PGSS

Your students’ society explained
*from health insurance to services, we break it down

MEMBER HANDBOOK

MONTREAL!
5 pages on where to shop, eat, and live like a true Montrealer

PGSS

Post-Graduate Students’ Society of McGill University
Association étudiante des cycles supérieurs
de l'Université McGill
pgss.mcgill.ca

MCGILL
What you need to know about your campus, academics + McGill services
As a graduate, doctoral or post-doctoral student of McGill University, you are a part of the Post-Graduate Students’ Society. We aim to offer graduate, doctoral, and post-doctoral students an array of personal and professional services so you can get the most out of your time here at McGill and in Montreal. This guide outlines not only what we do for you, but also (almost) everything you need to know about your time here in Montreal. We have worked hard to make sure this handbook provides our members with key information not only about university policies, but also the greater community: from getting around, to great local businesses, to fun events. Need to know where to get fresh, local kimchi? Well, turn to the Better Businesses and Member Deals section. Looking for a dentist, cheap winter boots, or emergency health or legal services? We have that covered, too!

If you cannot find what you are looking for, remember you can search this PDF document by clicking the ‘control’ (or apple) button and ‘F’; failing that, please contact us; we would love to assist you. To make using this guide even easier, we have included external hyperlinks in blue, and internal links in pink. Don’t forget that you can always open a link in a new tab by holding down control (or apple) while clicking.
Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

Welcome

Your Students’ Society:

9  The PGSS Team
9  PGSS Support Staff
9  Contact Information
10  Departmental Associations (PGSAs)

Important Dates

20  Council, Elections & Committees
21  Health & Dental Plans

Your Students’ Society: PGSS

25  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales

At McGill

17  Council, Elections & Committees
17  Health & Dental Plans

Your Students’ Society: PGSS

20  Thomson House
26  PGSS Fees
28  Leisure Courses
29  Special Events & Ticket Sales
Student Services around campus

- Medical Clinic
- Dental Clinic
- Health on Campus
- Counselling Services

Services to support your rights

- Legal Information Clinic at McGill (LICM)
- Student Support Committee
- Office of the Ombudsperson
- Harassment and Discrimination Assessors
- SACOMSS

Experiencing Domestic Violence in Graduate School

- SOS Violence Conjugale
- CAVAC (Crime Victims Assistance Centre)

Gender and Equity Services

- The Union for Gender Empowerment
- Queer McGill

Student Groups

- Family Care Caucus (FCC)
- CKUT Radio McGill
- McGill Nightline
- Midnight Kitchen

- FEUQ
- MISN
- QPRIG
- AGSEM
- SSMU Services
Student Services for
Students with Disabilities 39
35 Services for Students
35 Transportation
35 Health Resources
35 Employment Services
35 Financial Resources

Resources for
Aboriginal Students 46
43 First Peoples’ House
43 Native Friendship Centre of Montreal
44 Directory of Services Offered to Montreal Aboriginal Community
44 Montreal Aboriginal Reference Guide
44 CINSA (Canadian Indigenous/Native Studies Association)
44 4th Annual Indigenous Awareness Week Event

Safety and Security 45
45 McGill Security Services
46 Laptop Engraving

Fitness on Campus 45

At McGill: Academics 48
48 Planning Your Studies
48 Technology at McGill
48 Libraries

At McGill: Student Rights 49
49 Leaves of Absence
51 Progress Reports
51 Vacations

Family Services 49
49 PGSS Study Saturdays
49 Nursing Room
50 Kids in School
50 Being Pregnant in Montreal
51 Childcare Services on Campus
51 Finding Childcare Near You
52 Summer Camps for Kids
52 STM Deals for Children
52 Bringing your Family
53 Food & Drink
51 Daycare
53 Caring for a Loved One in Graduate School
After your studies
Life After Graduation 55
55 Grad Life
55 Discounts
55 Alumni Online Community
55 Ask a Career Advisor
55 Career Planning Services

Financing your Studies 56
56 PGSS Grants & Events
56 PGSS/GPS Education Bursary
56 Alumni Online Community

At McGill: Food Services 63
63 Midnight Kitchen
63 McGill Farmers’ Market
63 McGill Food and Dining Services

At McGill 64
64 Lockers
64 Book & Computer Store
64 Macdonald Campus

Off Campus 65
65 Getting Started
65 Finances & Taxes
65 Canadian Revenue Agency
66 Housing & Rights
60 Moving In
60 Community Services
60 Telephone & Utilities
60 Compare Plans in Quebec
61 Banking
61 Montreal Recycling
62 You Moved or Will be Moving in the Next Six Months?
62 Moving from One Province to Another
63 Pets in Montreal
# Moving Around

<table>
<thead>
<tr>
<th>Page</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>64</td>
<td>The STM</td>
</tr>
<tr>
<td>64</td>
<td>STM alerts on SMS</td>
</tr>
<tr>
<td>65</td>
<td>AMT Agence métropolitaine de transport</td>
</tr>
<tr>
<td>65</td>
<td>Getting Around by Car</td>
</tr>
<tr>
<td>70</td>
<td>Navigating by Foot</td>
</tr>
<tr>
<td>66</td>
<td>Stationnement de Montreal</td>
</tr>
<tr>
<td>67</td>
<td>Moving Around as a cyclist</td>
</tr>
<tr>
<td>67</td>
<td>Bixi – Bikeshare</td>
</tr>
<tr>
<td>67</td>
<td>Mon RésoVélo</td>
</tr>
<tr>
<td>64</td>
<td>Traffic Rules for Cyclists</td>
</tr>
<tr>
<td>68</td>
<td>Be secure</td>
</tr>
<tr>
<td>69</td>
<td>Car Rentals, Taxicabs &amp; Co-ops</td>
</tr>
<tr>
<td>71</td>
<td>Rideshare &amp; Intercity Transport</td>
</tr>
</tbody>
</table>

# Personal Services

<table>
<thead>
<tr>
<th>Page</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>72</td>
<td>Personal &amp; Sexual Health</td>
</tr>
<tr>
<td>74</td>
<td>Employment &amp; Volunteering</td>
</tr>
</tbody>
</table>

# Montreal: The Basics

<table>
<thead>
<tr>
<th>Page</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>75</td>
<td>Fast Facts</td>
</tr>
<tr>
<td>76</td>
<td>Montreal Festivals</td>
</tr>
<tr>
<td>78</td>
<td>Winter, Summer &amp; the Brief Transitions</td>
</tr>
<tr>
<td>79</td>
<td>Living Green</td>
</tr>
<tr>
<td>79</td>
<td>Living Gay, Lesbian, Trans or Bi</td>
</tr>
<tr>
<td>79</td>
<td>Cultural Venues</td>
</tr>
</tbody>
</table>

# Neighbourhoods

<table>
<thead>
<tr>
<th>Page</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>Quick Facts</td>
</tr>
<tr>
<td>82</td>
<td>McGill Ghetto</td>
</tr>
<tr>
<td>83</td>
<td>Downtown</td>
</tr>
<tr>
<td>84</td>
<td>Little Burgundy, St Henri &amp; Area</td>
</tr>
<tr>
<td>85</td>
<td>Verdun &amp; Area</td>
</tr>
<tr>
<td>86</td>
<td>Quartier Latin</td>
</tr>
<tr>
<td>87</td>
<td>The Plateau</td>
</tr>
<tr>
<td>88</td>
<td>The Village</td>
</tr>
<tr>
<td>89</td>
<td>Hochelaga-Maisonneuve</td>
</tr>
<tr>
<td>90</td>
<td>Mile End</td>
</tr>
<tr>
<td>91</td>
<td>Westmount</td>
</tr>
<tr>
<td>92</td>
<td>Cotes-des-Neiges / NDG</td>
</tr>
<tr>
<td>93</td>
<td>West Island</td>
</tr>
</tbody>
</table>
International & Out-of-Provence Students 94
94 Health, Wellness & Rights
95 Visas & Working
95 Work Permits
96 Language Services
97 For Canadian Citizens & Residents

Better Businesses & Member Deals 99
99 How to Use
100 Food Stores
106 Restaurants
109 Medical & Personal Care
111 Other Services & Providers
117 Macdonald (Mac) Campus

PGSS Exclusive Member Deals 118
Your Students’ Society: The PGSS Team

The Post Graduate Students’ Society is an association of all graduate students and postdoctoral fellows at McGill. Through the PGSS Council, the highest governing body of the PGSS, representation throughout the McGill governing structures is organized. The PGSS is a non-profit corporation constituted under Part III of the Quebec Companies Act, with all graduate students and post-doctoral fellows at McGill University as its members.

We are here to support you throughout your academic work at McGill and to serve as a resource if you ever need help dealing with the University or life in Montreal. We advocate for our members in meetings with the University and work with external groups to improve student life. In addition, we provide a social activities for our members via the restaurant and bar which we operate at Thomson House (3650 McTavish), trips we organize to other cities, and events we host at and around McGill. The PGSS always wants to hear from our members and are very open to your ideas about how we can do better. Please visit Thomson House, join your departmental association, come to our council and general meetings, participate in our events, visit our website, or e-mail a member of the executive team if you have any questions or new ideas. We hope your stay at McGill is an enjoyable one and look forward to hearing from you!

There are a team of student elected executives, appointed commissioners and staff to support your needs as a graduate student. Please see below for the link of the current representatives.

Current Executives

Current Commissioners

Current Staff
Your Students’ Society: PGSS

Departmental Associations (PGSAs)

Each department (or faculty) can form an association (a PGSA), which, in addition to representing its members on PGSS’ council, acts to enhance its members’ academic, personal and social experiences at McGill on the departmental (faculty) level. PGSAs are always looking for new volunteers, so do not hesitate to contact your association to get involved! A few PGSAs do not have any active members. You can contact PGSS to start one. These groups are funded by a small fee each semester, so if you have a project in mind, contact them by clicking on their name below! Your association might just foot the bill.

Faculty of Arts

ADELFIES
Association des étudiant(e)s en langue et littérature françaises inscrit(e)s aux études supérieures
French Language & Literature
adelfies.pgss@mail.mcgill.ca

AGSA
Anthropology Graduate Student Association
agsa.pgss@mail.mcgill.ca

AHCS
Department of Art History & Communication Studies Graduate Student Association
ahcs.pgss@mail.mcgill.ca

ALLCGS
Association of Languages, Literature and Culture Graduate Students at McGill University
allcgs.pgss@mail.mcgill.ca

EASPGSA
McGill Graduate Students’ Society for East Asian Studies
mgsseas.pgss@mail.mcgill.ca

EGSA
English Graduate Students’ Association
egsa-english.pgss@mail.mcgill.ca

HCGSA
History & Classical Studies Graduate Student Association
hcgsa.pgss@mail.mcgill.ca

MEGA
Economics Graduate Student Association
mega.pgss@mail.mcgill.ca

MGAPSS
McGill Graduate Association of Political Science Students
mgapps.pgss@mail.mcgill.ca

MGSSA
McGill Graduate Sociology Students’ Association
mgssa.pgss@mail.mcgill.ca

MISSS
McGill Institute of Islamic Studies Student Council
miissc.pgss@mail.mcgill.ca
Your Students’ Society: PGSS

Departmental Associations (PGSAs)

Faculty of Arts (continued)

MISSA
McGill Library and Information Studies Students’ Association
missa.pgss@mail.mcgill.ca

PPSMUA
Postgraduate Philosophy Students
of McGill University Association
ppsmua.pgss@mail.mcgill.ca

SWAGS
Social Work Association of Graduate Students
swags.pgss@mail.mcgill.ca

Faculty of Science

ADAMS CLUB
Earth & Planetary Sciences
adams-club.pgss@mail.mcgill.ca

BGSA
Biology Graduate Students’ Association
bgsa.pgss@mail.mcgill.ca

CAOS
Council of Atmospheric and Oceanic Sciences Students
caos.pgss@mail.mcgill.ca

CGSS
Chemistry Graduate Students’ Society
cgss.pgss@mail.mcgill.ca

CSGS
Computer Science Graduate Students
csgs.pgss@mail.mcgill.ca

GASP
Graduate Association of students in Psychology
gasp.pgss@mail.mcgill.ca

GGS
Geography Graduate Society
ggs.pgss@mail.mcgill.ca

GSAMS
Graduate Student Association for Mathematics and Statistics
gsams.pgss@mail.mcgill.ca

MGAPS
McGill Graduate Association of Physics Students
mgaps.pgss@mail.mcgill.ca
Your Students’ Society: PGSS

Departmental Associations (PGSAs)

Faculty of Engineering

CEGSS
Civil Engineering Graduate Students’ Society
cegss.pgss@mail.mcgill.ca

CHEGSS
Chemical Engineering Graduate students Society
chegss.pgss@mail.mcgill.ca

EEGSS
Electrical & Computer Engineering Graduate Students’ Society
mcgill.eegss@gmail.com
eegss.pgss@mail.mcgill.ca

GAMES
Graduate Association of Mechanical Engineering Students
games.pgss@mail.mcgill.ca

GASA
Graduate Architecture Students’ Association
gasa.pgss@mail.mcgill.ca

MMGESA
Mining and Materials Graduate Engineering Student Association
mmgesa.pgss@mail.mcgill.ca

OUPS
The Urban Planning Graduate Student Association
uops.pgss@mail.mcgill.ca
Your Students’ Society: PGSS

Faculty of Medicine

BGSS
Biochemistry Graduate Students’ Society
bgss.pgss@mail.mcgill.ca

BBMESS
Biomedical Engineering Students’ Society
bbmess.pgss@mail.mcgill.ca

EBOSS
Epidemiology and Biostatistics Students’ Society
eboss.pgss@mail.mcgill.ca

EMGSS
Experimental Medicine Graduate Students’ Society
emgss.pgss@mail.mcgill.ca

ESGSS
Experimental Surgery Graduate Students’ Society
esgss.pgss@mail.mcgill.ca

FMGSS
Family Medicine Graduate Students’ Society
fmgss.pgss@mail.mcgill.ca

GAPTS
Graduate Association of Pharmacology and Therapeutics Students
gapts.pgss@mail.mcgill.ca

GRSS
Graduate Rehabilitation Science Society
grss.pgss@mail.mcgill.ca

GSAN
Graduate Student Association for Neuroscience Neuroscience, Integrated program
gsan.pgss@mail.mcgill.ca

HGSS
Human Genetics Students’ Society
hgss.pgss@mail.mcgill.ca

MAGSS
McGill Anatomy and Cell Biology Graduate Students’ Society
magss.pgss@mail.mcgill.ca

MIGSA
Microbiology & Immunology Graduate Student Association
migsa.pgss@mail.mcgill.ca

MPSS
Medical Physic Students’ Society
mpss.pgss@mail.mcgill.ca

NGSA
Nursing Graduate Student Association
ngsa.pgss@mail.mcgill.ca

GAP
Physiology Graduate Student Association
gap.pgss@mail.mcgill.ca

GSAP-(Psychiatry)
Psychiatry Graduate Student Association
gsap.pgss@mail.mcgill.ca

SCSD
Association of Students in the School of Communications and Disorders Sciences
scsd.pgss@mail.mcgill.ca

SPOTGSA
School of Physical & Occupational Therapy PGSS
spot.pgss@mail.mcgill.ca
Your Students’ Society: PGSS

Faculty-Based PGSAs

APF
Association of Post-Doctoral Fellows
Interfaculty Association
postdocs.pgss@mail.mcgill.ca
apf.pgss@mail.mcgill.ca

DDSS
Desautels’ Doctoral Students’ Society
Desautels Faculty Management
desautels.pgss@mail.mcgill.ca

DGSS
Desautels Graduate Students’ Society
(Desautels Faculty of Management)
dgss.pgss@mail.mcgill.ca

EGSS
Education Graduate Students’ Society
egss@mail.mcgill.ca

GLSA
Graduate Law Students’ Association
glsa.pgss@mail.mcgill.ca

MCGSS
Mac Campus Graduate Students’ Society
Faculty of Agricultural & Environmental Science
mcgss.pgss@mail.mcgill.ca

MDGSS
McGill Dentistry Graduate Students’ Society
mdgss.pgss@mail.mcgill.ca

MGSS
Music Graduate Students’ Society
Schulich School of Music
mgss.pgss@mail.mcgill.ca

RSGS
Religious Studies Graduate Students
rsgs.pgss@mail.mcgill.ca
At McGill

Academic Dates

Click here for the McGill Key Academic Dates page.
Your Students’ Society: PGSS

Council, Elections & Committees

Council
PGSS members are represented by over eighty councillors from their PGSAs, based on the number of members they have. Council makes decisions concerning the governance of society activities: social events, advocacy, member support, professional support and more. Dropping in on one of their monthly meetings is a great way to learn a bit more about the organization and its goals. Child-minding and a fabulous supper are even provided! For a schedule of meetings and related documents click here.

Elections
Each year in the Winter semester, PGSS members are invited to vote online for the following academic year’s executive officers. These individuals manage the day-to-day affairs of the Society, much like the president of a company would. The Chief Returning Officer issues an invitation to all members to run a few weeks before the elections, so if you wish to get involved, keep your eyes and ears peeled in January to our website or your email starting in January.

At the same time as the executive elections, PGSS (usually) holds multiple referenda. These questions are almost always on major topics that affect your future at McGill or how much you pay. Some questions in the past few years have dealt with rising fees, union accreditation, maternity leave and the sponsorship of a writing centre. In fact, as an accredited student union, McGill must ask members if they agree to fee increases above 2.6%! Members are always welcome to propose their own referendum ideas or help to promote one of the campaigns. Council or the PGSS bylaws are always a good place to start planning your own project.

By-elections might be held at any time during the year, so if you missed your chance to get involved in the Winter semester, another opportunity may be around the corner. PGSA elections are held at different times throughout the year as well. For more information or to vote see the election website page on our website.
Your Students’ Society: PGSS

Council, Elections & Committees

PGSS Committees
All the hard work done by the PGSS councillors, executives, and staff is supported by over one hundred different committees. These groups assist in such diverse areas like honourary degrees, food options at Thomson House, or human rights. Some groups meet as little as once a year, whereas others may meet weekly; most of the time, the commitment is up to you! To learn more, or to join one of the committees contact the Academic Affairs Officer.

Services
PGSS offers its members a range of great benefits. Below are just some of them. Check out our website or visit the office to learn more of what we have to offer.

Health, Dental Plan & Discount Network
All members of PGSS enrolled full-time and paying Quebec or Canadian tuition rates are automatically covered by a comprehensive extended health and dental plan negotiated by your association and approved by our members. Part-time members can also choose to be covered by opting in. Opting out of the plan is, of course, also an option, and can be done by going to the plan’s website. International students are covered by the dental portion of the plan, as well as by a different comprehensive plan. International students should check out the out-of-province section of the agenda and, if applicable, the For Canadian Citizens & Residents section for more information on their health coverage and obligations.

