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Introduction

GSS President’s Welcome

Congratulations and welcome to one of the world’s top universities for graduate education, Your University of British Columbia!

Over the next few years take advantage of the numerous opportunities and experiences to help you further develop your skill set, capabilities, and personal network at UBC. While graduate school can be overwhelming at times, try to remember that your school experience is about more than just your thesis and course work. Graduate studies is a great opportunity to try new things, meet new people and learn valuable lessons. In a lot of ways graduate school is an opportunity to master your expertise and understand what is right for you.

The Graduate Student Society (GSS) is one of the best ways to get involved at UBC. As the independent voice of graduate students, the GSS’ elected student leaders, staff, and volunteers strive to enhance your experience with post-secondary graduate education by advocating for graduate students both provincially and federally, promoting graduate student representation at all levels of decision making at UBC, and fostering the university’s graduate student community.

Should you be interested in creating a social network, funds or bookable space for your graduate student event, government and university lobbying, career development training, or advocacy support for conflict resolution between students, professors, or UBC administration; your GSS does all of it.

Check us out at gss.ubc.ca or e-mail info@gss.ubc.ca. For me, getting involved with the graduate student community has made a huge difference in my UBC experience; I should have done it even earlier. I highly encourage you to become an active member of the Society. Whether you feel like socializing or are unsure who to turn to with a problem, remember, we are YOUR Society.

So tell us - what can your GSS do for you?

Colúm Connolly
President, Graduate Student Society
Editor’s Note

Compiling a graduate student handbook for new students is a little bit like traveling through time. Or at the very least a strange memory exercise. How did I feel all those years ago when I first arrived in Vancouver? What kind of problems did I run into and how could they have been prevented if I had just had that little extra piece of information available?

Some things are obvious: How do I find a place to live? Who can help me best when I’m running into trouble? Where is the good food (and where is it cheapest)? I highly doubt that we managed to answer every single question you may have during your first crucial days, weeks, and months. However, I surely hope that this handbook helps you realize that in the GSS you have a rich source of information at your fingertips.

*Tuum est* - "It is yours/It is up to you". But that doesn’t mean you have to walk your way alone. It rather means: use the resources available to you; the GSS for one is happy to help you. And if we don’t know what to do, we can point you in the direction of someone who does.

Enjoy your time at UBC and in Vancouver, you have chosen a great school and a wonderful city.
All Things GSS

The Graduate Student Society (GSS) is the independent voice of graduate students on the UBC Vancouver campus. The purpose of the Society is to promote post-secondary graduate education, to promote the principles and practices of graduate student representation at all levels of decision making at UBC, and to promote and foster the graduate student community at UBC-V. While the GSS offers many benefits to its students, its three largest departments are GSS Advocacy, GSS Student Community, and the GSS Thea Koerner House.

Your GSS, a Voice for Grads

The GSS Advocacy department is made up of two major branches: the GSS Advocacy office and the Vice-President Academic and External Affairs office. Through our Advocacy Coordinators, the GSS Advocacy office provides confidential assistance to graduate students experiencing difficulties with the university and ensures their concerns are heard and that they are treated fairly. The office also provides students with information about their rights and responsibilities and works with students to help resolve their disputes.

The Advocacy office deals with such matters as academic and non-academic misconduct, senate appeals, grade appeals, unfair treatment regarding academic matters, complaints about a non-academic unit, AMS or GSS, human rights related complaints, help with emergency funding, academic-leave applications, academic accommodations, and student guidance.

The GSS advocates on behalf of graduate students by raising any major concerns or issues on university and government decisions that affect students. At the university level, through the creation of reports and position papers followed by departmental lobbying, the GSS is able to ensure student voices are heard and that UBC is continuing to advance graduate student education. At the governmental level, actions with groups like the Canadian Alliance of Student Associations, GU15, and the Alliance of British Columbia Students allow the GSS to advocate on issues important to post-secondary education.

For inquiries into GSS Advocacy please contact info@gss.ubc.ca.
Your GSS Student Community

The GSS strives to foster a graduate student community by hosting various social activities throughout the year. The department activities include:

**GSS Day Trips:** During the summer and winter months, the GSS holds day trips to provide opportunities for students to get off campus, be active, and explore the beautiful BC outdoors. Every month between May and August, the GSS holds at least one hiking trip to places like Deep Cove, Bowen Island, Lighthouse Park, and Lynn Canyon. During the ski and snowboard season, the GSS hosts numerous ski trips to the Cypress, Grouse, and Whistler mountains. All trips include transportation, meals, admission costs, and equipment rentals (if needed) and are run at substantially reduced prices for students.

**GSS Orientation:** Each September and January, the GSS and G+PS (UBC Graduate and Postdoctoral Studies) run a joint week-long Orientation for all incoming graduate students. Orientation provides students with the opportunity to connect with other graduate students as well as learn some of the ins-and-outs of graduate school and life at UBC and in Vancouver.

**GSS Sports Leagues:** During the summer, the GSS organises a softball and soccer sports league. Games run on Friday nights from the end of May to the beginning
of August and are run at reduced costs for students.

**GSS Classes:** The GSS holds various social, language, and recreational classes for students. Current classes include Beginner Spanish, Intermediate Spanish, Beginner French, Intermediate French, Beginner Mandarin, Beginner Painting, Zumba Dance, and Yoga. Classes are typically held in the late afternoon or early evening, run anywhere from 7-10 weeks, and are run at-cost for students.

**Other Featured Events:** The Services department also plans on setting up a series of campus-wide events with distinctive features which aim at strengthening family value and harmony, as well as developing globalised perspectives and a better understanding of individuals with different backgrounds.

The GSS also offers financial support for events run by graduate student organizations.

If you have any questions about GSS Student Community please contact Min Xia (vpservices@gss.ubc.ca).

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**GSS Thea Koerner House**

The Thea Koerner House, also known as the Graduate Student Centre, has been the home of the GSS and all graduate students since it was donated to us by Leon Koerner. The building is one of the major hubs for the graduate student community at UBC-V.
Booking the space

Provided that 50% or more of the attendees are graduate student members of the GSS, the rental fee is waived and renters are only charged at-cost for the set-up and clean-up labour. Our bookings staff is able to help with Special Occasions Licences, custom room set-ups, or with obtaining special items needed for the event. The GSS also offers equipment that can be used for free or at-cost for all graduate student events. Regardless of what type of event you wish to hold, projectors, microphones, podiums, tables, linens, and sound systems are available through the GSS.

Working closely with Access and Diversity of UBC the GSS is accessible to everybody, elevators, braille, color coding and well lit hallways ensure that the building is easy to navigate. Moving into 2014-15 we are conducting additional research into access and diversity to make sure the building keeps up to the standards of our community.

For booking inquires at the Thea Koerner House, please contact Shannon Blakely at bookings@gss.ubc.ca.

Ballroom

A space used by UBC Ceremonies for graduation celebrations in years past, this room is able to accommodate around 300 people.
Built-in sound equipment and in wall lighting with dimmers makes this space comfortable and flexible. Further features include a polished wooden floor, washrooms, full bar, catering area, clothes racks, dimming lighting, in-wall lighting, easy access to the outside. It is the perfect choice for any conference.

**Thea’s Lounge**

A beautiful space able to hold about 150 people, this room was originally designed as the founders personal lounge.

Built in 1959 the room was to be named after the co-founder, Thea Koerner. This room has been renovated with heritage in mind. It meets the highest of standards while providing a glimpse into the personal life of two outstanding individuals. Features include polished wooden flooring, washrooms, spectacular north facing views, floor to ceiling windows, dimming lights, as well as a full bar and kitchen.

