

2020/21



THE UBYSSEY PRESENTS

# *GUIDE TO UBC*



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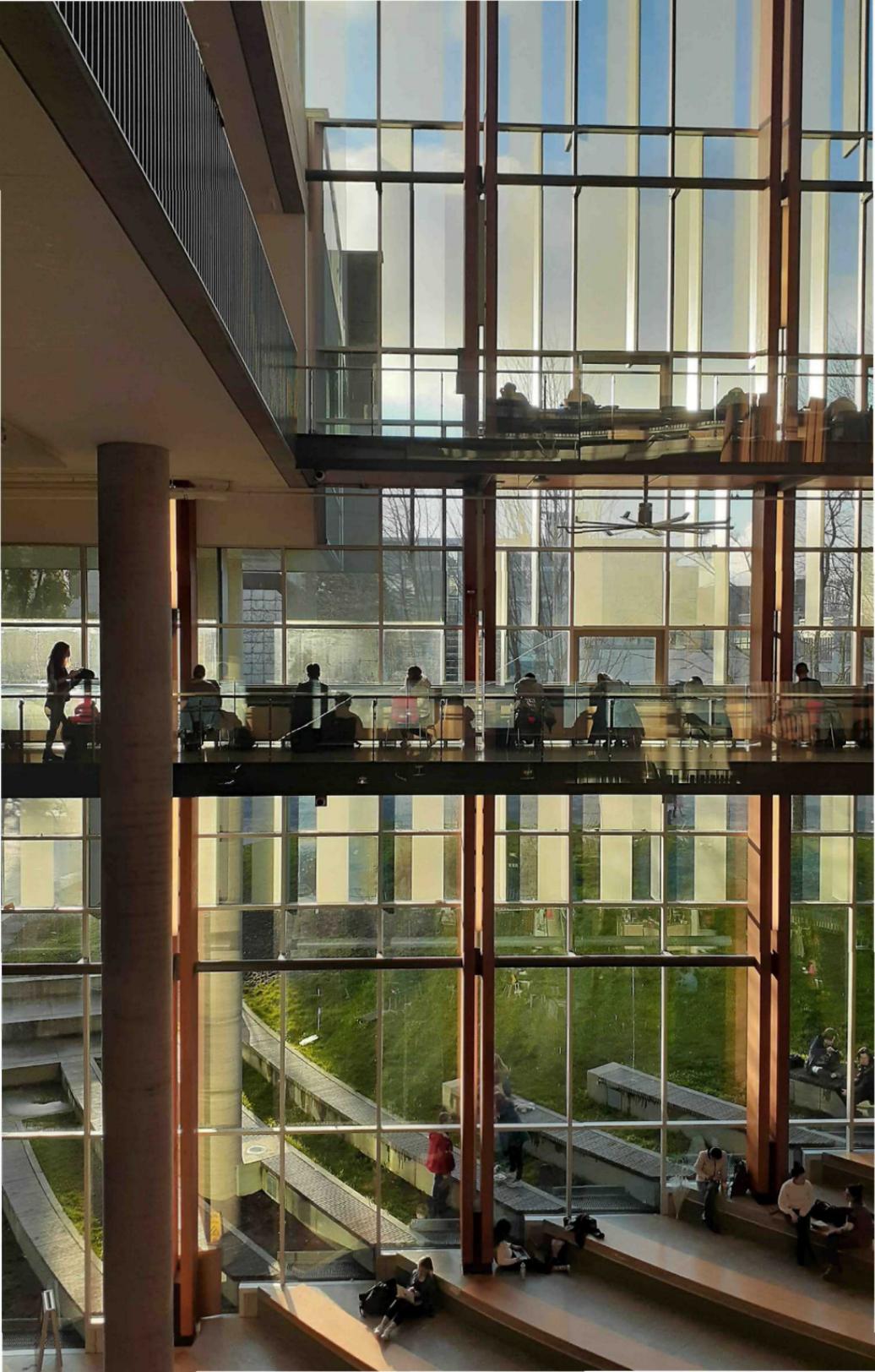
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# EDITOR'S NOTE

There's a saying back home that goes 'If something's tough, that just means it's worth doing.' I'm sure I don't need to tell you this year's going to be tough. The articles in this guide are to help you see that this year — with its Zoom calls, video lectures and Canvas aplenty — is worth doing.

The common thread throughout this guide is that you're going to find some of the best folks you've ever known in your classes and clubs meetings — it's just a matter of getting out there and attending. The caveat to that thread is that online learning

means you've got to put in a bit more legwork to develop those connections, but after plenty of time spent inside, you're likely itching to meet new people. So take those leaps of faith, turn on your trash webcam once in a while and try engaging with the course material — if you're lucky, you'll find some folks who make the next few years pass like a breeze. I know I did.

And one last thing: if you're new to BC, here's an important piece of culture to welcome you. A quote from one of the smartest folks around: "Be kind, be calm, be safe."



**Pawan Minhas**  
Coordinating Editor

# THE UBYSSY

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## EDITORIAL

Coordinating Editor  
**Pawan Minhas**  
coordinating@ubyssey.ca

Visuals Editor  
**Lua Presidio**  
visuals@ubyssey.ca

News Editors  
**Charlotte Alden** and  
**Andrew Ha**  
news@ubyssey.ca

Culture Editor  
**Danni Olusanya**  
culture@ubyssey.ca

Sports + Rec Editor  
**Diana Hong**  
sports@ubyssey.ca

## BUSINESS

Business Manager  
**Douglas Baird**  
business@ubyssey.ca

Account Manager  
**Forest Scarrwener**  
advertising@ubyssey.ca

Web Developer  
**Keegan Landrigan**  
k.landrigan@ubyssey.ca

Web Developer  
**David Kao**  
d.kao@ubyssey.ca

President  
**Rees Pillizzi**  
president1@ubyssey.ca

## CONTRIBUTORS

Sarah Zhao, Campbell Speedy,  
Sarjana Subramanian, Anupriya  
Dasgupta, Jasmine Arora, Kaila  
Johnson, Lara Radovic, Angela  
Villavicencio, Taman Mohamed,

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Video Editor  
**Akshay Khandelwal**  
video@ubyssey.ca

Opinion + Blog Editor  
**Sam Smart**  
opinion@ubyssey.ca

Science Editor  
**Myia White**  
science@ubyssey.ca

Photo Editor  
**Sophie Galloway**  
photos@ubyssey.ca

Features Editor  
**Bailey Martens**  
features@ubyssey.ca

## CONTACT

**Editorial Office:**  
NEST 2208  
604.283.2023

**Business Office:**  
NEST 2209  
604.283.202  
The Nest, 6133 University  
Boulevard  
Vancouver, BC V6T 1Z1

**Online:** ubyssey.ca  
**Twitter:** @ubyssey  
**Instagram:** @ubyssey

Arumann Dhillon, Semeion  
Wong, Shereen Lee, Benoit  
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Justice Tuccaro

I moved to Vancouver in 2015 to pursue my undergrad. I majored in political science and am currently studying law at Allard. My proudest accomplishment would be getting myself a dog as a grad present — “Dog Mom” is both a personality trait and a skill to showcase on LinkedIn.



Ioana David

I'm halfway through my third year of electrical engineering at the Point Grey campus, currently on co-op with the department of chemistry where I do cool things like 3D printing and helping with automation. I'm originally from Waterloo, Ontario, and I'm absolutely loving the west coast life.

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# THE PANELLISTS



Zhi Wen Teh

I am a third-year international student currently working toward a history major. I still have no idea what I'm doing.



Nathaniel Andre-Peirano

I am a born-and-raised Vancouverite who grew up in East Van, has lived in Brazil and Germany, travelled throughout the world. I am openly pansexual. This year I will be at UBC as a newly minted history honours student who is minoring in German.



Santa Ono

I'm Santa Ono, the president and vice-chancellor of UBC. I'm also a professor in the Faculty of Medicine, an amateur cellist, married to the wonderful Wendy Yip and the proud father of Juliana and Sarah.



Julia Burnham

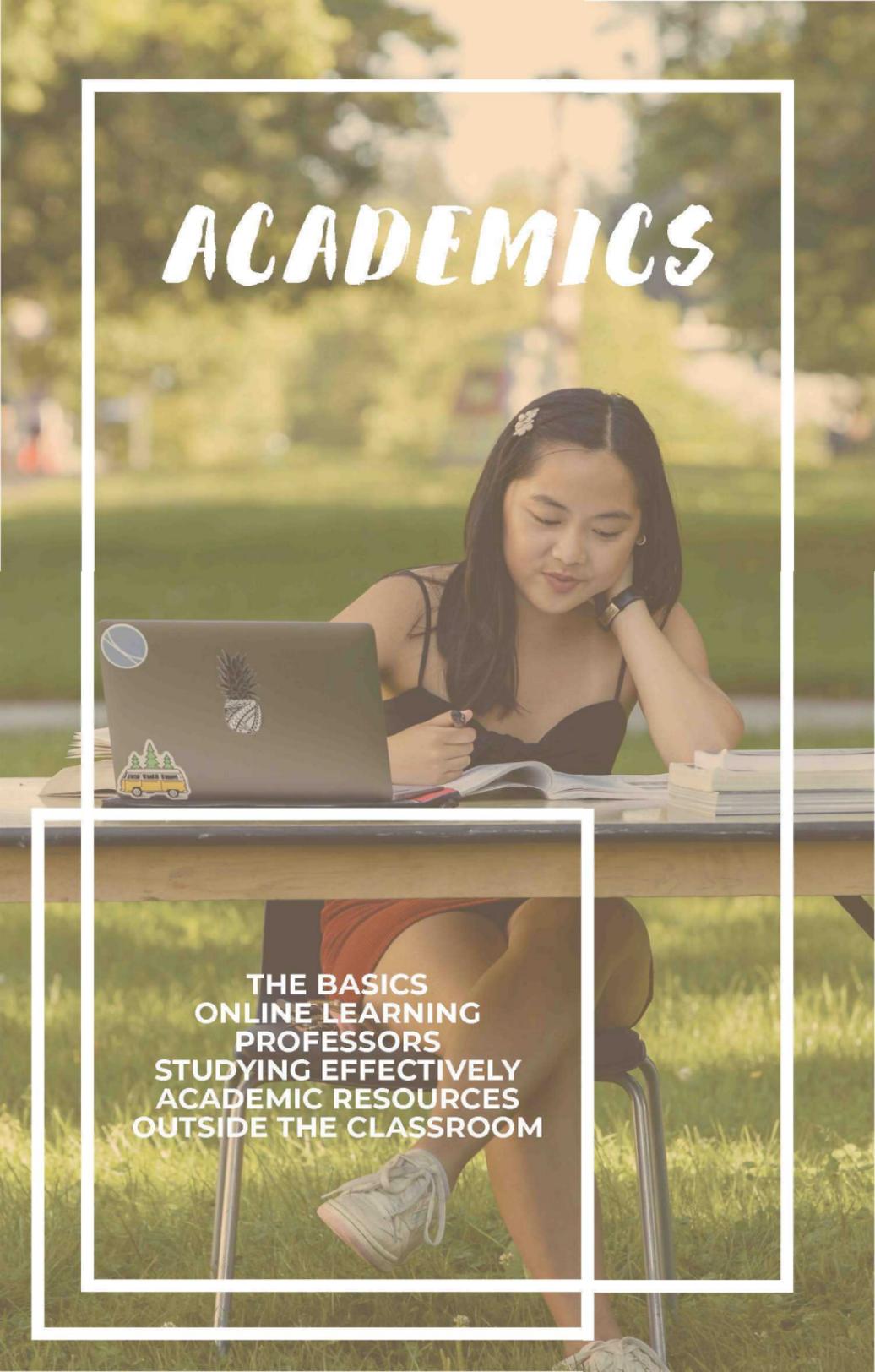
I'm a UBC class of 2020 grad and an incoming MA student in the department of educational studies. I'm a chronic tweeter (@juliarburnham), current student senator and former AMS VP academic.



Zubair Hirji

I am a student in the Masters of Food and Resource Economics program within the Land and Food Systems faculty. I finished my undergrad at UBC and have been at this school for five years.

# ACADEMICS



**THE BASICS  
ONLINE LEARNING  
PROFESSORS  
STUDYING EFFECTIVELY  
ACADEMIC RESOURCES  
OUTSIDE THE CLASSROOM**

# THE BASICS

## What is the grading scale at UBC?

For most courses, the grading scale is as follows: an A+ is 90–100 per cent, an A is 85–89 per cent, an A- is 80–84 per cent, a B+ is 76–79 per cent, a B is 72–75 per cent, a B- is 68–71 per cent, a C+ is 64–67 per cent, a C is 60–63 per cent, a C- is 55–59 per cent, a D is 50–54 per cent and an F is 49 per cent and below.

## What is Credit/D/Fail?

You can choose to take certain courses for Credit/D/Fail grading rather than a traditional percentage-based mark, meaning the course won't impact your GPA. A Credit standing is earned if you receive a mark of 55 per cent or above in the course, and a D standing is given if your mark is between 50 and 54.9 per cent; both of these standings will grant you credit for the course. However, if your grade is below 50 per cent, you will receive a Fail standing on your transcript and you will not gain any credit for the course. Keep in mind that you cannot take any courses required for your degree for Credit/D/Fail, you must indicate you are taking a course for Credit/D/Fail before the established deadline and you must meet the eligibility requirements prior to registering. (Note: Students who took courses in 2019 Winter Term 2 for Credit/D/Fail were granted an exception to the eligibility and degree limitations due to COVID-19.)

## Can I withdraw from a class? And what is a W?

The answer to the first question is yes! There are two deadlines to withdraw from classes. The first allows you to drop a course without putting a W on your transcript and usually happens in the first couple weeks of a term. A W is a mark on your transcript to signify that you have withdrawn from a class. The second deadline occurs midway through a term and allows you to withdraw from a course with a W standing on your transcript. While having a lot of Ws on a transcript is not recommended for students looking to apply to grad school, it can be better than failing a course. (Note: Students who took courses in 2019 Winter Term 2 were allowed to withdraw from courses with a W standing beyond the deadline due to COVID-19.)

## What happens if I fail a course? What is Academic Probation?

If you fail a course, don't worry! While it can be tough to deal with in the moment, know that everyone experiences these struggles and instead use it as an opportunity to grow. The requirements for academic probation vary between faculties, but generally occurs when a student fails multiple courses or has a cumulative GPA of below 55 per cent. Academic probation restricts the number of credits a student can take in order to provide a lighter workload. Fear not, though! Students can achieve good standing again if they improve their GPA and pass all credits.

# ONLINE LEARNING

As an incoming university student, you will be adapting to rapid changes. But this year, in addition to those, you will also be preparing for online learning because of the unique circumstances. UBC has been trying to give its students an authentic digital classroom experience, but you might still experience some challenges.

Just know that you are not alone in feeling this way! Here are some tips to help you maximize the online learning experience:

## 1. Find ways to separate your home and your 'classroom'

It can be challenging to do different kinds of work in the same space every day. Try and dedicate a small space for just completing schoolwork, and avoid doing other work in that space.

## 2. Use a calendar to schedule your day

With all your time spent indoors, it might be hard to keep track of your commitments and manage deadlines. Spend some time at night to schedule everything you need to get done for the next day! Ensure you are scheduling enough time for breaks and social interactions (even if they're online).

## 3. You don't have to be productive all the time

You don't have to spend all the extra time on your hands by working and constantly being productive! Take healthy breaks, go for nature walks and take time off to do nice things for yourself.



## 4. Attend lectures during their scheduled times

Without in-person interactions, you might not be as motivated to attend class. But skipping one lecture can be a slippery slope to missing deadlines, important content and feeling overwhelmed about playing catch-up. With all lecture material being online, it is more crucial than ever for you to spend extra time early on understanding online submission expectations, communication protocol with your professors and course guidelines.

## 5. Make meaningful connections

This is still your first year of university and you should still put yourself out there! Try being more personable online by adding profile pictures to the accounts you use for online learning (Canvas, Gmail, Zoom, etc.). Go out of your way to introduce yourself, create group chats for friends you make in online lectures or even to schedule catch-up video calls.

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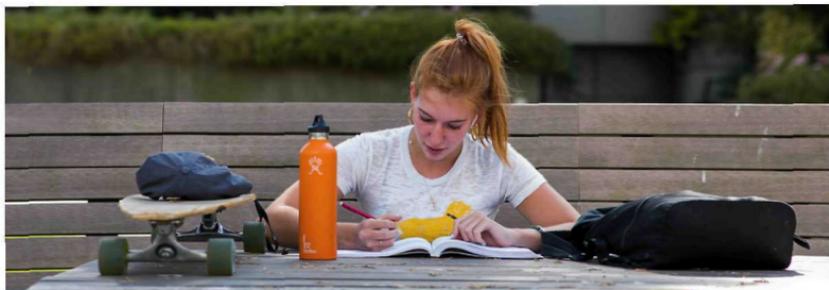
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“Most of my success in class comes from having constant communication with my professors and TAs. Having grown up with a university lecturer as my dad, your professors and TAs want to see you succeed as much as you do.”

