THE UBYSSEY PRESENTS

GUIDE TO UBC

2021/22

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PERFORMANCE: Not getting the marks you want?
ATTENTION: Mind wandering during lectures, not able to focus?
RISK-TAKING: Excessive drinking, reckless driving, drugs?
HYPERACTIVITY/IMPULSIVITY: Binge eating, shopping, gambling, gaming?
ACADEMIC & DEVELOPMENTAL: Struggles in elementary and secondary school?
RELATIONSHIPS: Strained interactions with friends, family, partner?

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GUIDE TO UBC 2021/22

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EDITOR'S NOTE

Welcome, welcome, welcome!

Whether you are a first year or a second year coming to campus for the first time, I truly hope you will find a place to call your own here at UBC. Courses can be difficult, but the hardest part of transitioning to university is negotiating the incredible freedom you have just gained all at once and without precedent. There are a bajillion choices to make, a million places to go and hundreds of people to meet. It's overwhelming to say the least. But know you aren't doing it alone. There are literally thousands of students in the same position as you, looking for a community, like you. All you have to do is find them.

So take that freedom and go out there. Explore who you are. Find out who you want to be. I know it's scary, but I promise you that no matter what mistakes you think you might make, someone has already made them. They turned out just fine and so will you.

LUA PRESIDIO
Coordinating Editor

THE UBYSSEY

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EDITORIAL

Coordinating Editor
Lua Presidio
coordinating@ubyssey.ca

Visuals Editor
Mahin E Alam
visuals@ubyssey.ca

News Editors
Charlotte Alden and Nathan Bawaan
news@ubyssey.ca

Culture Editor
Tianne Jensen-DesJardins
culture@ubyssey.ca

Sports + Rec Editor
Diana Hong
sports@ubyssey.ca

Video Editor
Josh McKenna
video@ubyssey.ca

Opinion + Blog Editor
Thomas McLeod
opinion@ubyssey.ca

Science Editor
Sophia Russo
science@ubyssey.ca

Photo Editor
Isabella Falsetti
photos@ubyssey.ca

Features Coordinator
Paloma Green
features@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
Samuel Lin
s.lin@ubyssey.ca

President
Danilo Angulo-Molina
president1@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

WRITERS

Kevin Nan, Angela Villavicencio, Z. Aazadeh Raja, Zohrah Khalili, Iman Janmohamed, Jasmine Arora, Winnie Ha, Maheep Chawla, Jackson Dagger, Tina Yong, Farzeen Ather, Benjamin Morrison, Sophia Collins, Jane Diokpo, Jasmine Hathway, Alicia Kuo, Kelly Lu, Shanzeh Chaudhry, Polina Petlitsyna, Riya Gupta, Darcy Bandeen, Caylie Warkentin, Lalaine Alindogan, Peyton Murphy, Vik Sangar, Kathleen Jeanne Haryanto, Daniel Peres, Manya Malhotra, Ariadne Meriweather and Teagan Pettit

PHOTOGRAPHERS

Melissa Li and Victoria Lee

DESIGN

Raina Cao

LEGAL

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

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THE PANELISTS

The panelists are members of the UBC community who help us diversify the tips and wisdom that we can provide to incoming and returning UBC students on a wide range of topics, including budgeting, staying healthy, campus and student life, living in Vancouver and much more.

AINSLEY CARRY

Ainsley Carry is the vice-president students at the University of British Columbia. In his 23-year career, he has served as a vice-president for students at Auburn University and the University of Southern California.

SAARA RAJAN

Saara is a sociology major and health and society minor. She is the executive director of Kite Vancouver and works for UBC's Digital Emergency Medicine team. Saara loves to visit brunch and dessert spots around Vancouver!

HAILEY CLARKE

Hailey is a fourth-year honours political science student. She is the co-founder of the Canadian Undergraduate Policy Competition and a director at the UBC PSSA. She represented UBC at the 2021 Osaka University Partner Summit.

EMILY GUBSKI

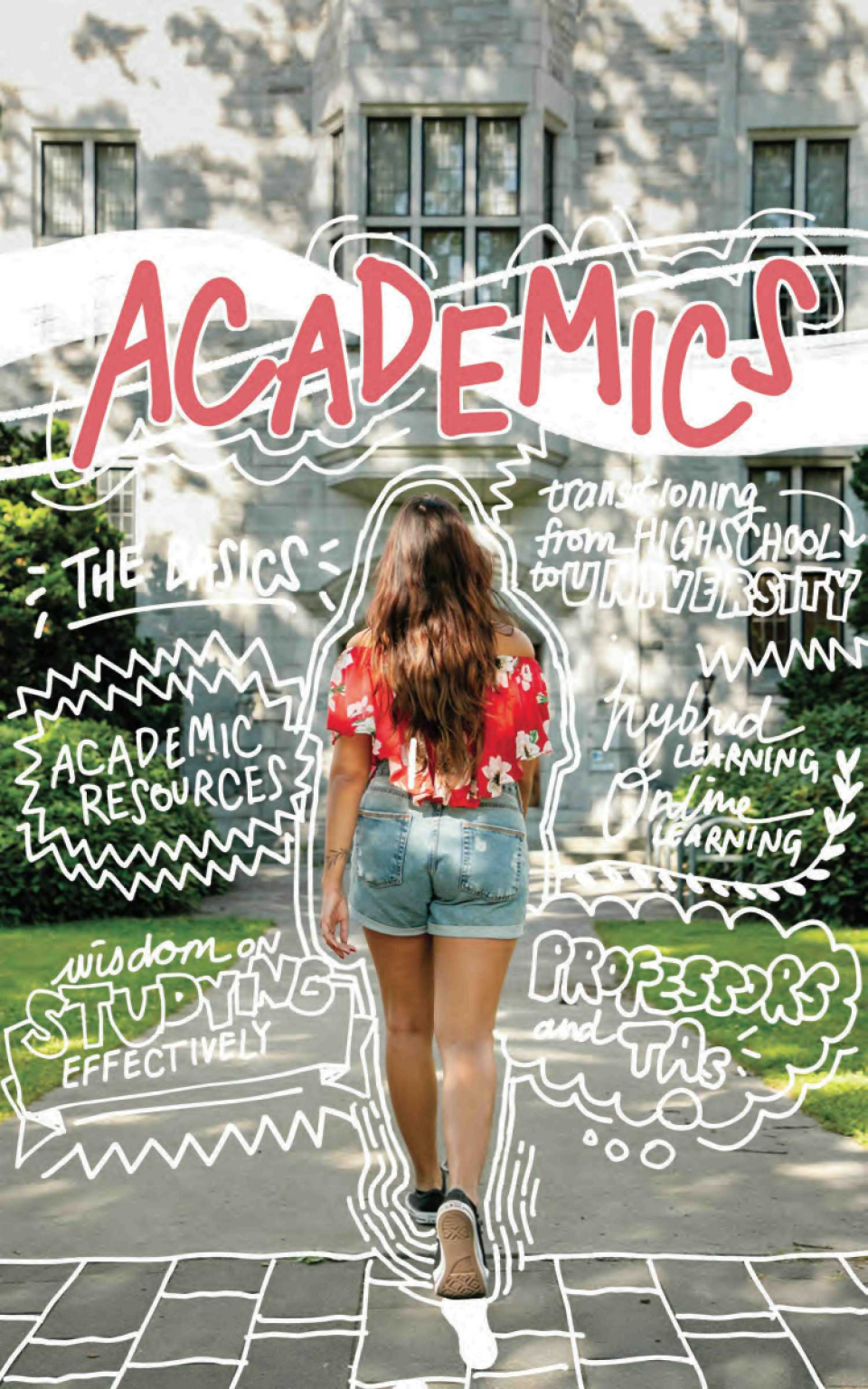
After studying computer science, microbiology and immunology at UBC, Emily is back for her second year of medical school. She has worked all across campus, from RAing and TAing to working for the AMS, doing research and more.

EMMANUEL CANTILLER

Emmanuel is going into his fourth year majoring in political science and minoring in law and society. At present, he is the arts student senator and an AMS student-at-large.

ESHANA BHANGU

Eshana is a third-year student looking to major in international relations. She is the vice-president academic and university affairs at the AMS and a student-senator-at-large on the UBC Vancouver Senate.


ACADEMICS
THE BASICS
transitioning from HIGHSCHOOL to UNIVERSITY
ACADEMIC RESOURCES
hybrid LEARNING
online LEARNING
wisdom on STUDYING EFFECTIVELY
PROFESSORS and TAs

THE BASICS

Knowing what you can expect and what is expected of you will help you plan your studying more effectively and complete exams/assignments in a way that best shows your understanding of the material (which usually leads to higher marks).

— SAARA RAJAN

Navigating academics can feel like a daunting task, but we've got you covered. Here is a guide to the basics about the academic structure at UBC.

GRADING SCALE

In most faculties, you will receive a percentage grade, which translates to the following letter grades: 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 0–49 per cent.

Unlike other schools, UBC does not formally report GPA on a 4.0 or 4.33 scale. Instead when applying to majors and scholarships, UBC uses your percentage average. If you are applying for post-graduate programs, you will need to use that school's GPA conversion table.

CREDIT/D/FAIL

Generally, you can take courses outside of your degree requirements on a Credit/D/

Fail basis instead of receiving the usual percentage grade. These grades are not included in your GPA calculation, so this gives you an opportunity to explore different courses without worrying about how it will affect your average.

You will receive a credit standing if your grade is 55 per cent or higher, a D standing for grades of 50–54.9 per cent and an F standing for grades below 50 per cent. Always confirm if your course is eligible for Credit/D/Fail grading and make your decision before the withdrawal deadline.

WITHDRAWAL

There are two important dates every term, which you can always see on your course page on the SSC. The first deadline, about two weeks into each term, allows you to drop a course without a "W" or "Withdrawal" standing on your transcript. You will not have to pay for the course and it will be like you never registered. You can add/drop courses yourself before this deadline through the SSC.

The second deadline, about halfway into each term, is the deadline to drop a course with a "W" standing. While a "W" will be recorded on your transcript, it will not be factored into your GPA calculation and graduate programs generally do not mind one or two Ws. Withdrawing from a course may impact your student loans or scholarships, however you should discuss this with your advisor before making a decision.

FAILING COURSES AND ACADEMIC PROBATION

The transition from high school to university is difficult, and most students struggle at one point or another. If you fail a course, you will not receive credit and will need to retake the course if it is required for your degree.

If you fail multiple courses, or your average for the year is 50–54.9 per cent, you will be placed on academic probation. This means you will have a lower credit limit the following year and will need to improve your GPA to return to good standing. The exact requirements vary by faculty, but the focus is always on helping you to achieve academic success.

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PROFESSORS AND TAs

One of my biggest mistakes early on in my undergraduate degree was being scared to reach out to my professors when I was struggling with the coursework. It can seem intimidating to ask for help from your professors, but if you're forthcoming and honest about your situation or difficulties, professors are much more accommodating and understanding than you may expect.

— HAILEY CLARKE

Professors and teaching assistants (TAs) are the bread and butter of university. You will see them every day, whether that be in a lecture or tutorial. But, there are a few differences between a high school teacher and a university prof.

Here are some things to keep in mind when interacting with your instructors at UBC.

HELLO, MY NAME IS...

Profs can go by a bunch of different names. Some can go by "Dr.", some might go by "Professor" and some even by their first name. Usually, profs will go over this on the first day of class, but don't be afraid to ask if they forget. You don't want to accidentally call them the wrong thing (some can be a bit sensitive about their title).

ALWAYS ASK QUESTIONS

Along with asking a prof what to call them, ask them about anything you're confused about. You'll not only understand the material better, but your prof or TA will appreciate your engagement. They probably don't like lecturing about price elasticity for an hour to an unengaged class. Plus, you never know when a random question might lead to a story about the time your prof was almost a casualty during a car chase.

EMAILS WORK JUST AS WELL

This is for the quiet folks out there: if raising your hand in a massive lecture hall seems intimidating, feel free to ask your question in a short email. The answer might take longer, but profs and especially TAs are good at getting back to students within a day or so. Emails are also a great way to ask last-minute questions about assignments.

An important note: there is a correct way to send an email to your prof or TA. It might sound stupid, but look up "how to email your professor" before sending something that might annoy them.

OFFICE HOURS ARE YOUR NEW BESTIE

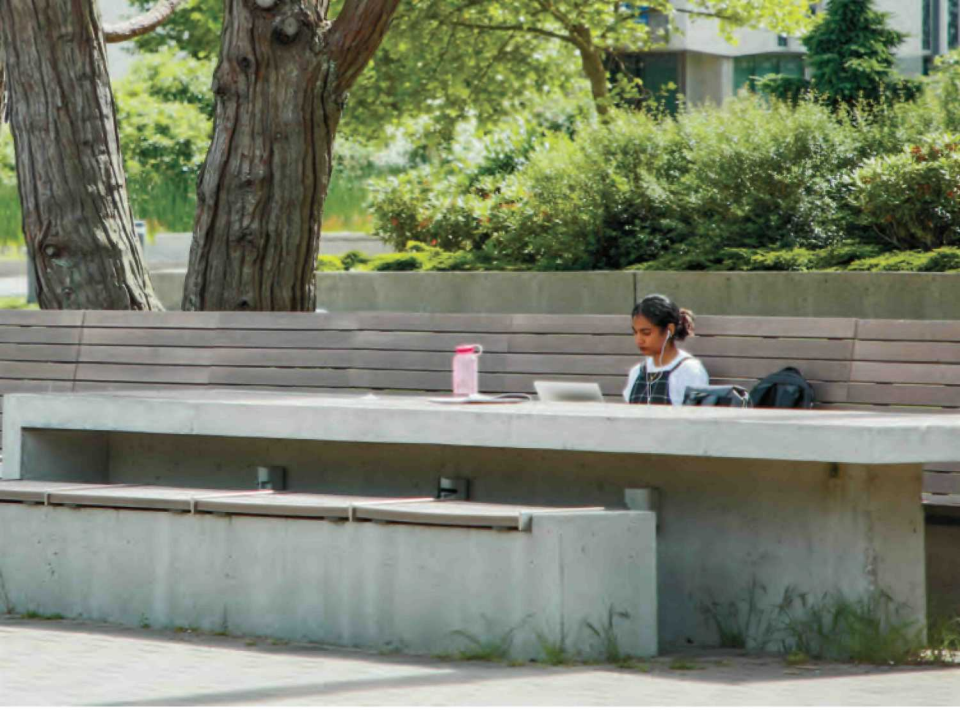
Have a question leftover from class? Interested in getting involved with research? Just looking to talk to someone? Office hours are a great place to do all of these things, and more! Again, it might seem scary to walk into your instructor's office uninvited. But don't worry — more often than not they are hoping someone stops by to talk with them. If you're really nervous, feel free to bring a friend along as support.

WE'RE ALL HUMAN

There will inevitably be a point during the semester where you want to throw your iClicker at your prof's or TA's head. Just remember that they are human and have other stuff going on in their life before you start writing that Rate My Prof review.

STAND UP FOR YOURSELF

That being said, sometimes your prof or TA is just being an asshole. Don't be afraid to challenge their ideas in class, or reach out to other UBC resources if they are being unfair in their grading or treatment of students.



HYBRID LEARNING

After a year of online learning, it is safe to say that whether you're an incoming first-year student or a returning upper-year student, everyone is excited to be back on campus and have in-person classes.

Since UBC has not made a complete transition to in-person classes, it will be starting off withmostly in-person classes and some online classes. To help you adjust to normal life — especially with regard to academic work — we have compiled some tips to take inspiration from on your first day back and beyond.

SIGN UP FOR BOTH IN-PERSON AND ONLINE CLASSES

After a long year of limited human contact and flexible class times, it's important to be aware of your individual needs. You might prefer to slowly adjust by ensuring, if possible, a mix of both online and in-person classes so as not to overwhelm yourself too soon.

It's a good idea to set up a meeting with an academic advisor and discuss which courses can be easily completed in an online or an in-person setting. This is also a good way to familiarize yourself with campus resources and get to know your options.

HAVE TO-DO LISTS AND PLAN AHEAD

This is vital to a successful academic journey, especially because it's easy to forget when your assignments are due and which classes are online or in-person. By scheduling your day, you will be on top of your game and stay organized.

SOCIALIZE AND GET TO KNOW MORE PEOPLE

If there is one thing we can agree on, it is that online learning has dampened our spirits, especially when it comes to making friends.

Trying to talk to people from behind a screen is a overwhelming experience, and now that we're all going to be on campus, it's important to take advantage of this opportunity and get as involved with campus life as possible.

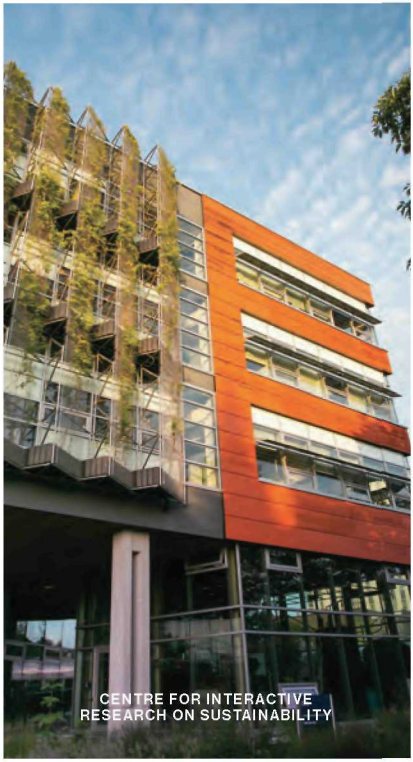
ACADEMIC BUILDINGS AT UBC

EAST CAMPUS

CHEMICAL AND BIOLOGICAL ENGINEERING BUILDING

BIOLOGICAL SCIENCES BUILDING

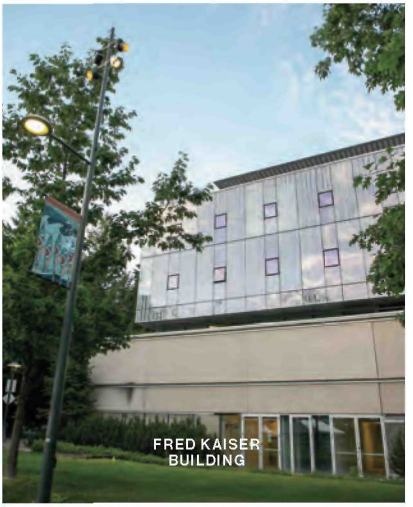
EARTH SCIENCES BUILDING



CENTRE FOR INTERACTIVE RESEARCH ON SUSTAINABILITY

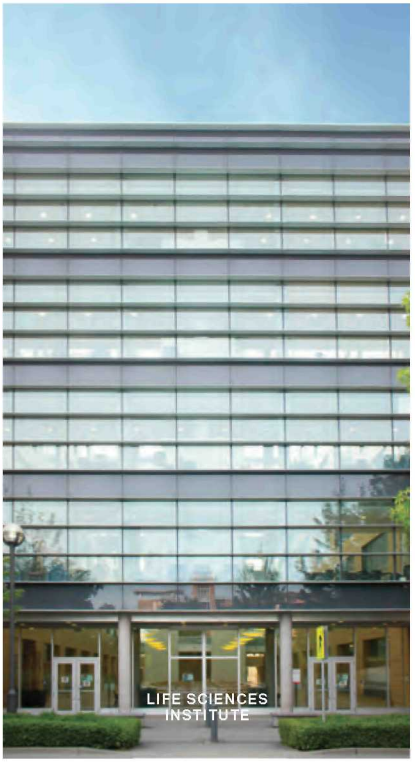
FOREST SCIENCES CENTRE

DOUGLAS KENNY BUILDING



FRED KAISER BUILDING

NEVILLE SCARFE BUILDING



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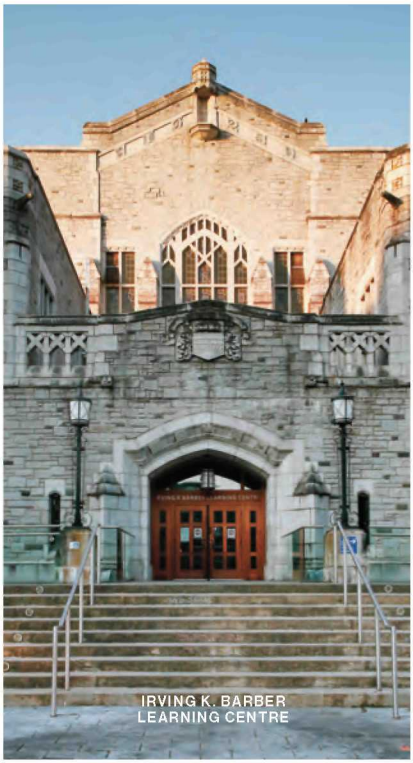
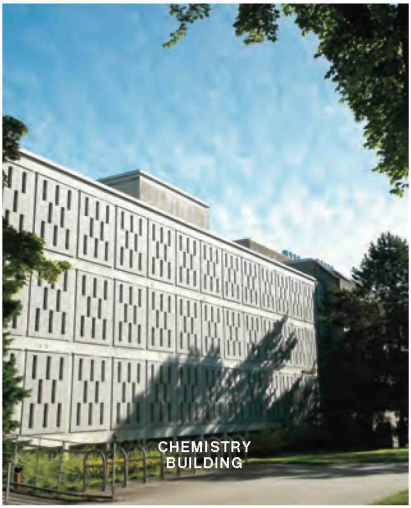


IRVING K. BARBER
LEARNING CENTRE

BUCHANAN
BUILDING



CHEMISTRY
BUILDING

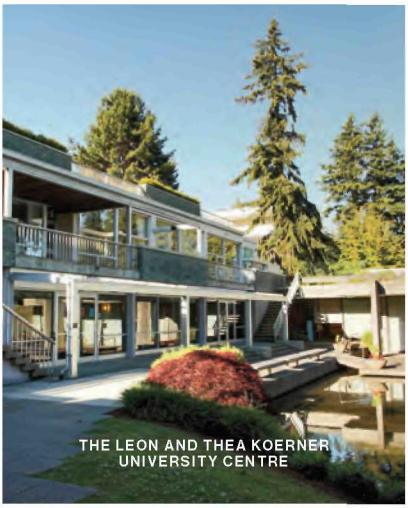
PETER A. ALLARD
SCHOOL OF LAW

HENNINGS
BUILDING

ACADEMIC BUILDINGS AT UBC

WEST CAMPUS

DAVID LAM MANAGEMENT RESEARCH CENTRE



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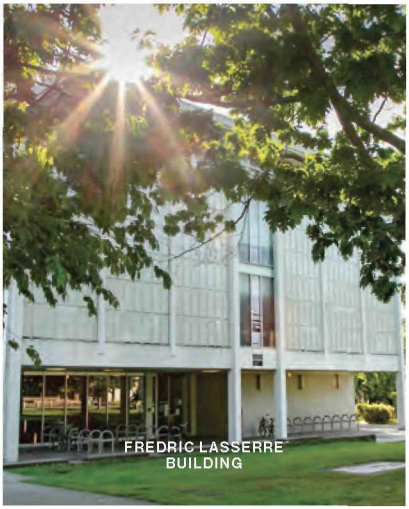
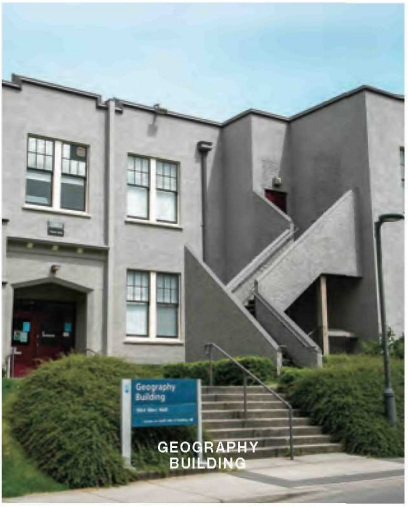


FREDRIC LASSERRE BUILDING

MATHEMATICS ANNEX



GEOGRAPHY BUILDING

ACADEMIC RESOURCES

It is so important to take advantage of [your] advisors since they can guide you towards resources you may not have even known existed. This is a great way to learn about scholarships, awards, bursaries and aid programs that are buried deep within websites that can be inaccessible sometimes.

