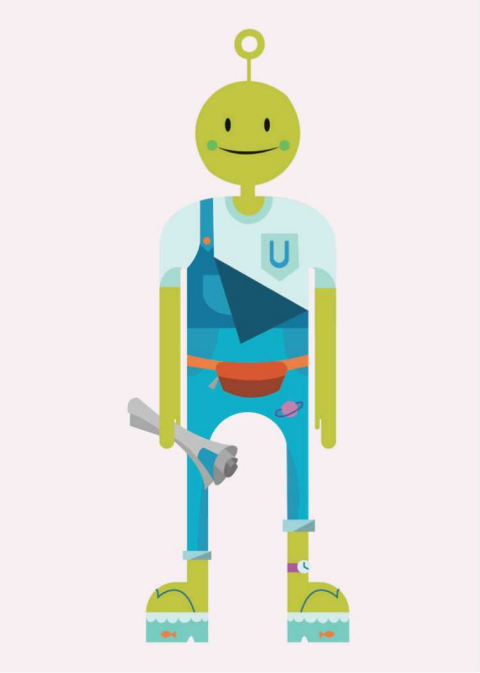

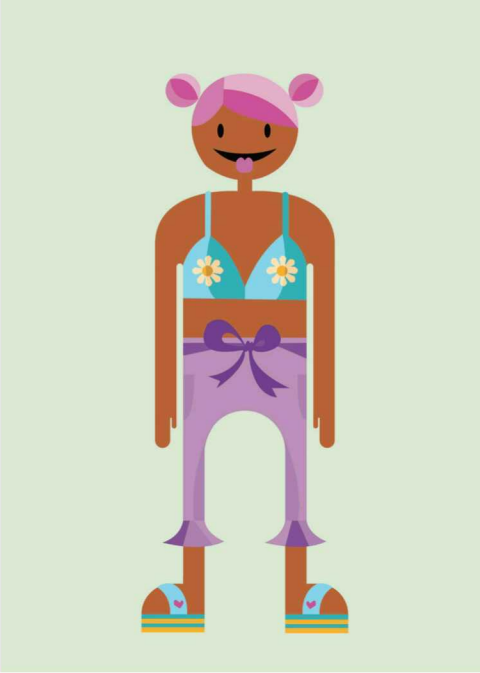

2018

the ubyssey's

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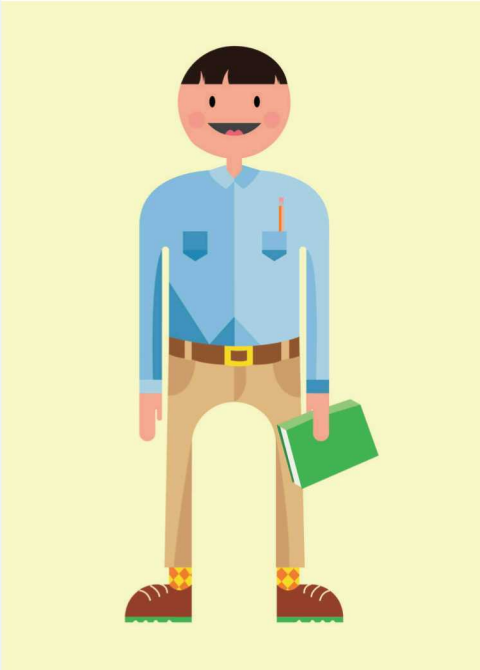
2019



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AMS F1RST WEEK

AUGUST 27 – SEPTEMBER 14

MON AUG 27

RESIDENCE REVAMP
Residence | 1:30pm

SUN SEPT 2

FIRSTWEEK FLIX
The Knoll | 9pm

RICHMOND NIGHT MARKET
Night Market | 6:30pm

MON SEPT 3

RESIDENCE REVAMP
Residence | 1:30pm

POP-UP CARNIVAL
Vanier Field | 4pm

TUES SEPT 4

LIVE@LUNCH
The Plaza | 12pm

IMAGINE DAY BOOTH
Main Mall | 1 pm

WED SEPT 5

COFFEE FOR COMMUTERS
The Plaza | 8:30am

DETOUR – SCAVENGER HUNT
UBC Campus | 3pm

LIVE@LUNCH
The Plaza | 12pm

PIT NIGHT
The Pit | 9pm

THURS SEPT 6

COFFEE FOR COMMUTERS
The Plaza | 8:30am

LIVE@LUNCH
The Plaza | 12pm

ADOPT-A-PLANT
Lev Bukhman Lounge | 2pm

ULTIMATE PAINT PARTY
The Great Hall | 9pm

FRI SEPT 7

LIVE@LUNCH
The Plaza | 12pm

IMPROV SHOW
Gage Ballroom | 7pm

SMOOCH-A-POOCH
Nest Room 2306-2309 | 12pm

BACK TO SCHOOL AT TWELVEWEST
TwelveWest Nightclub | 9pm

MON SEPT 10

PANCAKE BREAKFAST
The Plaza | 8:30am

SASC WORKSHOP
Performance Theatre | 5pm

YOGA
Nest Room 2306-2309 | 12pm

COMEDY SHOW
The Pit | 7pm

TUES SEPT 11

PANCAKE BREAKFAST
The Plaza | 8:30am

SASC WORKSHOP
Performance Theatre | 5pm

YOGA
Nest Room 2306-2309 | 12pm

PASTELS & PINOT
The Gallery 2.0 | 7pm

WED SEPT 12

COFFEE FOR COMMUTERS
The Plaza | 8:30am

POOL PARTY
Aquatic Centre | 9pm

LATIN DANCE
The Great Hall - North | 5:30pm

PIT NIGHT
The Pit | 9pm

THURS SEPT 13

COFFEE FOR COMMUTERS
The Plaza | 8:30am

VICE WORKSHOP
Performance Theatre | 5:30pm

DJ @ THE PIT
The Pit | 9pm

YOGA
The Rooftop | 5:30pm

IMPROV SHOW
Orchard Commons Event Space | 7pm

FRI SEPT 14

AMS WELCOME BACK BBQ
The Plaza | 4pm

[The UBC Party Calendar]

THE CALENDAR.CA

MON	TUES	WED	THUR	FRI	SAT	FRI
THE CALENDAR's GARDEN PARTY 5PM @ The UBCFarm	**IMAGINE DAY** All Day @ Campus Wide **UBC SKI & BOARD KEGGER** TBA @ ???	**PIT NIGHT (19+)** 9:00 PM @ The Pit **AMS SCAVENGER HUNT** 3:00 PM @ Nest Plaza	**EXCHANGE STUDENT NIGHT** 9:00 PM @ Koerner's **PLANT SALE** 2:00 PM @ LEV BUCHNER LOUNGE	**FARMADE** 3 PM @ The UBC FARM **UBC IMPROV** 7 PM @ Gage **ΣX ECLYPSE** 9 PM @ Greek Village **FIJI FRIDAY** 9 PM @ reek Village	**THE CALENDAR's POP-UP PARTY!** ??? @ ??? **PSI U WILD WEST** 9 PM @ Greek Village **MORE GREEK DEBAUCHERY** 9:00 PM @ Greek Village	**AMS WELCOME BACK BBQ** 14th SAT **HOMECOMING** **+ TREK & AFTER PARTY** 3:00 PM @ Campus Wide
3rd	4th	5th	6th	7th	8th	22nd

/TheCalendarUBC

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celebrate with us by reading the news that matters most to you.

ubyssey.ca

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a message from the editor

What does the "typical" UBC student look like?

Easy answer: there isn't one typical student at UBC, and that's what makes this university great. Embrace and embody that in your time here.

Whether you are setting foot on this campus for practically the first time or you're a seasoned veteran looking for a fresh start, take what makes you unique and use all the opportunities at your fingertips to encourage it. Take classes outside your comfort zone. Join a club. Start a club. Take that job that intimidates you. Apply for something cool. Hone your random talents. Try something entirely new. With this issue, we've tried to make the transition a little easier, and hopefully open up your eyes to the opportunities.

Oh, and while you're at it, embrace the commonalities and make a friend or two. And if your ideal community looks like a bunch of newspaper nerds, we'd love to have you.

Samantha McCabe,
coordinating editor

THE UBYSSEY

2018 | VOLUME C

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LEGAL

The Ubyssey is the official student newspaper of the University of British Columbia. It is published every Tuesday by The Ubyssey Publications Society. We are an autonomous, democratically run student organization and all students are encouraged to participate.

Editorials are chosen and written by the Ubyssey staff. They are the expressed opinion of the staff, and do not necessarily reflect the views of The Ubyssey Publications Society or the University of British Columbia. All editorial content appearing in The Ubyssey is the property of The Ubyssey Publications Society. Stories, opinions, photographs and artwork contained herein cannot be reproduced without the expressed, written permission of The Ubyssey Publications Society.

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The Ubyssey accepts opinion articles on any topic related to the University of British Columbia (UBC) and/or topics relevant to students attending UBC. Submissions must be written by UBC students, professors, alumni, or those in a suitable position (as determined by the opinions editor) to speak on UBC-related matters. Submissions must not contain racism, sexism, homophobia, transphobia, harassment or discrimination. Authors and/or submissions will not be precluded from publication based solely on association with particular ideologies or subject matter that some may find objectionable. Approval for publication is, however, dependent on the quality of the argument and The Ubyssey editorial board's judgment of appropriate content. Submissions may be sent by email to opinion@ubyssey.ca. Please include your student number or other proof of identification. Anonymous submissions will be accepted on extremely rare occasions. Requests for anonymity will be granted upon agreement from four fifths of the editorial board. Full opinions policy may be found at ubyssey.ca/submit-an-opinion

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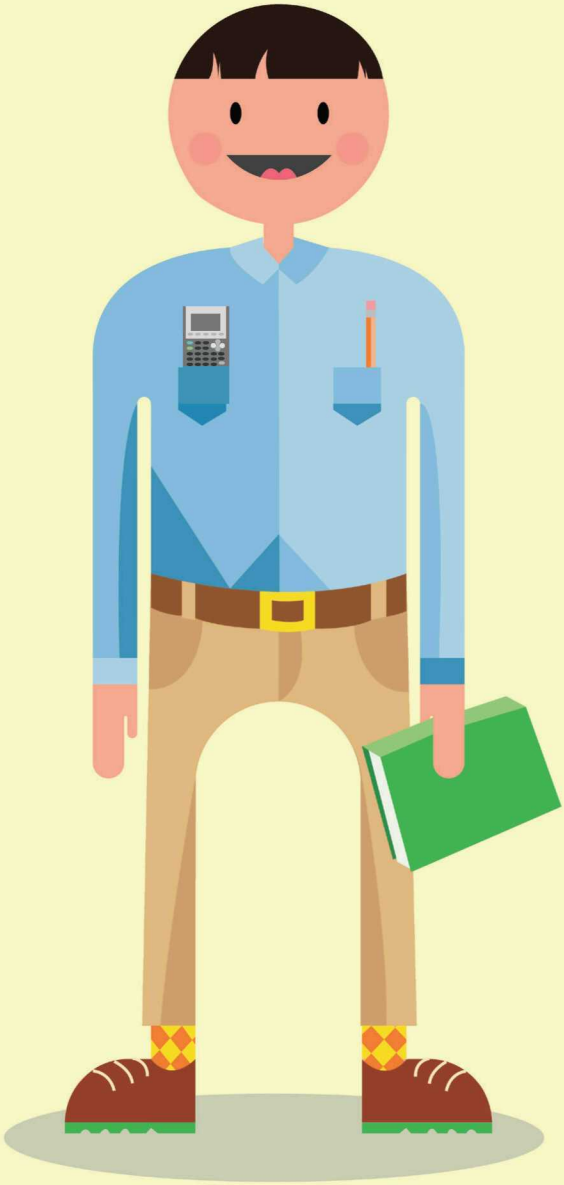
LAND ACKNOWLEDGEMENT

We would like to acknowledge that this paper and the land on which we study and work is the traditional, occupied, unceded territory of the Coast Salish peoples, including the territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), Sḵwx̱wú7mesh (Squamish), Sel̓ílwitulh (Tsleil-Waututh) Nations.

