



Welcome Centre Student Handbook

ucalgary.ca/welcomecentre



UNIVERSITY OF
CALGARY





contents

| | |
|--------------------------------------|----|
| fast facts | 4 |
| before you arrive | 6 |
| the basics | 8 |
| getting around | 10 |
| healthcare | 12 |
| banking | 14 |
| financial aid and support | 15 |
| living in Calgary | 16 |
| renting or residence? | 17 |
| where to eat | 18 |
| a taste of home | 20 |
| utilizing services | 22 |
| student support | 24 |
| activities and events | 26 |
| building community | 28 |
| frequently asked questions | 30 |

welcome to Calgary

We're pleased you've chosen to attend the University of Calgary for your studies. Whether you're here for your full degree program, as part of an exchange or as an open studies student, you're about to join a dynamic and diverse campus community.

The University of Calgary is located in the nation's most enterprising city. As a young university, we're dedicated to generating unique and innovative knowledge. There are currently over 30,000 students enrolled in undergraduate, graduate and professional degree programs. We also have more than 185,000 alumni, including former Prime Minister of Canada Stephen Harper, astronaut Robert Thirsk and Calgary mayor Naheed Nenshi.

This helpful guide will discuss some of the basics you'll need to know as a new-to-Calgary student navigating your new home. For more resources or one-on-one help, visit the Welcome Centre at the Campus Community Hub (**YAS005**), or email welcome@ucalgary.ca.

fast facts



1 HOUR TO THE ROCKY MOUNTAINS



RANKED IN THE TOP 200 UNIVERSITIES WORLDWIDE



CALGARY IS THE 4TH MOST LIVEABLE CITY IN THE WORLD



91% GRADUATE EMPLOYMENT RATE



CANADA'S SUNNIEST MAJOR CITY (333 SUNNY DAYS/YEAR)



CALGARY IS THE 3RD MOST DIVERSE CITY IN CANADA



#6 TOP RESEARCH UNIVERSITY IN CANADA



CALGARY IS ONE OF CANADA'S SAFEST MAJOR CITIES



95% FIRST-YEAR UNDERGRADUATE RETENTION RATE



MULTI-YEAR RESIDENCE GUARANTEE FOR INCOMING STUDENTS



before you arrive

You will receive via e-mail your UCID number, which is a unique identification number. You will need this number to access most resources on campus, so make sure to remember it.

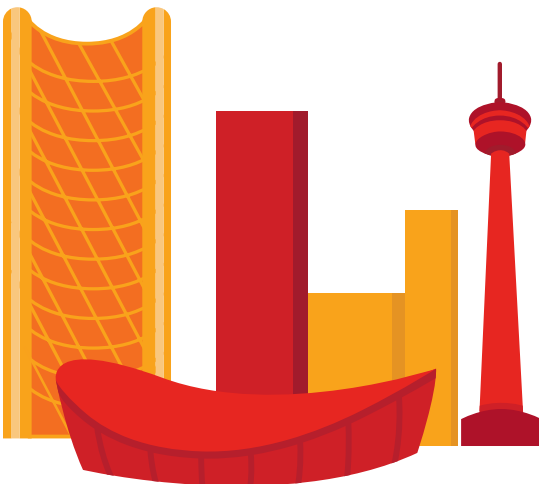
Set up your **UCalgary email and IT account** (using your UCID number) on itreport.ucalgary.ca. You'll receive important information through your UCalgary email address, so check it daily!

Register for new student orientation at ucalgary.ca/student-services/orientation.

Learn how to register for your classes at ucalgary.ca/registrar/registration/how-to-register.

Don't know where to go?

Access the UCalgary Interactive Room Finder to locate rooms around campus — ucmapspro.ucalgary.ca/RoomFinder.



Important phone numbers to have

In case of an emergency call Campus Security at **403.220.5333**. They are available 24/7, every day of the year. In the case of life-threatening emergencies, call **911**.

Handy words and information

- You might hear the University of Calgary referred to by a few different names, including UCalgary, U of C, and simply “uni” among students.
- UCalgary’s athletics teams are referred to as the **Dinos**. They represent UCalgary in varsity sports like hockey, field hockey, basketball, football, rugby, swimming, track and field, volleyball, wrestling. The Dinos also represent UCalgary in club sports like baseball, fastball, golf, rowing, ringette, rugby, synchronized swimming and tennis.
- Many places/groups on campus use acronyms to identify themselves. Examples include the MacEwan Student Centre (**MSC**), International Student Services (**ISS**), the Students’ Union (**SU**). Take a moment to get familiar with them to avoid confusion!
- Calgarians will often refer to city locations by which quadrant they are located in. Calgary is divided by the **Northwest, Northeast, Southwest** and **Southeast** quadrants. Downtown Calgary is located between the Southwest and Southeast quadrants.
- A one dollar coin is called a **loonie**, and a two dollar coin is called a **toonie**.



