



# Residence Handbook 2023-2024

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## Graduate Students



**McGill**

Student Housing and  
Hospitality Services

Service de logement  
étudiant et d'hôtellerie



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## Connect with us

### *Residence Life Office*

[residence.life@mcgill.ca](mailto:residence.life@mcgill.ca)

514-398-2929

University Hall

3473 University Street,  
Montreal, Quebec, H3A 2A8

### *Student Housing and Dining Service Centre*

[housing.residences@mcgill.ca](mailto:housing.residences@mcgill.ca)

514-398-6368

University Hall

3473 University Street,  
Montreal, Quebec, H3A 2A8

## Land Acknowledgement

McGill University is on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Haudenosaunee and Anishinabeg nations. We acknowledge and thank the diverse Indigenous peoples whose presence marks this territory on which peoples of the world now gather.





# Welcome to McGill Residence

## We're so excited to welcome you!

Your time here promises to be filled with amazing new experiences, triumphs, and memories to last a lifetime. You'll meet people from different walks of life, get involved in a new community and learn more about yourself and your capabilities.

To help you achieve the best year possible both personally and academically, our team at [Student Housing and Hospitality Services](#) (SHHS) is working hard to foster a welcoming, safe and nurturing environment for you and your peers.

The Residence Life team is here to help bring together a community that is enriching and that supports every one of you.

We encourage you to come with an open mind and a positive attitude. Introduce yourself to as many people as you can; you never know who will turn into a lifelong friend!

## Our Philosophy

### Foundation of Respect

McGill's SHHS operates under a philosophy of respect as the foundation of our community. The rules and expectations we have for our residents all stem from this philosophy, and it is something we hope you carry with you beyond your time in residence.

We choose respect to be our core belief because it's comprehensive and versatile; respect can be showing respect for yourself, acting respectfully towards your fellow residents, respecting the staff in your building and the work they do, respect for the buildings themselves, and so much more.

From our side, we work to respect your autonomy as young adults, while understanding that your first year in university is a tremendous learning experience; and sometimes, learning means making mistakes. When people are disrespectful, we put an emphasis on caring for the community, and restoring respect among those affected. Beyond that, students who choose to behave in a manner contrary to our philosophy, policies and procedures will be held accountable through the [McGill Code of Student Conduct](#) and the Community Living Standards described in this document.



# Mission & Values

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## Mission

Student Housing and Hospitality Services offers a welcoming, safe and nurturing environment, which is strategically designed to foster the development, education, and wellness of our community. We are committed to providing high-quality services and maximizing operational efficiency to enhance the living and learning experience of our students, staff, and guests. We support the mission of the University and of Student Life and Learning by upholding our core values.

## Our Core Values

**Respect:** We treat every person with dignity, care and concern and actively promote a culture of respect in our richly diverse community.

**Integrity:** We ensure transparency, accountability and responsiveness through continuous assessment, and ongoing internal and external consultation. We benchmark our progress against peer institution best practices.

**Leadership and Innovation:** We set high standards for ourselves and our operations. We encourage emerging leadership and innovation in our students, our staff, and the McGill community at large.

**Sustainability:** We support and maintain sustainable environmental, social, operational, and fiscal practices.

**Education and Wellness:** We encourage healthy lifestyles, endorse and offer nutritional food choices, use a prevention-based harm reduction approach, and provide stimulating living-learning opportunities.





# Get the most out of living in Residence

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## Be mindful:

Make sure to respect yourself and those around you. Ask for help when you need it.

Breathe – take it easy on yourself, this may be your first time living on your own!

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## Make friends:

Step out of your comfort zone, participate in floor events and seize opportunities to engage with your residence community; your new best friend could be around the corner!

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## Have an open mind:

Try all kinds of new activities; you might discover new talents and passions!

Get involved with the many clubs, student initiatives, councils, etc. on campus.

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## Maximize learning opportunities:

Get to know your professors, familiarize yourself with academic advising & McGill Career Planning Service (CaPS) and get to know McGill resources.

Explore Montreal! It's a beautiful city!