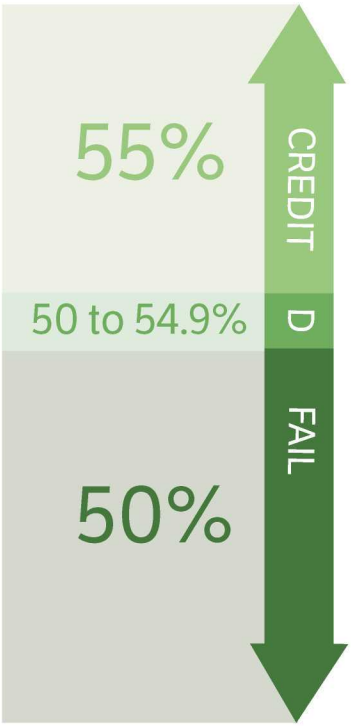
academics



basic academic knowledge

Credit/D/Fail

With Credit/D/Fail, you would get Credit if your grade is 55 per cent or above, a D if it's between 50 and 54.9 per cent, and an F if it's below 50 per cent. If you get Credit or D, you would still get credits, but your GPA wouldn't be impacted. Remember to check the deadline, the course's eligibility and your scholarship or bursary's criteria first though!



Withdrawing

Note down the two withdrawal deadlines! If you withdraw before the first one, you won't see any impact on your record. If you wait until the second one, there would be a W on your transcript, which won't harm your record unless you have a lot of them.

After this deadline, it's difficult to withdraw unless you have an extenuating circumstance, like a medical issue or loss of a loved one.

academic probation & failed standing

You will be placed on academic probation if your sessional average is between 50 and 55 per cent. This means you wouldn't be able to take more than 12 credits in either winter session term and no more than 11 credits in the summer.

You have a failed standing if your sessional average is below 50 per cent — but this is not the only criteria. If your average is around the 50 per cent zone, it would be wise to reach out to academic advising to figure out the best way forward.

Basically, when in doubt, reach out to academic advising!

professors

Unlike high school, professors may not ever know your name or even grade your paper if there's a TA doing it, so you want to stand out — in a good way.

Visit your professor's office hours

at the beginning of the term to introduce yourself, ask questions (when appropriate) in class, and ask for guidance on assignments to show you're engaged with the course.

Take multiple classes with the same professor

if you enjoy them, and be sure to connect with the resident experts on your academic interests.

It may feel like brown-nosing to some, but the relationships you build with faculty during your degree could be the difference between getting a letter of recommendation for graduate school or not — or even just rounding a 49 to a 50 so you pass the class.

STUDY TIPS

First year is the year you actually have to learn how to study — you can't sail through and get straight-As like many of us did in high school.

Make sure you test out different ways of active studying,

whether it's

- rewriting your notes or condensing them
- looking at old tests
- making flashcards
- quizzing yourself with a friend

Different strategies work for different people and courses, so once you find your rhythm, go from there!

HAVING TROUBLE?

Check in with your TA, your classmates or your prof to see how they suggest you prepare, and always, always, do the practice problems! You may just get lucky and find one of them on the exam.

This is Community.

At the SASC, our doors are open to people of all genders who are survivors of sexualized violence, as well as their friends and family.

We offer:

Emotional & Crisis Support · Advocacy · Accompaniments
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Let's build a better campus community together.

SASC
Sexual Assault Support Centre

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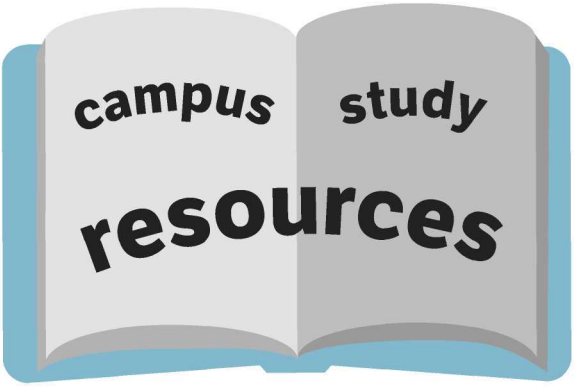
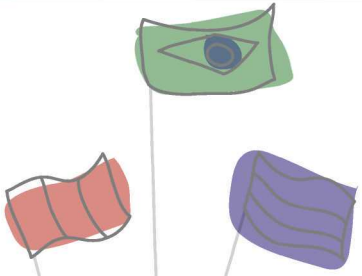


Resources in Irving K. Barber

Located in IKB, Chapman Learning Commons offers general academic and skill support like how to properly cite sources, how to prepare for exams and how to do a presentation. If you need help with written assignments or writing in general, there's also the Centre for Writing and Scholarly Communication in IKB.

AMS Tutoring

In AMS Tutoring, the tutors are students who aced the courses or subjects they are teaching. Check its website for the specific time and date for the subject that you want. Note: this is only for first- and second-year courses.



Tandem Language Program

A free way to learn a new language through conversations!

You get paired with a fluent speaker of a language of your choice and practice for 1.5 hours a week for 10 weeks.

First Nations House of Learning

The FNHL supports First Nations, Métis, and Inuit communities on campus through "writing and math tutors, academic advising, accredited counsellors, student health nurse and financial advising." It's located at 1985 West Mall, in the Longhouse.

Subject-specific resources

Different departments or faculties might also have their own academic support services, like Sauder's Academic Success Coaches, the Math Learning Centre and the Science Peer Academic Coaching. Do a quick search on the website of your program or affiliated student society/club/group to find out about yours.

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AMS STUDENT SERVICES

- WE'VE GOT YOUR BACK -

AMS Services aims to ensure that students have a positive experience at UBC by providing access to high quality support services on campus. Your AMS is proud to offer the following student-run services:

01 ADVOCACY

Helps students resolve formal conflicts with the University, including academic or non-academic misconduct, housing appeals, parking or library fines, or disputes similar in nature.

02 EHUB

Equips students with the resources, mentorship opportunities, and programs to take the first step in their entrepreneurial ventures, and help them to the finish line.

03 FOOD BANK

Provides emergency food relief for UBC students in need, offering various non-perishable foods, personal hygiene supplies, and information about additional resources on and off campus.

04 SAFEWALK

Encourages safe travel across campus after dusk with its walking and driving teams, offering a greater sense of security to those who may feel unsafe walking alone at night.

05 SPEAKEASY

Offers confidential, one-on-one peer support for UBC students and staff facing a wide variety of challenges, including academic stress, relationships issues, sexual orientation, and mental health.

06 TUTORING

Provides drop-in and private tutoring sessions for students in various locations across campus, ensuring easy access to the skills and support for academic success.

07 VICE

Supports students trying to find a balance with alcohol, drugs, and technology use, through educational outreach, peer dialogue sessions, and mentorship programs.

For more information on any of the services, visit ams.ubc.ca/studentsupport

studying abroad

Studying abroad doesn't just have to be a semester of finding yourself in Europe — it could be a summer term in Japan, a UBC global seminar taught for a few weeks in South America, a research conference abroad, or even an international internship as a co-op term.

Go Global,

UBC's office in charge of international study holds office hours three days a week to help you plan when and where you want to go to fit within your interests, budget and graduation timeline. Make sure to start planning early, as applications are competitive and begin to close in November for programs the following year.

HUBOR

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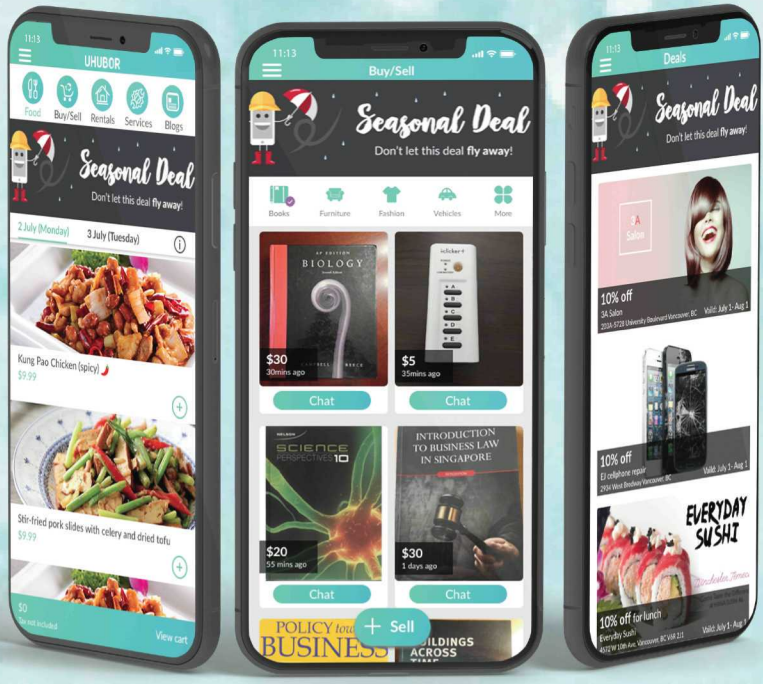

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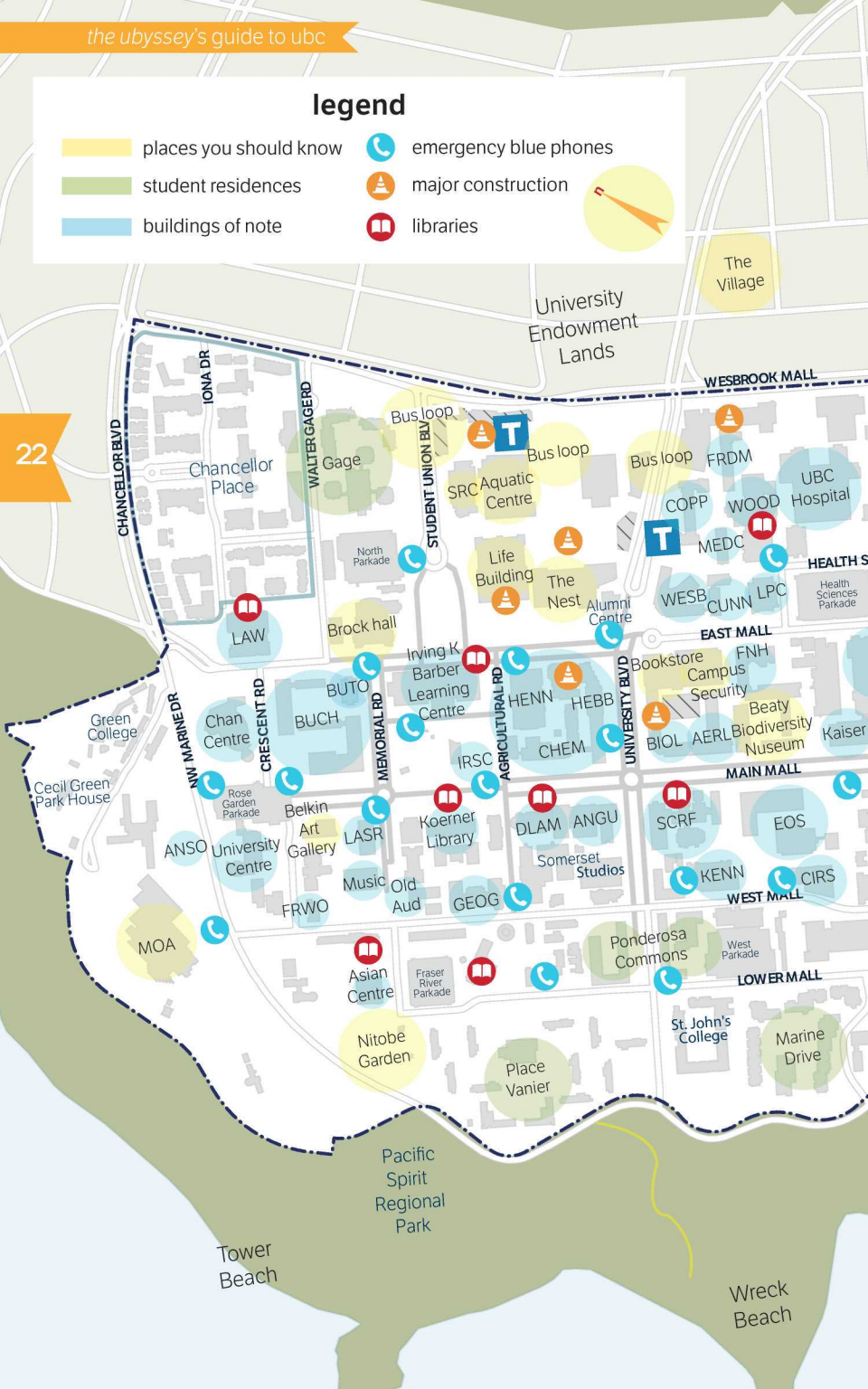
legend
places you should know
student residences
buildings of note
emergency blue phones
major construction
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The Village
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KENN
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FRWO
GEOG
WEST MALL
MOA
Asian Centre
Fraser River Parkade
Ponderosa Commons
West Parkade
LOWER MALL
St. John's College
Nitobe Garden
Place Vanier
Marine Drive
Pacific Spirit Regional Park
Tower Beach
Wreck Beach