— Zhi Wen Teh

# PROFESSORS

University is likely the first time you'll get to properly encounter the mystical being that is the professor! Believe it or not, most professors are actually there for you and actually care about your education. Here's a little prof orientation for you.

## Go with an open mind

Profs are very knowledgeable and are great resources to tap into. They all have different teaching styles, and it helps to be open to these as some may work well for you and some may challenge you. You'll have to figure out what works. While you have an option to drop classes if you don't like them, often you'll find that profs have bountiful insight that may completely change the way you look at things.

## Don't be a 'tourist'

Engage in class. Don't be afraid to ask questions — talking in class is important to building your confidence, understanding the material, prompting discussions, making friends and getting

to know your profs. They're nerds but they can often be cool and funny and care about the ideas you have and the varying perspectives you bring. They *want* to hear you speak.

## They treat you like adults

Unlike some high school teachers, most profs treat you like adults and with respect. They won't force you to learn things or do homework and they'll expect a level of accountability from you. They'll be clear with what they expect from you and won't hold your hand as you go through the term.

## Profs are people

They care about you. They're not robots and will empathize with you. It's okay to approach them outside of class and to just talk to them. This also helps you build strong relationships with them. If they remember you, they'll probably look out for you. This can also be helpful later when you're looking for that sweet, sweet reference letter or just someone to validate your existence.

## Be critical

Don't be afraid to challenge your profs! It's important to learn how to argue and to voice your own opinions within reason. Your ideas are just as valid coming from a student. Challenge the course material, the way concepts are taught and assumptions presented in class. This way you'll win participation points AND respect.

## Office hours

Go! To! Them! Attending your first office hour can be very intimidating. What do you even say? Honestly, depending on your prof it can also be awkward, but some can be charming and offer you an hour's worth of fun anecdotes that have nothing to do with your course about Eastern European culture. You'll never know until you try it out! Remember that profs are happy to see you. Some will even beg you to come because they're lonely, some will give you incentives like meeting the office dog and some will even bribe you with tea and (sketchy) pineapple cookies. However it goes, being able to pick some of the smartest minds for half an hour is possibly one of the best university experiences.

## I'm scared!

It's okay! Start by asking questions and slowly progress to ideas. Many profs will help ease you into it with small group discussions — try finding your voice in those! It's validating and reassuring talking to your peers first. Remember you're not alone — some of the most intelligent fourth-years you'll ever meet are also scared, but years of experience just teach you that it's worth it and whatever you say is valuable. Even if your point is absolutely stupid, your prof will appreciate you garnering the courage to speak up, especially in a class full of people.

## The online classes dilemma

Talking to your profs gets harder with online classes, but you can write them emails to introduce yourself and ask questions or share ideas. You can also attend virtual office hours from the comfort of your own home instead of fumbling through the confusing halls of the Anthropology & Sociology building looking for their office. In a time when socializing with other students or having the feeling of being in a classroom is significantly harder, your profs are your number one point for social connection.

## You have a voice

While most profs you'll encounter at UBC are going to be caring, insightful and respectful, you may also encounter some profs with whom you may have had experiences. You may not agree with their problematic stances and some even buy into harmful prejudices. Remember that you don't have to stand for any of it if it makes you uncomfortable and that there are resources and people you can talk to if you need.

Professors shape your university experience like nothing else. They help you find your voice and you are likely to find at least a couple who will inspire you profoundly during your time at UBC. Make use of the opportunities.

“

Don't be afraid to advocate for yourself. If you are struggling with material, reach out to your professors in office hours. If you need accommodations, reach out to academic advising. There are supports that exist to help you through, but only if you have the courage to reach out.”

— Julia Burnham

# STUDYING EFFECTIVELY

## Deep work

Spending an hour in a library but getting nothing done. Sound familiar? Low productivity study sessions are your enemy in university. You need to practice 'deep work'. It's a term coined by Cal Newport in his 2016 best-selling book and it basically means distraction-free periods of intense focus.

To inculcate a habit of deep work, you need to do three things.

First, schedule a time and place for deep work in your daily timetable. For me, it was 10 a.m. to 1 p.m. every Saturday and Sunday at Bean Around the World cafe. You can change the frequency of these sessions as your course gets more demanding.

Second, eliminate all distractions. I left my phone back in my dorm when I left for the cafe. However, everyone faces a different distraction. So, find yours and eliminate it. It could even be your friends. Leave them in the residence (with a sweet note).

Finally, have a clear agenda for the deep work session. This would help you get into the study zone and not be intimidated with the many things on your to-do list.

## Active recall

This is just a fancy word for testing yourself. Staring at plain text does you very little. Instead, after you are done going over a concept, do practice problems or take a sample quiz. This method is very effective because it forces your brain to actively engage in the

material and retrieve it in a test setting.

One of the ways I did active recall was making a list of questions instead of notes for ECON 101. Whenever I had to revise a few chapters, I just quizzed myself on the questions. If I didn't know an answer, I would look it up in the book. Another benefit of this method was that I was able to point out the concepts that I was having the most trouble remembering and focus more studying time on them.

## The multiple deadline timetable

Being done with a paper well before the due date might be an uncommon thing in university but it's not impossible. Here's a little trick. Along with marking the deadline for your paper, also mark a few additional deadlines for yourself in your timetable. For example, divide a term paper into tasks and set up a deadline for them. Mark 15 days before the actual deadline as your personal deadline for completing an outline. Then 10 days before for a completed draft. Of course, you can tailor it to your specific assignment and your daily schedule. This system is extremely helpful to avoid procrastination and writing last-minute assignments.

Your first-year academic courses at UBC are going to be challenging but rewarding. So, set up good study practices in order to ace all your classes and also leave time to enjoy the multitude of opportunities outside class.



Study hard, but also take a break from studying. You'll learn better if you pace yourself, go for a walk or run or just relax in between short periods of studying."

— Santa Ono



# ACADEMIC RESOURCES

As much as you want to party and make friends, university is technically for learning.

## Professors

As scary as it can be, talking to your professors can really make or break your university experience. Once you get over your fear of potentially sounding not smart, your professors can be the best resource. Connecting with your professors can also be helpful in the long run, like when you need reference letters.

## Centre for Writing and Scholarly Communication

If you are having trouble nailing your essays and assignments, try heading over to the Centre for Writing and Scholarly Communication. They lead workshops and consultations to help you make your work better. Due to the pandemic they've moved their consultations online, which you can book on their website *learningcommons.ubc.ca/improve-your-writing*.

## Libraries

Maybe this is a hot take but going to the

library and taking out physical books is epically underrated. There are so many more sources you can find for your research if you make the leap to textual material, rather than depending on an online summons search. If you're one to have trouble on when to start projects, UBC has a nifty assignment calculator online, for both research papers and lab reports. This website can help you plan out your schedule for any given assignment, so you're less likely to feel that crunch at the end.

## Librarians

If you heed our last advice and find yourself in a library you can actually ask for help on your projects. A librarian's whole job is to know what books are good, so you should really trust them to be experts. As the libraries are closed you can still get research help online by emailing them.

Our last advice is just do your school work as it comes, rather than leaving it to the end. Yeah, we know you aren't going to do that, and hell, we don't do that either, but we thought it would be worth a shot.



# LEARNING OUTSIDE THE CLASSROOM

*Note: This year, many work and international opportunities have been disrupted due to COVID-19. As of August, Go Global has cancelled all programs until the end of 2020, some co-op departments are mandating that students complete their placements within Canada, the Arts Internship Program is not taking applications and some Work Learn placements have moved online. Be sure to check with each program for specifics on COVID-19.*

## Co-op

Co-op placements are an opportunity for you to get work experience in your field before graduating, and even get a head-start on your resume. Placements can sometimes lead to post-graduation job offers from a company you worked for. But just what you'll get out of co-op is a bit of a mixed bag. The program can extend your degree for up to a year, and like everything else at UBC, it's pretty costly. Each faculty has their own co-op program with its own application requirements, and your experiences can

vary depending on your area of study and where you're able to land a position. However, companies often have co-op specific positions so you have less competition when applying, and it's even possible to get international placements.

## Go Global

Go Global is UBC's international experience program. It offers experiences that fit a variety of interests, budgets and graduation timelines. For example, you could do a global seminar without worrying about transfer credits, do research abroad or take a summer semester at a partner university. However, if you do decide to study abroad, start planning early. Applications begin closing the beginning of December for programs taking place the following summer.

## UBC Tandem Language Learning Program

This program is a free initiative for folks interested in practicing another language. You're partnered with a fluent

or native speaker of the language you want to gain conversational fluency in, while your partner is interested in learning a language you're fluent in. Pairs are expected to meet for an hour and a half once a week, for nine weeks each semester.

## Volunteering

There are many opportunities for volunteering on campus. You can join a club as an event coordinator or VP External and contribute to an area you're passionate about. You can volunteer for the Student Leadership Conference that happens in January or become an Orientation Leader with your faculty and help first years find community on campus. You could even join UBC REC and plan UBC traditions like Storm the Wall and Day of the Longboat.

## Work Learn

Work Learn facilitates paid work experience offered by UBC that still enables you to study full time. There are a variety of positions available within faculties, libraries, UBC IT and more. Positions are usually paid above minimum wage, require a skill set relevant to your area of interest and are capped at 10 hours per week during the winter session.

“

Travel. Period. It does not matter whether you go across the city or across the ocean but you need to expose yourself to new environments, circumstances and cultures.”

— Nathaniel Andre-Peirano



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# AMS SERVICES

**We've got your back.**

Facing a personal, academic, or career challenge? AMS Services provides free, confidential, and accessible support for your entire UBC journey, no matter where you are. — [ams.ubc.ca/services](https://ams.ubc.ca/services)

## PEER SUPPORT

From dealing with stress to finding your balance with substance use, Peer Support provides free, confidential, one-on-one support for students facing a wide variety of challenges.

## SAFEWALK

Whenever you feel unsafe travelling alone on campus after dusk, Safewalk walking and driving teams can get you to your destination safely.

## FOOD BANK

For students facing food insecurity, the AMS Food Bank provides food, personal hygiene supplies, and information on other available resources.

## TUTORING

When you need help making the grade, AMS Tutoring offers group and private tutoring sessions in a number of subjects.

## ADVOCACY

If you're facing a bureaucratic challenge or are up against a UBC disciplinary committee, Advocacy is ready to provide support on your behalf.

## ENTREPRENEURSHIP HUB (eHUB)

Got a great business idea but unsure of how to make it happen? eHub will help you explore your options and get you started.

# UBC



UBC MAP  
CAMPUS ATTRACTIONS  
CAMPUS HISTORY  
THE AMS  
UNIVERSITY GOVERNANCE  
UBC TRADITIONS  
THE THUNDERBIRDS  
GREEK LIFE  
ACCESSIBILITY RESOURCES  
INTERNATIONAL STUDENTS  
QUEER RESOURCES  
INDIGENOUS RESOURCES  
GRAD STUDENT RESOURCES  
MAKE THE MOST OF UBC  
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CHEAP VS. BEST EATS

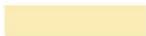
# LEGEND



STUDENT RESIDENCES



ACADEMIC BUILDINGS YOU SHOULD KNOW



NON-ACADEMIC BUILDINGS YOU SHOULD KNOW



LIBRARIES





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eligible plan.\*

\*Requires activation of eligible 2-year plan with device financing. 0% APR, taxes and fees extra. Conditions apply. Visit our store for details.

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# CAMPUS ATTRACTIONS

Seeing as UBC Vancouver is consistently ranked one of the most beautiful campuses in Canada, you might just be content wandering around aimlessly, taking it all in as you go. If you have more of a type-A personality, however, and prefer to diligently follow an (almost) comprehensive list, we've got you covered.



## FOR NATURE LOVERS

### UBC Botanical Garden, Nitobe Memorial Garden & UBC Rose Garden

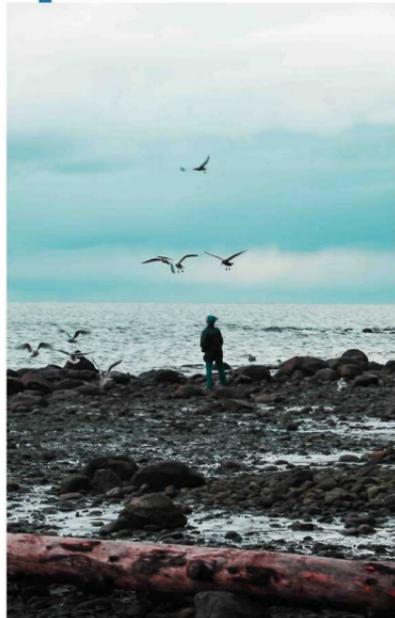
These serene landscapes are perfect for unwinding between classes.

### Pacific Spirit Regional Park

With over 54 kilometres of forested hiking, walking and cycling trails, this park is great for almost any outdoor activity.

### Wreck Beach

Located in Pacific Spirit Regional Park, Wreck Beach will be your go-to place to watch the sunset. The stairs leading down to this clothing-optional beach are surrounded by lush trees and foliage. But enjoy it while you can — the hike back up isn't as pleasant.





## FOR THOSE INTERESTED IN ART, CULTURE & NATURAL HISTORY

### MOA & Beaty Biodiversity Museum

Visit the renowned Museum of Anthropology to appreciate collections from a wide range of cultures and time periods. Or head over to Beaty Biodiversity Museum to catch a glimpse of the skeleton of a blue whale, named Big Blue, which is 1 of only 21 on public display in the world.

### Morris & Helen Belkin Art Gallery & Art History, Visual Art and Theory (AHVA) Gallery

Check out the Belkin Art Gallery and admire internationally acclaimed artwork, or go see what fellow students are making at the AHVA Gallery.

### Reconciliation Pole

This 55-foot totem pole carved by James Hart, a Haida master carver and hereditary chief, is meant to represent First Nations peoples' lives before, during and after the horrors of the residential schools era. The pole also commemorates the children who lost their lives while attending a residential school with thousands of copper nails hammered into the wood. There are many totem poles on campus, and they're all worth viewing and reflecting upon.

### Chan Centre for the Performing Arts

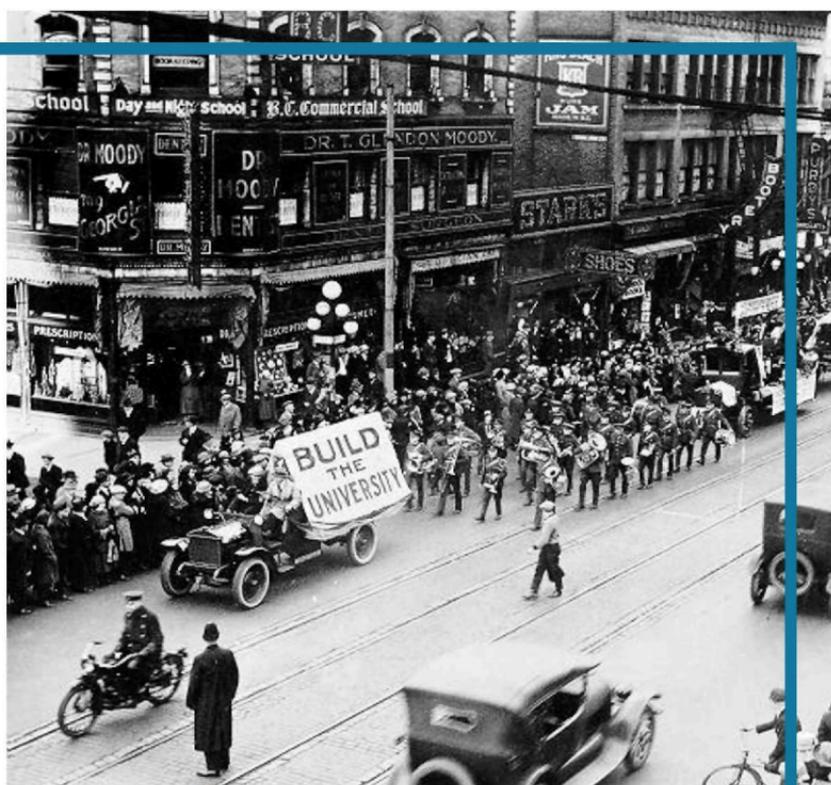
Looking for a show? Stop by the Chan Centre for the Performing Arts for a jazz concert or to listen to some opera in the Chan's beautifully designed auditorium. Unfortunately most of the 2020 events have been cancelled or pushed back until 2021.



“

Make the most out of the university environment by overcoming your fears through exploration and experimentation. Do not let your fears or your circumstances inhibit you and treat these realities as challenges that can be tinkered with or overcome so that they no longer rule your life.”

— Nathaniel  
Andre-Peirano



## CAMPUS HISTORY

UBC's more than 100 years old and it shows that antiquity in the oddest places – cobblestone-and-steel buildings, WWII structures aplenty and the Student Service Centre are all relics of a long-gone past! Here's a bit of that history.