— ESHANA BHANGU

OFFICE HOURS

They're a great resource for asking questions to your professor or TA privately and getting help. You can also discuss class-related interests. Office hours can sound intimidating, but remember that professors and TAs dedicate these hours to students and want you to come to see them! They truly want to talk to you and help you succeed.

CENTRE FOR WRITING AND SCHOLARLY COMMUNICATION (CWSC)

Need help with your essay, report, story or any other kind of writing? The CWSC provides consultations, workshops and other resources for improving your writing and communication skills. Bring your work to a consultation and they will provide feedback.

MATH LEARNING CENTRE

If you're taking math courses, the Math Learning Centre is a very useful resource. It offers a space to sit with your classmates and study together. TAs are there to help you and will come to you if you have questions as well. Head to the centre when you have homework or need to prepare for an exam.

LIBRARIES

Borrowing books is a good way to begin your research. Ask a librarian to help you find the right books or search for them on the website. Be sure to get the libraries hours and locations before going. There are e-books, journals and other media on the website as well. You can also borrow equipment and use the library's printers, photocopiers and scanners with your student card.

TUTORING

The AMS offers group and private tutoring sessions for many courses, open to first- and second-year students!

YOUR FACULTY'S ACADEMIC ADVISORS AND RESOURCES

Your faculty offers resources that are specifically catered to your needs. Academic advisors help you with course planning, requirements and other degree-related questions. Each faculty has different resources for helping you perform better, like Arts and Science Peer Academic Coaching and Forestry & LFS Peer Assisted Study Sessions.

LEARNING BEYOND THE CLASSROOM

CO-OP

If you're looking for a learning opportunity that tangibly contributes to both your resume and your personal development, consider co-op. The program can extend your degree by a year and includes a program fee. However, this fee is offset by less competition, as many employers have co-op-only positions and the co-op job postings can make finding a job much more accessible than striking out on your own.

GO GLOBAL

Go Global encompasses all of UBC's international experience programs, including Global Seminars, Exchange and Research Abroad. All these programs have their own benefits but all provide opportunities for travel and memory-making. Go to their website or visit their office to learn more.

PEER PROGRAMS

Peer Programs are volunteer positions that give students the opportunity to take part in the UBC community and help out their peers through faculty-specific (Peer Academic Coaches) or interest-specific programs (Financial Wellness Peers, UBtheChange Activators, Peer Health Educators, etc.).

UBC TANDEM LANGUAGE LEARNING PROGRAM

The Tandem Program connects folks who want to practice speaking a new language with a native or proficient speaker. You are paired with someone who wants to learn a language you already know, so it is a volunteer-driven effort to collaboratively improve one's conversational skills.

UNDERGRADUATE SOCIETIES

Not all learning opportunities are coordinated by the university — some are fully student-led. Faculty undergraduate societies are often responsible for student events and provide learning opportunities that help you connect with others within your faculty.

EXTRACURRICULARS

UBC has plenty of clubs, recreation and intramurals to get involved with. Whether you're interested in acapella, crafting or intramural Quidditch, there is something for you. Make sure to check out the Club Fair at the start of each term and see if anything catches your interest!

COMMUNITY INVOLVEMENT

Volunteering in the community is a great opportunity to get an idea of whether you would want to do something similar to your volunteer role longer term.

FROM HIGH SCHOOL TO UNIVERSITY

High school was a highly structured learning environment. In university, self-discipline is paramount. No one will remind you to do your homework or go to class. It's on you.

— AINSLEY CARRY

From professor horror stories to the time when the only spot available for a class you need is at 8 a.m., university can seem like a scary place. Luckily, your friends at *The Ubyssey* have some tips on how to ensure that your transition from high school to UBC is as seamless as possible.

YOU DON'T HAVE TO GO TO CLASS

A big difference between high school and university is that you don't have to go to class. Though attendance is mandatory for some classes (read the syllabus people!), if a lecturer isn't helpful or you and your friends are planning to get a headstart on the weekend, more often than not, you can (*ahem*) skip class.

But, you may miss out on important information about exams, essays and assignments if you skip class. The thousands of dollars you're spending on tuition will be wasted if you don't go to at least some of your classes. A prof may be boring or the content might be dull, but getting that education is worth it.

CONTROL OVER EVERYTHING

When they say that the world is your oyster, they really mean it! At university, you have complete control over the classes you take, the professors you want to be around and even the times of your classes.

This control can provide tons of freedom to explore what interests you! Whether that's wine science, anthropology of the supernatural or even a biophysical chemistry class, UBC has everything.

Studying material that you're interested in will result in higher marks than material you're just taking for the sake of it.

PROFESSORS ARE PEOPLE TOO

Professors are people first. You'll have classes cancelled because of things profs have going on in their lives.

Especially coming from over a year of online learning, professors will want to connect with students more than ever. So ask those questions and go to those office hours! If you have a question, more likely than not, other people in your class do too. Not only will you be getting clarification but you'll be able to create connections with professors. Those connections can always help when you want to get into undergraduate research or even just need an extension on your next paper.

THE BOTTOM LINE

The biggest difference between high school and university is that you're in charge. University is what you make of it.

Don't want to go to class? Ok.

Don't want to wake up until 2 p.m.? Ok.

Want to write for *The Ubyssey*? Do it!

Classes will always be difficult, but by going to class, catering your schedule to your interests and taking advantage of your professors' resources, you'll be set up for academic success.

A GUIDE TO STUDYING EFFECTIVELY

NOTE-TAKING

Your notes are only as useful as you make them, so focus on the material that you don't understand. Once classes start, your time becomes a precious resource. Spend more time reviewing concepts you're struggling with.

Your notes are for you, so don't worry about making them pretty. Now that you're in university, don't waste your time pulling out the white-out when you make a mistake in your notebook — just scribble over it and move on.

DON'TS

Ultimately, the best study technique is the one that works best for you. However, there are a few study 'tips' that you should avoid at all costs. Skipping lectures to spend more time studying is a big no. Your studying should be complementary to the lectures as lecture content tends to show up on tests.

Avoid pulling all-nighters. Not only is last-minute studying not all that useful, it also messes up your sleep schedule and leaves you feeling tired and groggy the next day. Your health is as important as your education.

DOS

Now that you know what not to do, let's look at what you should do.

Set a schedule. Organizing your time is key when it comes to effective studying. To prioritize your studying, treat it like a scheduled class. If you're having a hard time sticking to your schedule, tell a friend so you're not the only one holding yourself accountable!

During your study sessions, one useful technique is called deep work sessions. To try this, allot a specific amount of time to focus solely on studying while eliminating all distractions, especially social media.

Another helpful technique is splitting large assignments into smaller, easier-to-manage chunks. If you have a project due in two weeks, rather than thinking of it as one huge assignment, break it into smaller tasks that can be completed in half hour increments. This way, you can work for half an hour a day and still get your project done in time.

Perhaps the most important study tip of all is to take advantage of your professor's office hours. These are a great opportunity to ask questions and talk to your professor about assignments.

FINAL WORDS OF WISDOM

Take breaks. You might be surprised at how much easier it is to focus on your studies after a quick walk outside or a phone call with a friend.

Welcome back to UBC.

The businesses of the Nest hope you have a great school year ahead!

THE SOUP MARKET
GRANVILLE ISLAND
SINCE 1986

Grocery CHECKOUT
FRESH MARKET

SHAPECUT
ShapeCut 剪一剪

CAMPUS VISION

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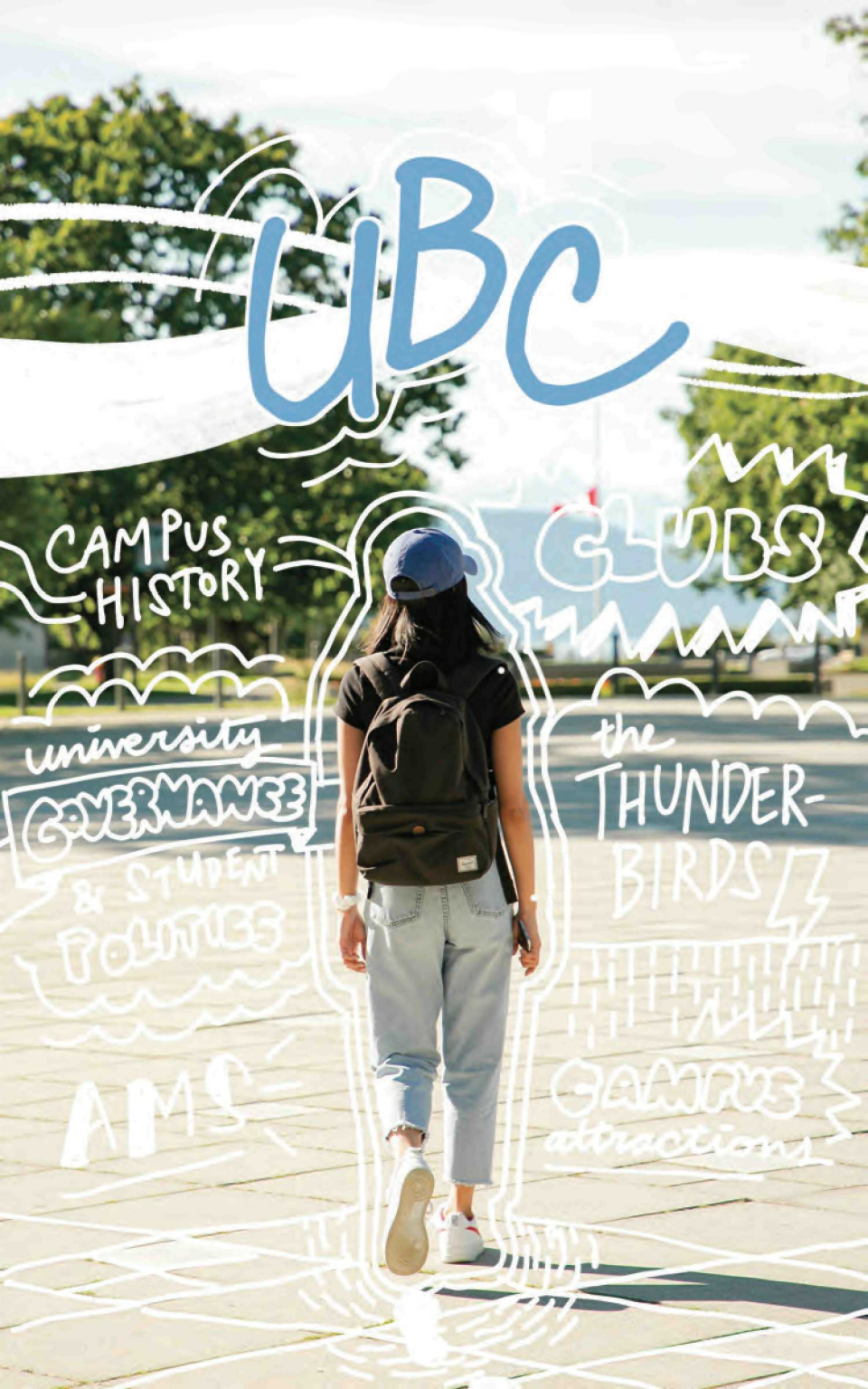
UBC
CAMPUS HISTORY
CLUBS
university GOVERNANCE & STUDENT POLITICS
the THUNDER-BIRDS
AMS
GAMES attractions

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ACADIA RD
KINGSTON RD
WYCLIFFE RD
KNOX RD
COLLEGE HIGH RD
MCMASTER RD
DALHOUSIE RD
KINGS RD
TORONTO RD
University Endowment Lands
ALLISON RD
CAMPUS RD
WESTERN PKY
WESBROOK CRES
NEWTON CRES
CHANCELLOR BLVD
THEOLOGY MALL
Iona
Saltwater
Walter H. Gage Residence
STUDENT UNION BLVD
SRC
Aquatic
Gym
Exchange
UBC Bus Exchange
Gateway
Central
Macdonald Friedman
HOSPITAL LN
CEH
Dalhousie
UBC Hospital Koerner
Life Sciences
IRC/ Woodward
SBME
Trolley Bus Loop
Rec North
Life Building
Nest
Alumni
UBC Welcome Centre
Cunningham
Westbrook
SPH
Rurdy
HEALTH SCIENCES MALL
Allard
Brock Hall
ASC
EAST MALL
LEARNERS' WALK
I.K. Barber
Buchanan Tower
Chem Centre
Green College
Cecil Green
CECIL GREEN PARK RD
CRESCENT RD
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CEME Labs
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Brimacombe
MAIN MALL
University Centre
Belkin
Wood Theatre
Lasserre
OAB
Koerner Library
Math Annex
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David Lam
Argus
Somerset Studios
Kinck
Birning
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BIOSCIENCES RD
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Asian Centre
West Mall Annex
First Nations Longhouse
Rondeau Annex
Continuing Studies
Swing Space
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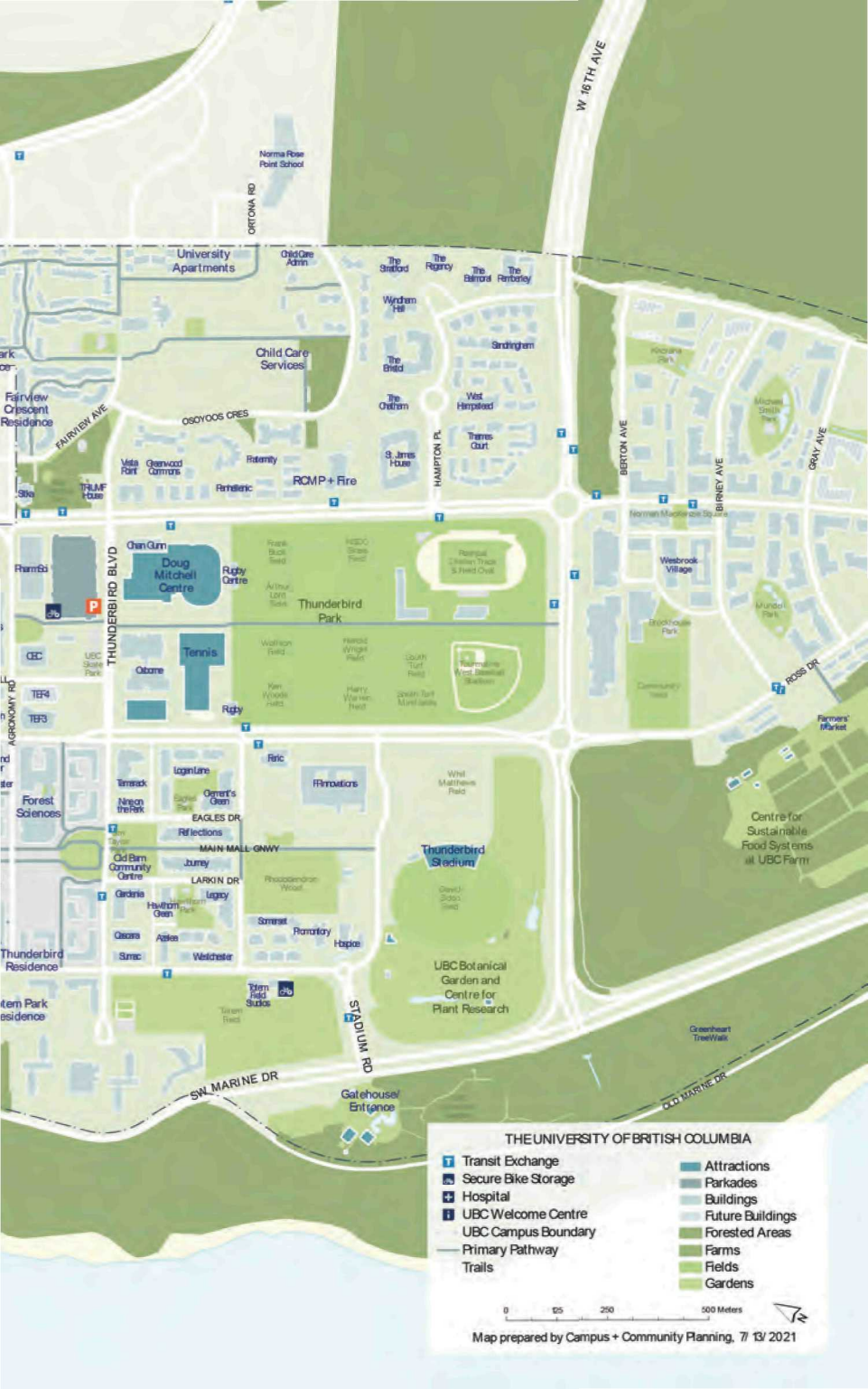
LOWER MALL
UNIVERSITY BLVD
Place Vanier Residence
St. John's College
Marine Drive Residence
Pacific Spirit Regional Park
Wreck Beach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Norma Rose Point School
ORTONA RD
University Apartments
Child Care Admin
The Stratford
The Regency
The Balmoral
The Pembertey
Windham Hill
Sandringham
Child Care Services
The Bristol
The Chatham
West Hampstead
Fairview Crescent Residence
FAIRVIEW AVE
OSOYOOS CRES
Fraternity
Vista Point
Greenwood Commons
Athletic
RCMP + Fire
St. James House
HAMPTON PL
Thames Court
BERTON AVE
BIRNEY AVE
GRAY AVE
Norman MacKenzie Square
Wesbrook Village
Chan Gurn
Doug Mitchell Centre
Rugby Centre
Thunderbird Park
THUNDERBIRD BLVD
Tennis
Osborne
Rugby
CEC
UBC Skate Park
TEF4
TEF3
AGRONOMY RD
ROSS DR
Farmers' Market
Forest Sciences
Timber Lane
Timber Park
Nitinat Park
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Gerrard's Green
EAGLES DR
Reflections
MAIN MALL GNWY
Old Barn Community Centre
Journey
LARKIN DR
Gardenia
Legacy
Hawthorn Green
Oaxaca
Aztec
Sumac
Westchester
Thunderbird Residence
Totem Park Residence
Totem Field Studios
Eric
Innovations
Thunderbird Stadium
Centre for Sustainable Food Systems at UBC Farm
UBC Botanical Garden and Centre for Plant Research
Greenheart TreeWalk
STADIUM RD
SW MARINE DR
Gatehouse/ Entrance
THE UNIVERSITY OF BRITISH COLUMBIA
Transit Exchange
Secure Bike Storage
Hospital
UBC Welcome Centre
UBC Campus Boundary
Primary Pathway
Trails
Attractions
Parkades
Buildings
Future Buildings
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Farms
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Map prepared by Campus + Community Planning, 7/ 13/ 2021

A BRIEF HISTORY OF UBC'S CAMPUS

Hear that construction? It's a sign that UBC's campus is evolving — something that it has been doing since Point Grey was selected as the site of the UBC campus in 1910, and even before then.

UBC is located on the traditional, ancestral and unceded territories of the Coast Salish peoples, particularly the Musqueam First Nation. The land also belonged to the Squamish and Tsleil-Waututh First Nations. In other words, no treaty was ever signed between the First Nations and the government that officially designated the land as belonging to the province. Today, we attempt to reconcile this theft with a land acknowledgement before all major events to remind us of whose land we are on.

Point Grey was initially established by the British government as a colonial admiralty reserve, presumably for strategic reasons related to protecting English Bay and the Fraser River estuary. It was selected as the site of the UBC campus about half a century later, but it was not the first campus location for the university.

The formal construction of permanent buildings officially began in 1914, though construction was halted with the outbreak of World War I with only land-clearance and the frame of the Science Building completed. The university moved into the buildings of the former McGill University College

of British Columbia (which had been the first post-secondary education institution in BC) in the Fairview neighbourhood of Vancouver.

By 1920, the buildings in Fairview were no longer sufficient for the growing student body. However, it took a student-led, province-wide publicity campaign that culminated in "The Great Trek" — a march from downtown Vancouver to Point Grey — in 1922 before construction resumed.

Lectures officially began at the Point Grey campus on September 22, 1925. At that point, the campus consisted of the Science Building (today, part of the Chemistry Building), the Irving K. Barber Learning Centre, a power plant and nine "temporary" buildings — many of which are still in use today. These include what are now known as the Arts One, Geography and Mathematics Buildings. The Iona and Chancellor buildings, built as part of the Vancouver School of Theology, were completed in 1927, before the Great Depression and World War II set in and slowed progress on campus.

The list of buildings added to campus in the second half of the twentieth century is long, to say the least. Notable additions are the War Memorial Gym — built in 1949/50 and officially dedicated to the family members of service personnel who lost their lives in the two world wars — as well as many of the buildings you'll be taking class in this year. Student residence buildings also vary in their building date — most buildings at Place Vanier and Totem Park were built in the 1960s, while Orchard Commons just opened in 2016.