Each year, there are two change-of-coverage periods when you can opt-out of the insurance if you have equivalent coverage with a private plan (for example, if you have insurance through an employer, spouse, or parents). This is also your opportunity to opt your spouse or dependant(s) into the plan for health and/or dental coverage. If you begin your year in September, you must opt in your family during the fall change of coverage and will not be able to opt your family in the winter change of coverage period if they were eligible during the fall change-of-coverage period. If you or your spouse/dependants gain eligibility through the year, for example you have a child, move to Montreal, or lose coverage from an employer, you will have thirty days to opt you or the newly eligible spouse/dependants in. The Change-of-Coverage Period is the period at the beginning of the semester. If you are a new student in the Winter semester, you can enrol yourself, your spouse, and/or dependants during the winter change of coverage period (see the studentcare website for up-to-date change of coverage dates).
Health Insurance

Studentcare info sessions are held at Thomson House several times a year and Studentcare representatives will be present to answer of your health insurance

RAMQ vs Studentcare Health Insurance
How does health insurance work in Quebec?
It’s important to understand the laws and protection regarding health insurance in Quebec. It is the law in Quebec that everyone must be covered by prescription drug insurance; there are two ways to obtain this coverage. Régie de l’assurance maladie du Québec provides coverage, private plans are available through group insurance of employee benefit plans. The public plan only partially covers you for prescription drug charges (you can see the cost and what prescriptions are covered on their website). Private health insurance often covers the cost of many treatments such as physiotherapy, or chiropractors. Some health insurance companies also provide coverage for dental and vision care. The PGSS health insurance is provided by Studentcare, though this plan is considered a student plan, not a private plan and you may still have charges for the Régie de l’assurance maladie prescription plan.

The PGSS Health Plan Studentcare
Studentcare provides PGSS members (and their spouse's/dependents if you opt them in) with health and/or dental coverage. Studentcare’s change- of-coverage period in the Fall is from August 23.-September 28, 2017 and the Winter change-of-coverage period January 17- January 31, 2018. You must enroll yourself (and any dependents/your spouse) in the plan during this time. Prices and forms for enrolling are available on their website. Post-docs have 30 days from enrollment to register. These policies are strict and you will be turned away for coverage if you miss the opt-in period. Their website is great and lists the services they cover/health networks for further deductions and forms for claims/travel/opting in. They also have a new mobile app that allows you to make some claims right from your mobile device. To check the status of your coverage, you can reach Studentcare by phone at (514)-789-8775, toll-free 1-866-795-4435, or go to their location 1200 McGill College Avenue, Suite 2200 Montreal, Quebec H3B 4G7. They can look up your file with your student number.
How do I make a claim with Studentcare?
For a basic claim all you need to do is complete the form available [here](#), attach the pertinent receipts (make sure to keep a copy for your records) and then mail the form and receipts to the address at the bottom of the form or bring your claim in to their location. They will send you back a cheque with the amount they will be covering via mail, or you can complete the direct deposit information and the money will be transferred directly into your account. They also have a new mobile app that allows you to make some claims right from your mobile device. If you have a large procedure to complete you should phone/send in your quote from your dentist/doctor to Studentcare to know exactly what they will reimburse you ahead of time. If you visit one of the professionals on Studentcare’s dental, vision, chiropractic, physiotherapy networks you should receive further discounts and some may not make you pay the full bill upfront (only what you are responsible to cover) and they will receive payment directly from Studentcare. There’s a new iPhone app, free for download called *I have a plan* that enables you to submit your claims electronically, and your reimbursement will be directly deposited to your bank account. The app may be a good choice for you as processing times are faster and the process is simple and paperless.

Why do my forms downloaded from Studentcare say BlueCross or Desjardins? Do I have the correct forms?
Yes! Don’t worry Studentcare uses Desjardins for the health and dental insurance and BlueCross for their travel insurance.

I’m travelling abroad for spring break, does Studentcare cover me?
Yes, Studentcare provides emergency medical treatment while travelling outside of your province or territory of residence for up to 120 days of travel. If the University has approved your participation in an exchange program, you can obtain coverage for the entire exchange even if it goes beyond the 120 days. You will need to send a letter detailing your travel plans and bearing the signature of your supervisor to Studentcare. Phone ahead and they can provide a detailed explanation of this process.

How do I get my RAMQ (Quebec health coverage) card?
You will have to prove your eligibility and provide proof of residence when applying for your RAMQ card. There is a detailed explanation of how to apply and whether you are eligible [here](#). Medical services covered by your RAMQ card are detailed [here](#). To obtain or renew your RAMQ card, the process will differ depending if you have a valid Quebec drivers license. If you have a Quebec drivers license you can renew your driver’s licence and your RAMQ card at the same time at a SAAQ service outlets. If you don’t have a driver’s licence or don’t have to renew it at the same time, you must go to one of service points of the Régie (a CLSC or an office of the Régie). Your neighborhood CLSC are your local community service centres and offer various health and social services. Find your closest point of service [here](#).
Private versus public health care in Quebec

Quebec has a system that provides its patients with services available at publicly funded and privately funded clinics. There are advantages and disadvantages to both systems, and depending on your health issues and financial situation, either one may be best suited for you. Medically required services are covered for Quebec residents, which means if you find yourself in the hospital, you won't be bankrupt the next morning, though for less urgent matters there may be increased wait times. Some health related issues such as dental and vision care are not generally covered by the provincial health care, though there are some exceptions such as children under 10 or welfare recipients. Eyeglasses or contact lenses are not covered by the provincial health care at all. If you need a diagnostic test, such as an MRI, you can ask for the estimated waiting time at your chosen public hospitals (which differ due to demand and the severity of your case) and you can also get a quote from a private clinic. Depending on your health insurance, private health care could be partially covered by your insurance.

9-1-1 vs 8-1-1

In the event of a serious problem or emergency, dial 9-1-1 (Canada's emergency line where an operator will connect you to the appropriate service for the fire department, police or ambulance service) or go to the emergency room. If you are sick and don't know whether you should visit a drop-in clinic, your family doctor, a hospital or your local pharmacist, you can call 8-1-1, which is Santé Quebec's free and confidential 24/7 telephone service. You will very quickly be connected to a nurse who can give you advice on any of your health-related questions.
Your Students’ Society: PGSS

Thomson House

While it may not be Downton Abbey, Thomson House is PGSS’ own gorgeous limestone mansion. Located on Mc-Tavish near Doctor Penfield, the headquarters of PGSS, built in 1934 by the wealthy Gravel family and sold to McGill in 1968, and leased to PGSS shortly thereafter. Thomson House offers a full service bar, affordable restaurant for lunch and supper (complete with vegan & veggie options), meeting rooms, a banquet hall, and a patio. The House’s food services endeavour to be as sustainable as possible with composting since January 2013, a sustainable buying policy, and a dedication to workers’ rights.

For all graduate students, membership to Thomson House is included in your PGSS fees and gives you access to the Bar and Restaurant, *free Boardroom bookings for academic reasons and *free Main Floor Lounge bookings for Member Group (i.e. GSA, LSA, MSS groups) socials, as well as reduced rates for special event bookings. Please call ahead to reserve your space.

Memberships for associate members, which includes alumni, academic and non-academic staff are available. Please verify the current rates online. This gives you access to the Restaurant and Bar services, as well as the ability to sign up for PGSS Leisure Courses, Trips and Activities.

* Free bookings can be no longer than 2 hours in duration and must take place during regular business hours. Please contact the House Manager for more information.
Your Students’ Society: PGSS

Fees

There is a fee calculator available here. This calculator gives you an estimate of the fees that you will be charged for the semester. There are also fee descriptions so that you can see what each fee entails, whether you can opt out and when the next referendum to renew the fee is.
Leisure Courses

Have a little extra free time to put to good use? PGSS offers members discounted courses at Thomson House throughout the year. Several levels of French as a second language are taught, as well as Spanish, Yoga, Zumba, First Aid, and Self Defense. Classes are not for credit, and taught by a professional instructor so they fill up quickly. To register, please go to the online sign-up page.

Payments can be made online by credit card or debit online; if you so prefer, cash, cheque, or credit card can be paid in person in the PGSS office, room 401 of the Thomson House, just select pay in person on the website when registering.
Special Events & Ticket Sales

PGSS Members are also offered special discounted passes throughout the year to hot-ticket events like Cirque-du-Soleil, LaRonde Theme Park, and various musicals or concerts. Such passes are one time offers, so we cannot guarantee their availability or frequency. See the PGSS website, Facebook and Newswire for up-to-date listings of events and leisure courses. Purchases or reservations can be made here. Tickets can be used as gifts for family and friends.

PGSS organizes many academic and social activities throughout the year, come try something new like Ice Fishing, Curling, or Trivia Nights.

Ticket and event sales are reserved online, on the PGSS website. Don't forget to log in with your Minerva ID before registering. Email info.pgss@mail.mcgill.ca, or call 514-398-3756 ext 09098 if you are having any log in/purchase problems.
At McGill

The Basics

Whether you are a new or a returning student, the start of a new semester can be a hectic and stressful time. We aim to lighten the burden with some crucial information on starting at McGill.

Campus Walking Tours

The Welcome Centre organizes campus walking tours and student-for-a-day opportunities to get to know the University and its surroundings.

Inter-Campus Shuttle Bus Service

Don’t forget, a shuttle bus runs throughout the day for students between the downtown and Mac campuses. Registration for the service is required annually at one of the two McGill Service Points.
ID Cards, Service Point, Student Accounts, Wifi
To function at McGill, a student ID is a requirement. It permits you to access McGill services, and it functions as the only accepted identification for most university services. Obtaining a card is simple: just go to the downtown or Macdonald Campus service point with legal photo ID, your student number, and, for international students, documents proving one’s legal status in Canada. Members wishing to be identified by a name other than their legal first name can request to do so online on the Minerva website.
Besides issuing ID cards, McGill Service Point streamlines most important administrative tasks such as admissions, Minerva, tuition fees, and registration services. The downtown Service Point is conveniently located a few minutes from PGSS on the corner of Sherbrooke and McTavish. Hours vary throughout the year, so be sure to verify with the their website before making the trip.

Skillsets
Skillsets is a great resource hosted by Graduate and Postdoctoral Studies and Teaching and Learning Services. You can register online for all the listed events all directed at helping McGill students learn and network.

Library tours
With great workshops ranging from “Comprehensive Literature Searching in Electrical and Computer Technology” to “Research & Citing For Your Technical Paper/Poster”.

Writing centre
Refine your academic writing skills or learn to write for a specific professional audience with courses offered by the McGill Writing Centre (MWC). As a student in one of the MWC’s courses or workshops, you’ll learn essential skills, strategies, and techniques that will help you to succeed both at university and in any number of professions. Graphos is an initiative of the writing centre providing courses, workshops, peer writing groups, and tutorial services to graduate students.

How to use Minerva
IT Services Orientation: A great document with an explanation of the services you can access with your McGill Username and Password including myMcGill, myCourses, McGill Email, Minerva, VPN, Wireless, Antivirus software.
At McGill

ID Cards, Service Point, Student Accounts, Wifi

McGill students are eligible for print, computer, email, Minerva, library, wifi, rental, and security access accounts. All of these are easier to obtain if one first has a McGill ID. The copy service is automatically linked to your McGill ID card. Printing can be done on campus or from home by using the uprint mono service. Instructions on how to use it, or how to set up a home computer can be found on the McGill IT website. A student account and password is required. This account and password doubles as your McGill computer and email access IDs. Your username is sent to your personal email address upon acceptance at McGill University and follows this format: firstname.lastname@mail.mcgill.ca. If you cannot find your eight digit password, or if you wish to change it, you may do so on Minerva. To access Minerva, you need your student ID and a pin. For new students, this personal identification number consists of your birthday in the numerical format yymmdd (year, month, day; ex: 830214). Your Minerva password also works for the library - one less number to remember! To rent audio-visual equipment from McGill's Information Technology Service, all one needs is a McGill ID. Equipment for a course requirement is free of charge, but fees may apply for other uses. In order to find all this information, your best bet is to go online. McGill's wifi can be accessed across the downtown campus, and on most of Macdonald Campus, by using the WPA McGill network with your McGill username and password. Finally, certain students may wish to obtain special security cards to access labs or other facilities outside of regular hours. After speaking with your professor, contact the building's Area Access Manager to get a proximity card.
Student Services Around Campus

Health-Related Services

**Mental Health Service Clinic**

The clinic services can be used by all registered McGill students who have paid the student services fee. Remember the new post-doc fee enables post-docs to use these services as well. For full details about eligibility, see their site. “We provide a secure, non-judgmental and confidential space in which to pursue your mental health treatment. Our clinic consists of a team of psychiatrists, psychologists and psychotherapists whom are all available by appointment. Please note that for an appointment with a psychiatrist, you will first need a referral by a physician.”

**Shag Shop**

The Shag Shop has closed its Student Health Clinic location, and has now opened an online store. It is run by McGill Health Promotion to inform students about sexual health and wellness (where you can find great deals on buying condoms, lube, and natural and alternative menstrual products).

**Eating Healthy on Campus**

Want to eat healthy but don’t know where to start? Learn where you can buy fresh, local produce on and off campus, as well as where you can eat well on campus!

**Relax & Rejuvenate**

Resources to destress on campus.

**Medical Clinic**

The McGill Health Clinic can be used by all registered McGill students who have paid the Student Services fee. This fee is automatically charged on the account of all students other than those registered in Continuing Studies. In order to use the clinic, these students must present proof that they have paid the fee. The clinic can not be used by Blue Cross dependents, McGill staff or research trainees.
Health on Campus
PGSS Health and Wellness Committee (HaWC) is a team of students aiming to address the health and wellness needs of graduate students through health promotion and activities. Activities range from Speed-friending, and a Flu shot clinic. There are many health services available on campus so take advantage of the great affordable care while on campus.

Counselling Service
Whether providing assistance during a crisis, teaching relaxation techniques, or discussing a failed exam or broken heart, the McGill Counselling Service is here to help. They work to provide students with effective therapy, knowledgeable support, and the opportunity to develop the skills they need to be successful in both school and life.

Dental Clinic
There are two dental clinics available on campus. The McGill University Dental Clinic provides high quality care at about 50% the cost of a private office. All treatment is provided by dental students under the supervision of general dentists and specialists. The second clinic McGill Dental Clinic is located at 752 rue Sherbrooke Ouest (corner of McGill College). To make an appointment, please call (514) 398-3155.

Dog Therapy on Campus
A great way to de-stress, pet therapy dogs will be available in different locations such as Brown Building during exam/end of term periods.
Services to support your rights

Legal Information Clinic at McGill (LICM)
The Legal Information Clinic at McGill is a non-profit, student-run, bilingual and free legal information service. Our mandate is to provide legal information, referral and community services to the McGill and Montreal communities, with a continuing commitment to meeting the needs of marginalized groups. (514) 398-6792

Committee for Member Support
The CMS is a student-run, confidential peer-support service that provides assistance to graduate students who need guidance, funding resources or feel their rights have been violated. Contact the CMS- we can help ssc.pgss@mail.mcgill.ca

Office of the Ombudsperson
The Office of the Ombudsperson offers confidential, informal, independent, and impartial dispute resolution services to all members of the student community by providing information, advice, intervention and referrals ombudsperson@mcgill.ca

Harassment and Discrimination Assessors
If you feel that you are experiencing harassment or discrimination, telephone or email an Assessor to discuss your situation in confidence.

Sexual Assault Centre of the McGill Students’ Society (SACOMSS)
The Sexual Assault Centre of the McGill Students’ Society (SACOMSS) is a volunteer-run organization committed to supporting survivors of sexual assault and their allies through direct support, advocacy, and outreach. Their services include Drop-In and Line (DIAL), Support Groups, Advocacy, and Outreach. Additionally, they offer sexual assault sensitivity training to McGill and Montreal groups, provide information and referrals, and organize events to raise awareness about sexual assault. (514) 398-8500

Experiencing Domestic Violence in Graduate School

SOS Violence Conjugale
Operates a hotline at 1-800-363-9010 or 514-873-9010
This is a bilingual service (English, French) and is available 24 hours per day, 7 days per week.

CAVAC (Crime Victims Assistance Centre)
The Montréal CAVAC, with its quick-response system, meets the specific needs of persons of all ages who are either victims of or witnesses to a criminal offence, or someone close to a crime victim, whether or not the perpetrator is identified, apprehended, prosecuted or convicted.
Gender and Equity Services

The Union for Gender Empowerment
The Union for Gender Empowerment (UGE) is a trans-positive feminist service of the Students’ Society of McGill University (SSMU). Everyone is welcome to use our services! We coordinate an alternative lending library (with over a thousand titles!); a co-op stocking pay-what-you-can ecologically responsible menstrual products, DIY sex toys, safer sex supplies, and gender empowerment items; and a zine library. The UGE also runs trans 101/allyship and anti-oppression workshops for other organizations and projects, and has a resource binder with information about abortion services, counseling, and queer/trans-friendly health services in Montreal.

Queer McGill
Queer McGill aims to create safe space and community for queer students. Queer McGill provides a variety of services for queer (including but not limited to gay, lesbian, bisexual, transgender, tran(s)sexual, two-spirited, asexual, intersex, pansexual, questioning, and anyone who identifies with the queer moniker) students and their allies. As a feminist, sex-positive, anti-racist, anti-classist, anti-ableist, and anti-ageist organization, Queer McGill works to fight all forms of oppression. Through a variety of programming, including discussion groups, workshops, lecture series, and dance parties, Queer McGill provides space, opportunity, and a voice for queer students on campus and around Montreal. (514) 398-2106

Student Groups

Family Care Caucus (FCC)
The PGSS Family Care Caucus advocates on behalf of graduate students and postdocs who are pregnant, caring for a dependent child, or caring for an infirm or elderly relative. The Family Care Caucus meets regularly and is open to all PGSS members (parents and non-parents). For more information or to join the PGSS Family Care Caucus: familycare.pgss@mail.mcgill.ca.

CKUT Radio McGill
CKUT provides alternative music, news and spoken word programming to the city of Montreal and surrounding areas, 24 hours a day, 365 days a year. Hear us at 90.3 MHz on the FM dial, 91.7 by cable, or listen on-line. CKUT is made up of over 200 volunteers working with a staff of coordinators, not just to make creative and insightful radio programming, but also to manage the station. The station operates on a collective management system that includes volunteers in decision-making. (514) 448-4041
Student Groups (continued)

**McGill Students’ Nightline**
McGill Students’ Nightline is a confidential, anonymous and non-judgmental listening service, run by McGill students, providing the community with a variety of support. This includes anything from information to crisis management and referrals (personal, medical and legal issues). We are an English service.
(514) 398-MAIN (6246)

**Midnight Kitchen**
Serves pay-what you-can vegan lunches on weekdays @ 12:30 pm in the William Shatner University Centre (3600 McTavish Street), as well as organizing educational events and workshops.
midnightkitchencollective@gmail.com

**La Fédération étudiante universitaire du Québec**
PGSS is a member association of FEUQ, a lobby group which represents 14 member associations and more than 125,000 student members at the provincial level
(514) 396-3380

**McGill International Students Network (MISN)**
We organize events, trips, and provide a number of services to help ease students’ transition into the McGill community. We also strive to highlight the cultural diversity on campus, and make McGill students’ stay here a multicultural experience.