Long before UBC took up the slogan, the peninsula was already “a place of learning,” except that learning was usually in a different language: *hən̓q̓əmi̓n̓əm̓*, the Musqueam dialect of the Coast Salish language Halkomelem. UBC is the site of an ongoing occupation, as the lands of

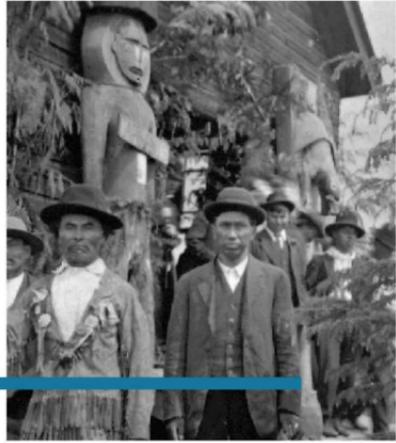
the Musqueam people have never been ceded by treaty to any government. However, a 2006 memorandum of understanding means the relationship between the province through UBC and the Musqueam people isn't entirely informal – but a memo after, at the time, 91 years of occupation is far from permission. The stealing of this land from the Musqueam people has had a lasting and disruptive impact on the preservation of their language, culture and livelihoods. So keep listening to land acknowledgements and keep pursuing literature from and about the

folks who've been displaced for your education.

The university set up shop on that unceded land after something called The Great Trek which, while currently being co-opted by UBC admin as a fun piece of school history, was actually an act of defiance against the province. More than 1,000 students made the walk in 1922 because they were tired of the province dragging its feet for years on developing a proper university campus. They marched from downtown Vancouver to the tip of the peninsula, demanding use of the land they were promised and, likely, doing their best to ignore the irony of demanding that land. A chastised provincial government soon got to work putting shovels in the ground and getting the kids to school.

Soon after the Vancouver campus was established, Canada waded into WWII and the school saw many of its attendees headed off to fight, though campus itself was far from idle. Most famous of wartime architecture is the MK7 anti-air and anti-ship guns situated on Tower Beach, itself named for the guard tower where soldiers scanned the horizon, on guard for Japanese incursion against Canada. Less known are UBC's underground steam tunnels running throughout campus, which once stored material like the massive ammunition fired by the MK7s.

While campus may not have been part of a worldwide fight against fascism, its more recent history is far from boring. From the infamous APEC protests, featuring Sergeant Pepper Spray, to Guptagate exposing the murky world of university governance, there are plenty of rabbit holes to dive into while researching this stretch of land. If you find something interesting, send us an email – more than 100 years of UBC means plenty of rocks left to turn over!



# THE AMS

A brief intro to the nerds that run student government

The Alma Mater Society (AMS) is the representative student body of UBC's Vancouver campus. Per its mission statement, it works to "improve the academic, personal, and social life of students at UBC." Every year in March, society members – that's you! – elect five students to lead the organization: the president and four vice presidents, the VP academic and university affairs, VP external, VP administration and VP finance.

It looks after student interests, everything from advocacy to the university and the federal and provincial governments to taking care of the Nest and the AMS-owned-and-operated food outlets in it. The AMS will inevitably touch some part of your life at UBC, whether it's through the 350+ AMS student clubs that you can join, elections and referendums, support services like the Sexual Assault Support Centre or even Block Party.



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# UNIVERSITY GOVERNANCE

You've read about the AMS so now you're likely wondering, 'How is the university itself governed?' Here's the answer in three parts.

## UBC's Vancouver Senate

UBC's Vancouver Senate is the organization that's tasked with anything related to academics at the Vancouver campus. The Senate deals with the high-level stuff like admissions policy and doling out awards to the minutiae of curricula requirements and the upkeep of campus's lovely libraries. Keeping with their huge mandate, the Senate's membership is massive — totalling nearly 90 members, and that's with a few seats left unfilled! As students, you elect 18 peers to the body — broken down, that's 1 representative per faculty, 2 from graduate studies and 5 at-large members. The biggest news out of the Senate recently has been the end of a decades-long fight for a fall reading break — 2021/22's students will be taking time off in the middle of first semester, reinforcing the Senate's unofficial slogan: 'better late than never.'

## Board of Governors (BoG)

They're responsible for deciding what the university does in a non-academic capacity, which is a lot more than you'd think. BoG manages the unceded Musqueam territory now known as the

University Endowment Lands, UBC's non-academic university policy — on such topics like sexual violence and misconduct — and liaises with municipal, provincial and federal governments. Overall, a breezy mandate. BoG's a bit skinnier with its 21-member board, 2 of whom must be students from UBC Vancouver. For 2020/21, your reps are Board veterans Jeanie Malone and Max Holmes, though with the student seats being elected yearly, it could be you in that chair/Zoom call come April 2021!

## The administration itself

Since the Senate meets monthly and the BoG every two months, UBC admin are the suits who run the day-to-day of this billion-dollar business. Led by UBC President Santa Ono, the executive also comprises seven VPs who deal with everything from accounting and finance to shaping the student experience at UBC. They take their heading from the BoG and Senate, but exercise considerable discretion when it comes to the granular stuff. While each department will swear up and down it takes student opinion into consideration, there's few concrete policies that ensure that — the AMS and GSS are the main bodies which liaise with the admin on students' behalf, which is part of what makes it so important that you keep an eye on those folks and hold them accountable. Vote, folks.

# UBC TRADITIONS

“

My favourite tradition at UBC is not having enough time to get between classes.”

— Nathaniel Andre-Peirano



## Storm the Wall

UBC is all about challenging yourself with rigorous education so that you can get a better job, a better place and a better life. There's no better metaphor for that whole experience than having to swim, run, bike and hurl yourself at a 12-foot-tall wall, praying that you'll be able to pull yourself up. Don't worry too much about that though, the UBC Rec staff's whole job is to make sure you don't fall.



## Defacing the Engineers' Cairn

The Cairn is basically the main character on campus at this point. It's the concrete E on Main Mall that engineering students are sworn to defend with their life. It gets painted for all kinds of reasons: advertising parties, commemorating important events, promoting causes and furthering faculty rivalries. The best time to paint it is at night, but you didn't hear that from us.

## Polar Bear Swim

This event happens on the last day of term one classes, and it is a great way to release all that academic tension before exams start. This is not a tradition for everyone, but it is definitely an experience. So why not put on your swimsuit and embrace the cold waters of Wreck Beach with your wild peers?



## Day of the Longboat

The Day of the Longboat is a classic tradition, dating back to at least the mid-'80s. This event takes place in early fall semester and is a good time if you really like paddling hard and being on the water.



## Pit Night

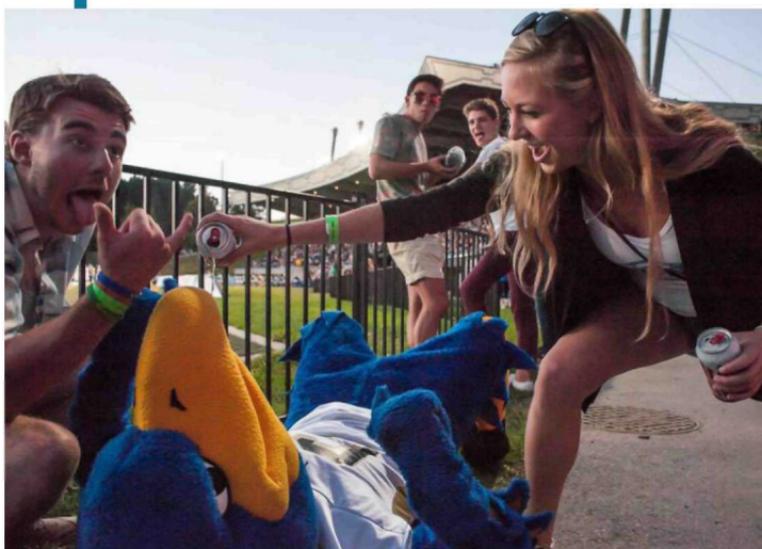
What's better than an 8:30 class on Thursday morning? Showing up brutally hungover to an 8:30 class on Thursday morning. Pit Nights happen every Wednesday night and have been happening online since the pandemic started. Obviously, you have to be over 19 to attend in person — but if you want to simulate the feeling, just play loud music and dance in your shower to replicate how sweaty you would get.



“

Both Day of the Longboat and Storm the Wall are incredibly fun and exhilarating experiences that you should not graduate without having participated in! Longboat is all about teamwork, communication and competition. Storm the Wall is about planning, reliability and jumping over a 12-foot wall. Both are by far the best traditions on campus. I recommend you wear a ridiculous costume to either event, I've done them in a banana costume and in a hot dog costume.”

– Zubair Hirji



# THE THUNDERBIRDS

Welcome to team Thunderbirds! Also known as the ‘T-Birds,’ we’ve got teams playing football, hockey, volleyball, soccer and much more. Now that you’ve joined the family, you can experience the best T-Bird traditions such as festival games and pre-game keggers.

However, due to COVID-19 restrictions, there have been some changes in the yearly traditions. All 2020 fall team sporting events were cancelled for all Canadian universities in June. Usually, Homecoming — a yearly sold-out game with a crowd of around 10,000 people — is UBC football’s first big game of the year. Unfortunately, this event’s been cancelled this year, but don’t you worry. We still have hope for our second-term team sports.

We’ve still got the annual Winter

Classic hockey game at Doug Mitchell Thunderbird arena, the annual UBC–University of California, Berkeley World Cup rugby series and more. Still, there might be changes to dates or cancellations to these events depending on updates to physical distancing guidelines.

If COVID-19 does resolve in time, make sure to take part in the pre-game festivities, get a free t-shirt and face paint stick and march around campus towards Thunderbird Stadium.

Although UBC’s festival games happen throughout the year, there are plenty of other games that you can watch — after physical distancing ends, obviously. It’s a great opportunity to experience a new sport you might not have watched on your own.

# GREEK LIFE

Apart from networking opportunities, cheap housing and a vibrant social life, the Greek system can be a great tool for anyone who is seeking a smaller community on campus and philanthropic involvement.

Being a Greek requires members to pay dues and it does involve, at least at first, a huge time commitment.

Formal Recruitment for sororities and Formal Rush for fraternities happen at the beginning of September. Both of them act as a way to find out more about the community and see if it's for you. If you find that it's not your vibe, that is completely okay as there is plenty

of time to change your mind.

There are also Greek organizations that are not affiliated with any other Greek societies. UBC is home to both Sigma Phi Delta and Alpha Omega Epsilon, which are a professional engineering fraternity and sorority respectively. There are also professional organizations that are inclusive to all genders and all students: Alpha Kappa Psi (professional business fraternity) and Alpha Phi Omega (community service fraternity). Recent news from Greek life has been the InterFraternity Council's deconstitution as an AMS club following a review.



Greek Life may not be for everybody, but there are amazing opportunities within it! I became Vice President of Academic Excellence of my sorority, and gained leadership skills and confidence throughout my time in an executive position. Helping my sisters do better in school was definitely a bonus!"

– Justice Tuccaro



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# ACCESSIBILITY RESOURCES

## Academic Concession

For short-term concerns – a sudden injury, family emergency and physical or mental illness – students can apply for academic concession through their academic advising office. Concessions include dropping or withdrawing from a course after the deadline and getting deferred standing for coursework so it can be completed after the situation is resolved. Students will be asked to provide documentation of the illness or emergency and are encouraged to communicate with their course instructor(s) throughout the process.

## The Centre for Accessibility

Located at 1203 Brock Hall, the Centre for Accessibility is your first point of contact for all accessibility concerns at UBC. It provides accommodations for students who have disabilities or long-term medical conditions that prevent them from accessing resources in the classroom or around campus. For example, those with learning disabilities can apply for extended time on exams or leniency on deadlines. Accessibility shuttles are available to help students with limited mobility navigate campus. UBC also offers priority course registration and housing access for those who need it.

Not sure if you're eligible for accommodations? You can call in to talk to an accessibility advisor on weekdays from 10 a.m. to 4 p.m., except for Tuesdays when they close at 1 p.m.

# INTERNATIONAL STUDENT RESOURCES

Being far from home in a country that you might not be familiar with can take some adjusting to. On top of being in an unfamiliar environment, learning how to live on your own can make this transition even harder. These resources can help make the transition a little easier.

## International Student Advising

You can make an appointment or drop in to meet with advisors on topics such as visas, academics and student life. International Student Advising is open from 9:30 a.m. to 4 p.m. Monday to Friday and is located in room 1200 in the Life Building. In light of COVID-19, students can schedule an advising call via Zoom during business hours or email [isa@students.ubc.ca](mailto:isa@students.ubc.ca) with your student number.

## International Student Development

International Student Development is a group of advisors with expertise

in issues pertaining to international students. This team works alongside regulated Canadian immigration consultants on immigration, health insurance and more. Additionally, International Student Development runs the Simon K. Y. Lee Global Lounge & Resource Centre which is a space for those who are interested in international issues and is home to many globally focused UBC clubs and initiatives.

## Immigration, Refugees, Citizenship Canada (IRCC)

To get a job, whether on or off campus, you will need to apply for a social insurance number (SIN). As an international student, the hours you're able to work are limited and dependent on the visa you have. Be sure to check that your visa or study permit allows you to have a part-time job before applying for a SIN. If you need more information on the correct documentation needed, study permits and updating your visas, this is the place to go!



Meet people! And push yourself out of your comfort zone. It's scary, but it's so worth it."

— Ioana David



# QUEER AND TRANS RESOURCES

## The Pride Collective

The Pride Collective is the oldest 2SLGBTQIA+ group on campus. It's a great place to meet other Queer and Trans people on campus, especially people from across faculties. They have many weekly meetings like Female Lovers Weekly, Guy Lovers Weekly, QTBIPOC Space and more. The collective also has resources, like the Hungry-Hamper Program and sometimes have gender-affirming wear. Their lounge is located in the Nest in room 2103.

## Faculty-specific Queer and Trans spaces

There are also faculty-specific Queer and Trans spaces, like Gears & Queers for engineering students and Queer Coded for computer science students. These programs are a good way for you to get to know some of the other 2SLGBTQIA+ folks in your classes or program.

## Transitioning

UBC has tried to simplify using chosen names in their system. You can update your name in the personal information part of the SSC. You can change your gender marker by talking to your Enrolment Services Advisor. If you live in residence you'll need to update your account with Student Housing and Community Services. Because of holes in the system, it may be necessary to have to explain your gender situation to professors or administrators. That can be scary or shitty, so if you have concerns you can talk to the UBC Equity & Inclusion Office.

The AMS/GSS health plan covers most gender-affirming hormone therapy and through the provincial medical services plan students can access lower and upper-body surgery. Wait times to access

hormones and surgery in the province can be long though. While it may feel hard, remember that there are people and resources here to support you.





# INDIGENOUS RESOURCES

## Longhouse Counselling Services

Alongside Brock Hall's counselling service, the First Nations Longhouse offers counselling with a focus on issues facing Indigenous students. Sessions can be booked online through the First Nations House of Learning website or from UBC Counselling Services itself.

## First Nations Longhouse

The Longhouse is a great resource to use throughout the year. Housing the First Nations House of Learning, the Longhouse acts as a central organizing space for Indigenous students and faculty on campus, providing access to amenities such as a study space, gathering rooms and the Indigenous Student Collegium.

## Indigenous Committee

A recent addition to the list of resources for Indigenous peoples is this 'extraordinary committee' of the AMS, which means it functions at an arms-length from the student union. The

Indigenous Committee works to advance the interests of Indigenous students independently and in collaboration with the student society, with their mandate being "to establish an Indigenous student governance system on the UBC Vancouver campus and to integrate Indigenous forms of knowledge and practice into the [AMS]."<sup>7</sup> The committee has recently released statements supporting Black Lives Matter and condemning extractive, tokenistic relationships with Indigenous peoples. The committee can be found on Facebook.

## AMS Council Indigenous Seat

Passed by referendum on the 2019/20 AMS Elections ballot, the Indigenous seat on Council is another initiative aiming at bolstering Indigenous student involvement in campus governance. Currently filled by Laura Beaudry, the Indigenous seat is appointed by the Indigenous Committee to be the permanent voice for the committee in the student union's deliberations.

# GRAD STUDENT RESOURCES

Literally none of us are grad students so we're just going to guess what would be helpful.

If you are feeling isolated (both from physical distancing and because you are a grad student), try heading over to the Graduate Student Community online forum. Accessible with your CWL, there are forums for so many things, like finding housing, getting tennis partners, asking academic questions and making friends.

If you've hit a block, consider asking for help from the research librarians. There are librarians knowledgeable on basically every field of study at UBC who can help you find sources you may not know about. You can find a research librarian in every library or talk to them online through email.

Sometimes it can be good to take a break from your studies. Explore your campus past your lab and visit some of UBC's museums or gardens. While you're at it, explore the whole city! If you're paying exorbitant prices to live here, you might as well make the most of it. Who knows, maybe it will lead you to some inspiration.

Build a good relationship with your advisor. Ask them questions about their work, life and graduate school experiences. They were in the same place as you once and can probably give better advice than we can.