**Leon’s Lounge and Study Room**

Named after Dr. Koerner, Leon’s Lounge is able to accommodate smaller groups of 20-30 people. It is closely joined to Thea’s Lounge. This room is frequently used for
Thesis defence’s for students and it is a big part of the graduate student life.

Originally intended as a guest bedroom, the study room is located on the penthouse
level. It is a perfect venue for small private meetings or as an area of rest. This room
has access to the balcony as well as its own washroom.

**Penthouse**

An elegant space with capacity for up to 100 people, this room was the living space of
Leon Koerner, the Doctor who founded the building and gave over $7 million to UBC
in the 1950s. The room’s features include a bar, polished wooden flooring, a fireplace,
washrooms, 360° balcony, spectacular views of the Pacific Ocean and much more.

**Graduate Student Representation**

The GSS Council is the place where fantastic decisions are made; like the decision to
reopen Koerner’s Pub in a sustainable way, or the decision to help fund your special
event or student-organised conference. Meetings are held monthly, usually on the
third Thursday of the month, in the Ballroom of the Graduate Student Centre. Each
department or graduate program is entitled to representation on Council. Does your
department have a representative? If not, we can help your department hold elections to get your voice heard.

In addition there are several committees for students who want to get involved. Contact president@gss.ubc.ca for further information about running for an office or volunteer opportunities in and around the GSS.

**What can WE do for YOU?**

At the end of the day, it is the job of the GSS and its Executives to serve graduate students. With over 10,000 students in a variety of different programs, it is hard for the GSS to know what the important issues are for all of its constituents. As the major voice of graduate students at UBC-V, the GSS has regular meetings with UBC’s administration and at least one representative position on almost all UBC committees whose decisions and actions affect graduate students. We are more than happy to bring forward any concerns or issues facing our constituents.
Hello to both new and returning UBC graduate students!

My name is Colúm Connolly and I am honoured to serve as your 2014/15 GSS President. Having finished 5 years of my PhD in the Medical Genetics program and an undergraduate degree in Ireland, I have had the opportunity of coming in fresh to the UBC community and seizing the vast opportunities on this campus. I also understand the challenges we students face. Generally speaking, the GSS President is charged with three main roles.

As the public face of the Society, the GSS President speaks on behalf of the GSS. Secondly, I am accountable for the execution of GSS Council’s decisions. Moreover the GSS President is responsible for the performance of the GSS Executive as a whole.

Over the past three years, the GSS has transformed itself into an organisation that can better serve graduate students. We are striving to make large changes to impact the lives of all our members. Myself, my team, staff and student volunteers have been working hard to achieve this and are proud of what has been accomplished so far, however, there is still much work to be done.

Throughout my term I will be focusing on several major goals. I want to increase graduate student engagement and input into core GSS decision making. It is important to ensure a stable, efficient and accountable GSS for the future benefit of all grads. This way we can guarantee that the graduate student voice is heard at all levels of university decision making.

My door is always open to any student or student groups who would like to discuss matters pertaining to graduate students. Your GSS is your opportunity for more information, please contact me at president@gss.ubc.ca
My name is Kevin Mehr, and I have the honour of serving as your current VP Administration for the 2014-2015 year. I am a 5th year PhD student in the Genome Science and Technology (GSAT) program. My job is to manage the Graduate Student Centre and its staff to ensure the best service possible for graduate students. We have been gifted a beautiful building and space by the late Leon Koerner, specifically for graduate student use. The GSS holds events here for graduate students throughout the year, and allows graduate student groups to book the space for their own functions. I encourage you to get involved with graduate student organisations on campus and utilize this beautiful space that we have been given.

There will be more staff this year at the Graduate Student Society to serve you in all your needs. We can help you with creating and hosting events, or advocate on your behalf during challenging times. I encourage you to stop by our offices to learn more about the support that we can provide you during your studies. In addition take the opportunity to explore our bookable spaces and to familiarise yourself with your Graduate Student Centre. Our building also hosts a pub in the basement (Koerner’s Pub) and an organic cafe upstairs (Seedlings). I hope to see you around, and if you have any questions please contact me at vpadmin@gss.ubc.ca.
Hello, my name is Min Xia. I am a PhD candidate in the Department of Mechanical Engineering. I am honoured to serve as your Vice-President Services. The Services department of the GSS can be seen as the front line for providing diversified services to UBC graduate students because of its direct, face-to-face communication and interaction with them. We offer varieties of events throughout the year such as sports leagues, trips, classes, social events and Orientation.

The 2014/15 Services department is committed to improving events planning and promoting GSS events to a broader audience. We plan to do this by increasing student involvement via better student outreach and increased communication to various graduate student groups on and off campus. The goal is to enhance the Society’s reputation by enabling it to better serve all graduate students. By facilitating greater collaboration between the GSS and other organisations (both student based and non-student based), the GSS will play an increasingly important role in graduate student life at UBC.

If you have any comments or suggestions for our events, I am more than happy to hear from you. Please contact me at vpservice@gss.ubc.ca.
Hello, my name is Daniel Wood and I am honoured to be serving as the VP Academic and External Affairs of the GSS this year. My background is in Political Science and Economics and I am currently enrolled in my second year of the Asia Pacific Policy Studies MA program. I have had the opportunity to be heavily involved in student politics and I currently act as the President of my student association, the Vice-chair to the Alliance of British Columbia students and sit on both the AMS and UBC Occupational Health and Safety committees in addition to my executive role.

Generally speaking, the VP Academic and External Affairs is tasked with representing graduate students’ best interests by advocating on their behalf and raising any concerns on decisions that may affect them. My department is currently moving towards a platform of research-based advocacy with a larger emphasis on external lobbying than has ever been achieved in the past. This means we should be able to provide government and UBC administrators with the maximum amount of material targeting specific graduate student related problems and solutions. In turn, this will lead to meaningful lobbying within federal and provincial lobbying organizations, CASA and the ABCS.

My major goals for this year also reflect on these ideas. I want to increase the outreach of the GSS to get graduate students more involved in campaigns, strive to lobbying efforts that benefit a large amount of graduate students, and ensure that the direction of the society is in the best interests of its membership.

My door is always open and I look forward to meeting new people and hearing their viewpoints on graduate student affairs. For more information, please contact me at vpexternal@gss.ubc.ca.
Hello, my name is Tobias (toːbiːz) and I currently have the pleasure of serving as Vice-President Finance of the GSS. As such, I take care of the day-to-day financial business of the Society, oversee the budget, and administrate the GSS Event Fund.

This year already brought some interesting changes. By reforming our GSS Event Fund we hope to support even more graduate student initiatives on and off campus. If you and your student organisation want to know more about how to access this fund please email me at vpfinance@gss.ubc.ca.

This is my second term on the GSS Executive and I could not be more pleased with my decision to get involved. It has given me the opportunity to work with numerous interesting people from a variety of backgrounds in a wide range of different positions. I am allowed to "take a peek behind the curtain" of post secondary education at UBC and get a chance to do a little part to make this experience more pleasant for you and future students.

The Graduate Student Society is a great opportunity to socialise and exchange experiences with other students outside of your own research field and occasionally the change of perspective will lead to unexpected revelations.
September Checklist

There is a great deal of preparation required in September before you settle into the rhythm of your classes and research. This checklist addresses some of the major administrative tasks you should pay attention to. Use it to help you get organised.