Welcome

Did you know?

UCalgary has an official mascot — his name is Rex Dino. You can find him cheering on the UCalgary Dinos at every game!



UNIVERSITY OF
MICHIGAN
LIBRARY

the basics

Connecting to Wi-Fi

Before you can connect, you must first set up your IT account and email ([see page 6](#)).

Once you have your IT account, select any of the available wireless networks on campus (**eduroam**, **reznetsure**, or **airuc-secure**) and use your IT account credentials to connect.

Getting your Unicard

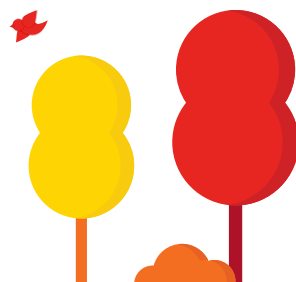
The campus Unicard is not just your student ID; it's also used to display your UPass, as a library card, as a campus debit card, to access the gym, to write your final exams, and for discounts at some retailers. **Always keep it with you!**

Go to the Unicard office in the Dining Centre ([DC18](#)) to get your card. Make sure you're feeling picture-perfect, since you'll need your photo taken for your Unicard. Alternatively, you can submit your own selfie for approval on the Unicard website (ucalgary.ca/unicard).

Setting up a cellphone plan

Now that you've arrived, make sure you can keep in touch with your friends and family back home. The three major mobile phone providers in Canada are Bell, Rogers and Telus and they each provide similar value in pricing and service. Other discount providers (such as Virgin, Koodo, Fido and Freedom Mobile) often offer similar value, but with fewer features than the major providers. Market Mall has several cellphone providers for you to choose from; it's a short walk, and an even shorter bus ride, from the UCalgary campus.

If your current cellphone has a replaceable SIM card, you may be able to buy a SIM from a local provider and continue to use your current phone. Purchasing calling cards or a prepaid phone may also be an option if you're looking for a short-term solution. A popular place to purchase from is 7-Eleven, which offers SpeakOut phones and prepaid calling cards. Go to speakout7eleven.ca/phones for more information.





getting around

UPass

Full-time students receive a UPass for unlimited access to Calgary Transit services as part of their fees. After you get your Unicard, you can have your UPass sticker applied at one of the official UPass locations — Science B (**SB140B**) or UCalgary Parking and Transportation Services (at the **north end of McMahon Stadium**). **You must have your UPass with you at all times when using transit.** Please note that your UPass is not removable and non-transferable. A fee will be charged if you lose it.

Calgary Transit

Calgary's public transit system of buses and above-ground trains can connect you to most of the city and its surrounding areas. Without a UPass, you'll have to pay for your trip. Check **Calgary Transit** for up-to-date fare information. The University of Calgary has its own train station (**University Station**) on the red line of the CTrain network. This route travels from the northwest end to the southeast end of Calgary. There is also a bus terminal on the south side of the main campus — just in front of the **Education Block**.

Schedules aren't posted at all stops, so look up the bus or train schedule before heading to the stop. In non-peak hours, some buses come every 30 or 45 minutes, so plan ahead. Trains stop running at around 1 a.m., and many bus routes end earlier. If you're out at night, make sure to have alternate plans to get home.

You can also download the Calgary Transit App or Google Maps to get bus or CTrain schedules, plan your route on the go, and receive alerts about any disruptions in service. Visit **calgarytransit.com** for more information.

Taxis and Uber

If transit isn't available or convenient, you can call a local company and ask them to send a car to your location, hailing a taxi is uncommon. All taxi cars in Calgary are clearly marked, so only get in a car that is a licensed taxi. The driver will start the meter as soon as you get in the car and the fare will depend on the length of the trip. **Uber** is also a popular transport service that offers convenient ride services at a cost that's sometimes cheaper than a taxi. It's customary to tip taxi and Uber drivers 10-15%.



Car2Go

Car2Go allows you to rent and drive a car short-term, best for quick trips within the city. Cars are reserved and rates are charged by the minute. The university is located within an approved Car2Go pick up and drop off zone, and has designated Car2Go parking spots on the first floor of the **Arts Parkade**.

Cycling

Calgary has a new downtown cycle track and there are several bike lanes surrounding the university. Calgary also one of the country's most extensive pathway systems for exploring the city. If you don't have a bike, look into **UBike**, the university's **bike share program**. You also have the option to use **Lime**, which grants users access to e-assisted bicycles or electric scooters throughout most of the Calgary area.



health care

Medical or dental treatment in Canada is **not free**. All UCalgary international students need to have adequate insurance to cover any medical care or accidents while they are in Canada.