ACADIA RD
Acadia Park Residence
Hampton Place
Fairview Crescent Residence
OSOYOOS CRES
Wesbrook Village
East Campus
Fraser Hall
AGRONOMY RD
PHAR
Thunderbird Parkade
THUNDERBIRD BLVD
Doug Mitchell Centre
Thunderbird Park
LSC
OSBO Tennis Centre
CIENCES MALL
EAST MALL
CERC
CEME
DMP
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ON THE 41, 25, 33, 49, 43
68, 70, 480 BUS ROUTES

PLENTY OF BIKE RACKS

clubs

You might have noticed that UBC is home to a huge number of student-run clubs, from sailing to photography to jazz to EDM.

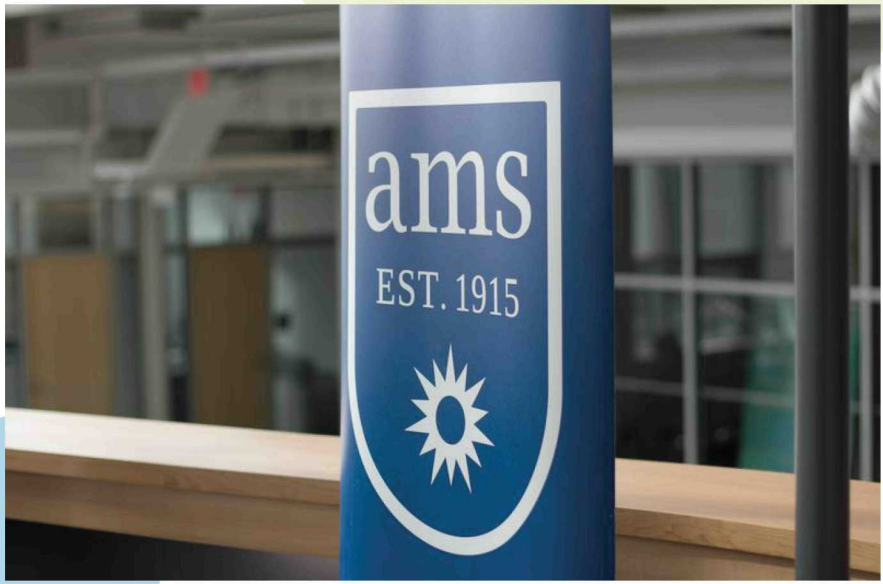
Almost any interest you could have is represented by a club here. Clubs are also one of the best ways to meet new people outside of your residence and classes. Clubs aren't just for common interests; there are also many societies dedicated to fields of study at UBC, so you really have no excuse NOT to do something.

Clubs Day in the Nest, which happens in September, is a tasters row of all the clubs at UBC and a great way to ask questions and see what clubs have to offer. Another resource for club-finding is the AMS Clubhouse, which is an online database of all the clubs and societies officially recognized by the AMS; just type in your area of interest, whether it be anime, boxing or psychedelics, and start clubbing.

the alma mater society

The Alma Mater Society (AMS) is your student government.

They're in charge of the clubs, the constituencies, the expensive food in the Nest and your student representation. They don't always do a great job, but it's worth remembering that they, like some of you, are young adults who are still figuring it all out. Some of their most important work — like that shiny new U-Pass you just picked up or your new health and dental plan — often goes unseen. Give them credit and criticism when each are due.



greek life

UBC is home to ten fraternities and eight sororities that are collectively known as "the Greeks" or "Greek societies," which we imagine is really confusing for actual Greek students. Forget what *Animal House* taught you: Greek life at UBC isn't as prestigious (or rowdy) as some schools in the States.

The Greeks offer networking, cheap housing, a vibrant social life, parties for drunk first-year students and lots of funding for charitable causes. Greek culture has its downsides: not everyone likes the vibe and it's a huge time commitment. Ultimately, the choice to join a frat or a sorority is yours — just make sure you do it for the right reasons.

cheap eats

on campus

You'll find that UBC has a lot of options to eat — but unfortunately, given the society that we live in, not a lot is cost-effective for students. Fortunately, there are *some* good options for cheap eats on campus.

res food

While not truly cost-effective, we're mentioning them because meal plan money isn't even real money, right?

pizza

The food of the people! Pizza is always a cost-effective choice, especially with the opening of Uncle Fatih's. Paired with the UBC diet staple, Pie R Squared, it's hard to pick something easier on your wallet.

mcdonald's

A classic. While prices have slowly increased over the last decade, this fast food megacorp can feed you quickly and for relatively cheap. Just please don't have EVERY meal at the golden arches.

porch

On the opposite side of the spectrum, we have Porch in the Nest. Here you can get a nutritious meal for under $10. Yes, we're talking kale- and spinach-type food.

best eats

on campus

On the flip side: who says you have to be a student and eat crappy res food all the time? Campus has some surprisingly good places to eat for those days when your taste buds need a little more.

jamjar

One of the new additions to campus in the last year, it has quickly become a favourite. Located along University Boulevard, it serves Lebanese bites in a Chipotle pick-your-toppings style. It also has lots of spices and a great selection of toppings to make your meals a little more interesting.

pizza garden

While this is a place of contention, we're putting our money on "best pizza" going to Pizza Garden. This is based purely on the fact that they use a real fire oven and have much more consistency than Mercante. Take the extra seven minutes to walk to the University Village and thank us later.

nori

Those looking to have that ramen fix without opening any flavour packets should definitely check out Nori. It offers a great selection of Japanese food, but what stands out is their soups. Just be sure to get it to go as it's perpetually crowded.

koerner's pub

For those that happen to be over the age of 19, Koerner's is the best option for student-priced beer and pub fare. Tucked away at the north end of campus across from MOA, it's a great place to meet after class on a sunny afternoon and sink some suds.

ams
— EST. 1915 —

AMS sponsored content

WHAT'S THE AMS?

The Alma Mater Society (AMS) is the representative body of UBC Vancouver. Our mission is to **improve the academic, personal, and social lives of students at UBC**. How do we do this? With 54,000+ of the smartest, most enthusiastic and driven people we know – our members! As a student of UBC, you're automatically a member of the AMS, and can get involved in so many ways...

HOW CAN I GET INVOLVED?

Whether it's joining one of our **350+ clubs**, gaining experience through volunteer or paid work, **participating in student-led campaigns**, voting in AMS elections and referendums, contributing to our sustainability goals, utilizing the support services we offer, or coming along to our legendary parties – get involved, feel supported, and love your life at UBC!

WHO'S GOT MY BACK?

Leading the AMS is a group of **five students**, who are **elected annually by the student body**. They champion the diverse student voice and lead the society towards its vision of a vibrant campus community that is accessible to everyone. Together, they look after the AMS' financial health, council decisions, student organizations, political outreach, and university affairs. We work as a team here, we've got your back!

WHERE DOES IT ALL HAPPEN?

At the heart of the society is the **AMS Student Nest**: a welcoming space for students to eat, shop, study, and socialize. It's also home to nine AMS-owned-and-operated food outlets, which funnel their contributions straight back into the society and its mission, as well as Student Services, the Sexual Assault Support Centre, AMS administration, AMS Health and Dental Plan, a travel agency, bank, grocery store, hair salon, opticians, and so much more!

Visit ams.ubc.ca to join the crowd!

sports

There are three levels of sports here on campus – at least our sports editor qualifies them as such. Broken down simply, you have:

Varsity

The UBC Thunderbirds varsity program has over 25 teams (men's and women's) from baseball to volleyball who sport the classic UBC blue and gold. In recent years, the women's field hockey team, both swim teams, the golf team, the track and field team and the volleyball team's have been national title contenders, though all are entertaining to watch on campus. Game tickets cost anywhere from $0-5 option to start your weekend evening off right.

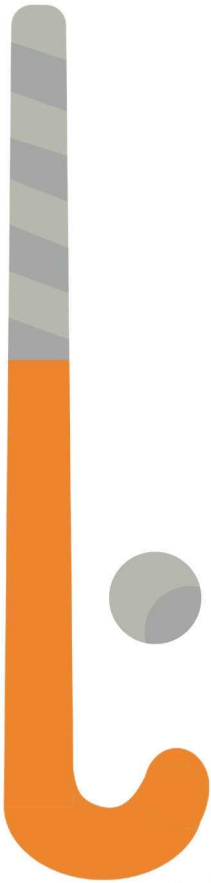
Big games to see include: Homecoming, Thunderstruck, Winter Classic and Pride Night festivities.

Thunderbird Sports Clubs

TSCs include alpine skiing, cycling, equestrian, men's lacrosse, Nordic skiing, quidditch, sailing, synchro, tennis, triathlon and ultimate – and what they lack in outright varsity status, they all make up for with enthusiasm and expertise in their sport. Though some compete off-campus, several of the teams can be seen out on the fields and courts here too.

AMS Clubs

Perhaps what you would call the recreational division of sports here on campus, AMS sports clubs are pretty easy to join and fill each and every gap you can think of in the recreation world. Big ones include the Varsity Outdoor Club, the yoga club, the surf club and the various dance clubs, but it can go as niche as slackline, squash, various martial arts and even shooting sports.



campus activities

hoo

Wreck Beach

No list of UBC attractions would be complete without a mention of Wreck Beach. Located at the base of the bluffs behind Place Vanier, its sandy shores offer an excellent place to catch a sunset on a nice day. Be warned, however, Wreck is a clothing-optional beach, so if that's not your cup of tea it's probably best to steer clear when the weather is good.

wow

Museum of Anthropology (MOA)

Just across the road from the Chan Centre and the Rose Garden is UBC's Museum of Anthropology. Featuring extensive collections from across the world and free for students and faculty, the museum is well worth a visit.

ha ha

UBC Improv

If you're looking for something a little more out of the ordinary to occupy your Friday night, consider going to a performance by UBC's student improvisational comedy group. The incredibly talented group puts on shows in Neville Scarfe every other week starting in October, but be sure to arrive early if you plan on going, as the seats fill up quickly.

