history.

ENTERTAINMENT



Movies and theatre:

- [Cineplex Tuesdays](#) all Cineplex theatres have discounted admission tickets on Tuesdays and [SCENE](#) members save an additional 10%! There are many Cineplex theatres in and around the Montreal area, including some near Mac Campus!
- [Dollar Cinema](#) (Square Decarie, 6900 Decarie Blvd) offers movie tickets for only \$2.50 and concession items for \$1.00. They tend to play slightly older movies (1-3 months) but offer a wide selection. Be sure when buying tickets, however, that you're seeing the movie in the language you want to!
- **Free Movies:** during the summer/early fall, there are various free outdoor movie screenings around Montreal. For example, check out: Downtown [screening under the stars \(Uncertain at this moment\)](#).
- **Free Theatre** is offered by [Repercussion Theatre](#). They host by-donation, Shakespeare-in-the-Park plays across different parks in Montreal.
- [Player's Theatre](#) is Montreal's oldest English-speaking theatre and based right out of the SSMU building. They offer 4 shows a semester, that are always fantastic, and tickets are only \$8 for students.
- [TOHU](#) is a Montreal organization that specializes in circus and performance arts. Their roster is always changing, from mini-horse shows to aerial stunts above Place des Arts. They do a bit of everything! **They offer some free online shows.**

Festivals:

- Festivals** are hosted year-round in Montreal, especially during the summer months. Check out the [Quartier des Spectacles Montreal](#) to see lists of upcoming festivals. Many offer free entertainment, food and drink. It's a safe bet that Place des Arts will be closed off for a festival every weekend in the summer.
- [L'International des Feux Loto-Québec](#) is an international fireworks competition hosted at Parc Jean-Drapeau every summer. As the fireworks can be seen from across much of the city (especially from high vantage points) there is little reason to pay park admission.

Other:

- McGill has hundreds of clubs** both [downtown](#) and at [Mac Campus](#). Many have no entrance fees, most offer free or cheap events and all offer great ways to meet people interested in the same things as you.
- [SSMU Mini Courses](#) are a cheap option for those looking to pick up a new skill or hobby. Courses usually run for 8 weeks, once or twice a week, and can be on anything from yoga to ballroom dancing, to learning coding, to bartending. Costs vary but expect to pay somewhere in the ballpark of \$50-\$80.
 - **Signing up at local libraries** is free for all residents of the City of Montreal and the membership is valid for 2 years. It's a good extra study space and to access books. To become a member, you need to bring a piece of ID and proof of residency in Montreal at any library that is part of the [Montreal Libraries](#). If you live in Ste-Anne, check out their [website](#).

Frugal Living



Here are some general frugal living tips that could help you save money during your studies!

General Tips

- **Do it yourself** – [Pinterest](#) has many recipe ideas as well as home decoration and crafting ideas. [YouTube](#) also has tons of how-to videos on pretty much anything from knitting to cooking.
- **Use less energy** – turn the lights off when you're not in the room, and use less heating/air conditioning when you're sleeping or away from home. Unplug small appliances that you are not using.
- **Check bills and statements** for mistakes or overcharges, and get errors corrected.

Shopping Tips

- **Check flyers** to buy items on sale. You can usually find flyers near the store entrance. You can also check [publisac.ca](#), which lists flyers from different retailers in your surrounding area.
- **Ask for Student Discounts** – When shopping at the mall or even at a food court, always ask if there is a student discount available. Sometimes student discounts are available, but not always advertised and cashiers forget to ask. Be sure to bring your student ID.
- **Bring reusable shopping bags** whenever you go shopping. Many stores charge for plastic bags, so it's a way to save money and to be ecofriendly.

Food Tips

- **Prepare your own meals** – Eating out is expensive and you can save some extra cash by shopping for groceries and cooking meals at home.
- **Plan your meals** before grocery shopping. It's easier to stay on track and not to overspend when you shop with a list.
 - The [Tiny Budget Cooking](#) website offers a free downloadable cookbook that includes meal plans and recipes for breakfast, lunch, and supper. They also have meat and vegetarian options and ingredient swaps.
- **Cook in batches** and freeze meals which will save you time and make your food last longer.
- **Cook with your roommate(s), if possible**, so you can buy a larger quantity of groceries including bulk purchases which can make grocery shopping cheaper.
- **Bring a lunch** – cafeteria food and eating out is expensive. Whenever possible try to bring a lunch and/or snacks along with you.
- **Make your own coffee or tea** at home. It can save you money versus ordering a \$4 latte at a coffee shop.
- **Reward cards** – if you must have [Starbucks](#) or [Second Cup](#), they offer a reward system where each dollar you spend earns you points, and after a certain amount of points, you earn free drinks.

Event Tips

- **Be involved on campus** and attend events to get free or cheap food (**when it's possible**)

HAPPY SAVING!