Student health plans

If you're a full-time undergraduate student at UCalgary, you're automatically registered in a supplemental health plan through the **University of Calgary Students' Union**. Graduate students also have a health plan, provided by the **Graduate Students' Association**. The supplemental health plans cover:

- partial cost of some prescription drugs
- dental work
- vision care
- ambulance rides

It's important to understand that the student health plan doesn't pay for services such as visits to the doctor, or lab and hospital costs. For these services, you must apply for either the Alberta Health Care Insurance Plan (**AHCIP**), if you're eligible, or purchase a private plan. If you have any questions, visit an advisor in **International Student Services** for assistance.

Health care for domestic students

If your primary residence is in another province or territory in Canada, check with your province of residence to see what coverage you're eligible for while living in Alberta. Regulations vary from province-to-province.

Health care for international students

In Canada, you need to have adequate health insurance to receive medical or dental treatment. If you'll be in Calgary for longer than 12 months, you may also register for the AHCIP in addition to your student health plan. There is no cost for this plan.

The AHCIP plan covers visits to the doctor, lab costs and hospital costs. Visit the **AHCIP website** for more information, as well as the details on registering yourself and/or dependents.

Coverage for exchange and visiting students

If your study permit is valid for less than 12 months, you're not eligible for the UCalgary health and dental plan.

Visiting fee-paying students are eligible for the university's health and dental plan from either the Students' Union (undergraduate students) or Graduate Students' Association (graduate students). If they already have comparable coverage, they may choose to opt out of the plan.

The University of Calgary does not recommend any particular plan or agent. You must purchase a private plan through an insurance company or agent. We advise students to talk with two or three insurance agents to compare prices and services before making a decision.



Did you know?

UCalgary offers a number of healthcare services right on campus. **Student Wellness Services** in MacEwan Student Centre has medical, chiropractic, massage, nutrition, and mental health services available. For dental, head next door to the campus dentist.

banking

Opening an account

If you're planning on opening a new bank account, it's best to research the different fees they charge for their services and find one that best suits your needs. Once you open an account at your chosen bank, you'll receive a debit card to withdraw money from automatic teller machines (**ATMs**) or to pay for purchases at stores and restaurants. Your bank can also help you apply for a credit card.

To open a bank account, most banks will ask you to present:

- your passport, birth certificate or driver's license
- a second piece of identification
- money to deposit
- your UCalgary student ID card (Unicard), to be eligible for student rates or plans

Nearby banking options

Several banks offer services in languages other than English. Call in advance to check availability.

| | |
|---|---|
| ATB Financial | MacEwan Student Centre , Brentwood Mall |
| Bank of Montreal (BMO) | Brentwood Village, Market Mall |
| Canadian Imperial Bank of Commerce (CIBC) | 16 Avenue and 19 Street NW |
| First Calgary Financial | Dalhousie Drive |
| HSBC | Kensington Road, Crowfoot Crescent |
| Royal Bank of Canada (RBC) | MacEwan Student Centre , Northland Drive |
| Scotiabank | Brentwood Co-op, 16th Avenue and 14th Street NW |
| Tangerine | 17th Avenue and 9th Street SW |
| TD Canada Trust | Brentwood Village, Market Mall |

- ★ You can also find bank automatic teller machines (ATMs) for ATB, BMO, RBC, Scotiabank, CIBC and TD located on campus in the MacEwan Student Centre. First Calgary Financial also has an ATM in the Taylor Family Digital Library (TFDL).

financial aid and support

The University of Calgary offers many financial aid opportunities to meet the needs of students throughout their degrees. Check out the [financial aid website](#) through the Office of the Registrar. There, you can find resources on awards, bursaries, or scholarships, or how to manage your money, student loans, and relevant tax information.

It can be tough to balance a job on top of keeping your grades and making time for your friends and family. This means that you might be living with little or no income throughout your degree years. If this is the case for you, don't be afraid to create a budget to help yourself spend smarter. Make good use of the programs and services that are included in your fees, like a membership to the UCalgary gym, or the UPass transit pass gives you unlimited access to transit throughout the term.

MoneySmart

MoneySmart is an initiative offered by the Office of the Registrar that aims to improve financial literacy among students. They offer various free workshops, courses, and one-on-one financial advising that can help you take control of your finances. Sign up on their website at ucalgary.ca/registrar/moneysmart.

Helpful terms

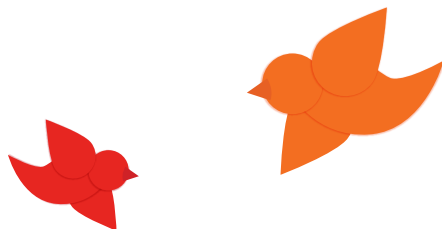
Debit Card — This is a card that you receive from the bank after opening an account. When you make a purchase with it, money that you have added to the account is immediately withdrawn and paid to the vendor.

