The Ubyssey's

GUIDE TO UBC

2022

ADVERTISEMENT

HAPPY HOUR

DAILY FROM 2-4PM

$4.50 PINTS PHILLIPS PILSNER

$5 PINTS OF CRAFT BEER

KOERNER'S PUB UBC

FREE POOL

A+

UBC IMPROV NIGHTS

LIVE MUSIC WEEKLY WITH BVP

POV: IT'S BACK TO SCHOOL!!!

WEEKLY TRIVIA NIGHT

WEEKLY DRAG SHOW

ADVERTISEMENT

DINE AT U BOULEVARD.

Located at the centre of it all, Focal and Central are home to a large selection of Vancouver's favourite restaurants, shops + services.

BROWNS CRAFTHOUSE KITCHEN + BAR
BODYENERGYCLUB
NORI BENTO & UDON
jamjar
JJBean COFFEE ROASTERS
Rain or Shine ICE CREAM
KINTON RAMEN

WESBROOK MALL

UNIVERSITY BOULEVARD

One easy stop away is Wesbrook Village – an area serviced every 4 minutes by transit during peak hours.

WESBROOK MALL

16TH AVENUE

SHOP AT WESBROOK

With over **25 shops + services + restaurants,** Wesbrook Village offers everything you need to make the most of your time at UBC.

save on foods BC's very own

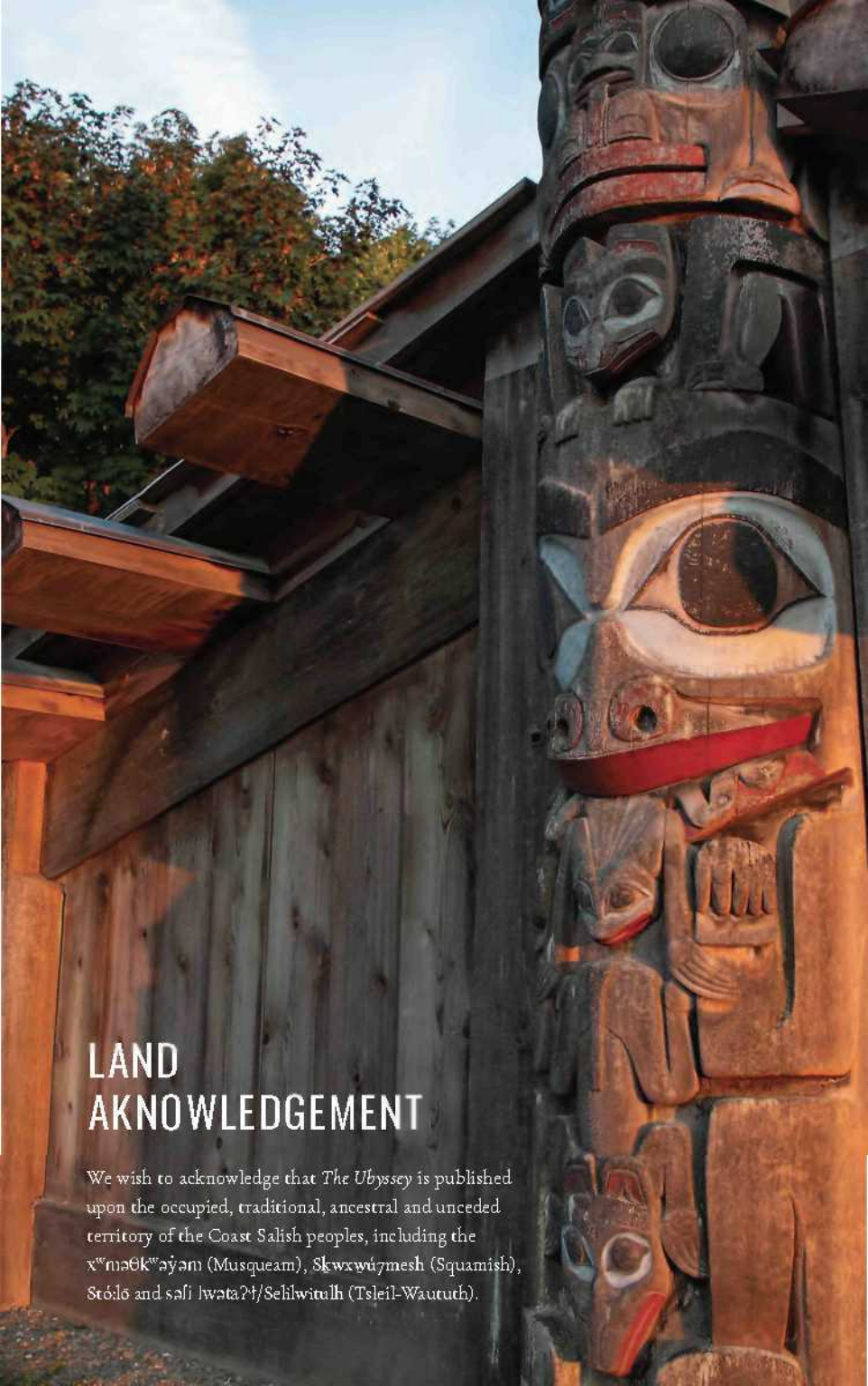
BC LIQUORSTORES

SHOPPERS DRUG MART

WESBROOK MALL

LIVE AT UBC

liveatubc.ca



LAND AKNOWLEDGEMENT

We wish to acknowledge that *The Ubyssey* is published upon the occupied, traditional, ancestral and unceded territory of the Coast Salish peoples, including the xʷməθkʷəy̓əm (Musqueam), Sḵwxwú7mesh (Squamish), Stó:lō and sḵəlí ɬwətaʔɬ/Selilwitulh (Tsleil-Waututh).

CONTENTS

UBC

ACADEMICS

FINDING YOUR PLACE AT UBC

ON CAMPUS

OFF CAMPUS

ADULTING

HEALTH AND SUPPORT

INTERNATIONAL STUDENTS

PARTIES, SEX AND DRUGS

THE UBYSSEY

ADVERTISEMENT

Koodo TELUS

2022 BACK TO SCHOOL PROMOTION

MOBILE + INTERNET

LAUNCH NOW!

FREE BUBBLE TEA COUPON

GET $300 IN STORE CREDITS

NO ACTIVATION FEE

Visit us for more Plans & Promos!

Location
6111 University Boulevard Unit 106, Vancouver, BC V6T 0C7

Phone number
(604) 867-1088

Business hours
11am – 6pm

EDITOR'S NOTE

On my first day of university, I was terrified.

I arrived on campus midday, and my dad and brother helped me unpack into my single room in Totem Park. Soon after, they left. And there I was, alone in an unfamiliar room, in a city and country I was familiar with but had never actually lived in.

If you're a first-year student, feeling scared about not making friends or feeling uncomfortable in a brand new city or a brand new country, this guide is for you.

In these pages, you'll find tons of information and a lot of unsolicited advice. We've written about how to navigate academics, housing, student services, roommates, clubs, finances and a whole lot more. Hopefully, this guide can be like an older sibling to you, and can help you ease into an incredible, but definitely scary, new phase of your life.

Maybe you're reading this sitting alone in your dorm room, like I was doing four years ago this week. But I hope what you take away from reading this guide is that university can be an incredible place to grow and learn in all aspects of your life. If you feel lost now, reading this guide to try to feel less so, don't worry — that feeling won't last long.

Before you know it, it will be four years later and you'll think it's strange that you lived a whole 18 or so years of your life before being a UBC student.

Charlotte Alden

CHARLOTTE ALDEN
Coordinating Editor

THE UBYSSEY

August 2022 | Volume CIV | Issue IV

EDITORIAL

Coordinating Editor
Charlotte Alden
coordinating@ubyssey.ca

Visuals Editor
Mahin E Alam
visuals@ubyssey.ca

News Editors
Nathan Bawaan and Anabella McElroy
news@ubyssey.ca

Culture Editor
Tova Gaster
culture@ubyssey.ca

Sports + Rec Editor
Miriam Celebiler
sports@ubyssey.ca

Opinion + Blog Editor
Iman Janmohamed
opinion@ubyssey.ca

Science Editor
Sophia Russo
science@ubyssey.ca

Photo Editor
Isabella Falsetti
photos@ubyssey.ca

Features Editor
Paloma Green
features@ubyssey.ca

Video Editor
Josh McKenna
video@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
Mei Chi Chin
m.chin@ubyssey.ca

President
Jalen Bachra
president@ubyssey.ca

Social Media Manager
Shereen Lee
social@ubyssey.ca

CONTACT

Editorial Office:
NEST 2208
604.283.2023

Business Office:
NEST 2209
604.283.2024
The Nest 6133 University Blvd.
Vancouver, BC V6T 1Z1

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

CONTRIBUTORS

Akanksha Paharganh, Anthony Fu, Bernice Wong, Colby Payne, David Collings, Diana Hong, Elif Kayali, Farzeen Ather, Gregory Lieuson, Julia Do, Karina Akhmedova, Kate Cunningham, Kathryn Iseminger, Kate Timms, Kevin Nan, Khushi Patil, Kylla Castillo, Lauren Kasowski, Mandalay Roberge, Manya Malhotra, Martin Edwini-Bonsu, Matthew Asuncion, Maxine Kirsten Magtoto, Melissa Li, Miles Schaffrick, Nina Huh, Polina Petritsyna, Queenie Kwan, Ravnoop Badesha, Roy Han, Sansian Tan, Shawn Smith, Tina Yong, Victoria Lee

LEGAL

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

Editorials are written by *The Ubyssey*'s editorial board and they do not necessarily reflect the views of the UPS or UBC. All editorial content appearing in *The Ubyssey* is the property of the UPS. Stories, opinions, photographs and artwork contained herein cannot be reproduced without the expressed, written permission of the Ubyssey Publications Society.

The Ubyssey is a founding member of Canadian University Press (CUP) and adheres to CUP's guiding principles.

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 opinion 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 boards' judgment of appropriate content. Submissions may be sent by email to opinion@ubyssey.ca. Please include your student number or other proof of identification. Anonymous submissions will be accepted on extremely rare occasions. Requests for anonymity will be granted upon agreement from four-fifths of the editorial board. Full opinions policy may be found at ubyssey.ca/pages/submit-an-opinion.

It is agreed by all persons placing display or classified advertising that if the UPS fails to publish an advertisement or if an error in the ad occurs, the liability of the UPS will not be greater than the price paid for the ad. The UPS shall not be responsible for slight changes or typographical errors that do not lessen the value or the impact of the ads.

ADVERTISEMENT

FREE MAIL-IN DRUG TESTING

BE SMART

Visit GetYourDrugsTested.com to learn

- How our mail in service works
- What types of substances we can test
- How we can make it anonymous for you!

BE SAFE

Drug testing reduces the risk of substance use. We can identify most drugs and common cuts. Test before you consume!

KNOW WHAT YOU'RE TAKING

We can test your stimulants, psychedelics, opioids, pharmaceuticals and more!

The sample can be as small as this dot •

GETYOURDRUGSTESTED.COM
FAST. SAFE. ANONYMOUS.

Nearby? We do free in-person testing at our Harm Reduction and Education Centre in Vancouver BC.

We accept donations of all sizes and they are all greatly appreciated.

880 East Hastings Street, Vancouver BC
12-8pm Daily | Info@GetYourDrugsTested.com | 778-819-0922

UBC

ACADIA CIR
ACADIA RD
KINGSTON RD
WYCLIFFE RD
KNOX RD
MCMASTER RD
DALHOUSE RD
KINGS RD
TORONTO RD
University Endowment Lands
ALLISON RD
COLLEGE HIGH RD
CAMPUS RD
WESTERN PKY
WESBROOK CRES
NEWTON CRES
CHANCELLOR BLVD
THEOLOGY MALL
IONA DR
WALTER GAGE RD
STUDENT UNION BLVD
Walter H. Gage Residence
SRC
Rec North
Life Building
UBC Bus Exchange
Trolley Bus Loop
Gateway
Gym
Macdonald
Redman
Strangway
SBME
IRC/ Woodward
Med C Woodward
Biomedical
Koerner
Purdy
Life Sciences
HEALTH SCIENCES MALL
ChemBio
Rix
McGavin
Cunningham
SPPH
Westbrook
Allard
Brock Hall
Counselling
Buchanan
EAST MALL
LEARNERS' WALK
MAIN MALL
WEST MALL
LOWER MALL
MEMORIAL RD
CRESCENT RD
AGRICULTURAL RD
UNIVERSITY BLVD
BIOSCIENCES RD
STORES RD
AGRONOMY RD
Green College
Cecil Green
CECIL GREEN PARK RD
ANSO
MOA
University Centre
Koerner Library
Math
Math Annex
David Lam
Angus
Scarfe
ESB
EOS
Forward
MacMillan
Orchard Commons
Chemistry
Biosciences
Kaiser
MacLeod
ICICS/ CS
Brimacombe
Dempster
Pulp and Paper
Kenny
CIRS
Continuing Studies
Swing Space
Asian Centre
First Nations Longhouse
Place Vanier Residence
St. John's College
Marine Drive Residence
Pacific Spirit Regional Park

* ADVERTISEMENT

CAMPUS HISTORY

UBC's sprawling campus is a perfect combination of a timeless past and much-anticipated future. Its eccentric variety of scenery and architecture supplements Vancouver's film industry by offering the setting for anything from a cult classic teen rom-com (*She's the Man*) to Netflix's new blockbuster sci-fi film (*The Adam Project*).

One minute you're walking past the Irving K. Barber Learning Centre wondering why there's an ancient horse carriage in a glass box and the next you're in the midst of a new construction zone trying to figure out why one university would need this many engineering buildings.

However, as you walk around the endowment lands, you may also notice a wide variety of formidable totem poles scattered across campus, along with signage in a language that you may or may not be totally familiar with.

These fixtures are part of UBC's ongoing reconciliation efforts with the Musqueam First Nation. UBC has always been "a place of learning," well before it began calling itself that. While campus has only been around for about 100 years, the Coast Salish peoples have lived and learned on this land far before us. UBC is located on the ancestral, unceded and traditional territories of the Coast Salish peoples, specifically the Musqueam, Squamish and Tsleil-Waututh First Nations. Check out the Indigenous Portal to learn more about UBC's relationship with the Musqueam Nation. As students on stolen land, it is important to recognize and comprehend exactly how the university came to be — as difficult as it may be to digest.

Now, here's the bureaucratic stuff: UBC was first established in 1908 with the passing of the University Act. In 1910, Point Grey was selected as the site for its campus.

Due to the First World War, UBC halted construction, had military training included in curriculum and saw a decreased enrolment rate due to students serving. In 1922, UBC students had had enough of their makeshift campus in Fairview, mainly due to overcrowding concerns. They took to the streets, marching from the Georgia Viaduct to the proposed site of the Point Grey campus in what was later known as The Great Trek.

After gathering signatures during the march, students presented a petition signed by 56,000 to the Legislature in Victoria. Construction resumed, and in 1925, the very first permanent building was completed — the science building, now part of the chemistry department.

Just as the university began to see some light at the end of its tunnel of struggles, the 1930s brought on an influx of new issues relating to the Great Depression, the most prominent being salary cuts. Then came the issue of building, course and facility expansion as a result of increasing enrolment. However, World War II called away both students and faculty into the war efforts, ironically solving some of the university's short-term problems while simultaneously creating new ones.

Since the Second World War, UBC's expansion has increased exponentially, with new buildings almost every year (that's where your tuition money is going!). In fact, there is a very high chance you will witness both the construction and openings of a plethora of new buildings and structures during your time on campus — each grander than the last — and all a little piece of history added to the archives.

GOVERNANCE

Many of the biggest decisions at UBC are made by two governing bodies — the Senate and Board of Governors. Each has elected student representatives chosen in the AMS elections every spring.

The **Senate** is the university's academic governing body. It approves things like new courses, awards, and degrees for new graduates. There are actually two Senates — one for UBC Vancouver and one for UBC Okanagan — but all the information here is about UBC Vancouver's Senate.

The Vancouver Senate has 88 members, including students, faculty and deans from each faculty. In terms of student representation, there are 18 elected student members — one per faculty, two from graduate and postdoctoral studies and five student senators-at-large.

Student senators frequently push for change for students, like extending the course drop deadline in January 2021.

Senate also has two appeals committees, which hear and determine punishment on academic misconduct cases such as cheating and plagiarism.

The Senate meets virtually once a month during the academic year and live-streams its meetings on the UBC Senate Facebook page.

Board of Governors (BoG) is UBC's highest governing body. It makes financial, property use and other high-level strategic decisions.

BoG has 21 members — UBC's chancellor and president, 11 provincial appointees, 5 elected faculty and staff and 3 elected students. Two of the elected students represent UBC Vancouver and the other represents UBC Okanagan.

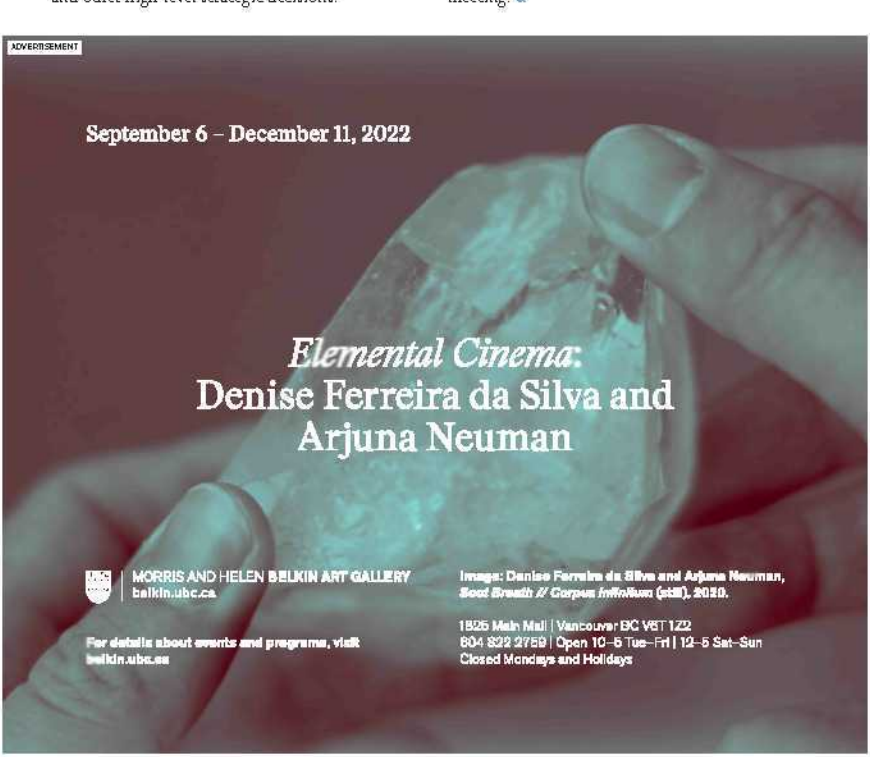
One of BoG's most important functions is the creation and approval of UBC's annual budget — which includes student tuition. Student governors have voted against the budget for the past two years, partially due to its proposals to increase tuition.

BoG meets five times a year, and livestream links for committee and full board meetings can be found on its website.

In addition to the Senate and BoG, UBC has **administrative leaders** who oversee university governance on a day-to-day basis. These include the chancellor, president, provost and various vice-presidents, such as the VP students, VP health and VP research and innovation, to name a few. These administrators are responsible for strategic planning, university organization and policy development.

If you want to stay caught up on Senate and BoG without attending every meeting, *The Ubyssey* live-tweets these meetings @*UbysseyNews* on Twitter and publishes articles recapping each meeting.

ADVERTISEMENT



LETTER FROM THE UBC PRESIDENT

Welcome to the University of British Columbia! I am proud of UBC and not just because I was born here many years ago.

I hope you will come to share my pride. UBC consistently ranks among the top universities in the world. Our ranking is due to many things — our outstanding professors, our research breakthroughs, our beautiful campuses and also to you — our students!

You have come here from every part of BC, every province in Canada and 131 different countries from all over the world. Your diversity enriches all of us and adds to our mutual understanding and empathy.

As the world gets more disturbed and turbulent, we need those qualities more than ever. If, after your time at UBC, you achieve deeper empathy for others; if you can celebrate and embrace your differences and similarities, I know that we have done our job.

We will provide you with a respectful and supportive environment — an environment in which you can gain exposure to new ideas and viewpoints; an environment in which you can grow and thrive.

But it's up to you as well. You need to look after yourselves and each other. It's important to aim for balance. By all means, study hard, but take the time to socialize, to relax, to take part in the many social, cultural and athletic activities available here on campus and in Vancouver.

You need that balance to succeed and to achieve physical and mental wellness. It's especially important during these first few weeks. It's a time of excitement, apprehension and new beginnings. We're here to help. UBC has many resources to help you cope and thrive. You can find them listed at *students.ubc.ca*.

Don't be afraid to reach out to your professors, to staff, to other students, if you feel you or someone you know needs help.

You're starting on an exciting period in your lives. You will meet new friends, discover new interests. Maybe, like me, you'll meet your future life partner at university.

The next few years will be among the most treasured of your life. Make the most of them. And remember what UBC's first president Frank Wesbrook said to UBC's first group of students 105 years ago: "Tuum Est" — which translates to "it is yours."

UBC is yours — welcome to it!

Santa J. Ono
UBC President and Vice-Chancellor

SANTA'S TOP 10 PLACES ON CAMPUS

Since I first came here in 2016, I've come to know and love this campus. Here are my top 10 (11, actually) places to go:

1. **The Nest**: The Alma Mater Society calls the Nest "UBC's most exciting building" and who am I to argue? It has everything — shops, restaurants, spaces to socialize and even a climbing wall! Best of all, it belongs to you and your fellow UBC students.

2. **UBC libraries**: Did you know there are eight libraries at UBC Vancouver, ranging from the Asian Library to the Xwi7xwa Library? UBC has one of the best university library systems in the world and UBC librarians are happy to help with all your studying and research needs.

3. **UBC Bookstore**: The bookstore has textbooks, but it also stocks UBC-branded clothes, water bottles, electronics, greeting cards, chocolates and TransLink Compass Cards.

4. **Nitobe Memorial Garden**: The Nitobe Memorial Garden is a wonderful place to destress. It's beautiful in every season and is considered one of the best Japanese gardens outside of Japan.

5. **UBC Farm**: You can also get back to nature at the UBC Farm. Yes, there's a real working farm right on the UBC Vancouver campus! It has orchards, gardens, pasture, crop fields and even bee hives and chicken coops. You can also buy fresh eggs and produce at the farmer's markets held on campus and at the farm.

6. **Reconciliation Pole**: The 55-foot red cedar Reconciliation Pole on Main Mall is beautiful, moving and evocative. I urge you to visit and contemplate this work which tells the story of the time before, during and after the residential school system — a system that caused so much harm to Indigenous peoples.