**Quebec Public Interest Research Group McGill (QPRIG)**
Student organization for social justice & environmental issues
(514) 398-7432

**AGSEM**
Union representing all teaching assistants at McGill
(514) 398-2582
At McGill: Services

**SSMU**
The first and largest undergraduate student association at McGill; **SSMU offers a complete listing of all student groups and leisure courses on campus of which PGSS members may participate.**
(514) 398-6800

**The Sustainability Projects Fund (SPF)**
The SPF supports members of the McGill community to realize their very own interdisciplinary projects to make McGill campuses more sustainable. From educational gardens and anti-oppression workshops to instituting university-wide green building standards, #ApplySPF and do it together!

**The McGill Office of Sustainability**
The McGill Office of Sustainability provides the strategic guidance, support, and resources to transition McGill into an institutional model of sustainability for society.
In partnership with students, staff, and faculty, we advance McGill’s vision for sustainable research, education, connectivity, operations, and governance.

**Vision 2020**
Vision 2020 is McGill’s Sustainability Strategy. The result of broad consultations with the McGill community, it lays out a framework for achieving the highest possible standards of sustainability in university operations, and campus living and learning. This fall, McGill will launch the 2017-2020 Climate & Sustainability Action Plan.

**Sustainable Events Guide**
From international conferences to departmental gatherings, use this guide to plan and execute more earth-friendly, accessible, and economical events at McGill. You can also enlist the services of the Sustainable Events Consultants to help make your event ‘Certified Sustainable’!

**Sustainable Labs Guide**
This guide was created by the Sustainable Labs Working Group to help researchers improve the sustainability of their laboratory environments, including everything from resource efficiency to green chemistry.
Services for Students with Disabilities

The myACCESS office (previously Office for Students with Disabilities) offers support to undergraduate and graduate students who experience barriers in their learning environment - be they temporary or permanent, visible or invisible. The aim of the myACCESS office is to reduce these barriers and increase access to learning for a diverse student population. The process for determining accommodations is a collaborative one. Graduate students who experience barriers in their learning environment while in graduate studies are encouraged to contact myACCESS as soon as possible and ideally prior to the start of their graduate studies to set up an appointment with an Access Adviser. During the first appointment the Access Adviser will engage in a discussion to identify and remove barriers in a student’s academic experience.

Connect with a service agent in person or digitally by checking out their website.

Transportation for Persons with Disabilities

Campus Access Guides
Maps of campus and buildings with ramps and elevators indicated.

STM paratransit
STM paratransit services are provided to users collectively, door-to-door, and are based on a reservations-only system. Unfortunately the metro system and buses are not very well adapted for users with limited mobility, many of the metro stations have no elevators available, and buses are not always maintained or able to accommodate a wheelchair especially in the winter, though you will need to go through the application process.

On Roule Au Quebec (in French)
OnRouleAuQuébec’s mission is to help facilitate the life of people with reduced mobility easy access to the information they need with a list of accessible businesses, dedicated resources, and a list of accessible lodging for rent.
Handicapped-Accessible Housing
Contact the Centre de réadaptation Lucie-Bruneau’s Service Info Logement at 514-376-4757, extension 2222. This service centralizes and coordinates housing offers for people with handicaps or reduced mobility in the Montréal area.

HEC’s accessibility services page
HEC has done a great job with their accessibility services page, while there is school specific information there is a lot of information for all montrealers who have a disability.

Council of Canadians with Disabilities
CCD is a national human rights organization of people with disabilities working for an inclusive and accessible Canada.

Course for Impact of disability on Students’ Learning.
This site has been designed as a resource for postsecondary education faculty and Accessibility Centre/Disability Services Office support staff, tutors, and mentors, particularly in New Brunswick, Canada, but is offered free of charge to anyone, anywhere who has an interest in the subject area.

Special Needs Directory
Below is a list of hundreds of businesses and organizations that offer specialized courses and programs, camps, sports and education for children with special needs. There is also a comprehensive list of support and respite services for families as well as a section specifically for families with kids on the autism spectrum.

Défi sportif AlterGo
The Défi sportif AlterGo is an international event that assembles athletes from the elite and newcomers, with all types of disabilities. About 5,000 athletes from 20 countries or so, compete during 7 days in Montréal, Longueuil and Boucherville.

English Montreal School Board Database for Special Needs Resources
English Montreal School Board Database for Special Needs

Personnes Handicapées (ROSEPH)
A non-profit organization that brings together 25 specialized labor services targeted specifically for people with disabilities.
Health Resources for Persons with Disabilities

RAMQ
The Régie has many aid programs for those who need Visual aids, hearing aids, ocular prostheses (artificial eye), external breastforms, applicances for permanent ostomates, accommodation in a public facility, accommodation in an intermediate resource, compression garments for lymphedema, devices that compensate for a physical deficiency and domestic help.

Health and social resources for English-speaking communities in the east island of montreal
Though this pamphlet is designed as a resource for those who live in the east island the businesses and support lines are from the whole city and features a great list of services for those who are seeking support with addiction, diseases and disabilities, education, employment and volunteering, elderly services, emergency and temporary housing and aid, groups, referral and community centres, violence and sexual assault, youth centres, youth help lines.

List of National Disability Organizations.

Mobile & Ipad Apps
There are many website and apps that are tailored to help individuals with a wide range of disabilities, check out Friendship circle and Scribd for some apps to explore.
Employment Services for Persons with Disabilities

JAS: Leading the Way to a Barrier-Free Workplace
JAS® is a Canada-wide and bilingual service that offers public and private sector companies of all sizes advice, consultations, and assessment services in order to assist them comply with their legal duty to accommodate and accessibility standards. Through an extensive pool of experts, this fee-based service supports employers and employees in setting up an inclusive and healthy environment thereby preventing conflict, managing disability, as well as preventing disability through ergonomic evaluations. The JAS® consultants recommend solutions that optimize performance and make diverse, accessible, and healthy workplaces.

Emploi Québec - Assistance for Persons with Disabilities
In addition to the services provided by Emploi-Québec to all Quebecers, specialized services and resources are made available to persons with disabilities to help them find and keep a job.

Ensemble au travail - in French only
Find all the tools and information necessary to help integrate into the Quebec labour market.

Handicapemploi.com
Handicapemploi helps you to find employment while taking account of your disability in order to find a job designed to suit your specific situation without neglecting your needs and those of the employer.

L’Arrimage Inc. (For people living with mental health disorders)
Funded by Emploi Quebec, L'Arrimage offers specialized employment services to people living with mental health problems wishing to integrate or reintegrate the labour market. Their services are offered on an individual basis in accordance with the client’s needs and capabilities. They are offered free of charge to residents of Montreal and Laval who meet our eligibility requirements.

Comité d’adaptation de la main d’oeuvre (CAMO) pour personnes handicapées - in French only
A National organization with the mission to promote the access and mission for training and employment persons with disabilities.
Moelle épinière et motricité Québec’s employment services (for persons living with neurological and physical limitations)

Employment services from Moelle épinière et motricité Québec are made up of employment counsellors, a guidance counsellor and a job retention counsellor. This is a specialized team, involved in assisting persons with physical or neurological limitations in developing a professional agenda or successfully completing a guidance process, clarifying their employment objectives or lastly, helping them develop an efficient job search strategy or a strategy for a return to school. Their objective is to help develop a certain autonomy in actions undertaken by persons with neurological limitations, help them develop their professional integration and most of all, promote job retention.

SEMO Horizon-travail (for persons with a visual impairment)

We see on the horizon, jobs for all. Horizon-travail is a non-profit organization (NPO) specialized in offering employment assistance, whose primary mission is to provide services related to the placement and continued employment for persons with disabilities, in particular persons who are blind or are visually impaired.

SEMO l’Étape (for persons with a physical or sensory disability)

The services of L’ETAPE are addressed to persons having a physical or sensorial functional disability who live on Montreal Island. Our services are offered in French and in English. For deaf and hard-of-hearing persons, we communicate in sign language (LSQ/ASL) and the oral technique. The integration of persons having a functional disability takes place in different sectors: manufacturing, public and parapublic, non-traditional trades and the new technologies, etc.

Soutien à la personne handicapée en route vers l’emploi au Québec (SPHERE)

Thier mission: to promote the employment integration of people with disabilities.
Financial Resources for Students with Disabilities

McGill Graduate Funding
Students registered with the MyAccess may be eligible for financial aid while pursuing a reduced course load.

Scholarships and Bursaries:
The scholarship programs were established to motivate students with special skills to persevere in the pursuit of their studies. In addition to the existing bursary programs, there are other programs available specifically for people living with disabilities. These bursaries are intended to encourage people to pursue their studies at the post-secondary level and to highlight their commitment towards the community. These rewards are offered both at the provincial and federal levels.

Disability Awards
Welcome to DisabilityAwards.ca - your portal to awards and scholarships for students with disabilities studying at Canada's colleges and universities.

Canadian Federal Tax Information
The Registered Disability Savings Plan (RDSP) is a long-term savings plan to help Canadians with disabilities and their families save for the future.

Regroupement des organismes spécialisés pour l'emploi des
Revenu Quebec Tax Information for Persons with Disabilities
If you have a disability, you may be eligible for the following tax credits, exemptions and special measures.
Resources for First Nations and Métis Students

First Peoples’ House
For those who self-identify as First Nations, Métis, or Inuit, the First Peoples’ House is a “home away from home.” It is a space where students can find academic support and stay connected to Indigenous culture. Throughout the school year, the First Peoples’ House holds a variety of events, including community dinners, social activities, weekly soup and bannock lunches, and a series of guest speakers. For those interested in learning about Indigenous peoples of Canada, the Social Equity and Diversity Education Office’s (SEDE) Indigenous Education Program provides educational workshops and events throughout the year. This year’s fourth annual Indigenous Awareness Week will be held on September 15th through 18th, and the annual Pow-Wow will be held on September 19th. Additionally, the Indigenous Resource Portal at McGill provides information about Indigenous-related activities on-campus through its calendar and resources on various Indigenous-related topics, such as residential schools, Indigenous governance, and language revitalization programs.

Native Friendship Centre of Montreal
From youth to elders, members bring their talents and life experiences to the NFCM. Members include traditional and contemporary singers, hand drummers, big drum players, carvers, actors, public speakers, activist’s, veterans… The list goes on.
Directory of Services Offered to Montreal Aboriginal Community
This PDF, made by the city of Montreal, features resources for community involvement, arts and culture, education, training and employment, representation agencies, health and social services, childcare services, legal services, housing and Aboriginal organizations outside of Montreal.

Montreal Aboriginal Reference Guide
This guide is created to help promote services and programs related to employability, training and education for all Aboriginal people (First Nations, Inuit and Métis) within the greater Montreal area have access to programs and services that will allow them to attain their full professional and academic potential.

CINSA (Canadian Indigenous/Native Studies Association)
The Canadian Indigenous/Native Studies Association (CINSA) Conference

4th Annual Indigenous Awareness Week Event
McGill University’s Indigenous Awareness Week is designed to increase awareness at McGill about Indigenous peoples in Canada. The week honours the many Indigenous cultures across the country including First Nations, Métis and Inuit. The week also offers an opportunity to collaborate with community partners and draws active participation from McGill students, faculty and staff.
Safety and Security

McGill Security Services

McGill Security Services provides students with many important services including security agent services, security devices, access control, lost and found, adapted transport (a free transport service for McGill staff and students with impairments and injuries that compromise mobility, so if you have become or a victim of Montreal’s icy side walks and have broken your leg just contact Security Services for help navigating the campus), and training and workshops. Services include the Walksafe program, a student run organization that will escort you to ensure your safety while walking alone at night (see their recommended night routes and agent booking if required for an on campus event). The training and workshops offered by security services include Rape Agression Defense program, active shooter training (what you can do in the event of an active shooter situation on campus), non-violent crisis intervention training (how staff can respond effectively to the warning signs that someone is about to lose control), and AAM (Area Access Manager).

Subscribe yourself to McGill security automated voice, text and e-mail safety alerts.

Emergency Assistance:

For all emergencies call 911 immediately. Then inform campus security services at:
514-398-3000 (downtown)
514-398-7777 (Macdonald)

Non-Emergency Assistance:

Environmental Health & Safety 514-398-4563
Emergency Measures & Fire Prevention 514-398-3473
Security Services - 514-398-4556
Hazardous waste management 514-398-5066
Anonymous information HOT LINE 514-398-TIPS (8477)
Laptop Engraving

Many students have mobile phones, laptops and other valuables that they transport to and from the university. McGill Security Services has many helpful suggestions to help insure that you won’t be an easy target for theft. One of the suggestions is having your laptop engraved as this will create a permanent identification label that will deter the resale of your laptop if it is stolen. STOP plates, as the engravings are called, are available for $20.00 at Burnside Hall Rm 120 Mondays and Thursdays between 11:00-12:00pm.

Walksafe

Walksafe is a volunteer SSMU service that provides free night-time accompaniment for those who are feel uncomfortable, or who are unable to walk home alone. Their service is available to anyone in Montreal, and we will walk to and from any destination on the island.

(514) 398-2498 or 1-877-WALKSAFE

Drive Safe

Their patrols drive students safely home to and from anywhere on the Island of Montreal for free. Friday and Saturday nights only. 11:00 pm to 3:00 am

514-398-8040
Being busy is never a good excuse for not taking care of yourself! And it is just so easy. Besides PGSS' health and dental plan, your student association has negotiated discounted fitness and health services at McGill’s sports centre. In addition to free access to tennis courts and squash courts, running tracks, and a gymnasium, this centre offers PGSS members access to its large fitness centre. Click here for prices. Students who buy a full summer membership will receive free Pay-As-You-Go fitness classes during May and June. Summer memberships include access to the Sports Complex facilities (indoor and outdoor track, indoor and outdoor tennis courts, outdoor fields including Molson Stadium, squash courts, pool, gymnasia), and the Fitness Centre. Memberships can be purchased online. Don’t like the gym? PGSS has a just-for-fun volleyball teams, Leisure courses including Yoga, and Salsa Dancing, outings such as curling, skiing, and snowshoeing, as well as access to various competitive and non-competitive McGill sports teams. Any questions regarding health or fitness issues can be directed to the McGill Health Service team.
At McGill: Academics

Planning Your Studies
Hopefully by the time you are reading this, you have already figured out your academic pathway here at McGill. Most faculties communicate with their members months before the start of the coming semester. If you haven't heard from them by this time, it is best to contact your department to figure out what went wrong. Information on department specific requirements can be found online. Registration is easy, and done through the Minerva portal. To find out more about registration, be sure to check out McGill's guide. Certain departments require a meeting with an advisor prior to registration; this person can also assist you throughout the year.

Technology at McGill
Your student status grants you free access to a range of electronic services. To find out how to access these services, check out the student accounts section. McGill printing services are located across the campuses at countless convenient locations. To print a job, simply ensure the uprint mono drive is installed (it is preinstalled on all McGill computers). Send the document to this printer, and release the document by scanning your card at any on-campus printer. Scanning and photocopy services are also available. Minerva is your gateway to almost all of McGill's online services, which include tuition payment, course registration, certain services, tax receipts and exam schedules. Your McGill email is the primary way through which PGSS, McGill and your professors will contact you. Be sure to keep an eye on your inbox – time sensitive and crucial information is regularly communicated with you via this medium! Finally, should you need to borrow a piece of equipment, consult your department or faculty library. Chances are they have laptops or the like for short-term loan.

Libraries
McGill, with the support of PGSS, offers students access to thirteen on-campus libraries, as well as the right to access the collections of any Canadian library through an inter-institutional agreement. In addition to books, the libraries offer e-readers (Kobo type devices), laptop computers, journals, magazines, scores (music), audio-visual materials, and tablet computers. Borrowing times depend on the item loaned, but books and scores are generally a four-month loan for graduate students. Renewals are easy to do online through your library account. To access journals, one can browse the library search engine, or make use of a metasearch database such as Google scholar. Need to get in some late night study sessions? Graduate students served by the Schulich Library can apply for after hours access to the libraries, that means you can study into the wee hours of the morning, which will probably not be good for your social life but will hopefully benefit your research. The library has research services such as broad array of specialist resources and book purchase suggestion forms.
At McGill: Student Rights

As a member of PGSS, and as a student in the province of Quebec, you are protected by certain laws and agreements. Amongst them is the right to be treated fair and equally by your professors, supervisors, and McGill staff. Should you feel that you are the victim of mistreatment or harassment, the PGSS Student Support Committee is a free, confidential resource to assist you with any concerns. PGSS and McGill have collaborated to produce a website on graduate supervision. McGill has also prepared some documents that outline their expectations of you as a graduate student, including the McGill Green Book, which outlines many of your rights at the university as well as its own handbook guide (though, we have to say, ours is much more fun).” McGill has many great tips for communicating with your supervisor and an outline of the supervisor vs student responsibilities.

Ombudsperson

McGill also offers an ombudsperson service which can resolve any issues internally. In addition to providing information and creating channels to solve issues, the Ombudsperson can act as a mediator between McGill employees and graduate students. While this service is not limited in scope, the office will only assist in certain cases. Please contact the service for more information. Do not forget, you also always have recourse to PGSS’ in-house Committee (redirect to https://pgss.mcgill.ca/en/student-support).

Leaves of Absence

Unlike certain undergraduate programs, those enrolled in a graduate program must complete their studies in a certain number of years (four for masters students) and must maintain a certain workload. Consequently, leaves are only permitted in certain situations including familial, maternity or parental, and medical. To apply for a leave, you must submit a leave request form. It is also a good idea to talk with your supervisor. Should this person not be able to assist you, the graduate student office is a great resource. Leaves may also be granted in extenuating circumstances (bereavement, professional reasons) your department. For those caring for dependants or for those who become pregnant during their studies, McGill has prepared this guide. A leave of absence may be granted for reasons such as:

- maternity or parenting
- personal or family health
- professional development (graduate students only)
- required military service (graduate students only)
- employment that precludes progress towards the degree (graduate students only)
Leaves of Absence (cont’d)

A leave must be requested on a term-by-term basis and may be granted for a period of up to 52 weeks.

Students and postdocs must submit a request, by completing the appropriate web form, to their department along with supporting documentation justifying the leave. The department shall forward the request for approval to Enrolment Services, Management of Academic Records.

A status of “leave of absence” will display on the records of students and postdocs during the specified period of the authorized leave.

It remains the student’s responsibility to verify their own record as it pertains to term and course registration to ensure that the accurate information is reflected.

NOTES:
• Requests for a leave of absence due to health, familial or parental reasons must be supported by a medical certificate.
• A request for leave without proper justification and supporting documents will not be considered.
• A request for retroactive leave of absence will not be considered.
• No tuition fees will be charged for the duration of the authorized leave.
• Research supervisors are not obligated to remunerate students and postdocs on leave.
• In order to be covered by the graduate supplemental health insurance and/or international health insurance during a leave, The Post-Graduate Student Society (PGSS) and/or International Student Services must be contacted to make arrangements (info.pgss@mail.mcgill.ca). Additional student society fees must be paid in order to be considered as a member and to be eligible for the insurance plans. For information about the PGSS supplemental health and dental coverage, click here. For information about international health insurance, click here.
• A postdoc requesting a personal health or parental leave will extend their five-year eligibility term for registration. If granted, the leave must not exceed an eligibility window of 10 years from the date the Ph.D. degree was awarded.