100 things to do at UBC

1. Find the *Ubyssey* office in the Nest
2. Buy a membership to the Birdcoop, go once and give up immediately
3. Storm the Wall in a group with a corny name
4. Get drunk before class
5. Paint the Cairn
6. Get naked at Wreck Beach
7. Buy shrooms from a hippie at Wreck Beach
8. Go Global and "find yourself" abroad
9. Sleep over at IKB
10. Have an existential crisis about your degree
11. Take a nap in the Egg
12. Go to Pit Night
13. Try to remember your Pit Night experience the next day
14. Pay too much for drinks at Koerner's
15. Sign up for every single club on Clubs Day
16. Never go to a single club meeting
17. Lead a student seminar
18. Climb the canopy walkways in the Botanical Garden
19. Visit MOA and learn about the territory we study on
20. Dodge bikes going 100km an hour down Main Mall
21. Pretend to know the rules of football and cheer on the T-Birds
22. Try slacklining
23. Eat at Sprouts
24. Go to a protest
25. Print your 30-page final paper on a library printer, jam the machine 10 minutes before it's due
26. Sleep through class
27. Sleep through an exam
28. Do the Polar Bear Dip
29. Visit UBC Student Health Centre for hypothermia
30. Attend a show at the Chan Centre and then brag about how cultured you are
31. Hug Thunder
32. Find the UBC Farm
33. Get lost in Buchanan A, B, C, D or E
34. Steal an umbrella
35. Take part in the annual Undie Run
36. Hookup with someone in the stacks of Koerner Library
37. Visit The Hatch
38. Sign a petition for anything. Literally anything.
39. Chase after a bus, knowing that the driver hates you and isn't going to stop
40. Learn a drinking game that isn't King's Cup
41. Play King's Cup anyway
42. Fill the fountain up with bubbles
43. Go for a swim in the fountain
44. Wait for three months as they fix the fountain again
45. Complain about the price of Block Party
46. Attend Block Party
47. Pass out at McDonald's in the village
48. Fall in love
49. Fall out of love
50. Go buy a well-priced sex toy from the Wellness Center
51. Eat a cookie from Blue Chip
52. Fall asleep in class
53. Run as an AMS joke candidate

before you graduate

centennial edition

54 Accidentally win the AMS presidency because you were probably more capable than anyone else running
55 Ride in the trunk of a Car2Go
56 Take a picture with Santa Ono
57 Match with your TA on Tinder
58 Learn a new language
59 Get a Work Learn position
60 Join co-op
61 Write a paper in half an hour, turn it in and pray for mercy from your professor
62 Buy $300 worth of textbooks
63 Don't open the textbooks once during the semester
64 Sell your textbooks for $150 on UBC Buy and Sell
65 Vow to illegally download all of your textbooks from now on
66 Talk to the person sitting next to you in class
67 Regret taking an 8 a.m. class
68 Regret taking a 6 p.m. class
69 Regret enrolling in classes at all
70 Complain about the weather
71 Join a UBC Rec intramural sports league
72 Join a team for Day of the Longboat
73 Take a free rec class during Recreation Free Week
74 Shit talk SFU
75 Explore your sexuality
76 Submit a post to UBC Confessions
77 Figure out how to use Degree Navigator
78 Realize that Degree Navigator is impossible to use, contact academic advising instead
79 Reach out to UBC Counselling or Speak Easy
80 Get your bike stolen
81 Try and learn how to ride a skateboard
82 Give up and buy a used bike from the Bike Kitchen
83 Attend an AMS meeting purely for the free food and leave immediately after
84 Take an elective because the name sounds cool
85 Go to a frat party. Leave within 15 minutes
86 Instagram the Rose Garden, clock tower and Main Mall
87 Post on /r/ubc
88 Forget to update your U-Pass
89 Get glared at by a bus driver
90 Listen to CiTR
91 Complain about your science/arts/language requirement
92 Miss the last bus, wander aimlessly around campus because you can't afford a cab
93 Spend an entire class looking at pictures of dogs on the internet
94 Forget to use your iClicker in said class and lose participation points
95 Do homework for one class in your other class, fall behind in both
96 Go rock climbing at the Aviary
97 Complain about the construction
98 Contemplate: is it all worth it? Is your degree going to find you a job? Are these going to be the friends for the rest of your life? Is this person really your true love? What are you really doing at UBC?
99 Realize that it's about the journey, not the destination, and just enjoy your experience
100 Write for *The Ubyssey*

dictionary of ubc terms

CiTR
('sē 'ī 'tē 'är), n.
Our campus radio station. Listen to talk shows, comedy podcasts and specialty music shows at 101.9FM.

coop
('küp), n.
The main fitness centre at UBC, situated in the Student Recreation Centre. Students can get a joint membership to the BirdCoop and the brand-new ARC fitness centre for $35.

forestry tim's line
('for-e-strē 'tims 'līn), n.
A never-dwindling queue for mediocre coffee. Once you've joined this ever-growing mob, expect to wait several eons.

gal
('gal), n.
No, this isn't country-talk for a girl, it's what people call The Gallery 2.0 on the top floor of the Nest.

knoll
('nōl), n.
The mound of grass outside the Nest. Historically, a site of protest — today, a nice place to eat lunch on a sunny day.

main mall
('mān 'mol), n.
The main avenue of campus that stretches from the forestry building all the way to the Rose Garden. The best place to Instagram to show that yes, you do indeed go to UBC.

pit night
(ˈpit ˈnīt), n.
A Wednesday student-only night at the Pit Pub. Legendary for many reasons.

sauder snakes
(ˈsä-der ˈsnāks), n.
A scandalous name for students doing business degrees. Warning: use amid commerce students at your own peril.

ubyssey
(ˈyü-be-sē), n.
Your go-to student newspaper for campus news. It rhymes with odyssey.

village
(ˈvi-lij), n.
Fifteen minutes away from the main campus, the village has cheaper food options, a post office and a Staples (for stationery at better prices than the UBC Bookstore).

wreck
(ˈrek), n.
Canada's only nude beach, Wreck Beach. Great for stripping down to your most natural self.

Hey UBC! Do you like to sing in the shower?

Well, then you're going to love this!

The 604 PopUp Choir is a casual gathering right here on campus, Mondays 7-9 @ Mahony & Sons, and anyone can come!

You don't have to be an expert or have any musical training; *this is a choir for all levels of singing.*

It's like singing in the shower with 50 new friends!

- ✓ Come early for drinks and some munchies.
- ✓ On your own that night? Sit at the Singles table! *Do it.* You'll have a blast!
- ✓ Lyric sheets are handed out, so all you have to do is show up.
- ✓ Join the Facebook page, **@604PopUpChoir,** for details and videos.

And let your inner ROCK STAR shine!

WHERE: UBC Mahony & Sons
5990 University Blvd, 7-9 pm

WHEN: Every Monday; first 3 dates are September 17, 24, and October 1

Admission: $10

Mention this ad and receive 20% off the first 3 Mondays!

Master A Cappella Class:

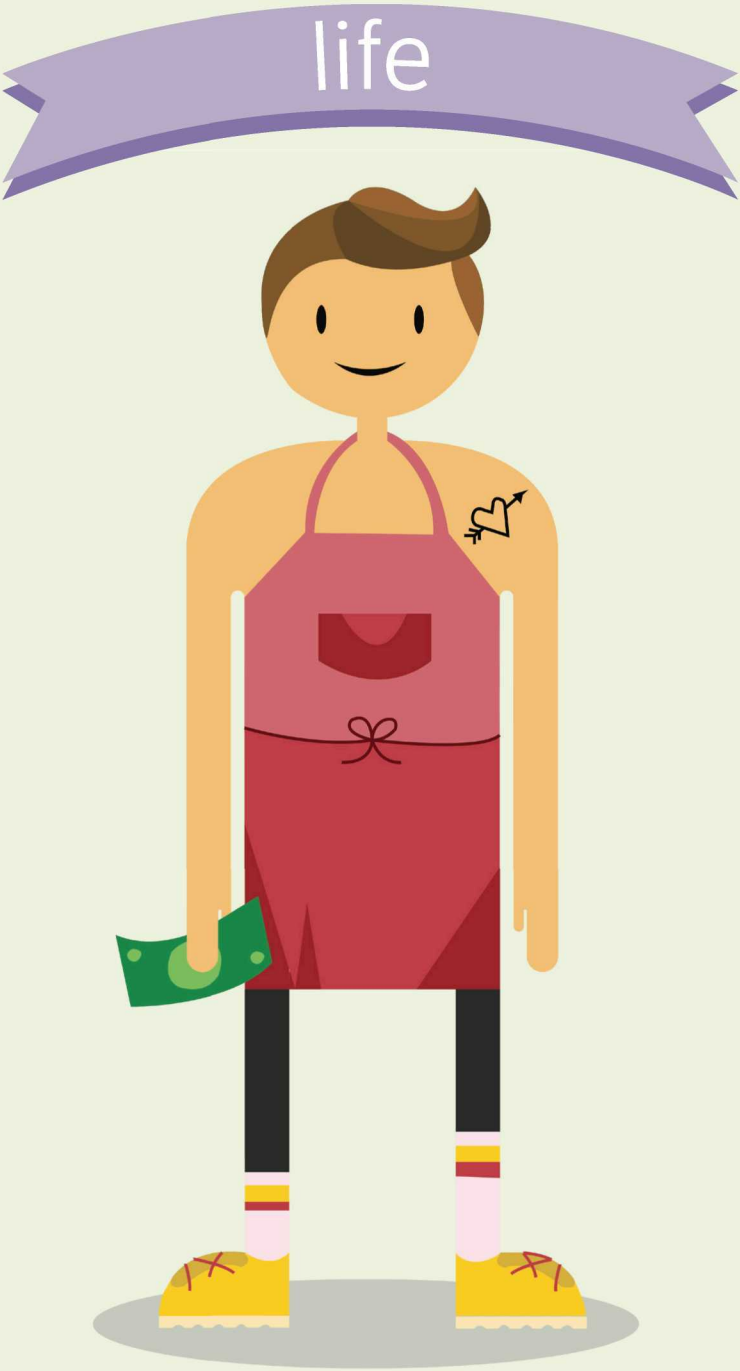
Ready To Take Your Singing To The Next Level?

Join Lee's Tuesday night Master Class in 4-8 part harmony, in Pop, Jazz, Funk!
Email Lee for audition schedule and details.

Private Voice Lessons!

Contact: Lee@LeeHayesVOX.com • www.LeeHayesVOX.com

Find Us On Facebook
@604PopUpChoir


life

campus resources

University can be a stressful and challenging experience at times, but there are many resources available to help in navigating any difficulties students might encounter.

In terms of **academics**, each faculty has its own academic advising office which can help with everything from course registration to academic assistance for struggling students.

Another important resource is UBC Health and Wellness, which provide a variety of different services, including drop-in consultations with nurses as well as counselling services and other **mental health resources**.

Both the AMS Sexual Assault Support Centre (SASC) and the UBC Sexual Violence Prevention and Response Office provide **survivor support services.** SASC also maintains advocacy, education and outreach programs.

A final important resource on campus is the UBC Pride Collective, which provides education, outreach and support **services regarding sexuality**.

While this list covers a few of the important resources available on campus, it is by no means exhaustive and it is important to remember that if you're struggling with anything, there is help available and there's no shame in reaching out to take advantage of those resources.

HUNGRY?

DINE@CENTRAL

INSPIRED DINING OUTDOOR PATIOS LOCALLY OWNED OPEN LATE

Located by the corner of U Boulevard & Wesbrook Mall, Central has 7 exciting eateries for you to explore and enjoy.

Rain or Shine ICE CREAM

TACOMIO

jamjar Folk Lebanese Food

JJBean™ COFFEE ROASTERS

BAO DOWN

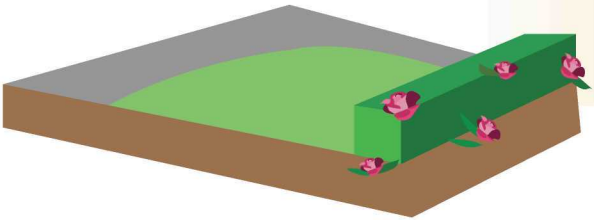
NORI BENTO & UDON

Uncle FATIH'S pizza Since 2004

UBC attractions

Too lazy to get off campus but still want to have fun? Lucky you, this is a big place and there's a lot to do.