7. **First Nations Longhouse**: Be sure to visit the First Nations Longhouse, a prize-winning building that reflects the Indigenous architectural traditions of the Northwest Coast. It's a central hub for programming and services for Indigenous students, the university and the wider community.

8. **Museum of Anthropology**: People come from all over the world to see the Arthur Erickson-designed Museum of Anthropology and it's right in your backyard. Admission is free for UBC students! Also check out UBC's other museums and galleries (like the Beaty Biodiversity Museum with its blue whale skeleton) — they're free for students as well.

9. **Aquatic Centre**: I love the new Aquatic Centre (especially the lazy river water feature). The Centre offers both competition and recreation pools, hot tubs, saunas, natural lighting and much more. UBC students can swim for free during drop-in hours.

10. **Chan Centre for the Performing Arts**: You'll be coming to the Chan Centre for the Performing Arts on your last day, when you graduate, but don't wait that long to check out this stunning performance hall. The Chan Centre hosts lots of concerts (some free!) for every musical taste.

11. **Get out there**: My final go-to place: anywhere outdoors. UBC Vancouver has old-growth forests, beaches, trails and much more. Enjoy your spectacular campus any time of year!

THE ALMA MATER SOCIETY (AMS)

The AMS is your student union. The executives advocate on behalf of students to UBC and all levels of government, but perhaps more importantly, they provide a range of services to UBC students that you wouldn't have access to otherwise. Here's a rundown of what the AMS really does — and why you should care.

THE EXECUTIVES

Students elect five executives to run the AMS every spring. President Eshana Bhangu oversees everything and tends to be the society's spokesperson. Vice-President Academic and University Affairs Dana Turdy advocates to the university on behalf of students. Vice-President External Affairs Erin Co advocates to federal, provincial and municipal governments on behalf of students. Vice-President Administration Ben Du runs the Nest and deals with all things clubs. Finally, the vice-president finance — a currently vacant position, but held on an interim basis by Bhangu — manages the student union's budget and finances (be sure to vote in the fall by-election). The execs are overseen by a board of directors called AMS Council, made up of other elected student representatives.

The executives (sometimes) get results for students. In recent years, the execs have upped health coverage for mental health services, successfully advocated for stricter mask and vaccine mandates on campus and expanded student access to drug testing.

SERVICES

On the non-political side of the AMS, the student union administers a health plan that all students are automatically opted into. Even if you don't care about student politics, the AMS's services will likely improve your life at UBC.

The AMS/GSS Health & Dental Plan provides dental care, vision care, mental health coverage and more, supplementing the province's Medical Services Plan. Head to page 71 of this guide for more info on this.

The student union also offers seven services — Peer Support, Safewalk, Tutoring, Advocacy, eHub, the Food Bank and Housing — that are all free to access and can provide students anything from free groceries to mental health support.

The AMS also runs the Sexual Assault Support Centre (SASC). SASC provides free support to survivors and their loved ones and can help with academic concessions and filing reports. It also runs educational workshops on healthy masculinity and more.

WHY YOU SHOULD VOTE

You pay a $45 annual membership fee and $468 in total AMS fees, so these execs are directly using student money to carry out their agenda. That's why it's essential you vote in AMS elections. Every year, all five executive positions are up for grabs, so be on the lookout for the election season in the spring, and make sure you find time to cast a vote for the candidates you feel would best represent you.

LETTER FROM THE AMS PRESIDENT

Welcome to UBC!

I could start by saying all the cheesy things, like "Congratulations," "Your time at university is going to be unforgettable, "The transition from high school to university is xyz, etc." I'll try to be as honest with you as possible, speaking as someone you don't even know yet.

First for some context, I'm the president of the Alma Mater Society (AMS), your student society here at UBC. We have some pretty cool services, part-time jobs for students and hundreds of volunteer opportunities for you to get involved!

University is definitely one hell of a time, and for a lot of us it can range from a shit ton of fun to a shit ton of anxiety about a whole bunch of things — grades, classes, making friends, "Do these people like me or not," "Will I get into grad school or not," "Will I even get a job after graduation," "Everyone seems to be doing co-op but I'm not doing it," "Everyone seems to know exactly what they want out of this place and life in general," "WTF is going on" and so much more.

The one thing I want you to remember is that you are not alone in thinking all these things and feeling all those feelings. A lot about how you feel at UBC will depend on which of these two routes you pick: university can be what you make of it or what it makes of you.

I highly advise that you choose the former.

I know it's really hard and can even feel kind of cringe to put yourself out there, to try new things, to go to that event, to talk to that person in your class or in the lineup, to force yourself to do something other than just classes, to run in that election, to join that club and to truly believe that you and your time at university is SO MUCH MORE than just your grades.

You will have those bad days where you feel like shit, but feelings come and go, so let those pass and believe me, they will pass. But, make sure you don't pass up opportunities to have fun, do the things that truly excite you and make you want to be here and be the best version of yourself you can be. The best advice I've ever received is "be whatever you want to be, just don't be a beta."

I am always here to chat or if you need anything, so feel free to find me on the third floor of your student building, the AMS Nest or email me at *eshanabhangu@ams.ubc.ca*.

Eshana Bhangu
AMS President

GRADUATE STUDENT SOCEITY

The Graduate Student Society (GSS) operates similarly to the AMS but at the graduate level, advocating for graduate student-specific interests to the university and all levels of government. The GSS also runs the Thea Koerner House Graduate Student Centre at the north end of campus.

THE EXECUTIVES

The GSS has five executives elected by students in the spring of every academic year. The president this year is Sam Kenston. Kenston is responsible for steering the work of the GSS and serving as its spokesperson. Ismail Mufcau is the GSS VP university and academic affairs — he advocates for graduate student needs to the university. Violeta Fabiani is the VP external relations. She advocates for grad student needs at all levels of government, and will likely collaborate with the AMS VP external affairs on lobby weeks and campaigns. Tobi Olowoyo is the VP student affairs this year and she hosts events to maintain a graduate student community. Finally, Tayo Olarewaju is the GSS's financial officer and he manages the society's finances.

SERVICES

The GSS, like the AMS, operates services for the graduate student community. The GSS operates its own Peer Support service, tailored specifically to grad students. Students can access peer-to-peer assistance on issues such as housing, debt, academics and personal issues.

Students can also access financial support through the GSS. The society operates the Graduate Student Financial Aid Fund, which supports graduate students experiencing unforeseen financial hardship. The GSS is involved in the administration of the AMS/GSS Health & Dental Plan (more on page 71). Grad students demostrating financial need can also access the Health Plan Premium Assistance Fund for partial or full reimbursement of the AMS/GSS Health & Dental Fee.

WHY YOU SHOULD VOTE

The GSS charges each graduate student a $61.51 Graduate Student Society fee every year — including a capital improvement fee, among others. If you want your money to be spent in a way that would benefit you and your classmates, vote. If you're unsatisfied with the candidates, consider running for GSS executive. Elections take place in the spring, right after AMS elections.

LETTER FROM THE GSS PRESIDENT

Welcome to the Graduate Student Society (GSS) of UBC Vancouver, a society representing the interests of the over 10,000 graduate students studying at UBC. As the president of the GSS and a PhD student myself, I can assure you that the GSS is here to advocate for ALL grad students.

The GSS is directed by an executive team of elected graduate students who work together to serve the academic, social, intellectual, cultural and recreational interests of graduate students, as well as kickstart initiatives related to voter registration and climate action. Our executive team of five graduate students, together with GSS Council, committees and GSS staff, lead the society to provide support, financial aid, resources, advocacy and social events to connect grad students across campus with each other, the university and with provincial and federal governments.

In addition to strong support for all academic needs, the GSS provides a range of programs, events and various learning outcomes for graduate students to enrich their campus lives and beyond. At the GSS, collaboration, flexibility, continuity and empathy are our proud core values that fuel the excellent service we provide to our graduate students.

If you are interested in improving graduate students' experiences at UBC, join the GSS! All graduate students can join the team or the various committees as their input and initiatives will directly contribute to the society's success. For more information, please check out *gss.ubc.ca*.

I encourage you to maximize your potential in achieving your personal and professional goals at the GSS. Welcome to the GSS and enjoy your work!

Sam Kenston
GSS President

ADVERTISEMENT

HOME OPENERS

FOOTBALL
UBC VS. ALBERTA
SATURDAY, SEPT 3 | 7 PM
THUNDERBIRD STADIUM

W SOCCER
UBC VS. UVIC
FRIDAY, SEPT 1 | 7 PM
THUNDERBIRD STADIUM

M SOCCER
UBC VS. TRINITY WESTERN
FRIDAY, SEPT 9 | 7:30 PM
THUNDERBIRD STADIUM

M HOCKEY
UBC VS. CALGARY
FRIDAY, SEPT 30 | 7 PM
THUNDERBIRD ARENA

W HOCKEY
UBC VS. MANITOBA
FRIDAY, OCT 7 | 7 PM
THUNDERBIRD ARENA

W & M VOLLEYBALL
UBC VS. UFV
FRIDAY, OCT 21 | 6 & 7:45 PM
WAR MEMORIAL GYM

W & M BASKETBALL
UBC VS. UFV
SATURDAY, NOV 12 | 2 & 4 PM
WAR MEMORIAL GYM

FOR INFORMATION, FULL SCHEDULE & TICKETS VISIT **GOTHUNDERBIRDS.CA**

Follow the Thunderbirds on: ubctbirds /gothunderbirds

Gather with friends, share your UBC pride, and come cheer on your UBC Thunderbirds at our Home Openers. Remember to wear some blue and gold!

FREE STUDENT TICKETS TO ALL VARSITY GAMES EXCEPT FESTIVALS EVENTS

2022-23 FALL FESTIVAL EVENTS

HOMECOMING
SEPT 23 | 7 PM

FOOTBALL

UBC VS. REGINA
THUNDERBIRD STADIUM

PRIDE NIGHT
NOV 18 | 6 & 7:45 PM

W & M VOLLEYBALL

UBC VS. REGINA
WAR MEMORIAL GYM

FALL CHAMPIONSHIPS

CANADIAN UNIVERSITY MEN'S RUGBY CHAMPIONSHIP
NOV 30 - DEC 4

THUNDERBIRD STADIUM

THE THUNDERBIRDS

The UBC Thunderbird wasn't students' first choice, but has since become widely known as the university's mascot.

In 1933, students overwhelmingly voted to be the UBC Seagulls — a write-in joke candidate in a university-wide poll. But, the UBC Pep Club and *The Ubyssey* weren't enthusiastic about having a seagull represent them and did what they thought was best: pick the name themselves.

Although UBC took pride in the new name and officially recognized varsity athletes as "Thunderbirds" in 1934, the university did not consult or gain permission from the xʷməθkʷəy̓əm (Musqueam) First Nation to use it.

It was not until 1948 that Chief William Scow of the Kwakwaka'wakw people gave UBC permission to use the name and a traditional ceremony was held during the homecoming football game of that year. Although this took place 74 years ago, UBC continues to work on ways to decolonize and Indigenize sports.

In 2021, the university announced that "Together, we take flight" would be its new slogan, commemorating inclusivity and unity among students, staff and the community.

Being a Thunderbird is what UBC students are known for — second to attending one of the top schools in the world — and we continue to embrace this symbol with pride and honour.

The Thunderbird mascot represents UBC's 26 athletic teams.

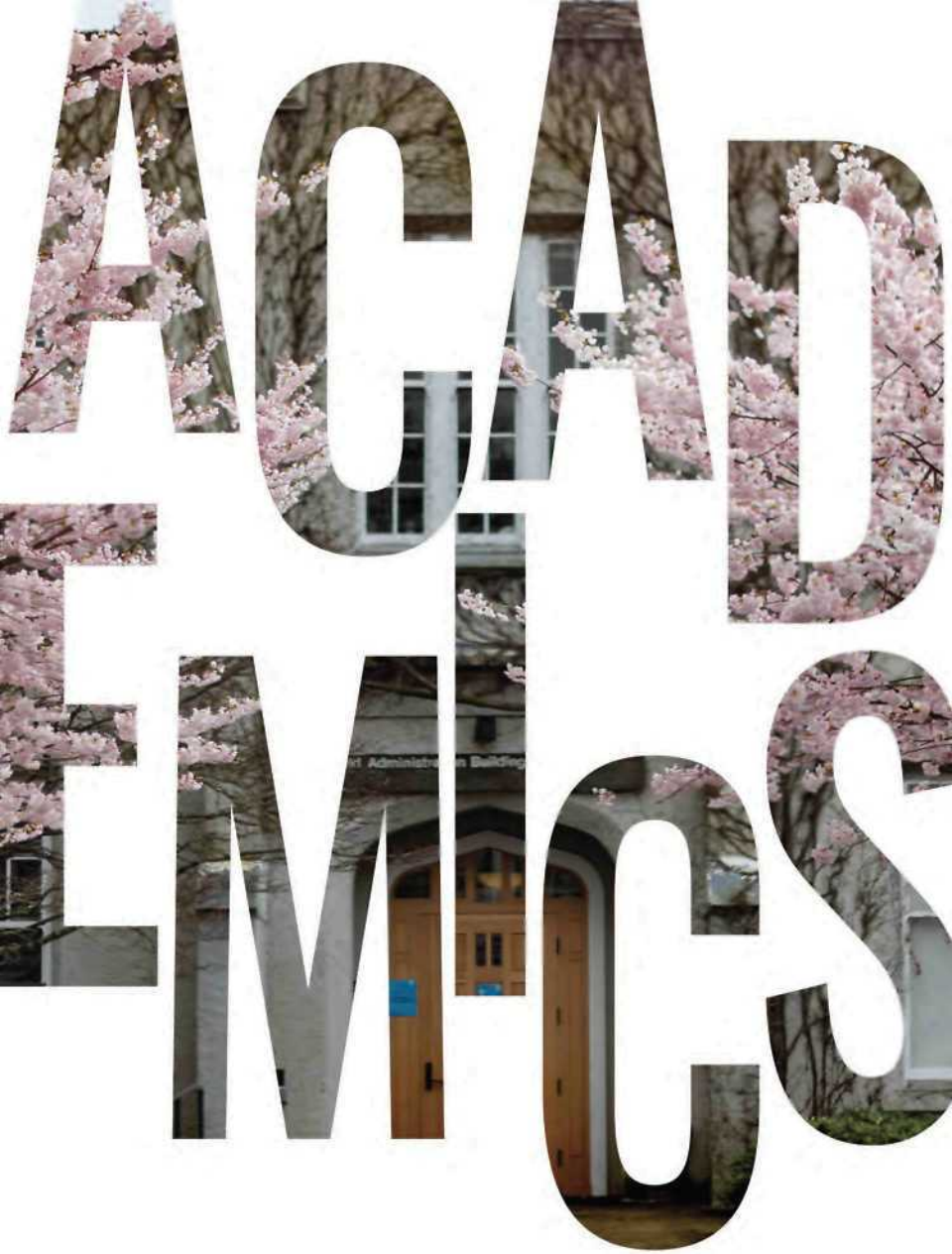
Despite missing two seasons due to COVID-19, the T-Birds have made some big achievements this past 2021/22 season. These are a few of the highlights:

- Men's swimming earned their fifth consecutive U Sports National Championship title while women's swimming captured second place on the podium.
- The men's golf team earned their seventh consecutive Golf Canada Championship title in the season while women's golf earned their fifth consecutive title.
- The women's hockey team earned the title of Canada West Champions this year and finished fifth in the U Sports National Championships. Men's hockey team also made it to the U Sports National championships for the second consecutive time.

These are only a few of the well-established athletics programs at UBC. UBC Athletics hosts many games throughout the school year, so you should definitely check them out.

There are festive events you can attend to show your school spirit and support for the T-Birds. The first big event you can go to is homecoming, which will take place September 23–25. Keep your eyes out for Courtside, Pride Night, Winter Classic and many more!

ACADEMICS



THE BASICS

UBC's academic system is fairly straightforward, but it might be quite different from the systems of other schools you've attended. This guide will get you up to speed!

DATES AND DEADLINES

The two most significant dates that affect all students at UBC are the add/drop and withdrawal deadlines. Before the first few weeks of term have passed you can withdraw from classes and get a tuition refund or transfer into courses with space for students. Before the withdrawal deadline, which is about six weeks into the term, you can withdraw from courses with a W standing, which just means that you withdrew from a course. This will appear on your transcript, but one or two W's are unlikely to affect your long-term academic success.

You can add and drop courses through the Student Service Centre before the add/drop deadline, but withdrawing from a course after this date should be discussed carefully with an advisor to work out how it will affect you.

Other dates worth recording include the midterm breaks, exam periods and deadlines or exams associated with your courses. Knowing what comes next is the best way to stay on top of things at UBC!

THE GRADING SCALE

UBC courses assign students a percentage grade based on their work. Professors are required to provide students with written guidelines explaining how the course's final grade will be calculated before the course begins; this is done through the course syllabus. Read it carefully!

Letter grades at UBC correspond to percentage ranges: 90 to 100 per cent is an A+, 85 to 89 is an A, 80 to 84 is an A-, 76 to 79 is a B+, 72 to 75 is a B, 68 to 71 is a B-, 64 to 67 is a C+, 60 to 63 is a C, 55 to 59 is a C-, 50 to 54 is a D, and anything below 50 is an F. Most faculties define failing grades as any grade below 50 per cent, but some specialized undergraduate faculties require a passing grade of 60 per cent.

CREDIT/D/FAIL

In some undergraduate faculties, eligible elective courses can be taken for Credit/D/Fail standing instead of a percentage grade. This means that courses will appear on your transcript as either credit (55 per cent or higher), D (50 to 54 per cent) or F (50 per cent or lower).

Courses taken this way will not affect your GPA. If you'd like to take a difficult elective outside your field of study, consider taking it through this system.

ACADEMIC PROBATION

When students begin their studies, they are automatically classified as 'in good standing.' Even if you fail a course, this won't always change, but students who fail multiple courses may be placed on 'academic probation.' This lowers the number of credits a student can take per semester. Students on probation can return to good standing by improving their academic results, and faculty advisors are happy to help.

CHOOSING YOUR MAJOR

UBC has a ton of majors to choose from across faculties. A list of these can be found on the Student Service Centre (SSC) under the "Registration" tab labelled "List of Specializations." Here, the majors are sorted under degree programs; note that minors are listed here as well, so be careful not to get them mixed up. Some programs can be taken as a major or a minor, but some are only minors.

When going through the possible majors, narrow down your options by asking yourself questions such as: what subjects did I enjoy in high school, what fields do I find interesting, what are the career prospects, will this major be fulfilling for me, does this major fit my future goals? and so on. You can also make a pros and cons list for each major to help decide. Try narrowing down to two to three options as it's good to have backups.

FINDING OUT THE REQUIREMENTS

Once you've narrowed down your options, your next step is to find out each major's requirements — meaning the courses and the GPA you'll need to get into the major.

These requirements can be found on *calendar.ubc.ca*. You can get to your specified major by searching up "UBC Calendar (insert major here)" on a search engine, or going on the UBC Calendar site and then going to the sidebar to find your faculty, degree program, then major.

On this page you'll find the requirements for your major. You can also find other info like whether admissions are competitive and other options within the major such as combined majors or honours (if you're interested in these, note that there may be supplementary requirements).

You can also find additional info on your major's dedicated department website or faculty website.

APPLYING ON TIME

Once you've found out the requirements, you can work towards fulfilling them. The next step is applying on time. You can find due dates on your department or faculty's site. This process can range from simply declaring your major on the SSC, to applying on the department site, to applying through your faculty itself.

IF THINGS DON'T GO AS PLANNED

If you unfortunately don't get into any of your major options, it's a good idea to talk to a faculty advisor about what options you have. This can range from exploring more courses and perhaps finding a different major you can apply to, or trying to transfer to the major you want in an upper year. Overall, don't be too hard on yourself — things don't always go as planned and that's fine!

NAVIGATING COURSE PLANNING

You're lucky enough to go to a huge school with a wide selection of courses from History of Drugs in Canada (HIST 420) and Sex, Lies and Violence in the Hebrew Bible (AMNE 341) to Microbes and Society (BIOL 346). When you factor in degree planning and prerequisites, it can be overwhelming! Here are some things to consider while choosing your courses.

PLANNING AHEAD

You don't need to have it all figured out yet, but it helps to do some planning ahead for what courses you need for your degree.

Spend some time on the Degree Navigator and the Student Service Centre to figure out what courses you need to graduate and what prerequisites you might need for your major(s). Get those 100-level courses out of the way in a couple fields that you're interested in to give you a strong foundation later on.

If you're a spreadsheet person, make a spreadsheet. If you're not, find a system that works for you.

You can also visit academic advising for help! Try and do that early for in-depth advice, because in the period after course registration opens and in the first weeks of the term, they get swamped.

YOUR SCHEDULE

Make sure the classes you choose fit around the rest of your life. Do you work weekday afternoons? That rules out 3 p.m. classes. You're a chronic night owl? Don't kid yourself — drop that 8 a.m. statistics course. And if you're a commuter student, make sure you factor in bus/car/bike time into your plans.

Also, check the syllabi of your classes against each other. Do they all have major deadlines in the same week, which happens to be the same week that your cousin is getting married, you have tickets for your favorite band and you have a busy schedule at work? If possible, switch some classes to spread those deadlines out — your future self will thank you.

THE PROFESSORS

Professors play a big role in a class learning experience. Do some research on the instructor. Does their research interest you? Do they teach in a way that aligns with your learning style and access needs?

See if you can find some old syllabi online. Ask around if you have friends that have had them before, or look at *ratemyprofessor.com* (with a grain of salt — bitter anonymous former students can be excessively mean).

HAVE FUN?

Don't be afraid to shop around a little. Try out some weird classes that seem outside of your comfort zone or area of interest — as long as they fit into your degree plan (either as electives or requirements). You can always drop them before the add/drop date for a full refund. You might find a new passion, or at least learn some new fun facts!

SSC AND DEGREE NAVIGATOR

The **Student Service Centre (SSC)** is where you will find information on course registration, exams and tuition. It will be a close friend throughout your time in UBC. Here's a rundown of all the tabs you'll be using the most:

1. **Admissions** — Your go-to for anything application-related. You can find your official letter of admission here!
2. **Finances** — For accessing finances, tuition information, fee exemptions and tax forms. Academic awards and loans can also be found here.
3. **Registration** — For browsing, planning and registering for courses. This tab allows you to create worklists and pre-plan your academic year before registration officially opens.
4. **Grades & Records** — For accessing academic transcripts and records, such as grades, transfer credits, transcripts and proof of enrolment letters.
5. **Exams** — For information about exam schedules, locations, exceptions for distance learners, deferred exam-takers and supplemental exams.
6. **Housing & Food** — Redirects you to the UBC Student Housing and Community Services website, which allows prospective and current residents to manage housing applications, pay for housing, submit room inventory reports, request room transfers and manage sublet tenancy.
7. **Personal Info** — For updating important documents and details, including emergency contacts, relevant IDs, citizenship and/or immigration documents, password changes and UBC contacts.
8. **Message Centre** — For messages from your Enrolment Services Advisor, courses and important updates on your student account. You can always email your advisor about scholarships, financial dates and deadlines and all things admissions.