☐ 1. ENSURE YOU HAVE A CWL

Your CWL allows you to access your library account, email, course registration, tuition payment, on-campus internet access, and more.
www.cwl.ubc.ca

☐ 2. GET YOUR STUDENT CARD AND U-PASS

Get your student card and U-Pass at the UBC Bookstore. You’ll need your student number and have government-issued photo identification.
www.ubccard.ubc.ca
www.upass.ubc.ca

☐ 3. REGISTER FOR CLASSES

Go onto your Student Service Centre (SSC) account to find out when you can register for classes.
www.students.ubc.ca

☐ 4. PAY YOUR TUITION

Pay online at the through the SSC, by phone, mail, or in-person at Brock Hall.
www.students.ubc.ca

☐ 5. MEET YOUR GRADUATE PROGRAM ADMINISTRATOR

The Graduate Program Administrator of your department is there to help you. Ask them to add you to the departmental mailing list to stay connected.

☐ 6. MAKE SURE YOU HAVE HEALTH INSURANCE

Everyone is required to have B.C. Medical Service Plan (MSP). If you are an international student, also make sure to check out what health insurance services you have access to as a UBC student.
www.health.gov.bc.ca/msp
www.students.ubc.ca/international

Learn more about insurance in the Health Care section on page 19

☐ 7. VISIT THE GSS
Important Resources on Campus

The following pages contain information about several groups and organisations on campus that will be useful sources of information and support during your time at UBC.

UBC Graduate and Postdoctoral Studies (G+PS)

Graduate Student Centre
170-6371 Crescent Road
www.grad.ubc.ca

UBC Graduate and Postdoctoral Studies (G+PS) is home to over 10,000 master’s and doctoral students in over 250 graduate programs, as well as 800 postdoctoral fellows. Graduate and Postdoctoral Studies strives to create a rich academic and cultural environment for every grad student and postdoctoral fellow at UBC.

The G+PS website has a great deal of information about finances and awards, student deadlines, supervisors, preparing and submitting your thesis, doctoral exams, and more.

G+PS runs the Graduate Pathways to Success Program (GPS). These workshops are offered at no charge and are designed to support and educate graduate students in areas that may not be covered within their individual graduate program. Workshop areas include: Graduate Student Success, Professional Effectiveness, Self-Management, Career Building, and Constructive Leadership. They are designed to support students during graduate school and prepare them for life and career opportunities after graduation. When workshops are announced, e-mails are sent out to Graduate Program Administrators, who will pass them on to you. Keep an eye on your in-box as registration fills up fast.

Check out Current Students/Newly Admitted on grad.ubc.ca for other helpful info. A calendar of events is also available at www.grad.ubc.ca.

To keep up with what’s going on and to find some useful information, you may also want to frequently read through the UBC Graduate Student Forum online (forum.grad.ubc.ca), available to newly admitted graduate students.

Following our social media feeds is also a great way to keep up on G+PS, other workshop offerings, announcements and events.
AMS/GSS Health & Dental Plan is extended health and dental coverage administered by Pacific Blue Cross and designed specifically for students to cover expenses not covered by basic health-care plans. More detailed information about the Plan is available on the website or by calling 1-877-795-4421.

Who is covered? All AMS and GSS members who pay AMS fees for the Health & Dental Plan are automatically enrolled, including full-time and part-time students, international students, and those auditing a course. To verify if you are enrolled in the Health & Dental Plan, check your fee statement and look for the "AMS med/dent fee" line item. You can do this online through the SSC.

What is covered and how much does it cost? The Plan includes benefits for prescription drugs, health practitioners, dental care, vision care, travel coverage, and more. The policy year is from Sept. 1, 2014 to Aug. 31, 2015. Students beginning in Jan. 2015 will be assessed a pro-rated fee for coverage from Jan. 1 to Aug. 31, 2015.

- Coverage from Jan. 1, 2015 - Aug. 31, 2015: $146.21 (New Winter Term 2 students only)

What if I already have coverage? Should you be covered by another extended plan (i.e. parent or spouse’s employee plan), you can combine both plans to maximize your overall coverage and reduce or eliminate out-of-pocket expenses. You may also choose to opt out of the AMS/GSS Plan. All students who choose opt out must do so within the Change-of-Coverage Period (see below) or within three weeks of your registration date, whichever is later. Visit www.ihaveaplan.ca and follow the on-screen instructions for opting out.

Can I enrol my spouse or dependants? Students have the option of enrolling their spouse/dependants by completing an enrolment process and paying an additional fee. Common law and same-sex couples are eligible. Visit www.ihaveaplan.ca and follow the on-screen instructions for enrolments.

Change-of-Coverage Period Students can opt out or enrol their family during the following periods only:
• For students starting in September: Sept. 2 - 23, 2013
• For students starting in January: Jan. 5 - 26, 2014

Please note that if you graduate in Term 1 and do not return to UBC in Term 2, you will remain covered by the Plan until August 31, 2015. If you have any questions, please see www.ihaveaplan.ca.

**Blackout Period** Claims processing is delayed while the Plan waits for complete enrolment lists after opt outs and enrolments have been processed. Returning eligible students who were covered in 2014’s Winter Term 2 will not experience a Blackout Period in Winter Term 1. All other students will have a Blackout Period during the first two months of Winter Term 1. Only new Winter Term 2 students will experience a Blackout Period in 2014’s Winter Term 2.

Claims can be dropped off at the Health & Dental Plan Office, but they will not be processed until the Blackout Period ends. You may also hold your claims until this time. Remember, claims are your responsibility until received by Pacific Blue Cross.

**B.C. Medical Services Plan (MSP)**

In order to claim health benefits under the AMS/GSS Health & Dental Plan, you must be covered by the B.C. Medical Services Plan (MSP), or have other equivalent basic coverage such as other provincial health care or private basic health insurance. MSP is public health insurance and anyone residing in B.C. for longer than six months is required by law to enrol in it. Learn more here: www.health.gov.bc.ca/msp.

**Mandatory Health Insurance for new International Students (iMED)**

iMED is the mandatory basic health insurance program the University provides for new international students. All new international students are automatically enrolled in the iMED plan which provides coverage for the three-month waiting period for MSP or for the entire length of a one-term exchange. Medical benefits include emergency hospitalization and medical services for an unexpected sickness or injury. Once you register for your first class, a fee of $150 (for all students except one-term exchange students, for whom the fee is $213) will appear on your student account and your card will be sent to you via email. Print it and keep it with you at all times.

For more details about the iMED policy, please visit the iMED web site at www.david-cummings.com/imed.
Student Health Services (SHS)

UBC Hospital
2211 Westbrook Mall
www.students.ubc.ca/health

Located on the main floor down the hall from UBC Hospital’s Emergency Room, Student Health Services is a comprehensive, walk-in medical clinic, providing high-quality care for registered UBC students. All students are eligible to use SHS as their family physician while at UBC. They offer full primary care, meaning assessment and treatment of all acute and chronic conditions as well as preventive care such as pap smears, contraception and STD screening. If you require specialist care they offer timely referrals.

Dentistry

Not all your dental work is covered by the AMS/GSS Health & Dental Plan so it pays to look for dentists who also offer student discounts. You can get a list from the Health & Dental Plan office in the SUB, or search by neighbourhood at www.ihaveaplan.ca.

The UBC Dentistry Department offers dental services at 70% of the rate of an average dentist. Dentistry students under the strict supervision of faculty provide quality treatment, but please note that there is usually a waiting list for general dentistry work.
Connect With Your
AMS/GSS Health & Dental Plan

YOUR BENEFITS FOR 2014/2015

- Health-Care Coverage
  MORE THAN $10,000
  prescription drugs, psychologists,
  chiropractors, physiotherapists,
  ambulance, vaccinations, and more...