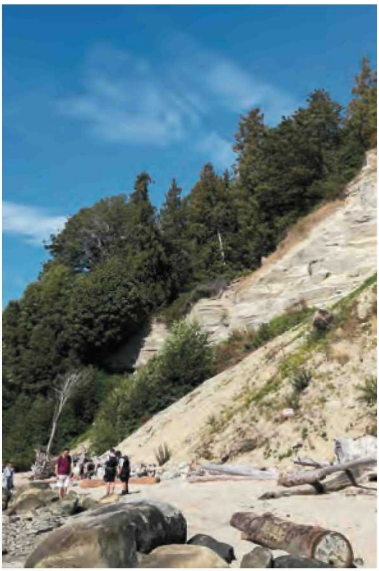
UBC's campus wasn't built overnight. In fact, it's taken over a century to get to where we are today — and it's still changing, thanks to the hammering sounds you heard while walking to lunch today.

CAMPUS ATTRACTIONS

Nitobe Garden. Since my first year it has been my "secret" place where I destress and take mental breaks. The view is breathtaking! I have been lucky to have visited the garden during a cold spring day — half of the garden was in a winter theme ... while the other half in the sunlight looked spring themed, no snow and the other half of the lake not frozen over. It was absolutely beautiful and made my day. I challenge you to see if you can witness the same phenomenon I did!

— EMMANUEL CANTILLER

While UBC campus can be overwhelming to navigate if you are a first- (or post-pandemic second-) year student, being at a large campus has its perks with the endless number of attractions. Here are some of our top picks.



TOWER BEACH

While Wreck Beach is a popular spot which attracts crowds on a sunny day, you can also visit it's rockier counterpart, Tower Beach. Located behind Allard Law School, you have to walk down a slightly less daunting set of stairs. It is named after the abandoned search post from World War II that's now covered in graffiti. If you have *the pleasure* of taking BIOL 140, you will have to take a mandatory field trip there.

UBC BOTANICAL GARDENS

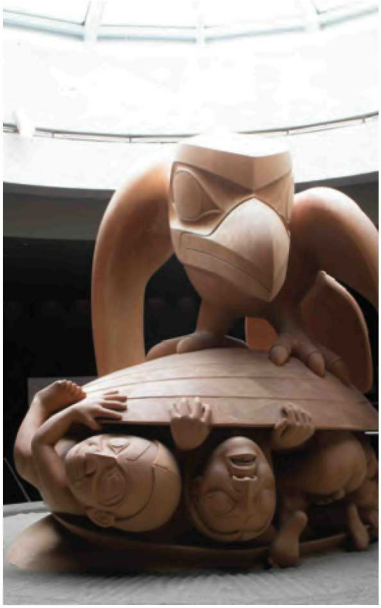
With plants and flowers from across the world, the botanical gardens are a must-visit. While the best time to visit is spring, the gardens are open year-round. In addition to the colourful variety of flowers and mini water streams sprinkled about, the garden offers a TreeWalk for visitors to explore the garden from an elevation bridge. Entry is free for UBC students. Check out the adorable and affordable nursery/store on your way out and grab a plant for your dorm.

NITOBE GARDENS

Did you know one of the most authentic Japanese gardens outside Japan is located right here on UBC campus? Located near the Asian Centre, Nitobe Gardens is the perfect peaceful setting to unwind on a stressful day with lush greenery, a beautiful pond, Japanese stone statues and a charming little bridge.

MUSEUM OF ANTHROPOLOGY (MOA)

MOA, located on NW Marine Drive, is home to a collection of art and cultural artifacts of local communities belonging to BC, with an emphasis on Indigenous culture and heritage. The museum is a wonderful place to learn more about First Nations communities in our province.



UNIVERSITY VILLAGE STRIP

If you are a resident of Vancouver, you know the city harbours an eclectic collection of cuisines. UBC joins in on the food network with its diverse range of restaurants located across campus. The village strip is the go-to spot for food, coffee, drinks or desserts. Starting with Brown's Socialhouse, the street is lined with global food ranging from pizza and ramen to bubble tea from Pearl Fever and Indian food from Only U Cafe in the Village. For dessert, Rain or Shine is the best spot to snag an ice cream on a hot summer day (or, let's be real, anytime, whether it's rain or shine).

UNIVERSITY GOVERNANCE

Politics are everywhere and UBC is no exception. For the political junkies out there, or for those who are just curious, here is a brief overview of UBC's governance structure, and how to get involved.

UBC VANCOUVER SENATE

The Vancouver Senate is the largest governing body on campus. Under the University Act, the Senate is responsible for creating new scholarships and academic programs, setting term and break dates, as well as other functions pertaining to UBC's operation around BC.

Students elect 18 representatives every March to sit on the nearly 90-seat body. This breaks down to five student-at-large positions, one student senator per faculty and two students representing graduate studies. While small, the Student Senate Caucus has been instrumental in passing things like last year's winter break extension and the ban on remote invigilation softwares like Proctorio!

BOARD OF GOVERNORS (BOG)

If UBC is considered bicameral, then the BoG is the so-called "house of sober second thought." With only 21 members — most of whom are appointed by the provincial government, not elected by students, faculty or staff — BoG takes a more conservative approach to governance. This has notably included approving yearly tuition increases despite students voicing their opposition during consultations. The body is also tasked with non-academic affairs like sexual misconduct policy, as well as external consultations with government at all levels.

Currently, Max Holmes and Georgia Yee serve as your two student representatives on the Board. Like student senators, they are elected every March. So, if working alongside Vancouver business people and UBC faculty sounds fun, why not throw your hat into the metaphorical ring?

ADMINISTRATION

Last, but not least, is UBC's admin who manages the day-to-day business of the university. Headed by President Santa Ono and seven vice-presidents, the admin quite literally runs everything from finances to ensuring students have a great experience at UBC. You'll likely get a few student surveys from some VP office during the year. Fill them out, but also be sure to vote in student elections — the AMS, GSS and Student Senator Caucus are much better at pushing for student priorities than a survey sent via email.

THE ALMA MATER SOCIETY (AMS)

The AMS is your elected student government. It is responsible for advocating student priorities to the university and different levels of government, providing services to students, administering clubs and running the Nest.

The AMS is helmed by five elected student executives — a president and four vice-presidents. Cole Evans, your current president, is the society's public face and ensures everything runs smoothly. Your VP Academic and University Affairs Eshana Bhangu advocates student priorities to the university; VP External Saad Shoaib advocates to external governance bodies; VP Administration Lauren Benson runs the Nest and administers clubs; and VP Finance Mary Gan manages the society's money.

Every society member (a.k.a. student) is eligible to vote, so make your voice heard every spring in AMS elections!

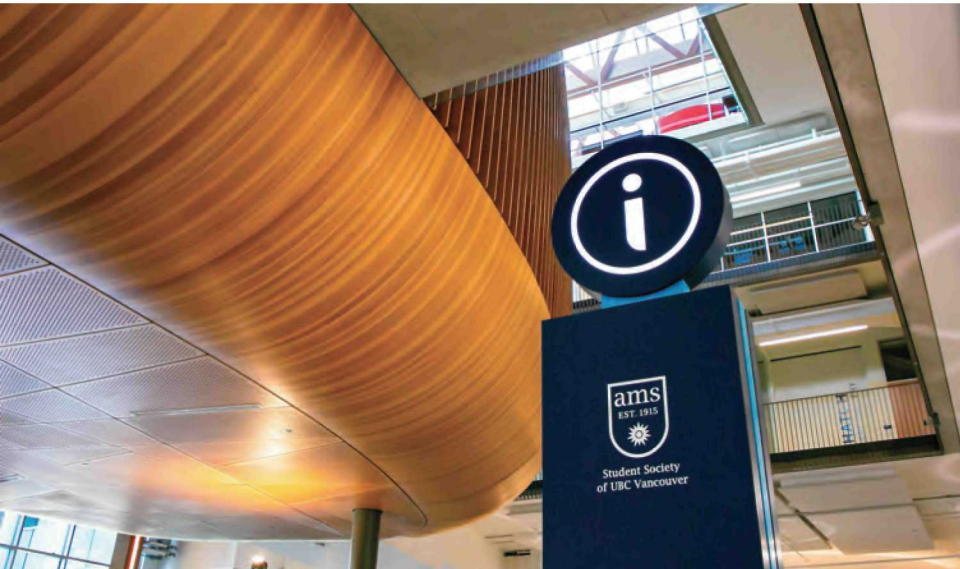
The society's main governing body is AMS Council — formed of the executives, elected councillors from each faculty and a few others. Council meets every two weeks and is open to everybody. If you want to keep up with it without sitting through the meetings, *The Ubyssey* news team live tweets the meetings and post recaps.

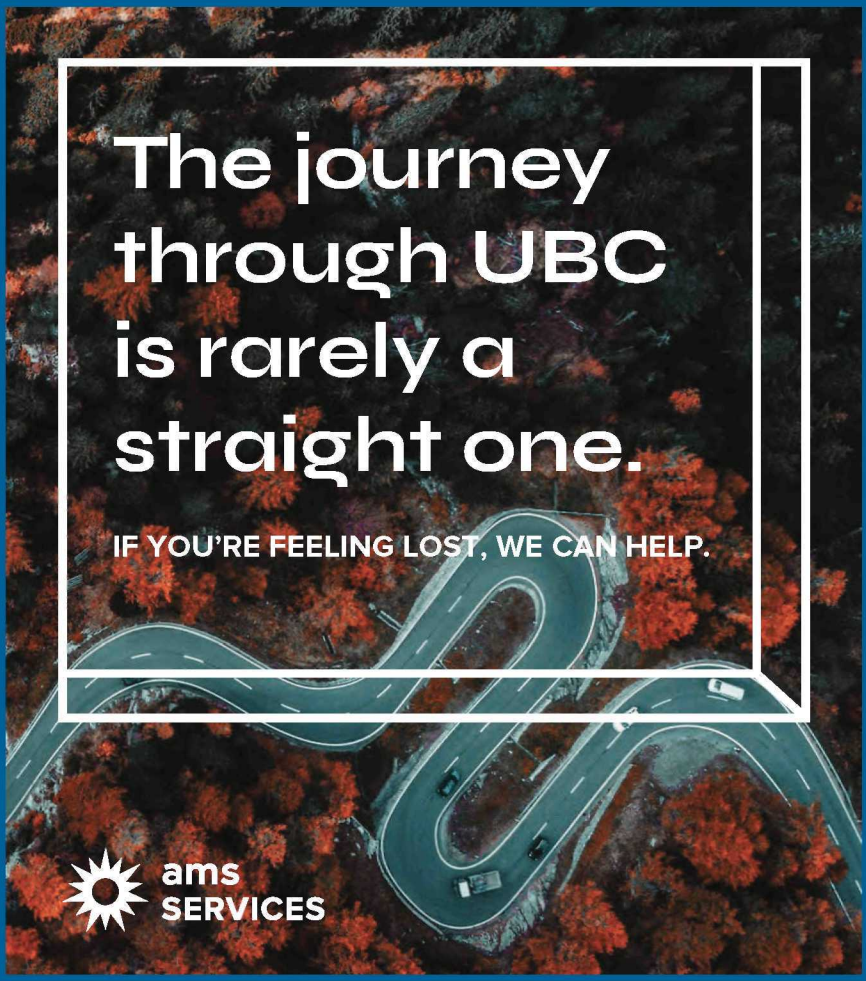
If you have a question, complaint or compliment for the AMS, you can directly contact your faculty's councillor or the relevant executive responsible.

One of the AMS's main responsibilities is running several student services. From mental health support at the AMS Sexual Assault Support Centre (SASC) and Peer Support, to a person to call when you're walking home late (Safewalk), to tutoring support, to a free meal at the food bank, the AMS services provide a lot of free resources to students. Find out more at *www.ams.ubc.ca/student-services*.

The AMS is also responsible for administering your AMS/GSS extended healthcare plan and negotiating discount transit for students through the U-Pass.

You also have the AMS to thank for the AMS Nest. The Nest is UBC's student hub and is home to restaurants and businesses that are run by the AMS or pay rent to it. The Nest is also home to AMS offices, most AMS services and clubrooms and *The Ubyssey* office. Various events, both private and open to everybody, are held there throughout the year.





AMS SERVICES

ACCESSIBLE SUPPORT WHEN YOU NEED IT

Being a student at UBC can be tough. Between juggling classes, money and everything else going on, things can feel overwhelming fast. When you need some help getting back on track there are AMS Services – seven free or low-cost services that can help you overcome whatever hurdles student life throws your way.

At the AMS, our seven services available to help you on your journey as a student include:

Advocacy • eHub • Food Bank • Housing • Peer Support • Safewalk • Tutoring

For more information on AMS Services, check out ams.ubc.ca/services

Support and advice for students

Whether you are coming back to campus or studying at home, we are here to support you. Talk to our Student Banking Advisors in person at The Nest, or virtually from the comfort and safety of your home.

Get access to resources at rbc.com/student

When you visit 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

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THE THUNDERBIRDS

UBC fields 26 sports teams — 13 men's, and 13 women's. The majority of UBC teams compete in the Canada West conference of Canada's nationwide U Sports Association. This includes basketball, cross country, ice hockey, rowing, rugby, soccer, swimming, volleyball, women's field hockey and rugby sevens. Both our men's and our women's swimming teams have been the defending national champions since 2020.

Six Thunderbirds teams compete against American schools in the National Association of Intercollegiate Athletics (NAIA) as the only Canadian affiliate member of the Cascade Collegiate Conference. These include our outdoor track and field, golf, men's baseball and women's softball teams. Both of our track and field teams and our women's golf team won the title in 2019.

The Thunderbird nickname actually started at *The Ubyssey* with a contest asking students to submit and then vote on possible names for our teams — before then, our teams were only known as Varsity or the Blue and Gold. Seagulls won the contest, but *The Ubyssey* and the Pep Club decided against it, and Thunderbirds was chosen as the official name at a meeting between the two on January 31, 1934. A mythic and powerful creature indigenous to the West Coast, the Thunderbird was officially sanctioned by Chief William Scow of the Kwakwaka'wakw people at homecoming 1948 and was re-dedicated by their descendants at the 1993 Hall of Fame Induction Banquet.

So, want to catch a game? UBC students are eligible to purchase a student season pass, which includes admission to all UBC home games, including large discounts on our five major annual events: Homecoming (football), the Winter Classic (hockey), Courtside (basketball), Thunderstruck (volleyball) and the Legends Cup (rugby). Single event tickets are also available. Go Thunderbirds, go UBC!

CLUBS AT UBC

Joining clubs can boost both your social life and the extracurricular portion of your resume — there's almost no reason not to join them! That is, unless you are just not sure how to. But no worries, that's what we're here for.

GO TO IMAGINE DAY

Imagine UBC is an annual orientation for those embarking on their university experience, and it is set to take place on September 7, 2021. Attending Imagine Day is perhaps the best way to get to know any of the 350+ clubs here at UBC. You can float from booth to booth, being wooed by club executives eagerly trying to recruit you.

CLUB RESOURCE CENTRE

If you missed Imagine Day, you can pay a visit to the Club Resource Centre in the lower atrium of the AMS Nest building to learn more about available opportunities and how to get involved in them.

CAMPUSBASE

Not into the whole in-person setting? No problem! You can visit CampusBase — an online database of all registered clubs and upcoming events operated by the AMS. Here, you can find out which clubs you are interested in, their contact information and upcoming activities at your own leisure.

TAKE ON A LEADERSHIP ROLE

Even in your first year, there are tons of leadership opportunities to take advantage of in a club. Ask about any novice or first-year representative positions in a club you are a part of, or run for an executive position at the end of the school year.

START YOUR OWN CLUB

Still can't find your niche in the clubs UBC offers? Why not start your own? The AMS offers a five-step process for anyone who wants to start their own club. Application periods run throughout June and September this year. Seize the opportunity to start that jump rope club or D&D society you've always dreamed of running!

Joining a club can seem like a big commitment with a full course load, but it is one of the best places to meet people who have the same interests as you, attend fun outings and contribute to the broader community. We hope to see you at a club meeting sometime soon!

FOOTBALL

HOME OPENER

UBC VS SASKATCHEWAN

FRIDAY OCT 1 | 7 PM

FREE ADMISSION
THIS GAME IS ON US

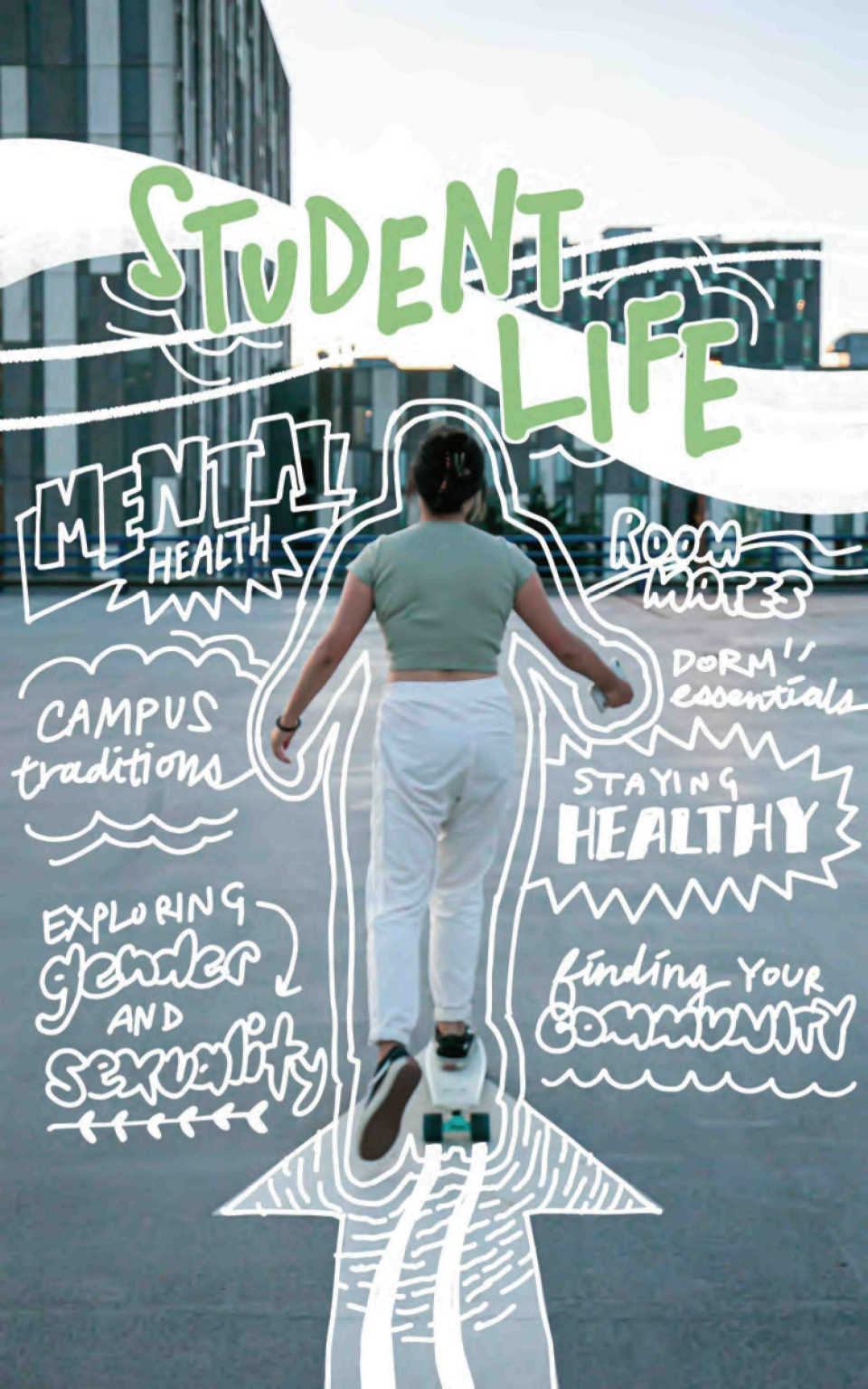
THUNDERBIRD STADIUM

THE WAIT IS OVER!

Gather with friends, share your UBC pride, and come cheer on your UBC Thunderbirds at our Football Home Opener as they return to the field on Friday, October 1st. Remember to wear blue and gold!

UBC THUNDERBIRDS

GOTHUNDERBIRDS.CA


STUDENT LIFE
MENTAL HEALTH
ROOM MATES
DORM!! essentials
CAMPUS traditions
STAYING HEALTHY
EXPLORING gender AND sexuality
finding YOUR COMMUNITY

CAMPUS TRADITIONS

UBC prides itself on a number of student traditions that it has upheld for years now. Here is a list of a few events to keep an eye out for.

DAY OF THE LONGBOAT

One of UBC's most popular events since 1987, this is the largest voyageur canoe race in all of North America, attracting upwards of 3,000 participants and volunteers. This event takes place in the early fall and is perfect for those who love to paddle hard. Assemble your team of runners and paddlers and head to Jericho Beach for the big event!

POLAR BEAR SWIM

What better way to celebrate the end of term one than rushing into the freezing ocean with hundreds of your fellow students? The Polar Bear Swim offers a cathartic release for all of that pent up adrenaline from the past term (gotta make room for the new stress you'll accrue during finals!). This certainly is not a tradition for everyone, but it is a fun experience. It's even worth the trek down (and back up) the Wreck Beach stairs — and, most likely, getting a cold the day after.

CAMPUS-WIDE SNOWBALL FIGHT

This one depends on the weather, but in recent years Vancouver has been blessed with enough snow to fuel the legendary event. Whatever obligations you may have, they're worth skipping for this — trust

me. Line up along Main Mall, ready your ammunition and wait for the signal at 12 p.m. before all hell breaks loose.

STORM THE WALL

Triathlon but make it *UBC*. Gather a group of friends to join you in swimming, running, biking and hoisting yourself over a 12-foot wall. It's best to devise a team strategy to help you scale the wall, but don't worry, UBC Rec will be there to help if you need it. If you're feeling particularly ambitious, you can attempt the entire thing by yourself in the Iron Person challenge.

DEFACE THE CAIRN

UBC's unofficial mascot is the giant concrete E on Main Mall, proudly defended by the engineering students. The Cairn gets vandalized with countless event flyers, coats of paint, messages of solidarity, faculty rivalries and sometimes, even your local student newspaper. Follow it on Instagram @theubce to see its many faces over the years.

DORM ESSENTIALS

University is often the first time we move away from home. Suddenly mom's not there to make sure you're eating and you can't bribe one of your siblings to clean your room for you. Here are some essentials you might not have thought of.

SHOWER CADDY/SHOES

You will learn this very quickly, but trying to schlep all of your toiletries into the washroom whenever you need them isn't the most efficient technique. Having a shower caddy full of essentials is a must. You will also definitely need shower slippers or flip-flops. Believe me, you don't want to go barefoot when you see all of the interesting specimens hanging out on the shower floor.