The **Degree Navigator** is one of the most important features of the SSC, and can be found under the 'Registration' tab. It allows you to track your progress for graduation and make sure you're completing all the requirements.

To set it up, choose the year you started university and select 'audit progress.' Once this is completed, you will see the courses you have completed and what requirements you need to fulfill. You can also find your unofficial student transcript, information on different degrees and programs available at UBC, as well as course prerequisites for specific majors.

While Degree Navigator is a great tool, it should be treated as a supplement to academic planning — not an end-all, be-all guide. Courses and majors change all the time, and this may not always be reflected on the site. Make sure to speak to your program's academic advisor for specialized advice on subjects such as majoring and minoring, prerequisites, switching programs and more.

STUDY TIPS

We all know the typical study tips: the Pomodoro method, getting eight hours of sleep or doing practice problems. However, these only scratch the surface of what students need for academic success.

Here are more study tips that can maximize your grades and leave you with more free time!

The ask and answer method: After reviewing the information, create self-test questions to promote active recall and answer them until you remember them by heart. This method is especially useful if there are no practice questions available.

Listen to ambient noise while studying: Most people don't study well when listening to music with lyrics because it hampers your working memory. However, consider listening to ambient noise, white noise, classical music or lo-fi music. These forms of music are less distracting and can help improve concentration.

Complete practice tests in timed settings: Often, university exams are a time crunch and you might find yourself leaving exam questions incomplete. To avoid this situation, use the practice tests and time yourself to simulate a real exam setting. If you don't want to sit for an extensive period, take quick breaks by pausing your timer and then coming back to your timed practice test when you feel refreshed.

Exercise during your study breaks: Instead of checking your phone every hour, why not exercise? A simple cobra stretch, push-ups or a five- to ten-minute workout can do the job. Exercising during your break can improve concentration and memory.

Look up: Looking down at our computer screen intensifies neck strain and fatigue. Try positioning your computer at eye level with a laptop stand or a stack of books.

Search up YouTube videos for course topics: Sometimes, textbook examples can be difficult to navigate and aren't sufficient for completing practice questions. You should look for videos that explain the topic with more relevant practice problems and allow for a greater conceptual understanding.

Read aloud and explain concepts to others: Reading aloud is a better memory aid compared to rereading information silently in your head. Explaining concepts to yourself and your study buddies in a conversational manner can also help with retention.

Don't get stuck on an assignment or problem for too long: If you are stuck on a question for more than 10 minutes, ask someone else for help on Piazza, during office hours or through online homework forums. Or, change to a different subject to restimulate your brain. Being stuck on a question can eat up your time without you realizing it and only increase stress, so switch gears if necessary.

Wishing you all the best with your studies!

ENGAGING WITH YOUR PROFS AND TAs

A big part of university life is your relationships with your professors and teaching assistants (TAs). Not only will you be seeing them (almost) every day in class, but a good relationship with them may also help your professional and academic career!

It can take a while to understand how to interact with professors and TAs both online and in person, especially if you are someone who is nervous and shy. But, luckily, managing those relationships is not as daunting as you might imagine.

HOW TO ADDRESS YOUR PROFS AND TAS

Profs: Though it may seem trivial, an instructor's title represents their accomplishments, status and the respect that they deserve. If they have a PhD, you can address them as "Dr." but the simplest way is to address them as "Professor." Many instructors don't actually have PhDs, but if they are teaching a university class they are inhabiting the role of professor and can be addressed as such.

TAs: This is a little easier. Most TAs are still students themselves so they don't have any title in their names. Addressing them by their first name is just fine.

For those of us who are shyer in person, email is the best way to contact your profs and TAs. Keep in mind, it may take them a day or two to get back to you, depending on their workload. But if you don't see any replies after 48 hours, don't hesitate to remind them in person or send a follow up email. Many profs outline their specific availability in the class syllabus.

HERE IS HOW TO EMAIL A PROF:

Dear/Hello Professor Last Name,

I hope you had a good day/weekend (optional, but nice to have).

I'm in your Class Name, Section Number that meets on This Day (so they know who you are). This is the question I have/the help I need (why you are emailing). I've looked in the syllabus and at my notes from class and online and I asked someone else from the class (what have you done to try to answer this question yourself?), but I'm still not sure. Could you please look into ... and help me with ... (let them know what you're asking them to do).

Thank you,
[Your Name]

SOME MORE GENERAL THINGS TO KEEP IN MIND!

They will treat you like adults, so act like one: Unlike in high school where a teacher's permission is needed before you can use the bathroom, your instructors do not mind, or care, what you do in class as long as you aren't being disruptive. If you need to use the bathroom or leave briefly, quietly make your way out and try not to disturb other students. Your instructors also won't be chasing behind you to make sure you remember to do your homework. Every student is responsible for themselves and their work.

They are human as well: There might come a time where you feel the urge to rant about your instructors on RateMyProfs. That is ultimately up to you, but just keep in mind that they are humans too. During midterm and final seasons, they often get inundated with student emails and assignments waiting to be marked while still teaching a large class. Be kind and cut them some slack!

Stand up for yourself: That being said, some frustrated instructors may cross a line and it's important that you speak up for yourself. Don't be afraid to challenge their ideas in class or reach out to your prof if you feel like your TA's grading has been unfair. If you can't find any support there, talk to your academic advisor about this.

Reach out to them: Lastly, and the most important thing to remember: always, always reach out to your instructors! Most times, they are just the loveliest and most knowledgeable human beings you'll meet. Visit them in office hours if you are feeling stuck — even if you don't know how to ask for help. Heck, visit them if you just want to chat about anything! Oftentimes, they love to have you there to chat with and you might learn something about how to navigate your academic career or how this one research project led them to the most bizarre places on earth.

ADVERTISEMENT
NEED HELP?
STUDENT LOANS
CROWDED BUSES
HEALTH CARE
LANDLORD PROBLEMS

YOUR MLA'S GOT YOUR BACK
DAVID EBY, MLA
VANCOUVER POINT GREY
COMMUNITY OFFICE

FROM HIGH SCHOOL TO UNIVERSITY

Switching from high school to university isn't like the movies. As much as we want our university experiences to be something like *Good Will Hunting* or *Pitch Perfect*, they did leave out some key pieces of reality. But, thanks to your friends at *The Ubyssey*, here are some tips to help make your transition as picture perfect as it can be.

IN THE CLASSROOM

One of the most obvious changes from high school to university is the classes. Teaching assistants (TAs) will likely be a new addition to your classrooms. TAs are usually graduate or upper year undergraduate students that help out in the class. This could mean being available to answer questions in office hours, grading assignments or even leading a class or two. However they present themselves in your classes, don't take them for granted! Having an extra person to double check that you're on the right path, ask a quick question or even just make a new friend can be an added bonus to your class. TAs rock!

IT'S ALL YOU

For many, university is the first step into adulthood. With that comes control over so many aspects of your life. From which classes to take (ANTH 206: Anthropology of the Supernatural anyone?) to the timing of your class schedule and which professors you want to have, there are endless choices. While that may seem overwhelming, you may quickly find solace in being able to control your academic journey.

That's not to mention all of the outside opportunities UBC has to offer. Fancy going on exchange? Go Global has you covered. Want to teach your language? Join the Tandem program. Want to become a Zumba instructor? There's a club for that.

When UBC chose Tuum Est as a motto (which translates to "it is yours"), they really meant it. Having the independence to make your time here your own is a nice change from high school.

DON'T GET US WRONG — IT'S HARD!

Although university can be an exciting experience, it comes with its difficulties. Even if you love all of your courses, the workload is not going to be the same as high school.

You will have professors you find less than stellar and you'll likely take one or two midterms that you feel terrible about, but don't beat yourself up over that! These experiences happen to all of us. You do have what it takes to succeed — especially if you set yourself up by studying and remembering to balance your school and life.

You got here, after all. You have what it takes.

THE BOTTOM LINE

At the end of the day, your university experience is what you make it! Whether that is skipping class to make your own long weekend or running for AMS president, you are in control of your life. You might have a learning curve to university life, but with some balance and hard work, your success after high school is limitless.

BEYOND THE CLASSROOM

Now that you know all things UBC, you might be wondering what opportunities UBC has outside regular academic programs.

Go Global programs allow students to have an international experience during their time at UBC. This includes exchange and summer abroad programs which allow you to study abroad for a term at one of UBC's partner universities.

Often these are done in the later years of your degree when course-specific degree requirements are complete. Unfortunately, exchanges have remained canceled through the pandemic due to travel restrictions, but they are set to resume this year. Go Global also runs Go Global seminars, in which a UBC professor teaches a specific course with relevant place-based content in another country with a small cohort of students.

Co-op is a program which allows students to graduate with at least a year of full-time paid work experience. Co-op offices have their own job boards, often with postings not publicly advertised and support offered through the application process. Each faculty's co-op program is a little different, but they usually require three or four 'work terms,' which are four month periods of working full time. These can be during the winter or summer terms. Co-op usually extends your degree by about a year, but allows you to develop professional connections and can sometimes lead to a job offer after graduation. Check your faculty's co-op website for more information on how to apply.

Work Learn positions are part-time, on-campus jobs that allow you to develop your professional skills while still taking classes. They are up to 10 hours per week during the winter term and up to 20 hours a week during the summer. These positions can vary widely as they come from every corner of UBC and often include research, communication, library and administrative opportunities. Check UBC Careers Online before the start of winter or summer term (August and April) to search and apply for roles.

Tandem language learning is a free way to work on your conversational proficiency in a foreign language while helping someone else practice your native language. It's also a great way to make a new friend who you might never have spoken to otherwise! Students apply to be matched with a partner who wants to learn their language and the pair meets for nine facilitated 90-minute sessions. Each session is split in half, with each half conducted in a different language. Learn more and register at the start of each semester on the Tandem website.

There are also lots of **volunteer opportunities** at UBC. Volunteer positions are posted on UBC Careers Online. Student organizations and clubs often need volunteers too. If you're interested in contributing to food security, check out Sprouts, Agora Cafe or Roots on the Roof. Look at a club's Instagram page or website to see if they are looking for student volunteers.

ACADEMIC AND LEARNING RESOURCES

Regardless of how good of a student you are, the transition between high school and university can be tough. There's no shame in fumbling a little while you adjust to different standards and new environments. Here are some resources to make your university transition a little smoother.

OFFICE HOURS

Professors and TAs set aside time in their week specifically to connect with students. Office hours are your chance to work through questions about the material and get them answered thoroughly — and maybe even discuss some class-related interests on the side. It can definitely be intimidating to go from watching your prof or TA from the back of the lecture hall to asking them questions in their office. Try not to worry about sounding silly. This is a great time to get to know your professors, which is awesome in terms of finding both people to write letters of recommendation and potentially fascinating areas of research.

CENTRE FOR WRITING AND SCHOLARLY COMMUNICATION (CWSC)

Whether you're struggling with papers or simply curious about how to improve your writing, the CWSC in the Irving K. Barber Learning Centre is a one-stop shop. It offers personalized writing consultations for all levels of students, which are easily bookable as in-person meetings or as asynchronous drop-offs — just bring your draft! Its website is full of other resources that might suit your fancy like annotated papers from various disciplines, formatting advice and lists of workshops on different aspects of scholarly communication.

TUTORING

The AMS offers peer tutoring for first- and second-year students in a variety of subjects. You'll get to meet upper-years that know the profs and understand your struggles. Get started by dropping into one of the group sessions happening in the Nest. Private tutoring is also an option.

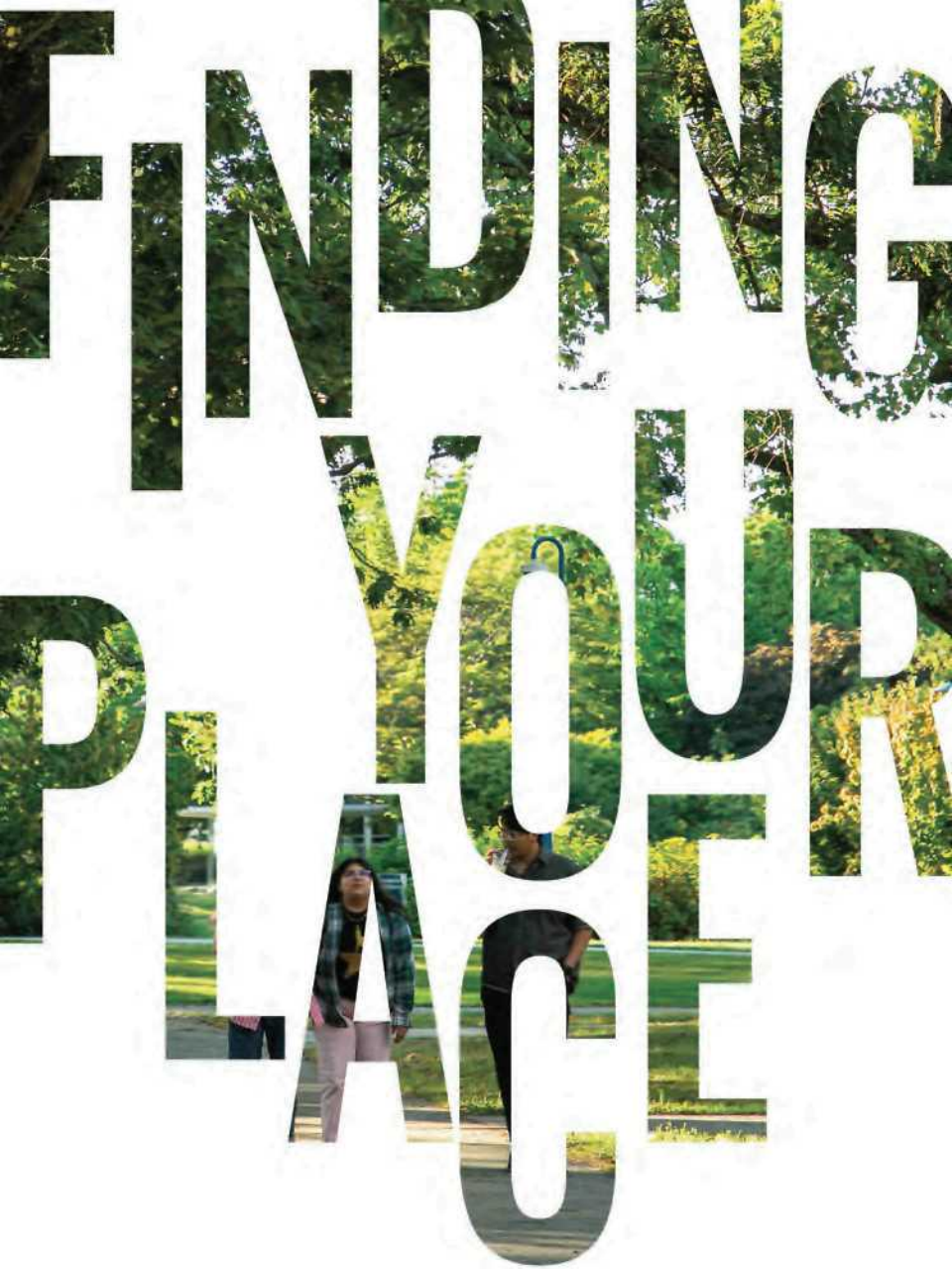
LIBRARIES

The library is the first place to look for research. UBC has several, so be sure to check online that you have the right hours and location. What's more, the library's online resources have any number of helpful scholarly journals, eBooks and articles. Librarians can also help you get unstuck — just let them know what you're trying to find out and they can show you where to look. Finally, you can check out much more than just books at the library: the Chapman Learning Commons lets students print, copy and scan, as well as borrow all kinds of equipment from laptop chargers to DSLR cameras.

FACULTY ACADEMIC ADVISING

For more general concerns regarding your degree, feel free to reach out to your faculty advisor. They are the ones best suited to helping with course planning and degree requirements and can put you in touch with support systems that are unique to your faculty. This also goes for more logistical questions like adding/dropping courses and trying to secure an academic concession.

FINDING YOUR PLACE



CLUBS AND STUDENT GROUPS

Joining clubs, undergrad student societies and undergrad student associations at UBC are some of the best ways to get involved in campus culture and meet new friends with similar interests. Clubs, groups and associations may sound pretty similar, but they all offer unique opportunities. We'll give you the run down on each of them and show you where to get started.

There are over 350 clubs up and running already at UBC. With so many to choose from, you're sure to find one that matches your interests! Here are a few ways to find a club you might like.

IMAGINE DAY

Imagine UBC is an annual event that takes place on the first day of winter term. Imagine UBC 2022 is set to take place on September 6, and will be packed with activities for first-year and returning students alike. A highlight of Imagine Day is browsing the booths along Main Mall set up by UBC's various clubs. Here you can chat with club members, sign up for clubs and get some free club merch if you're lucky!

AMS CLUB DAYS

If you missed the opportunity to browse club booths at Imagine Day, you can still check out an assortment of booths at the end of September. AMS Club Days is an event that takes place over the course of a few days, giving you ample time to explore your options. If you miss AMS Club Days in September, you can catch the event again in January.

AMS CAMPUSBASE

Feel like browsing clubs at your own leisure? You can check out the full list of UBC clubs at *ams.ubc.ca/student-life/clubs/*.

STUDENT SOCIETIES

Each faculty at UBC is represented by a team of elected executives, student volunteers and council executives called an undergraduate student society. If you want to be involved with faculty-specific event planning and support services, volunteering for your faculty's undergrad student society is the way to go. You can search for your faculty's student society, or find links to most societies at *students.ubc.ca/ubclife/student-societies-associations*.

STUDENT ASSOCIATIONS

An undergraduate student association is a group of students all seeking to enter into the same specialization further along in their studies. Finding a student association that aligns with your academic interests is a great way to gain extracurricular experience in your chosen field of study. Most associations offer the opportunity to participate in events, workshops and information sessions relevant to the specialization you're pursuing. The majority of student associations are available to contact through websites and social media pages.

STUDENT TRADITIONS

Sure, academics are important to you and UBC, but having fun should be too! Make the most of your university career by attending and participating in the unique experiences listed below during your time as a student here.

DAY OF THE LONGBOAT

Students have taken part in this longboat canoe event almost every year since 1987. There are both competitive and just-for-fun races. Other than participating, you can also volunteer or simply watch. This historical event usually happens around the end of September and is a great way to kickstart the school year! It's also a perfect opportunity to explore Vancouver because it is held off-campus at Jericho Beach.

UBC POLAR BEAR SWIM

End the calendar year with a brr! This year will mark the ninth anniversary of The Calendar's Polar Bear Swim which takes place on the last day of term one classes. Put on your swimsuits and brace yourselves as you plunge into the Pacific Ocean with other students at Wreck Beach during winter! Are you up for the challenge? Either way, this is such a cool (pun intended) event that should be on your bucket list!

WINTER CLASSIC

As one of the biggest games on campus, this fan-favourite hockey match in January has sold out twice before! Even if you're not into hockey, Winter Classic is not simply about the sport; the tournament, music, food and festivities all make it a fun outing with friends. Come out for the hype and to cheer on the Thunderbirds by showing off some blue and gold school spirit! Don't forget to secure your ticket.

STORM THE WALL

This highly anticipated event will return for the 43rd time next year! Last year, over 3,000 students participated in this on-campus team relay race consisting of swimming, sprinting, biking, running and of course, storming over a 12-foot wall. Do not fret if you're not sporty or athletic, UBC Rec offers both just-for-fun and competitive divisions. Be ready and be sure to keep an eye out for registration at the end of February!

FINDING YOUR COMMUNITY

Coming to university can be very challenging — it's a completely new environment where you start building your social circle from scratch. However, that's the best thing about being a student: meeting new people and growing together! UBC has tons of places for you to find your community.

JOIN A CLUB

What connects people more than similar interests? UBC is home to over 350 clubs, so you will find the right match for your interests — whether it's anime, robots or anatomy.

Clubs Day takes place twice a year: September and January. This is where you can explore clubs booths and bring up all your questions.

On Imagine Day, you will be welcomed to UBC by your faculty dean, professors and upper-year students. You can meet your future classmates and explore UBC clubs and other resources during the Main Event.

UBC COLLEGIA

In your first year, you are eligible to join collegia if you commute to campus. It's not only a place where you can have rest between classes, but also a place where you can socialize. Collegia have music, couches, study spaces, board games and activities and everything else you need to feel at home when you're at school. They also organize their own events where you can meet new people and stay connected.

ATTEND UBC EVENTS

Participating in the events you are interested in can be a great opportunity to meet new people and build connections.

Every faculty has its own undergraduate newsletter. Here you will be notified when there are upcoming faculty events and professional development opportunities.

Most of the faculties, undergraduate societies, clubs and design teams have their own social media accounts. Follow them to stay updated about future events you can attend.

RESIDENCE LIFE

Living in residence is a lot of fun and it's going to be your new home! The students you share spaces with are your neighbours and people you will see around a lot. First-year residence events such as sock wars, sports games and coffeehouses can help you to build some new and lasting friendships. Keep an eye on what your RA and house council put together throughout the year.

GYMS

If you enjoy sports, visiting the gyms can be the right choice for you! Attending fitness classes at the gyms will keep you healthy and help you build a new community!

GO TO YOUR LECTURES

Even though it sounds obvious, you and your classmates have so much in common!

Asking questions, discussing iClicker answers and helping a student you sit with can strengthen your bonds with them. Going through the challenges of learning in a busy university environment always brings people together.

RELIGION AND SPIRITUALITY

No matter what background you come from, your time at university can be an excellent stage of life to reassess your beliefs, learn about a new religion or spirituality or simply be open to something bigger than yourself and the C- you got on your midterm.

There are many options for discovering (or rediscovering) religion and spirituality on campus. One is to meet with a chaplain — an individual representing a religious, philosophical or spiritual belief. The chaplains at UBC are part of the University Multifaith Chaplains Association and can be found online and in their office in the Life Building.

To learn more about the chaplains, visit *students.ubc.ca/campus-life/religion-spirituality/chaplains*. There you will find a comprehensive list of the religions and spiritual beliefs represented by the chaplains at UBC, as well as their contact info, programs and places of worship and descriptions to learn more about chaplains' represented beliefs.

The University Multifaith Chaplains Associations represent Roman Catholics, Sikhs, Anglicans, Presbyterians, Zen Buddhists, Baptists, Muslims, Jews, Chabad-Jews, Pentecostals, Mennonite Brethrens, Christians and Missionary Alliance members.