Once a student presents confirmation of the approved leave and dates to PGSS, along with a written request to PGSS requesting that the fees be charged to their account, PGSS will prepare a letter that will be sent to Student Accounts to request that Student Accounts bill the PGSS membership fees to the student.

If the student is considered to be in “thesis submission”, they’ll be charged the PGSS membership fees and cannot opt out of them until they have officially graduated from McGill. The only opt-outable fee is the health insurance (if they are eligible – i.e. covered by another plan).
At McGill: Student Rights

Progress Reports
McGill has introduced an often ignored system of documentation that, when used, ensures no graduate student is asked to do more than what is reasonable and expected to achieve satisfactory progression toward graduation. Your supervisor and you should sit down at the beginning of your studies to go over your academic plan. Details of this plan are recorded in the progress report. Throughout your degree you should complete more of these reports with your supervisor. Should you fail to meet the objectives of your previous report two times, the supervisor has the right to remove you from the program (and thus McGill). The good news? This system is designed to prevent just that! If you ever feel that the progress report system is being misused, or that you are being overworked, the graduate student office will investigate and intervene on your request.

Vacations
In addition to the standard university holidays, graduate students are entitled to fifteen whole extra days of vacation. Funded students are also permitted to extend that number in exchange for a reduction of their grant. Exact policies vary between departments, so talk with your supervisor or check out your department on the McGill e-calendar for details.
At McGill: Supervisor Supervisee Relationship

We’re building more information for students regarding the supervisor supervisee relationships with feedback from members just like you that have attending the 2014/2015 “Managing Your Supervisor” discussions. McGill has many helpful resources to help best communicate with your Supervisor and ensure that you are aware of your responsibilities and have the needed support to have a successful academic career. We have a list of resources that McGill has for this subject below.

http://www.mcgill.ca/gps/students/research-tracking#progress
http://www.mcgill.ca/gradsupervision/
http://www.mcgill.ca/gps/thesis/guidelines/initial-submission#forms
After Your Studies:

Life After Graduation
Your 17+ years of education are coming to an end, this is an exciting time, you can have your weekends off, you can read books for leisure and earn a full salary; all of this is great, but also daunting as graduation represents a lot of major decisions and changes for your life. Making your transition to the "real world" can be made easier with these great resources.

Grad Life
Great articles on everything related to the student experience at McGill. With articles like “Styles of teaching: a typology of teaching assistants based on the TV series “Scrubs” to “Interview tips for landing your dream internship” grad life is an entertaining and informative read.

Special Offer from Transports Québec and Mobilité Montréal: 20% discount for graduates
If you no longer qualify for a reduced student rate in 2014, subscribe to OPUS à l’année and get a 20% discount on your annual subscription for a year here.

Alumni Online Community
McGill’s Alumni website with everything from how to stay involved to Alumni discounts and offers.

Ask a Career Advisor
Another blog style website, run by McGill Career Planning Service (CaPS), with a “Ask a Career Advisor” button that sends an email to the advisors if you don’t have time to go in to the office.

Career Planning Services
With a log in link to myFuture and contact listing for Career Services on Campus
McGill Resources

As one of Canada’s leading research universities, McGill offers its graduate students a vast range of funding options. The Graduate Student Office has put together a detailed website for helping member’s explore those options; furthermore, a breakdown of grant programs is available on the research section of McGill’s site.

PGSS Grants

The purpose of the PGSS Grants program is to fund graduate student and graduate student society events. It can be used to help host conferences, lecture series, symposia, and a host of other events as described in the the PGSS Grants Program regulations. Applications need to be submitted a minimum of 30 days before the start date of the event date/activity. Application deadlines are at 11:59pm on the 15th of each month from September to June. Applications are to be submitted electronically. Please download and save the application form, re-open in it Adobe, and click “submit by e-mail” once it has been completed. For the application form and more information see the PGSS website.

PGSS/GPS Education Bursary

With matching funds from the Graduate and Postdoctoral Studies Office, Post-Graduate Students’ Society members have been supporting graduate students in need since 2009.

Students who submit an application for In-Course Financial Aid are automatically considered for the PGSS/GPS Education Bursary. For more information, visit McGill’s Scholarships and Student Aid website.
Whether it’s searching for a provincial scholarship or figuring out your Minerva, finances can be quite complex during your studies.

Your Budget
There are many resources around campus to help you calculate your budget before you begin your studies, or to help keep your budget balanced while in school. Scholarships and student aid has videos and information on figuring out your budget. You can see McGill fee calculator to know what to expect for fees, and take the time to attend a Student aid workshop, such as the Financial Stress Workshop. If you are new to Montreal and unsure what to expect for rent see McGill’s off campus rent guide.

Paying your Tuition and Fees
Once you have been given your Minerva account (contact Service Point if you have not yet received your account). You can find the invoice of your fees (you should receive a notice to your McGill email address when this becomes available) under Student Menu> Student Accounts.

Filing your Taxes
If you are a postdoc, or you are completing your studies and are about to file your first taxes on your own see McGill’s guide for where to find all of your tax receipts, they also have a great section on how to manage your debt. PGSS has a Financial Week each February with workshops aimed at helping students plan and balance their finances and file their taxes. Keep an eye out for other PGSS events such as the Financial Literacy workshops throughout the year. The Association of Postdoctoral Fellows has a great section to help post docs navigate filing their taxes in Quebec.
Monthly cost of living for a graduate student at McGill

<table>
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<th>Category</th>
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<tbody>
<tr>
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<td>Personal Expenses</td>
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<tr>
<td>Utilities</td>
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<tr>
<td>Transport</td>
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<td>Food</td>
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</tr>
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<tr>
<td>University Materials</td>
<td>$83</td>
</tr>
<tr>
<td>Total</td>
<td>$1881 $2184 $2909 $4061</td>
</tr>
</tbody>
</table>

Overview
This report gives an overview of the cost of living in Montreal for a single McGill graduate student with no dependents or pets. The report breaks down the cost of living into a number of sections reflecting the price of essential goods and services.

Different Costs based on Residency Status
- General Expenses
- Quebec resident
- Out-of-province
- International
- International Deregulated*

* Deregulated graduate tuition applies to a number of academic disciplines such as medicine and dentistry.
At McGill

Family Services
Almost a quarter of PGSS members are also parents. Balancing the demands of being a parent with one's studies is no easy task, but PGSS and McGill aim to make it easier. The Family Care Caucus of PGSS advocates on behalf of expecting or current parents, as well as offers child minding services at specific events, manages a nursing room at Thomson House, and helps parents to find a daycare.

Nursing Room
Thomson House has a Nursing Room available on the 4th floor, ask any staff member and they can show you where the room is and provide you with the door key code. The room is equipped with a large comfortable chair, a table, kids toys and is conveniently located near the washroom with a change table.

McGill Student Parents’ Network
The McGill Chaplaincy also manages a secular parent network that also offers resources for student parents including regular social events for fun and fellowship.

Family Care Collection
A service meant to assist students who bring their children to various branch libraries. Now available at all library service desks, the collection includes a small chair, crayons, colouring sheets and both fiction and nonfiction works suggested by PGSS for a variety of age groups. To find more books and movies that the library has to offer see their website here.

BabySitter List
PGSS has compiled a babysitters list which can be requested by emailing info.pgss@mail.mcgill.ca, this spreadsheet lists students who are interested as working as babysitters. Negotiating the rate/time etc will be done by the families and the students.

PGSS Study Sundays
Once a month at Thomson House, PGSS members with child dependents have the opportunity to complete academic work while their children are cared for in the same building by trained volunteers. The objective of the program is to provide student parents with an opportunity for quiet study time and is designed to better serve the McGill community. Lunch is provided and free!
Being Pregnant in Montreal

Medical care for pregnant mothers or children is publically provided in Quebec. Two obstetrics clinics you can try: Ella Clinic 514-343-0636 (affiliated with St. Mary’s) and the Jewish General Hospital. Alternatively, you can search online using the Association of Obstetricians and Gynecologists of Quebec. Montreal also has two Birthing Centres: Côte-des-Neiges and the West Island Heath and Social Services Centre. These ‘Maisons de Naissance’ offer a non-medicated birth, attended only by midwives. Homebirth is also an option. As with all medical options, out of country and (some) out of province students may have to pay upfront for medical services and seek reimbursement. Please see the out of province and international students section for more information.

International students should also be aware that children born in Canada are not necessarily entitled to Canadian citizenship. It is advisable to discuss insurance and nationality options for the baby with the International Student Office during pregnancy.

Kids in School

Children of international students are required to attend a Francophone school unless a Certificate of English Eligibility is provided. Completion of one year of language-transition classes may be required. Please discuss with your school commission whether your child may study on your CAQ (Certificate of Acceptance of Quebec). For parents needing to enrol their wee ones in school, local institutions often hold open house events where you can visit the premises and speak with the personnel. Start the search early to ensure you meet registration deadlines. Most schools also offer a child-minding service ($7.30/day) to care for children before and after school.

Montreal has both French- and English-language public school boards: the Francophone CSDM and the Anglophone EMSB cover the central portion of the island, while the Francophone Marguerite-Bourgeoys and English Lester B. Pearson school commissions cover the West Island.
Daycare
There are public daycare centres in Quebec that are subsidized by the government and will only cost you $7.30 a day for your child. These facilities may have very long wait lists as they are in such high demand. There are private daycares throughout the city which may be easier to get into, though the prices very greatly from approximately $25-65/day. You may be eligible for tax credits if you can not find a place in the $7.30 daycare and end up at a private facility. If you are a low income family and are desperate for a $7.30 daycare spot you may be able to receive help from a nurse at the CLSC.

Childcare Services on Campus:
SSMU Daycare
Located on the 2nd floor of the Brown Student Services Building, the SSMU Daycare offers full-time childcare to 32 children of the McGill community. Our children range in age from 18 months to 5 years—so your child can stay with us for your entire degree!

McGill Childcare Centre (Centre de la Petite Enfance de McGill)
The McGill Childcare Centre, also known officially as the Centre de la Petite Enfance de McGill, serves 106 children of McGill students, staff and faculty.

Finding Childcare Near you:
Montreal Famillies
Website with information on daycares, as well as camps, a calendar of events, travel, blogs, and more (English only website).

Daycare Bear
The Canadian Childcare Providers Information Network
Great site that you can search for daycares by proximity, as well as parent forums, resources and FAQ sections. (website in French only)

Famille Québec
Quebec government site with family programs and services (Website French only).

From Tiny Tot to Toddler—From Pregnancy to Age Two
A free government made practical guide for parents of children from pregnancy to age two.
Quebec Parental Insurance Plan
A Quebec government run site explaining Quebec's parental leave (this would be for your spouse, see section on student parental leave).

Summer Camps for Kids
McGill offers summer camps as well as Family Discovery Workshops, Hot Science, cool talks, and hands on science outreach. All of the services are explained here. Summer Camps include Computer Science camp, Conservatory camp, explorations camps, sports camp, and McCord Museum day camp, which are all outlined here.

STM deals for children
The family outings program allows up to five children aged 6 to 11 to ride free during certain periods when accompanied by an adult with a valid transit fare. Children 5 years and under travel free on the network (except on the 747). The offer applies from 6 p.m. Friday to 11:59 p.m. Sunday, on all legal holidays, and from December 19, 2014 to January 4, 2015.

Bringing Your Family
A McGill website with information for international students regarding what options and considerations should be made before bringing your family to Montreal.

Family oriented activities in Montreal:

Official Montreal Kids Tourism
simple layout, but great list of activities in and outside of the city.

Montreal Mum
Articles for parents in Montreal.

Montreal Famillies
Website with information on daycares, as well as camps, a calendar of events, travel, blogs, and more (English only website).

Where Canada’s
50 Things To Do With Kids in Montreal
Caring For A Loved One While In Graduate School

**Victorian Order of Nurses (VON), Canada**

Information for caregivers everywhere who provide hands-on care, assistance and emotional support to family members or friends who need them. Recognizing the tremendous contribution of caregivers to Canadian families and health care, this unique collection of information is provided to better help and support you in this vital caregiver role.

**Government of Canada- resource website for Seniors and Caregivers**

A portal to federal, provincial/territorial, municipal and other information that may be relevant and helpful to Canadians who are providing various forms of care to an elderly patient.

**Ontario Seniors’ Secretariat**

Information from the Ontario Government for seniors and caregivers.

**The Careguide Source for Seniors**

With information for seniors and caregivers ranging from senior support, residence options, care, retirement costs and more.

**General Information for older adults**

General resources for the Elderly and their caregivers.
Little known fact: McGill has an on-campus, free museum steps away from the PGSS office. The Redpath Museum hosts an impressive and varied collection of organisms, minerals and ethnological artefacts. Not the museum type? Well the McGill English department is known for its annual Shakespeare performances; additionally, SSMU and PGSS cultural groups host dance, theatrical, comedy, and musical performances throughout the year. Pretty impressive for a school without a fine arts faculty!
At McGill

Food & Drink
Montreal is known as a food city, unfortunately that does not always extend to the on campus food options (Thomson House exempt!). Should you find yourself hungry on campus, Thomson House offers some of your healthiest and cheapest options in the city. Failing that, McGill and SSMU offer several options on campus. Better yet, check out the Better Business & Secret Deals section for amazing options nearby.

Midnight Kitchen
Would you like some politics with your lunch? The Midnight Kitchen (MK) is a non-profit organization that, since 2002, has provided by donation, balanced, and complete vegan lunch to around 250 students every weekday at 12:30 out of McGill's SSMU-Shatner building's third floor. The organisation, which is in part supported by fees levied on PGSS members, also engages in community projects, advocacy and awareness campaigns regarding food security, health, corporate control, and equity. Their lunch programme is open to everybody (even the general public) – just drop by and enjoy a meal! Bringing your own tupperware is recommended, though not obligatory. If you want your meal to go, and forget tupperware, there is even a plate club on the second floor where one can borrow travel containers. It is worth noting that their can sometimes be long queues, so it may be worth coming at noon (there are tables where one can work at), or, indeed, at around 1, when most of the queue has dissipated, but by then there is a good chance the MK's famous cake will be all gone. Bon appétit.

McGill Farmers’ Market
The McGill Farmers’ Market is held every Thursday from 12 pm to 5 pm on McTavish Street in front of the SSMU building from August 29th to October 24th 2013. The Markets website also has information on the vendors, recipes and more.

McGill Food and Dining Services
Here you’ll find everything you need to know about eating on campus, from dining locations and hours of service, to meal plan options for both residence dwellers and those living off campus (including faculty and staff). You’ll also find details about our commitment to the health of our diners and of our planet.

Thomson House has a variety of menu options, including vegetarian options.
At McGill

Book & Computer Store

Getting yourself set up for a new session does not always have to cost an arm and a leg. While the McGill Bookstore aims to keep book prices low, it is not always the best option. Believe it or not, Amazon, Craigslist, Chapters-Indigo, Archambault, the Concordia Coop Bookstore, used classifieds, or local bookstores may offer new and ‘preloved’ books or course-packs at a lower price (even recent editions). Much like the McGill Bookstore, the University offers a Computer Store for your technological needs; however, like the bookstore, this is not always the best option. Always compare prices with major retailers, or online shops. Keep in mind most manufactures or retailers offer student discounts (usually without proof, just saying...), such as Dell's Student offer. If purchasing online, watch for back-to-school bonus offers in September or special online rebates. McGill’s printing services also offers business cards in sets of 100 for $35 business cards if you are a full-time Master’s or Doctoral student in good standing, through McGill’s Printing Services.

The McGill bookstore recommends the following to help save money on your textbooks:

- **Textbook rentals**: You can now opt to rent your books instead of purchasing them. This option can save you up to 40% of the original cost.
- **Digital course packs**: We build course packs in house to save you money on books. This year we have introduced digital course packs for additional savings. You can save 40-50% of the original print cost when you opt to purchase a digital course pack.
- **Used textbooks**: We offer used textbooks for many of the courses taught at McGill. This option reduces the price of a book significantly.
- **Textbook Buyback**: We buy back books from students all year round. This option can save you up to 50% of the original value of the book.

Lockers

Information on where to rent and how much it will cost to save you from hauling your books to campus everyday. Lockers are available on both the Downtown and Macdonald campuses and range in price (depending on the building) from $5-25 a year.
Macdonald Campus

McGill’s ‘other’ campus, Macdonald, or Mac as it is colloquially known, is located on the beautiful westernmost tip of the Island of Montreal. Housing the faculty of Agricultural and Environmental Sciences, as well as a handful of other departments, Mac takes up 650 hectares, and boasts about 2000 students, and having many of the services of the downtown location. PGSS members here are represented by both this organization and the Macdonald Student Society (MCGSS). Transport between the two campuses can be done via public transit (by bus, train, or partially by metro) or via the much faster McGill Shuttle. Keep in mind riding the shuttle requires a special sticker on your McGill ID that can be obtained at a McGill Service Point. To find out more about Mac, check out the MCGSS site or McGill’s Macdonald site. The mac campus is 35-40 minutes away from the Downtown Campus by car, commuter train, or McGill shuttle bus, and about an hour by city bus, for this and more common questions see this link.

Macdonald students are welcome to use all of the student services available downtown, as well as the buildings located at the Mac campus including the Macdonald Campus Library Located in the Barton Building, the Macdonald Campus Bookstore is located in the Centennial Centre, and the Department of Athletics & Recreation in the Stewart Athletic Complex just west of Centennial Centre.
Off Campus

Getting Started
McGill students have, sadly, acquired a reputation of “just visiting” amongst Montrealers. While there is nothing wrong with visiting, Montreal has tons to offer outside of the Roddick Gates. In order to help get you settled, we have compiled the basic information together in this section that will let you succeed in the city; the Montreal or Better Businesses & Secret Deals sections go even further, and address everything the city has to offer - including staff picks for exceptional businesses and services.

Finances & Taxes
Every year PGSS puts on a Financial week, helping students organize their finances in time for the tax season (this year the financial week will be from February 24-26, 2015). There will be different speakers throughout the week from businesses and institutions such as the CRA and CIBC. The Association of Postdoctoral Fellows has a section on their website that helps outline how to file your taxes as a postdoc.

Canadian Revenue Agency
In 2013, the tax and benefits information sessions offered by Canada Revenue Agency (CRA) were refocused and modernized to an online self-serve model. These sessions are now offered through electronic channels and in the form of videos. Tax information videos are available, at your convenience, in French and in English, and can be downloaded or viewed on CRA’s website. You can find the Video gallery, information for Students, and International students, and an online course.

The Community Volunteer Income Tax Program (CVITP)
A collaboration between the Canada Revenue Agency (CRA) and community organizations. The organizations host tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals who have a modest income and a simple tax situation.
Off Campus

Housing & Rights
Montreal has, arguably, one of the most tenant-friendly markets in North America, with ample, affordable housing found both in the downtown core and in the outlying areas. All major universities offer an online housing bank that is catered to student tenants. McGill’s just happens to be one of the largest housing banks available, so be sure to check it out. Concordia University also offers an excellent English website for housing that is also open to McGill students. The web also offers many listing options: craigslist, kijiji, and louer.com are great places to start. Other private companies offer search listings, but they often are poor in comparison.