Join a club; find other students who share your interests. But also try new things — you won't know if you'll like it if you don't try it. And remember, everybody else is feeling just as nervous/scared/excited about coming to UBC as you are!"

— Santa Ono

## MAKE THE MOST OF UBC

Your university experience is what you make of it. You don't have to do exactly what others are doing — there are different ways to make it memorable. The opportunities are out there, but you need to step out of your comfort zone and look for them. As the university motto goes, *Tuum Est*, "It is yours."

### Get involved! Join a club, organization, literally anything

Joining a club is a great way to meet people with the same interests, pursue your passions and try things you don't know anything about yet. Who knows, maybe you'll accidentally find your one true calling in a meeting room in the Nest. Also check out Residence Life, sports, student politics and volunteering opportunities for events and programs.

### Go to all the events — well, as many as you can

UBC events may be a thing of the past, but once we can expand our bubbles, they will be worth the wait. From music festivals to talks about current issues, there's usually something cool going on. Go to a game and cheer on the T-Birds, challenge your athletic abilities with

Storm the Wall, pet dogs at exam season events or make friends with your neighbours at residence events. But for right now, join a webinar or a Zoom call.

### Talk to your profs

What's better than discussing something you're interested in with an expert that's more than happy to talk to you? Not only can they answer your questions but also give you advice and talk more about class topics. Found something interesting and want to learn more? You know where to go.

### Know your campus and explore

There's a reason why UBC is often described as a city within a city. We have our own hospital, fire department, a farm, beaches and forests minutes away from the classrooms and restaurants — you can technically stay here forever. Take Instagram-worthy pictures at the Nitobe and Rose Gardens, go for a swim at the Aquatic Centre, get wasted during Pit Night, wander aimlessly through Pacific Spirit Park, explore our museums (for free!) or watch the sunset at Wreck or Tower Beach after a long day of classes. You'll never be bored again.

## Take valuable opportunities for your professional and academic life

Want to gain good work experience? Apply for co-op, Work Learn jobs or internships and develop your skills before being thrown into the real world. While things may look differently right now, other years Go Global let students opt for a foreign semester.

## Use the resources that you're paying for

You are not alone. Stuck on a math problem or need feedback on your first university essay? The Centre for Writing and Scholarly Communication is normally available at the library but is taking appointments online through the pandemic. The Math Learning Centre is there for all your math needs but is currently only available in person. There are many resources for academics, finances, health and career that you should definitely check out even if you aren't here.

“

Be you! Express yourself as best you can and in whichever way you want. If you like hiking you can do that here alone or in groups. If you want to make pottery go to the basement of the Life Building and sit yourself by a pottery wheel. If you want to shit on students that are too full of themselves, join *The Ubysey*. Conversely, if you are full of yourself, join the AMS.”

— Zubair Hirji



“

Don't be afraid to change your mind, or your major. I changed my major seven times in my undergrad — yes, literally seven. It's so rare to leave UBC with the exact degree and experiences that you thought you wanted when you were in high school. Try new things and surprise yourself!”

— Julia Burnham

# 102 THINGS TO DO AT UBC

Take these pages and use them as a checklist for your accomplishments for the next four (or five, or six, etc.) years. And don't forget to cross them all out before you graduate!

- 1. Find *The Ubyyssey* office
- 2. Write for *The Ubyyssey*
- 3. Write an essay the day before it's due
- 4. Go to Pit Night (virtually or in person) and promptly leave
- 5. Join too many clubs and never go to a meeting
- 6. Scour campus for free food
- 7. Consider jumping in the Martha Piper fountain
- 8. Take a picture of a bird
- 9. Take a picture of a squirrel
- 10. See a coyote
- 11. Smoke a joint in the forest
- 12. Look up whom a building is named after
- 13. Try and fail at printing in the library
- 14. Ask the person working at the library help desk for help
- 15. Have a favourite coffee shop
- 16. Realize the coffee on campus is the tip of the iceberg
- 17. Go to office hours and cry
- 18. Get too drunk on a Wednesday and go to class hungover
- 19. Buy Blundstones because everyone else has them
- 20. Sleep through a class
- 21. Wake up 10 minutes before a final
- 22. Have three days of back-to-back finals
- 23. Get a Work Learn job
- 24. Have a favourite Buchanan building
- 25. Have a class crush
- 26. Paint the Cairn
- 27. Drunkenly lie on a bench and stare at the stars
- 28. Send a family member/friend a picture of the view from above the Rose Garden
- 29. Order *The Communist Manifesto* on Amazon and promptly realize the hypocrisy
- 30. Almost get hit by a bike on Main Mall
- 31. Go to Wreck Beach and regret it once you have to go back up the stairs
- 32. Go to a UBC Improv show
- 33. Make a Twitter account
- 34. See vomit in a sink
- 35. Do the Polar Bear Swim and instantly regret it
- 36. Invent a new microwave meal
- 37. Forget to renew your U-Pass
- 38. Volunteer for CiTR
- 39. Go to the MOA and recommend it to every person you know
- 40. Go to the Beaty Biodiversity Museum and stare at the whale skeleton
- 41. Go to the Nitobe Memorial Garden and realize you've been thinking about your future for 45 minutes
- 42. Illegally download a textbook
- 43. Study in the Harry Potter room
- 44. Change your major
- 45. Change your major a second time
- 46. Consider dropping out
- 47. Wonder who any of the headliners at Block Party are

- 48. Read your textbook on the bus and get nauseous
- 49. Take a bus you've never taken before just for fun
- 50. Send a passionate email to an elected official
- 51. Get a gym membership and never use it
- 52. Take a philosophy course because you think it'll be fun and almost fail it
- 53. Wonder when the rain will ever end
- 54. Fall in love
- 55. Go through a breakup
- 56. Consider taking shrooms to break the monotony
- 57. Try to use the degree navigator and break down in tears
- 58. Leave a passive aggressive note for your roommate because they keep leaving dirty dishes in the sink and attracting fruit flies
- 59. Vote in the AMS elections
- 60. Eat a Triple O's Tuesday burger
- 61. Eat a UBC cinnamon bun
- 62. Realize Ponderosa cake is better
- 63. Match with someone from a class on Tinder
- 64. Delete Tinder
- 65. Try Bumble
- 66. Realize that sucks too
- 67. Wonder when you'll meet a special someone
- 68. Meet someone special
- 69. Get 69 per cent in a class and laugh about it instead of being sad
- 70. Curse the construction fences
- 71. Take a three-hour class and regret everything
- 72. Forget everything you learned in your language requirement classes
- 73. Discover your sense of style
- 74. Buy a poster from the poster sale in the Nest and hate it after two months
- 75. Go apartment hunting and lose all hope
- 76. Rant about the housing market
- 77. Buy a plant and let it die
- 78. Develop a strong opinion about Vancouver's transit infrastructure
- 79. Learn what AMS stands for
- 80. Learn a new drinking game
- 81. Steal toilet paper from a public bathroom
- 82. Find out that Canvas is tracking you and fall down the rabbit hole of surveillance
- 83. See the ghost in IKB
- 84. See the hitchhiker ghost
- 85. Tell all your friends back home your UBC ghost stories
- 86. Go to a protest
- 87. Have to evacuate your residence because someone pulled the fire alarm at 4 a.m.
- 88. Develop strong opinions about instant noodle brands
- 89. Vow to read x number of books in a year and never get close
- 90. Have a favourite Blue Chip cookie
- 91. Get a spontaneous haircut just to feel something
- 92. Fall in love with the regular campus dogs
- 93. Find yourself extremely defensive over your favourite citation style
- 94. Be late to class because the bus got stuck in the snow
- 95. Have a very strong opinion on Uncle Fatih's vs. Pizza Garden
- 96. Binge watch a reality show instead of studying for your midterm
- 97. Wear your residence lanyard 24/7
- 98. Make fun of first years for always wearing their lanyards
- 99. Take more years to finish your degree than you initially planned
- 100. Reflect on all the fun you had through the years
- 101. Take your last finals
- 102. Graduate and wonder how you'll ever get a job with this degree

## CHEAP EATS VS. BEST EATS ON CAMPUS

Chow down on our recommendations for good food, even if your pockets are running near empty.

### BEST

#### The International Food Court

Although this underground food court is technically not on campus, the walk to its entrance beside the McDonald's in University Village is a great lunch break. Its wide selection of delicious food, from bubble tea and fried rice to noodle soup and falafel, will leave you satisfied and won't break the bank.

#### Pacific Poke

This nondescript spot in the back of the computer science building is a great place to get your poke fix without being disappointed by your meal. The customizable bowls here will leave you feeling happy and healthy.

#### Mercante

When you're in the mood to shell out a little bit on a good meal, Mercante is a great place to go. The wait can feel endless when you're smelling the pizzas in the oven, but grab a spot at the communal tables and we promise the wait will be worth it. If you're not feeling pizza, it also has some tasty pasta, or you might want to skip straight to the tiramisu for dessert.



### CHEAP

#### Soup Market

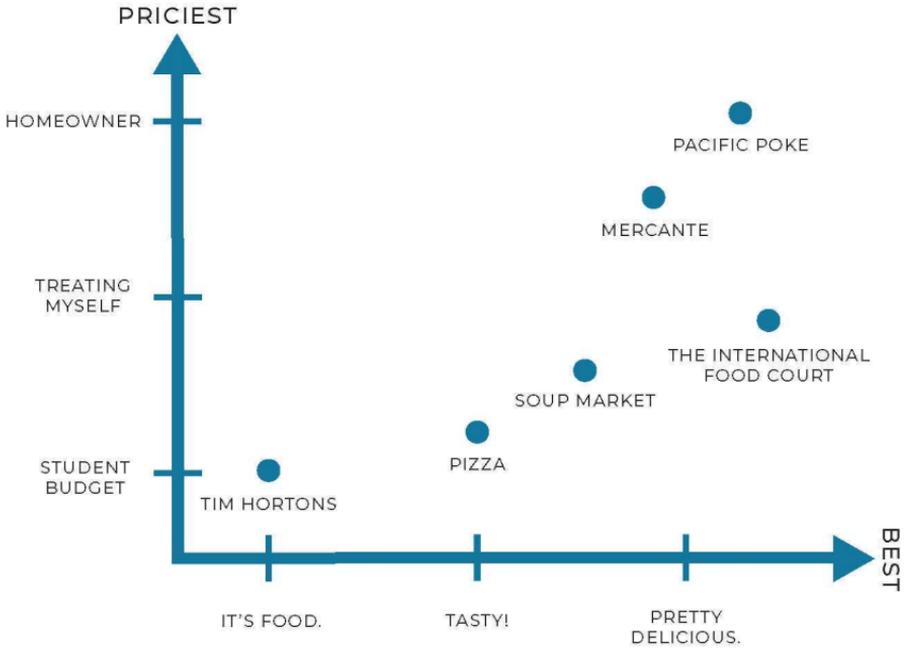
An underrated campus spot! With its rotating menu of soups, this spot in the Nest is a great place to get a warm soup that'll fill you right up on those days when the rain doesn't seem to be letting up.

#### Tim Hortons

You can tell how beloved a campus spot is when there are lines out the door all day, every day. Though you might have to wait 15 or 20 minutes for your breakfast sandwich and coffee, the great thing about Tims is that you know it'll be cheap and filling.

#### Pizza

Pie R Squared, Pizza Garden, Freshslice, Domino's ... there's no way to not get your pizza fix on campus. Out of all the cheap pizza spots though, Uncle Fatih's has to be the best for its sheer selection of topping-packed slices for a good price.



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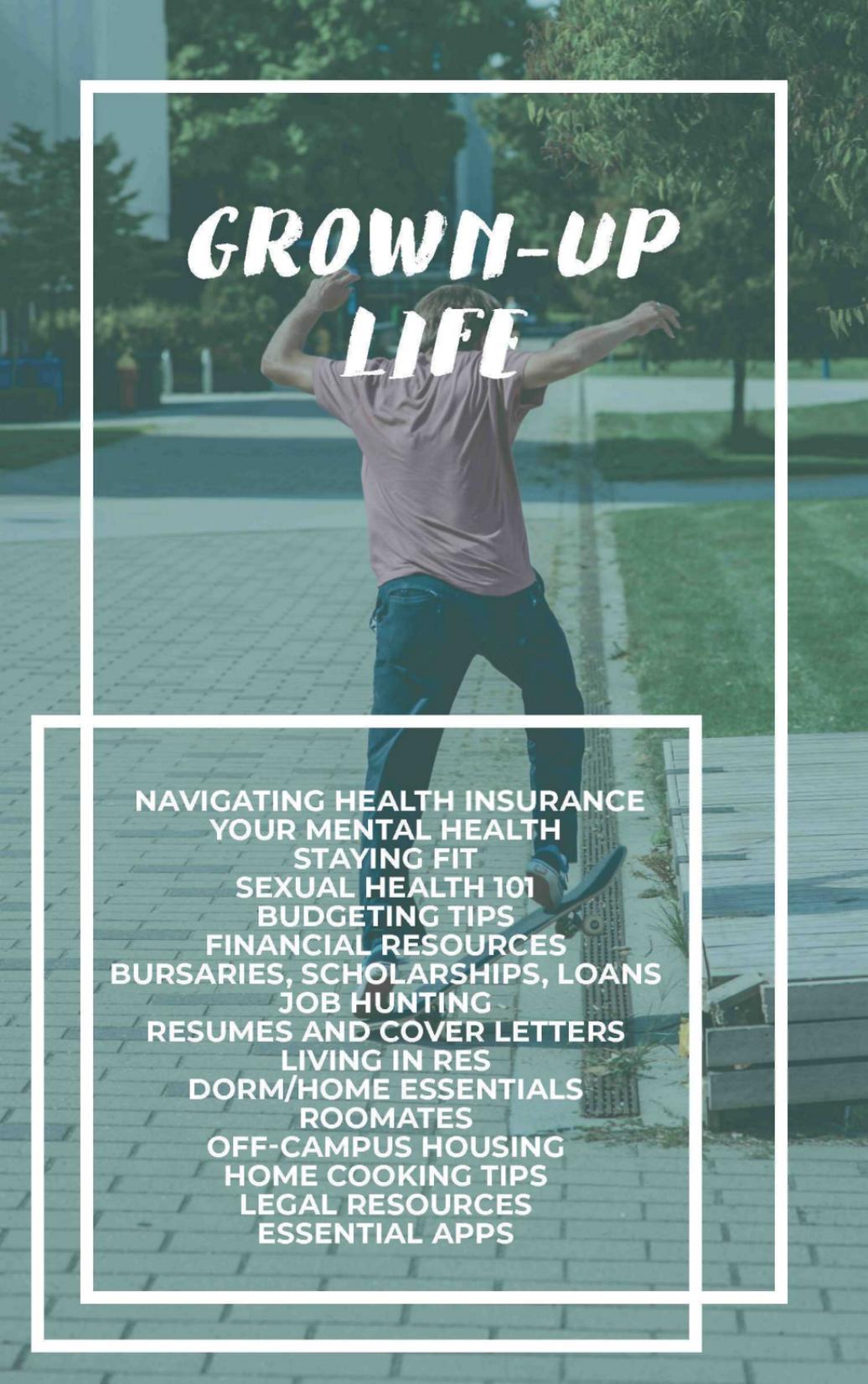
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A person is seen from behind, skateboarding on a paved path. They are wearing a light-colored t-shirt and dark jeans. The background shows green trees and a clear sky. The text 'GROWN-UP LIFE' is overlaid in a white, brush-stroke font.

# GROWN-UP LIFE

NAVIGATING HEALTH INSURANCE  
YOUR MENTAL HEALTH  
STAYING FIT  
SEXUAL HEALTH 101  
BUDGETING TIPS  
FINANCIAL RESOURCES  
BURSARIES, SCHOLARSHIPS, LOANS  
JOB HUNTING  
RESUMES AND COVER LETTERS  
LIVING IN RES  
DORM/HOME ESSENTIALS  
ROOMMATES  
OFF-CAMPUS HOUSING  
HOME COOKING TIPS  
LEGAL RESOURCES  
ESSENTIAL APPS

“

Practicing self-care seems cliché, but it is so important. Recognizing your feelings and becoming self-aware is crucial, especially if this is your first time living away from home or being in a larger academic environment. Learning to find a balance between prioritizing health and school work is essential to doing well mentally and academically.”

– Justice Tuccaro

## NAVIGATING HEALTH INSURANCE

There are two types of health insurance: basic coverage and extended coverage. The BC Medical Services Plan (MSP) is basic coverage provided by the province, which you're required to enrol in if you're a BC resident. Extended coverage is provided under the AMS/GSS Health & Dental Plan, which students can choose to opt out of if they wish.

### BC Medical Services Plan (MSP)

MSP is your best friend. This is what you need to sign up for in order to access Canada's mythical universal health care. It covers medically required doctor visits, surgeries, hospital visits and dental/oral surgery when it's medically required to be performed in a hospital.