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## Have fun:

Through it all, make sure to enjoy yourself.



# Tips for Getting Along with Your Roommate

In the first week of living together, roommates are expected to allocate a minimum of 30 minutes to completing the [roommate agreement](#) which is mandatory and becomes a binding document between roommates. This document helps to guide conversations about sharing space and is an investment into your living space and roommate relationship.

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## *Start off on the right foot*

It's important that you and your roommate respect each other from the moment you enter your new shared living space. You don't have to become best friends, but it's important that you respect each other's space, time, and belongings. Come in with an open mind and a good attitude.

Tell your roommate some things that you would appreciate (such as cleaning up after themselves, giving a heads up if guests are coming, etc.) and tell them to do the same. That way you're both starting out with a better knowledge of the other person's likes and dislikes.



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## *Give yourself time*

It can take time to get used to living with someone; especially someone you've never met before! Be patient with yourself and the other person. Give yourself some time to settle in and get accustomed to their habits. If after just one week you've decided that you cannot live with this person, you haven't fully given it a fair chance. Know that there will be bumps in the road and times that you will get frustrated, but as long as you are fair and direct, most issues should get resolved.







# Important Dates

## Fall 2023

August 19-20	Move-in weekend
August 22	Discover McGill
August 30	Classes begin
September 12	Add/Drop deadline
October 6-11	Fall Reading Break
December 5	Classes end
December 7	Exams begin
December 21	Exams end

## Winter 2024

January 4	Classes begin
January 16	Add/drop deadline
March 4-8	Winter Reading Week
April 12	Classes end
April 15	Exams begin
April 30	Exams end
April 30	Move-out of Residences
April 30	Meal Plan ends

# Local Wellness Advisor

The Local Wellness Advisor (LWAs) is a trained mental health clinician assigned specifically to work with students living in McGill Residences.

They meet individually with students living in residence and help connect them with the appropriate support resources, either on campus or elsewhere within the Montréal community. Much like a counsellor, a LWA explores with students how to support their mental health and wellbeing. The LWA also acts as mental health resource to the entire Residence Life team.

Students can [book one-on-one appointments directly](#) with the LWA through the online booking system. Students can also reach out to other LWAs from other faculties, or specific to community groups, as well as other clinicians at the Student Wellness Hub.



## Margot Nossal

3473 rue University (University Hall), Room #009

[margot.nossal@mcgill.ca](mailto:margot.nossal@mcgill.ca)

Margot is a licensed social worker who works at University Hall with the Residence Life team. She also serves the Two-Spirit and LGBTQIA+ communities at McGill, both within Residences and across the entire university. Her previous work includes working with young adults, children, and families in various mental health and community settings.

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## Meet our Dietitian



## Anna Gottheil

Anna Gottheil is a Registered Dietitian and Certified Intuitive Eating Counsellor who provides nutrition counselling services for students living in residence. She is passionate about supporting residence students during their academic journey through nourishing, flexible and engaging nutrition interventions.

Anna has experience in clinical settings, private practice, and food service and as such, plays an important role in making sure menus are nutritionally balanced and meet the needs of our diverse residence community.

Do you have food allergies, special dietary requirements or simply wish to ask food and nutrition related questions? Please contact Anna at [anna.gottheil@mcgill.ca](mailto:anna.gottheil@mcgill.ca)





# Community Living Standards

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The Community Living Standards (CLS) are designed to build an environment that is conducive to safety, respect, and learning. It is a framework that creates opportunities for reflection and growth when a student's actions or behaviours do not abide by the CLS.

Every resident student is responsible to read, understand, and abide by the CLS as referenced in the terms and additional clauses of the educational lease.

The Residence Life team retains the right to meet with and provide sanctions to any resident who has violated any of the CLS.

# Community Living Standards

The conduct status a student can receive is based on a case-by-case evaluation reviewed by the Residence Life Manager and then discussed with the student in question.