Credit Card — Usually issued by a bank or financial group, a credit card can be used to make purchases in-person and over the internet. Unlike a debit card, money used to make credit card purchases **must** be paid back to the bank. If you don't pay this back by the billing deadline, you'll have to pay interest.

Other ways to manage your money

Most financial institutions offer mobile banking apps for your convenience, so be sure to download them to your phone. Some banking and credit card apps also provide additional insights into your spending habits.

If you're looking for more help to stay on track with your spending, there are plenty of personal finance and budgeting apps available to download for your phone. Examples include. **Acorns**, **Every Dollar**, **You Need a Budget** or **Wally**.



living in Calgary

There are two options when it comes to living in Calgary: you can live on-campus (in residence) or you can live off-campus (usually, this means renting).

Things to consider when making this decision:

- your budget
- the type of housing you are looking for (apartment or house)
- if you want to live alone or with roommates
- transportation options
- furniture
- how involved you want to be with on-campus life

The UCalgary campus is located in the northwest quadrant of the city. Some of the closest neighborhoods include:

- **Sunnyside/Kensington** — Located near the Sunnyside LRT station, these neighbourhoods are trendy and easy to get to from the university
- **Capitol Hill** — One of the closest walkable neighbourhoods to the university
- **Brentwood** — Easily accessed by bus or train, and has a shopping centre
- **Charleswood** — A convenient 10-20 minute walk from the university
- **Varsity** — University can be accessed directly by bus from this neighbourhood

General Information

There are different reasons for why some students choose to live on-campus, while others choose to live off-campus.

Below are the estimated costs per person, for certain types of accommodations off campus.

| ACCOMMODATION STYLES | Average cost (CAD)* |
|-------------------------------------|---------------------|
| Shared accommodation | \$600 |
| Bachelor apartment | \$950 |
| One-bedroom apartment | \$1,135 – \$1,500 |
| Two-bedroom apartment | \$1,400 – \$2,500 |
| Two-bedroom single detached housing | \$1,800 – \$2,500 |

*Prices determined from [RentFaster.ca](https://rentfaster.ca). Average monthly rent is subject to change.



MOVE-IN CREW

renting or residence?

Everyone's wants and needs are different, so let this handy table below help guide your decision. Be sure to take these important factors into consideration before making your choice.

| | Undergraduate residence | Crowsnest Hall (graduate housing) | Varsity Courts (family housing) | Off-campus housing |
|--|-------------------------|-----------------------------------|---------------------------------|--------------------|
| Furniture and Wi-Fi | Yes | Yes | No | Yes/No* |
| Proximity to classes | Yes | Yes | Yes | Yes/No* |
| 24/7 support from Campus Security and Community Advisors | Yes | Yes | Yes | No |
| Proximity to Dining Centre | Yes | Yes | Yes | No |
| Events, programs and workshops offered in residence | Yes | Yes | Yes | No |
| Exclusive study and lounge spaces | Yes | Yes | No | No |

*Dependent on the individual rental/lease agreement.

★ Costs for on-campus housing can be found at UCalgary Residence Services. Visit ucalgary.ca/residence for more information.

where to eat

Students can bring their own food from home or purchase meals and snacks from various vendors across campus. The most popular location is **MacEwan Student Centre's** food court. There are approximately 20 food vendors, and the average price for a meal is between \$6 and \$12. There are also places to get food in **Information and Communications Technologies (ICT), Kinesiology Block A (KNA), Social Sciences (SS), Scurfield Hall (SH), Foothills Medical Campus,** and the **Dining Centre.**

Meal Plan

Students living on or off-campus can purchase a meal plan for the term or year. Meal plan rates and descriptions can be found in ucalgary.ca/unicard/meal-plans.

Students living in first-year residence must purchase a meal plan as part of their residence agreement.

The Landing

The Landing is located in the Dining Centre, on the second floor (elevator access available). It offers breakfast, lunch, and dinner, as well as smaller meal options in between. The Landing, operates on an **All-You-Care-To-Eat** basis, meaning students are allowed to eat as much as they care to eat for each meal time. All meal plans are eligible for this experience. If you don't have a meal plan, you can still dine at The Landing — the average cost for breakfast is \$10, for lunch, \$12, and dinner, \$17. They also offer vegan, gluten-free, and Halal options for every meal. Take out is **not** available.