Typically, chaplains are happy to meet one-on-one. For students who prefer to meet in larger groups, UBC has several religious and spiritual spaces on campus, such as:

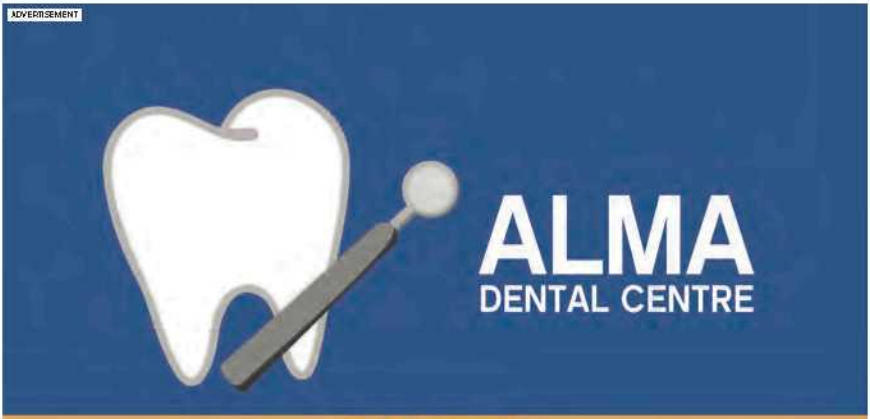
- Hillel House (6145 Student University Boulevard)
- Tenth Church UBC Point Grey (2260 West Mall)
- Drop-in Zen Meditation (Life Building, Room 2212/2214)
- St. Anselm's Anglican Church (5210 University Boulevard)
- University Chapel (5375 University Boulevard)
- Chabad-Jewish Student Centre (1867 Acadia Road)
- St. Mark's Parish (5935 Iona Drive)

Another way to engage in your spirituality and get to know other students on campus is to join a club. During Clubs Day, you will have a myriad of options such as the Muslim Students Association, University Christian Ministries, Navigators International and Sikhs on Campus, to name a few.

You can also find multifaith prayer rooms in the Wesbrook Building, the West Mall Swing Space, Marine Drive Residence and the Life Building.

And if you're feeling kind of introverted and would rather explore your spirituality through reading, the University Endowment Lands is also home to Regent College which houses one of the largest theological bookstores in North America.

ADVERTISEMENT



GENERAL DENTISTRY

For over 20 years we have been treating UBC Students, and we accept the UBC Student plan. Open Monday to Saturday

#265 – 2083 Alma St. Vancouver, V6R 4N6
Book an appointment by calling us: (604) 222-8430
info@almadental.ca
www.almadental.ca

ROOMMATES

Whether it's a roommate or housemate, university is likely the first time you are sharing a living space with someone new. Here are some tips and tricks to make sure you and your new living buddy aren't on the next season of *Worst Roommate Ever*.

TALK IT OUT

Being roommates or housemates with someone is like any other relationship: if you don't communicate, things will go bad. Quick. Are you annoyed that your roomie isn't following the chore chart (more on that in a bit)? Say something. Are you planning to have a party or bring your friends over? Tell your roommate. Confrontation can be scary, but it's better to be open with the person you're living with to avoid any conflicts.

MAKE A LIVING AGREEMENT

Having a roommate/housemate agreement is a great way to lay out everyone's expectations for the shared living spaces. An agreement can include a chore chart, rules around bringing people over, what items (food, kettle, etc.) people are willing to share and so on. Making an agreement is also a way you can learn more about the people you are going to be living with, such as their sleeping habits or what they like to do for fun. And, if something isn't working or you think something is missing, it's okay to change the agreement (with other people's consent, of course).

BEING FRIENDS ISN'T EVERYTHING

Yes, being friends with your roommate or housemate is great. But it's okay — and not uncommon — to not be besties. Realistically, you won't be home a lot during the day between classes, studying, working and hanging out with other people. So, as long as you are on speaking terms with your roomie(s), everything should be fine. There are other fish in the sea, as they say.

LOOK FOR THE SILVER LINING

There will inevitably be a time when your roomie(s) does something that annoys you. While it can be easy for these situations to ruin your day, or week or month (which is valid), try to remember that this living arrangement is only temporary. Plus, depending on what your roommate or housemate does, you might get a good story to tell your friends.

GREEK LIFE

Greek life can be a great way to make friends and form connections, if you're into that kind of thing. It can also provide folks with networking opportunities, cheap housing and philanthropy and volunteering prospects.

UBC SORORITIES

There are eight sororities run under UBC Sororities: Alpha Delta Pi, Alpha Gamma Delta, Alpha Omicron Pi, Alpha Phi, Delta Gamma, Gamma Phi Beta, Kappa Alpha Theta and Kappa Kappa Gamma. UBC Sororities falls under the National Panhellenic Conference, the national umbrella organization for international sororities.

Formal recruitment starts in September of every year and has four rounds. Annual dues average at around $1,200 for new members and $960 for active members. You can also join a sorority throughout the year if they offer continuous open bidding.

UBC FRATERNITIES

UBC has ten international social fraternities: Alpha Epsilon Pi, Alpha Delta Phi, Beta Theta Pi, Delta Kappa Epsilon, Kappa Sigma, Phi Delta Theta, Phi Gamma Delta, Psi Upsilon, Sigma Chi and Zeta Psi. The Interfraternity Council is the governing body for those ten fraternities.

Recruitment generally happens in September with several steps: First Rush, Second Rush, Formal Rush and Bids Day. Annual dues cost between $800 and $1,200.

OTHER GREEK ORGANIZATIONS

If you're not into the traditional sorority or fraternity life, you can also join professional fraternities or sororities. Sigma Phi Delta and Alpha Omega Epsilon are professional engineering Greek life. There are others as well — Alpha Kappa Psi is a professional business fraternity, and Alpha Phi Omega is a community service fraternity.

A WORD ABOUT GREEK LIFE

While some enjoy Greek life and spend their entire time at university involved in it in one way or another, many others never step foot inside a frat house. Greek life can be expensive, and some people find they don't feel safe or uplifted in these spaces. While Greek life and the university have worked to improve this environment, it still may not be everyone's cup of tea.

104 THINGS TO DO AT UBC

EXPLORING YOUR SEXUALITY

Embarking on your journey at UBC goes beyond growing your academic self. You may also embark on a deeper journey and explore your sexuality and gender. Whether this is a new direction or someching you have been thinking about for a while, here are some general tips to support you along the way.

TAKE A DEEP BREATH

Coming from all kinds of backgrounds and experiences, we may bring with us some reservations, expectations and game plans as to how we go about exploring these parts of ourselves. While it's tempting to follow a timeline that 'everyone' is following, make sure to tune into your own situation, your surroundings and go at a pace that is comfortable and safe for you.

EXPLORE THE WEB

Take this phrase as you wish — the internet is your oyster! This method lends you enough privacy and less pressure to figure out what you like and don't like. Certain platforms will be more helpful than others. Some people will turn to social media like Instagram and TikTok, while others may look to Queer media like novels, films and podcasts. There is no recipe for how one can connect the dots in a world of sexuality and gender, so give yourself the space to explore what you like and don't like on your own.

ON CAMPUS

Campus is home to a variety of groups, hubs and initiatives that are welcoming, inclusive and knowledgeable when it comes to the diverse world of sexuality and gender. More specifically, you can look into:

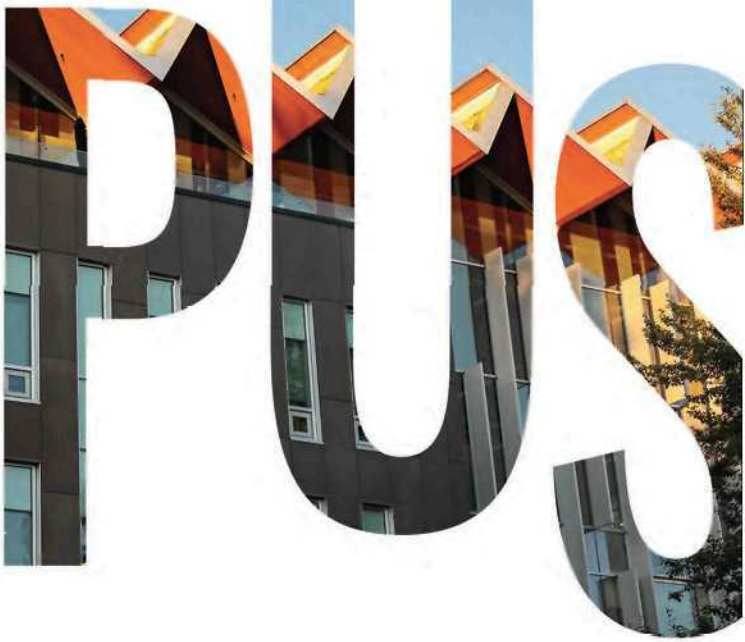
Courses: Within the Faculty of Arts, the Institute for Gender, Race, Sexuality and Social Justice (GRSJ) offers a variety of undergraduate courses focused on exploring topics of sexuality and gender within historical, literary and intersectional frameworks. Some courses we recommend include GRSJ 224, 300, 306, 307 and 316, to name a few. Courses within the Critical Studies in Sexuality (CSIS) Department offer great insights as well.

Events: Having explored those topics from a more academic lens, you may wish to take things further and attend events and discussion groups centred around celebrating the spectrum of gender and sexuality. You can choose to attend in-person or online. Throughout the year, there are many campus initiatives, groups and hubs putting together opportunities for students to share their experiences in the world of gender and sexuality. One example is the Pride Collective, an AMS resource group that supports the 2SLGBTQIA+ community through resources, events and discussion groups.

TAKE YOUR TIME

When it comes to exploring your sexuality and gender, you may go through ups and downs, certainties and uncertainties, so don't feel pressured to have all the answers right away. At the end of the day, there are communities in and beyond our university that will support you wherever you are on your journey. And remember: sexuality and gender are fluid, so which label you choose to identify as one day can change the next.

ON CAMPUS



CAMPUS ATTRACTIONS

Located between Pacific Spirit Regional Park and the Pacific Ocean, UBC is home to a variety of natural and cultural attractions. Here's a list of some of the best!

Wreck Beach
Every incoming UBC student has heard whisperings of the famous Wreck Beach. On a sunny day, the breathtaking view from this student favourite spot is more than worth the climb back up those daunting 490 Wreck Beach stairs.

Museum of Anthropology (MOA)
A major tourist attraction, the MOA boasts a wide display of the world's arts and cultures, particularly works by First Nations peoples of the Pacific Northwest. Entry to this fascinating museum is free for UBC students.

Nitobe Memorial Garden
The serene view of a beautiful pond and blooming flowers at this authentic Japanese garden is the perfect escape from hectic university life. Entry to the garden is free for UBC students.

UBC Botanical Garden
Endless greenery all around and a chance to walk above it on a suspended (totally safe) platform? Count me in! The UBC Botanical Garden is a huge landmark at UBC, known for its surreal Greenheart TreeWalk that provides you with an aerial view of the garden. Entry to the garden is free for UBC students and students get a discount on TreeWalk tickets.

Pacific Spirit Regional Park
Located on the University Endowment Lands, Pacific Spirit Regional Park is made up of over 73 kilometres of walking and hiking trails. Also home to many beaches and the Camosun Bog, the park is a great place to enjoy some fresh air, while engaging in healthy exercise and exploring all that nature has to offer! Entry to the park is free for all.

Beaty Biodiversity Museum
UBC's very own natural history museum, the Beaty Biodiversity Museum hosts more than 2 million specimens dating back to the early 1900s. The collection features species from BC, the Yukon and the Pacific Coast. Its most well-known display is that of a 25-metre-long female blue whale skeleton which can be seen from outside the museum. Entry into the Beaty Biodiversity Museum is free for UBC students.

Rose Garden
Located on the north end of Main Mall, overlooking the ocean and the endless Vancouver mountains, the Rose Garden undoubtedly has the best view on campus. If you are lucky you may witness one of the many weddings and photoshoots at the garden in the spring and summer.

RECREATION

UBC students have access to many high-level recreation facilities on campus. Take advantage of them!

GYMS

UBC has two student gyms on campus. There is the Activities and Recreation Centre (ARC), located in the Life Building, and the BirdCoop, located in the Student Recreation Centre (SRC). While both gyms are all-level inclusive, many powerlifters favour the BirdCoop. Access to gym spaces is included in a $40 four-month gym membership, and group fitness classes are included in a seperate $80 four-month membership. Private training, martial arts and dance classes can be purchased separately. In addition to these facilities, there are gyms at all UBC Residences.

PARKS AND BEACHES

UBC campus is surrounded by Pacific Spirit Regional Park. The park has a network of trails that are perfect for hikes, runs and bike rides. Within Pacific Spirit is UBC's infamous nude beach: Wreck Beach is a clothing-optional beach located on the western edge of campus. The 490 steps on the way down to the beach may seem daunting, but the beautiful view of the sunset makes the journey worth it.

UBC RECREATION (UBC REC)

UBC Rec plans Intramural leagues at all levels for students to join. Participating in intramurals is a great way to meet new people and stay active during your time at UBC. UBC Rec also plans events throughout the year, like the traditional Day of the Longboat, a voyageur canoe race at Jericho Beach, and Storm the Wall, a relay race that ends in getting a team over a 12-foot wall outside the Nest.

UBC AQUATIC CENTRE

All students have free access to the UBC Aquatic Centre, which includes a 50m competition pool, 25m recreation pool, leisure pool, hot tub and sauna.

ICE RINKS

The Doug Mitchell Thunderbird Sports Centre is an indoor facility with three ice rinks. The facility offers free drop-in hockey, figure skating and public skating to UBC students with $4 skate rentals.

FIELDS AND COURTS

UBC campus is home to a track and field oval and many indoor and outdoor tennis, basketball, volleyball and badminton courts. Students looking to play drop-in sports can access the SRC drop-in schedule online or rent balls, racquets and spike ball kits from the SRC front desk.

This is just the tip of the iceberg when it comes to recreation on campus. Places to climb, skateboard, play table tennis and more are available to anyone who wants to participate.

BEST EATS ON CAMPUS

Whether it's a hazy hangover meal or a quick refuel before an exam, campus has no shortage of good grub. Here are the best spots for a bite at UBC, depending on your preferences.

BEST VEGAN SPOTS

While most outlets have vegan or vegetarian-friendly options, there are places with menus dedicated to our plant-based friends out there. Sprouts Cafe is a great low-cost option tucked away in the Life Building with killer vegan brownies and a free meal program. Not too far away is Porch in the Nest with nutritious bowls for under $10. Just a little further in Wesbrook Village is Virtuous Pie, which serves vegan pizza.

CLASSICS

Legend says that you don't legally qualify as a UBC student without having experienced a celebratory Blue Chip cookie or boozy happy hour at the Gallery (both are in the Nest). Equally iconic are Down Low's Chicken Shack for a Friday night pre-game and Uncle Fatih's Pizza for your post-game.

BEST UNDERRATED

If you're feeling quirky and up for a walk, head over to Perugia's Italian Café for fresh pastas and paninis, Koerner's Pub for tacos and cocktails, or the Bubble Waffle Café tucked away inside a convenience store on Agronomy for rice bowls, noodles and dim sum.

BEST DESSERTS

Check out the new monthly ice cream flavours at Rain or Shine (and sign our petition for them to never take away the lemon square flavour), Chatime on University Blvd. for some solid bubble tea or Mercante for great tiramisu.

BEST CHEAP EATS

In this economy, getting lunch without having to spend more than $15 feels like a win. Big chains like McDonald's and Tim Hortons might be your go-to for cheap food, but might we recommend some other innovative choices like Fooood for healthy meals under $3, Agora Cafe for homemade and hearty baked goods, sandwiches and salads under $5 and the Flavour Lab in the Nest for fun Asian fusion bites under $9.

BEST COFFEE

Venture out from your usual Starbucks order and get your caffeine fix from Loafe Cafe (now with two locations on campus!) on their gorgeous outdoor patios, Boulevard Coffee for the richest beans and Great Dane Coffee for a gourmet sandwich to go along with your sip. And FYI, we think it should be "mandatory" to always get your drink with non-dairy milk, but we'll leave that up to you.

BEST CAFES ON CAMPUS

Blue Chip Cafe
If your friends say they know a spot, this better be it. From its delicious Java Nut and Chunky cookies to the classic Marbelous cookie, Blue Chip Cafe's unparalleled quality of cookies cements it as a campus gem. It also offers Spirit Bear coffee (an Indigenous-owned roastery), buttery bagels and a great iced mocha. When you leave this cafe, the only chip on your shoulder will be from the cookies!

Great Dane Coffee
Home to the Jeremy — one of the most popular sandwiches on campus — and delicious espressos, Great Dane Coffee is a popular spot for the UBC community. With arguably the best focaccia bread on campus, gluten-free pastries and delectable cheddar chive scones, it is one of the must-visit cafes on campus. Drop by for small snacks and big satisfaction!

JJ Bean Coffee Roasters
Looking for a great spot for a quick bite and conversations? Look no further than JJ Bean. A bonus: the huge, crunchy muffins. This is in addition to delicious croissants, smooth lattes and flavourful London Fogs. Talk about options! If that wasn't enough, JJ Bean has plenty of seating. With both a patio and seating upstairs, it's a great retreat from the daily campus bustle.

Bean Around the World
Bean Around the World is tucked away on the south end of Main Mall. Popular orders include the Italian deli sandwich and the turkey sandwich — try one or both of these when you visit! The cafe is also sandwiched (pun intended) between beautiful gardens. Needless to say, Bean Around the World has great vibes. It also has great matcha and London Fog lattes! Plus, the ample space and seating also make it a worthy contender for your list of casual study spots.

The Original Beanery
Nothing beats the original, right? Wisely, there are no contenders for what The Original Beanery offers: a great study hall-type setting, reasonable prices for small bites and an absolutely fantastic coffee milkshake. Tucked in Fairview Crescent, it's a quiet place. Think light colours and wooden furniture akin to those in RPG caverns. That image plus the cozy, relaxed atmosphere makes this cafe well worth experiencing. Everyone needs a taste of The Original.

STUDY SPOTS

UBC has many amazing study spots, but well-known study spots can get crowded and noisy. Here are some less-crowded study spots on campus that you should know about.

STUDENT RESIDENCE COMMONSBLOCK

Each residence has a commonsblock with open and closed study spaces. They tend not to be very busy except during dinnertime and are only a walk away from your dorm room. The commonsblock is open almost 24/7 with the exception of booked meetings.

ORCHARD COMMONS CLASSROOMS

Orchard Commons has study spaces besides its front desk where students can find tables for group study or small cubicles to study in. The classrooms a floor above are ideal for working on group projects and group study sessions. While studying, enjoy the beautiful scenery outside many of the classroom windows.

WOODWARD LIBRARY

Considered one of the best study spots on campus, Woodward Library on Health Sciences Mall is very quiet and spacious with its numerous study cubicles and empty classrooms to study in. Woodward is an excellent alternative to the Irving K. Barber Learning Centre or the Koerner Library.

FOREST SCIENCES CENTRE — MACMILLAN BLOEDEL ATRIUM

Enjoy the vibrant green space at this study spot. The Forest Sciences Centre has an atrium enhanced by natural light and is ideal for quiet study and has larger tables for group work. If you need to eat during your study session, Tim Hortons is a walk away from the atrium. While this study spot is open to all students, there is a preference for forestry students to study there during exam season.

INSTITUTE FOR COMPUTING INFORMATION AND COGNITIVE SYSTEMS / COMPUTER SCIENCE (ICICS/CS)

While this building was created for computer science students and staff, there are many study spaces for all UBC students. There is an outlet within reach of each study space and you can book study rooms for up to six hours per week to complete group projects.

ARTS STUDENT CENTRE AT BROCK COMMONS

While this newly-built centre was designed for arts students, there is enough space for any UBC student to study at. You can also take a study break and visit the Rose Garden.

UBC AFTER HOURS

Whether you're living on campus or studying late with friends, there's a high chance you'll find yourself at UBC well past your last class. Here's some spots on campus that are open a little bit later than most!

Irving K. Barber Learning Centre
Looking to get on that late night grind? IKB has got you covered! The library's halls are open until late all through the term — 6 a.m. to 12 a.m.

The Boulevard Coffee Roasting Co.
Most cafes on campus (and around the city) close their doors by 6 p.m. Located on University Boulevard, Boulevard Coffee is one of the few exceptions. During the term, you can expect this coffee joint to be open until 8 p.m. Fun fact: it also roasts its own coffee!

University Blvd. Central
University Blvd., the stretch of road looping from the UBC sign to the Nest, is packed with restaurants of every cuisine, for every taste! Most of these are open until 9 p.m., making for a good dinner out.

Shoutout to Uncle Fatih's Pizza, which is open till 1 a.m. on weeknights during the term. Is your UBC experience even complete without ending a questionable night on a greasy, cheesy slice of Uncle Fatih's?

McDonald's
If we're doing shoutouts, perhaps none is more deserving than the hardy McDonald's, located in University Village. This student-favourite is open 24/7, and often found packed to the brim at 3 a.m.. make of that what you will.

Located nearby: A&W, also 24/7 and Pizza Garden, open till midnight.

H-Mart
In need of groceries? H-Mart is a Korean grocery store stocked with all the essentials. Its UBC location is also in University Village, right next to McDonald's and stays open till 10 p.m. every night.

Koerner's Pub
Not too far from the center of campus, Koerner's is a cozy space serving craft beers, burgers and tacos — although only to those 19+. Koerner's hosts weekly trivia and drag nights. Hours differ over the week, but they are open until 10 p.m. on Thursdays and Fridays!

The Pit
Our very own student night club open 10 p.m. to 2 a.m. every Wednesday night. Go to Pit Night and form an opinion for yourself. Enough said.

Honorary mention: Breka Bakery and Cafe
While Breka's Alma and W 4th location is off-campus, you'll find a range of delectable pastries and baked goods at any hour, as it's open 24/7! Walk in and you'll honestly forget that night even exists.

CAMPUS HOUSING

For most first-year students, your dorm will become your home away from home. As a first year, you'll be in one of four residences: Place Vanier, Totem Park, Ritsumeikan or Orchard Commons (OC). Each residence has its own perks — Vanier and Totem are known for their close-knit communities, Rits has kitchens to cook your own meals and OC is the newest and has single-connected rooms for the most privacy. Our advice? Don't be super disappointed if you don't get the residence you were hoping for. There are lots of people who didn't get the residence they wanted, but ended up very much enjoying living in the residence they didn't want to live in!

Since you'll be living on a floor with tons of people, it's important to be respectful of each others' privacy. One of the biggest things to be mindful of is noise because the walls in most dorms are very thin. Each dorm has its own designated quiet hours — don't be the person who violates them! When you move in, you'll receive a residence contract in your welcome package. Make sure to read it carefully for all residence rules.

Your residence advisor, or RA, is the first person you should go to for any issues or general advice. Tip: your RA is a fellow student who is working hard to make sure everyone is getting along. Be friendly and attend the events they plan if you can!