## 1.0 Alcohol

### *1.1 Responsible Alcohol Consumption*

Residents who choose to consume alcohol must do so in a respectful and safe manner. All residents and their accompanied guests must abide by the provincial laws regarding alcohol consumption. The following standards are in place to promote safe alcohol consumption:

#### *Responsible Drinking:*

- Possession and consumption of alcohol in McGill Residence must conform to the provincial laws of Québec. **Individuals must be 18 years of age or older to legally consume and purchase alcohol.**
- The sale of alcohol to minors is against provincial laws.

#### *Consumption Locations:*

- Students of legal age are allowed to consume alcohol in their private rooms or apartment.
- Open containers of alcohol are prohibited everywhere except a student's private living space (room/apartment).
- As per Quebec's provincial laws, alcohol may be transported outside a private area if it is factory sealed.
- Drinking alcohol outside of any residence property (including patios) is not permitted.

#### *Mass Consumption:*

- Any type of activity or accessory that promotes mass consumption or rapid/binge drinking is strictly prohibited in residence. This includes but is not limited to drinking games (e.g., beer pong, water pong, flip cup) or the use of drinking devices (e.g., funnels).
- It is expected that residents will not participate, encourage, promote, or be a spectator to any type of drinking game. Drinking games are defined as an activity, game, or contest where the consumption of alcoholic beverages is a primary focus or used as a penalty or a result of an action.
- Kegs are not allowed at any time in the residence community. The term "keg" refers to a container capable of holding 6.0 litres or more of alcohol, which requires tapping and/or cannot be resealed.

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## 2.0 Behaviour & Respect

### *2.1 Cooperation with staff*

- Ignoring, arguing, fighting, verbal/physical harassment, or being dismissive of any McGill staff member is strictly prohibited. Students are expected to comply with McGill staff and security at all times.



## 2.0 Behaviour & Respect

### 2.2 Dangerous Behaviour, Activities and/or Materials

- Residents engaging in activities that are deemed dangerous to themselves and others is prohibited. Dangerous materials such as (but not limited to) fireworks, propane canisters, BBQs, dynamite, gasoline, are not permitted in residence.

### 2.3 Damage to Property or Vandalism

- Damage to a resident's personal property or McGill University property is strictly prohibited. Malicious intent to damage property or failure to uphold a reasonable standard of cleanliness will not be tolerated.
- During winter, residents are expected to keep any windows closed when they are not present in their room to avoid damage to building infrastructure (e.g. frozen pipes causing water damage, etc.).

### 2.4 Gambling

- Any form of gambling on McGill University property or involving University functions, including but not limited to athletic events and other extracurricular activities, is prohibited. Gambling is defined as playing a game for money or property or otherwise placing a bet on an uncertain outcome.

### 2.5 Harassment

- Every individual has the right to live and operate in a community that focuses on mutual respect, free from any form of harassment.
- As per McGill's Policy on Harassment, Sexual Harassment and Discrimination Prohibited by Law, harassment means "any vexatious behaviour by one Member of the University Community towards another Member of the University Community in the form of repeated hostile or unwanted conduct, verbal comments, actions or gestures, that affect the dignity or psychological or physical integrity of a Member of the University Community and that result in a harmful environment for such an individual."
- This includes all forms of communication, direct or indirect, including social media. Any incidences of harassment should be reported immediately.

### 2.6 Inappropriate/Illegal Entry

- Entering another resident's room or disturbing another resident's property is not permitted. Residents who are locked out may gain entry to their room by contacting Accommodations Staff or the Protection Patroller of that building. Manipulating the lock, door, or window to gain entry into a building or room is strictly prohibited. Entering or exiting through unauthorized doors is not allowed, nor is propping a door open.
- Some residences have security features such as turnstiles. Bypassing these systems without providing the necessary access can result in fines and other sanctions.
- In cases of emergency, McGill staff reserve the right to enter a residents' rooms, without prior authorization.

### 2.7 Noise

- Residents must ensure they are being mindful of the amount of noise they make while living in residence. Noise that can be heard outside of a room or from the hallways negatively impacts a community and will not be permitted.

## 2.0 Behaviour & Respect

- Residents must respect quiet hours which are from **11:00 PM to 9:00 AM** everyday.
- Excessive noise past the designated quiet hours will not be tolerated.