Food restrictions

Most food vendors on campus have meals that cater to those who need vegetarian/vegan, halal, gluten-free and dairy-free choices — just make sure to ask. **The Den and Black Lounge** is the Students' Union-run restaurant and bar on campus, and they offer a number of dishes that are vegan and/or gluten-free. Other places on campus that serve Halal are **La Taqueria, Bake Chef Vietnamese Subs, and Zoca.**

Payment options

Places on campus will accept debit, credit, or cash as a form of payment. Several places will also accept payment with your Unicard.

You must load Unicard Dollars or Food Funds to your account before purchasing food. You can add money to your account through a kiosk, by visiting the Unicard office, or online by visiting ucalgary.ca/unicard/use-unicard.

- **Food Funds** only allow you to purchase food at any vendors that accept this form of payment.
- **Unicard Dollars** can be used to purchase food, or pay for printing and copying on campus.

Nutrition Services

If you'd like convenient and professional guidance related to food consumption, you can book an appointment with Student Wellness Services' on-campus dietitian. Visit the [Student Wellness site](#) to see rates and book an appointment with a registered dietitian.

Did you know?

The University of Calgary became the first designated Fair Trade Campus in Alberta in 2015. This means that all goods sold on campus are produced by employees in safe working environments, who receive fair wages. And, all campus food vendors are styrofoam-free!



a taste of home

Cooking at home can save you money, and many students choose this option. You're welcome to bring food to campus and eat in most places. Some professors allow food to be consumed in class and others don't, so be sure to ask beforehand.

If you're looking for grocery stores that sell specialty foods/items from your home country, below are some options around Calgary. You can search the locations online for directions via transit or car.

| AFRICAN | Address |
|-------------------------|--|
| African Choice Market | #112 3604 52 Ave. NW |
| DeChosen African Market | 12 Royal Vista Way NW 9667 Macleod Tr. SW |

| EAST/SOUTHEAST ASIAN | Address |
|----------------------|--|
| Lucky Supermarket | 3333 Sunridge Way NE 4527 8 Ave. SE |
| T&T Supermarket | #800 99 36 St. NE #1000 9650 Harvest Hills Blvd N |
| TOPS Supermarket | 1623 Centre St. NW |

| EUROPEAN | Address |
|-------------------------------------|------------------------|
| Edelweiss Imports | 1921 20 Ave. NW |
| Hungarian Deli | 4008 26 St. SE |
| Kalyna/Kalinka European Food Market | #8 7400 Macleod Tr. SW |
| Lina's Italian Market | 2202 Centre St. NE |



| INDIAN/SOUTH ASIAN | Address |
|---------------------|---------------------------|
| Dalbrent Spice Rack | #132 3604 52 Ave. NW |
| Indian Aroma | #13 7750 Ranchview Dr. NW |

| LATIN AMERICAN | Address |
|-------------------------------|--|
| Brazil Connection | 136 2 St. SW |
| Latino's Market | #101 4803 Centre St. N |
| Tiendona Market (La Tiendona) | 1836 36 Street SE |
| Unimarket | 2405 Edmonton Trail NE 128 50 Ave. SE |

| MIDDLE EASTERN/MEDITERRANEAN | Address |
|--|---------------------|
| Atlas Specialty Supermarket and Restaurant | #100 1000 9 Ave. SW |
| Cedars Food Mart | 4710 17 Ave. SE |
| Kalamata | 1421 11 St. SW |

Non-specialty groceries

Grocery stores that tend to have lower prices are Walmart, Superstore, Save-On-Foods, Costco (you will need to pay for a Costco membership — around \$60 per year), and No Frills. Safeway also offers 15% off groceries on the first Tuesday of every month.

utilizing services

Tipping in Canada

While tipping is not mandatory, it's generally expected because most service providers receive a lower base pay and rely on tips to bring their earnings to a decent rate. In most cases, a tip in the range of 15% to 20% is perfectly acceptable.

Restaurants — 15% to 20% of the before-tax total is typical. Above that is generous but not uncommon.

Bars and pubs — 10% to 20% percent is standard, or often a "keep the change" rule applies.

Salons and spas — A tip of 15% to 20% for hair stylists, beauticians, and massage therapists is typical on top of the before-tax total.

Cabs or taxis — Anywhere from 10% to 20% of the fare is standard. For example, a good tip would be \$1.50 on an \$8 fare, or \$6 on a \$40 fare.