The terms of Quebec’s rental industry are a bit strange: a 1 1/2 indicates one big room with a bathroom (a bachelor’s pad); a 2 1/2 indicates one room with a designated ‘bedroom nook; 3 1/2 is a 1 1/2 with a separate bedroom (a one bedroom), with the number increasing based on the number of bedrooms. Some landladies or landlords like to play with these numbers, so make sure you ask if that 5 1/2 really means three bedrooms, or the building manager has just decided to count each nook as a room.

Most leases will be 12 months, though you may be able to find a month to month lease if you are lucky. Canada day long weekend is “moving day” in Montreal with many leases ending July 1st. This creates an influx of available apartments listed, but also means that if you are renting a van you’ll be competing with everyone else packing up that weekend.
Housing & Rights Cont.

Before you sign a lease there’s a lot to consider, make sure you are aware what is included in your rent, for example electricity, heating and water kitchen appliances (stove/fridge). Keep in mind these can greatly affect the cost of the apartment – water tax can be as much as $300 a year! You can phone Hydro Quebec (you’ll need to provide the apartments address, including the postal code) to get the hydro costs from the previous year for an apartment before you decide whether it will fit your budget. Don’t be afraid to ask questions to ensure you understand the buildings’ rules, whether you are allowed pets, and allowable smoking areas. Leases should be made available to you in English or French (language of your choice). Ensure that your copy of your lease is kept safely filed as your lease can be used to show your residency status when applying for everything from your RAMQ card, library card, to your driver’s license. Your lease will automatically be renewed unless you provide written notice to your landlord, for a 12 month lease the notice required is 3-6 months before the end of the lease.

Before checking out a new place, also be sure to familiarize yourself with the laws of Quebec. Many renters do not realize that deposits of any kind are illegal in the province (including key, first and last months rent, or damage). A supervisor may, though, ask for all or a portion of the first month’s rent in advance to secure your lease. Bear in mind, many do not take kindly to being told they are asking for illegal deposits. You must decide what you think is safe and reasonable. Landlords or landladies are also prohibited from asking for bank account, Social Insurance, health, passport, visa or driver’s license numbers, although they can request proof of your identity. Finally, it is required to be provided with the previous rental rate when you sign your lease. If the person from whom you are renting fails to do so, you may request this information, and should you feel the increase is unfair (0.5 - 2% is a standard increase, depending on what is included; check out the rental board’s website for updated numbers) you may choose to consult the authorities. The Quebec Rental Board offers information and a fast-tracked tribunal service for any issues regarding your lease or living as a tenant.

Never forget, you have rights and access to those rights! Do not hesitate to contact your building manager or the Rental Board should you have problems. Many websites also offer detailed tips on renting. Be sure to also check out the neighbourhoods section to find out what part of town best suits your lifestyle. While looking at new places, it is always a smart idea to check out the building and supervisors’ rating online. The Leak is one such option. You might also wish to check for a history of bedbugs by checking out this popular online registry.
I need to leave my apartment before the end of the lease
If the romance and thrill that you first felt when you leased your apartment has faded into jaded resentment of your 40 minute commute, leaky taps or noisy apartment you can complete a sublet, or a transfer of lease.

For safe and sanitary housing by-laws (In French)
In a city that was founded in 1642, there are a few buildings that for wear, or lack of care are unclean, have problems with insects, vermin and rodents, noxious odours and toxic fumes water infiltration, moisture and deterioration.

Beware of e-mail scams
McGill’s outlines so that in your search for an apartment, a sub-letter, a roommate and a housemate you remain aware of email sublet scams. Always trust your instincts if something seems too good to be true.

McGill’s off campus housing survival guide
A Great document for those who are apartment shopping with zone maps, apartment checklists, legal information, what to expect for rent prices, and more.

Quebec’s official lease (Bail) form
Off Campus

Moving In
Okay, so you have found an apartment and are all set to move in. Be sure to plan your move as far in advance as possible to avoid unexpected surprises. The government of Canada offers this handy checklist for moving out, and this one for moving in. If you have a lot to move, Uhaul Canada outlets offer moving vans and trucks. They can be found throughout Montreal and are straight-forward to rent, without hidden costs: rates are daily, and based on distance. One can expect a simple move to cost less than $60 for a van. Turning to your new place, it is important to first do a walkthrough of your new apartment or home on moving day to check for any issues, and to record these in the lease. It is also key to record the Hydro Quebec meter reading (if appropriate) to avoid paying for someone else's consumption. Hydro Quebec, the only electrical operator in Quebec, is a crown corporation, which, hypothetically-speaking, means they offer better rates and better customer service. Their customer portal offers lots of resources for payments, moving, and reducing costs. Finally, ask your landlady or lord about the recycling day(s) and system – some areas use bins, others bags; trash is also different depending on the borough.

Catholic Community Services
CCS improves the quality of life of individuals by significantly reducing isolation and effectively supporting those living in poverty, primarily within the English speaking community of Greater Montreal.

Telephone & Utilities
The telecommunications industry in Canada resembles the wild west at times. Some people might pay triple for the same cell phone plan as another. Similar situations apply to internet. If you plan on getting a new cell phone, be sure to shop around. Public Mobile is hands down the cheapest option, especially if you regularly call long distance. Keep in mind their coverage is limited to urban areas! Other providers regularly offer promotions (especially Fido), and many are willing to offer you deep discounts if you ask nicely (call the provider, not a store). Shop around! Not just store to store, but also brand to brand. A single phone call can easily save you three hundred dollars or more over the life of your plan; and you might even be able to score a free Blackberry or other high-end smartphone. Many members have complained about very poor customer service and incorrect, excessive billing from many providers, especially Bell Mobility and its Virgin Mobile division. While few Canadians have nice things to say about their mobile provider, these two players seem to be especially problematic. Be wary! Any issues with cell phone providers not answered satisfactorily by the company can be referred to the Commission for Complaints for Telecommunications Services – a government mandated body charged with resolving these issues. This service is free, simple, and is designed to assist consumers without legal representation. Finally, be sure to check the wireless code here before saying yes to any strange fees your provider asks for. They might be trying to pull a fast one!
Off Campus

Telephone & Utilities Cont.
If you wish to purchase a home phone as well, first ask your building manager what providers are available in your building. Many providers also sell their services to a reseller, who then sells it to you, the consumer, at a better price. Remember that calling card services are a great way to save tons of money. Goldline’s DCall service is a digital calling card that hooks up automatically to any number(s). Their rates are excellent! Internet providers mirror that of landline providers in terms of cost and set up. Teksaavy and Colbanet are two of the cheapest. The former is available throughout the island of Montreal at great prices; whereas the latter is only available in certain areas, but offers ultra-fast, unlimited wireless for a reasonable price. Cable television is offered by a range of businesses, but again, it depends on your building.

Banking
This is Canada’s time to shine! After the global recession, our banks came out on top. This is partially and unfortunately because many banks (and credit unions) charge high monthly transaction fees. Virtually all of these costs can be avoided by a little bit of research. Most banks, like CIBC, Desjardins, Scotiabank and TD Canada Trust offer free student bank accounts and lower interest lines of credit. Online banks are also an excellent option if you do not require complex transactions. ING Direct Canada (which is actually ScotiaBank) is one such type of bank. Having a bank account permits one to use the interac payment service, which is almost always free and is extremely widely used (even more so than credit cards). Most graduate students can easily obtain a Mastercard or Visa (or the less commonly used American Express), but some banks may ask for a security deposit. Whenever choosing a bank, be sure to check out ATM and bank locations. Certain financial providers offer few service locations or ATMs in Quebec. If you are opening up an account be sure to phone and make an appointment, this can save you a long wait/troubles.

Montreal Recycling
From whether that old cup is recyclable to your neighborhoods pick up schedule, this site has everything you need to help keep Montreal more green.
You Moved or Will be Moving in the Next Six Months?
Dealing with the government can often involve enormous amount of paperwork and fine print, thankfully this process is a pain free way to notify Directeur général des élections du Québec (DGEQ), Ministère de l’Emploi et de la Solidarité sociale (MESS), Régie de l’assurance maladie du Québec (RAMQ), Régie des rentes du Québec (RRQ), Revenu Québec (RQ), and the Société de l’assurance automobile du Québec (SAAQ) of your new address.

Moving from One Province to Another – What you Need to Know!
There’s so many things to remember when you are relocating yourself/your family to another province. To reduce your worries and make sure you’re not trying to talk your way out of an expired license once you arrive.
Pets in Montreal

There are many rules and regulations to be aware of in Quebec and the rest of Canada regarding your pooch. If you are thinking of adopting/buying/moving with a pet it is important to first consult with your building manager to see if pets are prohibited in your building. Lease pet policies vary, keep an eye out for one that meets your needs, and remember that certain neighborhoods have higher numbers of pet friendly buildings. Many leases in Montreal end July 1st, and each year the SPCA unfortunately receives a flux of abandoned dogs, this may be a good time to volunteer/adopt, and don’t forget that pet lifespans vary greatly, if 20 years of cat/dog love doesn’t sound like paradise, get a tamagotchi or a goldfish. Even if you have aspirations to become the cat lady on your block keep in mind that in Montreal there is a maximum number of pets allowed for a residence (2 dogs, no more than 4 animals (all species included though this can vary with neighborhood regulations).

To help ensure a clean city and protect animals there are fines/more severe punishments for not picking up after your pet ($100-600 the first time, $500-2,000 next time, also dependant on borough), abandoning your pet, or for animal abuse. It is the law that cats and dogs should be registered with the city. For how to register your pet, and exotic pet laws, as well as a wealth of other information on your neighborhood here, don’t forget to bring along your certificate of sterilization to save on your pet’s license. You may see many people walking there dogs off leash around the city, keep in mind that this could result in a $170 (varies depending on borough) dollar fine as well as puts your pooch at risk in the Montreal traffic.

Montreal does not have a city shelter/pound so there are many different shelters who operate in different parts of the city, if your cat or dog becomes lost you will have to contact each shelter separately to see if your pet has been brought to their shelter, keep in mind that “All lost animals found in the Borough of Saint-Laurent, with or without a licence, will be picked up by the SPCA, which will then proceed to sterilize, vaccinate and implant a microchip in the animals before returning them to their respective owners. Owners will be responsible for paying the costs of all the aforementioned services, as well as all shelter fees incurred for the animal.” There are “no-kill” and “kill shelters” in Montreal (due too large of animal populations to support financially some shelters choose/are forced to euthinize healthy animals). Many shelters have employees/volunteers who are trained to help match you to a pet that would best suite your lifestyle and personality, as well as taking into consideration your preferences (They are there to help ensure that if you are a marathon runner you’ll have a dog who can keep up, or if you’re more of a couch potato you’ll get a cuddler and not an extreme athlete).
Best Friends Spay and Neuter Clinic
Most adopted pets have “spay/neutering included” but if you are looking for an affordable clinic Best Friends Spay and Neuter Clinic has monthly spay and neuter clinics at low prices.

Hôpital Vétérinaire Montréal Ouest
This clinic may be out of the way if you reside in the plateau, but the staff's caring attentive service sets this clinic apart from the many commercialized clinics,
66 Westminster North  (514) 484-3730
Are you looking for a good veterinarian a bit closer to home? Try this list of vets around montreal.

Moving Around

The STM
Surprising fact: after New York, Montreal’s underground has the highest ridership per capita in North America. The reason? The STM is really, really good. While things are far from perfect, it can usually be relied upon to get you around comfortably and on time. Monthly passes are a steal at $83 a month or $49.75 for students under 26 as of October 31st of the year in question. The STM is also offering special rates for recent grads and older students. To qualify for the reduced fare, one must get a special OPUS (bus pass) card each year by going to the STM's photo studio or to the temporary on-campus booth in early September. If you do not qualify for the student pass, the STM also offers special discounts on annual passes or reduced rates for off peak or multiple purchases. Using the STM is simple thanks to trip planners like Google Maps or the STM's proprietary software. Even if you already know your route, it is a good idea to check here - you might be surprised to find out that ten alternate routes are available that get you there faster! Blackberry, Window's Phone, Apple and Google Android applications are free to download to help you get around, and starting in 2015 you can even use these apps in the metro, with underground network coverage planned. The metro system is complemented by a bus network, a commuter train system (a special pass is required) and special shuttles (like the frequent and amazing 747 airport bus, or the STM's outing shuttles to special events like sugar shacks, apple pickings, or waterslides. Peak hours are 7 am - 9:30 am, and 3:30 pm to 5:30 pm. Avoid these times unless you do not mind sitting on a stranger's lap or having seventeen armpits brushing against you.

STM alerts on SMS
If you are a regular metro user it may be to your advantage to subscribe to the MMS alerts for service updates, you can select what lines you would like to be kept informed about, and it might just save you from missing that meeting, or hot date because the metro was down.
Airport Access
The 747 bus line service runs 24 hours a day, 7 days a week, between the Montréal-Trudeau airport and the Gare d’autocars de Montréal terminal (Berri-UQAM métro station). Travel time may vary between 45 to 60 minutes, depending on traffic conditions. Wi-Fi service is available on most 747 buses.

AMT Agence métropolitaine de transport
The AMT provides train service for longer distance travel to and from areas outside the downtown core.

SAAQ Société de l’assurance automobile Québec
Responsible for licensing drivers and vehicles in the province and providing public auto insurance (insures all drivers, passengers, pedestrians, bicyclists and motorcyclists for personal injuries) damage to property is covered by private insurers. The SAAQ also administers Quebec’s driver’s licenses and vehicle licence plates. They can also help you with Quebec specific registration such as all taxis and passenger vehicles registered in Québec must be equipped with winter tires December 15 to March 15.

Inter-Campus Shuttle Service
Are you running back and forth between the McGill campuses? The Inter-Campus shuttle service provides students, staff and faculty members free transportation between the University’s downtown and Macdonald campuses, see their website on how to obtain a sticker to validate your ID card for the service.
Getting Around by Car

You will soon find navigating Montreal by car requires patience and vigilance, keep your eyes open, and never turn right on red (this is against the law on the island of Montreal and is a quick way to learn new French phrases related to the church if you give it a try). Hopefully the following will help you navigate Montreal’s pot hole ridden roads safely.

Stationnement de Montreal

Where and how to get your parking permits, who to call if you car gets towed etc whether you can get a ticket if the meter is jammed or the paystation is out of service (the answer is yes)- if you call and let them and let them know the meter is jammed and there are no other spots and they will keep that on record if you get a ticket).

McGill’s Parking

How to apply to student parking on campus, and how much of a hole it will make in your wallet.

Gas Buddy

Not sure when and where to fill up for that weekend away? Check Gas Buddy for indicators of what gas stations have the lowest and highest prices, whether the gas price is going to go up or down that week, and fuel saving tips.

Understanding Montreal Parking signs

If you are new to Montreal, new to the 24h clock, and still working on your French the montreal parking signs can be tricky to navigate. This website helps break down what you can expect to see when you’re searching for that elusive spot and how to avoid getting a ticket.

Stationment de Montreal-Pay-and-go Meters

If you hate digging for change and running to plug your meter in -30c then this app is for you. After a short registration this app allows you to pay via your credit card by selecting how much time you would like and entering your parking spot code. You will be notified 15 minutes before your parking expires via text message and are then able to recharge the meter if you need more time all on your phone.

Snow Removal

During snow removal operations you will hear the tow truck warning siren before they start the work on that street (basically a much less fun adult version of an ice cream truck). If your car is parked in one of these areas it is your warning that your car is about to be towed away. If you've somehow slept through this not so nice wake-up-call and gone out to discover your car is not where you left it you’ll need to call 514 872-3777 to locate where your car has been relocated (they will relocate to a near by street and ticket you approx $100).
Moving Around As A Cyclist

Whether you are biking to get rid of those post-exam stress love handles, for the environment, or the wind in your hair Montreal has been rated as one of the world's most bike friendly cities.

**Bixi – Bikeshare**

Maybe don't invest your stocks in Bixi, but as a service Bixi bikes are a convenient way to get around the city, and with an interactive App that tracks the nearest pick up and drop off points (including whether there are any bikes/return spots available). Buy a daypass or an affordable annual membership, go to one of the 405 bike stations across Montreal (keep in mind its distribution area is limited to about half the city) borrow a bike, and when you are done, return it to any station of your choosing. Fees apply after a certain time delay; therefore it is important to keep your trips short. Bike paths crisscross the city, and riding with traffic is permitted, albeit a bit scary. The perils of winter mean that this service is only available from the 15th of April to the 15th of November, so many people choose to use the Metro in winter and Bixi in summer. McGill students can now enjoy a Bixi membership discount.

**Mon RésoVélo**

An app with information for all the locations for bike rental, the best routes for bicyclists. They also have PDF maps of Bixi stations and bike routes.
Traffic Rules for Cyclists

There's a certain level of animosity between bikers and motor vehicle drivers, help share the road by knowing your responsibilities. While making your own rules will be a fast way to catch up on the variety of local profanities, listening to the cities guidelines/rules will help get you to your destination quickly and safely.

Be secure

- Wearing a helmet (You've invested 17+ years in education, protect your assets)
- Be seen- brightly coloured clothing and or reflectors (don't be one of those people in all black biking at night)
- Installing a bell or horn (get a basic $2 bell or bling out your bike with a vintage horn encrusted with gems)
- Obeying all traffic regulations (see above for the cities outline of cyclist regulations)
- Using designated bike lanes when available (Montreal streets are narrow!)
- Establishing visual contact with approaching motorists, especially when they are turning or exiting laneways (this isn't a stare down, or a romantic gesture, but is a great silent communication between those on the road)
- Watch for vehicle doors being opened suddenly (Although this act is known as “winning a door prize” or getting “doored” this is a dangerous accident, usually caused by driver’s carelessness but keep vigilant while in the range of vehicle doors)
- Cycling in straight lines and avoiding riding between stationary vehicles (Driving a bike while impaired can result in fines, and being liable for damage to other vehicles/persons)

Prevent injury by:

- Keeping your bike in good mechanical shape.
- Having your bike adjusted properly for your size for comfortable and safer riding.
- Cycling defensively-be prepared for the unexpected

Help prevent bike theft by:

Montreal police indicate there are over 2000 bikes stolen every year, though this only counts thefts that were reported. See the Montreal Police website for more information on how to help prevent theft and bike engraving.

- Parking your bike in a bike rack or suitable place where it can be locked securely.
- Using a high-quality lock to secure it
- Locking the frame and wheel to the bike rack

Your bike can be impounded if it:

- Creates a safety hazard
- Is in a walkway, stairwell, doorway, hallway, etc.
- Is blocking disabled access or locked to a disabled ramp or railing
- Appears to be abandoned
- Blocks access for maintenance/services
- If you believe your bike may have been impounded, contact Security Services 514-398-3508
Moving Around

Car Rentals, Taxicabs & Co-ops

**Communauto**

Renting a car can be a dreadful experience if you are not already well versed in how to do it. To avoid the trouble associated with it, we propose a membership in the Montreal car-share program Communauto. PGSS members are entitled to the discounted Lièvre rate without annual fees. Other rate packages are available based on your needs. The renting system is simple, after getting a membership, one simply needs to make an online reservation for a car. Use it and return it when you are done. Billing is based either on time, distance or both Cars to Go offers a similar service, but a bit more like Bixi. It only operates in certain neighbourhoods, mind you. If you are a very infrequent renter, private car rental companies are a better option.