### **Consideration Hours:**

- When quiet hours are not in effect, every resident must ensure the noise they are emitting is not negatively affecting the surrounding community. This includes yelling, singing, or playing music loudly. Consideration hours are in effect 24 hours a day, every day of the week. When students are creating an excessive amount of noise, they are in violation of this community standard.

### **Exam Quiet Hours:**

- Exam Quiet Hours starts the day after classes end, and runs from **9:00 PM - 9:00 AM** everyday.
- Excessive noise past the designated quiet hours may result in fines and other sanctions.

### *2.8 Pranks*

- Involvement in any form of prank in residence is strictly prohibited. This can include actions that target, harass, disrupt, or jeopardize the safety of a resident or staff member. Pranks can include but are not limited to water fights, raids, removal of residence property, or illegal entry into a resident's room.

### *2.9 Prohibited Areas*

- Residents are not permitted to access prohibited areas, including but not limited to rooftops, unauthorized access to a resident's room, and other administrative spaces.

### *2.10 Violence*

- Violence, intimidation, or physical aggression of any type towards other students or university staff will not be tolerated. This also includes sexual violence, and violence towards oneself.

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## 3.0 Commercial use of Property

- Solicitation and using a residence space or room for commercial purposes is strictly prohibited. Your room cannot be assigned a 'sublet' or rented out to anyone.

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## 4.0 Drugs

- Possession, trafficking, or involvement with any type of illegal drug is prohibited. Possession of drug-related paraphernalia that is associated with trafficking, or consumption of an illegal drug or non-prescribed medication will result in residence sanctions.

### *4.1 Drug Paraphernalia*

- Possession and storage of drug paraphernalia in residence is prohibited. This includes bongs, pipes, vaporizers, and any other device associated with the consumption and usage of drugs.



## 5.0 Fire

### 5.1 Appliances & Cooking

- Appliances with open heating elements such as hot plates, toasters, toaster ovens, kettles, and electric heaters are not permitted in residence. Students are only allowed to cook in the designated kitchens with the supplied cooking devices.

### 5.2 Fire Equipment

- Tampering with any type of fire safety equipment and triggering an alarm without cause will result in an immediate fine of up to \$250 and a disciplinary action issued by your Residence Life Manager. Tampering includes activating a fire alarm, covering or tampering with a smoke detector, emergency lighting, breaker switches, sprinkler heads, pull stations, activating a fire extinguisher or fire hose, or exiting through a designated fire exit.
- **Students will be financially responsible for the \$3000 fine issued by the Fire Department per unfounded fire alarm.**

#### 5.2.1 Sprinklers

- The residences are equipped with sophisticated sprinkler systems.
- Refrain from hanging anything from the sprinkler heads or cages, and from throwing or kicking objects (footballs, frisbees) in the corridors as this could trigger the sprinklers to go off. Residents will be held financially responsible for any damages that occur as a result of careless use or vandalism of the sprinkler system including damage to the carpet and furniture.

### 5.3 Fire Safety

- Students must do their best to keep themselves and their community safe, which includes avoiding risky behaviour that may hinder the evacuation process during a fire alarm.
- When a fire alarm goes off, everyone in the building must evacuate to their closest muster point or stand outside, away from the building. Failure to cooperate during a fire alarm or drill will result in an educational sanction and/or fine.

Keep hallways clear of:

- furniture
- sports equipment/shoes/shoe racks/boots
- garbage bags
- door mats
- decorations placed on the floor
- items in front of the door to a residence room

The following items are **not permitted** in any of the residence buildings since they are known to cause fires and any resident found using them will receive a fine, educational sanction, and conduct status:

- incense
- cigarettes
- e-cigarettes
- candles
- hookahs
- any open element appliances (toaster oven, hot plate, wok)

## 5.0 Fire

### What to Do When the Fire Alarm Sounds In Your Building

1. Leave the room and close the door behind you.
2. Evacuate the building immediately, using the safest and closest exit. Do not take the elevators.
3. Move away from the building to a distance of at least 100 meters and make your way to the assembly point.
4. Follow the instructions from Exit Monitors and any of the Emergency Response Personnel including Fire, Ambulance and Police.