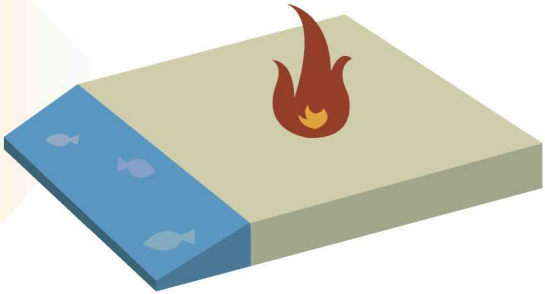
Venture down to **UBC Farm** and marvel that, why yes, we have a farm.

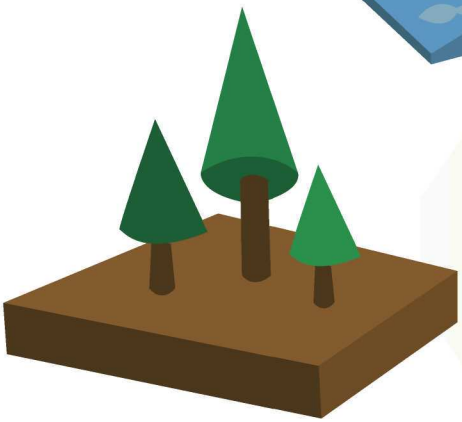


Take bad Instagram photos at the **Rose Garden**.

Awkwardly make out with your Tinder date at **Nitobe**, or don't because we can all totally see you.

Have a bonfire at **Wreck Beach** to watch the sunset — just make sure you're nice to the nudists. This is their jam.





Go exploring **Pacific Spirit National Park** and marvel at all the first years smoking weed like they're the only people who ever thought of smoking weed in a forest.

friends

Coming to a new place is already hard enough — but making a whole new group of friends can be even harder. Luckily, meeting people in university is easier than you'd think.

1 Be brave, take the first step and say hi!

Every first-year student is in the same boat as you. Don't worry, they're all just as nervous about chatting up new people.

2 Join a club.

Join 10 clubs! Well, don't overdo it. But go visit booths on Clubs Day and talk to as many people as possible. Even if you have never been interested in something, give it a chance — who knows, Lego Club might be your people!

3 Get social in your classes.

Sit next to a stranger and ask about the syllabus. If you two don't hit it off, don't worry, you can always sit next to someone different next time. Study buddies can turn into long-term friends, and if not, at least they can help you pass.

4 N/Y/M.

No matter whether you're in first year or fourth year, just remember the classic opener: N/Y/M. "What's your name? What year are you in? What are you majoring in?" It'll open up all sorts of potential conversation opportunities.

RBC on campus

WE'RE HERE TO HELP MAKE STUDENT LIFE A LITTLE EASIER

ADVERTISEMENT

Five ways to stay mentally fit while navigating campus life

Whether you're in your first year away from home or looking forward to convocation in the spring, here are five ways to stay mentally fit while navigating campus life based on our partnership with the Canadian Mental Health Association.

1. Disconnect

Making some time to disconnect and "just be" is a powerful tool for weathering high stress moments like exam prep or the pre-holiday crunch.

"Do one thing at a time," says the Canadian Mental Health Association about mental fitness. "When you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental to-do list – take in all the sights, sounds and smells you encounter."

2. Build healthy relationships

Relationships are also a key part of your development as you move into adult life, but they shouldn't be the sole source of your happiness.

Whether you're looking for a partner or a friend, seek out relationships built on shared passions, trust, support, positive self-esteem, respect, communication and equality.

3. Fuel yourself

It's true that breakfast is the most important meal of the day. Start your day off with a good breakfast and avoid skipping meals. Food is fuel for both your body and mind. As well as helping stabilize your mood, it is also something to bond over with friends and family. Take the time to eat – or even cook – a healthy meal. And make good food choices: find snacks that power you up like nuts, fruits or vegetables and hummus.

4. Find time to sleep and exercise

There's nothing wrong with pulling the occasional all-nighter to study for a test or to binge-watch Netflix, but making it a habit can wear your down mentally.

There is a direct link between exercise and sleep. We need to be aware of that relationship and strike the right balance between both.

5. Take action for yourself and others

Know the resources available to you and your friends, on campus and in the community. Empower others and yourself to share stories. Set goals – whether it's around mindfulness, healthy relationships, eating well, or making time for sleep and exercise.

What you do in your college or university years can help set the pace for the next phase of your life, so stay self-aware, be mindful and be kind to yourself.

Andrew Seale is a Toronto-based freelance storyteller fascinated by the influences of place and why we do what we do. @WhenWeDrift

See what's new @ RBC On Campus

- **Money matters:** Workshops and seminars on topics relevant to you and your money – from budgeting to saving.
- **Life after school:** Get access to career advice, networking and skill building opportunities. We can help connect you to relevant work experience and mentorship programs.
- **Student resources:** Get to know the resources available to you on campus, including the AMS Speakeasy and Thrive for Youth Mental Health.
- **Other fun stuff:** Stay tuned for fun free activities such as classes with the UBC Yoga club and find out when RBC® Olympians are here for meet and greets.

You could WIN* a weekend of wellness in Whistler!

Visit us at the RBC On Campus (inside the AMS Nest) to enter.

* NO PURCHASE NECESSARY. Contest runs from August 20, 2018 until September 20, 2018, from 9:30 a.m. PT until 6:00 p.m. PT each day. Participants must submit their entry at the RBC On Campus Meeting Place at the University of British Columbia. One (1) prize available to be won consisting of a wellness getaway for 2 in Whistler, BC (incl. transportation, hotel – one night, spa or bike rental and $500 spending money), approximate value of $1,300 CAD. Correct answer to skill-testing question required. Visit the RBC On Campus Meeting Place for full details. VPS101872 120576 (07/2018)

financial tips

Everyone's financial situation is different, but here are some basic tips that every young adult should keep in mind:

1 Set up a budget (and actually stick to it).

If you keep track of your purchases for a couple months and then plot them out into categories, you can keep track of what your main expenses are, where you need to cut back, and then build your ideal budget from there. There are tons of apps to help with this.

2 Be on the lookout for student discounts.

It might surprise you to find out just how many businesses offer student discounts. Use them! You can get discounts on anything from your grocery bill to clothes to your season's pass for the Vancouver Art Gallery.

3 Establish a credit history, but don't overuse your card.

If you don't have a credit card yet and you're eligible, it's a good idea to get one. A credit history takes time to grow and will come in handy not too far down the line. Do your research on which card works best for you, and ask as many questions as you need to. If you're nervous about keeping track of the monthly bills, charge a payment that recurs monthly to your card, like Netflix, and then set up automatic payments for that charge. Boom.

4 Save some money!

Save as much money as you can and set it aside in an entirely separate bucket. You can establish a goal with a timeline and work backwards from there to determine how much you need to set aside monthly, or you can work with your budget and see how much is feasible.

5 Be realistic — to a point.

Saving as much money as you can each month is always a good idea. But don't stress yourself out and ruin your day-to-day life by chasing every single penny. If you can afford it, set aside a small section of your budget for fun money. It doesn't need to be a lot, but knowing that you have something to look forward to will keep you from going crazy and make it easier to save in the long run.

spruce up your

resume and cover letter

UBC is a place with a lot going on, so keeping your resume updated — at least once a semester — is important for when a job or opportunity arises and you don't have time to start from scratch.

BARE MINIMUM:

- make sure you include your university program and new address if you have moved
- have a friend read it over to check for spelling and grammar errors

TIPS:

- leave out high school accomplishments after first year
- include any awards or scholarships you earn while at university

WORRIED YOU DON'T HAVE ENOUGH PERTINENT EXPERIENCE TO FILL ONE PAGE?

- visit the Centre for Student Involvement & Careers to speak with an advisor who can help you present your experience in a way that's relevant to your goals

ubc

how do I find a job on campus?

After paying to live in the midst of a housing crisis and fueling your daily Loafe addiction, budgets can get tight. Luckily for your caffeine dependency, there are plenty of opportunities to make a few bucks on campus and even gain some experience relevant to your degree.

Co-op

www.coop.ubc.ca/

is a popular option in many faculties, just remember that it will most likely extend your degree.

The Work-Learn program

https://students.ubc.ca/career

offers students in second year and above the opportunity to work 8 to 20 hours per week almost anywhere at UBC for a wage solidly above the minimum (access it through UBC Careers Online).

Other opportunities to check out there include

research projects in your department

teaching assistant positions

any of the eateries on campus (which often offer employee discounts on food, too).

i'd tap that

essential apps

Headspace

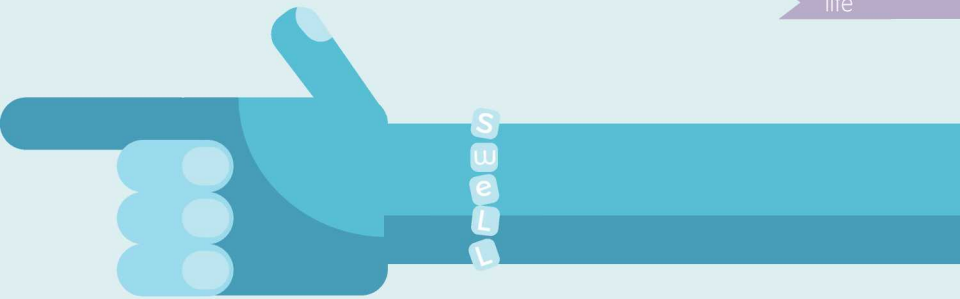
Stress is included in the definition of "student." A great way to get out of the wrong headspace is to download the Headspace app, or something similar (Calm, for example). Headspace acts as a mindfulness coach, providing guided meditations and mindfulness practices to help keep you balanced and calm. It can even help you get a good night's sleep.

UBC Canvas

Super lame suggestion, but UBC Canvas (the online course hub for UBC) now has an app. It's pretty basic, but is quicker than logging in to your account every time you want to check if that paper has been graded.

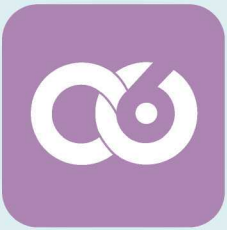
Duolingo

Good for getting that language requirement checked off. Learn Spanish, French, German, Chinese, Danish or Swahili. With over 30 languages, chances are this app can help you on your way to that language A.



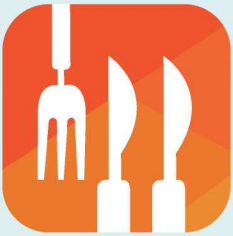
Quizlet

A studying essential for any student, the Quizlet app lets you plug in questions and answers to test you for your next big exam/quiz. It varies the ways in which the questions are asked too, so you aren't just recalling but actually remembering information. It also makes studying on the go really easy!



Circle of Six

A personal safety app, Circle of six lets you pick up to six friends who, through a message in the app sent by you, get a notification of your GPS location. You can customize an emergency line choice and access a comprehensive sexual health resource. Sure, some of it functions the same way a text would, but being safe on campus is worth that extra download.



Mealime

As a meal-planning app, Mealime lets individuals and groups plan to eat healthier. It has meal plans. It has recipes. It is customizable to your dietary needs. It even builds you grocery lists. And, it's free.

love + sex

You've probably heard that university is the place to get laid and meet the love of your life. Remember, there is never a deadline to be ready for sex and it's totally cool to wait until it feels right for you. The same goes for dating! But if you do want to let loose and explore, this is a good time. Just make sure you remember these important steps:

1 consent

The most important part of any sexual experience! An enthusiastic YES is the magic word, but consent has to be both verbal and physical. If someone looks uncomfortable, is drunk or is passed out, consent can't be given. Even though we don't see this part in the movies, communication is key.