Specialty hair services in Calgary

| ASIAN HAIR SALONS | Address |
|-------------------------------|-------------------------------|
| Hair Glamour | 3515 17 Ave. SW |
| Yiling Cheng Hairstyling Inc. | 112 10A St. NW |
| Etch Hair | 805 1 St. SW 1410 4 St. SW |

| BARBERS | Address |
|--|--------------------------|
| Midlake Barber Shop and Supreme Men's Hair Styling | #526 22 Midlake Blvd. SE |
| MVP Modern Barbers | 1163 Kensington Cr. NW |
| Avalon Hair Salon and Spa | 1516 11 St. SW |

| BRAIDING/EXTENSIONS | Address |
|--------------------------|-------------------|
| Joyces Braiding and Hair | 2705 Centre St. N |
| Radiance Salon | 1435 17 Ave. SW |
| Shananaa Braiding | 269 21 Ave. NE |

| CURLY HAIR | Address |
|---------------------------|------------------|
| SK Infinite Hair Design | #109 4 14 St. NW |
| Honey Hair and Body Salon | 328 10 St. NW |

| HIJAB-FRIENDLY | Address |
|--------------------------|----------------------|
| Collective Salon and Spa | 1333 8 St. SW |
| Shear Essence Inc. | 2407 Edmonton Tr. NE |



student support

Welcome Centre

The Welcome Centre is open from mid-August to mid-September. They provide immediate transitional support to all new-to-Calgary students, whether they are domestic or international. Visit the Welcome Centre at the Campus Community Hub in Yamnuska Hall (**YAS005**) to chat with friendly student advisors.

Leadership and Student Engagement

The Leadership and Student Engagement office is your gateway to connecting with student life at the University of Calgary. Check out some of their programs such as the Emerging Leaders Program or the Leadership Exchange conference. The LSE office is located on the main floor of MacEwan Student Centre (**MSC 293**).

International Student Services (ISS)

Are you an international student who has come to Calgary, or a Canadian student hoping to meet people from different countries? If so, you should connect with International Student Services (ISS), located on the main floor of MacEwan Student Centre (**MSC 275**).

Women's Resource Centre

Located on the fourth floor of MacEwan Student Centre (**MSC 482**), the Women's Resource Centre is a safe space on campus with the goal of advancing gender equality for all. Supporting leadership, wellness, and diversity, this space is open to any and all UCalgary students.

Student Accessibility Services

Student Accessibility Services' (SAS) mission is to work collaboratively and innovatively with the campus community to create an accessible, equitable and supportive living and learning environment that enhances each student's development. Drop by the SAS offices at MacEwan Student Centre (**MSC 452**).

Student Success Centre

The Student Success Centre (SSC) can provide academic support throughout your degree. Located on the **third floor of the Taylor Family Digital Library**, the SSC provides free writing and academic support, as well as many other programs free-of-charge to help you excel at your academics.



Writing Symbols Lodge

If you identify as a First Nations, Métis, or Inuit student, or as an Indigenous student from another region of the world, visit the Writing Symbols Lodge on the third floor of MacEwan Student Centre (**MSC 390Z**) and learn about the unique events and programming offered there. The University of Calgary welcomes, respects and supports the rich diversity of Indigenous learners, their communities, cultural traditions and aspirations in post-secondary education.

Student Wellness Services

The life of a student can be stressful and challenging, but you don't have to deal with it alone. Wellness Services provides affordable physical and mental health services to UCalgary students and is located in the heart of MacEwan Student Centre (**MSC 370**). Seeking help has never been more accessible.

Career Services

Who says you can't begin thinking about your future career in your first year of university? Located in the basement of MacEwan Student Centre (**MSC 188**), Career Services can help you develop your resume, build employable skills and learn how your academic journey can guide you to future job opportunities.

Faith and Spirituality Centre

Located on the **fourth floor of MacEwan Student Centre**, the Faith and Spirituality Centre (FSC) is a religion-positive space for all UCalgary students. Offering education and awareness programs, as well as community building and leadership opportunities, the FSC is excited for you to come and say hello.

- ★ In Canada, it's expected that students connect with offices on campus when they need assistance with academics or have non-academic questions. **Don't be afraid to ask for help.**



activities and events

Throughout the year, there are hundreds of events and activities happening at UCalgary. You can stay up to date by checking the [UCalgary events page](#), or signing up for the newsletters of campus groups you're interested in. You can usually find your favorite student clubs on Instagram and Facebook — so follow them to be notified of their events.

In Canadian universities, most students will join one or two clubs on campus, engage with extra-curricular activities hosted by the university, and/or volunteer. This is part of the educational experience in Canada, and provides students with the opportunity to make friends, build their resumes, meet prospective employers, and find their passion.

Below are some campus activities we highly encourage you to check out!

- Fall Orientation Week
- International Student Orientation
- Graduate Student Orientation
- SU Clubs Week
- career fairs
- UCalgaryStrong Festival

Show some team spirit

From community involvement, to team spirit, to thriving in a high-performance environment, the UCalgary Dinos boldly embody our university's values. But you don't have to be an athlete to be a Dino. Being a Dino means challenging yourself to be the best you can be in all aspects of your university experience.

Dinos events are an opportunity for the campus community to gather and show their UCalgary pride. Through their hard work, community leadership, and determination to excel, Dinos athletes remind us of our dedication to the pursuit of new knowledge and innovation that benefits the world we live in.