- Dental Coverage
  UP TO $750
  cleanings, checkups, fillings,
  root canals, gum treatments,
  extractions, and more...

- Vision Coverage
  UP TO $200
  eye exam, eyeglasses
  and contact lenses,
  laser eye surgery

- Travel Coverage
  UP TO $5,000,000
  travel health coverage for 120
  days per trip, up to $5,000,000,
  trip cancellation and interruption in
  the event of a medical emergency

Find a health practitioner at
www.ihaveaplan.ca.

Studentcare
Health-Care
Networks

Get even more coverage by visiting
members of the Dental, Vision,
Physiotherapy, Chiropractic, and
Massage Therapy Networks.

Why a Health & Dental Plan?
The Plan is a critical service of the AMS and GSS designed to fill the gaps in provincial health care. As a student at UBC and a member of the Graduate Student Society, you're covered by the AMS/GSS Health & Dental Plan. The cost of the Plan is part of your student fees.

Covered by Another Plan? Weigh the Costs and Benefits
Being enrolled as a dependant in a parent or spouse’s employee benefit plan usually requires your family member to pay additional costs to have you covered. The AMS/GSS Plan may provide better value. You can also combine it with your other plan to maximize your overall coverage—up to 100%—and eliminate out-of-pocket costs.
Alternatively, you can opt out of the AMS/GSS Health & Dental Plan by providing proof of equivalent health and dental coverage.

Change-of-Coverage Dates
All enrolments and opt outs must be completed between Sept. 2 - 23, 2014. Only new Term 2 students can opt out or enrol their spouse/dependants between Jan. 5 - 26, 2015 for coverage from Jan. 1 - Aug. 31, 2015.

Health & Dental Plan Office
Room 42V - SUB Lower Level
Member Services Centre: 9 am to 5 pm
Toll-free: 1 877 795-4421

ihaveaplan.ca
Save Even More Money with the Provider Networks

You're covered for the insured portion of your AMS/GSS Health & Dental Plan regardless of the health practitioner you choose.

By consulting a Network member, you will get additional coverage.

Find a health practitioner at www.ihaveaplan.ca.

**Vision Network**

**Image Optometry**
$75 for select prescription eyeglass models (frames and lenses) and $50 eye exams

**Vancouver Studentcare Vision Network**
Independant specialists offering $75 off select prescription eyeglass models and $60 eye exams

**Up to $200 in Savings for Laser Eye Surgery from LASIK MD**

**Dental Network**

**Get Up to 90% of Your Dental Costs Covered by Visiting a Dental Network Member**

Your Plan covers many dental services such as checkups, cleanings, fillings, and wisdom teeth, for 50-70% of the cost, to a maximum of $750 per policy year. The Dental Network provides an additional 20% in savings, so your total coverage is up to 90% of your dental costs.

**Health Networks**

**Massage Therapy Network**
$30 for a 30-minute treatment and $55 for a 60-minute treatment (plus HST).

**Chiropractic Network**
$35 for an initial assessment and $30 for subsequent visits.

**Physiotherapy Network**
$35 for an initial assessment and for subsequent visits.

**Is This Your Last School Year?**

Discover Continuum, an affordable health, dental, vision, and emergency travel assistance Plan designed for students who are completing their studies. Visit continuumplan.com for deadlines and details on applying without providing proof of good health.
Teaching Assistant Union - CUPE 2278

Gerald McGavin Building
#208 - 2386 East Mall
www.cupe2278.ca

It is highly likely that at some point during your graduate program you will be appointed as a Teaching Assistant (TA). This means you will become an employee of the University and it will automatically enrol you as a member of CUPE 2278, the autonomous and locally operated labour union for TAs on campus.

CUPE 2278 is the sole bargaining agent for TAs at UBC and is responsible for providing members with support in the event of work-related issues, conducting biannual contract re-negotiations, offering annual extended health care fund rebates, and assistance in maternity hardship situations. The Union offers information and guidance, filing grievances when you are treated unfairly at your job, and bargaining for better contracts with your employer as they expire. CUPE 2278 also represents your interests at the Vancouver District Labour Council, the CUPE Universities Committee, at provincial and national CUPE conventions, the University Health and Safety Committee at UBC, and many other committees and relevant interest groups in which members are stakeholders.

It is critical to remember that your work as a TA is completely separate from your work as a graduate student and this separation is protected explicitly in the collective agreement. You cannot be punished academically for a situation arising from a difficult workplace relationship or incident. So, if you feel you are being treated unfairly, asked to do more work than is required by your agreement, work excessive hours, have safety/personal concerns etc., please do not hesitate to contact the Union Administrators so they can make things better. The Union is your sole legal advocate for workplace rights.

Also keep an eye out for the Union Newsletter, emails from the Union Executive about important TA issues and information about general orientations, meet-and-greets, training sessions, social outings and so on. The Union is operated almost exclusively by volunteer graduate students just like you, and its purpose and power depends on your involvement. Feel free to contact them with work-related issues and questions or about getting involved with the Union’s activities and projects at any time. Elections for positions on the Executive usually occur in late September or early October. For more information, please keep an eye on the website and watch for emails with specifics.
You can subscribe to their email listserv by emailing the word "subscribe" to members-request@cupe2278.ca.

A Message from the Union President, Trish Everett:

We are here to make sure that TAs are able to navigate the complicated dual role of being both a UBC student and a UBC employee. If you are having trouble with your TA position, facing academic pressure for a workplace incident, have a health or safety concern about your job, or even need support in being the best TA you can be, we can help. We also wholeheartedly welcome new members to become involved with the many ongoing projects we work on throughout the year. Together, we can make UBC a place we can be proud to be a student and a worker.

International Student Resources

A large percentage of UBC’s graduate student population consists of international students. Regardless of where you come from, you can visit the International House to get support and to learn more about the different international study programs UBC has to offer.
International House

International House
1783 West Mall
www.students.ubc.ca/international

This is an important space where students, staff, faculty, and community members come together to engage in services and programs that promote international and intercultural learning. Here, you’ll find a comfortable environment filled with friendly people that want to listen.

Their services include:

- Go Global International Learning Programs, which offer opportunities for students to study, research or volunteer abroad. For more information, email go.global@ubc.ca.

- International Student Advisors, staff dedicated to helping you with any problems, from filling out insurance forms to help you overcome culture shock. Drop-in hours are Monday to Friday, 1:00-4:00 pm, or email them at international.house@ubc.ca.

International Student Handbook

Have questions as an international student? Someone has already come up with a whole handbook to assist you. Check out this resource online which can help address some of the unique challenges of navigating a new culture and living and studying somewhere unfamiliar. Even the most adventurous students can use assistance. This handbook offers helpful guidance on everything from health insurance to exams to meeting people. Find it at www.students.ubc.ca/international.
Other Student Organisations

Student Union Building (SUB)
6138 SUB Boulevard
www.ams.ubc.ca

The Alma Mater Society is a non-profit organisation that is the central representative of over 50,000 undergraduate and graduate students at UBC Vancouver. All graduate students are members of both the AMS and the GSS. We operate the Student Union Building (SUB), administer over 370 clubs, run 13 businesses and 12 services, host leading DJs and bands, and employ over 360 students. We negotiate your Health & Dental Plan, support the incredibly successful U-Pass program, and are building the most sustainable Student Union Building in Canada.