2 protection

No matter what combination of body parts is involved in your bedroom escapades, it's important to stay safe. Condoms and barriers are necessary to protect yourself against STIs and pregnancy. They're also totally free at the Sexual Assault Support Centre (SASC) in the Nest. For people with vaginas, birth control is also a great choice that is covered by your student health plan — just remember than birth control doesn't prevent STIs. People of all genders need protection, and if you don't know what exactly you should be using to make sure your sex is safe, chat with someone at SASC.

3

STIs

It's super important to get tested before any new sexual relationship. Most STIs are treatable, if not curable, but you can't do anything about it if you aren't aware you've got it. The UBC Student Health Centre provides STI testing that is fast and easy.

4

Finding a partner

Whether you're looking for "the one" or just a one night stand, so much of dating nowadays is digital. Tinder, Bumble, Grindr, Her and Happn are all free on app stores and your future lover may be just a swipe away. You could also meet someone the old fashioned way by hitting up events on campus, club get-togethers, or the local bar scene. It may be tempting to fall for the first person who knocks on your dorm room door, but remember — if things go south in a nasty break-up, that person will be living down the hall for the rest of the year.

5

No partner needed

If you're looking for some risk-free, stress-relieving fun, put down the apps and head on over to the UBC Wellness Centre. They sell a variety of sex toys at a low cost, including dildos, vibrators, sleeves, anal toys and more.

avoiding the "freshman 15"

The Freshman 15 is neither inevitable nor an urban legend.

As we enter university, our metabolisms slow down. We may be exercising less due to our busy schedules and we often rely on the dining hall to keep us fed — changes that can cause us to gain weight without even realizing it.

The most important thing is balancing your diet and portions. Listen to your body, stop eating when you feel full and make sure you're packing protein and fibre in every meal to stay satisfied for longer. Having healthy snacks (like hummus and pita chips) around for studying, limiting alcohol consumption and scheduling in exercise can all have a huge impact on your health and boost your academic performance, too.

Check out the **UBC Rec website** for fitness classes and intramurals designed for student schedules, or find an exercise video you can do at home a few times per week.

And if you do leave your first year a pound or 10 heavier, it's not the end of the world.

NEED WIRELESS INTERNET? LOG ONTO:

UBC SECURE

We've made "UBC Secure" a more reliable network.

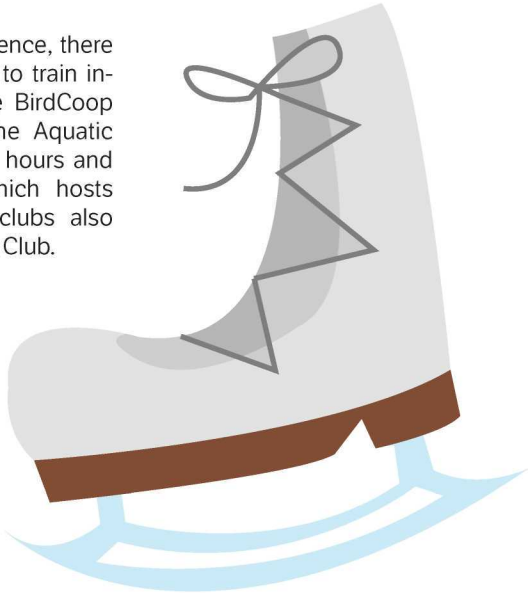
Update your WiFi settings by visiting
it.ubc.ca/autoconnect-sc.

THE UNIVERSITY OF BRITISH COLUMBIA
Information Technology

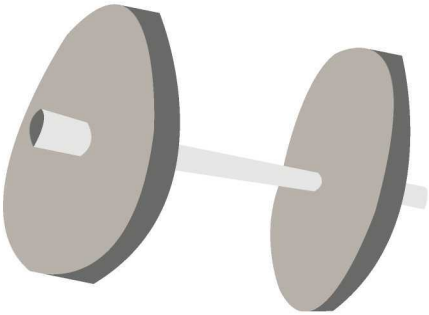
exercising

There is no excuse not to get out and get moving here at UBC.

Beyond the gyms in residence, there are lots of campus spots to train including the ARC and the BirdCoop (UBC's student gyms), the Aquatic Centre that holds drop-in hours and Doug Mitchell Arena which hosts drop-in skates. Various clubs also offer classes, like the Yoga Club.



UBC Rec itself offers classes for you to try during free week, including Krav Maga, kickboxing and Zumba — it comes up in late September so look out for it!

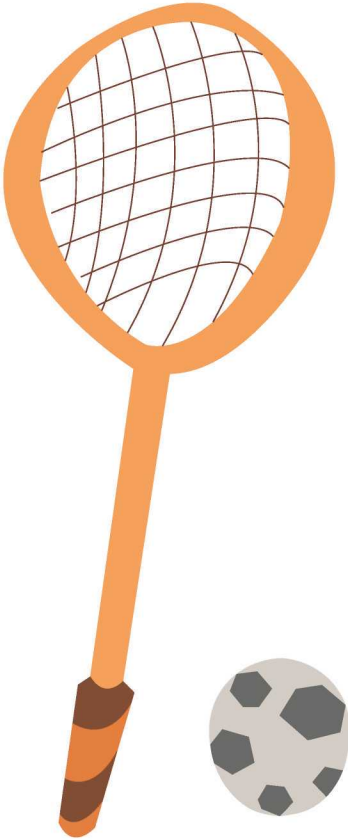


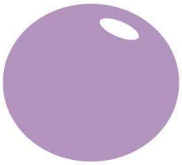
Generally, you could probably squeeze in some field time out by Totem Park if you are a soccer or football fan, or you can run along any of the trails in and around campus!

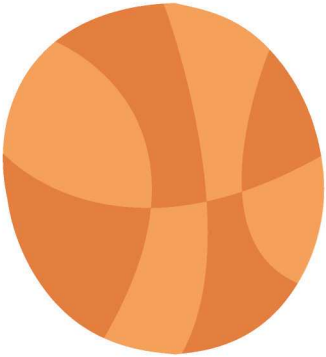
Gold's Gym in the village is also an option for those looking for something more than what the ARC offers. Similarly, there's Hot Box Yoga in Wesbrook Village. Venture off campus into Kits and Kerrisdale and you will find all sorts of gyms from spin to barre.

For those with a taste for team sports, UBC Rec offers intramurals each term! Sign up as a team with friends, floormates or classmates, or join a team by yourself to play inner tube water polo, soccer, floor hockey, football, ultimate, etc.

There are also fun one-day events like the Softball Classic, Day of the Longboat and Gutterball Bowling, if you are just getting your feet wet with UBC Rec.







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TOP 1

MUST-SEE VARSITY EVENT

FOOTBALL HOME OPENER

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HOMECOMING

Street Party | 3 PM
UBC Football vs Calgary | 5 PM

COURTSIDE

UBC Men's & Women's Basketball vs Saskatchewan | 6 PM & 8 PM

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SHOOT FOR THE CURE

UBC Men's & Women's Basketball vs Thompson Rivers | 6 PM & 8 PM

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UBC Men's & Women's Volleyball
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FESTIVE FRIDAY

UBC Men's & Women's Basketball
vs Mount Royal | 6 PM & 8 PM

WINTER CLASSIC

Festival Zone | 5 PM
UBC Men's Hockey vs Calgary | 7 PM

THUNDERSTRUCK

UBC Women's Volleyball
vs Winnipeg | 7 PM

SWIMMING NATIONALS

tickets!

anatomy of a ubc student

first-year res lanyard

coffee

Herschel backpack

$65 UBC crewneck from the bookstore

Macbook

iClicker

S'well bottle

umbrella you will almost certainly lose before midterms

Compass Card

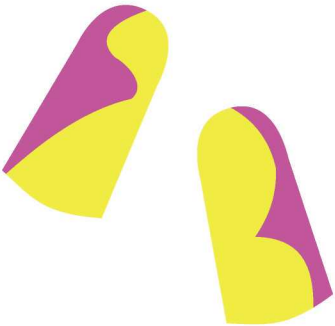
stone-washed jeans

Blundstones

dorm essentials

kettle

One of the most versatile cooking appliances out there, a basic electric kettle will allow you to do a lot even without a proper kitchen. Having hot water on demand will let you make everything from instant meals like oatmeal or Kraft Dinner to hot drinks like cocoa, tea or coffee. If you can only buy one kitchen appliance your first year, it should be an electric kettle.

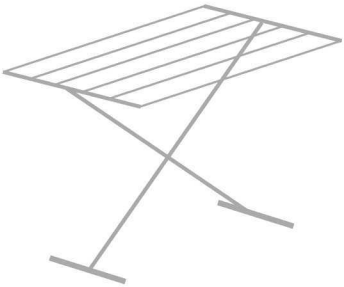


earplugs

Whether it's because of snoring roommates or noisy neighbors, it can sometimes be tough to find any quiet in the dorms. That's where a pair of earplugs will become your saving grace. Inexpensive — you can buy 50 for less than $10 on Amazon — and easy to pack, they'll help you create your own little happy place amid the chaos of first year.

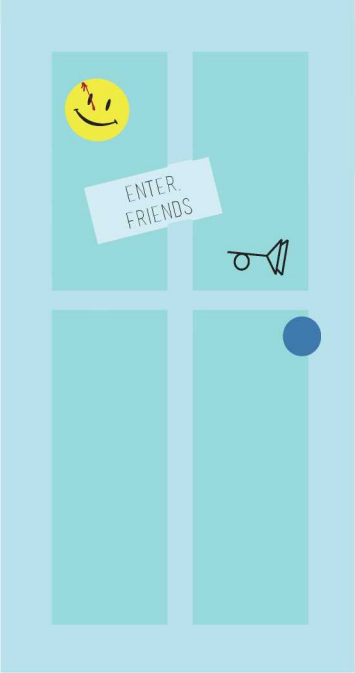
drying rack

The dryers in res suck, plain and simple. For anything but the smallest loads of laundry, it will take multiple cycles before your clothes fully dry. Save yourself some money and time and buy a drying rack you can set up in your room to take your clothes from damp to dry.



how do I find the perfect roomie?

I hate to disappoint you, but there is no perfect roommate.



Your roomie will inevitably be either too messy or too much of a neat freak, too loud or too quiet, too much of a party animal or not enough fun.

The key is finding someone whose differences compliment your own and who you can have frank, productive conversations with whenever you have disagreements — and quickly, before small problems become big ones. Some roomies are easier to work with than others, but every relationship requires work.

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Transit Etiquette

Vancouver's transit system is expansive and imperfect. A lot of its success is based on the informed rider, which you will become with that nifty U-Pass. Here are some things to consider as you zip along on the 99.

PLEASE MOVE TO THE REAR OF THE BUS!

This is essential. If the bus is crowded and there's room to move back: MOVE BACK! Please for the love of God, move back. No one likes being crowded in the first three feet of the bus with 12 other angry commuters while the rest of the bus is empty.

Take your backpack off

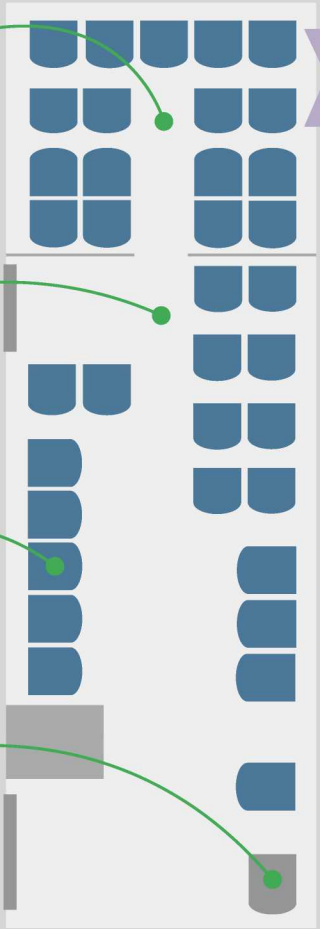
Similarly, when the bus is crowded always make sure to take your backpack off. It makes more room for those around you and you won't have to worry about awkwardly hitting everyone with your econ textbooks.