Applying is simple, just go to the BC government website's section on MSP. However, there's a two- to three-month waiting period for those coming out of province or out of Canada. It's important that you do have coverage during that period. UBC recommends iMED to cover the waiting period, but you can also buy your own private insurance during the wait.

Once you're processed, you'll receive a personal health card in the mail. The plan is free for domestic students and costs \$75 a month for international students. Make sure to bring your personal health card everytime you go to the doctor, otherwise you'll have to pay out of pocket.

### AMS/GSS Health & Dental Plan

This plan costs extra money, but it covers a lot of things MSP doesn't. It covers 80 per cent of costs of prescriptions, full costs of vaccinations, up to \$300 in vision care annually, up to \$750 in dental care annually and up to \$5 million in travel insurance. The annual fee is \$256.92 and it's automatically included in your tuition and fees, unless you decide to opt out.

Claiming on this plan is fairly simple. They operate through Pacific Blue Cross, but all the information on claiming and more information on the plan in general can be found on [studentcare.ca](http://studentcare.ca).

## Who's Got Your Back? We've Got Your Back!

We're the AMS, your student society, and we're here to help you make the most of your time at UBC. We're students just like you so we know first-hand what it's like to struggle with debt, meet new friends, get stressed, and all the other things that come with being a student.

We also know that university is more than labs and lecture halls which is why we have over 350+ clubs for you to explore and host memorable events all year long. If it's part of student life, we're on it!

### STUDENT LEADERSHIP

Leading the way is your AMS Executive – a group of five students elected annually by the student body to represent their interests. Together with your input, the executive push the university and governments to address student issues and work to create a vibrant, safe campus community for everyone.

### GET INVOLVED

There are so many ways to be a part of the AMS. Meet new friends in one of our 350+ clubs, gain valuable work experience as a student staff member, volunteer, contribute to AMS sustainability goals, or if you're dealing with an issue visit one of the AMS Services. Pick your own path and know that no matter what, we've got your back!

Stay up to date on what we're up to.



[ams.ubc.ca](https://ams.ubc.ca)



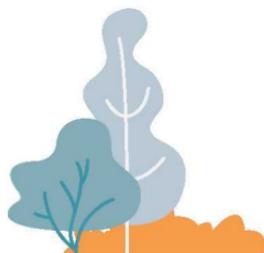
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# Events for Everyone

Whether you prefer small, intimate gatherings or epic music festivals, AMS Events has got you covered. Throughout the year our team of student staff and volunteers organize some of the best events on campus for you.

In September we kick things off with AMS Firstweek, a series of events designed to help incoming students make new friends and transition into UBC. At the end of the year we wrap things up with AMS Block Party, one of the largest university music festivals in Western Canada. In between, our team plans and presents dozens of smaller events that cater to the diverse interests of everyone.

Are you interested in planning events? AMS Events is always looking for organised, outgoing students to join the team. Reach out and let us know how you'd like to get involved.

## AMS ⚡ EVENTS

Check us out on Facebook or follow us on Instagram to stay up to date with our events!

 [AMSEventsUBC](https://www.facebook.com/AMSEventsUBC)

 [amsevents\\_](https://www.instagram.com/amsevents_)



“

Always put your needs first. Do not be afraid to ask your professors for accommodations. I've frequently asked my profs for extensions and accommodations on my assignments, and so far none have rejected my requests.”

– Zhi Wen Teh

## YOUR MENTAL HEALTH

The change in environment from high school to university is astronomical no matter how prepared you think you are for it. Whether it be the academics, the sea of different cultures or just being in a new place every day, sometimes the excitement of novel experiences can become overwhelming. Although it's admirable to enter university ready to seize every opportunity that crosses your path, you cannot live up to your fullest potential without being in a healthy mental state. Luckily, there are plenty of things you can do to make this year a successful experience.

### Prioritize eating, sleeping and exercising

Sometimes you'll feel that you don't have time to do the essential everyday things that keep you happy and healthy. Although sacrificing sleep to get ahead may be a tempting thought, it has counterproductive consequences. Eating well, sleeping and exercising will all keep you healthy enough to work to your best capabilities. Sure, sleep can seem trivial next to finishing homework, but the homework will probably get done a lot more quickly if you have a properly fed and rested body.

“

Mental health resources exist outside of UBC. If you're having bad experiences or long waitlists on campus, it is worth it to seek professional help in the city (and they are able to help you long term, rather than a temporary fix).”

– Julia Burnham

### Take some time outs

Search up a five-minute meditation tutorial on YouTube. Do a quick yoga flow. Go on a walk or a run. Do a bit of recreational reading, or have a phone call with your mom. Just sit and close your eyes. Sometimes, when you feel like you can't think to the best of your ability, the best solution is to just not think for a bit.

### Evaluate your support system

One of the keys to good mental health is teamwork. It's invaluable to be able to support yourself and be independent, but it is certainly useful to have people to lean on. Whether it be family, friends, counsellors, professors or older students, sometimes people can see things in your life that you yourself can't. Having someone to point out when you're overworked, need a break or a time out can be pretty awesome when you're swamped with work and forget to check in on yourself.

## Reach out

There are plenty of resources on campus and online for UBC students to reach out to for mental health support. Any of the things below are fantastic options, whether you're looking for someone to talk to long term, or just a quick chat.

**Make an appointment with a wellness advisor.** Advisors offer 15–20-minute appointments that focus on assessment of your mental health and wellness planning that will help you connect to whatever level of support you need. Call 604.822.3811 to book an appointment.

**A drop-in counselling appointment.** These 45-minute sessions are goal-oriented and can help you focus on your strengths and identify useful strategies that you can implement to support yourself. Call 604.822.3811 to book an appointment.

**Call Empower Me.** Free life coaching and counselling support can be accessed on this line. The professionals on the other side can help you with anything you're concerned about. Call 1.844.741.6389 to access this resource!

“

Learn to recognize when you need to take a break. I used to get stuck in this hole where I thought I would be able to work practically 24/7, and it really didn't work out for me. Taking a break may seem counterintuitive but it allows you to be more productive the next day, at the expense of a couple hours. Trust me, it's worth it – if you feel like you can't focus, and you're stressing out over not being able to study properly and thinking of all the work you'll have to do the next day ... just take a break.”

– Ioana David

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# STAYING FIT ON AND OFF CAMPUS

## ON CAMPUS

Gyms are starting to open with limited capacity, and since fewer students will be on campus in the first term, try going to the gyms around campus.

UBC has plenty of facilities to enjoy, though they're operating a bit differently to accommodate provincial health policy. Right now, the Aquatic Centre, BirdCoop, Tennis Centre, Student Rec Centre and more are open with reduced hours, so make sure to check out UBC Recreation's website for more information and updates.

Some of the parks and fields are open on campus though, so go for a run or do your favourite workout routine outside, but don't forget about physical distancing!

## OFF CAMPUS

**YouTube workout videos.** There are plenty of fitness videos online that you can reference while you are trying to burn the calories that you have been storing during quarantine. As a bonus, many YouTube videos feature a fitness instructor who will do the workout with you, so it's like a free virtual workout class.

**TikTok dances.** You have seen them and we all know 'em. Practice those trendy dance moves and possibly post a TikTok video of your own!

**Going for a walk.** Staying at home every day can be tough. Take time to go around your neighbourhood for some fresh air.



## SEXUAL HEALTH 101

If you were to ask a sample of first-year university students what part of their social life they were most looking forward to, chances are many of them would say making new friends and maybe even finding some love. All of these new connections are a key part of the university experience for many people. However, those preconceived ideas of university social life often do not take into account a huge component: proper sexual health. It's easy to see why people often shy away from thinking about that topic: it's no secret that we still sometimes feel embarrassed when talking about sex. Luckily for you first years, here are some tips about how to properly take care of yourself!

Firstly, since we are now living in the age of COVID-19, you should take extra precautions when having sex with a partner. If you feel that you have any of the symptoms of COVID-19 or even of a milder illness, it is best to limit your sexual contact with other people. After all, the safest sex partner you can have is yourself: when in doubt, rub one out!

Now let's get down to the nitty-gritty. **A cornerstone of sexual health is communicating honestly and respectfully with your partners:** what do you enjoy doing in bed? What are your no-go zones? Sex should be a fun experience for all involved, and

talking it out (as awkward as it can be) always helps. **The use of protection (e.g. condoms) is also encouraged for people of all sexualities.** An added benefit is that you don't need to buy your own: all your residence floors should have areas where you can take free condoms!

What you won't get on your floors are **tests for sexually transmitted infections (STIs)**. The easiest way to get tested is by setting up an appointment with a doctor at the Student Health Service on campus. These doctors can also help with any other questions you may have concerning sex, such as reproductive health care. The BC Centre for Disease Control recommends that sexually active individuals be regularly screened for STIs every three months, so it may be a good idea to set up appointments well in advance so that you won't have to panic about fitting it into your schedule on short notice.

A last piece of advice to all of you first years: **sex can be messy and complicated** in the physical and mental senses, so if you feel hesitant about engaging in it in any way, remember you always have the right to set your own boundaries. It can be hard to do this, especially if you find yourself comparing your activities to those of your friends, but have faith in your own instincts about what you are comfortable with!

“

Craigslist and Facebook Marketplace (plus buy & sell groups) are your friend. And you don't always need the newest edition of the textbook — the older ones are often cheaper and often have 99 per cent of the same content.”

— Ioana David

## BUDGETING TIPS

No matter where you are in life, budgeting is an important skill to develop. Budgeting allows you to keep track of your money. Where does it come from? Where does it go? Making a budget will help you understand where you can save or if there's money that's better spent elsewhere. Whether you have a monthly spreadsheet for your expenses or your bank account feels like a black hole for money, we have some tips for you!

### Expect the unexpected

When preparing a budget, make sure that you set aside a portion of your income for an emergency fund if at all possible. Having a cushion that allows for you to cover unexpected expenses or to cover part of your living costs if your paycheck doesn't come on time is imperative.

### Be realistic

When making your budget, you may be excited to cut out all of your expenses and live a life of extreme minimalism. While that may be well intentioned, having a budget that is realistic and is somewhat flexible will help you stick to it. Past bank statements can serve as a good starting point for creating a realistic budget.

### Track your progress

Recording your spending is imperative when trying to actually stick to your budget. If you're manually updating a spreadsheet, make sure that you're doing it often as purchases can add up. If you're looking for an easier option, there are many apps that can connect to your bank account if your bank doesn't offer an online budget tracker.

### Be specific

Set a reasonable amount for your budget. Break it down by category. A budget isn't simply saying, "I'm going to spend less on ..."

### Put your budget into context

If you're budgeting \$50 for lunch and you typically spend around \$10 on average every time you buy food on campus, that's five lunches a month. Is it realistic to have lunch on campus five times a month? For some, yes. For others, not so much. Make sure that you set a budget that works for you and your schedule.

Another aspect of putting your budget into context is looking at each line in your budget as a percentage. For dining out, \$50 may not be a lot if you're working with a \$500 budget with no big

ticket expenses, but it may be a hefty chunk of your budget if you're looking at an allowance of \$100.

## Revisit your budget

Whether you fail at sticking to your budget or you manage to stay under your budget every month, it's always a good idea to revisit. Are there areas where you could trim your spendings? Why is it difficult to stick to your budget? Are you overspending in some categories and underspending in others? Could you be saving more? These are all good questions to ask. Creating a budget is not a one-and-done task — rather, it's something that needs to be revised as circumstances change.

“

I try my best to reduce my expenses by cooking meals myself, making my own coffee and finding the best deals. Essentially, find out what expenses you have the most control over and then accept responsibility by keeping them low.”

— Nathaniel  
Andre-Peirano

# FINANCIAL RESOURCES

**Enrolment Services Advisors (ESAs)** are a team of UBC advisors tasked with helping you plan out your college finances. Each student is assigned to one, so they can provide personalized assistance. You should have received emails from your ESA as early as this past May, offering support for course registration and finances.

## Finance apps

Things like Mint, Slice, PocketBudget or your bank's app can help you wrangle your spending and know what you're working with. Even something as simple as jotting down what you're spending is better than nothing. An eye on your finances will never go amiss, whether you're Tony Two-Pence or Mary Moneybags.

**COVID-19-specific financial support** is available, including the Canada Emergency Response Benefit and more grants on the federal and provincial levels. Many loan and grant opportunities have been increased as well due to the pandemic. Check [ubyssey.ca](http://ubyssey.ca) for more detailed information on what the options are and how you can apply for them.



## SCHOLARSHIPS AND BURSARIES

The hunt for free money never stops! Getting the right scholarship or a bursary (essentially, a university grant) could be the difference between years of loans and a debt-free undergrad.

The good news is that all undergraduates are automatically considered for dozens of financial awards each year. Depending on myriad factors including your nationality, financial need and course of study, you could be eligible for some of the 100+ scholarships and

bursaries offered by UBC itself.

The university also has awards you can apply for, plus resources for external scholarships from provincial governments, non-profits and other organizations. All you have to do is look for them on your faculty website.

Online scholarship aggregators like **ScholarshipsCanada** and the **Student Life Network** can help you find a scholarship from an independent non-profit or private company as well.

## LOANS

### If you are a Canadian citizen

The Canada Student Loans Program offers programs at [canlearn.ca](http://canlearn.ca) which can help you finance your education.

Students with Canadian residency are able to apply for loans through their home province. Research your province's options online for more information.

### If you are a United States citizen

The United States Direct Loans program offers assistance to students because UBC is a Title IV school.

### If you are an international student

Check your local government's student loan policies! They may be able to help you with your expenses.

Banks offer something called a student line of credit: a type of loan that lets you borrow a certain amount of money at a time to help finance school expenses like textbooks or housing. Because lines of credit only have students pay interest on the money borrowed, students can save more money than they would with a direct loan. Interest rates may also be lower than typical student loans.

# JOB HUNTING

The (physically distant) grind never stops! Here are some ways that you can get a job to help pay the bills this coming year.

**UBC's Work Learn program** is still running. UBC has remote work arrangements for many jobs where feasible. As long as you are physically in Canada, you are eligible to apply for any remote jobs available beginning in August for the coming winter session.

Businesses and organizations around UBC and Vancouver are still recruiting. On campus, **the AMS is still hiring** for some positions on campus from event planning

to student government.

While you likely can't apply for them immediately, UBC has plenty of **teaching assistant, note-taking and secretarial positions** to fill within classes or departments. You'll hear more about these opportunities throughout the school year, based on which courses you're taking.

Remote jobs for students are posted all the time on websites like **LinkedIn** or **Indeed**. Shoot your shot at companies on these sites for a chance to work remotely and maybe even gain experience related to your future field.



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# RESUMES AND COVER LETTERS

Resume and cover letter writing is both a difficult and an incredibly important skill to learn during your time in university. Keep in mind: the main goal of these documents is to land an interview. To make things easier, try keeping a master resume containing all of your job and volunteer experience, your accomplishment statements and your technical skills. This way, if a job comes up, all you have to do is copy the resume and edit out whatever isn't applicable to the posting!

## Writing a resume

**The job posting.** Dissect the job posting and determine the content of your resume. Make sure you have an understanding of the company and the position you're applying to. What qualifications and skills is the job asking for? What relevant, transferable skills do you have that you can highlight?

**Organize by relevance.** The average hiring manager spends anywhere from six seconds to two minutes looking over a resume, so you want to make sure yours is organized effectively. You want your strongest, most relevant content at the top and your weakest content at the bottom so that you highlight your skills early on.

**Edit.** Remove anything that isn't relevant to the posting, experience that's too old or content that's becoming repetitive.

## Resume golden rules

**Your resume must be free of spelling or grammatical mistakes.** Get a friend to look over your resume before you send it out to catch any caffeine-fuelled late-night errors.

**It needs to be aesthetically pleasing** to read and look at. If you've got a 3,000-word resume with size 8 font and you're considering adding a fourth colour ... maybe it's time to revisit your design.

**Use accomplishment statements** under your job and volunteer experience. These statements describe not only what you did, but how well you did it. They usually follow this format: verb/skill + task = result. For example, try changing "Coached kids soccer and led soccer socials" to "Organized social events for 10–20 children, resulting in a welcoming learning environment." This tells recruiters not only what skills you have, but how you'll apply them to their company.

## Writing a cover letter

Similarly to writing your resume, you'll want to tailor your cover letter so that it responds to the job posting, doesn't contain any mistakes and is nice to look at. But is including a cover letter even necessary? Unless you're batch applying to hundreds of jobs, cover letters can set you apart in a few ways. They can:

- Highlight your relevant skills, especially your written communication skills,
- Show how well you understand the requirements of the role and values of the company and
- Give you the chance to set yourself apart. The cover letter is your chance to show off your personality and your interest in the role.

## Still stuck?

If you're still unsure of what you should leave out or what sections you should include, the Centre for Student Involvement & Careers offers drop-in advising on resume writing and presentation.

*Note: During the COVID-19 outbreak, drop-in advising sessions are being held online.*





## SURVIVING LIVING IN RES

This one might read like a bit of a cruel joke, given two of the three first-year residences are closed and Orchard Commons will likely be quite different this year — but there are still some indelible tips that translate.