We invite you to visit our website to learn more about the Society and find out how you can take advantage of all the AMS has to offer.

graspods.bccrc.ca

Established in 2005 and officially incorporated as a Society in 2009, the Graduate Student and Post-Doctoral Fellow Society (GrasPods) represents over 170 graduate students and over 70 postdoctoral fellows working at the BC Cancer Agency and its affiliated research institutes, including the BC Cancer Research Centre, the Deeley Centre, and the Genome Sciences Centre Echelon building. In addition, membership is open to any UBC or SFU graduate student who wishes to join and take part in our activities. GrasPods works to support the research trainees by providing educational, professional development, academic, and social opportunities. The goal is to provide a vibrant and interactive learning community within the BC Cancer Research Centre and foster collaborations with our clinical and industry partners.
blogs.ubc.ca/queergrads/

The Network is the UBC’s queer Graduate Student Association. Our mission is to provide a safe environment, social community, and professional network for queer graduate students at UBC, both while studying and after graduation. We also aim to provide opportunities for academic and professional collaboration among graduate students interested in gender and sexuality studies.

It’s easy to get involved. Attend a social event or administration meeting, join our mailing list to find out about upcoming events, and check our website or Facebook group. Newcomers are always welcome and we’re always looking for new ideas at the committee level. We are an inclusive organisation and welcome people of all genders and sexualities. Our events and meetings are also open to everyone.

Our regular social gatherings, called "First Fridays", are held at 6:00 pm on the first Friday of each month at a local pub. We also have regular admin meetings, and other social events such as game nights and BBQs. Join the mailing list to be the first to know more details!
Graduate Student Life Essentials

Research & Studies

Overwhelmed by all the things you have to do to get your degree? Don’t know where to start? Do not worry! You are not the first to go through this. Lucky for you, there is a way for you to benefit from your predecessors’ sufferings. The UBC Graduate and Postdoctoral Studies (G+PS) has kindly compiled a handbook that gives you a step by step introduction to the process of successfully finishing your program. You can find it on your orientation UBS drive or at www.grad.ubc.ca/printpdf/book/export/html/2655. Moreover, their website is a rich source of information regarding your degree requirements. Check it out here: www.grad.ubc.ca.

Libraries

UBC has over twenty library branches and divisions, including some off-campus. You can order materials held in other locations to be delivered for pick-up, and automatically access all online library resources on-campus, including e-journals and RefWorks.

Talk to a librarian or check out their website to get a feel for how they are organised and to learn about all the resources they offer: www.library.ubc.ca.
Funding

Scholarships

Below are some suggestions and things to think about when applying for scholarships:

• It’s important to keep a close eye on program and departmental deadlines for both internal and external scholarships;
• Attend workshops on applying for funding when possible;
• Competition at UBC is very strong and proper preparation takes time;
• For major scholarships with September deadlines, it’s advisable to start working on applications at least one month in advance;
• Most supervisors are happy to look over drafts to give you the best chance possible of securing funding. Speak to yours about this as soon as you know the deadlines as September is a busy time across campus;
• The same is true for letters of recommendation;
• Ask your supervisor or program administrator about other scholarships opportunities as there may be additional program- or major-specific one out there.

UBC holds an annual Graduate Scholarships Day where experts from G+PS and representatives from grant agencies talk about upcoming deadlines, differing expectations, and the best way to tailor your application for specific scholarships. This event occurs in September and will be advertised beforehand so look out for it.

Other external scholarships become available throughout the year so keep an eye on the GSS emails, forwarded by your Graduate Program Administrator, to see if any are applicable to your studies.

Four Year Fellowships

Four Year Fellowships (4YF) provide stable secure funding of $16,000 plus tuition coverage for selected PhD students. All students admitted to PhD programs, both domestic and international, are automatically considered by their graduate programs for the 4YF.

For more information, please see www.grad.ubc.ca.
Affiliated Fellowships

Affiliated Fellowships are a major internal scholarship system for graduate students at UBC. Scholarships offered are between $175 and $30,000, but most are in the range of $16,000. Competition is open to both domestic and international student and scholarships are awarded on the basis of academic excellence.

For more information, please see www.grad.ubc.ca.

Killam Doctoral Scholarships

Killam Doctoral Scholarships are the most prestigious UBC scholarship available to graduate students at UBC. Each year approximately 30 scholarships are made to top doctoral candidates. Competition is open to both domestic and international students. Students apply through the annual Affiliated Fellowship competition.

For more information, please see www.grad.ubc.ca.

Tri-Council Scholarships

The three national funding agencies, Natural Sciences and Engineering Research Council (NSERC), Canadian Institutes of Health Research (CIHR), and Social Sciences and Humanities Research Council (SSHRC), offer a variety of master’s and doctoral funding opportunities to Canadian citizens and permanent residents. Scholarships applications are typically due in September and pass through an annual university-wide competition with the top candidates being forwarded to the national competitions.

For more information about the application, please see www.grad.ubc.ca.

Vanier Canada Graduate Scholarship

The Vanier Canada Graduate Scholarship was created to attract and retain world-class doctoral students for the purpose of establishing Canada as a global center of excellence in research or higher learning. Both domestic and international students are eligible, but candidates must be nominated by a Canadian university and the scholarship must be held by the student at the University that nominated them. The scholarship offers $50,000 per year for 24 or 36 months, depending on the student’s eligibility.

For more information, please see www.vanier.gc.ca/eng/home-accueil.aspx.
Leon and Thea Koerner Award in Fine and Performing Arts

The Leon and Thea Koerner Foundation offers funding to BC students pursuing studies in the performing and visual arts. Granting between $5,000 to $15,000, applications are accepted in the areas of Cultural and Creative Arts, and Social Services.

For more information, please see www.koernerfoundation.ca.

Student Loans

Canadian citizens and permanent residents enrolled in at least 60% of a full-time course load are eligible for Canadian Government Student Loans. While the application process will differ according your home province, applications should be submitted by June 30th to receive funds in time for the beginning of September.

Students with pre-existing student loans from undergraduate degrees will need to inform their lenders that they are returning to school. For some lenders this will occur automatically, however not for all. It is important to check with your loan provider for the appropriate process.

For more information about the application, please see www.students.ubc.ca.

Bursaries

Canadian citizens, permanent residents, or landed immigrants are eligible for non-repayable UBC awards in the form of bursaries. To be considered you must:

- be receiving government student loans during the same session that you are applying;
- have your enrolment confirmed for your student loans by the bursary office;
- have an assessed financial unmet need; and
- be enrolled in an eligible program.

Deadlines for bursary application are September 15th for the Winter session and June 3rd for the Summer session.

For more information about the application, please see www.students.ubc.ca.
Travel Awards

Conferences are an important way for graduate students to showcase their research, learn about new research in their discipline, and network. G+PS offers a once per degree financial award of up to $500.00 for conference travel.

For more information on travel awards, please see www.grad.ubc.ca.

Emergency Financial Assistance

The University offers financial assistance to students in emergency circumstances such as:

- an exceptional medical situation;
- an illness or death in the family;
- an unexpected change in living situation; or
- other unforeseen circumstances that could not have been planned for.

To apply for such funding, you will need to arrange for an appointment with an Advisor at Enrolment Services in Brock Hall (604-822-5111 or 1-877-272-1422). All situations are kept confidential and considered on an individual basis.

For more information, please see www.students.ubc.ca.

Employment and Opportunities

Many graduate students need to work to cover their expenses and campus-based employment is one of the best options available, as hourly wages are often higher and employers have a good understanding of the student schedule.

Teaching Assistantships (TA)

Most departments have a number of Teaching Assistantships available for graduate students. A full-time TAship involves 12 hours of work per week. The TA Union negotiates competitive pay rates.