Only first-year students are guaranteed housing at UBC. This means that from your second year onwards, you might not get on-campus housing even if you want it because demand for dorms greatly exceeds supply. While first years live in winter session housing, upper years can also apply for year round housing, a dorm lease that lasts the entire year. You can apply for this on the SSC. As for when you should apply? NOW. Literally, as soon as possible. Getting off the waitlist for year round housing can take months, if not years. It's advised you apply for both winter session and year round housing for your second year to maximize your chances.

Living on campus is safe and convenient, and your time in residence can contribute positively to your overall first-year experience. No matter what dorm you end up in and what residence experience you have, you'll learn to make the most of it (maybe with the help of some earplugs, though!).

SHOPPING

Whether you're a commuter or you live on campus, planning out your shopping map is a must while starting a new year at UBC. To spare your future self from buying a $24 bag of trail mix at the UBC Bookstore, read on.

The Grocery Checkout is conveniently located in the Nest, and is your one stop shop for over-priced little glass jars of organic yogurt. It also has fresh produce for when you are dying of scurvy from living off of Tim Hortons bagels.

Located by the University Boulevard bus loop, the **Shoppers Drug Mart** on campus has cosmetics, snacks, a small refrigerated/frozen section and a pharmacy. Be sure to grab a PC Optimum rewards card while you're there track up those PC Optimum points! P.S. Bags of trail mix are cheaper here than at the UBC Bookstore.

H-Mart Express (on University Boulevard) is a Korean grocery store that looks small on the outside, but on the inside it's packed with everything from tea to candles and produce to kimbap.

The **Save-On-Foods** in Wesbrook Village possibly has the largest selection of groceries at UBC. As well as offering an online shopping and delivery service, Save-On has an in-store Starbucks for the times you need to caffeinate yourself to power through your shopping spree.

While the prices are on the higher side, **The Corner Store** (next to the UBC Bookstore) is excellent for its easy location and its history of fueling students with instant noodles and expensive bags of caramel popcorn. It also accepts flex dollars, guest cards and UBC card plans.

Lastly, technically not on campus, **Simon's No Frills** on Alma Street is a 20-minute bus ride away and has some of the cheapest groceries in the city. Bonus: the store is small and has minimal selection which means you, the busy student you are, can get your shopping done in just a skip and a hop down the literal yellow brick road of No Name brand groceries.

CHEAP PRICES AND STUDENT DISCOUNTS

Free access to the Beaty Biodiversity Museum, Museum of Anthropology and the Nitobe Memorial Garden is only the beginning of the student deals on campus.

Sprouts Cafe
Run by a group of student volunteers, Sprouts in the Life Building basement offers freshly-cooked vegan and healthy meals. Sprouts is a non-profit, committed to ethics and affordability. Even better, they have a rotating menu, but you can always order their classics like the shepherd's pie, stew and waffles. To help combat food insecurity, the cafe also serves 30 free meals a day that students can qualify for simply by grabbing a free meal card at the counter.

Agora Cafe
Another cafe staffed by student volunteers, Agora serves up vegan and vegetarian lunch items and baked goods such as frittatas, bagels and granola bars. They use local and organic ingredients and have a partnership with UBC Farm and Orchard Commons Garden. They are a non-profit. Sustainable, nutritious and affordable all in one located in the H.R. MacMillan Building basement!

Fooood & Fooood 2.0
THREE-DOLLAR LUNCHES. That's right, and it's daily Monday through Friday from September to April! Fooood in the Earth Sciences and Fooood 2.0 in the Woodward Instructional Resources Centre are operated by UBC Food Services and are subsidized by UBC. Their menu of pasta, chili, curry and more is worth those $3!

Get Thrifty
This on-campus thrift and secondhand shop opened in 2020. They have everything in between $3 tanks and $16 jackets (including sweaters, pants, dresses, shoes, accessories, etc.). Dope pre-loved pieces for your new fire fit at low prices while reducing waste? It's a win-win situation! Make sure to swing by the Life Building basement, you never know what you'll find! You can also donate used clothes or books for store credit.

Arts Undergraduate Society (AUS) Purple Card
As its name suggests, current AUS members are eligible to apply for a free Purple Card. This physical card offers discounts to various places around Vancouver such as Peko Produce, Evo, The Princeton Review, Staples and Loafe Café. The registration survey opened from February until March this past year.

Science Undergraduate Society (SUS) Blue Card
The SUS also has its own discount program that science students qualify for. This free digital card offers savings on several businesses such as The Eatery, Kung Fu Tea, Koerner's Pub, Gold's Gym and The Princeton Review. They should be accepting applications on an ongoing basis.

CUSavings
This one's for you Sauder students! The Commerce Undergraduate Society has partnered with Soft Peaks, Vessi, Uncle Fatih's, Virtuous Pie and many more for this exclusive (free) discount program. Registration last year started in September during BizWeek when commerce students could receive their CUSavings sticker.

OFF CAMPUS

METRO VANCOUVER GUIDE

WEST 4TH (KITSILANO)

West 4th, the core of Kitsilano, is one of the best areas in Vancouver to live, shop and dine. Located a 10-minute walk up from Kitsilano Beach, you can always find something to buy or eat in this trendy neighbourhood. It's a great place to explore popular brunch spots like Fable Kitchen, Jam Cafe and Sophie's Cosmic Cafe. For some newly-opened stores, check out Mejuri and Melanie Auld for some dainty and wearable jewelry.

KERRISDALE

For a local, more relaxed neighbourhood with a large population of long-time Vancouver residents, check out Kerrisdale. It's a nice neighbourhood for a relaxing stroll and is home to some noteworthy high tea locations such as The Secret Garden Tea Company and Adonia Tea House. You can find access to some small grocery stores, boba cafes and even a camera store for developing film!

DOWNTOWN

This guide would not be complete without mentioning Downtown Vancouver, the heart of the city. Here, you can partake in some retail therapy on Robson Street, get a tattoo or piercing on Granville Street and bike the seawall. Downtown can be used as a wide umbrella to include smaller, more-specific neighbourhoods like Yaletown, West End, Gastown and Coal Harbour — all of which you should visit at least once during your UBC academic career.

RICHMOND

If you're looking for a variety of cuisines, this city near Vancouver is the place to visit. Known for its Asian influences, it's a great spot to find lunchtime dim-sum or late-night hot pot. If you don't know where to start, Aberdeen Centre is a good starter for a blend of shopping and dining. A bit further into Richmond, you will find Steveston Village, a quaint and picturesque fishing village, perfect for a seafood enthusiast. Also, don't forget to hit up the relatively new McArthurGlen Designer Outlet to score some deals on your favourite brands.

NORTH VANCOUVER

North Vancouver is a must-visit if you love the great outdoors. It's a bit further north of Downtown Vancouver, but it's a great place to breathe in some fresh air. The Capilano Suspension Bridge is the perfect 140m-long crossing bridge, suspended 70 metres above the Capilano River. For a local ski and snowboarding spot, you can head up to Grouse Mountain in the winter. During the summer season, you can trek the famous Grouse Grind if you're looking for a physical challenge.

TRANSIT

So maybe you live with seven other people in an old house in Dunbar but you want to see a concert with a friend downtown. Never fear! You can get around Vancouver easily thanks to U-Pass. U-Pass is covered by your student fees, but in order to use it you'll need to buy a $6 Compass Card at a SkyTrain station or grocery or convenience store. Conveniently, both Shoppers Drug Mart locations on campus and the UBC Bookstore sell them. Then, head online to link your new Compass Card with your U-Pass. Don't forget to request access to your U-Pass each month (and remember that it may take 24 hours to load onto your Compass Card). Unfortunately, U-Pass does not carry into the summer months unless you're enrolled in summer classes.

Ready to go! Now you're ready to take transit in Vancouver! Google Maps and other transit apps are the best way to figure out how to get where you want to go. They'll (usually) show you the fastest route to your destination, as well as (usually) have accurate bus times so you don't find yourself waiting for a bus in the rain. Still, there are a few useful bus routes that service UBC that you may want to familiarize yourself with.

The 99 B-Line is an express bus that runs along Broadway. It's an extra-long accordion bus that runs frequently and includes a stop at City Hall where you can transfer to the Canada Line SkyTrain. From there you can go downtown, to the airport, to Richmond and lots of other places you may want to explore during your time at UBC.

The 4, 14 and 84 are super useful if you want to shop and eat along W 4th Avenue. The 4 and 14 can also get you downtown and pretty close to Kitsilano Beach.

The R4 might end up being your lifeline if you live in South Vancouver, as it's an express bus that runs east/west along the mostly residential 41st Avenue.

Finally, **be safe**. It's good to know what time the last bus for the night is scheduled for before you go out. Most buses and trains in Vancouver stop running around 1 a.m. Night buses run, but much less frequently.

VANCOUVER'S BEST BEACHES

Vancouver's beaches are a favourite post-class or end-of-day spot for UBC students. Whether it's collecting rocks or spotting bunnies, basking in the warm sun that we get here two months a year or jumping into freezing waters during the Polar Bear Swim, there's no better place to unwind than the beaches of Vancouver.

WRECK BEACH

UBC is home to many beaches, but possibly none better known than Wreck. Located right on the west side of campus, this clothing-optional beach is a popular sunset point for residents of UBC Vancouver. The approximately 8km stretch of coastline is a short walk from residences like Place Vanier and Marine Drive – as long as you're in for some cardio, since you'll have to walk down a 490-step staircase first!

It's also home to UBC's iconic Polar Bear Swim, where students gather at Wreck on the last day of classes in December and plunge into the icy waters. Official opening hours for Wreck are 7 a.m. to sunset, year-round.

JERICHO BEACH

About a 20-minute bus or bike ride from campus, Jericho is one of the many naturally sandy beaches that wrap around the shoreline of Vancouver. With grassy lawns, picnic tables and beach volleyball courts, it's perfect for a day out with friends. It's also known for a large (and adorable!) bunny population, often seen munching away in grassier areas of the beach park.

If you like being out on the water, Jericho is home to Jericho Sailing Centre, where you can access equipment and classes for sailing, windsurfing, kayaking, paddleboarding and more! Open hours are from dawn to dusk.

KITSILANO BEACH

Kits beach gets quite busy in the summers, with the number of outdoor activities and other options that it offers, as well as a panoramic sight of the North Shore mountains and downtown Vancouver. It's surrounded by food locations, including the Boathouse Waterfront restaurant which is on the beach itself. Catch a bus down to Kitsilano to enjoy the views! Open hours are from dawn to dusk.

ENGLISH BAY BEACH

In the heart of downtown, accessible by the 2 bus route, English Bay is loud and cheerful, rich with music and culture. Take a walk or rent a bike to follow the Stanley Park Seawall, or simply venture into Stanley Park, which is just adjacent to the beach. Or take part in major Vancouver events like the annual Celebration of Light fireworks festival or the Vancouver Polar Bear Swim! The beach is open from 6 a.m. to 10 p.m.

OUTDOOR ACTIVITIES

UBC students are lucky to be living in one of the most beautiful places in the world, ripe with glorious views and activities that are worthy of taking a break from your studying.

Get ready to dust off your Lululemon athleisure and Hydro Flasks — here are the best outdoor recreation spots in Vancouver.

HIKES TO RIVAL YOUR TUITION INCREASES

Pacific Spirit Regional Park: Located just off campus, Pacific Spirit Regional Park is a great introduction to the beautiful temperate rainforests that Vancouver is known for. The 10-km round trip trail is well-suited for beginners or active hikers looking for a chill day out.

Stawamus Chief: Whether you are in the mood to work your glutes or are just an overly-zealous Led Zeppelin fan, the Stawamus Chief is the closest you will get to an actual Stairway to Heaven. This intermediate hike is a toughie but the waterfalls and views from any of the three peaks are well worth it. And as a bonus, you'll be ready to trek up the Wreck Beach stairs after completing this hike!

Black Tusk: Just got a poor grade on a midterm and are desperate to flee into the wilderness to start over? This 29-km round trip hike is difficult but rewarding, with gorgeous scenic views of the mountain, Black Tusk. Some people prefer to camp overnight rather than cram the journey into one day of endurance — either option will make for a perfect bonding adventure with your study buddies before finals hit.

SCALING MOUNTAINS (AND HOPEFULLY MIDTERMS)

Riley Park: Bouldering is a form of rock climbing without ropes or harnesses. Riley Park is a popular location for those interested in testing out their climbing skills.

Squamish: A favourite among avid climbers in Vancouver, Squamish provides opportunities for bouldering and climbing. There's even a forum dedicated to updating fellow climbers on the conditions, supporting rideshare inquiries and more.

Mountain Project: This resource is perfect for students interested in exploring the hottest spots for climbing and bouldering in the Vancouver area. You can input your location, preferred rock type and more to find your perfect fit.

OH MY GOD, HE ON X GAMES MODE

North Shore: Proudly boasting nearly 350 trails, Vancouver's North Shore is a truly iconic spot for avid mountain bikers. The trails range in difficulty from green to double black diamond, and offer something for bikers of all skill levels.

These outdoorsy options are just a glimpse into all of the activities that Vancouver has to offer. When the semester kicks off, be sure to grab a buddy and plan your next outdoor adventure.

VANCOUVER LANDMARKS

Vancouver is known for being the city with a view of both the ocean and the mountains. However, that's not Vancouver's only claim to fame! Here is a list of some of the city's most popular landmarks by season.

SUMMER

Stanley Park
Stanley Park is one of the most popular attractions in Vancouver during the summer months. Apart from being surrounded by nature and greenery, visitors at the park can explore countless walking trails, cool off at the beach or water park, engage in friendly games of pitch and putt and even dine at the park's many restaurants and cafes. The park's most famous landmark is the 9-km-long seawall that lets visitors enjoy Vancouver's fresh summer breeze as they walk or bike along it.

Richmond Night Market
The Richmond Night Market runs during the weekends between April and October. The market features hundreds of stalls selling Asian-style street food and knickknacks. If you want to experience East Asian culture — including food, music and performances — then the Richmond Night Market is the perfect place for you!

FALL

Vancouver Art Gallery
Escape from the infamous Vancouver rain and spend your day at this renowned art gallery. Featuring approximately 12,000 works by artists from around the world, the gallery also regularly hosts traveling exhibitions.

Vancouver Aquarium
A major tourist spot, the Vancouver Aquarium is

home to many exotic species of aquatic life. It also functions as a marine research and rehabilitation centre. This popular attraction is also known to be somewhat of a romantic hotspot for UBC students.

WINTER

Vancouver Christmas Market
Make the most wonderful time of the year even more magical by visiting this traditional German Christmas market in December. The market boasts 80+ vendors selling artisan goods and delicious food ranging from Bratwurst to mini donuts to chocolate fondue. The beautiful decorations and overall atmosphere of the market will surely put you in a jolly good mood!

The Capilano Suspension Bridge
Lit up by close to 500,000 lights and decorations from November to January, this world-famous bridge is a sight to behold. Holiday music soothes your ears as you walk through the multi-colour changing display of the bridge, making for the perfect Instagram capture!

SPRING

Granville Island
Enjoy the breezy spring weather by taking a day trip to Granville Island. The island can be conveniently reached by bus or car and has enough activities to leave you wanting to come back the next weekend! From boat rentals and bracelet making to shops, a brewery and a kids market — Granville Island has something for everyone. The Island's showstopping attraction is its public market featuring a wide range of food — fruits, baked goods, ice cream and deliciously prepared meals.

BEST EATS OFF CAMPUS

Eating at your residence dining hall can get pretty old by the time midterms roll around, and other on-campus options are limited and of debatable quality. Here are the best eats in Vancouver for when you can't face another meal at Open Kitchen!

Jam Cafe
2153 W 4th Avenue / 556 Beatty Street
You'll know you've arrived at the Jam Cafe when you see a lengthy line winding down the sidewalk. Serving brunch seven days a week, the restaurant serves staggering portions of decadent dishes, including pancakes stacked several inches high and many variations of eggs benedict. Jam Cafe is well worth the wait – but be prepared to spend a significant amount of time in line before getting to your breakfast!

The Eatery
3431 W Broadway
The Eatery probably doesn't serve the best sushi in Vancouver, but it's still worth a visit. The restaurant is best known for its trippy and colourful decor straight out of a monster movie. It offers dozens of sushi rolls and other dishes with quirky names like the Salmon L. Jackson and the Captain Crunch.

Ramen Danbo
1833 W 4th Avenue / 1333 Robson Street
Ramen Danbo offers, well, ramen, with plenty of options for customization – perfect for the rainiest of winter days. They also offer a vegan menu, and sides such as gyoza and donburi. Wait times can be long, but you can join their waitlist on Yelp to avoid standing in line.

Nuba
Various locations
Perfect for larger groups, Nuba offers Lebanese dishes designed for sharing at locations in Kitsilano, Mount Pleasant, Yaletown and Gastown. There are also numerous vegan options available, including Garden Falafel and roasted eggplant. Though one of the pricier options on the list, dishes at Nuba go a long way when shared amongst a group, especially for special occasions.

Breka Bakery
Various locations
Whether you have a sweet tooth or need coffee to fuel a late-night study session, Breka is the ideal cafe for you. With six locations across Vancouver each open 24 hours a day, Breka always offers an extensive, and often relatively inexpensive, selection of pastries, sandwiches and beverages to suit anyone's tastes.

ADULTING

NAVIGATING OFF CAMPUS HOUSING

Anyone who's lived off campus can tell you just how hard it was to find their place. Whether it's a beat up basement suite or a newly-built apartment, finding a home in Vancouver is one of the hardest things you'll do during your university career. Here are a few basics to (hopefully) make your search a little easier.

KNOWING WHAT YOU WANT

The first step to finding a place is to know what you're looking for. This includes the numer of roommates you want, lease duration, price point and more. With these things in mind you can figure out how to go about finding your place. When you first start out looking for rental units, you'll probably look for a place that fits all your requirements, but make sure to be flexible too. Create a list of what you are and aren't willing to give up and a price range to make it easier.

USE RENTAL WEBSITES

There are many websites that can be useful for finding a place, but depending on what you are looking for, some may work better than others. For example, Facebook Marketplace is a really useful tool to find a place, but it works better for those who are looking for 2-3 bedroom basement suites rather than a complete house. Craigslist is another great website that caters to people looking for bigger houses. If you're looking for a condo or apartment, a website like PadMapper may be better. UBC has a website that provides a great list of nearby off-campus apartments to help: *vancouver.housing.ubc.ca/other-housing/more-campus-housing/*.

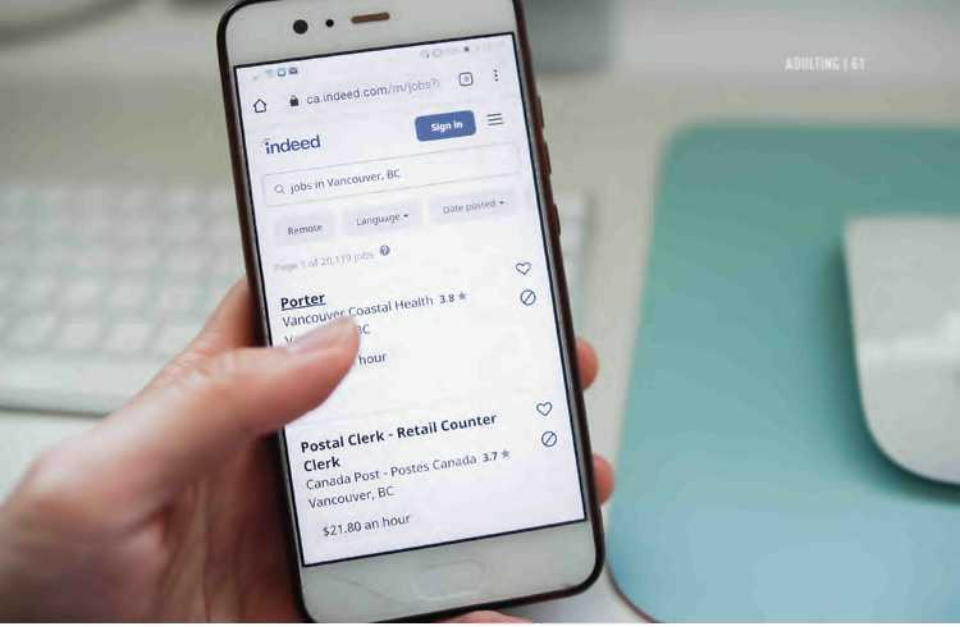
LOCATION

Location is a very important topic to consider. Think about whether a 30-minute bus ride will discourage you from going to class everyday. While it may not seem that far now, a $100 more per month may seem worth it later. Vancouver has a lot of different neighbourhoods and it's important to get to know them before finding a place. You can learn about them on page 52.

SIGNING AN AGREEMENT

The last step of renting a place is signing a lease, but it's important to be cautious when doing so. Signing a lease comes with many conditions from the landlord which you're going to want to specify. Some require background checks, references or more. It's important to know these things so you can make sure this place lasts you the entire year. Do not be afraid to ask your landlord questions before signing the lease — things like their subletting policy, application/security fees and other rules are essential knowledge. While it may not change your opinion on the place, it's still important to know.

Now that you've signed a lease, you can move in and start decorating your new pad! Just make sure to stick by the landlord's rules so you get your security deposit back.



FINDING A JOB

Many students work throughout their time at university, whether to fund their studies, gain relevant work experience or learn more about possible career paths. Though the job search can be challenging, knowing where to start is often the hardest part. Here are some places to look for work, no matter what type of job you are seeking!

UBC WORK LEARN PROGRAM

Positions through UBC's Work Learn program are available specifically for students, meaning that they often offer more flexibility than jobs that are available outside of the university. Students hired through Work Learn can work up to 10 hours per week during the winter session and up to 20 hours per week over the summer, leaving you plenty of time to focus on your studies and social life. Work Learn positions are available in an array of fields, with positions including Research Assistant, Communications Assistant and many more. Positions for the Winter Session open in August, and often fill up fast. While the application process can be daunting given the hundreds of available positions, many students gain relevant work experience through the program.

NOTETAKING

UBC's Centre for Accessibility hires students for numerous positions throughout the year – the most common positions are for notetakers, who provide course notes for students with disabilities. In this position, it is your responsibility to upload your notes to a designated website within 48 hours of each class. Postings for these positions, as well as for Work Learn positions, are available through the CareersOnline job board, and you will also likely receive an email notification if one of your classes is hiring a notetaker.

JOB BOARDS

Additional postings are often posted to external job boards, such as LinkedIn and Indeed. UBC's CareersOnline board also posts positions from both external bodies and from UBC organizations such as Athletics and Recreation and the Museum of Anthropology. For students who would like to work more (or less) than the 10 hours permitted through the Work Learn program, external postings offer a wide range of hours, from tutoring positions that require only a few hours a week to full-time positions.

CO-OP PROGRAMS

Though not available to first-year students, continuing students in arts, business, engineering, forestry, land & food systems and science can apply for their faculties' co-op programs further into their degrees. Co-op allows students to work full-time while being considered full-time students, meaning that students on co-op are still eligible to receive student loans and other funding. Co-op also offers work experience relevant to your specific field of study and allows students to experience working full-time in a field without having to make a commitment beyond four months. If you don't know where your degree can take you, co-op is an ideal way to explore your options while earning a steady income.