Our first tip is that you should **get to know Vancouver** — quick. Just because you're situated on campus now, don't expect that to last forever. And once you've flown from the nest, you're going to want to know the difference between Marpole and Mount Pleasant. An added bonus to this is that residence living can make you feel like you don't really live in Vancouver — which is also technically true, because campus is part of something called Electoral Area A, but we can't get into that here. Pull out a city map and get to studying.

Your second tip is one you'll hear often, but will likely still struggle with: as comfy as your room might be, take a walk outside every now and again and **see what this campus has to offer**. You've probably heard about the stunning vistas this place provides, but you likely don't know just how much those sights evolve at different times of the day — Koerner Library looks great at midday, sure, but a sunset through those walls of glass is a sight unto itself. Plus, too much screen

time ain't great for your eyes, if your mom hasn't already told you, get outside!

Another piece of advice is one you probably won't hear often: **go to your floor/residence events**. Your residence advisor (RA) is someone who is underpaid and faces constant problems — the least you could do is give them some nice conversation and a +1 to their residence activity attendance report for a night. Another bonus is if you make a friend of your RA, you're likely to get a direct line into some of the hottest topics on campus, plus you can hold ragers with more freedom than the hermits down the hall.

The last tip's on **homesickness** and how important it is to keep your chin up when you're away from family. If you've made it to campus, you're experiencing the wide world at a time when your family is incredibly concerned for you, and maybe vice versa as well. Set up a regular time where you can check in with them, whether that's daily, weekly or somewhere in between. Make sure to spice those check-ins up by throwing in a video call every now and again or even just sending a text once in a while, so that you don't get tired of talking one another's ear off. **Call your parents, they miss you.**



# DORM ESSENTIALS

Whether you have the luxury of a view of the ocean from your bedroom or you have a view of a brick wall, here are some dorm room essentials you'll need to survive in first year residence.

## Mini fridge

You will get sick of res food. Hopefully not in the first month, but at some point. Having a mini fridge allows you to eat what you want and hopefully save some money so you don't run out of res dollars before the end of the term. Hint: look on the UBC Buy & Sell Facebook page for a cheap one.

## Kettle

For late-night studying and self-care nights, having a kettle is essential. Buy some tea bags and a nice mug and you'll never have to pay two dollars for shitty res tea again.

## Photos, posters and adhesive putty

Make your room feel like home! Bring photos, posters and decorations galore. But to not damage the walls, buy some

adhesive putty so you can stick all your decorations up without worrying about having to pay for any damages. You can get this for like five bucks, and usually it's reusable!

## Shower caddy & flip flops

The showers can get disgusting, whether you're sharing with one other person or everyone on your floor. Buy a caddy to carry all of your toiletries to the washroom and flip flops to protect your feet from everything that has touched the washroom floor.

## Little fan

Perfect for some white noise and to keep you cool when the heating in the building is set too high.

## Laundry hamper

Walking from your dorm room to the laundry room doesn't have to be a juggling act trying not to drop your dirty underwear in the hallway. Buy a laundry hamper so you can easily transport your dirty clothes to the laundry room and your clean clothes back to yours.



# ROOMMATES

University is the time where you meet a lot of new people: teachers, friends, classmates ... and roommates. Yes, you will most probably have to learn how to share your personal space with a complete stranger.

Maintaining a good relationship with your roommate is key to thriving in school and it can make or break a first year of university. Whether they become your best friend, or whether you want to leave your room every time they come back from classes, here's a roommate survival guide for you.

## How to find them

Aren't they supposed to already be there when I arrive? This is one mistake incoming students make often: assuming that you can't choose your roommate. UBC has a process through

which you can request to be placed with another student, given that you know their student number. To find your potential soul(room)mate, check out the many Facebook groups that connect students before they arrive on campus, scroll through posts and send a message!

## How to create harmony

That sounds a bit utopian, but if you want to live in a relatively peaceful environment, you need a way to create harmony in your living space and a way to enforce it. The best way to do that is by agreeing to a set of rules. You might not need them throughout the year (nobody likes to be the person always referring to the rules), but the whole process creates an understanding that will help you avoid conflict.



Choose your roommates wisely. Those whom you are friends with may not be the cleanest or most co-operative with keeping the living spaces tidy."

— Nathaniel Andre-Peirano



Be respectful of shared spaces, and listen to your roommates. Communication is really important, so make sure you establish a healthy relationship with them!"

— Ioana David

## How to avoid conflicts

Now about that understanding: it's very tempting after that first rule-making session to assume that you know what your roommate's preferences are. That is a bad assumption to make, and it can lead to conflicts. The best way to avoid these types of situations is to always ask. It will project the impression that you are genuinely interested in creating a harmonious living space.

## How to deal with problems

Be honest about it: many students will prefer to keep quiet rather than potentially offend their roommate when a problem arises. After all, nobody wants to risk living in a tense environment, but nobody can read minds either. By respectfully laying your concerns bare, it's hard for a roommate to get mad. Quite the

contrary, it can lead to very productive conversations about shared living.

## How to create good memories

Being friendly is a must, but once in a while it might be good to do stuff together. Invite your roommate to join your friend group, order food together from a nearby restaurant or binge watch a Netflix series together, anything goes really. You don't have to become best friends, but creating memories together definitely lessens the impression of living with a stranger.

For some, living with a roommate will be old news. For others, it will be a first. One thing is for sure though: the skills you will learn along the way will definitely make you a better human being, and you might gain some precious lifelong friendships.



“

If this is your first time living away from home, don't feel ashamed if you get homesick. It is perfectly normal to struggle with living the first time away from home. You will make mistakes. It is all right to grieve the loss of your former home life. This is all part of growing up.”

– Zhi Wen Teh

## SURVIVING OFF-CAMPUS HOUSING

### Roommates

There are definitely pros and cons to having roommates or not. Living alone means that you don't have to share your space or plan your day around anyone else's routines, but it also means that you probably will have to pay more. Living with roommates can provide lots of good opportunities for socialization and can make your place feel more home-y if you all get along. But if you don't, the atmosphere can become a lot less fun.

### Location

For most students, proximity to bus lines or train stations is an important factor to consider. Map out what your commute to school would look like to see if you'd be happy making that commute every day. Beware that the closer buses get to campus, the fuller they'll be. This means that inside a certain radius, you'll likely be watching several buses pass you by. Also consider the proximity to things like grocery stores, coffee shops, bars and other places that will incentivize you to get out of the house when you find yourself with free time.



### Utilities

Prioritize your needs within your space! Some people can live without a desk in their bedroom, natural light or easily accessible laundry. If that's not you, that's perfectly fine. You don't need to settle for less when finding a home. The most important thing is to find a place that matches your needs, whether that be a large bathroom or extra storage space.

Finding housing in Vancouver can be tough, and it is more expensive than other places in BC or Canada. Before renting, make sure you are fully aware of your rights and what you are entitled to as a tenant. Vancouver's Tenant Resource and Advisory Centre offers an excellent online resource that can help to answer any questions you may have about renting. It also offers free phone consultations if you need one-on-one advice.

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3

ON-CAMPUS  
PARTNERSHIPS

## our mandate

*The Student Legal Fund Society of UBC works to support litigation and advocacy as relating to the UBC student experience. If you have questions, think you need legal advice, or have to fund a legal case about your UBC experience, reach out to the SLFS or attend one of our events!*

## for more information

[www.studentlegal.org](http://www.studentlegal.org)  
[support@studentlegal.org](mailto:support@studentlegal.org)  
(604) 283-2209  
Room 3123 in the AMS Student Nest



**S.L.F.S.**  
Student Legal Fund Society

# HOME COOKING TIPS

For a lot of students at UBC, university is the first time in their lives where planning for their next meal is slightly more complicated than opening the fridge and munching on leftovers. Home cooking at university requires careful planning. Cooking your own meals while studying can be daunting. Having to juggle a university-level workload, a fast-paced social life and multiple commitments to clubs and activities can have us feed on Kraft Dinner, instant ramen or a combination of the two to ensure our subsistence.

Some people will opt for eating out often and others will have the benefit of a meal plan, but truth be told, if you can manage it, home cooking is cheap, fun, empowering and useful. Now on to the tips!

**You boil the water first, then you put in the pasta, not the other way around.**

Okay, now that we got the obvious out the way, we can move on to more useful pieces of advice.

**IKEA is your best friend**

To cook at home, you need cookware. The best place to get all of it for cheap is of course IKEA, a student's best friend since 1943. Getting the bare minimum to cook most recipes should cost you between \$100 and \$150. Get some knives, pots, pans, cutting boards, a strainer, a spatula, a stirring spoon, plastic containers and maybe a mixer.

**Have a few recipes you know well**

The secret to cooking for yourself is pretty simple: figure out a list of four or five recipes that you like, are cheap and simple, utilize a bit of one another's ingredients and you will not mind eating over and over again for the next four years of your life. Having a culinary routine will come in handy during exam time and paper season, and will make cooking second nature.

**Meat is tasty, but expensive**

Yes, meat tastes good, but it's expensive (and also arguably bad for the planet). What else is there to say? If you're an omnivore, try to consume less meat and opt for poultry instead of red meat if you can. Eating lots of beans is also still good and keeps you away from only eating tofu. If you're a vegetarian, you're already used to enjoying lower monthly food expenses. Trust me, your wallet will be grateful — and after all, we're already living in Vancouver.

**Meal prepping is key**

A common misconception about home cooking is that you cook every time you eat. This does not have to be true! If you cook in bulk, preparing for the week ahead, you will save loads of time and spare yourself the time and energy of washing pots and pans every day.

Whether you're moving to Vancouver in the fall or are choosing to stay at home, given that the semester will be online, these tips are kid tested, mother approved, and will last throughout your entire career as a student 'subsistence cuisine' chef.



Learn to cook. You'll save money and time, and for the arts students, you'll be able to show your parents that not all of the decisions you made at university were bad ones."

— Zubair Hirji



# LEGAL RESOURCES

## Law Students' Legal Advice Program

LSLAP is a non-profit organization run by students at the Peter A. Allard School of Law. LSLAP provides free legal advice and representation to people who would not otherwise have access. The program provides advice on a number of legal issues including residential tenancy, employment standards and summary offence without possibility of jail time. There are a number of areas where LSLAP cannot provide advice, such as family law and indictable offences.

## Student Legal Fund Society (SLFS)

The SLFS is a non-profit, student-run society with a mandate "to support litigation, advocacy, and lobbying for improved education and access to education at UBC, and other matters of law that set broad precedent and are of concern to UBC students." The SLFS provides funding for legal cases that meet this mandate and can assist in contacting a lawyer. If you need legal assistance related to your life as a student, the SLFS is a great place to look.

## SLFS workshops

In addition to providing funding, the SLFS runs Know Your Tenancy Rights and Know Your Civil Rights workshops. Visit the SLFS website for more details about COVID-19-related changes.

## AMS Sexual Assault Support Centre (SASC)

The SASC provides accompaniment and advocacy support services for people of all genders who have experienced sexualized violence. It can assist in applying for the Crime Victim Assistance Program and connecting with a legal aid office, legal clinic or lawyer. It provides accompaniment through the legal system and can also assist you in accessing health and academic resources.

*Legal resources on campus may be operating at a limited capacity as they respond to COVID-19.*



Everyone adults at their own speed. I have friends of friends getting engaged, friends graduating and it can all feel competitive. Take everything at your own pace: there is nothing wrong with enjoying your journey (after all, it IS your own).”

— Ioana David

## ESSENTIAL APPS

Technology is all around us, and there are many apps out there to help us use it to our advantage. Whether it's your first time moving away from home or if you're just looking for more productivity apps to make your life easier, here are five apps that will make being an adult easier.

### Mint

Mint is a tool for those seeking to keep track of their finances. The app is a budget tracker and planner that connects securely to your bank accounts. The app is offered by Intuit, meaning that if you've filed your taxes through TurboTax, you can use the same account. The app offers suggestions for your budget based on your spending and allows you to view all of your balances (including bills) in the same place. You also get unlimited and free credit score checks.

### Calendar apps

Digital calendars are powerful tools that will allow you to take your productivity to the next level. You can sync your events across all your devices and email accounts, sort them into different calendars, set recurring events and more. The possibilities are endless with digital calendars, and everything is backed up into the cloud, meaning that you'll always have it with you when you're on the go.

### Hopper

Although travel has been limited in times of physical distancing, flying is sometimes still necessary. Hopper predicts flight prices for different dates, allowing you to book plane tickets with the best price without having to compare across a million websites. Through the app, you can watch specific flights between certain dates and receive notifications when ticket prices decreasing.

### Headspace

Life can get overwhelming, and we all need a break every once in a while. Headspace provides you the tools to practice mindfulness through research-based methods. Using the app, you can meditate anywhere. You get access to a limited amount of content as a free user, with an annual subscription priced at US\$69.99.

### Productive

Productive is an app that allows you to build a routine of “positive, life changing habits.” It allows you to set goals and provides analytics on your progress over time. The app is customizable, allowing you to set your own habits and set different colours based on your preferences. This app essentially gamifies the process of building habits through building streaks — think Duolingo without the threatening owl, but for general habits.



# *PARTIES SEX DRUGS*



**DRINKING ON THE CHEAP  
WISDOM ON DRINKING  
CONSENT  
EXPLORING YOUR SEXUALITY  
WISDOM ON RELATIONSHIPS  
WEED AND WHERE TO GET IT  
WISDOM ON DRUG USE  
ILLICIT DRUGS**



# DRINKING ON THE CHEAP

How can you maximize your level of intoxication given a certain budget constraint? That's the nerd way of saying how you can buy the most booze possible given the \$20 you have left to spend this month while still being able to afford to eat.

Before giving you the top tips for drinking on the cheap, a disclaimer: whether you drink in university and how much you drink if you do is a personal decision everyone needs to make for themselves. We're in no way advocating for anyone to go out and get hammered on a regular basis unless they've considered the risks and made an informed decision to accept them.

## Pick your poison wisely

Not all ethanol is created equal, and what you buy will obviously affect how far you can stretch your dollar. One obvious thing to consider is alcohol by volume, or ABV. Different drinks have different amounts of alcohol, and there's also variation within kinds of drinks. For example, a cheap IPA will have more alcohol per can than Molson but can be bought for around the same price. Malt liquors like Colt 45 pack

an even stronger punch and cost less than most beers, so if you're after the best deal, make sure to read the label.

## Adopt the Costco philosophy

Even if you're not drinking every week, buying in bulk can still save you money in the long run. Instead of buying a six-pack every time you're drinking, for example, consider buying a case of beer and rationing it over successive nights of partying. When you're in the liquor store, be sure to read the fine print on the price tags, as most will tell you the price per volume so you can comparison shop for the best value in terms of quantity.

## Limit the drinks you buy while out

Considering the fact that it's nigh impossible to get a pint out in Vancouver for less than \$5, the fewer drinks you get at the bar, the happier your wallet will be. This is one of the reasons why the pregame has become a standard part of any night out, but the trick is to hit that sweet spot of the happy buzz. So don't overdo it.

“

If you're drinking and using substances, it should be fun. If the hangovers, side effects or disruptions to your lifestyle start to outweigh any positives, it might be time to reflect on your relationship with substances and whether it's masking any other issues.”

— Julia Burnham

## WORDS OF WISDOM ON DRINKING

Coming into UBC, you've already been through a lot — more than a lot of first years before you. That doesn't mean do stupid shit.

Let us amend that last statement: don't do stupid shit with permanent consequences. There's a difference between daring someone to drink from a sprinkler and taking a dare to sprint onto Broadway at night. At minimum, you've worked hard to get into UBC and you're surviving a global pandemic, so there's a fair bit to celebrate — but the thing about celebrations involving alcohol is that once you've had a few, you tend to keep finding things to celebrate. It's your birthday? Drink! It's the weekend? Drink! Did okay on a test ... Saw a friend you haven't seen in a few weeks ... Got a good table at the local pub? If you're not careful, you might just keep finding reasons.

That said, this isn't an article preaching abstinence, moreso promoting a certain view of drinking — if you drink, alcohol is best seen as one of a number of options to help facilitate fun. Put differently, alcohol isn't a precondition to having fun, it's just one of many things that could lead to fun and can easily be replaced by a fun atmosphere or cool activity. As you continue on in your legal drinking life, you'll likely find events where you'll be surprised to hear that there's a pre (short for pre-game) happening

beforehand. This is a sign that the host might've misunderstood alcohol as not just a tool on their belt, but a necessity for fun — take it from folks who know when we say that alcohol is far from a guarantor of happy, care-free times.

One last tip on alcohol is that it's widely understood as something that makes regular emotions bigger. On the upswing, it makes highs feel higher and helps you go with the flow — on the other side, it can make dips in your mood feel like canyons and make it a lot harder to get back to neutral. Unfortunately, it isn't even 50/50 when it comes to the highs and lows — in larger quantities, alcohol affects your emotional regulation, meaning it'll take you deeper into those canyons than you may have fallen otherwise.