**If you suspect there is a fire in your building use the pull station and call the Montreal Fire Department at 9-1-1.**

#### *5.4 Open Flames & Incense*

- Open flames such as candles, hookahs, and incense are not permitted in residence. Residents who are found using any of these items in their rooms may face a fine up to \$250 as well as receive additional sanctions.
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## 6.0 Guests & Visitors

- A maximum of two (2) visitors are permitted per resident at any given time. Students are responsible for their guests at all times; guests are expected to abide by the Residence Community Living Standards. Residents are responsible for the actions of their guests.
  - Students who wish to host overnight guests must first discuss with their roommate and gain their roommate's consent.
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## 7.0 Pets

- Pets are not allowed in residence. Requests to bring in a certified service animal must be submitted and subsequently approved by the Student Housing Admissions Office.
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## 8.0 Smoking and Cannabis

#### *8.1 Smoking*

- Residents wishing to smoke tobacco products or e-cigarettes must do so in a designated smoking area. Residents who are found smoking in their room may face a fine up to \$250 and receive additional sanctions.



## 8.0 Smoking and Cannabis

### 8.2 Cannabis

- Smoking and inhaling of cannabis is prohibited in residence.
  - Consumption and possession of cannabis is **prohibited for students under 21 years of age**. More details can be found in [McGill's Policy Concerning Alcohol, Cannabis and Other Drugs](#).
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## 9.0 Unauthorized signage

- Exhibiting or affixing any unauthorized sign, poster, advertisement, notice or other lettering, flags or banners that are inscribed, painted, or affixed to any part of the outside of a building or the inside of the building that may be viewed outside of one's room.
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## 10.0 Weapons

- Possession of real or replica guns in residence including but not limited to paintball guns, airsoft guns, swords, knives, slingshots, and archery equipment is strictly prohibited. You must advise your RLM if you are part of the fencing or archery clubs and require storage of your sporting equipment.

# Safety and Security

## In case of emergency

If a student or community member is in immediate danger:

- From a wired phone on campus (not a cell): **Call 911 immediately**
- Security services are automatically notified and will be able to see your location and help guide emergency responders there.
- From an outside line or Cell: **Call 911 immediately**  
Then call Security services: 514-398-3000

Make sure to know:

- The location of all 'exit' staircases.
- The exact location of the nearest manual fire alarm.
- The exact location and type of the nearest fire extinguisher.
- If your smoke detector works. You must never tamper with it.

## Personal Safety tips

- **Always lock your door. Whether you are sleeping or just leaving to go to the bathroom but especially when you are not there.** Residences are safe, but it takes only a moment for a thief to grab a laptop.
- **Never leave your belongings unattended** in the dining halls, library, lobbies etc.
- **Lock your windows and doors at night** and draw your blinds.
- **Report any stolen belongings to McGill security: 514-398-3000**
- Report any lost keys/ID cards, to the appropriate office immediately.
- Do not lend your keys or access cards to anyone.
- Do not sign in a guest you don't know.
- Do not allow anyone you don't know to enter a key-card entry behind you.
- If someone claims to be a visitor, ask for their friend's name and room number. If the "visitor" causes any problems, tell a protection patroller, the front desk staff, or call McGill Security at 514-398-3000.
- **Do not buzz anyone you don't know into the building.** Always go to the door to see who it is.
- Do not ask the food delivery drivers to come up to your room. Instead meet them in the lobby.
- Do not prop open emergency doors and residence hall doors that are supposed to be closed.
- Do not jump over the turnstiles.
- **Please only use emergency exits in emergencies;** otherwise, someone could enter from outside undetected.
- Do not go up onto the roof. This is taken very seriously as we don't want anyone to get hurt. If you are caught on the roof, you will be subject to a \$ 250 fine and discipline under the McGill Student Code of Conduct.