**Dollar Rent a Car**

While rates vary, Dollar’s Guy street location has been a reliable, affordable standby. Booking in advance and a quick online search for coupon codes can save you big! When using any rental company, keep in mind extra fees like: license checks, foreign driver fee, fuelling charge, mileage, tire tax, etc.

**Uber**

For taxis, check out the smartphone ap Uber! This awesome programme makes getting and paying for cabs a breeze. Using your phone, you can order a cab, live-track it, and even see the driver’s user rating. The latter seem to ensure that your driver is always excellent. Use the discount code srslt for a ten or twenty dollar start-up credit!
Moving Around

Navigating by foot
Although the city of Montreal has campaigned to raise awareness and has lowered the number of pedestrian injuries and deaths. In 2013 there were still 98 pedestrians were seriously injured and 1,079 received minor injuries in altercations with vehicles. With so many buses, taxis, trucks, vehicles, and cyclists to share the road with pedestrians must remain aware and cautious while crossing the road. If those stats don't scare you keep in mind the $40 J-walking fine that you may also encounter.

McGill Pedestrian zones
Your campus guide for pedestrians and cyclists, including a map of all of the bike racks on campus. The entire downtown Lower Campus of McGill University is a pedestrian zone, including McTavish Street north of the Bronfman laneway. While cyclists are encouraged to commute to campus, they are required to dismount and walk with their bike within the pedestrian zone. On McTavish Street, the requirement to dismount bicycles is enforced by the city of Montreal. Fines may be imposed by the City.

Montreal Pedestrian Zones
There are many amazing streets in Montreal that cater exclusively to pedestrians while some are closed to vehicles all year round others are seasonal or temporary for a festival or special event. Take a stroll through Chinatown or the historic Old Port, though this may be more enjoyable in August than February.

Underground Pedestrian Network
While these underground pedestrian walkways seem more of a confusing maze and waste of time in the summer they become well worth your while when the temperature dips to -20. With over 32 km (20 mi) of tunnels spread over more than 12 km2 (4.6 sq mi), connected areas include shopping malls, apartment buildings, hotels, condominiums, banks, offices, museums, universities, seven Metro stations, two commuter train stations, a regional bus terminal, and the Bell Centre amphitheatre and arena.
Intercity Transport

Getting from town to town without a car can be a bit of a challenge; however, a few options can make this challenge less burdensome.

Via Rail

If one books early, Via Rail offers one of the best travel experiences travel within Ontario and Quebec for reasonable fees. Sale prices and their killer loyalty programme, Via Preference, can make a normally $150 trip to Toronto, for example, cost less than $50 return! Trains depart from Bonaventure Station in downtown Montreal or from Dorval.

Megabus

Booking early is important with this bus service, but if you have enough warning and are at all flexible with your travel times you can find some amazing deals, tickets start as low as a buck (really), but can usually be purchased for around 20 dollars, three weeks early. The closer the trip is, the higher prices get - sometimes higher than airfare!

Porter Airlines

Speaking of airfare, the comfortable, affordable and always pleasant Porter Airways, along with many other travel companies, offer student rates with an ISIC card. Porter also has frequent half off sales sales and a great rewards programme.

Greyhound (outside of Quebec) or Orleans Express (Quebec)

Yet again with the bus tickets booking early also saves you big time! Be aware that Greyhound has a poor customer service track record, and has rigid rebooking policies. Airmiles loyalty points can also be redeemed for a heavy discount with these options.
Rideshares

Rideshare is a great, ecological, ultra-affordable option, but comes with the risk of riding with a strange stranger.

**Kangaride**

Is a local business that coordinates rideshares; their background check and rating system helps insure that you will not be riding with a weirdo. Student memberships are free for the first six months and cheap thereafter. Many PGSS members consider this option to be faster, most enjoyable, and cheapest.

**Allostop**

Offers a similar service, but only within Quebec. Additionally, Allostop has recently launched a service that helps users arrange carpools by matching their location, their facebook connection, and their interests. They also are offering PGSS members complimentary annual memberships.

**Weroll**

WeRoll offers both passengers and drivers a flexible means to reduce their gas (or transit) costs, carbon footprint, and, perhaps, even speed up their commute!
Personal Services

Personal & Sexual Health

Between the Canadian or international medical coverage and plans, PGSS members are well covered. International and out-of-province students should check their page for some crucial, specific information! While finding a general practitioner is a bit difficult, you, as a McGill student, have access to the university's health centre. More information on this service can be found under the At McGill page. Alternatively, some medical clinics are accepting new members or take walk-in clients (be prepared to wait). The government run CLSCs also usually offer a walk in service. Pharmacists can also offer certain renewals or emergency prescriptions without an appointment. This may include emergency contraception options (the morning after pill) to prevent unwanted pregnancy. Services for crisis pregnancies (abortion) are also available to any woman; physicians are required by law to help you with this service. If your healthcare provider cannot assist you, the Morgentaler Clinic specializes in this aspect of women's health. See our Family Services section for information on giving birth in Montreal and make sure to contact your Health Insurance company for more information on coverage for you and your fetus. If you fear that you were exposed to HIV following sexual intercourse, certain physicians can prescribe a (usually free) medication cocktail that has been demonstrated to be extremely effective at preventing the development of HIV. Regular sexual health testing is an important aspect of health for any sexually active person. Besides the McGill Clinic, the Jewish General Hospital and various CLSCs offer testing. Please be aware that most medical services, including testing, are entirely covered by most health plans, but some providers will request up-front payments for holders of non-Quebec health cards. Also, some doctors have begun to ask for extra fees; this is not always legal. Do not hesitate to ask questions or contact the ministry of health if you feel you have been unfairly charged. For a list of support groups and help lines see this great PDF made by the East Island Network for English Language Services.
Personal Services

Employment & Volunteering

While studying at McGill, working or volunteering is a great way to network, learn new things, or earn some extra cash. Teaching assistantships aside, certain funding schemes, namely the federal government's, limit the amount of employment hours a student may do in a week to 12 hours, and to 180 hours annually. Be sure to check with your supervisor to avoid nasty surprises. PGSS offers countless volunteer opportunities, as well as a handful of paid jobs (SSMU does too, it is the undergraduate student union!); additionally, McGill is often looking for students to work specific positions. The university administration has put together a great website to help students find paid and unpaid opportunities. If working a paid position, do not forget to inform yourself about the specific laws about working in Quebec. More information can be found below in this guide. Countless community groups are also happy to have the help of a dedicated graduate student; just ask.
Montreal: The Basics

Being the crossroads of new world and old world, English and French, cosmopolitan and traditional, Montreal is a truly unique city in North America. Established in 1639, the city boasts a thriving downtown, an active arts district, and an affordable cost of living. Learning the city’s own way of life takes some time and effort, but there is most definitely a good reason many students choose to remain here after their studies.

Fast Facts

- The second largest city in Canada (after Toronto), Montreal is also home to the second most restaurants per capita in North America (after New York). Yum! Oh, we are also home to the second most Francophones in the world (after Paris).
- We host some of the biggest cultural festivals in the world: Jazz Festival, International Fireworks Competition, FrancoFollies Music Festival, Just For Laughs, Circusfest and Igloofest / Picnic (Music).
- Montreal takes its name from Mount Royal, the large hill and park in the centre of the city (on which Thomson House rests).
- Most streets do not have a designated pedestrian cross light; green still means go.
- The rubble from the construction of Montreal’s metro system was used to construct Notre-Dame island.
- Montreal is home to countless (well, thirty-eight) impressive museums that are well worth the look. The Montreal Museum of Fine art has discount memberships for ages 13-30.
Montreal

Montreal Festivals & Activities
You can’t walk around Montreal in the summer without walking through numerous festivals. There’s a festival for everyone and everything from large events like the International Jazz Festival to smaller events like the Jane’s Walks. The more you get out and experience all that Montreal has to offer the more you will fall in love with this great city, find your next outing no matter your budget, interest, age group or season. There should never be a moment of feeling “I’m bored, there’s nothing to do” in Montreal, more likely you will be overwhelmed by choices and not know where to start, here’s a long list of resources that will either help narrow down or overwhelm you.

Festivals in Montreal
This site has a super basic layout that may make you feel like it’s the 90’s but it’s a great comprehensive list of the cities festivals by month that is updated regularly.

Go Festival Hopping: Events & Festivals
This à la Montréal run website with great articles and info on things to do in Montreal.

Quebec Original
This is a great site by Tourism Quebec that has tourist info for each region of Quebec. They also have a country routes section, as while Montrealer’s love their city, they also love the occasional escape to the country. It has many great ideas for your next camping trip, or scenic drive, featuring an interactive map with travel routes and sights.

Cult magazine’s Best Of Montreal
Another "Best of Montreal", top 5’s of many categories, though no descriptions of the winners.

Self tour PDF of Old Port
As long as it’s not -20c the Old Port is the perfect place to explore by foot. With it’s historic architecture and plethora of museums, activities, restaurants, cheesy tourist trinket shops, galleries and more to explore this PDF will help highlight the must-sees.

HEC Montreal’s welcome guide for International Students
Not overwhelmed by information yet? Check out HEC’s welcome guide with some great info on Montreal.

Study in Montreal
The portal for International Students with information on living, studying, working, participating, travelling in Quebec. Directed at International Students there are helpful links on how to deal with culture shock and a list of businesses/schools that offer French Language Courses.

Marchés Publics
Recently updated this is your guide to the Montreal public markets, with basic info such as hours to the merchants and what products that are in season.
Société des établissements de plein air du Québec (Sépaq)
Want to escape to the country? This site may help find that perfect national parks, wildlife reserves, and tourist resorts.

MTL Blog
MTL blog is a young and witty, but greatly informative, site that has a great keep current section covering everything that’s going on in Montreal during that week/season as well as the most diverse and detailed “best of” listings of montreal activities/businesses. With categories being updated all the time and ranging from the best montreal beaches, montreal student coffee spots, to montreal’s best croissants.

Top 10 things to do in Montreal this Winter 2015
Do you have family visiting and need a guided tour? Or just looking for some tips on great places to visit in Montreal?

Parc Jean-Drapeau
Whether you are looking to go for a hike, check out food trucks, or go skating this website will help you navigate the activities in Jean Drapeau park all year long.

National Geographic Free Things to Do in Montreal
A list of free activities around the city, by National Geographic.

City of Montreal
The official city of montreal guide to arts and culture, sports and recreation, tourist information, archives and history, and events.

311-
While service is hit or miss this telephone service is a great resource, especially if you have recently moved to the city, or a new borough and need information on everything from where your nearest CLSC to renew your health care card is, or when your garbage day is.

WhereBlog
50 Free Things To Do in Montreal
Travelling can get expensive, but you don’t have to spend on everything. Here are 50 free activities, festivals, tours and more in Montreal so you can save your cash for dinner and drinks.

USATODAY 10Best
Feeling overwhelmed by choices yet? With so many great restaurants, festivals, bars, and attractions this website is organized as the top 10 of various categories which will help narrow down and ensure you experience some of the best that Montreal has to offer.
Winter, Summer & the Brief Transitions

Winter is long, but thankfully so is Summer! (climate information) While snow might not come until mid December, it likes to stick around until April, but do not worry, Montreal is one of the sunnier places in the country. Be sure to profit from everything that each season has to offer! The cold months are a great time to enjoy winter activities: snowshoeing, winter festivals, skiing or shopping (if you are a wimp). see Summer, which starts in May, it seems, lasts until early October – so get outside and play! The underground city offers a great way to avoid both of the extremes! However, if you arm yourself with a decent pair of boots and a winter coat, or with a breezy pair of shorts and a tank, the elements are no sweat (or chill). Under the Better Businesses & Secret Deals page we have some recommendations for affordable coats, boots, and clothing that is as trendy as it is functional.

If this will be your first winter don’t be shy to speak to your fellow local students (look into the International Student Services Buddy Program) who have the experience dealing with cold weather, armed with tricks like waterproof boots for Montreal’s slushy sidewalks, and what effect wind chill has, winter can be a beautiful, fun, activity-filled season. If you are freezing, experience SAD (Seasonal Affective Disorder), or attempt to hibernate the winter inside your apartment it will be a very long unpleasant season.

Downtown campus in winter, Conrad Richardson
Montreal

Sustainable Living
Montreal offers many opportunities to reduce your negative impact on the planet, like an extensive recycling program, curbside compost in certain boroughs, a network of bike paths and bike share programs and great drinking water. Being ecologically-conscious means taking small individual actions—like using reusable containers and eating less meat—and working with others to make sure that everyone—especially Indigenous people and people of colour—can live with clean air, water, and food. Connect with groups at McGill and throughout Montreal who are advocating for a better world for all.

Living Gay, Lesbian, Trans or Bi
This fair city has long since been known as a Mecca for those who identify with an alternative gender or sexual orientation. In fact, Montreal boasts the largest village in North America, along with Canada’s second biggest pride parade (to be fair, Toronto’s is the world’s second largest [after São Paulo]) and a massive, gay-themed festival, Diverscite (pride part 1, some call it). If you are seeking any unique resources, Queer McGill offers a range of options. Through the year, they hold social and educational events, provide support, maintain a designated safe space, and much more. You can find out more about this service on their website, their Facebook group, or by stopping by their office in Room 432 of the Student Services (SSMU) building. Please also check out the Health page for information on sexual health or counselling options. Gender Neutral single occupancy washrooms can be found on the fourth floor of the Thomson House, please see here for a complete list of gender neutral washroom locations on campus. If you identify as transgendered, the STTQ community group is another excellent free service to assist with your transition, or any other concerns you may have. À la Montréal has articles with the latest Montreal gay life events taking place around the city.

Cultural Venues
Montrealers like to think of their fair city as the most ‘European’in the nation, and by this they mean (we think) the city offers a vibrant art scene. Cultural venues are ample, and public art is widespread, largely because of municipal laws requiring that developers invest in art. Besides the countless museums, including McGill’s own Redpath, Montreal offers a renowned cultural and science centre complete with a biodome, insectarium, planetarium, and botanical gardens (which hosts the incredible Gardens of Light Festival each fall). This city also boats a collection of vibrant festivals, impressive architecture, cool cultural and ethnic communities, and tons of cuisine options.
Montreal: Neighbourhoods

Quick Facts

Sometimes Montreal feels like the world’s smallest metropolis (move over New York). In fact, on a Bixi, you can cross from one end of downtown to the other in thirty minutes! The city is laid out simply – like a grid - and getting around should be no problem thanks to the STM. While using buses and a car might slow you down, if you find yourself along a metro line, living outside of the downtown area results in a short commute. Night buses can also making moving about easy if you live along Sainte-Catherine between Westmount and Frontenac, or along Saint-Laurent between Rene Levesque and Jean Talon. The neighbourhoods listed below are some choice areas for PGSS members, both to live and visit. Each ‘quartier’ has its own unique charm, so be sure to explore the city as much as you can. One thing that may come as a shock to certain new residents is the age of many Montreal buildings – houses, apartments, and townhouses are indeed old, and certain advantages (architecture) and disadvantages (rusty pipes) come with it. Be open minded; chances are you are going to love it!

Please note that the downtown Montreal area is divided into East (est) and West (oust) by Saint Laurent Boule-

Wall mural in the Plateau, Conrad Richardson
Neighbourhoods of Montreal
Montreal: Neighbourhoods

McGill Ghetto

Grand surprise, this is the area surrounding McGill’s downtown campus – particularly the area between Sherbrooke, University, Pine (Des Pins) and Park (Parc). Home to thousands of students, and some elderly folk who do not want to give in to the area’s new residents, the Ghetto caters nearly exclusively to (McGill) students. While you won’t find much commerce or entertainment here beyond the odd corner store, Park Avenue offers a handful of cafes, a variety of take-aways and restaurants, three grocers (including the awesome Eden green/Asian/organic grocer) and arguably Montreal’s best alternative cinema, Cinema du Parc. Just north of this neighbourhood, you’ll find McGill’s stadium (home of the Alouettes), fitness centre, ice rink, and Montreal’s Mount-Royal Park.

Why (not) live here?

Proximity comes at a price, and the Ghetto has a big one. Expect to pay at least a thirty percent premium on rent when compared to the average. Buildings are generally older, and have a high turnover, so bedbugs, insects, rodents, and broken amenities can be expected; however, this is not always the norm. Many gorgeous heritage buildings are located here, as well as some fully-furnished, student-designed apartments. While living in a student-only district does make for fun neighbours, noise is also a concern! The Ghetto is often a favourite with undergrads, but for graduate student, looking elsewhere might be your best bet, unless money is not an object or unless you really value the 5 minute walk to class.
Montreal: Neighbourhoods

Downtown

Encompassing the shopping district, theatre quarter, business district, Shaughnessy Village, and (depending on who you ask) the arts district, Chinatown, Financial District & McGill Ghetto, downtown Montreal spans from Atwater street in the west to St-Laurent-ish in the east, the mountain to the north, and the Ville-Marie expressway to the south (although Chinatown and the Banking district are outside of this area). It is in this area that you will find the quintessential city things - shopping, bars, restaurants, tourist areas, great transit, a train station, etc. The underground city, a network of connected malls, office buildings, apartments, and public services, also finds itself in this area. Perhaps most importantly, it is also in this neighbourhood where McGill University is located! If you venture a little bit east of McGill, you will also find Montreal’s recently constructed theatre district, which includes the esplanade for many of the city’s outdoor festivals, the symphony hall, the contemporary art museum, the Place Des Arts theatre and the Artists’ promenade - an outdoor art exhibition.

Why (not) live here?

Downtown is clearly the most central place to live in the entire city. With everything a few steps away, residents can be assured of the most convenient commutes. This neighbourhood also offers lots of cute brownstone buildings, student-friendly apartments, basement suites, and furnished residences. The downside is that, because so many people seek to live here, many buildings charge a premium for location. The high turnover also means that this district has more building issues and noisy-neighbours. Expect to either pay a whole lot for a mansion, or a lot for a tiny place! But hey, if convenience is your top priority, this area is epic.
Montreal: Neighbourhoods

Little Burgundy, St-Henri & Area
While few ‘McGillers’ venture south of the expressway, this part of the city is extremely accessible, whilst being close to McGill and the rest of downtown. Extending the definition of Little Burgundy to include Griffintown, Saint-Henri and Point Saint-Charles, this often-forgotten neighbourhood(s) was once the heart of the working-class Anglophone community. Many of the homes are, in fact, renovated factory housing for those who worked in Montreal’s railyards, steel mills, or grain processing plants. While commerce is not the name of the game here, the area includes the Atwater market - Montreal’s premier farmers’ market. It also is intersected by the beautiful Lachine Canal - one of Canada’s most important waterways. A stone’s throw away from the beloved Old Port tourist area, the area has recently begun to reinvent itself as the hipster bar district - with trendy pubs and restaurants, and as the new, English gay-district. If either of these options tickle your fancy, be sure to check out Notre-Dame street near Atwater.