KETTLE

Whether it's to make tea, instant coffee or to boil eggs because you don't trust the dining hall breakfast, a kettle is a must. To facilitate your main character moments, have a selection of calming teas, because you will definitely need something to sip on as you overlook your gorgeous view of a brick wall.

POSTERS/PICTURES

Listen, this year is the year of maximalism. Go to one of the poster fairs or order some online, but make sure you get something to cover those bland walls — if the walls could talk, you wouldn't want to listen. Those dorm walls have been around for a long time, and have seen just as much. Posters are also a great conversation starter when you have people over.

CLOSET ORGANIZERS/SHOE RACK

Having closet organizers or baskets will save your life. Unfortunately, overconsumption dictates our lives in a capitalist society, and you probably have four pairs of white sneakers that all look kind of the same but couldn't be left behind. Closet organizers will also save you a ton of time when you wake up five minutes late to a class across campus.

FAN

In the Lower Mainland, air conditioners are few and far between. Vancouver often has an agreeable climate, but that also means that your little matchbox of a dorm room will heat up like an oven at night. Fans are also great for some white noise while you sleep or study.

PLANT(S)

Now, this isn't technically an 'essential' but having some plants in your room can add so much character to the holey walls and cracked furniture. Plus, you can make them your emotional support objects and have something to nurture over the year. Now, if you can't keep a plant alive if your life depended on it, a fake plant can add the same amount of greenery to your room.

WISDOM ON LIVING IN RESIDENCE

Living in a dorm is a quintessential part of the university experience. Here are some do's and don'ts to help you get through it.

Do: Get to know the people in your building. Residence life offers a perfect chance to make a bunch of friends. Go to building/floor events, do your work in the house lounge, leave your door open while studying. Communal living can be hard, but being friends with your neighbours makes it easier.

Don't: Set off the fire alarm. No one wants to be the one that forces everyone in their building to stand out in the cold at 3 a.m. because they burned their Pop Tart in the microwave. And if you ever think about pulling the fire alarm for funsies — don't do it.

Do: Wear flip-flops/slides in the bathroom. Communal bathrooms can get nasty fast, especially the showers. To avoid getting a hair stuck to your foot, or a fungal infection, always wear some sort of shoe when entering the bathroom. Your feet will thank you.

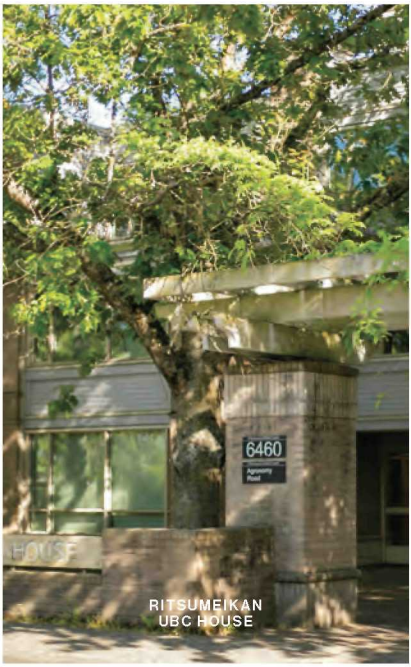
Don't: Blast music during quiet hours. We all love a rave, but we also love sleep. Be kind to your neighbours and keep the music (and noise) to a minimum between 10 p.m. and 7 a.m. on weeknights and 1 a.m. and 7 a.m. on the weekends. If you must have a dance party, try a silent disco — they're just as fun.

Do: Explore Vancouver. Living on campus can be super convenient. You don't need to take a bus to get to class, there are places to grab food and the beach is a short (and steep) walk away. But, it is also easy to find yourself never leaving campus. So take a break from studying, hop on the 14 or 33 and see what Vancouver has to offer.

Don't: Annoy your RA. Being nice to your RA has many benefits. They are a great person to turn to for advice, can serve as a reference and may even look the other way when you're breaking UBC Housing rules. Plus, they're students just like you. Solidarity forever, as they say.

Do: Enjoy it! There will be ups and downs, but remember to live in the moment. Res life doesn't last forever, so appreciate it for what it is.

STUDENT RESIDENCES AT UBC



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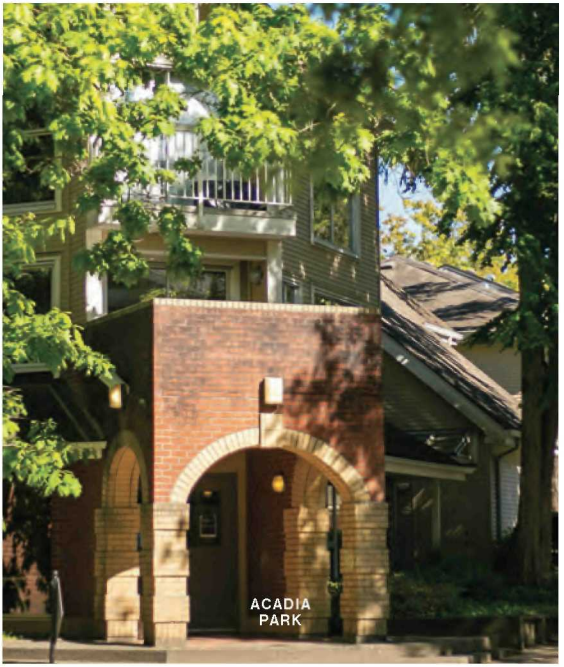

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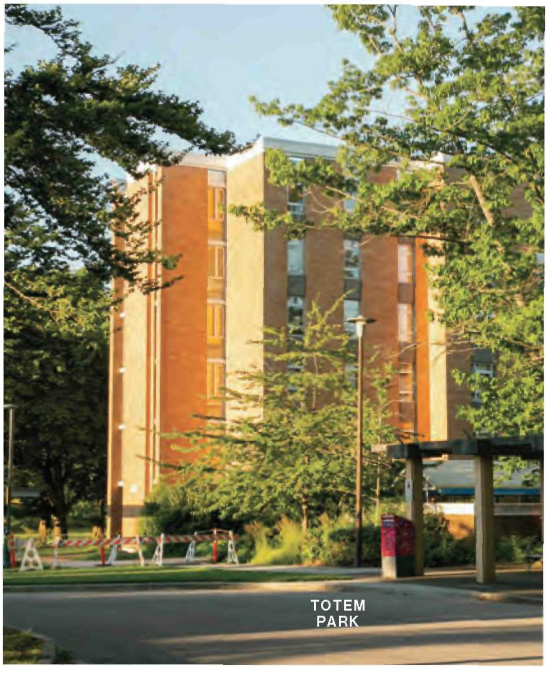
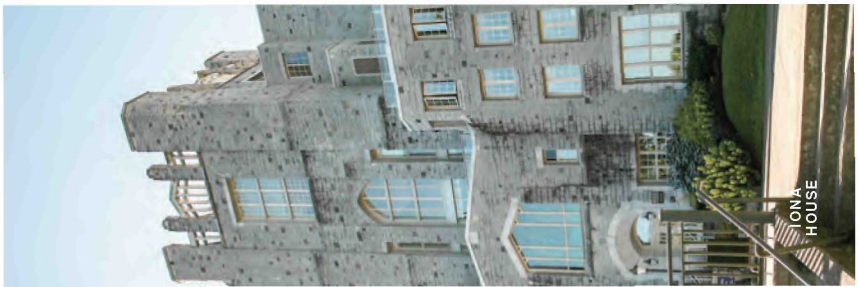
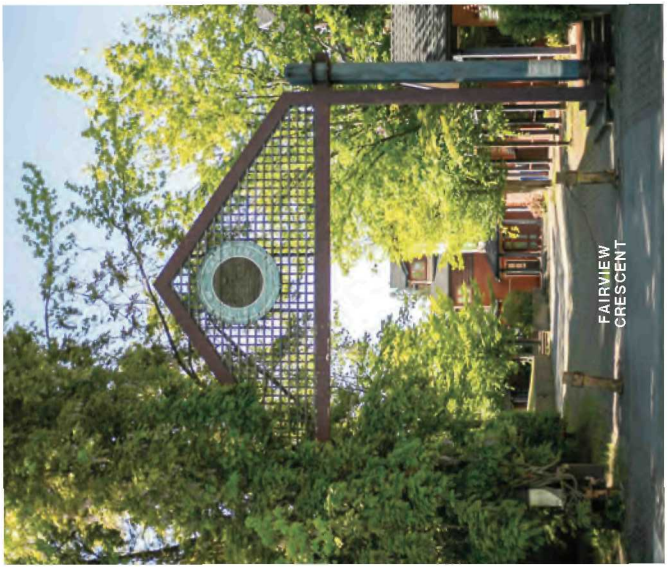

TOTEM PARK

STUDENT RESIDENCES AT UBC





NAVIGATING OFF-CAMPUS HOUSING

Finding off-campus housing can be tough, but also very rewarding. Here are a few things to remember before signing that lease.

WHERE TO SEARCH?

If you're looking for a house or apartment, Craigslist and Facebook Marketplace are great sites to check regularly. There are also Facebook groups specifically for UBC students where people post ads looking for renters or subletters, usually in locations close to UBC. It's usually a good idea to start your search at least a month in advance if possible.

ROOMMATES

Living with roommates can have many benefits — a shoulder to cry on after a brutal exam, someone to go on impromptu adventures with and (usually) cheaper rent. Choose wrong and you can end up with a home you don't want to return to at the end of the day. You don't need to be best friends with your roommates, but make sure you're at least somewhat compatible before you sign a lease together.

Not having a group of friends to live with doesn't mean you need to find a studio apartment. There are often postings for vacant bedrooms in houses or apartments — usually the descriptions for these also include information on the vibe and interests of the house, so you can make a judgement on whether the situation will work for you. This can be a great way to meet new people — but try to arrange a meeting or a video call before you commit!

HOUSING TYPE

Living in a house can be cheaper than an apartment, but you will usually need to have at least four people to make it affordable. If you're renting by yourself, or alongside just one or two roommates, an apartment is your best bet.

LOCATION, LOCATION, LOCATION

Unless you're looking to bike or walk everyday, proximity to bus and train lines is essential to minimize your commutes. Before you commit to a place, make sure to map out how long it will take you to travel to UBC, or if this is a distance you'll be able to do everyday. It's not a bad idea to check out the commutes to other areas as well — such as your workplace, grocery stores or coffee shops.

LANDLORDS AND LEGALITIES

There is always a risk of people taking advantage of you as a renter — be aware of your rights before renting! Check out resources such as Vancouver's Tenant Resource and Advisory Centre to educate yourself. It is also important to fully read and understand your lease before signing it — make sure you are clear on the landlord's expectations regarding subletting, pets and anything else that may become important.

GREEK LIFE

UBC is home to one of the biggest and most active Greek systems in Canada, consisting of social and academic fraternities and sororities. In total, there are ten social fraternities, eight sororities and many academic fraternities, some of which are open to all genders.

Formal Rush for fraternities and Formal Recruitment for sororities begin at the start of September and conclude at the end of the month. Events take place to help incoming students find out if Greek life is right for them.

Greek life may at times resemble scenes from the movies *Animal House* and *Fast Times at Ridgemont High*, but aside from the social events, Greek organizations provide their members with many other opportunities and support. Many organizations own houses on campus, providing cheap rent to members. These houses also allow for connections with UBC alumni to network and explore future job opportunities. Almost all fraternities/sororities hold yearly philanthropic events to help a cause or community. Highlights from last year include $56,000 raised for the Canadian Cancer Society by the Delta Kappa Epsilon fraternity and $15,000 raised for Ronald McDonald House by the Alpha Delta Pi sorority.

An often-overlooked aspect of Greek Life is the mental health support created by the friendships formed within each association. Many students find friendships that last lifetimes, with many of their brothers and sisters becoming their groomsmen and bridesmaids. University provides challenges that freshmen have never faced before, and incoming students can expect to find a close group of friends within the system that will support them through the best and worst times of college life.

Greek life is certainly not for everyone, but Formal Rush and Formal Recruitment are set up to provide an opportunity to figure out what is best for you.

ROOMMATES

Roommates can really make or break any living situation. Have a good roommate and even the crappiest place will feel like home. Have a not-so-good one and, well, things might not feel as great. Whether you are sharing a room or a home, coexisting with a new person is never easy. We hope these tips will make things a little easier for you.

IT'S OKAY IF YOU AREN'T BEST FRIENDS!

Roommates can be great friends and incredible support systems, but that doesn't mean a good roommate needs to be those things. Being friendly and liking each other is a must, but a good roommate is someone who is respectful of your shared space and is willing to compromise on different needs and wants. Someone that has a similar lifestyle to you will probably be your best match.

CLEARLY COMMUNICATE EXPECTATIONS AND ASSIGN TASKS.

Basically, have a roommate agreement. Ideally on paper, even if you don't think you need it. Life can get messy pretty fast and if you don't have certain base expectations to return to, it's very easy for that mess to spill into the shared living space. Clearly defining roles and certain tasks to be completed each week by different people can save you from a lot of headache later. What does a clean space look like for both of you? How are you dealing with dishes? How are you approaching having people over? Some of these questions might feel really easy to answer, but you might also find that your definition of clean and someone else's definition of clean are very, very different.

HAVE BIWEEKLY (OR SOME SORT OF SCHEDULED) CHECK-INS.

University is a busy time. Some weeks you might find yourself with no time or energy to perform a certain necessary task or your roommate starts doing something that you are not entirely comfortable with. Instead of building resentment, check-in with each other to see what's going on and how to move forward. Sometimes these conversations can be as easy as 'I had a tough week, could you do [blank] this week, and I will do [blank] next week instead.' Other times it will require a bit of cooperation, understanding, and compromise, but usually there are few issues that communicating clearly about your needs won't solve.

At the end of the day, healthy communication is the most important part of living in harmony with a roommate!

EXPLORING YOUR SEXUALITY

You're out of high school, transitioning from being a senior to a freshman all over again. Now is your chance to branch out (only if you want to) — especially when it comes to your sexuality and gender. It is important to understand that your sexuality and gender expression is your business. So no matter your gender, you should be comfortable with who you are. Though some won't understand or accept you, make sure you have enough loved ones around you who do. Know that you are loved.

STICKY LABELS

You shouldn't ever feel pressure to put labels on anything or put yourself in a box. It could range from a sexual relationship with someone, your gender or your sexuality. It's common for people to discover they're Queer later in life, even while at university. You don't need to push yourself and you don't owe anyone a coming out story. But if you're certain, start small by coming out to loved ones first. And know your pronouns to firmly inform them about it. You may prefer to be called 'she' or 'he' if you don't mind binaries. Or 'they' if you're non-binary.

KNOW YOUR STUFF

Utilize Google and groups for any awkward questions. It's beneficial to do research on the 2SLGBTQIA+ community to find out more about yourself and possibly make new supportive friends who understand you. For instance, you could join The Pride Collective here at UBC. The collective is an AMS resource group that offers educational and social services dealing with sexual and gender diversity to the UBC community.

COMMUNICATION AND RESPECT

When going into your first relationship as a Queer person, always communicate your boundaries with your partner(s). Listen to your body when something isn't working. Also, respect when your partner does the same. Having a consensual and comfortable relationship is key.

Life as an undergrad grants you a lot of freedom. While exploring your sexuality and gender, remember the golden rules: always be comfortable in your skin and be safe. If you ever feel alone or confused, you can seek guidance from a UBC counsellor.

CAMPUS EATS

COFFEE

Level 1: If you're ever in a tough spot, pull your hood up so no one recognizes you and get in line at the Forestry Building's Tim Hortons. The Sauder one is too high-profile, and you don't want anyone to catch you getting a watered-down medium double-double in between classes.

Level 2: Literally any of the UBC-run coffee places. They all taste the same, but one notable spot is the little joint in the CIRS building on West Mall. And of course, Starbucks.

Level 3: If you're looking for a prime coffee-date spot, look no further. Loafe Cafe is just expensive enough for you to spend most days standing outside staring in at the ridiculous menu prices.

SUSHI

Level 1: That place in the Nest with some god-awful pun. It's so bad it's hard to remember what it's called. Honour Roll? That may be it. Your digestive system might hate you for it.

Level 2: If you want relatively edible sushi, go to Bento. It's located in Sauder where all the suits will most definitely judge you for your lunchtime order.

Level 3: For overpriced sushi, your best bet is Browns. To be fair, it goes great with an overpriced cocktail.

BUBBLE TEA

Level 1: One awesome thing about campus is the plethora of options for bubble tea. If you've got a few extra minutes between classes, stop by Chatime or Pearl Fever. They're pretty affordable or as affordable as bubble tea can be.

Level 2: Another good spot is the CoCo by the McDonalds. It's a little on the pricey side but their tapioca is the perfect amount of chewy.

Level 3: A new bubble tea place opened up this past summer in the Nest, and it's got insane prices to match its insane flavour. Check out Teadot for some boujee boba action.

BURGERS

Level 1: This is a no-brainer. A Big Mac from McDonalds is literally a hangover cure. If you're vegetarian, the Beyond Meat burger from A&W is going to be your BFF.

Level 2: If you want a semi-authentic diner experience, drop by Triple O's on a weeknight with your roommates and enjoy a yummy milkshake and some fantastic onion rings. The vibe in there makes up for the mediocrity of the actual burgers.

Level 3: Well, this is where we plug The Gallery, because it would be wrong not to do so. However, if you want a slightly more restaurant-esque experience, the UBC gods blessed us with Browns this past year.

GETTING AROUND UBC AND VANCOUVER

Living in Vancouver, you'll become familiar with TransLink, Metro Vancouver's transportation network consisting of buses, SkyTrains and the SeaBus. With the U-Pass program, students can affordably access public transit in Metro Vancouver. A SkyTrain extension to UBC may be coming to campus in the next decade or so, but in the meantime, here are some alternative ways to get around Vancouver.

BIKE-SHARING APPS

HOPR: Launched in July 2019, there are 200 dockless bikes (and over 80 bike-sharing hubs) available on UBC campus for students, faculty and community members. For a one-year membership costing $89, you will get 60 daily minutes of ride time and then an additional 10 cents charge per minute. Alternatively, you can test the waters by getting a one month pass for $15 and simply top up when needed.

Mobi by Shaw Go: Mobi is Vancouver's public bike share program, with bikes available throughout central Vancouver. UBC students are eligible for discounted annual memberships*, but keep in mind that there are currently no Mobi docking stations at UBC. Consider a 60 minute 365-day membership — unlimited use of the bikes for up to 60 minutes at a time. Unlock a bike with a user code, Mobi fob or RFID card.
*Discount code: ubcstudents or ubcstudentp

BIKE-RENTING FACILITIES

Sometimes, you want a road bike or a

mountain bike for a full day, without extra charges. That's where bike rentals come in. Spokes, located at 1798 W. Georgia St. offers several types of bikes with complimentary locks, helmets, baskets and bags. The starting rate for adult bikes is less than $10/hour, but you can opt for a half- or full-day discount. Other places include Yes Cycle and English Bay Bike rentals.

CAR-SHARING SERVICES

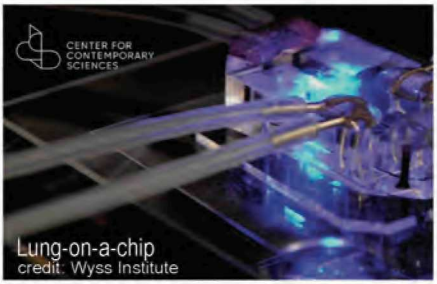
Modo: Modo is a locally-owned member carshare co-op. The affordable rates, diverse selection of vehicles and convenience to students throughout Metro Vancouver make it an attractive option for travel. A Modo plus membership has the lowest hourly rate (at just $4/hour including gas, insurance, maintenance and parking privileges) and offers awesome perks and promos such as discounts with Mobi by Shaw. Students with a learners or N license that are younger than 19 are eligible to join as a green member linked to a principal member. Evo and Zipcar are also worth checking out.

SCOOTERS

Looking for a fun way to move around downtown Vancouver? Download the Go Scoot app and hit the roads (in designated bike lanes) on a zero-emission e-scooter for a small mandatory activation fee and rate. Popular areas include Stanley Park and English Bay. Outside the designated geofence, the accelerator will slow down and cease operation. Now you have something to look forward to on Saturday!

ELECTRIC UNICYCLE

Fan of unconventional travel? Desire to impress people and form a crowd? Consider this pricey investment (typically in the thousands range). With research and some luck, you may find some good deals.



Lung-on-a-chip
credit: Wyss Institute

Better Alternatives to Animal-Based Biomedical Research

PROGRESSIVE NON-ANIMAL RESEARCH SOCIETY

www.progressiveresearchsociety.com

SCHOLARSHIP OPPORTUNITY

Deadline: October 11, 2021

For: High School and Undergraduate Students

Submission

A research paper identifying existing human-based approaches in medical or other science-based research and explaining where human-based methods may be of equal value or even superior to animal models - all in the name of good science.

Length of Paper

5,000 words maximum

Language Requested

English

Sponsored by the Center for Contemporary Sciences (CCS), the International Network for Humane Education (InterNICHE) and Progressive Non-Animal Research Society (PNARS)

Innovative Science includes:

- computer models
- organs on a chip
- 3D printing
- cell-based methods and more....!

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STAYING HEALTHY

A friend once told me that it is not worth sacrificing your mental and physical well-being for the sake of your academics. I couldn't agree more, the normalization of overworking yourself to the point of exhaustion is dumb and not worth it. Take those mental breaks, take the time to hangout with friends and, most importantly, take care of yourself!

— EMMANUEL CANTILLER

UBC has arguably one of the most beautiful campuses in the world, making it a perfect backdrop for your workout. From clubs to athletic facilities, here are a few ways to clear your mind and keep your physical and mental health in tip-top shape.

JOIN THE GYM

With pandemic rules in place, UBC's gyms are open for business! UBC's two gyms — the Birdcoop and the Arc — have everything you need to get some cardio and weightlifting in. They also have a cheap student rate of $35 a semester. Currently you have to register online before attending, so if that's still in place in the fall, book early! Spots fill up fast. The recreation centres also have fitness classes you can take for a reduced rate as a student.

JOIN A FITNESS CLUB

Student clubs like the Breakfast Club, which leads early-morning runs for those living in residence, are a great way to stay fit and make friends. For female-identifying folks, check out SISU UBC — the club hosts workout classes and leads hikes, among other activities. The Varsity Outdoor Club also leads a bunch of killer hikes, camping trips and other outdoor activities!