Get up offa that thing

If you're in the priority seating area — the first third of the bus — keep your eye out for people who need those seats and be ready to stand so that they can take your seat.

Thank the bus driver

While this isn't really a necessity, it's still fun because it makes you feel like you're friends and whats wrong with adding more positivity into this world?

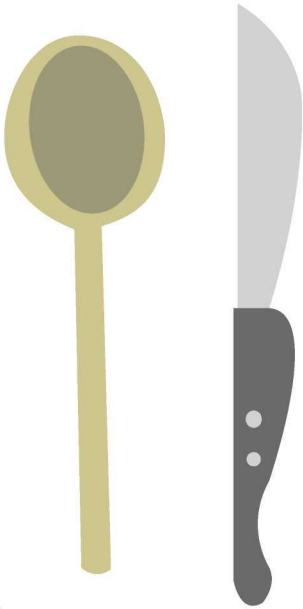


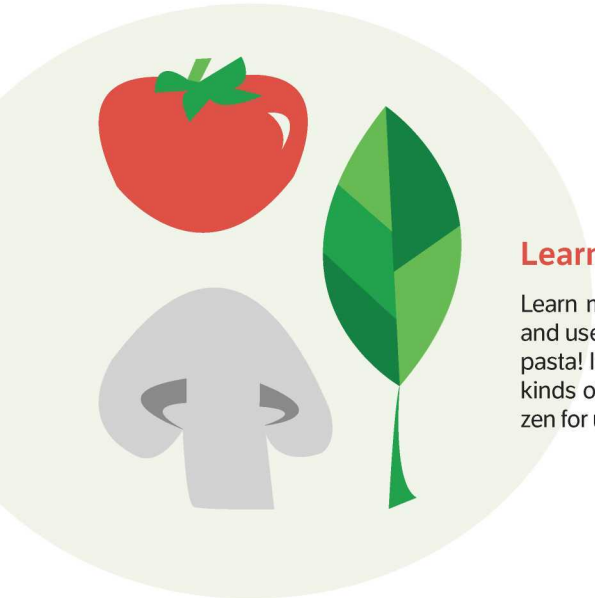
home cooking tips

Maybe you opted not to go into residence and are now wondering, "how do I feed myself?" Some of us had the same questions. Here are a few tips and tricks to get you started.

Compact but competent cooking tools

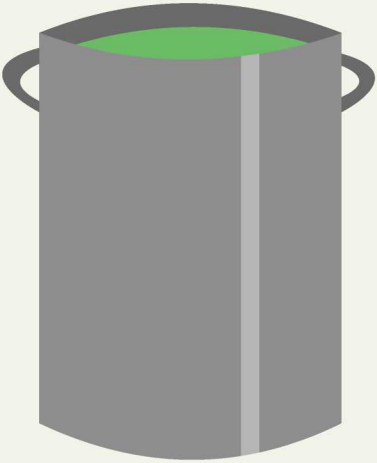
Don't overcrowd a small student apartment with cooking tools you don't need. Instead, opt for a small but quality collection of tools to get you going: a wooden spoon, a good all-around non-stick pan, a good all-around pot (not too big!), a baking tray, a colander, a toaster, a kettle, a few good knives and a chopping board.





Learn a fail-proof sauce

Learn mom's pasta sauce recipe, and use it for things other than for pasta! It's good for stews, chilli, all kinds of things! And it can be frozen for use later.



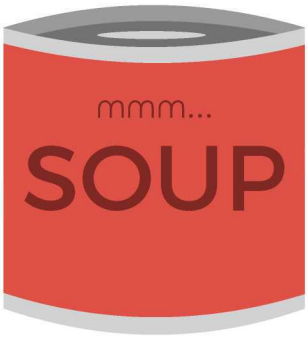
One-pot recipes

Do some research and find one-pot recipes that will keep the dishes to a minimum and still taste amazing. Buzzfeed has a few awesome articles out there to get you started. Personal favourite: the one-pot pasta primavera.

Another great option for those looking to go simple is to get a hold of a limited ingredient recipe book. *Jamie Oliver's 5 Ingredients – Quick and Easy Food* was a lifesaver for one of us this term.

Essentials at the ready

Always have pasta, canned foods, rice or quinoa in the cupboard. They're super easy to cook, and go with most anything. Maybe put things like eggs and bread in this category too. Toast is always an option to eat quickly!



SUNDAY

sunflower-shaped oreo curry topped with rambutan zest

Meal plan

Take time on the weekend to plan your meals for the week and maybe cook some too! That way, you can budget for your groceries, maybe shop with roommates, see what kind of deals you can get and also ensure that what you are eating at school is healthy for you. *Hint: This counts for coffees too! Sure, Starbucks, Great Dane or Boulevard are great, but so is saving those $6 bucks a day for something else.*

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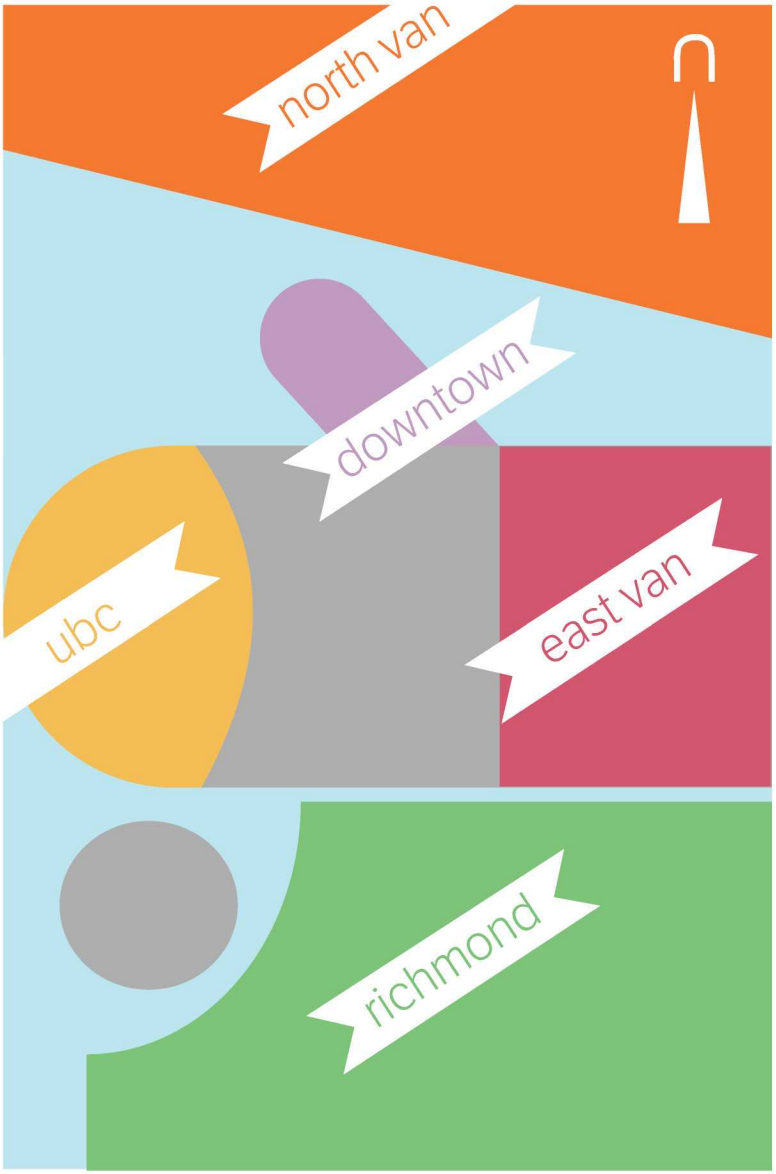

If you're living on or near **campus**, you'll find yourself in a bubble soon enough. Believe it or not, there is life beyond Blanca.

Visit **Richmond** for the best Chinese food outside of, well, China.

East Van is the cultural heart of Vancouver.

North Van is the gateway to hikes, alpine sports and impromptu adventures.

Downtown has all the classic Vancouver attractions (the Seawall, Stanley Park and the stupid clock). Neighbourhoods like Chinatown, Strathcona and Mount Pleasant hold histories of their own.

Going to Safeway doesn't count as exploring the city, so make good use of your U-Pass.

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stuff to do in vancouver

- [ ] Vancouver Art Gallery
- [ ] Learn to rollerskate on the seawall
- [ ] Thrift shopping on Main Street
- [ ] Hot chocolate and Christmas lights at Capilano Suspension Bridge
- [ ] Take the Aquabus from Science World to English Bay
- [ ] Dinner in Chinatown
- [ ] VanDusen Botanical Garden
- [ ] Hiking all over
- [ ] Cheap concerts at the Vogue or the Rio
- [ ] Richmond Night Market
- [ ] Brewery crawl
- [ ] Find the bunnies at Jericho Beach

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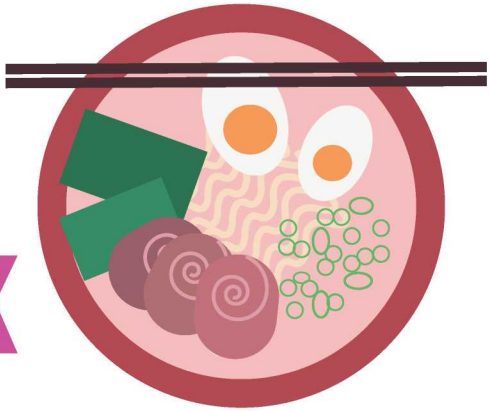
JOYCE MURRAY

YOUR MP FOR VANCOUVER QUADRA

foodie hotspots



jinya

is often cited as having Vancouver's best ramen. Jinya makes noodles fresh every day — this shows in its prices, but it also explains why their two locations are always packed.

recommended
tonkotsu black

bonus joke for impressing friends
What does a cannibal order at Jinya?

answer: raw men

bob likes thai food

serves authentic (though also divergent) Thai food, despite its name. You can't find many of their dishes anywhere else. Try the roasted red duck curry with lychee or Bob's fish and chips.

recommended
bob's fish and chips

chau veggie express

is a casual vegetarian Vietnamese restaurant. All the utensils are self-serve, so you can spare yourself some human interaction. Get the lotus chips to share and a veggie pho for yourself.

recommended
golden temple soup

meet on main

proves that greasy vegan isn't an oxymoron. This is a place to trick your carnivorous friends into eating vegan, for once.

recommended
the meet burger

catch 122

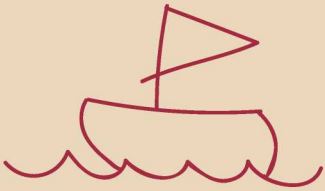
always has a line-up out the door for weekend brunch, so go early. You genuinely can't go wrong with anything on this menu — just be prepared to spend a little more $$ here.

recommended
salmon gravlax benny

travel tips

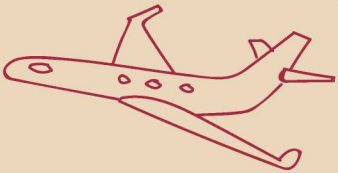
Even though we don't have a fall reading break, there are plenty of chances to get out of town on any budget during the year.

Take advantage of public transit or free student sign-ups to car-sharing services to make the most of free hiking in the Lower Mainland or road-tripping to the tulip festival.



Fancy somewhere a bit further? Seattle, Portland, Whistler, Victoria, the Gulf Islands and the Sunshine Coast are all a few hours away by car and/or ferry, so fill your car with friends and crash at a mate's over a long weekend.

If you're looking to travel even further over the breaks, check with your faculty and Go Global to see if there are any funded conferences you're eligible for, or see how far your air miles will get you.