Research Assistantships (RA)

Many professors are able to provide research assistantships to support graduate students studying under their direction. Stipends are dependent on the field of study,
the student level, and the research grant from which the assistantship is being funded. RAs are coordinated and administered at the departmental level so ask your supervisor for details.

**CareersOnline**

UBC CareersOnline posts jobs available on campus and off-campus specifically targeted towards students and recent graduates. It also has information regarding opportunities for funding in research studies.

Access to UBC CareersOnline can be found at www.students.ubc.ca/careers.

**Work Learn**

The Work Learn program helps support opportunities for students to develop important workplace skills through various positions on-campus. The program is open to domestic and international students and can pay anywhere from $13 to $30 per hour. Work Learn positions span across all faculties and units within UBC, offering a wide range of professional environments to learn from.

You can access the Work Learn Program at www.students.ubc.ca/careers

**Graduate Student Society**

The GSS provides employment for registered UBC graduate students. Jobs are communicated through email and posted online at the GSS website, so check periodically for new opportunities. You can also contact any member of the GSS Executive to learn more.

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**“Connecting talented grads with awesome jobs”**


Full + Part-time Work • Contract Work • Internships • Consulting • Volunteer

*UBC Start-up • FREE (for grads)"
Housing

Presumably, you have already found housing, but chances are you may move during your program. Here’s some useful information on renting in Vancouver and also some ideas of good places for friends and family to stay when visiting.

On-Campus Housing

There are five apartment-style residences on campus designed to house graduate students: Fairview, Thunderbird, Acadia, Gage Apartments, Ponderosa Commons, and Marine Drive. Applications for these residences can be sent to the UBC Housing Office by mail, fax, or online. Housing placements are given out on a first-come, first-served basis, so ensure that the UBC Housing Office receives your application before February 1st.

To determine the right residence for you visit: www.housing.ubc.ca.

Fairview Crescent
2707 Tennis Crescent
www.housing.ubc.ca/residence-fees/fairview-crescent

Fairview Crescent offers students year-round accommodation. Four to six mature students share furnished townhouses with two bathrooms. Added features include dishwashers, an exercise room, underground parking, and internet/basic cable. Rates are $4900-9500 for the Winter Session, depending on size of bedroom. See the website for more details.

Thunderbird
6335 Thunderbird Crescent
www.housing.ubc.ca/residence-fees/thunderbird-residence

Thunderbird offers a range of units, including studios, one- bedroom, and a limited number of two- and four-bedroom suites. Only the four-bedroom suites are furnished. It is designed for older upper year students (must be over the age of 19), graduate students and student couples without children. Rates are $683/month for a room in a shared four-bedroom unit; $872-1072/month for a single studio or a one-bedroom.
Marine Drive  
2205 Lower Mall  
www.housing.ubc.ca/residence-fees/marine-drive

Units are four bedroom units and have two bathrooms. Utilities, cable and internet included. Monthly rates vary depending on contracts. Please see website for year-round rates.

Acadia Park  
2707 Tennis Crescent  
www.housing.ubc.ca/residence-fees/acadia-park

Acadia Park is a family residence. It offers a range of unfurnished, self-contained units: one-bedroom high-rise units, two- and three-bedroom units, row housing, and one to four-bedroom townhouses. Acadia is reserved for couples and families with children. Demand is high and you will most likely be placed on a waiting list, so apply early. Pets are not allowed. Given the diverse living accommodations in Acadia, rates vary.

Green College  
6201 Cecil Green Park Road  
www.greencollege.ubc.ca

Green College is a residential college administered by G+PS. Single rooms are available and a limited number of private rooms for grad students with partners. There is a mandatory meal plan for five dinners and five breakfasts a week (+$367.50/month). Rates are $543-903/month, depending on size of room. You must apply to the residence individually.

St. John’s College  
2111 Lower Mall  
www.stjohns.ubc.ca

St. John’s (SJC) is a residential academic college with an international flavour. Facilities include a study rooms, 3 common kitchens, a large social room and dining hall, 2 meeting rooms, and a lecture room. Breakfast and dinner are part of the mandatory meal plan prepared by their Executive Chef who prepares culinary traditions from around the world. All rooms have internet access and their own washroom with a shower. Rates are $975 for a single room/month, $1517 for a couple room/month (includes food plan). Please visit the website for more information on how you can become a member of SJC.
**MBA House**  
3385 Wesbrook Mall  
www.mbahouse.ca

Designed to be a place where residents can gather together to share their experiences and ideas, MBA House exposes students to networking opportunities and to an environment supporting lifelong friendships through day-to-day interactions in the classroom, around campus, and through a shared residential community. More information on MBA House, as well as the application, can be found on MBA House website.

**Vancouver School of Theology (VST)**  
6000 Iona Drive  
www.vst.edu/main/rooms/student-housing

At VST, one, two and three-bedroom furnished apartments, as well as furnished studios and quads are available for graduate students and their families. Parking is available and rates are $680-1510/month, depending on type of accommodation.

**Off-Campus Housing**

When looking for off-campus housing, you’ll find rent increases the closer you get to campus, so look for somewhere close to a bus-stop and prepare to have a bit of a commute.

**AMS Rentsline**  
www.amsrentsline.com

AMS Rentsline is UBC’s off-campus housing registry. It gives students access to rental listings all over Vancouver through their website. Exercise due caution, as scammers do target both tenants and landlords. Check their website for tips on how to avoid scams.

**Housing Boards**

Check the Housing Boards located around campus. Places advertised on these boards are usually appropriate for students (i.e. near campus or bus routes, close to amenities). Housing Boards can be found in the Graduate Student Centre (between the GSS and G+PS offices), the basement of the SUB, and the International House.
Newspapers
www.classifieds.canada.com/vancouver

Go old-school and check the classifieds under the Rental Accommodations section of *The Province* and *The Vancouver Sun*. There are also some rental listings in the *Georgia Strait*. Check these listings early in the morning and call right away because rentals go quickly, especially in August and September.

Tenants’ Rights

www.rto.gov.bc.ca

It’s very important for tenants to understand what their rights are for one simple reason: if you don’t know your rights, you can’t protect them.

The website above is for the Residential Tenancy Branch of the Ministry of Housing and Social Development. Go here to see Fact Sheets on what your rights and responsibilities are, how dispute resolution works, and more. You can also access the Residential Tenancy Act on this site.

Graduate Students with Children

UBC Child Care

www.childcare.ubc.ca

Although UBC does have daycare available from 8:30 am to 5:00 pm, places are limited, and the waiting list is long - sometimes up to two years. Check current waitlist times on the website and place your child on the list as soon as you can. Be prepared to scout around for other options. You can find some of these options, and other useful tips, on Access and Diversity’s "Guide to Resources and Support for Parents" accessible at: www.students.ubc.ca.

Student Parents Support Network

studentparents.ning.com

The Student Parents Support Network allows student parents to connect and work together to share ideas and advocate for student parent support and research. Please contact CJ Rowe, Diversity Advisor for Women, for more information: cj.rowe@ubc.ca.
**Transportation**

**UBC Ridesharing**

[ubc.ride-share.com](http://ubc.ride-share.com)

UBC Ridesharing takes commuters to UBC from all over Vancouver. Each rider pays a monthly fee to cover gas, maintenance and insurance. For more information and listings of available seats, please visit the website.