ADVERTISEMENT

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

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

Kendra Coleman, Assistant Branch Manager kendra.coleman@rbc.com
Brandon Consorti, Financial Advisor brandon.consorti@rbc.com
Tyler Arseneault, Banking Advisor tyler.arseneault@rbc.com
Jonathan Yuan, Banking Advisor jonathan.yuan@rbc.com

RBC on campus

® / ™ Trademark(s) of Royal Bank of Canada.
* RBC On Campus advisors will reply during business hours.

125174 (07/2021)

FINANCIAL RESPONSIBILITY

BUDGETING

Budgeting is the process of planning, tracking and revising your spending.

Apps, templates, spreadsheets
There are apps like Mint that offer easy ways to begin budgeting. Enrolment Services also has templates and a cost calculator available on its website for getting started. Some people may find that they are more comfortable using a spreadsheet, although it may lack some of the features that other options offer such as integration with banking.

Planning
Effective budgeting begins by planning your future expenses. This involves thinking about your main expenses such as rent, tuition, food and phone plans. It helps to break down your costs into categories like consumables, activities, textbooks, groceries, eating out and any other categories that are applicable to you.

Tracking
The next step to successful budgeting is to keep track of your spending. You won't be able to tell if you're over budget if you don't know how much you've spent. Checking bank statements or using apps to scan your receipts are easy ways to keep up.

Revising
Are monthly subscription services over running your budget? You might decide to drop some. The end stage is seeing what changes need to happen in planning and spending and acting on them.

Being realistic
Everyone's spending is going to be different. Some are going to have bigger budgets and weigh each category differently. For example, you might choose to commute and save on rent or live on campus and take up some part-time work.

Treating yourself
Don't forget to leave some money in the budget to do things that improve your mood! Fun activities can be low-cost such as going hiking. There are also museums and gardens on campus with free admission, just show your student ID.

SAVING: EMERGENCIES, DEBT, TAX

Emergency fund
Building an emergency savings of three to six months is recommended. It provides a buffer when late paychecks, sickness or unexpected expenses happen.

Debt & interest
Pay off credit card debt before saving. The cost of credit card interest will eat up any returns that you get from your savings.

Tax
You should always file your tax return. Did you know that if you have scholarships, grants and bursaries, you must declare it as income? If your income is less than the provincial and federal tax deduction, you may be eligible to receive a tax refund. Some options to file include online, mail, H&R and the UBC Tax Assistance Clinic.

FINANCING YOUR EDUCATION

Let's face it, university is full of never-ending expenses. Even though scholarship and loan applications can be daunting at first, they're absolutely worth it in the long run.

LOANS

Student loans are available for Canadian and American students, even if you're only studying part-time. The application process will change depending on where you're from but applying for them can possibly make you available for other student grants and bursaries — which you don't have to pay back as part of your loan. Make sure you apply early in order to qualify for other programs like the UBC Bursary program and to actually receive your loan before tuition is due.

SCHOLARSHIPS & BURSARIES

Bursaries are usually awarded based on financial need but scholarships are typically given out for community involvement, club participation or overall strong academic performance. Both awards are non-repayable. For most students, you also have to take a minimum number of graded credits each year to be eligible. Different faculties and programs at UBC might also automatically consider you for awards as well. Check out the Student Services Centre to find some options.

The UBC Bursary program is another program that is available in the fall and summer for students with loans. Indigenous students may also be eligible for First Nation, band or community sponsorship to support tuition costs and even some monthly living expenses. For students with a disability, you can register with the Centre for Accessibility to get support and apply for awards.

If you need support, you can contact your Enrolment Services Advisor through the Student Services Centre or drop in to services online. These advisors are assigned to all UBC undergraduate students and their job is to help with any questions you might have about applying for student loans, paying tuition, making a budget and more. The awards section of the students website also lists many external and internal awards.

Remember, financing your education can be discouraging at times but a good application takes practice and it pays off (literally) to graduate debt-free!

ADVERTISEMENT

ADVERTISEMENT

The **HIGH COST** of your **EDUCATION** should teach you the **BEST MOST INNOVATIVE** skills to get you the **BEST HIGH PAYING** job

DEMAND the **BEST** from **UBC**

ADVANCED SCIENCE WITH NON-ANIMAL RESEARCH

Animal Defence Anti-Vivisection Society of BC **adavsociety.org** (since 1927)

NUTRITION AND STAYING FIT

Between school, work and every other part of student life, taking care of yourself can easily fall to the bottom of a long list of priorities. As it turns out, a lot of the typical wellness tips and tricks can make the biggest difference in supporting your mental, emotional and physical wellbeing.

BON APPETIT

Diet plays a role in maintaining both mental and physical health. The key is to ensure that you are adequately fueling your body with all the nutrients that it needs to run. This will look different from person to person.

Need help meal planning? Consider reaching out to a registered dietitian on campus. They are an informative resource for learning about nutrition, navigating food restrictions and more.

For those living with sensitive bowels, trial-and-error will be crucial in establishing an ideal relationship with food, especially during a flare. The IBD Centre of BC also has dieticians, webinars and IBD-friendly recipes that can support your specific needs. Keeping a food diary, routine blood checks to track any deficiencies and monitoring symptoms are additional things that students with IBD and similar illnesses can try.

STAYING FIT

UBC is a hub for plenty of fun physical activities. Staying active is great for your brain, with studies revealing that it can be crucial for helping mental health. If you are looking to get active, start by finding something that you genuinely enjoy — that will make your fitness experience easier to keep up with and way more fun!

Near campus, Pacific Spirit Park is a favourite for runners, cyclists and dog walkers alike! If you are looking for a closer option for a stroll, Wreck Beach is another campus favourite. But be warned — as the resident nude beach, a trip down to Wreck will be anything but forgettable.

For those who prefer fitness centres, $40 per term can get students access to the ARC and BirdCoop. An $80 membership gets students unlimited access to fitness classes, including yoga, pilates and spin, making for a great workout and an easy way to meet like-minded people.

But that's not all! UBC also offers intramurals and fitness clubs. Keep an eye out on Clubs Day for all the stellar recreational clubs to help you get moving.

EVERY BODY IS DIFFERENT

Though wellness tips have their value, it's important to keep in mind that taking care of yourself will be unique to you. For students who struggle with mental or physical health ailments, some of these ideas might not be feasible — and that's okay. For some, keeping fit can look like a day of strength conditioning at the gym, while for others, a stroll at the beach or a beginner's yoga class is more fitting.

The most important thing is to take the time to reflect on how you are faring, and try your best to make time for whatever makes you feel like your best self.

ADVERTISEMENT

You click. We pick.

Freshness at your fingertips.

Save-On-Foods employs our very own personal shoppers, so you can feel confident that we will shop with care, listen to your requests and ensure your order is packed with freshness. **Leave it to our personal shoppers.**

save on foods

Shop the app *or* **SaveOnFoods.com**

UBC Save-On-Foods: 5945 Berton Ave, Vancouver
7 am to 10 pm, 7 days a week • 604-221-5999

BALANCING WORK AND SCHOOL

Whether you are focused on building your CV, looking to broaden your social circle or just trying to stay financially afloat in one of the priciest cities in North America, a job is a valuable asset to student life. Though juggling employment and school commitments is no easy task, there are many tips and tricks to help you find the perfect school-work-life balance.

MAKE A SCHEDULE AND STICK TO IT

Obviously, discipline is critical, but so is being kind to yourself. Keep in mind that balancing work and school is hard and fumbles are a natural part of learning to maintain multiple commitments. Organizing your day into time blocks can help you visualize what you need to do and when you will get it done. Chipping away at a larger task for a few hours each day can make even the most daunting assignments more bearable and can help prevent procrastination.

BECOME BESTIES WITH YOUR AGENDA

An easy way to successfully juggle multiple different things is to put everything in one place. Be it a physical planner or a Google Calendar, keeping your academic deadlines, scheduled work shifts and general tasks in one easy-to-access spot will help you maintain a sense of control.

Start on the first day of class — the moment that sweet syllabus touches your hand, take note of every test date, deadline and office hour period.

Want to embrace your inner child and get organized? Combine scrapbooking and custom agenda-making! In a blank journal, write out your hour-to-hour schedules on one half of the page and include space for your daily to-do's on the other side. From there, add some doodles, stickers, affirmations or whatever suits your fancy. This not only helps you visualize your day in a fun way but also gives you a little bit of time to unwind.

PRIORITIZE!

Asking yourself whether work or school should be prioritized is an existential debate. However, learning how to decisively select the tasks that are worthiest of your time is a valuable life skill.

Keeping track of due dates and not letting them sneak up on you is essential to ensure your schoolwork gets done. It is helpful to think of this balancing act as a puzzle; first, take note of the time that will be dedicated to working, then see where you can fit in your schoolwork. This will take some trial and error but eventually you'll find something that works for you.

PERFECTLY BALANCED — AS ALL THINGS SHOULD BE

Balancing work and school should never be your end goal; rather, you should aim to balance work, school and some semblance of a life. That can mean setting aside time for hobbies, friends or simply doing nothing. Sure, you can take advantage of Google Calendar and craft a colour-coded agenda to make you the envy of your Type-A peers, but eventually you'll run out of fuel.

The wise words of a student newspaper not enough to get you to take it easy? Experts in neuroscience argue that downtime is essential for creativity and optimal brain health, while overworking can lead to burnout. So put the cue cards down, dammit, order some SkipTheDishes and give yourself a night off — you most certainly deserve it.

ADVERTISEMENT

UNIVERSITYchapel

English Service	Sunday	10AM
中文堂崇拜	Sunday	10AM
한국어 예배	Sunday	2PM
St Thomas Mission	Sunday	5PM

5375 University Boulevard
universitychapel.org

HEALTH & SUPPORT

ACCESSING MEDICAL SERVICES

UBC boasts an array of accommodations and medical services to support students on campus. Whether you need to fill a prescription between classes or seek immediate care for a health emergency, these resources are suited to serve the medical needs of the campus community.

IN SICKNESS AND IN HEALTH

Student Health Service: Students can arrange a visit with a physician, nurse practitioner or nurse by appointment with the UBC Student Health Service. Initial appointments will generally be limited to a phone call or virtual visit, but in-person meetings at either the UBC Hospital Clinic or the Orchard Commons Clinic are also possible when necessary.

Clinics: Though the UBC Health Clinic is not currently accepting new patients, students can add themselves to the waitlist or explore some of the neighboring clinics off-campus. The BC College of Family Physicians recommends that those looking for a general practitioner utilize the Pathways Medical Care Directory, reach out to your local Division Family Practice and inquire about whether any physicians are accepting new patients or ask a close friend to introduce you to their family doctor.

Students can also call HealthLink BC at 811 and ask about being connected with a family doctor. HealthLink is a valuable resource in itself, as it has a team of pharmacists, registered nurses and registered dietitians to support health care needs over the phone.

Walk-in clinics can be found with the help of the MediMap website, which will provide the location, contact info and estimated wait time for an array of clinics near you.

Hospital: The urgent care centre at the UBC Hospital requires no appointment and serves an array of medical ailments, ranging from sports injuries to infections. The hospital also offers diagnostic imaging services, an array of specialized care treatments and more.

BLOOD CLINICS (OR A HUB TO MEET YOUR VAMPIRE BOYFRIEND)

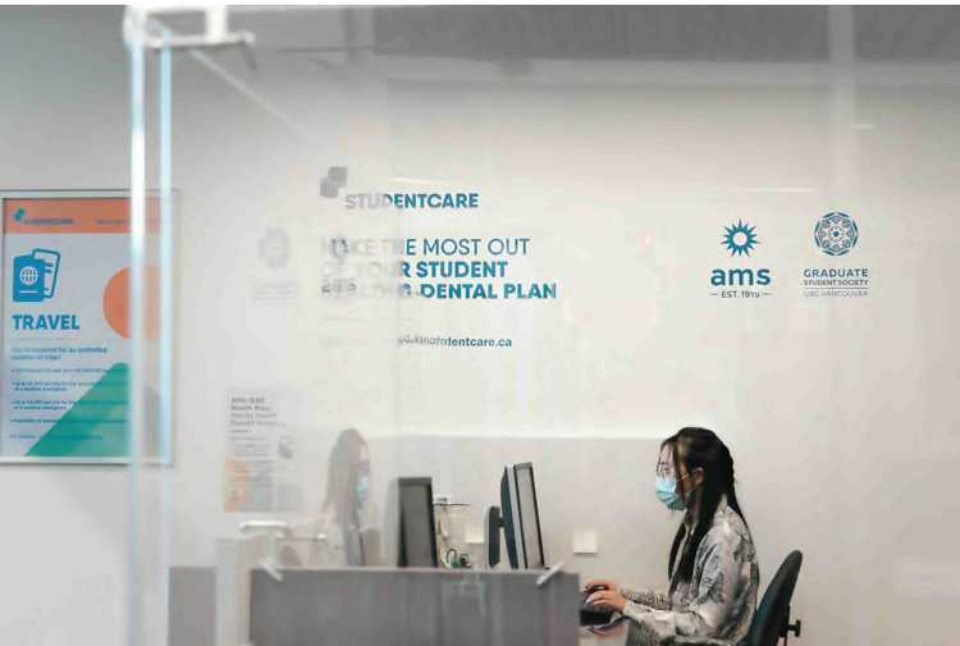
Hospital: The most convenient location for a quick blood test is the UBC Hospital Lab. You can even save a seat using the Outpatient Laboratory Online Booking System.

Save My Spot: If you find yourself needing to use an off-campus blood clinic, the LifeLabs Save My Spot app is awesome for helping you call dibs on a seat and update you with projected wait times.

FRIENDLY NEIGHBOURHOOD PHARMACISTS

Shoppers Drug Mart and University Pharmacy: These two on-campus pharmacies are perfect, whether you need to fill a prescription, get your flu shot or pick up some dietary supplements.

All of these services will be fundamental to supporting your health as a student at UBC. If you feel sick or 'off,' a meeting with a health care practitioner can be what's needed to set you on the path to feeling like your best self.



HEALTH INSURANCE

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 are required to register for 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 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 three-month waiting period for MSP to kick in, students must seek out alternative health insurance in the meantime. International students are required to sign up for iMED, while the Global Campus Health Plan is recommended for Canadian citizens and permanent residents.

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

For students seeking gender-affirming care, MSP covers many hormonal therapies and some gender-affirming surgeries. More information can be found on the Trans Care BC website.

BEYOND THE BASICS

Students are automatically signed up for the AMS/GSS Health & Dental Plan and charged an annual fee of $277.50 alongside tuition and fees. This plan covers many health care benefits beyond MSP, including prescription drugs, vaccinations and visits to a licensed psychologist, as well as vision, dental and travel health coverage. Students can also claim up to $1,000 for mental health services.

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

You can access additional information about this plan, including information about claims, through *studentcare.ca*. As claims are handled by Pacific Blue Cross, information about your personal claims can be accessed at *pac.bluecross.ca*.

HOW TO GET PRESCRIPTION DRUGS

The AMS/GSS health and dental plan can cover up to 80 per cent of most prescription drug costs. If you are covered by 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.

MENTAL HEALTH RESOURCES

Even in ordinary circumstances, things like personal stress, homesickness and academic pressure can take a toll on students' mental health. After the last two years, our brains have been through the wringer — bouncing between on and offline school while worrying about loved ones and the world at large. Fortunately, even when you're struggling, there are plenty of little things you can do to help ease the weight.

PRIORITIZE SELF-CARE

University is a time for challenging yourself and making new friends and memories, but as wonderful as these things are, remember that it's okay to take a step back sometimes. Carve out time to get enough sleep and eat healthy food, and don't feel obliged to put yourself in situations that stress you out. If or when you decide to test your limits, have a fallback plan: maybe have a friend check in with you or do something you enjoy after. Your health and happiness should always come first — trust that it'll make you much happier and more productive in the long run.

EVERY LITTLE BIT COUNTS

In the age of #fitspiration and lifestyle bloggers, it's easy to forget that self-care doesn't always have to look a certain way. As the year goes on and the assignments pile up, the idea of trying to stay healthy can seem cliche at best, and impossible at worst. Even if it doesn't seem like much, begin by taking baby steps that you enjoy, and continue taking them — short walks to your favourite music, five minutes of meditation, etc. — and eventually they'll make a difference.

BE KIND TO YOURSELF

It's hard not to fall into the trap of comparing yourself to other people — but ultimately, applying more pressure doesn't help. We're all still learning all the time: give yourself some grace on the days when you're not at your best, and try to see your mistakes as a chance to improve.

REACH OUT TO A SUPPORT SYSTEM

Sometimes, it might feel like no matter how hard you're trying, there's no breaking out of toxic thought patterns. The feeling is valid, but it might be a sign to connect with someone you trust — whether that's a friend, a family member or a mental health professional.

- *campuslightbox.com* is a great way to find mental health resources on campus and filter the suggestions to your specific needs.
- UBC Counselling offers a range of services, from a shorter wellness appointments to a longer counselling appointment and both group and private counselling. They can be reached at 604.822.3811, Monday to Friday.
- If you feel most comfortable talking to a fellow student, the AMS also offers confidential Peer Support, which connects you to trained volunteers who have a handle on student struggles.
- Should you need financial help accessing outside services, the AMS/GSS Health & Dental Plan covers $1,000 of therapy.
- Crisis Centre BC can be reached at 1.800.784.2433 or at *crisiscentre.bc.ca*.

ACCESSIBILITY RESOURCES

CENTRE FOR ACCESSIBILITY

The Centre for Accessibility facilitates programming, initiatives and accommodations to reduce barriers for students with disabilities and ongoing medical conditions including, but not limited to, mental health conditions, neurological disabilities, chronic health conditions and physical or sensory disabilities. You'll have access to tools, resources and accommodations to make your UBC experience the best it can be.

1. **Priority access to housing**: Such services include priority placement in student housing when a student has needs that cannot be met in off-campus housing. Students can also be offered a priority assignment in a specific unit type. Placements require an application with supporting medical documentation, and successful placements are for year-round housing (with the exception of first-year students who are offered winter session housing).
2. **Course load requirements**: If a student is unable to meet Student Housing's credit load requirement (9 credits/term) for disability-related reasons, students can get accomodations from the Centre that allow them to take a reduced course load and still live in student housing.
3. **Accessibility Shuttle**: For people with conditions impacting their mobility, the UBC Accessibility Shuttle assists in traveling to and from pedestrian areas on campus. This free service operates Monday to Friday from 9:00 a.m. to 4:30 p.m. (last ride at 4:10 p.m.), and is available by reservation at 604.822.9929.
4. **Wayfinding**: UBC Wayfinding can assist in identifying accessible entrances and distinguishing between manual and power doors.
5. **Accessible parking**: People can get a special needs permit for reduced-rate-parking through the Centre for Accessibility. Accessible parking spots are also available across campus for those with a SPARC decal.

ACADEMIC ACCOMMODATIONS

Academic accommodations are offered to students with a disability or ongoing medical condition through the Centre for Accessibility. These services are designed to provide students access to the academic environment that will best suit their needs and help them overcome challenges that may affect their academic success.

Accommodations include, but are not limited to, captioning and American Sign Langauge interpretation, alternate format materials, notetaking and exam accommodations.

Eligibility is outlined in the university's Disability Accommodation Policy (Policy LR7), although some exceptions are possible. For example, students can register as austitic with a diagnosis older than three years.

The Centre for Accessibility 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 request information from the Centre for Accessibility by emailing info.accessibility@ubc.ca or calling 604.822.5844.

INDIGENOUS STUDENT RESOURCES

INDIGENOUS STUDENT PORTAL

This online portal serves as your one-stop information source for all Indigenous happenings at UBC Vancouver! Hear about Indigenous events, initiatives and resources available to support you during your time at UBC. Take advantage of programs offered, like academic support, professional and career development and emotional well-being.

INDIGENOUS COLLEGIUM

UBC offers two collegia specifically for Indigenous students — UBC Collegia and Vancouver Indigenous Students' Collegium. These spaces are located in the First Nations Longhouse and open to all self-identifying Indigenous students. Regular organized group gatherings and social events are an excellent way to make new friends and be connected to the UBC Indigenous student community.

Meet your collegium advisor and upper-year students, who can support you in every step of your UBC degree. Ask them about involvement opportunities, student resources and course advice to help you perform your best.

ACADEMIC SUPPORT & X̱WI7X̱WA LIBRARY

If you're currently taking math and science courses, you can receive tutoring to help you stay on top of course materials! See the schedule posted in the First Nations Longhouse.

UBC is also home to the Xwi7xwa Library – an Indigenous library collection located near the First Nations Longhouse. It is home to over 12,000 Indigenous collections, with the latest in critical Indigenous scholarships and perspectives. For your upcoming assignment, swing by and peruse the stacks, or connect with the helpful reference librarians to help you find relevant materials!

INDIGENOUS UNDERGRADUATE RESEARCH MENTORSHIP PROGRAM (IURMP)

Self-identifying Indigenous students are eligible to conduct research in a field of their interest. This program matches interested students with a professor in a relevant field at UBC, allowing students the opportunity to experience undergraduate research. Students work a minimum of five hours directly with professors and post-doctoral fellows, contributing to research and exploring a future in academia. No two students' experiences are the same, with each student participant personalizing the experience to their personal goals and passions.

A small stipend is provided to offset students' participation in the program. Students from all faculties and interests are welcome. This is an excellent program for students wanting a glimpse into the cutting-edge research happening at UBC or interested in pursuing postgraduate studies. Hear past students' experiences and the application process on the Indigenous Student Portal.

GETTING INVOLVED IN INDIGENOUS INITIATIVES

Getting involved is an awesome way to find your place and connect with other students of shared interests. Check out The First Nations Studies Student Association (FNSSA) or The Indigenous Students Association (InSA) — two AMS clubs promoting Indigenous topics, cultural practices and lifestyles. They organize social events to connect and build a sense of community among Indigenous students. Check out their event calendar to see what's in store.

QUEER STUDENT RESOURCES

Coming to university as a Queer person can be difficult, especially if this the first time you are able to freely express or explore your gender and sexual identity. Here are a few resources and groups at UBC to help you find support and community.

THE PRIDE COLLECTIVE

The student-run Pride Collective — which is located in room 203 of the Nest — hosts a variety of social events and resources for 2SLGBTQIA+ students. On the social side, the Collective hosts weekly discussion groups centred around different identities — these are virtual over the summer — and events like dance workshops with Queer dancers. In terms of resources, the Collective runs the gender empowerment store where students can buy gender-affirming clothing for a cheap, subsidized price. There are also many faculty-specific Pride collectives.

UBC DRAG

Started by UBC student Liam Hart in the 2021/22 academic year, UBC Drag hosts weekly drag shows at Koerner's Pub. These shows are convenient for students who can't easily make their way to Davie Street and feature drag performers from around Vancouver, including many UBC students.