Why (not) live here?
Crossing the highway often means rent plummets, and so this area can save you a pretty penny without the commute. Housing vacancies are ample, and options are numerous, but townhouses are by far the most common option. Recently, developers have come to realise the charm of this quiet neighbourhood, and have taken to gentrifying it; in other words, the low prices might not last long. With all this said, the area boasts many great heritage homes and many not-so-great heritage homes: ones that have not been well kept; consequently, some buildings are in bad shape, have unwanted house guests (mice, millipedes), or are poorly insulated. A bit of extra time looking might mean that you can avoid these issues and save! Or get a cat.

St. Henri’s ubiquitous terra-cotta buildings
Montreal: Neighbourhoods

Verdun & Area
Like a city in a city, Verdun (& its neighbour, LaSalle) offers everything one might need within its borders. Stretching from LaSalle metro to the end of the green line, this neighbourhood is one of the most family friendly in the central part of the city. While a little bit of a metro ride from downtown, the 330 year old borough of Verdun is still within 20 minutes of McGill. Wellington Street, running through the centre of the area, offers quaint mum and pop stores - butchers, bakers, cobblers, etc (though, no candlestick makers to be found). Lots of green spaces, a great bike path network, and friendly, quiet neighbours promise to make this area a great place for those who wish to live out a quiet existence.

Why (not) live here?
Statistically, Verdun is the cheapest place to rent in the city. If you forgo the ability to walk to class, you can easily save more than 150 dollars a month on rent for a one-bedroom apartment. Families can save even more. Most of the options available here are either low-rise apartment buildings or townhouses, many of which are quite old, so heating, insects/rodents, and repairs can be an issue, but less so than in some other areas. This neighbourhood is also quite diverse, and anglo-friendly, which makes it an excellent option for students. It is not unheard of that people from other parts of the city call Verdun scary at night, but a three minute conversation with a local quickly dispels that rumour.
Montreal: Neighbourhoods

Quartier Latin
A bit of a misnomer (there is nothing latin about it), this district encompasses St. Denis street from the Ville-Marie expressway to Pine Avenue (Pins) and the surrounding area. Arguably one of the most fun parts of town, this area is largely nightlife oriented, but does offer some housing. The BANQ, Quebec’s provincial library and archives, straddles the Latin Quarter and the Gay Village, as does the Montreal bus depot. On St Denis street one can find some awesome, affordable restaurants, UQAM university, beautiful heritage buildings, one of the city’s best take-out restaurants, theatres, cinemas, and the Montreal culinary institute (great deals on high-end meals & accommodations).

Why (not) live here?
The Latin quarter is primarily a commercial district, but some businesses offer rooms above their stores, and other residences exists (townhouses, apartments). Prices are average, but vary greatly, so research is crucial. Proximity to downtown, nightlife, and public transit make this neighbourhood a much sought after destination for those who do not mind the noise and the older infrastructure. It is also popular with students, artists, young professionals, and the homeless (so be prepared to be politely asked for change).
Montreal: Neighbourhoods

The Plateau

It seems as though almost every Montrealer has lived in the Plateau at least once in their life. This zone, encompassing the area north of Sherbrooke along St-Lawrence (Laurent) street and area until Saint-Joseph, is Montreal’s arts district. Considered one of the hippest neighbourhoods in North America, it is also home to countless specialty shops, local designer fashion outlets, many iconic Montreal businesses, gorgeous lofts, and much of Montreal’s Greek, Portuguese, and Jewish communities. A fifteen-or-so minute walk from McGill, the Plateau offers some of the city’s best bars, coolest restaurants, most fun clubs, and patios. A former working-class housing district for the city’s once formidable garment industry, the Plateau consists of mainly two or three story walk-ups, with a handful of low-rise office buildings and apartments, the Plateau has largely transitioned to a gentrified community for yuppies, students and artists. Besides the day to day amenities, come here to check out the Saint-Lawrence street sale or the Mount-Royal street sale (French Only), the Fringe Arts Festival, and countless music shows. You shall also find the massive Mount Royal Park picnic fields here, which host Tam Tams (an informal music show) on Sundays, infamous Smoked Meat restaurants (meat = beef), and tons of vintage shops.

Why (not) live here?

Walking distance from McGill and Downtown, the Plateau is much sought after for its proximity to everything, from nightlife to shopping to fitness. Ever popular amongst students, the area is tied for most common destination (with the McGill Ghetto) for PGSS members who do not mind the noise. While you can escape some the area’s exuberance by venturing off the main streets, the higher-than-average rental rates are inescapable. The Plateau is pricey! Gentrification, and dynastic rentals (Grandparent - Parents - Children) have meant space is limited, and rent is inflated. Finding a person with a lease to join onto, or reassign to may save you lots, but do not expect to save by living here. Also, keep in mind that many of the buildings in this area are older, so repairs and creepy-crawlies can be an issue (everyone seems to have a cat!). In any case, give this neighbourhood a chance; there is a reason it is so loved.
Montreal: Neighbourhoods

The Village

Originally designated to be far from downtown to hide Montreal’s gay community from tourists, the (gay) Village has become one of the most popular districts in the city for dining and nightlife. To quote Neil Patrick Harris, the Village, “it’s not just for gays anymore.” The Village welcomes everyone from every background to its many bars, chocolatiers, boutiques, specialty restaurants, nightclubs, and to its summertime street mall (the road is closed from May to September). Spanning a big rectangular zone from Berri in the west, to deLorimier in the east, Sherbrooke in the north and the Saint-Lawrence river in the south, the Village also is a favourite for artists, hosting two street fairs during the summer months. Naturally, the Village also plays host to two (that’s right, TWO) different pride weeks in August. These events are closely watched over by Montreal’s major media outlets: CBC-Radio-Canada amongst four others, all of which find their headquarters in this neighbourhood, along with an eclectic mix of restaurants, UQAM University and nightclubs.

Why (not) live here?

It is tough to find a reason not to love this area. It is a bit cheaper than average, very close to Downtown and Jean Drapeau Park, diverse, family friendly, and adjacent to nightlife. Surprisingly, the Village plays host to many (traditional) families as well as single youngsters and couples. While the nightlife attracts some seedier aspects of life, including drug-dealers, homeless persons, and prostitutes, these individuals are usually friendly and keep to themselves. Noise is really only an issue if one chooses to live on the main drag (Sainte-Catherine) or the busy Rene Levesque Street. In recent years, the Village has become especially popular with straight persons, which means space availability is declining - searching might take some effort! It is also predominately Francophone, although English is becoming more integrated with the neighbourhood’s vernacular. In short, this is a definite top choice.
Montreal: Neighbourhoods

Hochelega-Maisonneuve

From deLorimier to Viau, from the River to Saint-Joseph, this area, usually called Homa, was named for the Iroquois word for Beaver Dam or lake, and for a city founder. While Homa suffers from a bad reputation, it is a great up and coming bedroom neighbourhood, with tons of historic buildings, parks, leisure amenities (arenas, pools), decent transit, cheap shopping, and a diverse community. While largely Francophone, many Asian, European, and African stores tempt customers with their tasty food offerings, cheap imported personal products, and colourful clothing (Dashikis are easy to find here). The Maisonneuve Street Mall and open market offer customers great prices on cool and unique products, as well as unbeatable grocery deals. The breathtaking Olympic Stadium and Pool, the massive, world renowned Montreal Botanical Gardens with its epic Chinese Lantern Festival and Insectarium, and the Olympic Village all call home.

Why (not) live here?

Finding a place in this neighbourhood requires a bit of effort, especially without decent french skills. It is very large, and offers a range of modest to middle-class accommodations. If you do not mind the 20 minute commute (longer at night) to Downtown though, Homa should be a top pick! This area, like the Plateau and Little Burgundy (and much of Montreal), was originally built for the workers of various factories, thusly, many places consists of older row houses (townhouses) and low rise apartments. With this said, the borough has began to gentrify in the past few years, and is doing so rapidly, meaning affordable condos and new accommodations are available, but not for long. Many families also call this area home thanks to its green spaces and larger apartments. Like many older buildings, heating, insects and repairs can pose a problem, so always speak with your landlord or lady first! One more tip: the areas between Fullum street and Nicolet between the River and Sherbrooke find themselves downwind from Molson's brewery and Lallemand yeast factory – the effluents do not always leave behind a lovely odour.
Montreal: Neighbourhoods

Mile End

It is sometimes hard to tell where the Plateau ends and the Mile End begins. For those not in the know, the Plateau, much like a black hole, comes to encompass all neighbourhoods it touches, but in fact, the Mile End takes over north of Saint-Joseph (or Mount-Royal, depending on who you ask). An extension of its southern neighbour, the Mile End is like a more residential version of the Plateau, with more Synagogues (indeed, Montreal’s Hasidic Jewish community is based here), more delicious bagels, a greater number of English-speakers and less food options. Commerce here is sparse (the grocer Supermarche PA is a major highlight), but transit is extensive (a bus runs Park Avenue extremely frequently). This neighbourhood also gives way to the phenomenal Little Italy district, and some great Greek and African pockets.

Why (not) live here?

The Mile End is sort of a spillover for the Plateau. As such, it offers much lower rental rates, without being too far from the amenities; however, as you go further and further north, the commute becomes longer and longer. Unless you fall onto ideal conditions, living on Park (Parc) in the Mile End results in a thirty or more minute commute on a packed bus, or a brutal commute at night. It also obliges a bit of a walk. The metro is inconveniently located to the east, at Saint-Denis street, and requires a bit of a milk run to get to McGill. Biking is a much faster option, but no one blames you for avoiding it in the wintertime. In terms of housing options, Mile End offers lots of townhouses and basement suites. It is also a family friendly neighbourhood, with daycare options and plenty of schools. With this said, it too is an older area, so heating, insects, and repairs can pose a problem; nevertheless, many places have been recently renovated.
Montreal: Neighbourhoods

Westmount
Formally the richest city in Canada, Westmount was the wealthy British enclave surrounded by Montreal (Westmount is a distinct city), where the owners of the city lived and played. Today, the city is much more diverse, with a more varied ethnic and social makeup. While you can still find darling venues for High Tea, with scones, of course, you can also find Japanese restaurants, Polish bakeries, and Chinese take-aways. The Westmount park makes a fabulous destination to relax, play, tan or have a snowball fight. It also plays host to many of the Shakespeare in the Park events. The city also boasts a world-renowned library, an all-year greenhouse with exotic plants, an outdoor pool, a mountain-top lookout point, and unique, high-end stores.

Why (not) live here?
Once filled exclusively with mansions, Westmount now offers affordable apartments for rent near Ste-Catherine, Dorchester, Atwater, and Claremont streets. Some students also find families looking to share rooms in their home or private basement suites with quiet professionals. Westmount rentals are a bit of an odd situation, some great deals can be found, but many places are costly; extensive searching is required. If you do manage to find something that suits you, the city is a lovely home for those who enjoy its tranquillity and detachment from the city. Further west, it becomes a bit of a commute to downtown (25 minutes), requiring either a slow, but frequent bus ride on the 24, or a milk run metro ride along the orange line, obliging a transfer. While most of the apartments here are newer or recently renovated, some older ones pose the same problems one might expect from older buildings. This is also one of the few parts of Montreal where English is more widely spoken than French.
Montreal: Neighbourhoods

Cotes-des-Neiges / NDG

These two, often lumped together, massive neighbourhoods are likely the most diverse of the entire city. Encompassing the blocks and blocks on either side of Sherbrooke street from the west end of Westmount to Concordia’s Loyola Campus, NDG is an largely English neighbourhood with tons of students; Cote-de-Neiges starts just north of NDG, and runs east toward the mountain – taking up the area on the North-west side of Mount-Royal, it is a more Francophone area, with many immigrant communities. While NDG offers a limited selection of commercial services along Sherbrooke street, Cote-des-Neiges is home to countless businesses, particularly to those offering food, ethnic specialties, and entertainment. The historic Notre-Dame-des-Neiges Cemetery, the renowned St. Joseph’s Oratory and University of Montreal (including its impressive HEC business school & Polytechnique Engineering Faculty) all can be found here. There are also a relatively large number of buildings who accept pets in NDG and Cotes-des-Neiges.

Why (not) live here?

Prices and variety make NDG-Cote-des-Neiges and attractive option for many students. Given the huge size of these areas, there is a massive range of housing types and style, although apartment buildings and duplexes are rather common. While both areas are quite accessible, NDG is a forty minute commute to McGill (or two hours at night via transit!), and Cote-des-Neiges can be just as long if you live far from the main streets (although, it can also be as little as twenty minutes, even at night). The diversity of the neighbourhoods and its locals has given rise to many slum lords operating here, so be sure to do your homework before signing a lease. Radio-Canada has done several reports on renters’horror stories whilst living here; however, this is the exception to the rule - there are also tons of great options, at killer prices.
Montreal: Neighbourhoods

West Island
This is not a neighbourhood… It is actually the western third of the island of Montreal. Consisting of independent cities as well as boroughs, the West Island is considered (by many) to be the area west of the Chomedey expressway (13). With a population of 234,000 and countless headquarters, factories and business centres the West Island is a massive, diverse, sprawl that houses the majority of Montreal’s historic English community. While the metro does not extend this far, and transit is slow, commuter trains and express bus services do connect this area to the centre of the island. McGill also offers a shuttle to the southwestern tip (Macdonald Campus). Largely a bedroom community, with warehouses mixed in, the West Island is also where you will find the Montreal-Pierre Elliot Trudeau Airport, Fairview Shopping Centre, Ikea Montreal, Sainte-Anne Canal and the 70 kilometre long Heritage Bike Trail.

Why (not) live here?
It is very difficult to sum up the West Island, given its huge size and varying communities. Rest assured, if you do not mind living far from the downtown core, this zone of the city has tons of options at every price point imaginable. Apartments are less common here than in downtown and the east, but they can be found! Single-family dwellings are by far the standard option, with basement suites, townhouses and duplexes also present. Many persons living here choose to purchase a vehicle, so if you wish to set up shop here, double check your commuting options. An hour each direction, and triple that at night, can be expected for a commute (unless you wish to go to Macdonald, which is close by).
International & Out-of-Province Students

Health, Wellness & Rights
The province of Quebec, from a social and legal perspective, shares tons in common with the rest of the nation; however, certain things may come as a surprise to Canadians from elsewhere, and maybe even a shock to those from other countries.

As a general rule of thumb, Quebec is an extremely progressive province, with strong rights for the underdog or the disempowered. While we may be a little bit strict when it comes to language policies, we do try hard to make sure each resident is granted extensive rights. Like the rest of the country, strong legislation exists to protect individuals from discrimination based on race, gender (including transgender), religion, national origin, opinion, sexual orientation, pregnancy, colour, civil status (marriage), age (except where provided by law), language, social condition and ability (disability). As discussed in the Student Rights section, The PGSS Committee for Member Support or the McGill Ombudsperson can assist you with certain issues pertaining to McGill or, in some cases, your off-campus life.

The Quebec government has put together a great website outlining your rights as a resident; they also offer a designated human rights tribunal for issues of discrimination or mistreatment. Discrimination aside, Quebec also offers great consumer protection, women's reproductive rights (including family planning services, plan B medication), sexual health rights (rape counselling, STD testing, HIV exposure prevention, free condoms, health counselling), and anti-poverty programs (food banks, low-income grants, discounted or free services). For more information check out the Student Rights, Health & Fitness, Employment & Volunteer or Personal and Sexual Health sections for more information about learning, playing, living and working in Quebec.

International Student Caucus (currently inactive please email academic.pgss@mail.mcgill.ca if you would like to serve on the caucus)
The PGSS ISC is an informal team of postgraduate students and postdoctoral fellows from various McGill departments committed to enhancing the postgraduate/postdoctoral student experience for McGill students. Recently we conducted an international postgrad student survey to determine McGill students’ needs on a variety of issues, such as immigration, taxation, health care and career planning. Based on the outcomes of this survey, we aim to be a further resource to students, providing information and events that will help you to navigate and enjoy your time as a post-grad or post-doc at McGill.

Stay tuned as we continue to update our webpage with more information and coming activities!

We meet every fortnight during the semester, and our regular meeting schedule will be posted shortly. In the meantime, if you are interested in having a look at our international student survey report, or if you have any queries in general, please contact the committee via email at: isc.pgss@mail.mcgill.ca
International & Out-of-Provence Students

Visas & Working
Living in Canada, for those coming from other nations, requires that certain bureaucratic hurdles be overcome – namely the dreaded visa process. It is absolutely crucial that one presents McGill with their CAQ and their study permit before their first withdrawal deadline, and every time after that when their documents are renewed. Because of government legislation, there is not very much wiggle room for delayed documents, so it is best to play it on the safe side and contact the various government bodies as early as possible to obtain these vital materials. Remember that your visa comes with certain obligations and certain privileges. It is crucial to comply with these stipulations – failure to do so could result in a termination of your study permit. Some permits allow for paid employment in Canada; others do not. Please consult with your immigration and visa professional for more information, or McGill's International Student Office. They also offer a great buddy program that pairs you with a local volunteer to help get to know the city.

Work permits
Apply to visit, study, work or immigrate to Canada, apply for citizenship, a permanent resident card or refugee protection, check the status of your application or find a form.

SIN (Social Insurane Number)
The Social Insurance Number (SIN) is a nine-digit number that you need to work in Canada or to have access to government programs and benefits. If you are a Canadian citizen, a newcomer to Canada or a temporary resident, you need a Social Insurance Number (SIN) to work in Canada or to receive benefits and services from government programs.
International & Out-of-Province Students

Language Services

As long as you speak English or French, living in Montreal should be absolutely no problem. Despite certain unflattering stories to the contrary, most Montréalers are happy to converse with you in either official language. While the majority of locals consider their primary Canadian language to be French (70%), the remainder prefer English; many also are comfortable in both. Ensuring you are familiar with both is useful to assist in integrating, especially if you should venture outside of the downtown core, and if you plan to stay in Montreal after your studies, in the job market. PGSS offers French courses for a nominal charge. If you have a smart phone also explore translation and instructional apps to help learn French/English such as Duolingo, bosuu and google translate. McGill's French Language Centre, McGill's Continuing Education Centre and a plethora of community groups are available to assist with French (or English) development. Certain private schools, such as the Academic and Professional Language School of Canada (founded by a PGSS grad), also offer comprehensive French (or English) as a second language classes. To assist in writing English, a tutorial service is offered by the University to graduate students at both campuses. For more information, check out their website or make an appointment. For immigrants to Canada there are low cost or free programs through Immigration, Diversité et Inclusion there are full-time, part-time and online courses available. If you are applying for permanent residence through Quebec you may need to submit test scores for your French language courses you can see more regarding the recognized diploma's here.

For Canadian residents there are low-cost courses through the Commission Scolaire de Montréal with adult education centres throughout the city.

There are also many more language schools such as the YMCA that offer intensive or semi-intensive programs, explore your options and take advantage of living in such a multicultural city. A list of French language schools is available here, but keep in mind many of the courses can be quite expensive.