**Parking**

[www.parking.ubc.ca](http://www.parking.ubc.ca)

Parking on campus is plentiful, but can get expensive. For one-time parking, options are to park in the parkades, in designated lots around campus or simply pay by meter. You can also purchase a multiple-use FlexPass which you can get with Parking and Access Control Services. The pass allow you to park at several parkades.

The only free parking near campus is along NW Marine Drive, or in Pacific Spirit Park on Chancellor Boulevard (4th Avenue), or 16th Avenue, but these are a long walk away from anything on campus and fill up fairly quickly.

**Biking**

[http://transportation.ubc.ca/transportation-options/cycling](http://transportation.ubc.ca/transportation-options/cycling)

Vancouver’s city streets are remarkably bike-friendly. Whether you plan to commute by bike or just ride for fun, be aware that it is mandatory to wear a helmet while cycling in BC. Similarly, it is mandatory to cycle on the road, as far to the right as you can get, except when signs indicate that you may ride on the sidewalk. A city with a lot of bikes is also a city with a lot of bike theft however, so make sure you have a sturdy U-Lock as opposed to a chain link lock. Learn more about bike racks across campus on the website above.
AMS Bike Co-op

bikecoop.ca

The Bike Co-op is a student-run organisation dedicated to making UBC a better place for cyclists and their bikes. Become a member and get access to bike route maps, workshops in bike repair and maintenance, cycling events, and much more.

thebikekitchen.com

Located on the north side of the SUB, this fully-equipped bike repair and retail shop is a non-profit project of the AMS Bike Co-op. It was established to help the UBC community keep their bikes maintained for a reasonable rate and boasts a wide range of new and used bikes and bike parts for sale. Drop by to get instructions from a bike mechanic on how to do the repair yourself, or do the standard bike shop drop-off.

www.upass.ubc.ca

Due to an agreement between AMS, Translink, and the Ministry of Transportation, UBC students are eligible for a special transit pass, the U-Pass. The U-Pass allows you unlimited travel within the 3 zones that comprise the Vancouver area including buses, SkyTrain, and SeaBus - all this at a cost of $35/month. A regular 1-zone pass currently costs $91/month!

Food

www.food.ubc.ca/locations-and-hours

There are lots of places to eat on and around campus. At the Student Union Building (SUB) you’ll find A&W, Koya Japan, Subway, Manchu Wok and many other choices. If you’re open to venturing slightly off-campus to Allison Road, you’ll find the Village, which offers a wide selection of cuisines including Chinese, Japanese, bubble tea,
curry, soup, a McDonald’s, and more. The Village also contains a bakery, a Red Burrito, BC Liquor Store, Blenz, Booster Juice, and a Staples.

Further south you find Togo Sushi, Jugo Juice, Menchie’s Frozen Yogurt, Save-on-Foods and another Blenz in the Wesbrook Village.

Make sure to check out some of the places listed below.

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**Penthouse in Thea Koerner House**
www.ubcsprouts.ca

Seedlings is a 100% volunteer and student-run organisation at UBC. It is not-for-profit and the entire project is fuelled by a dedicated group of student volunteers, with all profits going back into our projects and the organisation’s development.

Through our many initiatives, we endeavor to make healthy, affordable, and sustainably produced food accessible to everyone on campus. The café specializes in raw, vegan, and healthy vegetarian cuisine all of which is organic, as locally sourced as is feasible, and fair-trade (when applicable).

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**Basement of the Thea Koerner House**
www.koerners.ca

Koerner’s Pub brings quality, comfort food made with good, local ingredients to the UBC campus. We strive to create an easy going environment where students can get together for live music, craft beer, casual drinks, or just a cheeky pint.

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**Breakfast**

**Bernoulli’s Bagels** (SUB main level)
Great bagels and sandwiches made fresh daily on the premises.

**Blue Chip Cookies** (SUB main level)
Known to be hands-down the best cookies on campus, but has other breakfast-style pastries and coffee. Everything made in-house and coffee is Fair Trade and organic. Bring your travel mug for a discount.
The Beanery (Acadia Residences)
This coffee shop is a great place for de-stressing moment. Try their lattes and cookies!

Coffee Shops/Cafes

The Boulevard (5970 University Boulevard)
Really good café-style coffee (cappuccinos, lattes, etc.). Open from 6.30am to 8pm weekdays.

Great Dane Coffee (Westpoint building Walter Gage Residences)
Great coffee and pastries served by very friendly staff.

Ike’s Café (Irving Barber Learning Center)
Also good for lunches, this place does coffee, pastries, sandwiches, soups, and salads.

Lunch

Pie R Squared (SUB main level)
Fresh slices of pizza at a good price and always lots of interesting flavours. Service is fast and the pizzas are made fresh by the staff.

Honour Roll (SUB basement)
Good, cheap, fresh sushi. Line-ups are long though, especially at lunchtime.

Moon Noodle House (SUB basement)
Cheap and tasty Chinese. Servings are big and they go a long way.
The Pit Pub/Burger Bar (SUB basement)
Cheap burgers and fries. Line-up can be long, but they move pretty fast.

The Deli (SUB basement)
Great place for salads and sandwiches made fresh right in front of you.

Patio BBQ (SUB concourse)
Weather permitting, you’ll see these guys set up outside in September and October selling old-fashioned burgers and smokies.

Dinner

The Gallery Lounge (SUB main level)
Beer, pub food, and plenty of seating.

Mahony’s (5990 University Boulevard)
Good beer and bar food with a fantastic atmosphere.

The Point Grill (6331 Crescent Road)
Sleek and casual dining that serves burgers, salads, desserts and much more all made in-house.

SUB 42U (basement beside The Delly)
www.ams.ubc.ca/services/food-bank In the SUB, there is the local food bank. Everyone needs a hand sometimes and this service is there for when you are in a crisis and are unable to purchase your own food. Use it because your campus is proud to have such a service. If you have non-perishable goods to spare the food bank will gladly accept your donations.

UBC Farm

ubcfarm.ubc.ca

Sustainability is a big thing at UBC. You can help the planet and community by growing your own food, buying food responsibly, and learning how to take steps towards sustainability.

Located on the south part of campus, the UBC Farm is a 24-hectare learning and research farm that is student-driven and integrated with staff, faculty, and the wider
community to create a place where anyone can come to learn, live and value the connection between land, food and community. As the only working farmland within the city of Vancouver, the UBC Farm is an urban agrarian gem, featuring a landscape of unique beauty.

They also host a number of educational programs and even have their own market that provides wonderful fresh produce of every variety.

**Things to do in Vancouver**

**Sports**

www.rec.ubc.ca

Aside from the GSS sports leagues there are many other opportunities on and off campus to exercise your body to balance all the brainy work you will be doing for your research. The UBC Rec Centre offers various programs from team sports to yoga, from swimming to weightlifting.
Parks & Beaches

Vancouver parks come in all shapes and sizes, from small half-block parks that break up the sights of concrete, steel, and glass, to Stanley Park with over 4 km$^2$ of rain forest. Whether you are looking for a hike, a stroll along the shore, or simply an opportunity to dine within a green paradise, Stanley Park has what you want.

Also check out Queen Elizabeth Park in the heart of Vancouver. In addition to its arboretum and the Bloedel Floral Conservatory, you can get a very unique and stunning view of Downtown Vancouver's skyline against a beautiful North Shore mountain background.