You've probably been taught this stuff since you were young, but understand that university life and new social atmospheres can make it easier to forget those Grade 10 slideshows and harder to resist a weekly rager at your buddy's place. Just keep in mind that moderation is the name of the game and that if you're around folks who aren't likely to respect that, you're better off hitting the road — there are gonna be more, better friends who don't force it on you. It's just a matter of finding 'em (like in room 2208 of the Nest).

# EXPLORING YOUR SEXUALITY

Huzzah! You've made it past your parents' looming gazes into the fresh freedom-scented halls of university. This is the perfect opportunity for getting your freak on and exploring your sexuality. The dating pool is bigger and thirstier than ever, and who said sex isn't an important part of your education? Here are some things to keep in mind as you go on your mandated 'find yourself' side quest at university.

## It's important

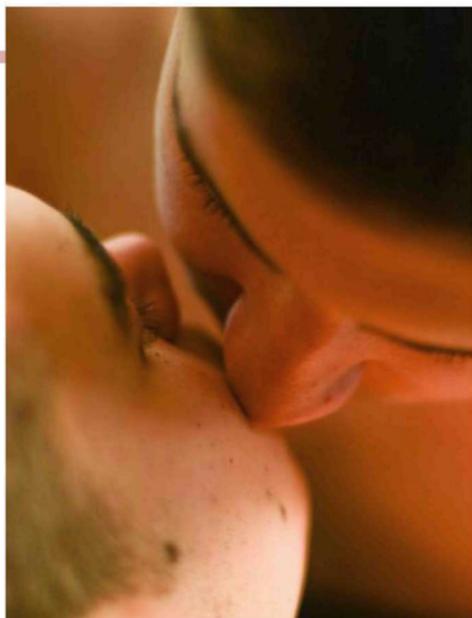
You may have been raised with the belief that sex is a trivial thing or with warnings of abstinence, but sex is an integral and natural part of life, which is why it's also important to experiment and see what you like!

Exploring your sexuality doesn't just mean trying things with same-sex partners. Exploring your sexuality has to do with figuring out what works for you, including the kind of people you want to have sex with but also how you have sex or the kinds of things you like doing during sex.

It can mean having more than one partner or none at all. It can mean trying different things by yourself (the pandemic certainly makes this a popular choice), it can mean sex toys and it can mean trying different types of porn and erotica! You will also find what you don't like, and that's just as important.

## Labels

It's been said before and it's worth saying again: you do not need to put yourself in a box or stick a label on yourself if you don't want to! Be open-minded to the boundless possibilities of being and



feeling sexy and remember that it's about you and your personal preferences. That's the whole point of this! (No one out here knows what they're doing anyway.)

## Educate yourself

The internet is your friend! You may not have all the answers, but there is so much information out there and there are places online to find others who might be feeling like you are. That can be reassuring and validating and it can be a lot easier to ask Google your burning questions than actual human beings. Sometimes even taking a class on sexuality can be helpful, eye-opening and ease the expectations and anxiety around sex. These definitely exist at UBC — look out for them!

## Talk about it

You might find yourself struggling with questions relating to your sexuality, sex or relationships in general, and talking to friends about it can be illuminating and reassuring. You might even learn something you never considered before.

## Communication and respect

If you're doing it with a partner or partners, communication is key. Sometimes sex can feel unnatural or confusing, but that's part of figuring out what works for you. Talking to each other will ease the process so much more and make things less awkward. Always remember to listen to your partner(s) and respect them too! They're in it as much as you are. Being in tune with each other and ongoing consent are crucial.

## It's okay not to have sex

All of this is not to say that you must partake in the festivities. It's easy to feel pressured to have sex because everyone around you is talking about the 'typical university experience' and doing all these things they think are necessary for them. At the end of the day, it's about what you want. Sex is not an imperative, especially if you're really not into it.

“

Exploring your sexuality will benefit you only if you explore it with standards. I have made the mistake of devaluing myself and have experienced enough to know that I value longevity and quality more than quantity. Within a relationship context, I believe that transparency, communication and honesty are fundamental. We are imperfect beings and if we do not communicate effectively then we inhibit ourselves from growing or finding the right person.”

— Nathaniel  
Andre-Peirano

University is a great time to do some soul-searching as well as some orgasm-searching. Try to be open-minded! You have plenty of freedom but remember to also listen to yourself and do only what makes you comfortable. And don't forget the golden rule: be safe!





## **You don't have to do this alone. We're here for you in-person and remotely.**

The AMS Sexual Assault Support Centre offers survivor-centred support to people of all genders who have experienced sexual assault, harassment, or unhealthy relationships. We serve survivors, their allies, and the broader UBC community through:

- **Emotional and Crisis Support**
- **Advocacy and Accompaniment**
- **Support Groups**
- **Volunteer Program**
- **Healthier Masculinities Program**
- **Education and Events**
- **Safer Sex and Menstrual Supplies**

Support is available Monday-Friday 8am-10pm and Saturday & Sunday 11am-7pm. Visit [amssasc.ca](http://amssasc.ca) for our latest updates on in-person and remote support services. The SASC is located in Rm 3200 of the AMS Nest, situated on unceded x<sup>w</sup>məθk<sup>w</sup>əy̓əm (Musqueam) homelands.

**604-827-5180** or email [sasc@ams.ubc.ca](mailto:sasc@ams.ubc.ca)



# CONSENT

In simple terms, sexual consent is an agreement to participate in a sexual activity. This agreement comes with conditions though. Planned Parenthood uses the FRIES acronym to explain the conditions of consent:

## Freely given

This means that you agree to sexual activity without pressure, manipulation or influence of drugs or alcohol. Everyone involved must have full consciousness.

## Reversible

Just because someone agreed to sexual activity doesn't mean they can't change their mind. This includes in the middle of sex. The second you or your partner has a change of heart, everything stops.

## Informed

You have the full picture. If you agree to sexual activity with a condom but then the person doesn't use a condom, that's not informed consent.

## Enthusiastic

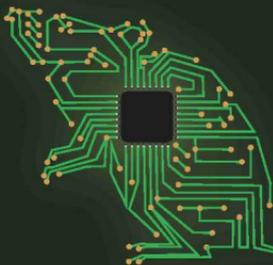
You want to do this. You really want to do this. Consent requires an enthusiastic yes, because you want to participate in the activity, not because you think you should or those involved are pressuring you.

## Specific

Just because you've consented to one sexual activity doesn't mean you've consented to others. Consent is required for every sexual activity.

On campus, the Sexual Assault Support Centre is the best resource for information on consent and healthy sexual relationships. Its webpage ([amssasc.ca](http://amssasc.ca)) has lists of support resources, definitions and many services ranging from crisis and emotional support, advocacy support, education services and a Healthier Masculinities program.

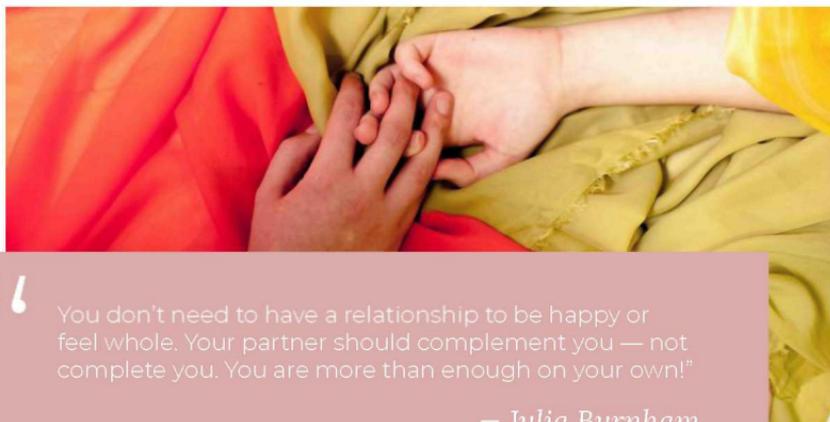
## PROGRESSIVE NON-ANIMAL RESEARCH SOCIETY



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[progressiveresearchsociety.com](http://progressiveresearchsociety.com)



You don't need to have a relationship to be happy or feel whole. Your partner should complement you — not complete you. You are more than enough on your own!"

— Julia Burnham

## WISDOM ON RELATIONSHIPS

You're at a university with over 50,000 people. There's a good chance you're going to meet people you like, and a good chance you'll have at least one romantic encounter. Navigating relationships can be difficult when you're at a new place full of new people, especially if you've never been in a relationship before. Here are a few wise words for relationships to get you through your university life and onward.

### Understand what your relationship is

Are you casually seeing this person? Are you dating them? Are you friends with benefits? These are the questions you should bring up with someone once you start to feel like a relationship is forming, because it's important to understand what the other person thinks about the relationship too. If you get a few months in and realize they thought your situation was casual while you thought it was more, you're in for a lot of disappointment and hurt feelings.

### Communicate your boundaries

Everyone has boundaries, and everyone has different boundaries. Bring up what your boundaries are with the other person: this includes physical, emotional and any other types of boundaries, and obviously ask about theirs too. What are the hard nos? What are they willing to explore? What do they enjoy?

### On that note, communication is key

Open communication and trust are what build a healthy, strong relationship. Tell them how you're feeling, tell them if something is wrong and tell them when things are great. Establishing strong communication will ensure that you are both on the same page and you can work through any issues together more smoothly than if you weren't.

# WEED AND WHERE TO GET IT

Marijuana, pot, weed if you will, is legal across Canada if you're over 19. Its usage is common in Vancouver, but that doesn't mean it's not a drug. Make sure you know where you can and can't smoke — like in residence!

There are two main types of cannabis plant: *indica* and *sativa*. Cannabis users might claim that *sativa* strains are more energizing, while *indica* will give you a more relaxing experience. Science doesn't quite support this, but because there's no simpler way to classify the effects of cannabis, the *indica-sativa* dichotomy persists at most stores you'll go to.

If you're over 19 and looking to buy cannabis, here are some ways to go about it.



## Buy it online

The BC government's online store, [bccannabisstores.com](http://bccannabisstores.com), offers high and low-end products that can be shipped discreetly to your home. From edibles, pre-rolls, flowers, oils, creams and even teas, they've got whatever you need whether you're an occasional smoker or a blazing veteran.

## Find a store

There are currently over 30 fully licensed stores in Vancouver, and many more stores without licenses. The closest licensed store to campus is La Canapa Boutique off 16<sup>th</sup> and Dunbar, and The Stalk Market is an Indigenous-owned dispensary located off of Broadway and Balaclava. In-person shopping allows you the advantage of seeing and judging the quality of the weed for yourself. Illegal stores also oftentimes have dab bars if you're comfortable using a communal bong.

“

If you're trying weed for the first time, pace yourself and make sure you have a trusted friend there in case anything goes wrong. There are many different ways of using cannabis such as vaping, joints, bongs and edibles. Edibles are the ones you should be most careful with because it's very easy to underestimate the dose and you'll end up with a bad trip. Take small amounts in hourly increments.”

— Zhi Wen Teh

# WISDOM ON DRUGS

## Don't eyeball it

Scales can be purchased in most smoke shops in the city and can be used to measure out doses. Some benzos and psychedelics are effective at less than 10–15mg, which most scales cannot measure accurately. To safely use these, look into volumetric liquid dosing.

## Be very careful about mixing drugs

Opioids and benzos don't mix. Neither do psychedelics and stimulants or cannabis. Alcohol combines very dangerously with many drugs. Do your research before thinking about mixing drugs.

## Always start with a low dose when you try a drug for the first time

See how it affects you, and work your way up from there.

## Test for allergies when trying a drug you've never done before, or when you receive a new batch of a substance

Take a small amount (one tenth to one sixth of a regular dose) and wait several hours to verify that your body will not have an unexpected reaction.

## Drugs will not affect you the same way they affect others

Everything from bodyweight to the amount of food in your stomach can change how a drug hits you. Be aware of how long and strong a high is expected to be, but remember to give yourself extra time, just in case.

## When taking drugs orally, expect to wait to feel effects

Once you've taken one dose of an edible drug, don't take any more, even if you aren't feeling anything. Wait it out, and only consider taking more once you feel the full effects.

## Don't bother with study drugs

If you're going to spend money on drugs, use them to have fun, not write papers. It's hard to make doing drugs seem boring, but study drugs manage it. If you do use study drugs, don't forget that they are still drugs and still need to be used with safety in mind.

## Don't be afraid to seek help

On campus, AMS Peer Support is a new service incorporating the previous AMS Vice program. AMS Peer Support provides support, education and can help you access options on and off campus.

*Note: We here at The Ubyyssey aren't medical experts so take these tips as an introduction to the wide world of harm reduction in personal drug use. Whether or not you're a person who uses drugs, there's plenty of resources to help you understand their effects and safer consumption methods, like the Harm Reduction Coalition, the BC First Nations Health Authority and the BC Centre for Disease Control.*



# USING ILLICIT DRUGS

Vancouver, along with the rest of North America, is currently in the midst of an opioid crisis. A public health emergency was declared in 2016 and remains ongoing. Many drugs sold in BC are contaminated with very powerful opioids such as fentanyl and carfentanil. These opioids show up in street drugs such as heroin, as well as in counterfeit pharmaceuticals such as codeine and oxycodone. Fentanyl and carfentanil are also found contaminating some stimulants, including cocaine and amphetamines. There are currently no reports that fentanyl is being found in cannabis.

## Drug testing

When using illicit drugs, using a drug testing kit or testing service is a preventive measure which can reduce overdose risk. Vancouver features multiple supervised consumption sites, which all have drug testing services available. These sites also provide take-home drug testing kits. One other option is to test a sample of your drugs via mail through a service called Get Your Drugs Tested.

## Naloxone kits

Naloxone is a medication which quickly reverses the effects of an overdose from opioids. Naloxone kits are available at most pharmacies on campus, as well as at UBC Student Health Services and the Sexual Violence Prevention and Response Office. Naloxone kits are dispensed anonymously

and free of charge. Once you have naloxone, make sure you know how to administer it. Online training is available at [naloxonetraing.com](http://naloxonetraing.com).

Some opioids in Vancouver have been found to be contaminated with benzodiazepines, or benzos. Naloxone does not work on a benzo overdose, or any overdose on non-opioid drugs. Make sure that you always call first responders when you suspect an overdose.

If someone appears to have overdosed or is reacting badly to drugs, call 911 without fear of repercussions, as you are protected under the Good Samaritan Drug Overdose Act.

## COVID-19

Physical distancing measures due to COVID-19 have led to a spike in overdose deaths, as more people opt to use drugs alone. It is very dangerous to use illicit drugs alone. When doing drugs in the company of others, remember to stay two metres apart. If this is not an option, call someone to supervise your drug use and stay on the line as you use. Do not handle other people's drugs or drug-use supplies, and prepare only your own drugs. To avoid infection, sanitize your drug packaging with alcohol-based cleaner. Do not put drug bags or wraps in your mouth, vagina or anus. COVID-19 infection will worsen breathing impacts of opioids, benzos and alcohol, and can increase your risk of becoming seriously ill or dying.

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# VANCOUVER



**NEIGHBOURHOOD HIGHLIGHTS  
NAVIGATING TRANSIT  
WHAT TO DO IN VANCOUVER  
CHEAP EATS  
BEST EATS  
BINGO!**



# NEIGHBOURHOOD HIGHLIGHTS

## Point Grey/Arbutus/ Dunbar

As popular locations for UBC students to live, Point Grey, Arbutus and Dunbar aren't just conveniently close to campus — they're also some of the nicest (and priciest) neighbourhoods in the city. Stroll the tree-lined streets in autumn for a brazen display of some of Vancouver's best fall foliage or in spring for the pretty cherry blossoms. Plus, depending on where exactly you live and assuming you're not standing face-first in someone's Fjällräven Kånken backpack, your morning commute might be blessed with views of the city skyline and mountains beyond.

*Residential | Shopping | Food*

## Kitsilano

A hippie hangout back in the 1960s, Kits — as the locals call it — still retains its relaxed charm. Here you'll find your favourite yoga studios, outdoor stores, vegetarian eats and the much-loved Kits Beach. If you really want to fit in at the birthplace of Lululemon, make sure to don your athletica and bring along your S'well bottle if you really want to fit in. Grab some friends for a game of beach

volleyball, watch the awesome sunset or follow the coastline all the way to Granville Island. A perfect place for the perfect chill day.

*Residential | Views | Shopping | Food*

## Main Street

Main Street is hipster heaven and it's easy to see why. Visit for vintage shopping, record hunting and fragrant coffee. Walk north and you'll hit Chinatown, south and you'll be at the Punjabi Market. In between, expect retro shop fronts from the '60s and '70s mixed with gentrified developments. Check out Eastside Flea Market if you're in the area for unique pieces and cocktails or sample one of the many treats the area has to offer, from 24-hour breakfast at Lucy's Eastside Diner to craft beers from one of the area's several breweries.

*Shopping | Food*

## Commercial Drive

No foray into East Van is complete without a visit to Commercial Drive. Home to Vancouver's Little Italy, Commercial Drive is full of indie shops, coffee joints and, of course, Italian food.