UBC TRANS MENTORSHIP PROGRAM

Since 2020, this student-run program has paired incoming Trans students with an upper-year Trans student mentor to help with the transition to university and create a comfortable space for these students to meet one another. More information can be found on CampusBase or the program's Twitter, *@ubctrans*.

TRANS AND NONBINARY STUDENT GUIDE

This online guide created by two UBC students offers incoming gender fluid students with information on accessing gender-confirming healthcare, navigating student housing and other general tips. The guide is updated regularly by UBC's Equity & Inclusion Office.

CITR GENDER EMPOWERMENT COLLECTIVE

This group of students host a bi-weekly show on CiTR called *Intersections* where they talk about all things gender, race and social justice. Past episodes of the show can be found on the group's page on the CiTR website.

EQUITY & INCLUSION OFFICE (EIO)

The EIO is the place to turn if you ever experience any anti-Queer discrimination or harrassment on campus. Staff and student employees are available to file complaints and advise students on next steps to take. The office also holds social events throughout Jump Start and the academic year and posts links to cool events and programs happening around Metro Vancouver.

BLACK STUDENT RESOURCES

UBC has a number of student groups and resources for Black students to access while they are completing their degree. Here's a rundown.

CLUBS AND STUDENT GROUPS

UBC Black Student Union (BSU)
According to its website, this organization dedicates itself to "furthering the representation, education and empowerment of UBC's Black community." The BSU hosts events and creates a space for the Black community on campus to connect. Find more info at the BSU CampusBase page.

UBC Africa Awareness Initiative
Started in 2002, this student-run organization aims to improve "discourse surrounding and including Africa at UBC." Africa Awareness aims to promote education, awareness, leadership and unity in its operations, and hosts various events throughout the year. Visit *ubcaai.org* for more info.

UBC Black Caucus
All students, staff and faculty on UBC campus who identify as Black can join the Black Caucus. Executive positions are elected every year, but any Black student can get involved and attend monthly meetings. More info can be found at *blackcaucus.ubc.ca*

UBC Black Law Students' Association
This student group allows for networking, social and academic opportunities for Black students at the Allard School of Law. This group hosts a Black Pre-Law Conference in partnership with the law school annually in the spring, and other events throughout the year. Find out more on their Facebook page, UBCBLSA.

Black Muslim Collective at UBC
Initially part of the Muslim Students' Association, this collective is a space for Black Muslim students to connect. Find more information on their Instagram, *@bmcubc*.

RESOURCES

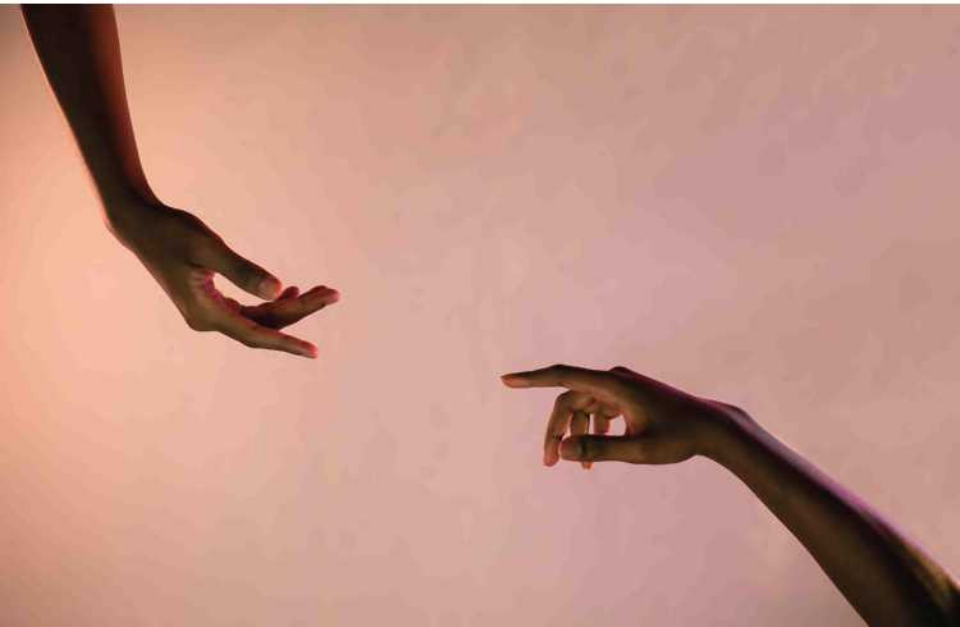
Equity and Inclusion Office (EIO)
The EIO hosts equity events and training and can provide human rights and conflict advising for those needing help in addressing discrimination on campus. More information can be found at *equity.ubc.ca*

UBC Ombudsperson
If you're having an issue with a professor, a student or a staff member, the Ombudsperson is an independent, impartial and confidential resource for students. You can learn more at *ombudsoffice.ubc.ca*.

VANCOUVER RESOURCES

Black Lives Matter Vancouver
This local branch of Black Lives Matter works to fight police brutality and anti-Blackness in Vancouver. More information can be found at *blacklivesmattervancouver.com*.

Meanwhile, Black in Vancouver... Facebook group
This is a space where Black people in Vancouver can connect with each other.



SEXUAL HEALTH RESOURCES

Your sexual health and wellbeing is just as important as your mental or physical health. Here are some resources on campus to learn more about safe sex, or if you or anyone you know has experienced sexualized or gender-based violence, harassment or harm.

UBC WELLNESS CENTRE

The Wellness Centre offers in-person and online drop-in service where you can ask questions about sexual health resources, services and support options. You can also submit a question online and receive an email response within a few business days. Additionally, the Centre offers online courses on a variety of topics, including sexual health.

SEXUAL VIOLENCE PREVENTION AND RESPONSE OFFICE (SVPRO)

Run by UBC, SVPRO provides confidential information and support for anyone considering or navigating reporting their experience of sexualized or gender-based violence, harassment or harm to the police or UBC. Here are some supports it offers, all centred around your individual needs:

- It can help you find somewhere safe to stay on campus, from short-term housing to residence relocation. If need be, it can also help you look for longer-term safe housing. There are also options for off-campus students, including shelters and transition housing.
- It can help arrange academic concessions for you, under UBC's Academic Concession Policy, which includes compassionate grounds and/or medical circumstances.
- It can help you navigate and access different systems for workplace support, leaves and accommodations. This includes temporary work reassignment, location reassignment, scheduling changes or even just medical or sick leave.
- If, and only if, you wish to do so, it can help you learn about your options with regards to reporting the assault whether it be to UBC's Investigations Office or the police.
- It can help you seek medical help after sexualized violence, including hospital services, UBC Student Health Services (where you can get tested for pregnancy and STIs regardless of your situation), general practitioner services and walk-in clinic services. SVPRO staff members can even go with you to the hospital.

AMS SEXUAL ASSAULT SUPPORT CENTRE (SASC)

SASC has been funded by the AMS since 2002, and provides education, support and empowerment to survivors of sexualized violence and their loved ones. SASC operates independently from UBC. Here are some supports it offers:

- Its support and advocacy team offers confidential and non-judgemental emotional and short-term crisis support, as well as providing a list of various community and on-campus resources for you.
- It can help you create an individualized safety plan that you can use during your daily life, or before, during or after leaving an unsafe environment or relationship.
- It can help you navigate various institutional systems, including medical, legal or academic by offering advocacy and accompaniment services throughout.
- It offers a Sexual Assault Service (SAS) for anyone 13 or older who has been sexually assaulted within the previous 7 days. The SAS services are free and confidential, and are located at UBC Urgent Care Centre and at VGH Emergency Department.
- In addition to one-on-one support, the SASC also runs various support groups throughout the year that are both educational and personalized.

If you or anyone you know has experienced sexual assault of any kind and needs immediate support, the Women Against Violence Against Women (WAVAW) 24/7 crisis and information line at 604.255.6344 from the lower mainland, or 1.877.392.7583 elsewhere in Canada.

ADVERTISEMENT

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 at UBC who have been impacted by sexualized violence, including their friends and family. We can help with sexual assault, sexual harrassment, unhealthy relationships, and more. We serve UBC students, staff, faculty, alumni, and broader community.

Phone number	604-827-5180
Email	sasc@ams.ubc.ca
Location	Room 3130, AMS Nest Building
Website	amssasc.ca for the latest updates to our services
Hours of Support	Monday to Friday - 8am to 10pm Saturday and Sunday - 11am to 7pm

SASC

LEGAL RESOURCES

LAW STUDENTS' LEGAL ADVICE PROGRAM (LSLAP)

The LSLAP is a non-profit run by law students at UBC's Allard School of Law. It provides free legal advice to low-income earners in the Lower Mainland. LSLAP provides advice on a range of legal matters, including summary criminal offences, small claims and residential tenancy. Representation and document drafting is offered on a case-by-case basis on select issues.

AMS ADVOCACY

The AMS Advocacy Office provides confidential assistance to students engaged in disputes with UBC. Formal conflicts typically involve academic and non-academic misconduct investigations, as well as academic standing and housing appeals. The Advocacy Office also provides advice on informal matters such as how to approach an instructor or behave in a high-stakes meeting.

UBC OMBUDSPERSON FOR STUDENTS

The UBC Ombuds Office is an independent and confidential resource for students, jointly funded by the student unions and UBC. Ombuds helps students identify relevant UBC policies, explain possible options and provide appropriate referrals across campus. Where appropriate, the Ombuds Office can facilitate discussion and use informal channels to seek resolution.

EQUITY & INCLUSION OFFICE (EIO)

The Equity & Inclusion Office is a UBC unit that aims to "advance equity and human rights at UBC by promoting diversity, eliminating discrimination and engaging the community in dialogue and action." The EIO primarily advises students on human rights complaints and helps facilitate interpersonal conflicts. Additionally, the EIO provides training and education on a variety of equity, diversity and inclusion initiatives.

AMS OMBUDSPERSON

The AMS Ombuds Office provides conflict resolution services for clubs and services related to the AMS. While the Ombuds Office was initially created to receive and investigate complaints about the AMS, the office additionally serves as a resource to help clubs facilitate and resolve internal conflicts. Conflicts outside of the AMS but still related to the university should be directed to the UBC Ombuds Office.

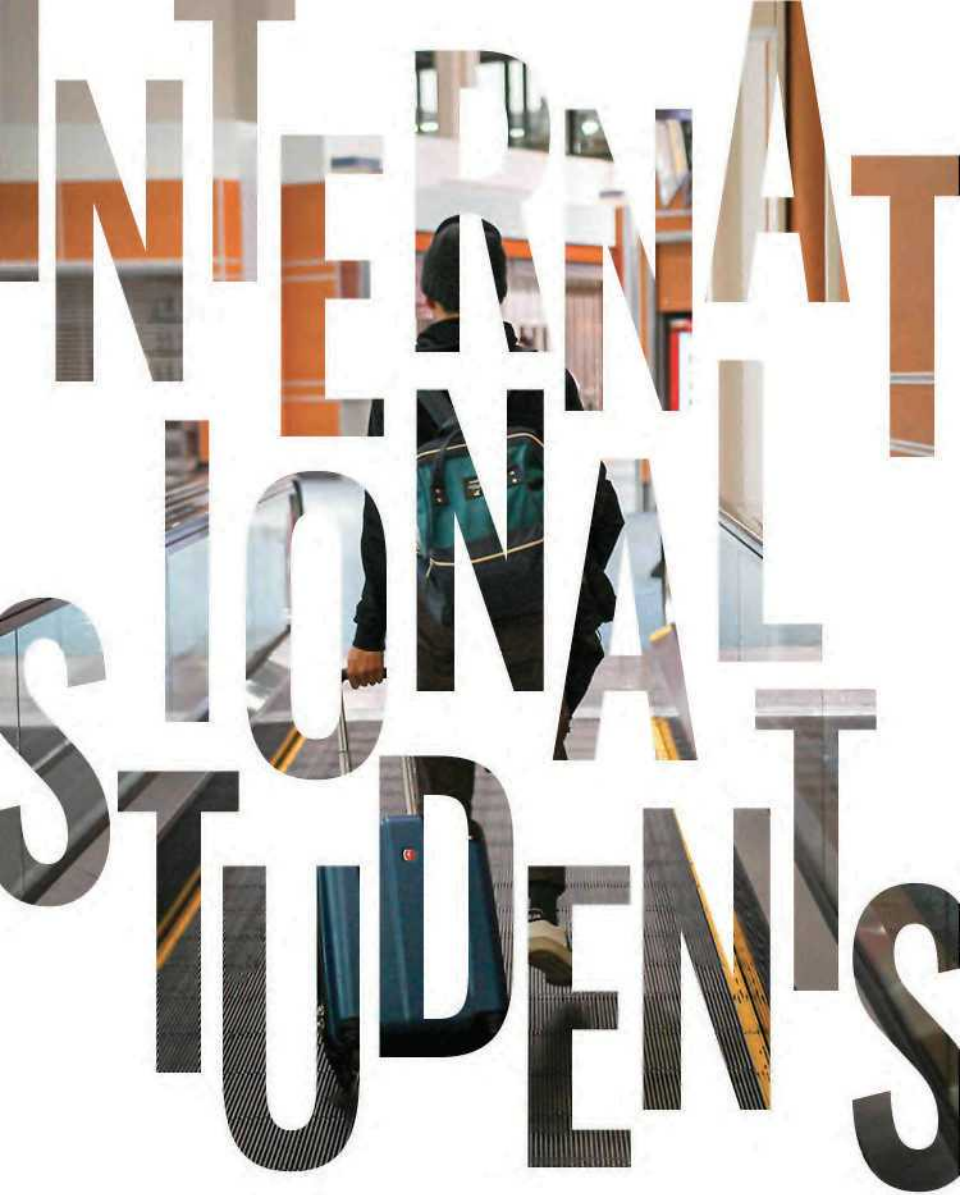
STUDENT LEGAL FUND SOCIETY (SLFS)

The SLFS is a non-profit organization run by elected students to support litigation, advocacy and lobbying for improved access to education at UBC. SLFS provides funding for cases that set broad precedent and are of concern to UBC students. Throughout the year, SLFS runs relevant student workshops on residential tenancy rights and civil rights in a protest context.

Some resources are offering online services due to the COVID-19 pandemic. Please check individual websites to confirm.

ADVERTISEMENT

INTERNATIONAL STUDENTS



AFTER YOU ARRIVE IN CANADA

As if moving away from your home, family and friends isn't enough, there are a lot of logistical things you need to figure out when moving to Canada. This is by no means a comprehensive guide, just some tips from fellow international students — check out UBC's International Student Advising Centre, Student Services, as well as the Immigration, Refugees, Citizenship Canada website for the most detailed and up-to-date information!

PERMITS

Your new journey in Canada starts as soon as you receive your study permit at the border. Your permit will be valid for the length of your program of study, plus an additional 90 days. This piece of paper is what allows you to stay in Canada — keep it in a safe place, and keep a picture of it on your phone as well!

Your study permit is only valid to the date of your passport, so make sure your passport is renewed and valid for the length of your study program. Otherwise, after renewing your passport, you'll have to renew your study permit AND everything else you applied for using it (BCID, health insurance, etc.).

If you plan to work, you may or may not need a work permit depending on your job. You do not need a work permit if you are "enrolled in full-time studies for immigration purposes," while co-ops and internships will require one. To work, you'll also need to apply for a Social Insurance Number (SIN). To learn more about study permits, visit *students.ubc.ca/career/career-resources/working-canada*.

BANKING, PHONE PLANS AND HEALTH CARE

Opening a bank account in Canada is essential — there are a number of large banks in Canada, and RBC, BMO and CIBC have branches right on campus for all of your financial needs.

When it comes to phone plans, you can get one that is tailored to your usage. Rogers, Bell and Telus are popular carriers, but Fido and Virgin may be more affordable. A lot of carriers offer student discounts — it never hurts to ask!

A BCID is a government-issued ID that every UBC student should have. To get yours, book an appointment at a driver's licensing office (the ICBC office at 4126 MacDonald St is closest to UBC) and make sure to bring two pieces of valid ID (check the ICBC website for details).

Getting sick or injured in a new country is scary — make sure you're protected in the worst case scenario. MSP is a mandatory health insurance plan that UBC international students are automatically eligible for — all you need to do is apply online. There's a three-month waiting period, so it's recommended that you apply as soon as you arrive in Canada. In the meantime, you'll be covered by iMED, a temporary health insurance plan.

INTERNATIONAL STUDENT RESOURCES

International students make up over a quarter of UBC Vancouver's student population, so you're never alone as you adapt to life in Canada. Aside from the new friends you will meet from around the world, here are some resources to help you navigate life as an international student.

INTERNATIONAL STUDENT ADVISING (ISA)

ISA is your go-to spot on campus for assistance with immigration and citizenship documents, health insurance, work requirements and general international student advice. The ISA website offers a comprehensive International Student Guide for life before, during and after your time at UBC. You can find the guide at *students.ubc.ca/international-student-guide*.

If you need in-person assistance, the ISA office is located in Room 1200 of the Life Building. Drop-in appointments are available 9:30 a.m to 4:00 p.m every weekday except for Wednesday, when they run from 10:00 a.m. to 4:00 p.m. You can also book an appointment through the ISA website.

INTERNATIONAL COMMUNITY UPDATE

This is a newsletter created by International Student Development and sent out every Friday. The newsletter contains information about upcoming international student programming like career fairs and support groups, as well as workshops to help you apply for a work permit or to extend your study permit. This is also a great resource to check out if you're looking for fun cultural events on campus and around Vancouver. Subscribe to the newsletter on the ISA website, *students.ubc.ca/about-student-services/international-student-advising*.

IMMIGRATION, REFUGEES, CITIZENSHIP CANADA (IRCC)

IRCC is the federal government agency that grants citizenship and issues travel documents. This is where to go if you need to apply for or extend a study or work permit, apply for citizenship or permanent residency and seek asylum.

THE INTERNATIONAL STUDENT COMMUNITY

Beyond UBC and government resources, there are plenty of opportunities to engage with the international community on campus. UBC has a variety of clubs with cultural and spiritual focuses if you're looking to connect with students of similar backgrounds.

The Simon K. Y. Lee Global Lounge & Resource Centre (located in Marine Drive Building 1) also offers international community programming like coffee chats about global issues, gallery exhibitions and screenings, alongside networking and leadership opportunities.

STAYING IN CANADA AFTER GRADUATION

So you haven't had enough of the rain, snow and everything that Vancouver and Canada have to offer. But once your final exams are graded and your Letter of Completion is posted on the Student Service Centre, you only have 90 days to change your visa or pack your bags! If you're graduating soon, here are some tips to help you navigate your next steps.

VISITOR STATUS

Technically, you can remain in Canada for 180 days after graduation if you apply for a visitor record. This won't allow you to work or study though.

POST-GRADUATION WORK PERMIT

A Post-Graduation Work Permit (PGWP) allows you to temporarily work in Canada. A PGWP lasts between 9 months and 3 years depending on your program length — an undergraduate student in a 4-year program is eligible for a 3-year permit.

To apply for a PGWP, you must have a Letter of Completion and a valid study permit. If your study permit expires before you receive your Letter of Completion or submit your PGWP application, consider applying for a permit extension.

You do not need a job offer to apply for a PGWP. You must have studied full-time (9 credits per term) until your final term. There is an exemption for students who received a leave of absence or studied part-time between September 2021 and April 2022. Additional pandemic-related changes to presence in Canada and in-person study requirements are available via International Student Advising (ISA) and Immigrations, Refugees and Citizenship Canada (IRCC).

ISA recommends applying as soon as you receive your Letter of Completion so you can work over the summer if desired. If you're staying in BC, you'll want to extend your MSP (for free). Otherwise, check your provincial insurance plan.

PERMANENT RESIDENCY & CITIZENSHIP

Permanent residency (PR), in addition to letting you work and live in Canada, acts as your next step towards citizenship. ISA does not provide case-by-case advice regarding permanent residency and encourages you to reach out to an authorized immigration representative. Some resources are available at *students.ubc.ca/international-student-guide/immigration/prepare-leave-ubc*.

You may apply for PR after graduation, though it requires more qualifications than a PGWP. Consult federal and provincial immigration programs, including pathways catered to specific populations (e.g. Hong Kong residents).

For those seeking Canadian citizenship, you must have resided in Canada as a PR for three out of the past five years (1,095 days), with partial credit given for time spent on a study or work permit. Consult IRCC or an authorized immigration representative for more information.

A HOME AWAY FROM HOME

University can be daunting. On top of that, moving to a new country and to a huge campus can be even harder.

Making new friends and finding your community is an important part of your university experience — we all need someone to grab a cup of coffee with when we're feeling homesick.

As scary as it may seem, UBC offers students numerous opportunities to make new friends and help them find their community.

JOIN A CLUB

You may have heard this one a million times. But finding a club (UBC has more than 350 that might interest you) allows you to get together with people who are interested in the same things as you on a regular basis. You can find a new hobby and meet cool people at the same time. You can also join a student association based on where you're from or what groups you feel a part of.

CHECK OUT THE GLOBAL LOUNGE NETWORK

The Simon K.Y. Lee Global Lounge and Resource Centre at Marine Drive building 1 provides student groups with a space to enjoy multinational events and organizations. Member organizations are divided into three committees: the International Development Committee, the Anti-Racism Committee and the Sustainability Committee.

FIND A STUDY GROUP/BUDDY

First year, well undergrad in general, is hard. On the bright side, you can meet new people and study — ehm, suffer – with them. In the beginning of the term, try to find a study group that meets regularly to go over the class material. You can ace that midterm and find your community at the same time.

RESIDENCE FRIENDS

Living in residence can be convenient not only because it allows you to wake up five minutes before class, but you can meet new people without going out of your way. What's even better is that everyone in first year residences is new to UBC, so you can explore campus life together!

WRITE FOR *THE UBYSSEY*!

Okay this one's a little obvious. *The Ubyssey*, your student newspaper since 1918 (independent since 1995!), is where all the cool kids on campus hang-out — it's also very easy to get involved. You can write or show off your illustration, photography or videography skills in one (or all) of our 10 sections. If you're interested, drop by our office in room 2208 of the Nest or come to one of our staff meetings!

ADVERTISEMENT

Take your next step towards an exciting career!

✓ **Connect** with top Canadian employers

✓ **Build** your resume with real "future" skills

✓ **Learn** in the Metaverse

Virtual Campus. Real Connections.