The multitude of Vancouver’s beaches spans a total of 18km. A bike ride along the Seawall is all it will take for you to find your favourite. The beaches in Kitsilano are popular barbecue sites and offer space for beach volleyball. An evening walk along Sunset Beach presents you with a breathtaking view. If you are a little more adventurous, visit Wreck Beach, Vancouver’s only clothing-optional beach.
Vancouver also has two sizable botanical gardens: Van Dusen Gardens in South Vancouver, and the UBC Botanical Gardens on campus. If you are looking for something slightly different, try visiting the UBC Nitobe Japanese Gardens on Lower Mall, or the Vancouver Chinese Gardens on the outskirts of Chinatown.

Museums, Galleries and more

vancouver.ca/parks-recreation-culture/arts-and-culture

Vancouver is a centre of art and culture, a crucible of different cultures coming together and creating a unique mishmash of influences. Numerous small galleries throughout Yaletown and Gastown display artwork from traditional and native styles to contemporary and modern artists.

The many museums around the city touch on pretty much any subject area you can think of. While on campus take the time to visit the Beaty Biodiversity Museum on Main Mall and the UBC Museum of Anthropology on Marine Drive. Both offer free admission to students all year long. The several exhibitions at the Vancouver Art Gallery change on a roughly quarterly schedule. If your budget is a bit tight, they offer admission by donation every Tuesday after 5:00 pm.
Science World, while generally aimed at a younger audience, invites adults to an evening of fun with science every other month in an event called "Science World After Dark."

Walking through Vancouver’s streets is even enjoyable from an architect’s perspective. Impressive constructions in steel and glass stand beside beautifully designed structures like the Vancouver Public Library.

Other Resources

Centre for Teaching and Learning Technologies (CTLT)

ctlt.ubc.ca

CTLT offers professional development for staff, faculty and graduate student that focuses on teaching and learning, and the integration of technology. They offer Instructional Skills workshops several times throughout the year, as well as library resource, research, peer-coaching and presentation skills workshops. They do fill up fast, so register as soon as you can! Most sessions are free.

Centre for Student Involvement and Careers (CSI&C)

www.involvement.ubc.ca

The Centre for Student Involvement and Careers is a central hub at UBC that offers students numerous resources including workshops and consultations sessions for developing important career-building skills as well as opportunities for getting involved while at UBC. Visit their website above for more information.
First Nations House of Learning

www.longhouse.ubc.ca

Located at the First Nations Longhouse, the First Nations House of Learning ensures the UBC’s resources are more accessible to Aboriginal Peoples and aims to improve UBC’s ability to meet the needs to First Nations, Métis, and Inuit.

In addition to being a hub for the First Nations community, the First Nations House of Learning promotes a number of First Nation student initiatives, helps with Aboriginal student financial assistance, and offers a suite of student services including personal, social, and cultural support to students. See their website for more information.

Pride UBC Collective is an AMS Resource Group found in the SUB. Collective members are available to offer educational and support services to those who self-identify within the multitude of gender & sexuality identities and non-identities, as well as to allies and those who just wish to know more. We assist those coming out, supply a forum for discussion, hold social events, workshops, daily discussion groups, and host Outweek - a campus-wide, week-long celebration in February. Our members come from diverse backgrounds and everyone is welcome.

UBC Equity and Inclusion Office
Brock Hall 2306
www.positivespace.ubc.ca

The Positive Space campaign works to raise the visibility of safe and supportive places for lesbian, gay, bisexual, queer, transgender, transsexual, two-spirit, intersex, and questioning (LGBQTTI) people and issues on campus. It aims to foster a welcoming atmosphere on campus for people of all sexual orientations and gender identities by identifying spaces where sexual and gender diversity is supported and valued.
Counselling, Health & Wellness

Room 1040 Brock Hall, 1874 East Mall
www.students.ubc.ca/livewelllearnwell/counselling-services

Counselling Services offers free and confidential individual counselling to all admitted and registered UBC students. Administered by experienced registered clinical counsellors, social workers, psychologists, pre- and post-doctoral student trainees under supervision, the unit provide services such as personal concerns such as stress, anxiety, indecision, anger management, depression, concentration, and/or relationships.

Visit Counselling Services between 9.30 am and 3.30 pm, Monday through Friday to schedule an appointment. Emergency appointments and Group programs are also available.

SUB, North Concourse
www.ams.ubc.ca/services/speakeasy

Speakeasy is a free, confidential student service offering peer crisis support, information, and referrals to the UBC community. Speakeasy peer counsellors provide a non-judgemental and supportive ear for any student experiencing academic, emotional and/or spiritual challenges.

Extensively trained Peer Counsellors assist students with a wide range of issues including relationship problems, substance abuse, sexuality, and exam stress. Drop-ins and calls are strictly confidential and conducted in a private setting.

Allies at UBC

SUB, Room 245F
http://www.ams.ubc.ca/services/resource-groups/allies-at-ubc/

Allies seek to empower individuals to live in such a way that does not condone or perpetuate gender based violence and oppression. It's an AMS Resource Group focused on engaging men in working to end violence against women and all forms of gender-based violence. By facilitating workshops, running campaigns, hosting events and fundraisers, and volunteering our time with other anti-oppression/feminist organisations, the members of Allies work to create a campus which is inclusive and safe for all members of our community.
Colour Connected

SUB, Room 245E
www.ams.ubc.ca/campus-life/ams-resource-groups/colour-connected

Colour Connected Against Racism provides support and information to students who feel alienated and disempowered due to discrimination. They organise events and lobby to implement necessary changes, addressing issues of sexism, homophobia, poverty, domestic and global exploitation and other social injustices. The Centre is also filled with resources where students can learn and share experiences in a supportive and positive environment. Look for them on Facebook and attend their meetings every Thursday at 5:00 pm in the Resource Centre.

The Student Environment Centre aims to connect students with environmental resources, support students in actively voicing their concerns about on-campus, regional, and global environmental issues, foster a community of environmentally concerned and informed individuals on campus, and provide a forum for idea sharing.

Social Justice Centre

SUB, Room 245A
http://www.ams.ubc.ca/services/resource-groups/social-justice-centre/

The Social Justice Centre aims to serve any and all students interested in finding progressive solutions to societal injustice. The organisation works toward progressive social change by raising awareness about social justice issues and providing contacts to socially active people and organisations, providing a forum for discussion on these issues, and facilitating concrete actions in response to discussions and fostering students with skills and techniques to engage in activism.
Womyn’s Centre

SUB, Room 245H
http://www.ams.ubc.ca/services/resource-groups/womyns-centre/

This Centre is a space where trans men and women, intersex and women-identified people can feel safe, empower each other, and organise against oppression and violence. They offer a wide variety of free resources and a space to hang out, study, eat, or nap! Watch for women’s self-defense classes, body casting and other events!

Safety

Royal Canadian Mounted Police (RCMP)

2990 Westbrook Mall

The RCMP has jurisdiction on campus and endowment lands. In case of an emergency call 604-224-1322. Office hours are from 8 till 4, Monday to Friday. The City of Vancouver Police has jurisdiction outside of UBC. Call 911 in an emergency.

SUB, Room 249M
www.gotconsent.ca

The Sexual Assault Support Centre provides female, male, and trans survivors of sexual assault, as well as their friends, family members, and partners, with caring, non-judgmental emotional, medical, and legal support, as well as information about options. Services are free and confidential and include legal and medical support, campus-related advocacy, public education, etc.

Campus Security

2133 East Mall
www.security.ubc.ca

Campus security provides assistance 24 hours a day, 7 days a week. Call them at 604-822-2222 with any security concerns, or to access the campus-wide lost&found.
If you ever feel unsure about walking around campus on your own late at night, you can call Safewalk. This free service will send a co-ed pair of walkers to walk you wherever you need to go. It operates most nights during the school year from 9 pm to 2 am.