There are tonnes of other international foods to choose from too, so if you can't decide whether you're feeling lasagna, sushi, tandoori chicken or donair, why not take a trip to the Drive and try them all?

*Shopping | Food*

## Downtown

If you find yourself forgetting that UBC is, in fact, located in a city and not just in the middle of a forest on a peninsula, head downtown for your big-city fix. Tick off your sightseeing list with a visit to Waterfront, the Vancouver Art Gallery or a bike ride through Stanley Park. Plus, if you're tired of Pit Night, the Granville Strip is home to the city's clubbing district, and a short walk away you'll find Vancouver's gay nightlife scene in the West End's Davie Village.

*Nightlife | Sightseeing | Shopping | Food*

## Yaletown

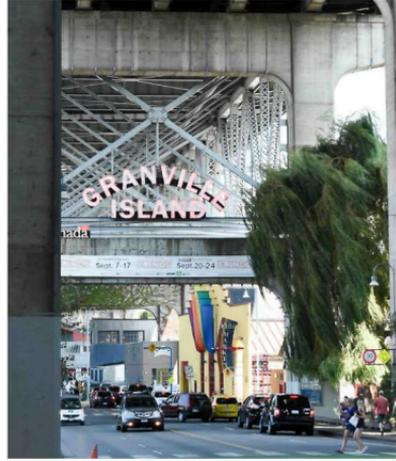
Feel like leaving behind the drudgery of the broke student life for a moment? Yaletown — with its classy bars, repurposed warehouses and outdoor patios — is the perfect place to live out your employed-and-financially-stable daydreams. Largely home to a younger professional crowd, the place is also said to be a favourite celebrity hangout, so if you visit one of the area's many lounges, make sure to keep your eyes peeled.

*Food | Nightlife*

## Gastown

Take a trip to the past with a visit to historic Gastown. Home to the city's only cobbled streets and a famous steam clock, Gastown is a nice place to shop at (expensive) clothing boutiques or get an (expensive) brunch. A cool mesh of new and old, you'll also find plenty of chic décor shops and some of the city's trendiest and finest restaurants within old Victorian walls.

*Food | Nightlife | Shopping*



## North Shore

While technically not part of Vancouver, North Vancouver is well worth mentioning. Gateway to the outdoors, North Van will soon become your second home if you're the nature-y type. Whether it's skiing down Cypress, hiking Deep Cove, swimming at Lynn Canyon or driving the scenic Sea-to-Sky Highway, North Van has all the best views that Vancouver is famed for. Just don't be surprised when a senior citizen with a hiking stick or a seven-year-old in Crocs surpasses you on the Grouse Grind.

*Views*

## Richmond

Don't let this become the place you always pass but never actually visit on your way to the airport. Its population is majority Chinese, so it isn't surprising that it has some of the best Chinese food, too. From hotpot joints to countless bubble tea chains, dim sum to Asian-fusion patisseries, your stomach will thank you. Plus, the bustling Richmond Night Market, home to Instagram-worthy street foods, is a great place to hang on a weekend night between May and October.

*Food | Shopping*



## NAVIGATING TRANSIT

### U-Pass

The best thing the AMS does for us all is the U-Pass. You pay for this when you pay for all your fees, but essentially, you pay \$42.50 a month for unlimited transit in all three zones and in all modes (buses, SkyTrain and the SeaBus). To access this magic pass, you need to buy a Compass Card for six dollars and load your card online every month at [upassbc.translink.ca](http://upassbc.translink.ca). Sign up for monthly reminders or get a friend to be your real-life monthly reminder to request your U-Pass so you never have to pay out of pocket for transit. As of now, the future of U-Pass is unsure. If it is up and running, make sure you take advantage of it.

### How to take the bus in Vancouver

**Never cut the line.** Outside of busy buses — especially the 99 — people will often line up to enter the bus. This may not be as prevalent in pandemic times, but the best way to piss people in Vancouver off is to cut the line getting on the bus. Just don't do it.

**Move to the back of the bus.** Again, on busy buses: Please. Move. Back. That way more people can get on the bus and fewer people can be late to their 9 a.m. classes that they've already been late for twice this week.

**Take off your backpack.** Your backpack filled with your textbooks, laptop, notebooks, snacks and whatever else you carry around does not deserve person-

sized space on the bus. Take it off if you're standing and place it on top of your feet, especially if the bus is full. If you're sitting, place it on your lap and not the chair next to you.

**Priority seats.** The seats in the front of the bus are meant for people who are pregnant, elderly or have visible or invisible disabilities. Don't sit in these seats if you don't fall in one of these categories. But also, don't police those who do. People have all types of disabilities — ones you can see and ones you can't.

### Bus routes you need to know

**99.** This is the express bus that can take you into Kitsilano and all the way to Main Street and the Commercial-Broadway SkyTrain station. This is a super quick and crowded bus that can take you a lot of cool places, but it does not go downtown.

**14.** This takes a similar route to the 99, but it actually goes all the way downtown. If you want to go to Pacific Centre or to the bars on Granville, this is your bus.

**4.** This bus goes down West 4<sup>th</sup> Avenue, all the way downtown. 4<sup>th</sup> Ave is the place for a bougie brunch and expensive boutique shopping. It's also super close to the beach!

**R4.** This is another express bus that takes you into Kerrisdale, a great place to study and go out to eat.

**44.** An express bus you can take downtown.

# WHAT TO DO IN VANCOUVER

With its mountains, forests and beaches, it's no wonder that Vancouver has a reputation of being one of North America's most beautiful cities. The city is also home to a unique and vibrant culture that is just waiting for you to immerse yourself into. Here are some things to do that'll take your mind off those exams that are inevitably coming.

## Activities

**Hiking.** The North Shore has plenty of transit-accessible trails that are perfect for beginners and veterans alike. From Grouse Mountain (try the famous Grouse Grind!) to the Lynn Headwaters Region to Deep Cove, there's no shortage of beautiful trails and scenery.

**Beaches.** Kitsilano, English Bay and Second Beach are perfect places to laze around in the sun or play some beach volleyball with friends. Wreck Beach is another option that's right on campus.

**Cycling.** With more than 450 kilometres of bike routes in Vancouver, getting to class on time is no longer the only reason to go biking. The Arbutus Greenway, False Creek and Stanley Park provide great ways to explore the city and get in shape.

## Attractions

**Vancouver Aquarium.** Even if you're not planning to study marine biology, the Vancouver Aquarium has countless sea critters and animals that will fascinate and inspire you. Show your student ID to get student pricing.

**Vancouver Art Gallery.** With its regularly changing exhibits, the Vancouver Art Gallery houses collections of Canadian and internationally renowned art pieces. You can pretend to be a cultured individual with a sophisticated understanding of classical and modern art.

**Stanley Park.** Larger than New York's Central Park, Stanley Park is an iconic Vancouver attraction. Walk around the seawall and take in the ocean and mountain views along the way – you might even spot a seal!

**Granville Island.** Home to cultural events, diverse restaurants, specialty shops and a busy public market, Granville Island exudes an aura of culture and new experiences.



“

EAT. There is so much good food. So much bubble tea, ramen, sushi. Granville Island is great place to start – they have a lot of variety, so you can literally eat as much as you want.”

– Ioana David



## CHEAP EATS

### Sun Sushi

If you go to UBC, you've been to Sun Sushi. Hit up this classic Japanese spot for some udon or perhaps try a bento box. It's cheap and a few minutes away from campus on the 99.

### Sunshine Diner

Located in Kitsilano, Sunshine Diner is the place to go for cheap breakfast food. Check out their blueberry pancakes and egg breakfast combos if you go, and say hi to the Elvis and Marilyn Monroe statues greeting you at the door.

### Phở Extreme Xe Lua

Taking the 99 off campus? Make a stop by Pho Extreme Xe Lua on the corner of Broadway and Cambie. Open 24/7, the restaurant doles out hearty bowls of pho for affordable prices. Remember to stop by an ATM before visiting – cash only here.

### Cafe Zen

Cafe Zen's the place to hit when you're craving some good ol' homestyle bacon and eggs. I'd start with The Classic – eggs and hashbrowns any style you'd like for \$7.25. Nuff said.



# BEST EATS

Whether you're new to Vancouver or you've lived in the area for your entire life, Greater Vancouver seems to have an endless slew of restaurants to pick from. Vancouver hosts a hodgepodge of cuisines, from Vietnamese to Punjabi. There's always something new to satisfy your cravings.

## Nightingale

Sometimes seen as the younger brother to the acclaimed Hawksworth Restaurant, Nightingale offers a fine dining experience and menu created by Chef David Hawksworth at a slightly lower price point. The restaurant offers a creative seasonal menu as well as an elegant dining room. Food is sourced locally, and the restaurant was named Canada's Best Farm to Table Restaurant in 2019.

## HK BBQ Master

If you're ready to make a trek off of campus into one of Vancouver's neighbouring suburbs, make sure to stop by Hong Kong BBQ Master in Richmond. Nestled away in an underground parking lot, the unassuming restaurant offers classic (you guessed it) Hong Kong-style barbecue meats that have been praised by foodies across the world — all at a fairly low price.

## Jam Cafe

Jam Cafe offers comfort food inspired by the American South in a cozy atmosphere. The family-run eatery features a menu with home-style recipes that have been passed down through generations. If you're craving chicken and waffles, this is the place to visit. Just make sure that you arrive early, as it can get quite busy.



## Toshi Sushi

Located in the Mount Pleasant neighbourhood of Vancouver, Toshi Sushi offers high-quality sushi at very reasonable prices. The small restaurant attracts large crowds and long lines, so make sure that you arrive early!

## Laksa King

Laksa King is a family-run restaurant in East Vancouver that offers a mix of Southeast Asian cuisine that reflects the head chef's unique background. The cozy, retro-style restaurant also offers modified dishes to accommodate food restrictions and a wide spectrum of spice tolerance. Make sure to try out some of the curry dishes and the faluda!

## Duffin's Donuts

Donuts, fried chicken, subs and Chinese food — Duffin's Donuts offers an interesting mix of no-frills foods 24 hours of the day, seven days a week. The shop has been a Vancouver staple for late night eats for almost 30 years, satisfying the cravings of the indecisive. Whether you want donuts for breakfast or scrambled eggs for a midnight snack, Duffin's has something for everyone.

## ARE YOU A TRUE VANCOUVERITE?

Strong opinions about transit infrastructure	Blundstones/ Birkenstocks/ Patagonia/ Vessis	Conversations about the weather that aren't just small talk	Fully prepared for "The Big One"	Completely inappropriate footwear in the snow
Thinking 5°C is cold	Athleisure	Thanking bus drivers	Strong feelings about umbrellas and umbrella etiquette	Going to the beach on the one sunny day in a week full of rain
Having four or more roommates	Strong feelings about the <i>Vancouver Sun</i>	'Vang-couver' (FREE SPACE)	Owning five tote bags	Oat milk
Kombucha	Discussing gentrification, then going to an expensive restaurant in Chinatown	Living in a basement suite for \$1,500 a month	Strong feelings about Chip Wilson	Thrifting a denim jacket
Crying when you think about property prices	Strong feelings about hiking	Socks and sandals	Iced coffee	Ghosted by a landlord

# Support and advice for students



As you face your own set of unique challenges and adjust to several changes this year, know that you can talk to our Student Banking Advisors virtually from the comfort and safety of your home.

**Get access to resources at [rbc.com/student](https://www.rbc.com/student)**

When you visit [rbc.com/student](https://www.rbc.com/student), you'll find helpful information about:

- Free online programs and resources to get you job ready
- Student bank accounts, information on student loans and credit cards
- RBC Future Launch Scholarships
- FAQs with answers to many of your questions

**Your University of British Columbia RBC® On Campus team is here to support you.\***

**Roman Kiefer**, Community Manager

[roman.kiefer@rbc.com](mailto:roman.kiefer@rbc.com)

**Kendra Coleman**, Student Banking Advisor

[kendra.coleman@rbc.com](mailto:kendra.coleman@rbc.com)

**Kelly Ma**, Financial Advisor

[kelly.ma@rbc.com](mailto:kelly.ma@rbc.com)



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\* RBC On Campus advisors will reply during business hours.

125174 (07/2020)

# THE UBYSSEY



WHO WE ARE  
HOW TO GET INVOLVED

# WHO WE ARE

*The Ubysssey* – it rhymes with the *Odyssey* – is your student newspaper, telling the stories that matter to the UBC student body. We know what's important to students because we're students too. We've been the official campus newspaper since 1918, and we're fully independent from the university and the AMS, both of whom we aim to call out when they mess up.

You've probably seen us on your Facebook or Twitter feeds (if you haven't, give us a like and follow!), and you can also check us out online at [ubyssey.ca](http://ubyssey.ca). In these pandemic days, we're publishing a print issue every month. But normally, we publish a print issue most Tuesdays that you can pick up around campus.

A team of lovely editors and web developers runs *The Ubysssey* from our home in the Nest – at least, when we're not busy skipping class or shooting the shit in our office. You might be thinking, aren't the only people who would dedicate themselves to student journalism total nerds? And you'd be completely right. Cool nerds, though. Each section has its own unique brand of chaos that you can get involved with.

**News** keeps you in the know about all things UBC before anyone else.

**Culture** gets students going on stuff like the best campus eats, or arts and performance.

**Features** is where we investigate what goes on behind the scenes at UBC through long-form articles.

**Opinion** is a place for students to talk smack and generate discussion about the issues that affect them.

**Sports + Rec** covers all things sports, so you never miss a game.

**Blog** posts the funkiest content, from humour columns to satire about UBC's quirks.

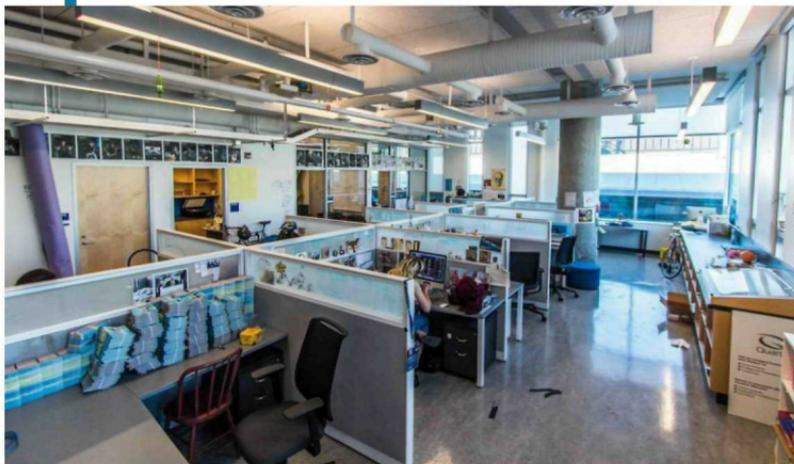
**Science** covers all things science-related, including the research that some of your very own professors are working on.

**Video** sees UBC from a director's eyes, creating our next viral YouTube video.

**Visuals** uses illustration and design to make our stories shine.

**Photos** captures everything on campus. Nobody would read our articles if photos didn't tell the visual side of our stories.

**Web** is what makes our stories go viral. Our web devs coded our website from scratch.



## HOW TO GET INVOLVED

*The Ubyyssey* is your student newspaper, and that means we're run by students just like you. Volunteers are the backbone of our paper and we'd love to have you contribute. You can hone your drawing skills, work on web development, snap photos, film videos or snag a written byline. You can contribute twice a year or twice a week — it's up to you. Whatever you're into, there's a place for you at *The Ubyyssey*. No experience necessary.

Interested? Here's how you can get involved.

### Contact the editors

*The Ubyyssey* is run by a ragtag bunch of 11 editors overseeing 10 written and visual sections. All of them are here to field your pitches and work with you to publish your work. If you're interested in a particular topic, you can reach each editor by finding their email address at [ubyssey.ca/contact](http://ubyssey.ca/contact). We're here to pitch you, flesh out your ideas and help you become a better

journalist. We don't bite — pinky promise.

### Sign up for pitch lists

Many sections regularly send out emails with pitches that you can pick up. We'll send out stories or illustrations and the first person to reply gets the pitch. Don't worry, we'll make sure you have all the info needed to do the work and we'll support you from start to finish. What are you waiting for? Sign up at [ubyssey.ca/volunteer](http://ubyssey.ca/volunteer).

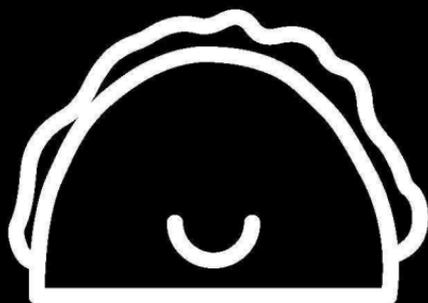
### Visit our office

When there isn't a pandemic ravaging the world, you can come find the editors working away 11 a.m. – 5 p.m. in our office, room 2208 in the Nest. You can talk to us about pitch ideas or anything at all. Every week, we hold weekly staff meetings where you can come meet fellow contributors. Check out our Facebook page for more details. We're lonely. Please come bother us.



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