Beyond the university

The city of Calgary offers a multitude of events, sightseeing opportunities, and activities. Below are a few you can check out (use Google to learn dates, costs, and other details).

- Calaway Park
- Calgary Tower
- Calgary Zoo
- East Village
- Glenbow Museum
- National Music Centre
- Prince's Island Park
- St. Patrick's Island
- TELUS Spark Science Centre
- WinSport Canada Olympic Park



Events throughout the year

January to February — Lunar New Year Festival, Ice Magic Festival (Banff), YYC Hot Chocolate Festival, ice skating at Olympic Plaza

March to April — Annual Youth Hiring Fair, Calgary Comic & Entertainment Expo, Calgary Underground Film Festival

May to July — ReggaeFest, Lilac Festival, Sled Island Music Festival, Stampede, Canada Day Celebrations, Fiestaval, Calgary Folk Music Festival, Calgary Blues Fest

August to September — Chinatown Street Festival, Heritage Day Festival, Calgary Omatsuri, Sweet Summer Sun Fest, GlobalFest, Beakerhead, Calgary International Film Festival, Brazilfest, Calgary Pride

October — Oktoberfest, many Halloween events, Venezuelan Culture Days, Calgary Tattoo & Arts Festival, Spruce Meadows Corn Maze, Rocky Mountain Food and Wine Festival

November to December — Jazz YYC Canadian Festival, Femme Wave, Christmas in Kensington, Christmas in Inglewood, Calgary Carol Festival, Zoolights, New Years Eve at City Hall

Beyond Calgary

The Alberta landscape encompasses mountains, prairies, desert badlands and lush forests. There are countless more adventures to be had outside Calgary's city limits, so take advantage of our proximity and start exploring!

- The Banff Gondola
- Banff Lake Cruise
- Columbia Icefields Skywalk
- Drumheller Hoodoos Trail
- Kananaskis River Rafting
- Lake Louise Ski Resort
- Narnia Dog Sled Tour
- Sunshine Village Ski Resort
- The Royal Tyrrell Museum

building community

UCalgary Unwind

Unwind is a weekly get-together on campus where you can eat your lunch, play games and meet new people. All students are welcome. Be sure to check the events calendar on the Leadership and Student Engagement website to find out what is happening each week.

UCalgary Meet-Up

Join UCalgary Meet-Up and be part of a group that will meet and attend the best events on and around campus together. Your small group could decide to cheer on the Dinos at live games, compete with each other at a board game night, participate as a team in a soccer match, or explore Calgary's best restaurants. Groups are offered for both graduate students and undergraduate students.

Register with Leadership and Student Engagement to be put in a group.

Camp LEAD

This two-night intercultural camp in the Canadian Rockies brings international and domestic students together for fun outdoor activities and interactive global leadership workshops. **Register** for the camp on the Leadership and Student Engagement website.

International Student Mentorship program

International Student Mentorship is a volunteer program that connects new international students with current UCalgary students to provide peer advice about adapting to Calgary and the university.

This program is only open to international students.

Global Friendship

The **Global Friendship** program allows students to connect with other students while participating in low-cost social activities in the Calgary area. Activities include ice skating at the Olympic Oval, a day trip to Banff or West Edmonton Mall, a Flames hockey game, potluck suppers and more. The program is open to all students. Check out the International Student Services event calendar to find out about upcoming events.

USpeak Global program

The **USpeak Global** program provides an opportunity for language and culture exchange between international and Canadian students. If you want to learn or practice a language with a first language speaker, and teach your own language, the USpeak Global Program will match you with an international student looking to learn!



Global Families

The **Global Families** program allows students, spouses, and children to connect with other families while participating in events on-campus and throughout Calgary.

Community building off-campus

Calgary is a multi-cultural city of people from across the world. If you're looking to connect with people from your country of origin, or connect with those who share your faith, there is a wide diversity of cultural associations and religious services held throughout the city.

The **Faith and Spirituality Centre** has a variety of chaplains and spiritual leaders from different faiths available to meet with you to offer spiritual/religious guidance and crisis support. The FSC is open to engaging all viewpoints, regardless of belief, tradition, or spiritual outlook and including those who are questioning or seeking.

The FSC also runs the Vitruvian Space, a multi-purpose space for spiritual health and

well-being activities. It's located in the Dining Centre (DC12) and can be booked for activities.

See below for a list of sacred spaces that are nearby the University of Calgary campus. Visit the FSC for more information about sacred spaces.