# Building Care

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## Cleaning

Housekeeping staff maintain the common spaces in the buildings. They are working diligently to ensure spaces are cleaned and sanitized to the highest possible standard including frequent sanitation of high traffic areas. You are asked to keep these areas free of personal belongings, dirty dishes, shoes, etc.

YOU are responsible for the cleanliness and care of your own room/apartment. (This includes your ceiling, front door, floor, furniture, walls and appliances.)

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## Common Rooms

These areas are fully furnished for your use and comfort. Please respect your fellow residents by leaving the common room furniture where it belongs. Fees will apply for any furniture that needs to be moved.

No additional furniture is permitted to be stored in the building.

You are responsible to keep the areas clean and free of any items obstructing exit accessibility in the event of emergency.

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## Decorating

Only non-marking adhesives are permitted for securing decorations. **Pushpins, hooks, nails, duct tape, double sided tape, are not permitted** as they are known to damage walls and doors.

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## Heating Units

When the cold weather arrives in late fall, the heat is turned on. It is important that the radiator is free of any obstructions that may affect the distribution of air.

**Do not place your bed against the heating unit nor hang any items on it.**

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## Key Lockouts

Carry your keys/key card with you at all times. If you accidentally lock yourself out of your room, the MORE front desk in the Greenbriar building should have a spare key. After hours, a spare key may be signed out from Royal Victoria College front desk. You may be charged a lockout fee.

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## Key Replacements & Charges

**Duplicates of keys can NOT be made by residents!**

If your **keys are lost or misplaced you will have to have your lock changed, which can cost anywhere between \$250.00 - \$500** depending on your residence. Arrangements will be made with you to change the lock as soon as possible. If you lose a key for a double room, you will have to pay for a new key for your roommate as well.

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## Pest Control

If you suspect the invasion of any critter, please report it to the front desk immediately.

**Used furniture is not permitted to be brought into residences.** Although seemingly in good condition, it may be infested.

If you suspect you have bed bugs, don't hesitate and contact your floor fellow or front desk. This is **VERY important** as to avoid contamination. A protocol is in place in order to avoid the spread of the bugs.



# Building Care

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## *Room Inspections*

At various points throughout the academic year the accommodation staff will enter your room to inspect the health and safety conditions of your room and belongings.

Should the living conditions in your room be deemed unacceptable, we will provide you with a warning and provide a time frame to address the issues.

If you do not respond to the warning within the time frame provided, we will move forward to address and resolve the issues at your cost.

You will be advised one week before each inspection. We ask that, at that time you tidy your room and dispose of debris. Large, extra pieces of furniture should not be brought into your room, as they pose a potential fire hazard. Please check with the residence beforehand to obtain approval.

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## *Room Condition Report*

At move in, you will receive a Room Condition Report to be completed and returned to the front desk within 72 hours of your arrival. Failure to complete the report may result in damage charges being assessed at the end of the academic year for which you are not necessarily responsible. If you are sharing a double room, only one report needs to be submitted signed by both roommates.

Note that in all residences, failure to report damages may result in charges to your account at the end of the year. Please be patient; it may be a short while until someone can come to fix the problem, but don't worry, we won't forget about you!

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## *Room Repairs*

If there are maintenance requirements in your room you may either report it to your front desk or make an [online request](#).

If you have a building maintenance emergency (i.e. toilet flooding, broken windows or doors, etc) please **contact your front desk**.

It is very important that you report all damages and repairs in a timely fashion, so that the damages do not worsen.

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## *Windows*

**Always keep your windows closed during the cold winter months** to prevent any chance of pipes bursting. Any damage caused by leaving your windows open will result in extra fees.

Tampering with the windows and/or its components like the screens, operating and locking mechanism, screws, etc, will result in damage fees.

# Laundry

**Starting Fall 2023**, the use of washers and dryers in the residence buildings are available 24/7 at **no additional charge**.