EXPLORE PACIFIC SPIRIT PARK

UBC sits right next to one of the greatest parks in Vancouver: Pacific Spirit Park. With dozens of trails and lots of nooks and crannies to explore, this park is a great place to go for a run or a bike ride in between classes. We recommend exploring the park with a buddy, especially if you're planning to go during off-peak hours. Stay safe!

GO TO WRECK BEACH

Whether you want to go for a swim, take a long walk on the beach or run up and down the stairs until you can't take another step, Wreck Beach is a great place to get a workout in. But be prepared for the sights you might see, they don't call it a nude beach for nothing!

MENTAL HEALTH

Your self care can... be super unique. I've found that taking care of plants and [listening to] music are very soothing for me ... but you can (and maybe should) do something totally different.

— EMILY GUBSKI

Going to university right after a pandemic might prompt some difficult questions: What if I struggle to make friends? Will I be overwhelmed by the switch back to in-person learning? How do people even talk in real life now? However, you are definitely not alone, so here are some strategies that can help you maintain a healthy mindset.

WORK ON PREVENTION

If you have a history with mental illness, try to identify common triggers or risk factors and reduce your exposure to them as much as possible. Say no to events that may heighten anxious feelings or remind you of traumatizing experiences. Although university is a great place to get out of your comfort zone, your mental health will always be more important.

PREPARE FOR RAINY DAYS

Have a plan for how you would cope in times of stress, especially before exam season. Make sure that your coping mechanisms are sustainable and realistic — not everyone can meditate or go for a run on their bad days — so maybe schedule in some casual self-care or ask a friend to check in on you ahead of time. Do what works for you!

GO EASY ON YOURSELF

Resist the urge to allow academic pressures to take precedence over your well-being. Although grades may seem like the most important thing in the world at the moment, remind yourself that classes can be retaken or dropped, but your health is permanent.

REACH OUT

Sometimes it may feel like no matter what you do, you are still stuck in the same toxic thought patterns. Don't blame yourself for not being able to feel better. Instead, reach out to someone you know or use one of the following resources. There is no shame in asking for help — that's what it's there for.

- Make an appointment with a counsellor or wellness advisor by calling 604.822.3811.
- Access confidential support through AMS Peer Support.
- See a licensed psychologist (this is partially covered under your AMS/GSS Health and Dental Plan).
- Call the First Nations and Inuit Hope for Wellness 24/7 Help Line at 1.855.242.3310.
- Call the BC Crisis Centre at 1.800.784.2433.

NAVIGATING HEALTH INSURANCE

THE BASICS

The BC Medical Services Plan (MSP) is the basic health insurance plan, encompassing much of the 'universal health care' that Canada is famous for. This plan covers medically necessary doctor visits, surgeries, diagnostic services (like x-rays) and more.

You must register for the MSP if you plan on remaining in BC for more than six months and no longer have coverage under another province's plan. Enrolling for the MSP is easy — hop on the MSP tab on the Government of BC's main webpage and you'll be set in 15 minutes.

Since there is a two-to-three-month wait period for the MSP to kick in, international students are advised to sign up for iMED, while the Global Campus Health Plan is recommended for Canadian citizens and those with permanent residence.

While the MSP is free for domestic students, international students will need to pay a $75 monthly fee.

For students seeking gender-affirming care, the MSP covers many hormonal therapies and some gender-affirming surgeries.

BEYOND THE BASICS

Students are automatically signed up for the AMS/GSS health and dental plan and charged an annual fee of $264.63 alongside tuition and fees. This plan covers many health care benefits beyond the MSP, including prescription drugs, vaccinations and visits to a licensed psychologist, as well as vision, dental and travel health coverage. A recent change doubled the amount allocated to students for counselling to $1,000.

If you don't want to be covered under this plan, you can opt out of it by contacting StudentCare.

HOW TO GET PRESCRIPTION DRUGS

The AMS/GSS health and dental plan can cover up to 80 per cent of prescription drug costs. If you are covered by the MSP, you must register for BC Fair Pharmacare to access this coverage.

Fair Pharmacare offers coverage of prescription medications and some medical devices. Hormonal birth control, biologic therapies and ostomy supplies are all covered, at least partially, under this plan. A full list of covered goods is described in the PharmaCare Formulary Search.

This coverage is income-based: the less you earn (*cough* as a student *cough*), the greater the coverage you are entitled to. International students must sign up for a social insurance number (SIN), then use their SIN and an estimated income from the previous year to enrol.

BUDGETING

"Create personal budget goals for yourself and rigorously follow it and track your spending!! Identify what you're spending [money] on (what are needs, what are things you enjoy, what is unnecessary etc.) and actually compare your budgeted amounts with your actual spending."

— ESHANA BHANGU

University, as you may have heard, is expensive. It's not just tuition — you'll have to budget for textbooks, housing, food and entertainment. And yet, every year, students somehow find a way to make it work. Here are some time-tested tips and resources for how to plan and manage your budget.

BE REALISTIC

If you're already thinking about budgeting, then congratulations! Getting into a finance-first mindset is key to planning your budget. During the brainstorming phase, remember to put your plan into context. Categorizing your expenses can help with this. If you're budgeting $60 for on-campus lunches and each meal is about $15, that's four meals per month. Depending on your schedule, that may or may not be a realistic goal. Make sure to create a budget that suits you and your schedule!

EXPECT THE UNEXPECTED

When preparing your budget, reserve some money for emergencies, which include losing your job and medical or dental crises. Experts recommend setting aside three to six months worth of living expenses. You may want to start by setting aside two per cent of your net income and gradually increasing your contribution rate every few months. If there's one thing we've learned during the pandemic, it's that even a modest safety net can buy you some time during unexpected scenarios.

Another aspect of planning for emergencies is to save your tax refund. Although it may be tempting to use a tax refund or stimulus check as extra money for discretionary spending, consider diverting some of it to your emergency fund to bolster your financial cushion.

TAX INFORMATION

Whether you're a Canadian resident or an international student earning income in Canada, you should file a tax return! If this is your first time filing, getting ready to do your taxes can seem scary. However, there are various free, certified tax softwares, including TurboTax and H&R Block, which can automatically populate your tax forms and send email reminders about filing and payment due dates. UBC also has its own Tax Assistance Clinic (TACS), which assists students with filing their Canadian tax returns.

DON'T FORGET TO TREAT YOURSELF!

Living with a budget doesn't mean that you can't splurge a little every now and then! It's better to have a flexible and realistic budget that you can stick to than a restrictive, unachievable one. Just make sure to plan ahead so you're not left with any nasty surprises on your bank statement! Past bank statements and tools like UBC's first-year budget-planning worksheet and graduate student cost-calculator tool are good starting points.

TRACK YOUR PROGRESS

Update your budget as needed from time to time. Whether you're manually updating a spreadsheet or using a budgeting app like Mint, recording your expenses is imperative to achieving the balance between responsible spending and optimizing your time at UBC. If you find yourself consistently overspending, this may be a sign to revisit your budget. Creating a budget is not a one-and-done deal — it's something that needs to be revised time and again as circumstances change.

FINANCIAL RESOURCES

Pockets are tight and pennies are pinched. Knowing the available financial resources on campus will help you alleviate stress, achieve academic success and have fun on campus. Whether you need financial support or help with money management, these resources will help you navigate the post-COVID-19 economy.

Enrolment Services Advisors (ESA): They can ease your financial burden by helping you make budgets and apply for loans. Undergrad students can view the contact info for their ESA in their SSC (under "UBC Contacts" then "Personal Info"). Your personalized ESA is dedicated to your unique situation, and has the expertise to guide you through registration, fees and more. Moreover, the ESA often provides workshops to help achieve financial wellness and success at UBC. Whether you are having money concerns, want to learn more about your finances or maybe just chat, your ESA will be available.

Financial apps: Your phone might already be packed with games and social media apps, but adding a financial app can make financial savviness a button press away. Mint, Slice, PocketBudget or even your bank's app are some great examples of financial apps. Instead of digging out old paper receipts from your sofa for the tax season, you can conveniently find all your bills in one location. You can also use an app to create budgets and compare your monthly spending so you can save and splurge appropriately!

Scholarships, awards and bursaries: These are great additions to supplement your finances at UBC. While many scholarships are dependent on academic performance, bursaries are awarded based on financial need. There are a variety of bursaries and scholarships to shop from; check out the Student Services website to see which ones apply to you. Even if you do not feel confident about your application, it doesn't hurt to apply.

Other financial resources for COVID-19 relief are provided by the government, the AMS and UBC. Don't be afraid to ask around because you are not the only one who might be struggling due to the pandemic. Moreover, there are always jobs on- and off-campus to help supplement your studies and pockets!

STUDENT EMPLOYMENT

Finding a job as a student can be hard, especially with the current COVID-19 job market. Here are some tips so you can make some sweet, sweet cash.

WHERE TO LOOK FOR A JOB

UBC's Work Learn program is a great place to look for a job. Work Learn is intended to help UBC students gain work experience while handling a full course load. Other fun jobs on campus include working with UBC's first-year orientation program, Jump Start, as an orientation leader. This position is often very nostalgic for students and is a great way to make the university experience great for incoming students. If peer-mentoring interests you, consider applying to be a residence or collegia advisor. If you're in search of something more academic, consider applying for a teaching assistant job or a note-taking/peer-tutoring position with the Centre for Accessibility.

HOW TO FIND A JOB

All Work Learn positions, among many other postings, are posted on UBC's job board CareersOnline. CareersOnline is open to employers from the public, including surrounding businesses, larger corporations, non-profits and private individuals. However, a word of caution for all job postings: be wary of potential scams and shady dealings. We also recommend looking on LinkedIn, Indeed, Canada Summer Jobs and municipal job boards. LinkedIn is not only a good place to search for postings — it is also a great place to make connections. So consider creating a profile and expanding your network.

APPLYING FOR A JOB

Once you've found some positions you want to apply to, the next step is finetuning your application. To increase your chances of an interview, aim to personalize your resumes and cover letters. If you're looking for help in perfecting your application, UBC's Centre for Student Involvement & Careers can help with refining your job application approach, can connect you to a peer career coach and often hosts professional development workshops.

THE INTERVIEW

So you've gotten an interview! Job interviews can be nerve-wracking and are often a chance for your potential employer to assess your preparedness. To help things run smoothly, do your research on the program/position prior to the interview and make sure you know your resume like the back of your hand. As many jobs continue to be remote or hybrid, virtual interviews will likely stick around, so ensure you're comfortable with the technology and come prepared.

Unfortunately, you don't always reach the interview stage and if you do it isn't a guaranteed offer. So, be kind to yourself regardless of the end result. Rejection happens and practicing mindfulness can help keep you motivated and make finding work less stressful. Good luck!

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BALANCING SCHOOL AND WORK

Balancing your academics and work can be hard but it doesn't have to be! As a Google Calendar queen, I can't recommend enough that first-year students find and use a calendar/agenda planner. A calendar or agenda can help you organize your tasks to ensure that you're staying on top of school, work, volunteering and any other extracurriculars or passion projects that you're a part of.

— SAARA RAJAN

Being a student isn't easy, but being a student with a job is even harder. Here are a few quick tips on how to balance the (school) work you pay for and that work that pays you.

PLAN YOUR TIME

Being conscious of how you spend your time is key. Between getting enough sleep, attending class and clocking in to your shifts, there is only so much time left over, so you have to spend it wisely. Maintaining a planner is a sure-fire way to properly plan your time. At the beginning of each week, set some time aside to write in your classes and work shifts, and then look at your syllabi and try to write in which homework assignments you need to be working on in your free time. Staying organized is the only way to stay on track.

GET SOME SLEEP

Pulling all nighters may be normal for some students, especially during exam seasons — but don't buy into it. Getting your rest is important, especially if you also have to work on top of your studies. Keeping a solid sleep schedule will help you stay healthy and maintain the delicate balance between work and school.

REMEMBER TO HAVE FUN

As cliche as it sounds, you really do only live once. While your time at university should be spent on furthering your education, it should also be enjoyable. Carving out time on a Friday night after a long shift at work to hang out with your friends should be just as much of a priority as your classes. Booking a day off work to celebrate your best friend's birthday isn't going to matter years down the line. It's important to keep in mind that while university may feel like a preparation period for the rest of your life, you are alive right now. Finding ways to feel alive while you work and study will be worth the stress of reorganizing your schedule.

RESUMES AND COVER LETTERS

"I think people get really excited at the thought of 'Oh, they want me for this job.' But lots of places want you. So it's important to think about how that job would be serving you (other than financially). Is it good experience? Is it fun? Are you learning lots? Are you doing it 'just cuz?' All are valid reasons, just make sure to think about them when picking."

— EMILY GUBSKI

Resume and cover letter writing is a significant skill that you will learn during your time at UBC. The average employer spends anywhere from six seconds to two minutes scanning your resume and cover letter. Within this short period of time, you must demonstrate how your skills, experiences and characteristics match what they are looking for.

Here's how you can make an excellent impression.

JOB DESCRIPTION

Start off by carefully reading through the job description, not once, but twice. This way you will have a better understanding of the company and position that you are applying for. Figure out the exact qualifications and skills the employer is looking for and include the relevant skills and experiences you have in your resume.

ORDERING BY RELEVANCE

With such little time to make an impression, it's important that you organize the content in your resume effectively. Place your strongest work experiences and skills at the top and your weakest at the bottom. This way you can ensure that your strengths are highlighted and make it easier for employers to better understand your capabilities and skills.

ACCOMPLISHMENT STATEMENTS

Accomplishments statements are the building block for a great resume. They are normally written in point form and appear after you introduce a job title. Rather than explaining what your tasks were in a spe-

cific position, accomplishment statements illustrate the results of your work, making you stand out to employers. For example, instead of writing 'I organized a marketing campaign,' write 'I organized a marketing campaign which resulted in selling over 450 tickets to students.'

FORMATTING AND READABILITY

Before submitting your resume, make sure to do the following:

- Remove any content that is significantly old or irrelevant to the position.
- Review your resume for spelling and grammar.
- Keep formatting consistent throughout your resume.
- For easy reading, avoid small fonts, crazy colours and too many words.

THE COVER LETTER

Including a cover letter in your application is a great opportunity to emphasize the qualifications, skills and traits that make you a great candidate.

Here's what you should include:

1. **Contact information and date:** Provide your full name, address, telephone, e-mail and the date (e.g., June 13, 2021).
2. **Employer's information:** Include the employer's name, job title, company name, address and postal code.
3. **Salutation:** Address the employer using "dear" or "to" and avoid using statements like "to whom it may concern."
4. **Introductory paragraph:** Explain what position you are applying for and how you found out about the position. Use this space to show why you are interested and the characteristics that make you an ideal candidate.
5. **Body paragraphs:** Use two to three body paragraphs to highlight your past work and volunteer experiences that illustrate your strengths and skills and connect their value back to the position.
6. **Closing:** Mention your interest in interviewing to discuss the position. Provide information on your availability and the best way the employer can contact you.

Feeling stuck? If you require any assistance with writing your resume and cover letter, the Centre for Student Involvement & Careers offers drop-in advising on resume and cover letter writing. Its website has lots of tips as well.

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INTERNATIONAL STUDENT EXPERIENCE

Studying away from home is tough, but enduring a pandemic while being far from home makes it even tougher.

Make sure to check if you have followed public health orders as you make your way to Vancouver. Before you arrange any travels, make sure you are eligible to enter Canada and that you have prepared the necessary documents to support essential travel. There is self-isolation support, such as the accommodations provided by UBC.

There are many resources available for you — here are just a few of them:

Get involved in AMS clubs or communities: Choose clubs or activities that interest you. You will be able to build a community of friends who will support you throughout your studies here at UBC. Don't be afraid to try new things too. University is where you get to explore a lot of things! Who knows, you may be a chemistry major now, but maybe a stint with the school newspaper will trigger a deep love for journalistic writing that you never knew you had (wink, wink, nudge, nudge).

WiFi: Make sure your parents have access to WiFi and they have downloaded apps that allow them to phone or video call you! The first few weeks of school may be tough for some, so being able to have your family communicate with you is an asset.

Yes, the campus is big, but you may feel isolated: Keep in mind that although you will be able to see a lot of students on campus, there is a good chance of feeling left out. That is okay. We all feel like that when we try to adjust to a new environment, especially now that you are an independent adult. However, know that there are people around you who will be able to give social support. Reach out to advising or the people you meet at AMS clubs.

Travel: Yes, you came all the way to Vancouver to study, but hey, BC is such a beautiful place. Going hiking or exploring around lakes can help with your mental health. You can go paddle boarding or canoeing down at Granville Island, so make sure you check it out as well!

Weather: If you are coming from a super warm country, watch out, it may be very wet and cold for you. Make sure you buy yourself good quality rain boots and raincoats because you might need them almost everyday in the fall.

Museums: Take advantage of the resources that are free for students! Access to museums and gardens, such as the Museum of Anthropology and UBC's Botanical Garden, are free for students. If you have some spare time and want to cool off, you should make your way down to the museums and gardens.

FINDING YOUR COMMUNITY AT UBC

UBC is a global university. Students, faculty and staff are here from places all over the world. Take advantage of this time in your life. Get to really know someone from another country, religion or culture. Share your own culture. University is the time in our lives to expand our horizon. Take advantage of it.

— AINSLEY CARRY

UBC is so big, there's bound to be a club or a group that aligns with your interests. Clubs and societies are great ways to make this 60,000+ person university feel a bit smaller, and help you find your community!

CLUBS

With over 350 AMS clubs, there are countless ways to get involved. Clubs are a great way to meet new people that share your interests and aspirations, making it one of the easiest ways to make some good friends.

Here are some ways you can connect with clubs.

Attend Imagine Day: Imagine Day happens on the first day of classes. You will get the chance to meet your dean, future professors and many other students! It's a great opportunity to adapt to your new environment and build a community.

Attend AMS Clubs Days: Clubs Days typically occur in late September. There you can explore the many clubs at UBC by visiting club booths.

Reach out to club executives: Keep in contact with the clubs that interest you! At Clubs Days, you will have the chance to sign up for clubs' mailing lists, but you can also visit AMS CampusBase — a clubs engagement platform — for more information about the club.

UNDERGRADUATE SOCIETIES

At UBC, each faculty is represented by a student society. Faculty-specific events are often held by your faculty's society. Each society is run by an executive team, and student volunteers and other executives are recruited each year to organize events and services. It is a great way to meet peers from your faculty and find students who attend the same classes as you.

RELIGION AND SPIRITUALITY

Whether you come from a religious background or are simply curious about religion/spirituality, this short guide is for you. University can be tough and stressful, and as such, students are given the opportunity to maintain their religious and spiritual needs.

The best places to start engaging with your faith and spirituality are student-run clubs. These clubs are a great opportunity to connect with people of similar beliefs and find your community at UBC, while maintaining your faith, or learning more about other religions. Each club organizes its own events and gatherings throughout the year.

In addition to student-run clubs, another resource available to students is the University Multifaith Chaplains Association office (Life Building 1303). This is where you can connect with any of 16 champlains who represent religions or spiritual traditions like Buddhism, Sikhism and Pentecostal teachings, to name a few. Champlains offer faith-based support through one-on-one pastoral/spiritual counselling and collaborate with student groups on religious/spiritual programming.

UBC also has dedicated spiritual spaces on campus. Here are some of them:

- Totem ballroom (Muslim Students Association)
- University Chapel — 5375 University Boulevard
- Presbyterian Church — 6040 Iona Drive
- St. Anselm's Anglican Church — 5210 University Boulevard
- Chabad Jewish Student Centre — 1867 Acadia Road
- Multi-faith room — Room 2357, Brock Hall Annex
- Hillel House — 6145 Student Union Boulevard

If you wish to know more about spaces dedicated to practicing your specific faith, it is worth reaching out to a student club to see which religious/spiritual spaces they have booked for the fall.

For those navigating faith-specific dietary requirements, look into places like the residence dining halls (Totem Park, Place Vanier and Orchard Commons) for vegetarian and halal options. You can also check the Nutrislice app to see ingredient lists for each dish offered at the three dining locations.