- **Muslim** — Franklin Ismaili Jamatkhana
- **Hindu** — Hindu Society of Calgary
- **Roman Catholic** — St. Pius X
- **Buddhist** — True Buddhist Pai Yuin Temple
- **United** — Hillhurst United Church
- **Sikh** — Sikh Society of Calgary

Moving away from home and to a different city or country can be hard. Fortunately, Calgary is full of cultural associations that can help you transition to a new city. Check out the Calgary Area website for a list of ethnic clubs and organizations you can join (calgaryarea.com/index.php?p=ethnic).

frequently asked questions

When should I arrive on campus?

We encourage students to arrive one or two days before **Orientation Week** begins so you can participate in all the programs offered. If you'd like to move in earlier, send an email to residence@ucalgary.ca with your request.

How do I get involved at UCalgary?

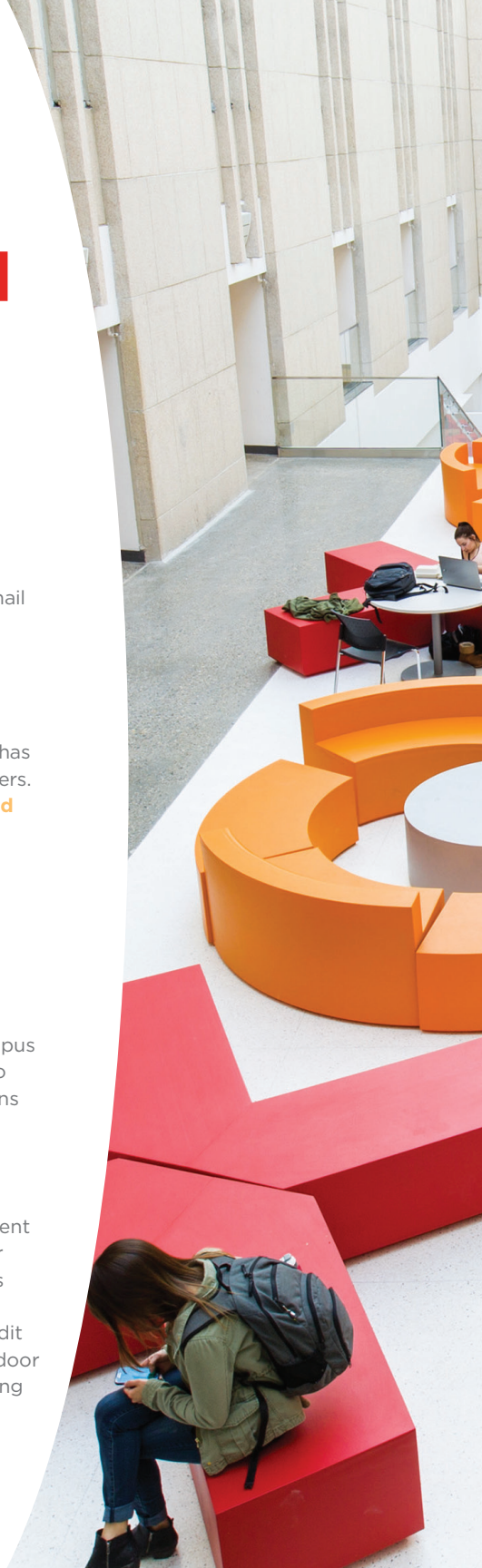
There are many ways to get involved on campus and many options to suit your personal interests. The Students' Union has more than 300 clubs that are always looking for new members. Watch for the Clubs Showcase in September. **Leadership and Student Engagement** (LSE) also has many programs and services open for students throughout the year.

Can I speak with someone about questions or concerns before I arrive?

Yes, you can email your student advisors at the Welcome Centre at welcome@ucalgary.ca. The Welcome Centre is located in the Campus Community Hub (next to West Campus Dental in **Yamnuska Hall**). Once you arrive, you're invited to come to the Welcome Centre and ask the advisors questions in person.

How can I stay active?

Every full- and part time undergraduate and graduate student at the university receives an automatic membership for our Active Living facilities. This includes the aquatic and fitness centres, bouldering wall, racquet centre, tennis courts, climbing wall and more. All students also receive a \$25 credit toward Active Living programs such as fitness classes, outdoor programs, and Outdoor Centre rentals. Visit the Active Living website for more information at ucalgary.ca/activeliving.





SCHULICH SCHOOL
OF ENGINEERING



**University of Calgary
Welcome Centre**

3500 24 Avenue NW
Calgary, Alberta T2N 4V5
CANADA

welcome@ucalgary.ca
ucalgary.ca/welcomecentre

We acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), as well as the Tsuut'ina First Nation and the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations). The City of Calgary is also home to Métis Nation of Alberta, Region III. The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River, and the traditional Blackfoot name of this place is "Moh'kins'tsis," which we now call the City of Calgary.

Get social

 UCalgary Welcome Centre