YVRdeals.com is a trusted site for cheap flights, but you may find yourself on a wicked red-eye the night before classes resume.

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FEB 17 Bobby McFerrin: Circlesongs
MAR 2 Ladysmith Black Mambazo with Habib Koité and Bassekou Kouyate
APR 11 Cristina Pato Quartet
APR 27 Anoushka Shankar

Cristina Pato

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words of wisdom (for partying)

Coming to university is like opening up an entirely new social scene. And sometimes, that social scene can include partying or other experiences you haven't come across before. We have some words of wisdom:

Take it slow. Whether you're an experienced party animal or it's your introduction to drinking in general, there's no need to overload yourself. Less is more and you'll look back fondly on the nights that you didn't feel sick.

If you're new to the province or you just don't understand the severity of the issue, fentanyl is everywhere and it is not safe. If you do drugs, pick up a testing kit AND a naloxone kit in case of overdose (free at pharmacies across the province, including several at UBC).

Find an experience that works for you. You don't need to go to the most crowded clubs. You could go to music shows, dance venues, arts and culture spaces and more.

The buddy system is not overrated! Always stick with friends when you're out — not just to have more fun, but to watch out for each other and stay safe.

Treat others with respect and don't pressure anyone into something they don't want to do.

Overall: have fun but stay safe! While we won't tell you what to do, prioritize yourself and your health — one night out isn't worth your life.

SIGMA CHI RUSH 2018

★★★★★★★

8/25	Jumpstart Party
8/30	Daygger/ BBQ
9/01	TOGA
9/04	Imagine Day Party
9/07	Eclipse
9/13	First Rush
9/20	Second Rush
9/22	Homecoming
9/23	Formal Rush

"Men join fraternities;
Leaders of men join Sigma Chi"
- John Wayne, USC 1929

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vancouver BINGO

B	I	N	G	O
Suffer the bone-shaking stress of the Vancouver housing crisis	Attend a cultural festival	Pick up a fountain pen at the Vancouver Pen Shop	Take the Canada Line to a Terminus Station	Buy a pair of Birkenstocks or Blundstones
Order pho using the correct pronunciation	Have a coffee past midnight at Breka Bakery	Bike the Stanley Park Seawall on a tandem	Get fish and chips at the Steveston pier	Begin to learn what "unceded territory" means
Skinny dip in the Pacific Ocean	Buy a fruit you don't recognize at Granville Island Market	free	Do the Grouse Grind	Go for a hot pot dinner with friends
Wade in the "no wading" fountain at Queen E Park	Cross the Capilano Suspension Bridge	Eat breakfast at Bon's off Broadway for $2.95	Contemplate the universe at the Observatory	Take out a book from our seven-floor Central Library
Attend an expensive yoga class in Yaletown	Build an emaciated snowman with pathetic amounts of snow	Go through textile dregs at a Convention Centre warehouse sale	Cruise on an Aquabus	Watch an independent movie at the Rio Theatre

five in a row and you're an official Vancouverite.

drugs

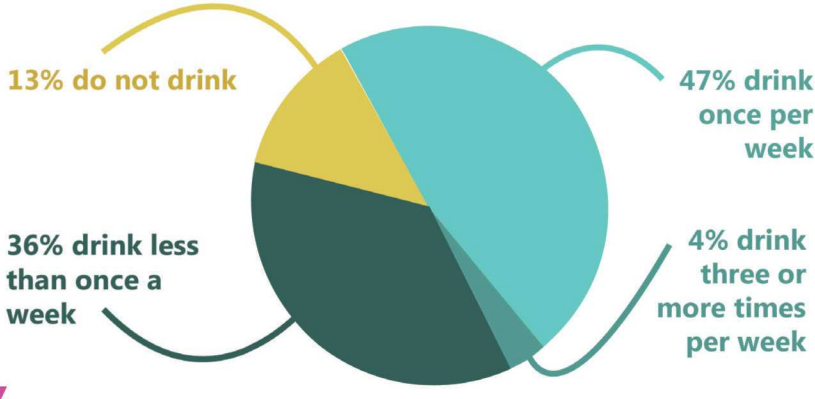
If you went through the high school curriculum we did, you may have been told that any drug, when ingested, will instantly kill you and that the only people who use and sell them are hardened criminals.

That's not the case.

You will likely encounter substances in your time here, especially with cannabis set to be legalized this year.

That doesn't mean you shouldn't take precautions. Vancouver is in the midst of a drug contamination crisis. Go to AMS Vice for support with substance use or advice on how to use safely if you or a loved one plans to use.

HOW OFTEN DO UBC STUDENTS DRINK?

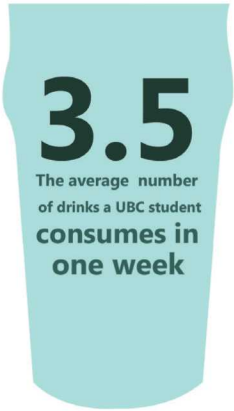


Students who regularly drink

consume between

4 to 26

drinks per week



But frequent drinkers consume closer to

6.4

Average drinks per week

/ originally published in "The Ubyssey *surveys students' substance use*"

Vancouver is full of hipsters who exist solely to sip on craft beer while talking to you about the new Father John Misty record. Are they flirting? We don't know, but at least the beer is good.

33 Acres, **Brassneck**, **Parallel 49** and **Red Truck** are craft standards. Venture out to bars around False Creek or smaller, trendier operations in Gastown and East Van if you feel like spending $7+ on a pint. Honestly, it's worth a try.

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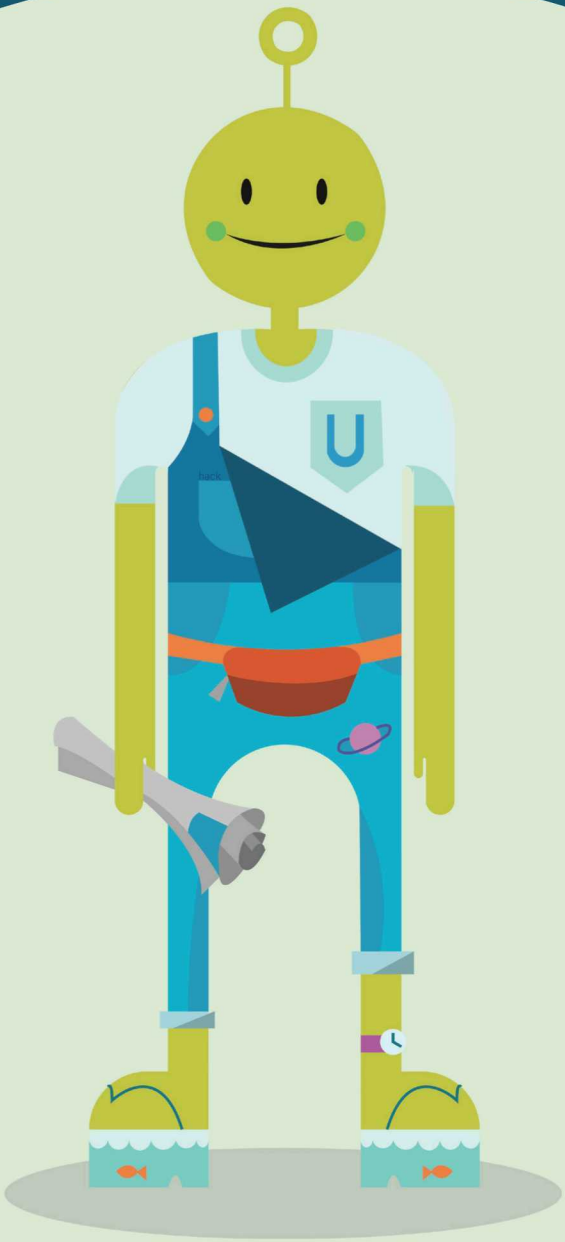
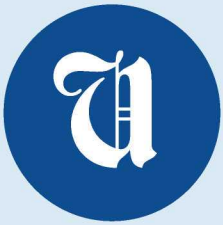
ubyssey



ABOUT *THE UBYSSEY*



The Ubyssey is essentially just a group of hacks.

Kidding (partially) — we're the definitive source of news on campus. Published every Tuesday during the school year, we're the largest student paper in Western Canada. *The Ubyssey* is published by an independent non-profit society, written and edited by students, and funded by a combination of student fees and advertising. All UBC students are welcome to join the staff of the paper; absolutely no experience is necessary.

NEWS

is your go-to source for everything going on. Whether it's happening at UBC or it's something off-campus concerning students, they know about it first.

CULTURE

gives you the low-down on almost anything you can think of across campus and beyond, from the best scone at UBC (contentious) to the latest literary festivals and concerts.

SPORTS & REC

doesn't just cover those people who run more than once a term — they also cheer on rec, sporty clubs, varsity and even e-sports.

FEATURES

is filled with *Spotlight*-wannabes publishing long-form articles and investigations that are worth the lengthy read.

SCIENCE

breaks down UBC's science scene, from professors researching sex robots to thrilling new inventions to clubs doing the coolest projects.

PHOTOS

creates images to accompany every single article, so you know they're working hard. They also produce some stunning photo essays and photojournalism.

OPINIONS

is where you can scream into the void, except that void is all of campus. Anyone can submit.

VIDEO

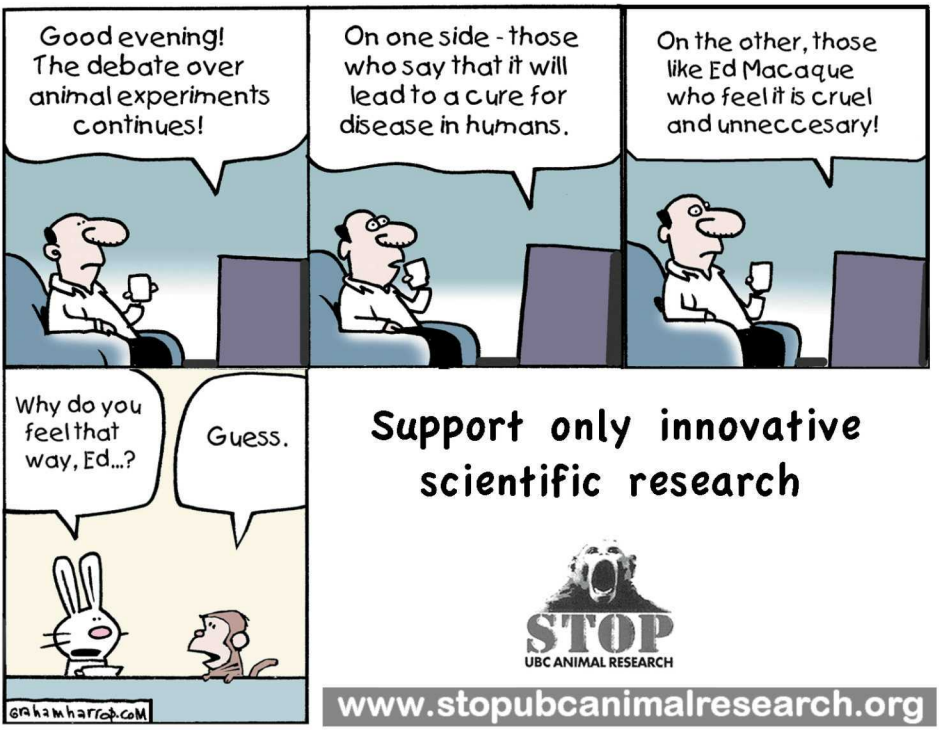
consistently produces short vids and longer docs. Whether you're looking for a more hard-hitting news explainer or a hilarious Block Party exposé, video has you covered.

BLOG

is just like your friend's, well, blog, filled with humorous short articles and the scoop on where the free ice cream is on campus (get it?).

VISUALS

is what saves this vile rag of a paper from looking like just that. They lay out our weekly print issue and design covers and illustrations.



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