103 THINGS TO

- ☐ 1. Find *The Ubyssey*'s Office
- ☐ 2. Write for *The Ubyssey*
- ☐ 3. Do what you love
- ☐ 4. Join the club with the least (or most) discernible culty vibes
- ☐ 5. Vandalize the Cairn
- ☐ 6. Polar Bear Swim on LDOC
- ☐ 7. Gorge on Blue Chip Cookies
- ☐ 8. Have an out-of-body experience at the Nitobe Memorial Garden
- ☐ 9. Go to the Pit and immediately leave
- ☐ 10. Vote in the AMS Elections
- ☐ 11. Discover Santa Ono's salary
- ☐ 12. Write a paper shitfaced
- ☐ 13. Storm the Wall
- ☐ 14. Fall in love
- ☐ 15. Fall out of love
- ☐ 16. Bitterly divide up your friends
- ☐ 17. Become a Residence Advisor, Orientation Leader and/or Student Ambassador (if you do all three, we will bully you in awe!)
- ☐ 18. Make friends with the portraits in that bougie section of IKB — you know the one
- ☐ 19. Avoid the Halloween Pub Crawl at all costs
- ☐ 20. Buy an overpriced sweater from the bookstore to let everyone know you're in first year
- ☐ 21. Get your organization a mean nickname from a prof (e.g. "The Vilest Rag West of Blanca")
- ☐ 22. Stop and smell the roses (in the Rose Garden)
- ☐ 23. Avoid saying the Arts cheer during Jump Start/make up a better Arts chant
- ☐ 24. Get your legs pumping on that weird outdoor swing across from Buchanan A
- ☐ 25. Take a nap in the stained red armchairs in the easternmost part of the Nest
- ☐ 26. Order 6 hashbrowns from Tim Hortons to 'show off' to everyone else in line
- ☐ 27. Sneak koi fish into the UBC fountain and run away as fast and far as you can
- ☐ 28. Learn about water chemistry in CHEM 115 and sneak the fish back out of the fountain
- ☐ 29. Stay in the Nest long enough to see the fencing and/or dance clubs practice out in the open
- ☐ 30. Acquire Blundstones and a mason jar full of hemp hearts, berries and sawdust to pose as a forestry student so you can sit inside the forestry building
- ☐ 31. Lose your shower sandals, wear socks instead
- ☐ 32. Rank every single turkey brie sandwich on campus
- ☐ 33. Join a frat just to ask why anyone would join a frat
- ☐ 34. Fall off the climbing wall in The Aviary and never return
- ☐ 35. Linger outside the UBC skatepark with a tech deck
- ☐ 36. Design a giant saddle for the whale skeleton
- ☐ 37. Go to the Botanical Gardens
- ☐ 38. Adopt a campus squirrel à la Stuart Little
- ☐ 39. Get lost in the Rose Garden Parkade and make peace with your fate
- ☐ 40. Follow a siren song to Wreck Beach
- ☐ 41. Discover the siren is a naked 47-year-old man named Jerry
- ☐ 42. Steal from the dining halls
- ☐ 43. Permanently borrow a JUUL from your philosophy prof
- ☐ 44. Go to that one cliff (you'll figure it out)
- ☐ 45. Switch majors
- ☐ 46. Switch majors again
- ☐ 47. This one's alright, I guess
- ☐ 48. Go clubbing and run into your mom's friends
- ☐ 49. Get kicked out of an on-campus coffee shop for studying too hard
- ☐ 50. Create a new drinking game
- ☐ 51. Watch a sunset from the 18th floor of Orchard Commons
- ☐ 52. Avoid dropping your phone out the window to get a picture

DO AT UBC

- ☐ 53. Accidentally overshare in an email to a prof about your absence
- ☐ 54. Attend a UBC improv show
- ☐ 55. Go see some weird German film or David Lynch's *Dune* at The Norm
- ☐ 56. Move into MacLeod to complete a gruelling engineering group project
- ☐ 57. Enjoy delicious snacks and juicy gossip on the couches of the Agora Cafe
- ☐ 58. Become 'ombuddies' with an ombudsperson
- ☐ 59. Be too nervous to yell things in the echo circle at Wyman Plaza but think about doing it every time you pass by
- ☐ 60. Accidentally spend four hours in the MOA because it's just that wonderful
- ☐ 61. Slackline in the trees between IKB and the SUB
- ☐ 62. Reject a frat that's courting you
- ☐ 63. Enjoy the delicious scent of cigarette smoke in that one lecture hall of IKB
- ☐ 64. Trash a 'devil's advocate' during the annual UBC snowball fight
- ☐ 65. Attend an AMS club's 'exec meeting' at Koerner's Pub
- ☐ 66. Submit a UBC Crushes post about yourself (practice self love!)
- ☐ 67. Go to a Blank Vinyl Project show that is indistinguishable from a dream when you try to remember it
- ☐ 68. Forget to pack a sweater to your class in the geography building and curse yourself forever after
- ☐ 69.
- ☐ 70. Attempt to flirt with Jamie, the Faculty of Forestry's virtual assistant bot
- ☐ 71. Have a commie phase
- ☐ 72. Create a terrible podcast
- ☐ 73. Become a teaching assistant
- ☐ 74. Go to exactly three Koerner's parties — no more than is necessary
- ☐ 75. Keep at least one plant alive for a year
- ☐ 76. Attend a seminar drunk (bonus points if you're in a group)
- ☐ 77. See a coyote on campus
- ☐ 78. Enjoy a post-Pit McDonald's run
- ☐ 79. Unionize something
- ☐ 80. Get free dinner at an AMS Council meeting
- ☐ 81. Protest the Board of Governors
- ☐ 82. Spill tea on UBC Confessions
- ☐ 83. Run up the Wreck Beach stairs
- ☐ 84. Get high in the forest next to Totem
- ☐ 85. Post in the UBC subreddit
- ☐ 86. "Um, ACKSHUALLY..."
- ☐ 87. Stay off the UBC subreddit
- ☐ 88. Get so pissed about the amount of money you give UBC that you almost drop out
- ☐ 89. Obsessively check the SSC when grades are released
- ☐ 90. Watch the SSC crash
- ☐ 91. Spill your Starbucks drink in the Life Building
- ☐ 92. Slip on ice in front of that one cute classmate
- ☐ 93. Go to the Birdcoop (unless you're claustrophobic)
- ☐ 94. "Forget" to do a class reading
- ☐ 95. Forget to do a class reading
- ☐ 96. Write an essay on the 99 the day it's due
- ☐ 97. Be awoken by some asshole pulling a fire alarm in the middle of the night
- ☐ 98. Have it happen ten more times throughout the year
- ☐ 99. Get your umbrella broken by the wind in a downpour
- ☐ 100. Dramatically smash it in a fit of rage because you'll have to buy a new one anyway
- ☐ 101. Do a presentation with food in your teeth... it'll happen, trust me
- ☐ 102. Try to join a club you are massively unqualified to join, just for fun
- ☐ 103. Don't take all this too seriously

ESSENTIAL APPS FOR STUDENTS

WALLET — FINANCE TRACKER AND BUDGET PLANNER

Arguably the best budgeting app. Overspending can be difficult to control while juggling school, work and other activities. And on-campus, grabbing a quick bite to eat can prove to be quite costly. Setting financial goals can also be hard. Use this app to track spending (with bank synchronization), save money and manage expenses and debt. It allows you to plan for the future, whether that be ten years from now, and set your priorities. Save for that computer you want. Additional features include uploading all your loyalty and reward cards, sharing selected accounts and receipt and warranty tracking.

FOOD DELIVERY APPS

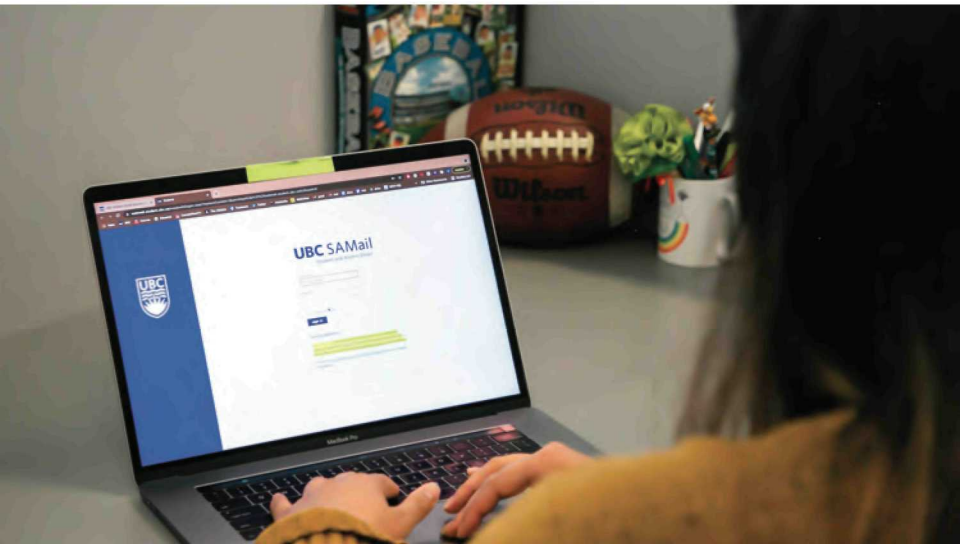
Most of you are probably familiar with food delivery apps by now. DoorDash, SkipTheDishes and Uber Eats come to mind. These are the easiest and most convenient ways to eat a proper meal when drowning in schoolwork or organizing small gatherings. While not the most economical choice, there are smart ways to save some money including trials with free delivery, referring friends, rewards programs with discounts (SkipTheDishes) and promo codes.

SCHOOL PLANNER

Organize all aspects of academia — homework, assignments, exams, grades. The app has a sleek, modern design inspired by Google's Material Design and allows you to sync your agendas and back up data on Google Drive. The timetable is customizable, and the built-in calendar makes managing events and activities much easier. After class, simply add whatever is due and never fear missing deadlines.

DEEPSTASH

Losing brain cells while endlessly scrolling through Instagram or TikTok? Want to use your downtime productively by learning new things and sharing your own thoughts with the community? This app is for you. With a similar layout to Instagram, scroll through the homepage or use the search function and find facts and ideas of interest, then stash (save) them to your profile. Topics range from being more persuasive by telling compelling stories to the history of sneakers. Expand your knowledge and impress your family and friends!



COVID-19

THE ONE TEST IN UNI YOU DON'T WANT TO PASS

The disease caused by SARS-CoV-2 can take up to two weeks to trigger symptoms after exposure. The most common symptoms of COVID-19 are fever, dry cough and tiredness, but others have been noted.

If you are concerned about your symptoms or suspect that you may have come into contact with someone with COVID-19, you can be tested at a Vancouver Coastal Health Test Collection Centre.

GIVING IT A SHOT

BC residents can register to get vaccinated online at the BC Immunization Plan website. Be sure to have your Personal Health Number — located on your BC health or driver's license — ready.

Out-of-province and international students who do not have a Personal Health Number can register to get vaccinated by phone at 1.833.838.2323 (a Personal Health Number will be created for you). This number is open every day from 7 a.m. to 7 p.m. Deaf students can dial 711 for support.

THE ROAD TO IMMUNITY

After you register, you will be sent a confirmation number — bring this and photo ID to your appointment. Wear a mask and a short-sleeved shirt; for modesty, students may opt to be vaccinated in private.

After your shot, you will need to wait 15 minutes. The whole appointment should take less than an hour.

Students are encouraged to register at whichever site is most accessible. Vaccinations are encouraged, but not mandatory for students attending classes at UBC.

SECOND TIME'S THE CHARM

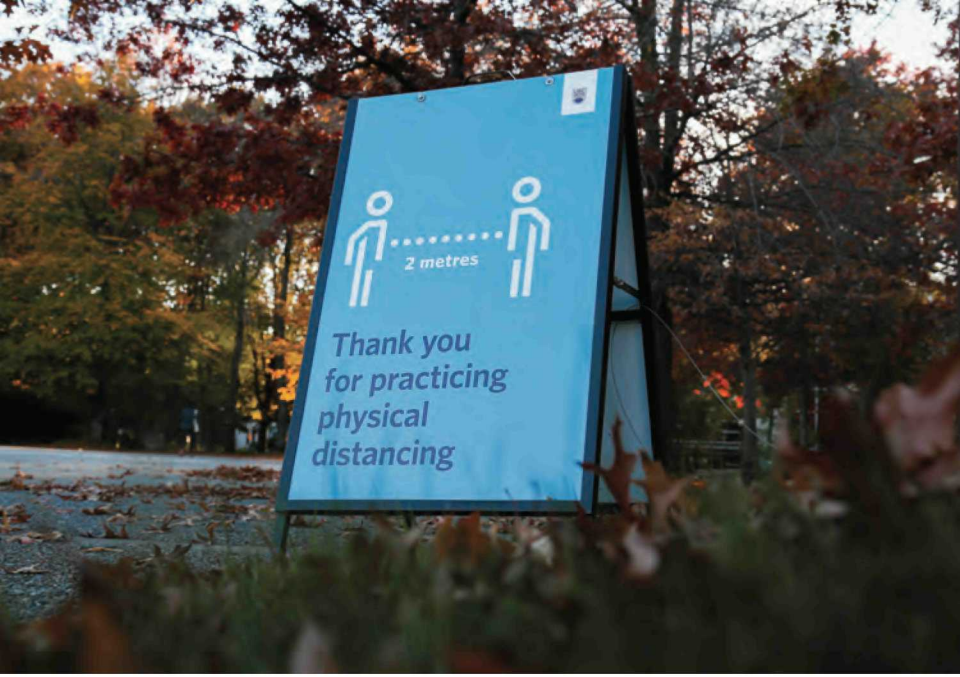
About four weeks after your first shot, you will be contacted with an invitation to book your second dose. To register, out-of-province and international students should use the Personal Health Number that was generated when signing up for their first dose.

If you got your first dose in another province, wait four weeks and call 1.833.838.2323 to book your second jab here in BC. Bring all previous vaccination documentation with you to your appointment.

LIVING LIFE TO THE VAX!

After vaccination, it will take two to three weeks for your body to build ample immunity to the novel coronavirus. Students must continue to adhere to provincial health guidelines following vaccination.

Side effects of the approved vaccines are often mild. Keep in mind that the vaccination does not cause COVID-19. Sore throat, cough and runny nose are NOT side effects of the vaccine and could be a sign of infection with the novel coronavirus. Unsure about your symptoms? Call 811 and a healthcare provider will assist you!



RETURNING TO CAMPUS IN A PANDEMIC

Under normal circumstances, coming to university for the first time is intimidating. And it is understandable that many students are stressed (though some of us might be relieved) about returning to campus amidst a pandemic. UBC has taken several measures to ensure you can have a fulfilling university experience while keeping yourself safe from the pandemic.

UBC has provided FAQs and resources regarding their restart plan and other COVID-19 related information, which can be found at *covid19.ubc.ca*. This page is updated regularly to ensure you are always up to date on changes happening on account of the pandemic. Further resources can be found in the UBC Safety & Risk Services page at *srs.ubc.ca/covid-19*, which contains detailed plans for the different spaces, classrooms and residences, around campus as well as for the members of the UBC community in line with the BC Restart Plan.

However, a certain level of personal responsibility is required to keep yourself safe. Ensuring that you are fully vaccinated may be a good way to start. For those who are not yet fully vaccinated, wearing masks in crowded classrooms, common spaces and transit is recommended. Always keep hand sanitizers at hand and regularly sanitize your mobile devices and laptops. If you feel unwell or exhibit any symptoms of COVID-19, self-isolate and take the BC Self Assessment Tool. This will advise you about getting tested and other recommendations.

The pandemic has been a difficult time for most of us. The transition to online classes had given a new dimension to the university experience. UBC is committed to make sure that everything returns to normal by September 2021 so that all students can return to campus feeling safe and ready to start a wonderful life at university.

STUDENT RESOURCES
accessibility RESOURCES
INDIGENOUS RESOURCES
LGBTQIA 2S+ RESOURCES
INTERNATIONAL student RESOURCES
legal RESOURCES

ACCESSIBILITY RESOURCES

CENTRE FOR ACCESSIBILITY

The Centre for Accessibility facilitates programming initiatives and accommodations formulated to remove barriers for students with disabilities and ongoing medical conditions. You'll have access to tools, resources and accommodations to make your UBC experience the best it can be.

Priority access to housing: Such services include priority placement in student housing wherein a student with a disability or chronic medical condition has disability-related needs that cannot be met in off-campus housing and will be given precedence. Placements are usually offered in year-round housing.

Course load requirements: If a student is unable to meet Student Housing's credit load requirement (nine credits/term) for disability-related reasons, a request can be made to the Diversity Advisor and the student can be considered eligible to remain in student housing with a minimum of six credits/term.

Accessibility Shuttle: For people with conditions impacting their mobility, the UBC Accessibility Shuttle assists in travelling to and from pedestrian areas on campus. The service is available only by reservation and is free of cost.

Wayfinding: UBC Wayfinding can assist you by identifying accessible entrances and distinguishing between manual and power doors.

Accessible parking: People with a special needs permit are allowed to park in UBC parkades at reduced rates. Accessible parking spots are also available across campus for those with a SPARC decal.

ACADEMIC ACCOMMODATIONS

Academic concessions are offered to students with a disability or ongoing medical condition to give them access to the academic environment that will best suit their needs and help them overcome challenges that may affect their academic success. These accommodations include captioning and ASL interpretations, alternate format materials, assistive technology such as Read and Write Gold and notetaking. UBC's Centre for Accessibility determines a student's eligibility for accommodations per the university's Disability Accommodation Policy (Policy LR7). Academic accommodations are not determined by the instructor.

The centre also hires student assistants in the form of notetakers, exam assistants and invigilators to work directly with students with disabilities.

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 a new student in a foreign country and living on your own can be an overwhelming experience. But thankfully, UBC has a bunch of resources for international students to help them adjust to university and life in Canada.

Here is a quick rundown of some great resources available to you.

INTERNATIONAL STUDENT ADVISING

International Student Advising is the go-to place for resources and support for international students. The International Student Guide is full of helpful information, ranging from topics like visa/permit applications to health insurance to planning for life after UBC.

If the guide doesn't have an answer to your question, the office offers drop-in advising sessions on Monday through Friday from 9:30 a.m. to 4:00 p.m. These sessions are held over Zoom, but with the easing of COVID-19 restrictions, they may return to in-person, located in Room 1200 in the Life Building. You can also always email the office at *isa@students.ubc.ca* with your student number in the subject line.

INTERNATIONAL COMMUNITY UPDATE

The International Community Update is a newsletter sent by the International Student Development team every Friday with a list of workshops specifically for international students, along with events around UBC and Vancouver. The community updates can help inform students about things like signing up to receive your SIN (Social Insurance Number) in first year, and also a bunch of cool events, like the Richmond Night Market.

You can sign up for the newsletter on the International Student Advising website.

IMMIGRATION, REFUGEES, CITIZENSHIP CANADA (IRCC)

IRCC is the place to go for all questions around visas and study permits. Need to get a work visa for co-op? Head to IRCC. Need to renew a study permit? IRCC has you covered. Curious about the most recent COVID-19 travel restrictions? IRCC has the answer.

CLUBS

Joining a club related to your home country can really help for when you get homesick. Whether it be UBC Kababayan or the UBC Indian Student Association, clubs are a great place to make friends with people of similar backgrounds and to connect with where you are from. Plus, they're a great place to go for a study break.

INDIGENOUS STUDENT RESOURCES

FIRST NATIONS LONGHOUSE

The Longhouse is home to the First Nations House of Learning and is the go-to place to access Indigenous programs and services, host events, study and socialize. Student facilities include access to a study space, computer lab and meeting and gathering rooms. The First Nations Longhouse is located on 1985 West Mall.

INDIGENOUS PORTAL

This portal informs visitors about UBC Vancouver's commitment to Indigenous engagement on campus, in addition to being an information resource for Indigenous students, faculty and the wider community. Information about Indigenous initiatives, UBC units with an Indigenous focus, updates on the Indigenous Strategic Plan and a lot more can be found on the portal.

X̱WI7X̱WA LIBRARY

The X̱wi7x̱wa (whei-wa) Library, known for its one-of-a-kind collection that prioritizes Indigenous perspectives and reflect Indigenous approaches to teaching, learning and research. It is considered to be a leader in Indigenous academic librarianship in BC, Canada and internationally. X̱wi7x̱wa Library is located on the traditional, ancestral, unceded territory of the **hən̓q̓əmin̓əm̓** speaking **xʷməθkʷəy̓əm** (Musqueam) people. Reference librarians are available to help you access the resources of the X̱wi7x̱wa Library and anyone with a UBC Library card may borrow materials.

INDIGENOUS STUDENTS COLLEGIUM

UBC Vancouver's Indigenous Students' Collegium, located in the Longhouse, is designed for you to meet other Indigenous students, receive assistance from your peers and upper-year students, connect with an Indigenous elder or UBC professor, enjoy social events together like smudging and talking circles and access resources.

FIRST NATIONS STUDIES STUDENT ASSOCIATION (FNSSA)

First Nations Studies Student Association (FNSSA) is an AMS club organizing around Indigenous issues. The student-run organization consists of members with Indigenous and non-Indigenous backgrounds and is open to any student interested in Indigenous topics and issues. The club hosts debriefing meetings, fundraisers and social events, building a deeply committed community of Indigenous students and non-Indigenous allies on campus. "xʷnaʔəlməxʷ sχəχi: ls", the Journal of First Peoples' Writing, is managed by the FNSSA with various articles, media and creative pieces submitted by the UBC community. You can easily find them on Facebook and receive regular updates.

QUEER STUDENT RESOURCES

THE PRIDE COLLECTIVE

Located in the Nest, the UBC Pride Collective is the oldest group for 2SLGBTQIA+ students on campus. They run regular social events throughout the year, as well as weekly general meetings (typically followed by a free meal). They run weekly discussion groups, like Lovers of Ladies (LoL), Trans and Gender Identities (TaGI) and QTBIMPOC. Within the UBC Pride Collective space is the free store, where you can find gender-affirming clothing, and the Hungry Hamper program, a resource to help alleviate food insecurity.

OTHER PRIDE COLLECTIVES

There are also faculty-specific pride collectives, like Gears & Queers (Engineering) Queer Coded (Computer Science) and OutLaws (Faculty of Law). Some first-year residences have pride collectives run by residence advisors, which typically differ in structure year to year.

TRANS, 2-SPIRIT, AND GENDER DIVERSE RESOURCES

Check out the Trans and Nonbinary Student Guide for information on gender-affirming medical care, student housing and gender markers in student information systems.

If you're looking to meet other trans, nonbinary and 2-Spirit students on campus, the TaGI discussion group at the UBC Pride Collective is an extremely welcoming space — especially for gender non-conforming and questioning folks!

Off campus, the Urban Native Youth Association (UNYA) hosts a 2-Spirit collective that provides community, resources and programming for all Indigenous youth aged 15-30.

THE EQUITY AND INCLUSION OFFICE (EIO)

The EIO runs events throughout the year, and partners with Jump Start to host BIPOC and QT2S Get Connected events for incoming first-year students in the fall.

In addition to running events, the EIO is a place to turn to if you ever experience discrimination due to your gender identity or sexual orientation — they have staff that can advise you on next steps and resources to help support you.

GRAD STUDENT RESOURCES

Whether you are pursuing a Master's or a PhD, resources are abundant on campus for your studies and life in Vancouver.

GRADUATE COMMUNITIES

Head to the online Graduate Student Community to make new friends, find roomies or jogging buddies, discover events or even apply for funding and post-graduation opportunities in the virtual community. Connect with fellow graduate students through the Graduate Student Society (GSS) or your departmental graduate organization. GSS is an AMS-equivalent organization body with many subsidiary organizations that offer exciting opportunities for growth and development. If you need assistance, they are a great resource to turn to. Keep an eye out for social, academic and career-orientated events hosted by the GSS or your respective grad program — they are a great opportunity for you to mingle and meet new people.

THESIS AND PROJECT

Whether you are confident or undecided about your thesis project, the light at the end of the tunnel will be your thesis and defense. Consider attending the various workshops offered by the UBC Library and other organizations that touch on teaching and research skill development, communication and writing and academic support. Attend seminars and conferences to supplement your research as well.

Building a relationship with your supervisor will enhance your graduate student experience. While your supervisor may be your boss, they have also gone through the same experience as you, so they know what you are dealing with. Share with them any struggles and questions you may have throughout graduate school as you work on your sometimes-frustrating thesis project. Moreover, connect with the department coordinator to keep your courses and thesis project on track.

LEGAL RESOURCES

LAW STUDENTS' LEGAL ADVICE PROGRAM (LSLAP)

The LSLAP is a non-profit run by law students at UBC's Peter A. Allard School of Law. This clinic provides free legal advice, representation and document-drafting services to low-income clients living in the Greater Vancouver Area. LSLAP advises on a number of legal issues, including civil disputes and tenancy and employment law. Representation is offered on a case-by-case basis for select legal issues.

STUDENT LEGAL FUND SOCIETY (SLFS)

The SLFS is a student-run non-profit 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 funds cases that meet their mandate and can connect members with partners, including LSLAP, which can provide legal services. Members can use SLFS services, attend information events and campaigns and apply for case funding.