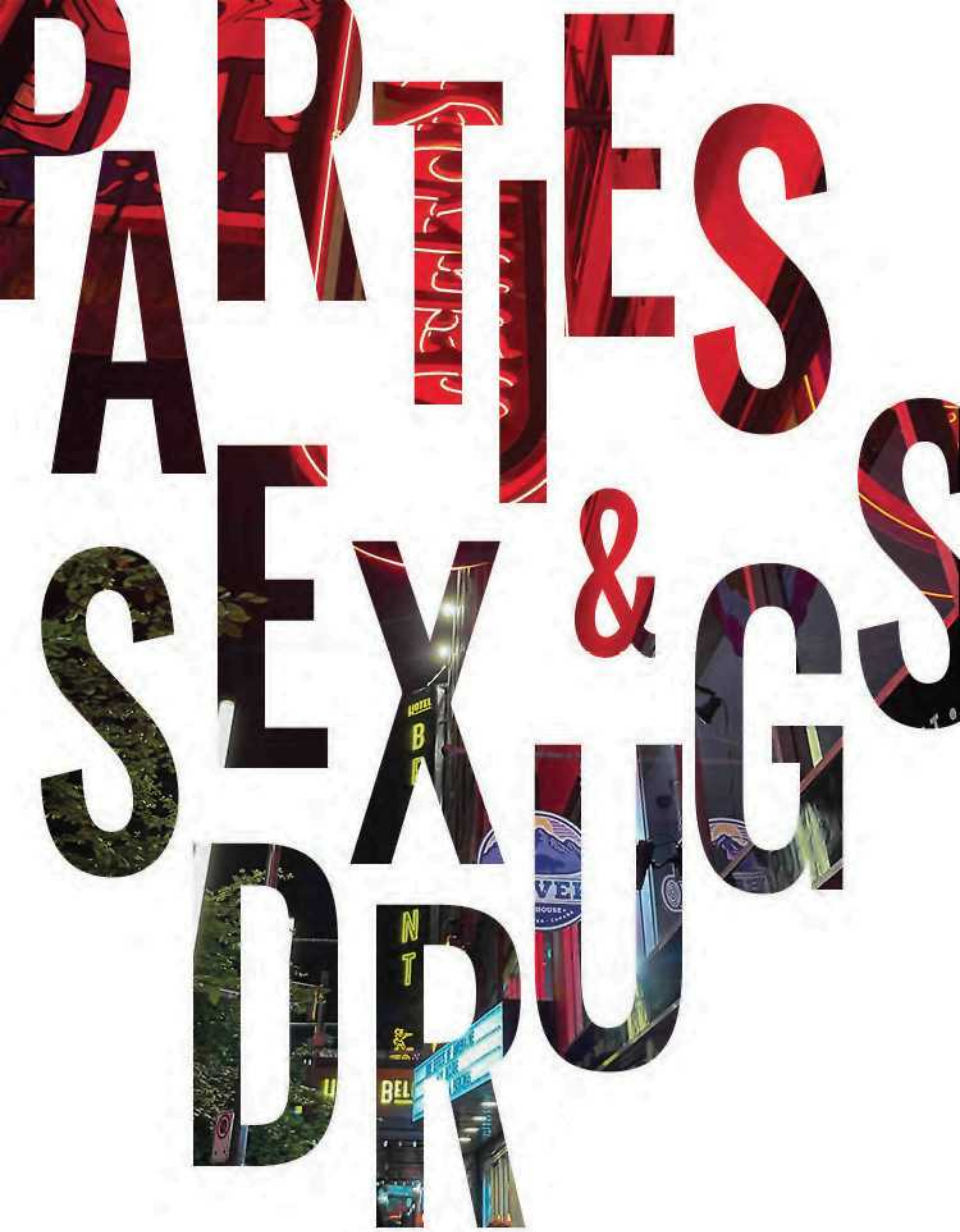
wavemakers

wavemakers.network

Canada

Wavemakers is supported by the Government of Canada through the Innovative Work-Integrated Learning Program.

PARTIES & SEX & DRUGS



BEST PLACES TO GRAB A DRINK

As much as we value a good dorm room pregame, something about overly complicated cocktails and the possibility that a stranger will offer to pay for it just hits different. So, trade in your mickey of vodka for a gin and tonic, because we're hitting the bars! Here are a few clusters of our favourite spots, from retro to chic, that you can visit on your next bar-hopping adventure.

On campus: Start with a sangria during happy hour at The Gallery or a beer at Brown's Craft-house, then make your way down to The Pit for some shooters. (Bonus: enjoy the drunken camaraderie that can only be achieved at 2 a.m. in the 24-hour McDonald's afterwards).

Kitsilano: Sick of seeing your classmates while pounding back shots? Stray a little further from campus and head to the Fringe Cafe for unique decor and a chaotic dive bar vibe, then off to Glitch to play some arcade games and end off with Castaway Bar & Kitchen for some tacos to soak up all that liquor.

Gastown: If you're brave enough to venture out into this pricier, tourist-ridden neighbourhood, go on to Cambie Bar & Grill for the classic bar experience, Greta Bar for some fun arcade games and Gringo to enjoy margaritas and caesars while tucked away in an alley.

Chinatown: For more hip spots, start off with the Keefer Bar for inventive cocktails and mini golf, Brickhouse Late Nite Bistro for an intimate and laid-back hang and Boxcar for a discreet speakeasy vibe.

Granville Street: In case you want to make a night of it, pregame for the clubs in this downtown region and hop over to the Pawn Shop for jumbo spiked slushies, Donnellan's for an authentic Irish pub experience and Granville Warehouse or the Granville Room for a basic but reliable drink with friends or by yourself (highly underrated experience, by the way).

Mount Pleasant: These Main Street spots are funky and fancy, so they're perfect for the adventurous bar connoisseur. Make a reservation for the Shameful Tiki Room to be immersed in a tropical drunken paradise, drop by the Key Party to be blindsided by tasteful art and cocktails hiding behind an unassuming accounting storefront or hit up the Good Co. (formerly Colony Bar) on Main Street — a sleek neighbourhood favourite.

Always remember to keep your drink safe, know your limits and look up the night bus schedule ahead of time — trust us, you don't want to be stranded downtown at 3 a.m.

Happy hopping!

DRINKING CONSCIOUSLY

Drinking consciously isn't always saying 'no' to another round. It's simply being mindful and aware of the outcomes of drinking less or more.

If you're of age, you might find it useful to set yourself a budget before you head to the bar. Drinks are expensive, so if you're conscious of how many shots you're buying, it might help you think about how much you're actually drinking. It will also help you think twice before getting another drink as soon as you finish your last one. And, setting a drink budget can make you slow down while drinking, giving you time to sit, stand and/or dance.

One easy way to set and follow a budget for the bar is to bring a small amount of cash so you're less likely to mindlessly tap your credit card over and over again. That said, you should bring your credit card or a second piece of ID with you since BC requires two pieces to buy alcohol.

Because the legal drinking age in BC is 19, many first-year students who've just graduated from high school are not able to go to the bar, thus the budget trick isn't really useful. It's hard to monitor how much you're drinking when your brother bought you an entire mickey of Alberta Pure, which you keep drinking and drinking just so it'll taste better. However, there are advantages to drinking under the radar. For example, if you've got this mickey of vodka at home and you're heading to a house party, you can measure out the amount you'll want to drink throughout the night and put it into a separate container that you can bring with you. This will encourage you to get only as drunk as you'd planned to when you were sober.

Both of these tactics of setting healthy limits for yourself when drinking could easily be pushed aside once you're out at the bar or out at that house party. Of course, someone else could give you a beer at the party or you could start tapping your credit card at the bar. Nevertheless, setting intentions before you start drinking so you have something to return to while you're drinking can be useful.

It's also always good to remember that you can go to the bar again, or that there will always be another house party. If you set yourself a limit that doesn't work for you, ride out the night and adjust next time.

Again, drinking consciously is about knowing yourself, looking out for your tomorrow morning self and thinking when you drink.

USING DRUGS SAFELY

University opens up opportunities for learning and growth. This can mean learning what you want to do with your life or whether your favourite colour is really red or blue. But what does learning and growth mean when it comes to using drugs and illicit substances safely?

Experimenting with different substances is seen as a rite of passage for a lot of university students. But experimenting is only fun when you're doing so safely.

If you are planning on engaging with illicit substances, like heroin, ecstacy and cocaine, that could be laced with fentanyl, it's important to know your limits, to test your substances and to know how to prevent an overdose.

KNOWING YOUR LIMITS

If you're engaging with illicit substances for the first time, it is difficult to know your limits. As a rule of thumb, start with a small quantity.

If your substance could be laced with, or is known to be laced with (see the next section on testing), with fentanyl — a synthetic opioid around 50 times stronger than heroin — large quantities can lead to an overdose faster than other substances. If you're not sure if your substance contains fentanyl, you can test it.

TESTING YOUR SUBSTANCES

You can test your substances many different ways. An easy way to test substances is through fentanyl test strips. Free test strips can be found at the AMS Sexual Assault Support Centre (SASC), the AMS Resource Groups Lobby on the second floor of the Nest on their respective resource tables and at the UBC Wellness Centre front desk in the Life Building.

You can also find test strips at supervised consumption sites across the Lower Mainland. The closest site to campus is the Insite supervised consumption site at 139 E Hastings St. Clean injection equipment, spectrometer drug checking, injection booths and professional medical staff are on site. Drugs can also be tested anonymously online at *getyourdrugstested.com*.

It's important to remember that fentanyl test strips cannot detect all types of fentanyl, like carfentanil, so even if the test strip comes back negative, you should never use substances alone and have naloxone on hand in case of an overdose.

WHAT IS NALOXONE?

Naloxone, sold as NarCan, is a substance that can reverse the effects of an overdose when injected into a muscle in the body, typically the arm or thigh (think EpiPen). Medical attention is still needed after naloxone is administered.

Naloxone kits can be found on campus through Student Health Services, the commons-block of every student residence, at the SASC and at Shoppers Drug Mart. You can also pick them up from pharmacies across the Lower Mainland.

As of January 31, 2023, possessing 2.5mg of an illicit substance is decriminalized under BC law but, the use, distribution and possession of illicit substances on campus still goes against UBC's Student Code of Conduct.

If you are in possession of illicit substances and call 911 if someone overdoses, the Good Samaritan Drug Overdose Act provides you with protection for charges for possession of a controlled substance because you called for help.

WEED AND WHERE TO GET IT

Whether you're an experienced stoner or a first-timer, you'll need the know-how on how to get weed on campus. The recreational use of cannabis (AKA weed) was legalized across Canada in 2018 and is widely available for consumption.

Weed comes in two main strains: sativa and indica. Indica, whether smoked as a joint or eaten as an edible, is good if you're looking for a 'full-body' high effect that can relax and reduce insomnia in some people. Sativa is often described as more of an energetic 'head high' and may reduce anxiety or stress. Whichever one you prefer will ultimately be up to you!

BC has some of the best quality cannabis in the whole world. All BC weed sold through licensed dealers is grown right on BC farms, so you are directly supporting local BC farmers when purchasing weed locally! If you want to buy weed in person, Trinity Tree Cannabis on 10th Ave is close to campus.

You can search for the closest cannabis stores to you on *weedmaps.com* and input your city or location. Note that buying weed from dispensaries will ensure that you get the best quality cannabis and that your substance is safe.

If you're looking for home delivery, you can order weed online and have the product delivered straight to your post office. To order, you can check out *bccannabisstores.com* and look through the variety of selections they've got and choose your favourite product to be delivered to you.

You must be 19 or older to purchase any cannabis products in BC and should only buy from licensed dealers.

ADVERTISEMENT

EVERGREEN
—CANNABIS—

STUDENT SUNDAYS [19+]

Vancouver's **First** Retail Cannabis Store™

"Take the #4 door to door!"

Open every day from 9AM to 11PM

2868 4th Ave. W (604)-900-1714 WWW.ECSVAN.CA

Evergreen Cannabis is a private retailer of legal, non medical cannabis. You must be 19 years of age or older to purchase cannabis. ID is checked on premises.

SEXUAL HEALTH 101

Although we're all at university to learn and get our degrees, the classroom is only one part of the university educational experience. Learning how to build healthy relationships, communicate desires and boundaries and have the kind of sex life you want to have (whether that's with a long-term committed partner, with a couple casual hookups, purely solo or none at all) can be a useful arsenal of knowledge to develop.

COMMUNICATION

A healthy relationship requires everyone being on the same page about what each person needs from the other to feel safe and supported. First, it helps to clearly articulate to yourself what you're looking for from your sex life and your relationships. Practice defining what boundaries you won't cross, and saying no confidently.

Consent is also vital for healthy relationships and safe sex — see the next page for more information about consent.

SAFETY FIRST

With most forms of sexual activity and romantic intimacy comes risk, whether that be the pain of heartbreak or of herpes. That doesn't mean you should abstain (unless you want to). It means that you should have an open and destigmatizing dialogue with your partner(s) about sexual and emotional health to keep you and them as safe and as satisfied as possible. There are resources at UBC to help.

UBC students can find contraceptives and safe sex supplies outside the Wellness Centre in the Life Building. There's also a store inside that sells lubricants, internal and external condoms, pregnancy tests, sex toys and more at cost (for relatively cheap).

There's also no shame in getting a sexually-transmitted infection (STI) — 75 per cent of sexually-active adults will contract Human Papilloma Virus (HPV) in their lifetimes — but there is shame in not getting tested and failing to be transparent about your status. UBC's Student Health Service offers free and confidential testing, and there are other testing sites throughout the Vancouver area if you'd rather get off campus.

RESOURCES IN VANCOUVER

Bookstores, sex toy stores and virtual support groups in Vancouver are great places to explore what you like. Little Sister's and The Art of Loving are small businesses which focus on diverse sex positivity education. Little Sister's is a "bookstore and art emporium" with a broad selection of Queer-friendly books, as well as a large selection of sex toys for all gender identities and orientations.

The Art of Loving sells a variety of toys and erotica. Its staff are trained on sex-positivity, and can offer informed recommendations for newbies. Pre-COVID-19, the store hosted educational seminars on topics from kissing to anal. Although workshops are on hold, the website includes product reviews and expert tips.

Nonprofit Qmunity hosts a variety of support groups, including spaces for Queer, Trans, autistic, asexual and nonmonogamous people to discuss their experiences, as well as a group reserved for IBPOC.

BC residents can also anonymously ask sexual health and wellness questions through the Sex Sense line: a "free, pro-choice, sex-positive, and confidential" service staffed by experts.

University is a great place to explore sex and relationships! Just don't put too much pressure on it, listen to yourself and others and keep it safe, sane and consensual.

CONSENT

There's a lot to be excited about as a first-year student at UBC: the beautiful campus, inspiring professors and an 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 the 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 is false. If a person wears revealing clothing, is flirtatious or is known to have had many sexual partners, that doesn't mean they are always down to have sex. Additionally, the idea that masculine-presenting people are hypersexual, 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, you have to be careful. There's no magic number of drinks that determines when a person is too intoxicated to have sex, so you need to be incredibly conscious of you partners 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.

ADVERTISEMENT

Campus Dentists

ACCEPTING NEW PATIENTS!

STUDENT DENTAL PLANS WELCOME

LOCATED UPSTAIRS (UNIT 4)

- REFERRAL BONUSES
- DIRECT BILLING
- EVENING APPOINTMENTS
- OPEN SATURDAYS

universitydentist.ca (604) 559-5781

VANCOUVER NIGHTLIFE

Are you 19+? Going out in Vancouver to explore the nightlife is a guaranteed fun night. Here are some of the top spots in the city to hit up on your night out.

ON CAMPUS

The Pit: Looking to party into the night, but don't want to stray too far from home? The Pit is UBC's one and only nightclub. Open every Wednesday evening for Pit Nights, this campus staple is the go-to for student partying and live music.

Koerner's Pub: UBC's best known bar, Koerner's, is where many students grab a drink after class with their friends. A social hotspot on campus, this bar is known for its good food, weekly trivia nights and student-run drag shows and craft beer.

The Gallery: Located on the fourth floor of the Nest, The Gallery is an AMS-owned lounge equipped with a full bar. There are often many types of events here throughout the year, like open mics and special drink nights.

OFF CAMPUS

For cheap beer: Check out The Fringe! This less glamorous, smaller bar also often has stand-up, improv and live music.

For a nice patio: Grab a friend and check out the rooftop patio at Darby's Pub! It has a great selection of drinks and is still relatively close to campus.

For food deals: Hit up the local landmark, Elwoods! They offer $10 specials for half-rack ribs on Saturday and steak on Sunday.

Granville Street clubs: For a fun night just a bus ride away, join the party on Granville Street. Clubs like Aura Nightclub, Cabana Lounge, Studio Lounge and Nightclub and The Roxy Cabaret are great places to bring a group of friends to dance the night away. If you walk a bit further up Granville and walk one block over to Seymour Street, you'll find Levels Nightclub, which is another fun club with music and dancing.

Davie Street clubs: Davie Street, located on the edge of the Downtown core, is the 2SLGBTQIA+ epicentre of Vancouver. Home to Numbers Cabaret, The Junction, Celebrities Nightclub and 1181, Davie Street is the place to go for all things drag, (pricier) drinks and dancing. To get here from campus, take the 4 bus to Granville and Drake.

WANNA SEE A SHOW TONIGHT?

Finding cheap tickets to go to an event is really the only way students on a budget can afford it. By now, you've probably seen the Gametime app ad on TikTok, but trust us when we say that if you look for tickets the day of, you'll for sure snag a good deal.

Other options like VividSeats, SeatGeek or even TicketMaster offer some good deals as well. If you want to guarantee yourself a ticket to a show, buy tickets ahead of time. But if you think you can wait it out to score a deal, definitely keep your eye out on these apps.

ADVERTISEMENT

Student Rights/Clubs
Health & Dental Plan
Student First / Events
Advocacy / Pit Night
Affordability / U-Pass
Student Services AMS
ams.ubc.ca

ams
EST. 1915

THE UBYSSEY

THE UBYSSEY

SINCE 1918

ADVERTISEMENT

Have a Great Winter Term @ UBC!

We Look Forward to Serving You.

Shops @ The Nest
/6133 University Blvd

WIRELESSWAVE

THIRSTYYY

RBC on campus

SeoulHotdog

Grocery Checkout Fresh Market

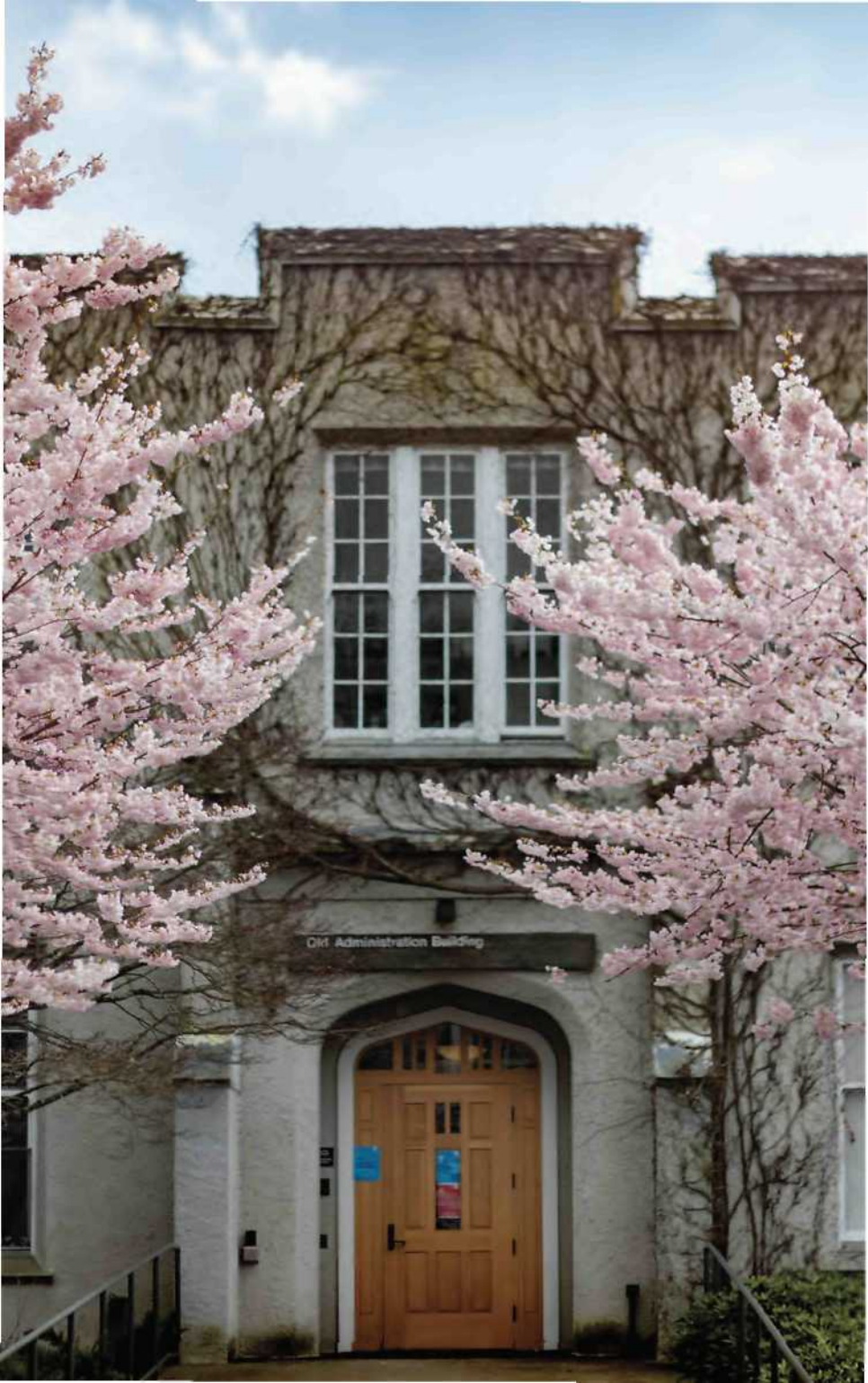
the Delly
Feeding Campus Life Since 1978

THE SOUP MARKET
GRANVILLE ISLAND
SINCE 1988

INS MARKET

SHAPECUT

UBC


Old Administration Building

ADVERTISEMENT

FRESH MADE DOUGH

RUSTIC & TRADITIONAL INGREDIENTS

COOKED TO PERFECTION

SESAME SEEDS

The taste you can enjoy everyday

Uncle FATIH'S pizza

6045 University BLVD
Vancouver, BC V6T 1Z4

We Deliver! Online Ordering available at unclefatih.com

ADVERTISEMENT

GOLD'S GYM

You're invited to try Gold's Gym UMP for Free!

Scan QR or bring in this page for a

FREE 1 Day Pass + an extra 70% OFF enrollment

when you join Gold's Gym University Marketplace

- 12,000+ SQFT Facility
- Full Strength & Cardio Area
- Circuit Training Annex
- Power Lifting Equipment
- Olympic Lifting Platform
- GGBC Thor's Hammer
- Hip-Thrust Platform
- Personal Training
- Free Underground Parking

Gold's Gym UMP
2155 Allison Rd,
604-224-4699

Goldsgymbc.ca

Club Hours
Mon-Thur 6am-10:30pm
Friday 6am-9:30pm
Sat-Sun 8am-8pm

SOME RESTRICTIONS APPLY