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## Washing Instructions

1. Check garment tags for specific instructions.
2. Separate clothing by colour and fabric type:  
whites | colours | dark colours
3. Remove all items from pockets.
4. Load clothes loosely into the washing machine giving them room to move. Do not stuff the machine.
  - Overloading the washer will prevent your clothes from being thoroughly washed and will damage the machines.
  - When washing bulky items (such as jackets or blankets) keep the load small since these items will most likely fill up the washing basin.
5. Add detergent (and bleach and fabric softener if desired in the reserved areas).
  - Only liquid and powder soap can be used in the soap dispenser drawer. Pods are not recommended for the type of machines available in residence and are not to be put in the dispenser. Please refrain from using them.
6. Select your cycle and allow it to complete.
  - Do not open the door while the cycle is running. The door is locked and doing so will damage the machine.
  - Removing clothes before the spin cycle is complete will result in clothes dripping with water. These cannot be placed in the dryer this way. The spin cycle extracts extra water from the clothes.



Consider using the cold water cycle for a more sustainable option. It will also keep your colors looking vibrant.

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## Drying instructions

1. Clean lint screen before and after each use.
2. Check garment tags for specific drying instructions.
3. One washer load = one dryer load.
  - Overloading the dryer will prevent clothes from drying properly. Clothes dripping wet with water cannot be put in the dryer. This is an indication that the washer load was too large or the spin cycle did not complete.
4. Do not dry wool, rubber, or plastic items.



Consider drying your clothes on a clothing rack for a more sustainable option. Never hang anything on sprinklers or pipes.

Using the dryer may cause clothing to shrink and will, over time, damage fabrics.

## Laundry etiquette

- Remove clothes from the washer/dryer once cycle is complete.
- Leave the front-load door open to help the drum dry quickly.
- Be gentle when closing the doors of the washer and dryer. Slamming the doors will require equipment repairs.
- Wipe detergent spills.
- Clean the lint screen after using the dryer.
- Report service problems to the hall's front desk to ensure the machines get fixed quickly.

# Sustainability

We are committed to helping students adopt and develop lifelong sustainable practices through our various sustainability initiatives.

Please refer to the following list to gain a general understanding of what be recycled, thrown out or composted while living in residence.

## Quick guide to sorting waste

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### Recycling - glass, plastic, metal

#### Glass bottles, jars, & containers

##### Empty hard plastics:

- shampoo bottles
- laundry detergent
- yogurt containers

##### Soft plastics:

- grocery bags
- plastic bags
- bread bags
- plastic wrap/cling film

##### Do not recycle

any plastic #6, plastic cutlery, styrofoam, wax lined cups or bags

#### Paper & cardboard :

- Newspapers, flyers & magazines
- Paper
- Envelopes, even with film/plastic windows
- Cardboard boxes (flattened)
- Cardboard tubes, rolls, etc. (paper towel, toilet paper rolls)
- File folders
- Paper bags
- Books

##### Do not recycle

paper soiled with food like pizza boxes, takeout containers or napkins

#### Metal and aluminum:

- tin cans & lids
- hangers
- soda/drink cans
- pie tins
- foil
- keys

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### Garbage

- Any plastic item #6
- Styrofoam
- Paper or plastic items lined with wax (coffee cup & creamer, pastry bags)
- Laminated paper that is soiled with food (take out containers)
- Broken glass
- Plastic straws

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### Compost

#### Things you can compost

- Food waste
- Used napkins/paper towels
- Tea bags/coffee grounds
- Unlaminated paper food containers (ex: pizza boxes, paper plates)
- Wooden utensils (chopsticks, stir sticks)
- Compostable plastic labelled #7PLA

#### Do not compost:

- Laminated & waxed paper
- Inorganic material
- Non-compostable plastic
- Liquids
- Chemical products (including paper towel soiled with chemical products)
- Recyclable materials (metal, glass, plastic)



# Sustainability

## Tips to help you save energy in residence

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### *Leaving your room*

- Turn off the lights
  - Turn down the heat or air conditioner
  - Unplug appliances not in use to avoid phantom power
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### *Doing laundry*

- Hang up your clothes to dry
  - Wash clothes in full loads
  - Washing with cold water will save 90% of the washing energy, while preventing your clothes from bleeding colors
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### *On the go*

- Test your fitness: if you're able to, take the stairs instead of the elevator
  - Get a Bixi pass (or a bike) for the warmer months!
  - STM offers a student deal for unlimited bus and metro with the OPUS card
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### *In your hall*

- Keep windows closed in winter to avoid heat loss
  - Take shorter showers
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### *Studying*

- Turn off your computer after you are finished using it
  - Avoid buying new textbooks; try to find used or online versions. If you buy a new textbook, sell it when you are done using it
  - Opt for digital copies rather than print-outs
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### *Shopping*

- Purchase products with minimal packaging, try bulk purchases
  - Bring personal reusable bags when grocery shopping
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## Want to be learn more?