Every year, the SLFS runs its "Know Your Tenancy Rights" and "Know Your Civil Rights" workshops. Visit the SLFS website for more details about COVID-19-related changes.

EQUITY & INCLUSION OFFICE (EIO)

The Equity & Inclusion Office aims "to advance equity and human rights at UBC by promoting diversity, eliminating discrimination, and engaging the community in dialogue and action." The EIO advises on human rights and conflict engagement issues, assists with filing human rights complaints and provides training, education and consultation services in these areas to the UBC community.

ADVOCACY & OMBUDSMAN: THE CONFLICT RESOLUTION TEAM

The Advocacy and Ombuds Offices help students to resolve their disputes with the AMS and the university as a whole. They provide referrals and information about university policies and procedures, and can help students to brainstorm next-step options.

The Advocacy Office supports students who are in formal conflict with the university in areas such as harassment, stealing, academic misconduct, housing appeals for students living in residence, parking disputes and library fine appeals.

The Ombuds Office mainly provides conflict resolution services to students and AMS staff. It cannot, however, receive complaints unrelated to the university and compel actions or overturn decisions.

AMS SEXUAL ASSAULT SUPPORT CENTRE (SASC)

The SASC provides support, accompaniment, advocacy, education and outreach for people of all genders who have experienced sexualized violence, as well as their friends and family. They also assist with: applying for the Crime Victim Assistance Program; filing a report with the UBC Investigations Office or police; connecting individuals with a legal aid office, clinic or lawyer; and providing referrals.

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

The most driven students in Western Canada

STUDENT WORKS

Join Student Works Painting

There are two ways for students to participate in the success of Student Works. Students can choose to paint for a summer or run a Student Works business that employs other students.

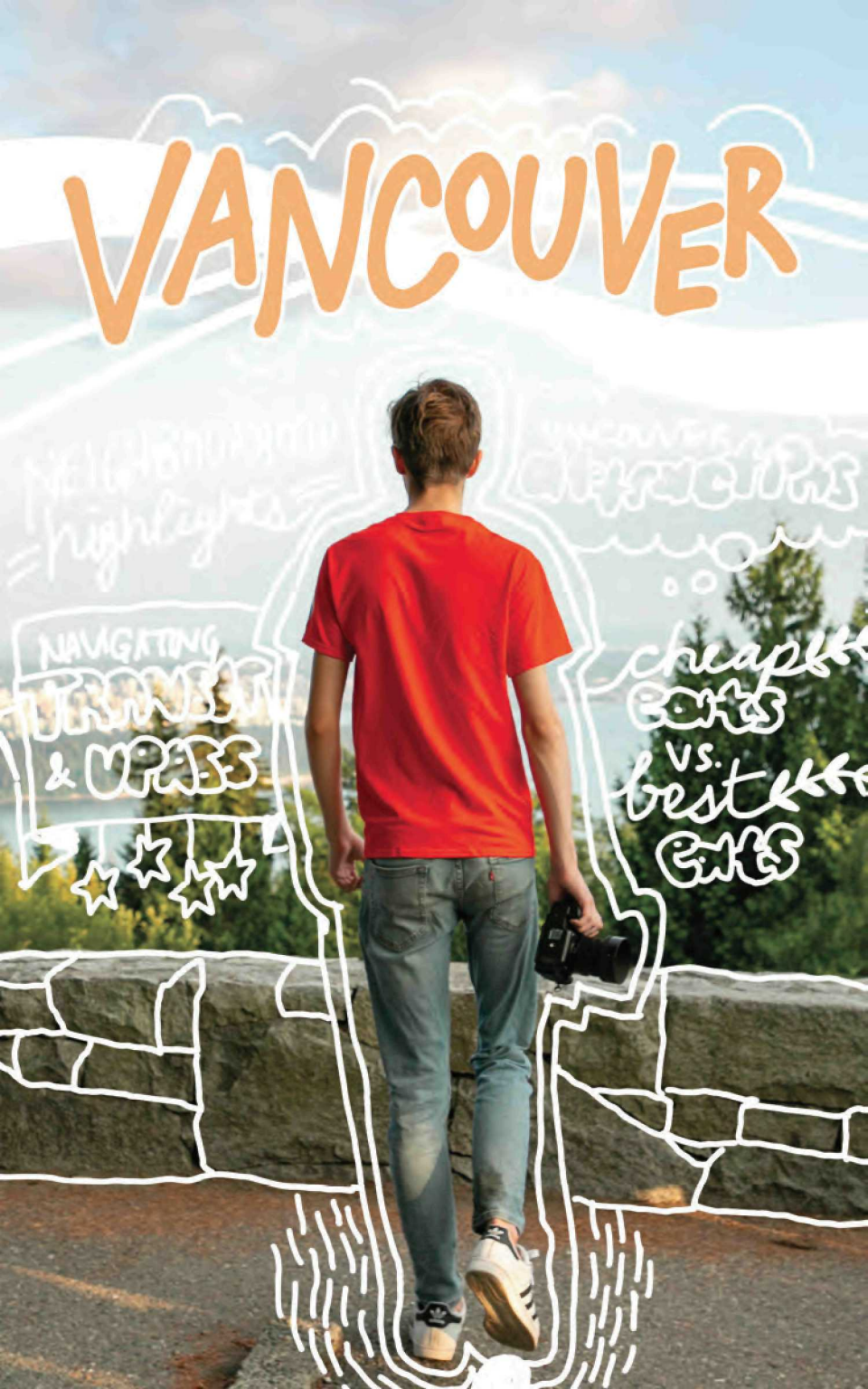
Each provides a different experience and perspective of the painting business. Depending upon the experience that you want and the level of commitment you have, Student Works Painting has a role for you.

Business ownership positions are available until only November 15th so contact us now!

info@studentworks.ca
swpwest.ca
1.800.665.4992

CELEBRATING 30 YEARS

VANCOUVER



VANCOUVER ATTRACTIONS

As university students, finding the time to enjoy both campus and the city can be a challenge. However, even 30 minutes outdoors can improve your sleep and studying. With COVID-19 health and safety guidelines in mind, here are a few attractions to visit in Vancouver.

ACTIVITIES

Hiking: Depending on your hiking experience, there are several trails for your enjoyment. Vancouver has several places to hike within city limits, including Pacific Spirit Park, the closest one to UBC. Remember to bring essentials such as water and food along with you, and stay safe.

Biking: Vancouver's moderate climate and accessible cycling network makes it the perfect place for year-round biking. Love mountain biking? Head over to the North Shore mountains to find trails ranging from green to double black diamond.

Fun, alternative transportation: Looking for a fun way to move around Vancouver? Download the Go Scoot app and hit the roads on a zero-emission e-scooter (Ninebot Max Plus by Segway) for a small mandatory fee and varying rates.

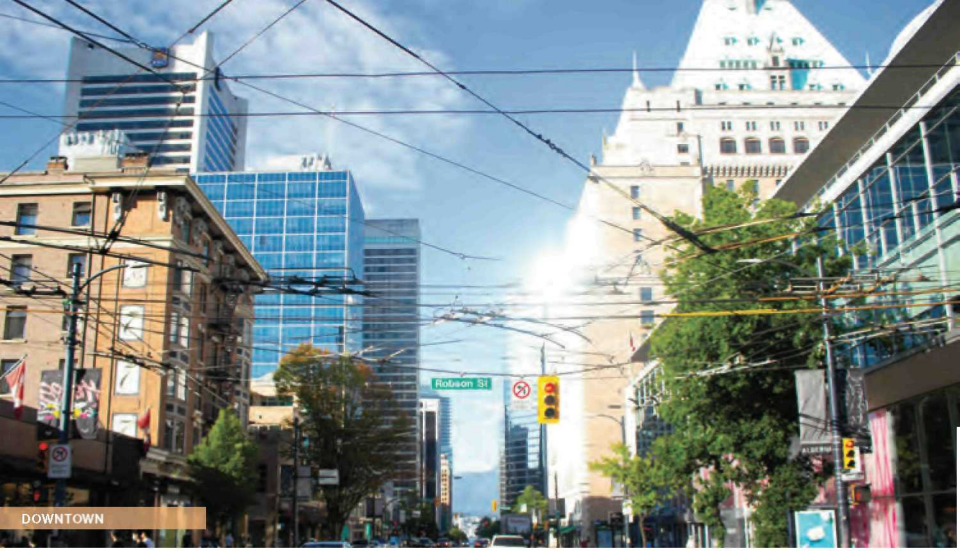
ATTRACTIONS

Science World: Science World is open to all curious minds. With galleries and exhibitions, films and live shows, you and your friends will have plenty to do. Explore the puzzles and illusions to challenge your mind.

Vancouver Art Gallery: Immerse yourself in the historical and contemporary art of BC (and abroad) from a wide array of artists at one of North America's renowned visual arts institutions. Visit the *Jan Wade: Soul Power* exhibit (July 10, 2021 — March 13, 2022) or *Edith Heath and Emily Carr: From the Earth* (July 10, 2021 — March 13, 2022). Consider a $48 one-year student membership with benefits including discounts and free admission to certain events and programs.

Bloedel Conservatory: Located at the peak of Vancouver in Queen Elizabeth Park, a tropical dome paradise awaits, with 120 exotic birds and over 500 plant species. Whether you are fascinated with architecture or just need a colourful photo for your Instagram feed, the Bloedel Conservatory offers a place for visitors to momentarily escape Vancouver's dreary weather. Purchase a one-year membership and receive a 15 per cent student discount. Make sure to check online for tickets or updates.

Vancouver Maritime Museum: Explore the decks and cabins of the historic St. Roch, the vessel of many firsts, including its crossing of the Northwest passage from west to east (1940-1942). Check out the controversial history of fire boats.With many permanent and featured exhibits, public programs and special events offered throughout the year, the fun will never end. Pay less than $15 for general admission or consider a membership.



DOWNTOWN

NEIGHBOURHOOD HIGHLIGHTS

What is so special about Vancouver is that it has it all: mountains, forests, and the ocean! To make the most out of Vancouver, you have to do all the 'touristy' things such as walking the Seawall, going to Grouse Mountain, and watching the sunset at English Bay. As there's only so many days without rain during the winter semester, make sure you make time to go outside on one of the rare sunny days!

— HAILEY CLARKE

DOWNTOWN

Downtown Vancouver is a central point for nightlife and the more common 'touristy' spots (Gastown, Robson Street, etc.). Try to catch a show with your friends and support your favourite artists when they come to town. If you are in search of a daytime activity, explore Stanley Park and head over to English Bay Beach to catch some sun with takeout from Falafel King. Support small businesses and sightsee!

CHINATOWN

Chinatown is an ethnically rich neighbourhood teeming with small businesses and restaurants. The community could use support now more than ever, so head over and explore this historical neighbourhood. Take some photos at the Dr. Sun Yat-Sen Classical Chinese Garden and head over to New Town Bakery & Restaurant and try the custard buns!

POINT GREY/KITSILANO

These neighbourhoods are common for UBC students to live in, though Kitsilano is the pricier of the two. Kits and Point Grey are home to Jericho and Kitsilano Beaches. On these beautiful beaches, you can catch the sunset or play a game of beach volleyball. Kits and Point Grey are more suburban than some other neighbourhoods closer to downtown, so take a moment to enjoy the weather and have an equally mellow cake and coffee at Breka

KITSILANO

CHINATOWN

COMMERCIAL DRIVE

Bakery and Cafe.

COMMERCIAL DRIVE

Don't know what to eat? Head over to Commercial Drive. It's bursting with restaurants, cafes and eateries. If by chance you are looking for some great fried chicken, try Downlow Chicken Shack. Plus, Commercial Drive's Little Italy is a wonderful place to satisfy Italian cravings. All in all, a trip down to Commercial Drive will provide ample opportunity for exploration, be it through cuisine or indie shops.

SOME SURROUNDING CITIES THAT ARE DEFINITELY WORTH VISITING:

North and West Vancouver: North and West Vancouver are home to beautiful scenery and hikes. For a less busy (and more COVID-19-friendly hike) head to Lynn Headwaters Park in North Vancouver. The walk alongside Ambleside Beach in West Van is also not to be missed. These neighbourhoods have a strong Persian presence, so drop by one of the many Persian restaurants in Lonsdale Avenue, such as Grab and Go for a delicious meal to-go.

Richmond: Richmond is famous for its abundance of Asian and Asian-fusion restaurants and eateries, particularly Chinese food. If you're keen to enjoy some dim sum or hotpot, go to Richmond. The bustling Richmond Night Market is an experience to put on your bucket list.

Surrey: Surrey has a rich South Asian history evident in its restaurants and culture. Visit Payal Plaza, a.k.a. 'Little India,' for an introduction to what Surrey has to offer.

NAVIGATING TRANSIT AND U-PASS

As a UBC student, you are automatically signed up for U-Pass — a $40-a-month transit pass that gives you unlimited access to TransLink's network of buses, the SkyTrain and the SeaBus.

TransLink uses Compass Cards — wallet sized cards used to pay fares that you'll load your U-Pass onto. TransLink has a full list of retailers online but at UBC, Compass Cards can be purchased at the UBC Bookstore, the Shoppers Drug Mart on campus or the Save-on-Foods in Wesbrook Village.

You'll need to reapply for your U-Pass once a month. You can apply anytime after the 16th of the previous month but earlier is better as the U-Pass can take up to 24 hours to load.

As for what you can do with your U-Pass, TransLink's network is vast. UBC alone is served by more than ten buses, including two rapid transit buses going to and from campus, as well as the 68 community shuttle which goes around campus.

Beyond buses, there's also the SkyTrain: Vancouver's metro train system consisting of three lines. The SkyTrain is augmented by the SeaBus, a passenger ferry that crosses the Burrard Inlet, and the West Coast Express, a commuter train serving the Fraser Valley.

Luckily, apps like Google Maps or TransLink's trip planner make navigating long bus routes with multiple transfers as easy as entering your destination.

There are a few important exceptions to the U-Pass. It doesn't fully cover the West Coast Express commuter train — it only subsidizes the monthly fee — and it only covers TransLink services, meaning BCFerries is excluded.

When you head out on transit, make sure you've checked when the last buses depart as getting stuck on campus is no fun. The N17 is the only route to UBC that runs through the night.

When you're on transit, it's important to follow some codes of conduct.

1. Only board once passengers have finished exiting.
2. Yield priority seating to the people who need it.
3. If you're bringing baggage or other things with you, such as a backpack, try to take up as little space as possible and don't block the aisle.
4. Move to the back of the bus on fuller buses.
5. Don't play loud music and avoid disturbing other riders and transit staff.

OUTDOOR ATTRACTIONS

UBC and the area around it are home to immense beauty and a lot of fun.

CLOSE TO HOME

Surrounding UBC's campus is Pacific Spirit Regional Park and its 78 kilometres of walking, cycling and riding trails. Situated to the north and east of UBC, Pacific Spirit is a vast second-growth forest with towering Douglas firs, majestic owls and plenty of other wildlife.

The rest of Pacific Spirit is a thin strip of shoreline surrounding campus on three sides. Wreck Beach is the best place to catch a sunset on campus and it's some 440 steps down (and 440 back up when you're done). Be warned: this beach is clothing-optional. You're free to keep your clothes on, but be careful where you point your camera.

BIKING

Not only is cycling a practical way to commute to, from and around campus, it's a great way to explore. Vancouver has loads of cycling routes with the best developed ones mapped by the city. If you're feeling adventurous, you can bike across the Lions Gate Bridge to the North Shore, where you can explore further or even attempt to tackle the thigh-burning Triple Crown.

HIKING

Hiking is a great way to get some exercise and some beautiful views. Sites like *alltrails.com* and *vancouvertrails.com* are a great way to come up with ideas for where to go. If you don't have a car, you can befriend someone who does, use a car share like Modo or Evo (but be careful of their forestry road travel policy), bike there or take a bus to a transit-serviced trailhead.

If you're looking for a hiking buddy, the Varsity Outdoor Club is a great place to go; they run beginner-friendly trips throughout the year.

Before you travel into backcountry terrain, prepare yourself by packing the essentials and knowing where you're going. *adventuresmart.ca* is a great place for resources on how to stay safe in the backcountry.

SKIING

Skiing is a classic way to enjoy BC's beautiful mountains. Visible from UBC across the Burrard Inlet, there are ski areas on Cypress, Grouse and Seymour mountains. All of these ski areas are great for beginners, open for night skiing and close enough that you can head up after class ends.

For the big mountain experience, you have to travel a little farther away to Whistler Blackcomb — North America's largest resort is two hours from UBC and well worth the trip.

If you're looking to ski further away than Whistler, the Ski and Board Club usually runs trips to mountains in the interior, so watch out for tickets.

NEED HELP?
STUDENT LOANS
CROWDED BUSES
HEALTH CARE
LANDLORD PROBLEMS

YOUR MLA'S GOT YOUR BACK
DAVID EBY, MLA
VANCOUVER POINT GREY
COMMUNITY OFFICE
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604 660 1297 • DAVID.EBY.MLA@LEG.BC.CA

CHEAP EATS vs. BEST EATS IN VANCOUVER

CHEAP EATS

El Furniture Warehouse Granville
989 Granville Street

Located on Granville Street, the Warehouse offers cheap eats that are perfect for when you find yourself in the area after a night of bar-crawling. From loaded potato skins to mac and cheese, the place specializes in classic comfort foods. The best thing is, dishes start at $5.95, so you'll still have money for drinks.

Nat's New York Pizzeria
1080 Denman Street / 2684 West Broadway

There's a reason why Ryan Reynolds raves about this New York-style pizzeria in the West End. Since its doors first opened in Kits in 1992, Nat's has been a classic for Vancouverites who want a taste of the East Coast without the jet lag. If you're not up for a whole pizza, you can get it by the slice — staples like pepperoni are offered alongside trendier plant-based options.

Marulilu Café
451 West Broadway

Marulilu Café is an understated Japanese cafe that offers traditional Japanese and Western breakfast foods all day long (so you can sleep in). Portions are large and you can eat for under $13. Space is limited and they don't take reservations, so bring your umbrella for the wait on the street, and come with an empty stomach.

BEST EATS

Solly's Bagelry
368 West 7th Ave / 2873 West Broadway / 4071 Main Street

Founded in 1994, Solly's Bagelry is a family-run Jewish bakery and deli that boasts arguably the best cinnamon buns in the city. Like the namesake suggests, Solly's Bagelry also specializes in hand-rolled bagels, all at a fairly affordable price. They have three locations, so your next breakfast bagel isn't too far.

Nuba
207 West Hastings / 508 Davie Street / 146 East 3rd Ave / 3116 West Broadway

With four locations across the city, Nuba is only a bus ride away. Nuba offers delicious and authentic Lebanese food, including the best fried cauliflower in the city and a great cocktail menu. If you want to try your hand at making the dishes yourself, Nuba offers meal kits so you can enjoy their food from the comfort of your own home.

The Acorn
3995 Main Street

If you're looking to impress a Tinder date, head to The Acorn on Main Street. This award-winning restaurant features locally sourced seasonal dishes, each centred around a single ingredient or concept (think Trees or Harvest). The space is tiny so make a reservation in advance, and maybe save this for the third date — it's a pretty bougie place.

ARE YOU A TRUE VANCOUVERITE?

Experienced rain for two weeks straight	Paid too much for rent	Had a late-night snack at Duffin's Donuts	Did the *Vancouver Sun* Run	Rode the SkyTrain with no hands
Have the classic "VANCITY" T-shirt tucked away somewhere	Saw a goose family crossing	Pronounces it "Vang-couver," not Van-couver	Saw the Gastown steam clock whistle and gave zero fucks	Talked about the weather with someone today
Know the difference between the Millennium and the Expo Line	Own more than three umbrellas	FREE	Biked the Seawall	Own a Patagonia sweater
Complained about cyclists or bad drivers	Watched the sunset at English Bay	Went thrift shopping in Chinatown	Avoided eye contact with hanging dongs at Wreck Beach	Rambled about fitness, eating healthy or being a vegan
Discussed Bonnie Henry restrictions with family or friends	Complained how boring the city is in comparison to _____	Hooked up at Stanley Park	Rode the wooden roller coaster at Playland	Developed trust issues from riding TransLink

PARTIES, SEX, AND DRUGS

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weed & WHERE TO GET IT

CONSENT

SEXUAL HEALTH 101

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DRINKING ON THE CHEAP

BUY IN BULK

Just like groceries, buying drinks in bulk is a good way to save some cash. Buying shots for the whole table can be fun but it will also dig a hole in your pocket. Buying a pitcher of beer or sangria will last a lot longer than one shot per person. If you're at a bar with friends, buy a pitcher rather than individual glasses, considering there are five 12-ounce cans of beer in a single pitcher. It's a bargain.

PRIORITIZE HAPPY HOUR

Most of us know that during happy hours, drinks are discounted. Look for bars with decent happy hours. Some bars have all-night specials letting you drink cheap past prime times. Some bars even offer early-morning happy hours for people who pull all-nighters at work. Go online and search for the bars in town that offer these specials.

PAY WITH CASH

Instead of using your credit card, always use cash. Think ahead and decide on a spending limit before you leave for a party. Carry the amount with you that will curtail your drinking and spending. That way, if the money's gone, the drinking's done.

EAT BEFORE YOU LEAVE

This prevents you from paying for food at the bar. However, eating too much will also require you to drink more to get a buzz going. Eating a light meal beforehand will prevent you from overspending.

GO DUTY-FREE

If you like to indulge in expensive alcohol from time to time, buy it at the airport! Not only do you not have to pay taxes while travelling abroad, but some airport shops also offer great deals throughout the year. Liquor is probably the most popular duty-free purchase by travellers.

DRINK AT HOME

Drinking at home is almost always cheaper than drinking at a bar or a restaurant. If you want to go to the bar for the mood and the ambience, be ready to pay the markup price. Drinking at home doesn't necessarily have to be alone, you can call your family and friends over anytime!

BEST BARS IN THE AREA

If you're 19+, going to all the fun bars in Vancouver and near UBC is a must-do (but drink responsibly). Here are a few to check out.

ON CAMPUS

The Gallery: This is an AMS-owned bar and restaurant on the fourth floor of the Nest. Go here for open mic nights, a nice view from the patio and to fraternize with people from Greek life.
Koerner's Pub: Get a beer and a taco (or two) at our campus pub. It's a little hard to find, but perfect for a weeknight drink or trivia!

WEST POINT GREY/KITSILANO

The Fringe: While not a glamourous place, The Fringe has cheap beer and good company. It's a good hole-in-the-wall kind of bar for post-pandemic life, as there's barely room to get one foot of distance, nevermind six.
Darby's Pub: With a great patio on the roof and a fun selection of beers, this is a great place for a (somewhat) physically distanced beer.
Colony: This is a classic UBC student bar. There are lots of locations all over town, but there's one on West Broadway, right off the 99 B-Line or the 14 bus.
Elwoods: Elwoods gives off classic American sports bar vibes. It's on Broadway, near Colony. They have a good beer selection and lots of space, so it's good for a larger party.

FURTHER AWAY FROM CAMPUS

Faculty Brewing: Faculty is a bit further out on Ontario Street, but it has a great selection of beers and snacks. If you're making a night of your trip to the bar, this is the place to go.
Parallel 49 Brewing: Even further east, Parallel 49 is a trek from campus. But the trip is worth it for the seemingly endless beer options and their recently opened garden!

DRINKING CONSCIOUSLY

Drinking and consuming substances should be fun. Do it if you're comfortable doing it. Do it around people you trust. Don't pressure other folks into doing it. Don't overdo it (seriously, one edible will send you on a wild ride in one to two hours, don't be fooled into taking another one because "yOu dOn'T fEeL iT"). Don't push your limits to the point of blacking out or greening out. Drink/use substances responsibly. Also remember to stay hydrated!

— EMMANUEL CANTILLER

As we are sure you already know, the drinking age in BC is 19. This means that for most UBC students, the days of relying on older siblings and chill cousins to obtain a precious six-pack of mango White Claws are over. So long as you have two pieces of ID, the liquor store is your oyster. Reaching this milestone of early adulthood is undoubtedly exciting, however, it doesn't come without risk.

Alcohol consumption is deeply ingrained in our culture — to the point where those who choose to abstain are considered anomalies. It could be argued that there's nowhere more representative of this trend than a university campus. Although university has the potential to be one of the most fun and fulfilling times of a person's life, it also presents some unique challenges. In the face of unprecedented levels of stress and anxiety, alcohol can be an enticing way for students to decompress, and this method of coping can quickly become problematic. But alcohol doesn't have to play a negative role in your life. As long as you drink mindfully, alcohol can be a way to enhance life experiences rather than diminish them.

WHAT IS MINDFUL DRINKING?

Mindful drinking is essentially the antidote to the culture of binge drinking that's prevalent on university campuses. It encourages individuals to think before, during and after they drink, rather than just doing so on autopilot.

As a first-year university student, I never counted drinks. If alcohol was offered, I'd take it, and if my friends were ordering another round, so would I. My only concern was reaching an unclear level of drunkenness that I assumed was necessary in order to have fun. I never stopped to ask myself questions such as 'How do I feel right now? Do I really want another drink?' or 'How will another drink impact the rest of my night, or my day tomorrow?'

Incorporating critical thinking into happy hour may seem buzzkill-ish, but asking myself these questions has actually made drinking far more enjoyable. Drinking isn't a one-size-fits-all activity, and remaining mindful of how much, how often and why you drink is essential to having a good time.

SIGNS THAT YOUR RELATIONSHIP WITH ALCOHOL MAY BE PROBLEMATIC

- If you feel uninterested in activities that don't involve alcohol, drinking should feel like a garnish to social events — it adds a bit of flair, but you could take it or leave it.
- If you feel dependent on alcohol to ease social anxiety.
- If your first response to stress or emotional distress is to reach for a drink.
- If drinking starts to impact your relationships, job or academic success.

If you notice that any of these signs apply to you, it may be time to reevaluate your relationship with alcohol. You can take steps to drink more mindfully, such as checking in with yourself after each drink, or limiting drinking to one or two days a week. However, if you still find yourself unable to change your habits, reaching out to a medical professional is the next step.

SEXUAL HEALTH 101

I think this is a message that I didn't hear a lot but if you want to wait to have sex, then wait. There are tons of people on campus that are waiting, be it for marriage, someone special, a good situation, whatever — you just generally hear about them less. Don't feel pressured. If you are in a good relationship and want to wait, your partner should respect that. If you don't want to wait, that's cool too. Do what you will be happiest with in the end.

— EMILY GUBSKI

No matter your gender or sexuality, whether this is your first or hundredth time, your sexual health should always be a priority. You're probably sick of hearing about how you should always use condoms (which you should), but there is so much more to your sexual health than just having protected sex. Here is a quick breakdown of a few things to consider in your journey to figuring out what you like.

YES, WEAR CONDOMS. BUT WHAT TYPE?

Although mainstream media might only focus on the 'classic' external condom with little lubrication, there is an entire world of physical barriers out there. For starters, the material: latex or non-latex? Then, the shape: ribbed or smooth? No need to stop at external condoms; you can also consider internal condoms. They are not as popular as external condoms, but they are just as effective and some people prefer them. Internal condoms (also known as vaginal condoms) can be inserted long before a sexual encounter. One of their major benefits is providing extra coverage in the surrounding area of the vulva or anus which offers greater protection against sexually transmitted infections (STIs). Yet, not all sex is penetrative. Dental dams (a rectangular sheet of latex that can be made

from a regular external condom) reduce the risk of STIs while still allowing for oral stimulation.

LUBE

Proper lubrication is incredibly important for a healthy and enjoyable sex life as it prevents pain and potential tearing. As with condoms, there are different types of lubes that serve different purposes. The most common lubricants are oil-based, water-based or silicone-based. Oil-based lubricants are not compatible with latex condoms and silicone-based lubricants are not compatible with any silicone sex toy. Water-based lubricants are a safe option all around, however they usually require reapplication as our bodies absorb it much more quickly than with other types of lubes. Different situations might require different lubricants, so just keep in mind your options and their limitations when choosing what works best for you.

TOYS

Sex toys are not just a way to 'spice up' your sex life. They can be useful tools to feel comfortable with your own body, explore different experiences and move away from penetrative sex. Remember to always know what material your toy is made from (as not all toys are made equally safe) and wash them regularly. Keep an open mind and always be properly informed of the products you're buying and their intended uses. There is really never any harm in Googling even if it's just to confirm something you already feel you know.

STIs

Thankfully, STIs are not the seven-headed monsters they once were. Although there is stigma surrounding STIs, there are many treatments available and half of them are curable. It's important to get tested regularly even if you have a monogamous sexual partner. The best part is that getting tested is free, fast and can save you from further health complications.

And remember, you do not have to do anything you do not feel comfortable doing. It is always okay to stop.

CONSENT

There's a lot to be excited about as a first-year student at UBC: the beautiful campus, inspiring professors and wide array of course offerings, to name a few. But for many students, what's most exciting about university is the opportunity to form new relationships — both platonic and sexual.

Exploring your sexuality is an experience which can be as fun as it is liberating. However, it's important to remember that sex is never entirely carefree. Whether you're in bed with your partner of two years or some random person from Tinder, it's your responsibility to ensure that every sexual encounter you have is enthusiastically consensual.

WHAT DOES CONSENT LOOK LIKE?

Obviously, this question doesn't have a clear and concise answer, but what's most important is that word mentioned above: enthusiasm. Although you should always get verbal confirmation before engaging in a new type of sexual activity, ('Is this okay?' or 'Can I...') receiving a verbal confirmation is not the be-all and end-all of consent. If you notice that your sexual partner has become still or quiet, it's time to check in with them to ensure they're still comfortable with whatever activity you're engaging in. Consent can be withdrawn at any time, so one 'yes' is not an irrevocable greenlight.

CONSENT IS NEVER IMPLIED

Rape culture has instilled the idea that consent can be expressed in ways other than explicitly saying 'yes.' However, this idea is entirely false. If a person wears revealing clothing, is flirtatious or known to have had many sexual partners, this does not mean they are always down to have sex. Additionally, the idea that men are hyper-sexual, and therefore will never turn down sex, is pure myth. Regardless of gender, consent is never implied — you always need to obtain verbal and physical confirmation.

COERCION IS NOT CONSENT

Persuading, begging or guilting an individual into saying 'yes' to sex is not consent. If 'no' is their original answer, it should be their final answer.

DRINKING AND CONSENT

Although it's possible to consent while under the influence, more precautions need to be taken. There's no magic number of drinks that determines when a person is too intoxicated to have sex, so you need to be hyper-conscious of your partner's behaviour. Are they slurring? Stumbling? Do they seem confused, sleepy or sick? If the answer to a single one of these questions is 'yes,' it's best to just wait for another time, even if they've expressed interest in having sex.

DO WHAT'S BEST FOR YOU

Lastly, keep in mind that everyone has a different relationship with sex. For some people, feeling sexually liberated involves non-commital hookups, while others feel more secure reserving sex for monogamous relationships — both are totally okay! You should never feel pressured to make your sex-life look a certain way. What's important is that both you and your sexual partners feel safe and comfortable, 100 per cent of the time.

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You are not alone. We are here to support you in-person and remotely.

The AMS Sexual Assault Support Centre (SASC) supports people of all genders and identities who have been impacted by sexualized violence, including their friends and family. We can help with sexual assault, sexual harassment, unhealthy relationships, and more. We serve UBC students, staff, faculty, alumni, and the broader community.

Our services include:

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

Hours of Support:
Monday to Friday – 8am to 10pm
Saturday and Sunday – 11am to 7pm

Phone number: *604-827-5180*
Email: *sasc@ams.ubc.ca*
Location: *Room 3130, AMS Nest Building*

Please visit our website https://www.amssasc.ca/ for the latest updates to our services.

The SASC is situated on the unceded, traditional, occupied lands of the xwmə̓θkwəy̓əm (Musqueam) peoples.

SASC
Sexual Assault Support Centre

WEED AND WHERE TO GET IT

It is no secret that BC is the weed capital of Canada. After its legalization in 2018, rates of consumption have been growing. Despite cannabis use being treated casually, marijuana — pot, if you will — is still a serious drug. It is important that you understand the risks and know where you can get your hands on it safely. Remember, smoking/vaping weed in residence is a violation of the residence contract.

There are three main types of cannabis: sativa, indica and hybrid. They are all used for a variety of different recreational and medicinal purposes. Sativa strains are associated with head highs and energizing effects which can boost levels of focus and creativity. On the other hand, indica strains are associated with full-body highs, making you feel sleepy and relaxed. Hybrid strains are a combination of the two, and are said to offer the best of both worlds, so to speak. However, it is important to note that scientific research supporting these claims is limited and researchers are discovering that these plants have more in common with each other than previously thought.

If you are 19 or over, getting your hands on a safe source of cannabis shouldn't be too difficult. Whether you're choosing to smoke, vape or eat your cannabis, there are a few ways to go about it.

BUY IT ONLINE

When purchasing cannabis online, the best source to get it from would be through the BC government's official store at *www.bccannabisstores.com*. Apart from their wide selection of flowers, pre-rolls, vapes, topicals and edibles, your order is shipped directly to your closest Canada Post.

BUYING IT IN PERSON

If you're looking to buy weed in person, it is important to purchase it at a licensed, legal dispensary. You can find a list of these dispensaries at *www.vancouver.ca/doing-business/cannabis-retail-dealer-business-licence.aspx*. You'll be able to ask the store clerk any questions you may have and they'll be able to offer you the best products tailored to your needs.

It is important to never purchase any cannabis products — including edibles and vapes — from an unlicensed dispensary, street dealers or unregulated websites. These products may be laced with other drugs or contain harmful chemicals.

KEEPING SAFE FROM ILLICIT DRUGS

In the wake of the COVID-19 pandemic, the death rate by illicit drugs in BC has reached an all-time high. A nationwide epidemic, the opioid crisis in Canada has been considered a public health emergency since 2016.

The most common drugs implicated in illicit drug-related deaths are fentanyl and its analogues (such as acetylfentanyl and carfentanil). What makes fentanyl so dangerous is that it's sneaky. Since it is a powerful and inexpensive opioid, some drug dealers will add fentanyl to other drugs like cocaine, methamphetamine, heroin and MDMA to produce a stronger high for a lower price. As fentanyl can be lethal at much smaller doses than other opioids, these additions can lead to overdose. Cocaine, methamphetamine, codeine and oxycodone are other potentially deadly illicit drugs.

YOUR BRAIN ON DRUGS: BETTER THAN A D.A.R.E VISIT

When you take an illicit substance, the real action happens in your brain. Here, the drug binds to receptors that trigger the release of endorphins which make you feel high. Dopamine is also released; this compound is thought to play a role in drug craving and is implicated in addiction. The "brain disease model" of addiction has received increased support in recent years and considers how drug-induced altered brain chemistry can promote addictive behaviours.

Understanding how illicit substances interact with your body is essential in making informed decisions about illicit drugs. If you want to learn more, have a look at the research groups at UBC who study addiction, as well as Vancouver Coastal Health and HealthLink BC. Another option is to take the course PSYC 207, which is all about your brain on drugs.

BEING SAFE IN A CRISIS

To reduce the risk of consuming drugs that contain dangerous additives like fentanyl, Vancouver Coastal Health offers drug-checking services to screen substances. Individuals can get their drugs tested at overdose prevention and supervised consumption sites or a Get Your Drugs Tested facility. These drug testings are completely free, anonymous and the facilities are open seven days a week. Vancouver Coastal Health also distributes take-home fentanyl testing strips for at-home screening.

When someone takes too much of a drug, it can reach a threshold in the body that is toxic enough to override normal functioning. This process, known as an overdose, can be deadly. Symptoms of an opioid overdose include slow heartbeat, trouble breathing, a clammy complexion and extreme sleepiness. If someone shows symptoms of an overdose, naloxone kits are a literal life-saver. You can find naloxone kits at most pharmacies, in wall-mounted cabinets by the front desk of Student Housing Services and at UBC Student Health Services. To learn how to use a naloxone kit, you can take advantage of the Take Home Naloxone training online.

There are some behaviours that can increase the risk of an overdose. Using alone has been associated with increased illicit drug-related deaths during the pandemic. It is recommended that those looking to use illicit drugs do so with company, while being considerate of social-distancing practices. If using opioids, it is particularly important to take steps to avoid becoming sick with COVID-19; research has speculated that those who regularly use opioids may be worse off in the event of infection with the novel coronavirus.

USING DRUGS CONSCIOUSLY

There is an idea that university is an ideal place for students to experiment with drugs. Although that might not be wrong, students should be educated on the risks associated with drug consumption before engaging in illicit activities.

BE A SMART USER

If this is your first time, understand the type of drugs that you're taking and try a small amount first. For instance, fentanyl is a common painkiller that is frequently mixed with illegal drugs, with a fatal dose listed at being two mg of the drug (but this can vary by person). Needless to say, you may want to avoid taking it. KidsHealth and HeretoHelp are great resources to learn more about different types of drugs. How you use drugs affects their potency, so keep this in mind when you are deciding between a joint or a bong.

DON'T SHARE ANY EQUIPMENT WITH ANYONE

Contracting an illness from other individuals is the last thing you need.

ALWAYS BE ALERT, NO MATTER HOW EXPERIENCED YOU ARE WITH DRUGS

Check if you have any drug allergies when you take in a new batch. For safety, know where the closest safety kits and emergency devices are. AEDs (Automatic External Defibrillators) and naloxone kits are kept in wall-mounted cabinets near the front desks of UBC residences. You should never use them alone.

STUDY DRUGS AND MIXING

You may be prompted to take Adderall or Ritalin to help you cram, but they will impact your long-term health and you may develop a dependence. Don't try mixing different drugs either, unless you're a professional physician. Be responsible.

REMEMBER THAT LESS IS MORE

If you feel like the effects aren't kicking in yet, wait it out. Don't take more just because you've waited for 15 minutes and aren't high yet. When you use too many drugs at one time, you risk an accidental overdose.

THERE'S ZERO SHAME IN SAYING NO

You're not lame if you refuse an offer or if you take a smaller dose than everyone else. Know your limits and boundaries, and don't give in to peer pressure. If you aren't comfortable with taking drugs, look them in the eyes and firmly say 'No, thank you'.

FINAL WORDS: A REALITY CHECK

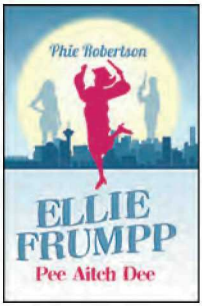
It's quite easy to get drugs and sometimes it may seem as though everyone is taking them or encouraging you to try them out. However, keep in mind that your experiences will be unique, and it is helpful if you are familiar with some common warnings and the realities of drug usage before attempting to use them.

FREE E-BOOK 7-11 Sept

Being a 'Bond girl' is all very well...

"...will leave readers laughing so hard they'll have tears in their eyes." (IndieReader)

SEARCH 'ELLIE FRUMPP' ON AMAZON



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THE UBYSSEY
who WE ARE
how TO GET INVOLVED

WHO WE ARE

The Ubyssey (you-buh-see) is your student newspaper — and the creators of the guide you're holding right now! We've been around since 1918 and independent from the AMS since 1995. Our mandate is to cover the stories that matter to UBC students and the UBC community — and hold the student society and university accountable when they mess up.

We publish two issues a month, usually on Tuesdays, but we update our website with new stories every day at *ubyssey.ca*. If you haven't yet seen us on your social media, now's the time to follow us — @Ubyssey on Twitter and Instagram, and The Ubyssey on Facebook.

We're run by eleven elected editors, a couple web developers and a hired business manager. We spend all of our time — outside of the few hours a week we manage to make it to our classes — in our office on the second floor of the Nest, obsessing over the latest stupid thing the AMS or the UBC admin did this week. We're all a little nerdy, but in the best way — trust us. Each editor controls their section, all of which are always looking for volunteers to contribute! Here's a rundown of all of our sections.

NEWS

News reports on all things UBC, before anyone else.

EDITORS
CHARLOTTE ALDEN AND NATHAN BAWAAN

CULTURE

Culture covers cultural initiatives on campus and what makes UBC students themselves!

EDITOR
TIANNE JENSEN-DESJARDINS

FEATURES

Features is our investigative branch where we dig into what's going on behind the scenes at UBC.

COORDINATOR
PALOMA GREEN

VISUALS

Visuals creates beautiful illustrations and layouts to make our stories pop.

EDITOR
MAHIN E ALAM

BLOG

Blog is your place for humour, satire and shitposting.

EDITOR
THOMAS MCLEOD

OPINION

Opinion is a place for students to comment on things happening in the community.

EDITOR
THOMAS MCLEOD

SCIENCE

Science makes science-y things understandable and covers research being done at UBC.

EDITOR
SOPHIA RUSSO

VIDEO

Video brings the UBC community to life on the big screen!

EDITOR
JOSH MCKENNA

SPORTS+REC

Sports + Rec covers all things athletic going on at UBC.

EDITOR
DIANA HONG

PHOTOS

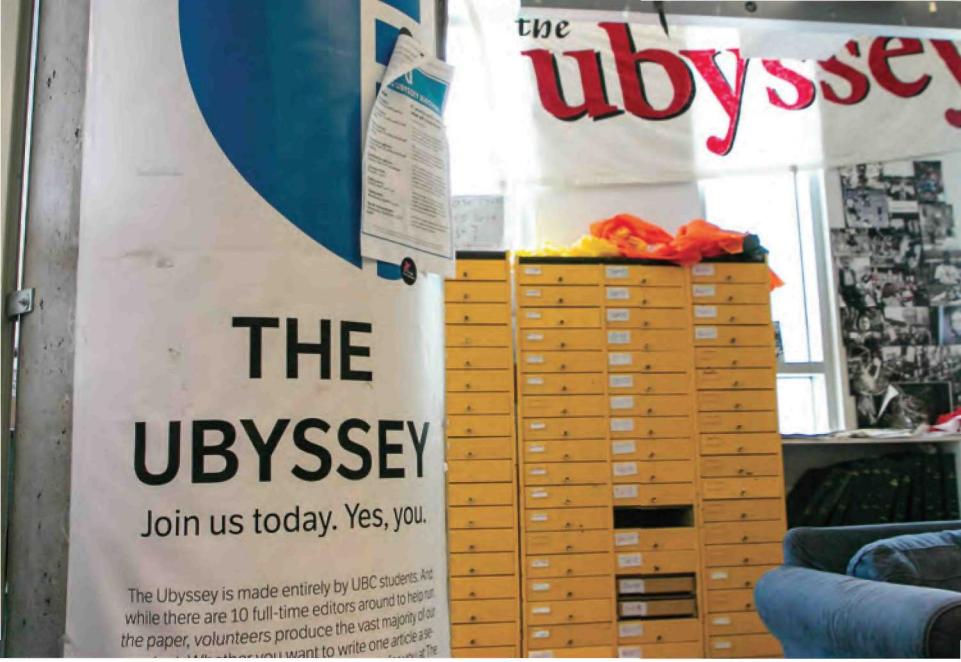
Photos captures events, people and everything on our campus. A picture tells 1,000 words, and our photos tell 1,001.

EDITOR
ISABELLA FALSETTI

WEB

Web keeps our website running smoothly and allows our content to go viral. They coded our website from scratch!

COORDINATOR
KEEGAN LANDRIGAN



HOW TO GET INVOLVED

PICK UP A PITCH

The editors of each section regularly send out pitches through email that anyone is welcome to pick up and start working on! Pitches are two- or three-line descriptions of what the editors are looking to have someone cover, be it the latest news story, a trendy new video, some aesthetic illustrations or a review of one of the many exciting events held at UBC.

To make sure you are kept updated on all the latest pitches spun up by the editors you can join *The Ubyssey*'s mailing list by visiting *www.ubyssey.ca/page/volunteer*. You can then get your regular dose of pitches via email that you can pick up, or not — no pressure!

You can also join Ubyssey Facebook groups for the sections you are interested in. A lot of editors send out pitches in these groups and by joining, you get first dibs on all the new pitches that they put up.

ATTEND MEETINGS

Due to the pandemic, *The Ubyssey* currently holds its meetings online. Join our Discord server to keep updated on all the latest the paper has to offer, message the editors if you have any questions and attend our section and staff meetings.

The Zoom links to the weekly meetings for each individual section as well as the general meetings are sent in our Discord.

Hopefully in the coming fall term, *The Ubyssey* will be back to having all of its meetings at its fabulous office in Zoom 2208 in the Nest. Drop by during office hours from 11 a.m. to 5 p.m. just to say 'hi' or maybe even to brainstorm ideas for your first hit *Ubyssey* article.

CONTACT AN EDITOR

Feel free to reach out to any of the editors if you have any questions or if you want to pitch some of your groundbreaking ideas. You can find their email addresses at *www.ubyssey.ca/page/contact*.

They are there to help you and make you feel welcome so shoot them an email or bug them on Discord. We can't wait to receive your awesome contributions and help you create the best damn story there is!

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