The Office of Sustainability offers amazing short workshops that will cover in more details sustainability topics of interest. Check out their [website](#) and register for one or more courses this semester.

# Campus Health & Wellness Resources

The transition to life in university can be challenging, and students may find themselves having difficulty adjusting to life away from home, experiencing feelings of anxiety or depression, or simply wishing to have someone to talk to. McGill Residences is committed to the mental health and well-being of residents by ensuring that students have access to a variety of support resources and services, as well as the personalized support in being guided in the right direction towards the appropriate resources.

## What Is Wellness?

Health and wellness is more than just exercise. There are many different aspects to a person's wellness — as is conceptualized in the 8 spokes of the McGill Student Wellness Hub's [wellness wheel](#).



By neglecting one areas of wellness, we might compromise our ability to confront challenges in other areas.

**By listening to our own needs, we become less likely to:**

- Feel exhausted or overwhelmed
- Experience low moods
- Experience resentful thoughts
- Take your stress out on others
- Feel anxious or depressed

It is important to be aware of changes in our own habits, moods, and general feeling of well-being in order to evaluate our own sense of wellness. Moreover, taking care of one area of wellness will also help them all: for example, being physically active and getting more sleep will also benefit a student's overall academic performance.

# Campus Health & Wellness Resources

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## **Local Wellness Advisor (LWA)**

Students living in residences can also [book an appointment](#) to meet with an LWA directly, and receive one-on-one support from a trained mental health clinician, via the Student Wellness Hub website.

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## **Student Wellness Hub**

Phone: [514-398-6017](tel:514-398-6017)

The [Student Wellness Hub](#) is an on-campus resource that includes general practitioners, nurses, psychiatrists, counsellors, social workers, and dietitians. Interventions are focused on short-term, episodic care for students facing common mental and physical health concerns during their studies. These professionals are also equipped to diagnose more complex issues and connect students with more appropriate care off-campus.

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## **The Peer Support Center**

The [PSC](#) is staffed by friendly and well-trained student peer supporters. The PSC provides a welcoming space where students can share their experiences, feel truly listened to, and find ways to resolve the things students are experiencing.

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## **McGill Students' Nightline**

Hours: 7 days a week from 6:00 PM- 3:00 AM during the academic year (except during the summer and winter breaks).

[514-398-6426](tel:514-398-6426) (MAIN)

[McGill Students' Nightline](#) is a confidential, anonymous and non-judgmental listening service, run by McGill students, offering a variety of support from information to crisis management to referrals.

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## **Office for Sexual Violence Response, Support and Education**

[514.398.3954](tel:514.398.3954) Email: [osvrse@mcgill.ca](mailto:osvrse@mcgill.ca)

Confidential, non-judgmental, and non-directional support and education to students, faculty and staff of all genders who have been [impacted by sexual violence](#).

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## **SACOMSS**

[514-398-8500](tel:514-398-8500)

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.



# Contact

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In case of EMERGENCY

**Montreal First Responders: 911**

**McGill Security: 514-398-3000**

## *Student Housing and Dining Service Centre*

housing.residences@mcgill.ca | 514-398-6368  
University Hall  
3473 University Street Montreal, Quebec, H3A 2A8

## *Residence Life head office*

residence.life@mcgill.ca | 514-398-2929  
University Hall  
3473 University Street, Montreal, Quebec, H3A 2A8

## **MORE Houses Administration**

(514) 398-3318  
3575 University St. Room #202 , Montreal, Quebec,  
H3A 2B1