There are also Meetups and other community groups that gather to practice their French or English language skills.
International & Out-of-Province Students

For Canadian Citizens & Residents

As a resident of a different province you have certain benefits and certain responsibilities. Various sections of this guide aim to assist you in adjusting to the (often) surprisingly different way of life here in Montreal; moreover, we have included here certain crucial actions to save you a whole lot of hassle. Firstly, it is imperative to contact your home province’s medical services plan to inform them of your study duration. Concordia University has put together a guide for Canadians, by province, that explains the process. As a general rule, your provincial plan will continue to provide you with the same services as you would receive in your home province. Some provinces limit reimbursements at the rate the locality pays its medical professionals; Quebec almost universally pays less than other provinces, so partial reimbursement for out-of-province costs is uncommon, but not unheard of. Your drivers permit issued by another province remains valid for the duration of your full-time studies; however, you must exchange it for a Quebec license within six months of graduating or leaving full time studies (medical, maternity, parental, etc leave generally should not affect your student status). The Quebec Automobile Insurance Board (SAAQ), the crown agency charged with licensing, can assist you with any further questions regarding permits.
Unlike the rest of Canada (except Nunavut and the Northwest Territories), Quebec does not participate in the Canada Student Loans program; nevertheless, McGill’s financial aid service is able to offer some assistance with navigating the service. Not being in the program also means that Quebec Universities do not automatically share enrolment with the National Student Loans Service Centre; consequently, if you choose to not receive loans for a semester or more, or if you switch to the Quebec program (after becoming a resident), you must inform the national service. Usually this requires submitting a proof of enrolment form. Failure to do so can result in non-refundable service charges, automatic loan payments, or a negative credit rating. Finally, before applying to certain publicly or privately funded scholarship or work programmes, it is always a good idea to review the residency requirements. Many of these are reserved exclusively for residents of Quebec.
Applying for your permanent residency
For more information for becoming a Canadian Resident can be found [here.](#) and the process [here.](#)

Citizenship and immigration Canada has a great online resource that you personalize with your current status and needs, and you will be supplied with different materials in areas such as housing, working, language, health, family, money and connecting resources.
Better Businesses & Member Deals

How to Use

Before you spend a dime in Montreal, check out the section below. We have compiled a comprehensive list of some of the city’s best grocers, online retailers, restaurants, stores, healthcare providers, services, and so forth. If you take the few minutes to look below, we promise that this list will save you tons of time and money. For example, the ebates service can easily save you $90 on your next Macbook or contact lens purchase. Can your present retailer say the same? No, we thought not. While everything contained hereupon was handpicked for PGSS members, some businesses have graciously donated to the Society; rest assured that this did not influence our choice to include them. Lastly, be sure to also check the relevant section contained in the rest of the manual for further tips that complement your purchase.

Clicking the business’s name will link you to their, or a relevant, website. These sections are divided between Food Stores, Medical & Personal Care, Restaurants and Other Services & Providers. There is also a designated section that covers services located in and around Macdonald Campus. The former three sections and Mac, are arranged alphabetically, with the Other Services & Providers section arranged by category, and then alphabetically. Some food stores are also restaurants (and vice-versa), some providers fit into many categories, but only appear once. This is usually mentioned in the description.

PS: Remember pressing ctrl + F permits you to search by keyword!
Better Businesses & Member Deals

Food Stores

**Adonis**
Arabic Grocery Store
Locale: Everywhere

Why we love it:
Catering to the cuisines of the lower Mediterranean, and Indian subcontinent, Adonis is an affordable grocer with interesting products and a massive selection.

---

**Atwater Market**
Farmer’s Market
Locale: Little Burgundy
Lionel Groulx Metro

Why we love it:
A short metro ride from downtown, Atwater Market is a quirky collection of gourmet stores and specialty shops. Do not expect to save tons by shopping here, but the quality is top notch.

---

**Au Kougn-Amann**
Bakery
Locale: Plateau/Mile End

Why we love it:
An often overlooked gem, this tiny café offers wonderful baked goods, great grilled sandwiches, and a soup that is usually sold out before noon! While it only has two tables, it is a favourite with locals.

---

**Bagels St. Viateur**
Bagels
Locale: Plateau/Mile End

Why we love it:
Rivalling for the title of best Montreal bagel place, St Viateur Bagels has long since been a local standby – they even deliver to your event or party.

---

**Café Union**
Coffee & Accessories
Locale: Plateau/Mile End

Why we love it:
For the coffee snobs out there, Café Union is a real Italian roasting house just a stone’s throw from Little Italy. The trip is well worth it, and the coffee will not break the bank.

---

**Callia**
Chinese Bakery
Locale: Downtown (Chinatown)

Why we love it:
Leader in the egg tart price war, Callia is one of many great Chinese bakeries located in a thirty metre strip. With its friendly service, and great taro buns, it is a popular venue.
## Better Businesses & Member Deals

### Food Stores

<table>
<thead>
<tr>
<th>Name</th>
<th>Category</th>
<th>Locale</th>
<th>Why we love it:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eden</strong></td>
<td>Green Grocer</td>
<td>McGill Ghetto</td>
<td>Hidden away on Park Avenue, this green grocer offers an array of Asian, western and organic produce or products. They consistently offer top notch fruits and veggies as well as unique, hard to find products.</td>
</tr>
<tr>
<td><strong>Epice Anatol</strong></td>
<td>Spices</td>
<td>Little Italy</td>
<td>With almost every spice you could ever want, this affordable local importer empowers chefs to recreate tastes of home. The best part? Everything is sold in bulk and you serve yourself! No more needing to purchase 200 grams of cardamom to get a single pod!</td>
</tr>
<tr>
<td><strong>Fairmount Bagel</strong></td>
<td>Bagels</td>
<td>Plateau/Mile End</td>
<td>They claim to be the first bagel shop in Montreal, and are indeed one of the most popular (we are not taking sides though). Fairmount Bagel sells freshly baked bagels, 24 hours a day, seven days a week! With fabulous options and competitive prices on bagels and accessories (yes, there are such a thing), this is sure to be a weekly pit stop. Short on funds? A massive bag of day old bagels (they’re fine and freeze well) will run you five bucks!</td>
</tr>
<tr>
<td>Store Name</td>
<td>Region</td>
<td>Why we love it</td>
<td></td>
</tr>
<tr>
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<td>-------------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Jean Talon Market</td>
<td>Little Italy</td>
<td>Though a bit further than Atwater, this market features tons of actual farmers</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>selling their wares. With some great deals to be had at their many green grocers</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>and fish mongers, among others, check this place out.</td>
<td></td>
</tr>
<tr>
<td>L’Espanola</td>
<td>Plateau</td>
<td>This fifty year old grocer has been importing items directly since it first opened.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Check them out to find specialty products, or favourites from back home.</td>
<td></td>
</tr>
<tr>
<td>Le Fouvrac</td>
<td>Plateau/Mile End</td>
<td>Even though they do not sell golden syrup (Loblaws does!), Le Fouvrac offers a</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>great selection of English mustards, teas, and jams, along with Scottish shortbread,</td>
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<tr>
<td></td>
<td></td>
<td>Welsh cakes, and Irish packaged goods, as well as a huge variety of other imported</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>treats.</td>
<td></td>
</tr>
<tr>
<td>Maison du Roti</td>
<td>Plateau/Mile End</td>
<td>Located a bit east of the plateau, this gourmet butcher, cheese shop, and gourmet</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>store is sure to satisfy your inner foodie. Service is knowledgeable and friendly,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>though many staff do not speak English. Be prepared to pay a premium for these top quality products!</td>
<td></td>
</tr>
</tbody>
</table>
## Better Businesses & Member Deals

### Food Stores

<table>
<thead>
<tr>
<th>Store</th>
<th>Region</th>
<th>Why we love it:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marche Afrique</td>
<td>African</td>
<td>Despite a large African population, Montreal seems to lack actual African grocery stores… Well, Marche Afrique, as you might have guessed, fills that void.</td>
</tr>
<tr>
<td>Marche BK</td>
<td>Indian</td>
<td>Specialising in Indian and Middle Eastern flavours, Marche BK has a wide selection of very cheap imported and local goods, as well as a fresh meat and produce.</td>
</tr>
<tr>
<td>Marche Epicure</td>
<td>Eastern European</td>
<td>While it might be hard to track down Eastern European groceries in Montreal, you can find most of what you are searching for at Marche Epicure. It offers a wide selection of imported products and fresh flavours.</td>
</tr>
<tr>
<td>Marche G &amp; D</td>
<td>Pan-Asian (Chinatown)</td>
<td>While the staff may only speak English, French and Cantonese, the store aims to cater to most east Asian chefs. They also offer a range of western products, all at better than average prices.</td>
</tr>
<tr>
<td>Marche Jolee</td>
<td>Caribbean</td>
<td>Having trouble tracking down genuine cumin, Ackee, or actually hot hot sauce? Well then Marche Jolee is happy to step up to the plate. Excellent prices on tastes of the Caribbean.</td>
</tr>
<tr>
<td>Marche Victoria Orientale</td>
<td>Bangladeshi</td>
<td>Having a wide selection of South-Asian specialty items, Marche Victoria Orientale is a great choice for tracking down your favourite ingredients.</td>
</tr>
<tr>
<td>Marius &amp; Fanny</td>
<td>Bakery, Chocolates (Plateau/Mile End)</td>
<td>This traditional French bakery offers an array of decadent croissants and pastries, delicious take home breads and pizzas, homemade chocolates, sandwiches, and ice cream, along with exquisite gourmet desserts and wellingtons (for you to take home, and lie about who made them). Their Crème Brule latte is even topped off with sugar, that the barista then caramelises with a cooking torch!</td>
</tr>
</tbody>
</table>
## Better Businesses & Member Deals

### Food Stores

<table>
<thead>
<tr>
<th><strong>McTavish Market</strong></th>
<th>Why we love it:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farmer’s Market</td>
<td>Taking place on campus, near the SSMU Building, the McTavish Farmer’s market brings local produce &amp; artisanal foods directly to your campus each Thursday from noon until five.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Melina’s Phyllo Bar</strong></th>
<th>Why we love it:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greek</td>
<td>Excellent sweet and savoury Greek pastries make this place a destination for those in the know.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Premiere Moisson</strong></th>
<th>Why we love it:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bakery</td>
<td>Quebec’s largest bakery chain, Premiere Moisson offers top notch breads and pastries both at its own locations, and at some major grocers. While most items are rather expensive, a full-bodied coffee and chocolatine make for a great breakfast date with a friend, and come out to under five dollars.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Sami Fruits</strong></th>
<th>Why we love it:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits, Seafood, Butcherie</td>
<td>A warehouse style produce store with an enormous variety of fruits and vegetables for rock bottom prices. Be prepared to battle crowds during peak shopping times.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SAQ</strong></th>
<th>Why we love it:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>While beer, wine and light spirits can be purchased at most food stores, the crown-owned SAQ holds a monopoly on everything else. With friendly, expert staff, and many locations, they are often your best bet for wines and spirits. Their frequent sales or visiting one of their depot locations can also save you quite a bit. Do not forget to check online to see which store stocks your favourite beverage – items vary per store.</td>
</tr>
</tbody>
</table>

![A glimpse of Sami Fruits, Lasalle](image-url)
Better Businesses & Member Deals

Food Stores

Supermarche PA
General Grocery
Locale: Downtown
Guy Concordia Metro

Why we love it:
You can go nearly anywhere on the Island of Montreal and see a PA bag around someone’s shoulder. Why? Because this amazing, three location, chain (also in the Plateau and Laval) is unbelievably cheap (four dollars for one litre of extra virgin olive oil!), has friendly, efficient service, excellent produce and deli products, and a good selection on a range of everyday items. The Grocer now also offers FREE online ordering for pickup or $2 delivery.

The Good Food Box
Green Grocer
Locale: Online

Why we love it:
This local collective is based around the core value of good food for everyone. Through ethical, collective buying, the Good Food Box secures local and imported food at a big discount, and delivers it to your door weekly. You get what is in season, so each delivery is an adventure.
## Better Businesses & Member Deals

### Restaurants

<table>
<thead>
<tr>
<th>Name</th>
<th>Cuisine</th>
<th>Locale</th>
<th>Why we love it:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000 Grammes Café</td>
<td>Café</td>
<td>Latin Quarter</td>
<td>Once part of the iconic Kilo Bakery Chain (which produces many of the cakes sold in cafes and restaurants in the province), 1000 Grammes continues to offer the tasty pies and cakes of its former parent, as well as great paninis, unique sandwiches, and tasty salads. Dinner will run you under $15 too.</td>
</tr>
<tr>
<td>Black Strap BBQ</td>
<td>Memphis BBQ</td>
<td>Verdun</td>
<td>With mouth watering brisket, and other delicious choices like pork ribs, pulled pork, turkey, chicken, all smoked daily and great friendly staff this is a must try if you are in Verdun.</td>
</tr>
<tr>
<td>Bottega</td>
<td>Italian</td>
<td>Little Italy</td>
<td>Really, really authentic Italian food is (obviously) the specialty of this much loved hangout in Little Italy. Having surprisingly cheap prices on a variety of Antipasti and pizzas, this place is well worth the trip.</td>
</tr>
<tr>
<td>Food trucks</td>
<td>Casual</td>
<td>Throughout Montreal</td>
<td>With drool worthy pics of various Food Truck meals on their mainpage and a interactive map to find your nearest Food Truck this site is not to be missed.</td>
</tr>
<tr>
<td>GaNaDaRa</td>
<td>Korean</td>
<td>Downtown</td>
<td>Awesome spicy soup served in the pot it was cooked in! Plus authentic bulgogi and other tastes from the Korean peninsula can be found at this downtown find.</td>
</tr>
<tr>
<td>L'Academie</td>
<td>Italian</td>
<td>Everywhere</td>
<td>This bring your own wine chain of restaurants specializes in pastas and mussels, but also offers meat and fish dishes. While prices are normally a tad expensive, it offers a Sunday to Wednesday and lunchtime special that is a total steal.</td>
</tr>
<tr>
<td>La Maison Grecque</td>
<td>Greek</td>
<td>Plateau</td>
<td>This Greek restaurant offers exceptional value during the day with a three course meal costing under $15. It is also a bring you own bottle (BYOB).</td>
</tr>
</tbody>
</table>
### Restaurants

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Cuisine</th>
<th>Locale</th>
<th>Why we love it</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Le Nil Bleu</strong></td>
<td>African</td>
<td>Latin Quarter/Village</td>
<td>For a treat, Le Nil Bleu makes for a unique dining experience. Complete with a waterfall and a Nat King Cole lookalike on the piano, Le Nil Bleu offers excellent Ethiopian cuisine at a reasonable cost. Service is friendly, bit slow and reservations are always a good idea.</td>
</tr>
<tr>
<td><strong>Nos Thés</strong></td>
<td>Taiwanese</td>
<td>Latin Quarter/Village</td>
<td>The brand new two-location chain offers awesome meals and unique snacks served by friendly staff. They also (as the name would suggest) offer tea products and accessories for sale.</td>
</tr>
<tr>
<td><strong>Pitarifique</strong></td>
<td>Greek Take-away</td>
<td>Plateau/Mile End</td>
<td>Another iconic Plateau restaurant, this booming take-away offers excellent, greasy, Greek and American food served next to great fries. You might need to go for a run after, but you only live once.</td>
</tr>
<tr>
<td><strong>Romados</strong></td>
<td>Portuguese</td>
<td>Plateau</td>
<td>Succulent rotisserie chicken and addictive fries along with delicious natas tarts at very affordable prices makes this a Montreal favourite.</td>
</tr>
<tr>
<td><strong>Smartburger</strong></td>
<td>Burgers</td>
<td>Downtown</td>
<td>This local hangout remains a top pick for members of the McGill community. Besides tasty food, it aspires to keep everything as healthy and sustainable as possible.</td>
</tr>
<tr>
<td><strong>St. Ambroise</strong></td>
<td>Brewery Tour &amp; Meals</td>
<td>Little Burgundy</td>
<td>Located down by the Lachine Canal, St Ambroise offers brewery tours, complete with a beer tasting, for $20, from spring to autumn. If you are not feeling the tour, chill out on their beautiful patio.</td>
</tr>
<tr>
<td><strong>Station Des Sports</strong></td>
<td>Casual</td>
<td>Throughout Montreal Guy Concordia Metro</td>
<td>This stylish sports bar chain is the brainchild of a local restaurateur. His model: charge as little as possible, and sell lots. Despite this, they do not skimp on food quality. Even their soups are great! And a full meal, with dessert will come out to under $10. Their beer is also some of the cheapest in the city.</td>
</tr>
</tbody>
</table>
## Better Businesses & Member Deals

### Restaurants

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Why we love it</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sushi 7</strong></td>
<td>Arguably one of the best sushi places in town, Sushi 7 has some of the freshest fish this side of the continent.</td>
</tr>
<tr>
<td><strong>Thali</strong></td>
<td>Voted to be in the top five Indian restaurants since the day it opened, this Thali location (there are several 'Thalis,' but all are unique companies) offers amazing naan bread, great curries, and one of the best Gulab Jamuns out there for low prices.</td>
</tr>
<tr>
<td><strong>Thomson House</strong></td>
<td>We own it. Oh, yeah, and it is awesome. Tons of healthy, ethically sourced, options, including choices for vegans and those with allergies. With great prices and an hands down the nicest staff in the city, your clubhouse is a great option. You can even bring guests!</td>
</tr>
<tr>
<td><strong>Universel</strong></td>
<td>Another popular destination for ‘McGillers,’ Universel offers great breakfasts, 2 for 1 cocktails and beers at happy hour, and tons of supper options. What’s more, it has a patio that is open all year round (in the winter it is heated – obviously!).</td>
</tr>
<tr>
<td><strong>Vua</strong></td>
<td>This quick service restaurant does everything well – they even have great coffee and pastries; and it is oh so affordable. A fabulous Vietnamese sandwich will run you $3.25; sushi is cheap, and it’s even 30 % off after 9pm. Did we mention they also sell bubble tea, western soups and sandwiches, premade dinner items (udon, stirfry, sausage, etc) and cakes.</td>
</tr>
<tr>
<td><strong>Wienstein &amp; Gavino’s</strong></td>
<td>This restaurant has been very popular with the PGSA's as it can accomodate large groups and has pasta and pizza starting at $10.</td>
</tr>
</tbody>
</table>
Better Businesses & Member Deals

Medical & Personal Care

**Clearly Contacts**  
Contact, Glasses  
Locale: Online  

**Why we love it:**  
As Canada’s largest optical retailer, the Vancouver-based Clearly Contacts offers a huge selection of contacts and glasses, shipped directly to you. With excellent customer service, and better than retail prices, they are a great choice. Do not forget to google coupon code (you can always find a 25 percent discount!) and check out their free glasses sale (seriously, free, less shipping).

**Dr. Bozzo**  
Dentist  
Locale: Downtown  

**Why we love it:**  
A member of the ASEQ discount network, Dr. Bozzo comes highly recommended from past patients and PGSS staff.

**George Demirakos**  
Physiotherapist MAA  
Locale: Downtown  

**Why we love it:**  
Down to earth and great at his job, George will make physio fun, easy, and get you back in shape in no time. Specializing in sports medicine and orthopaedic injuries.

**Eric Lescure at Clinique OMK**  
Reflexology, Posturology  
Locale: Downtown  

**Why we love it:**  
Lescure offers an alternative approach to discomfort and muscular tightness. After carefully analyzing your body using quantifiable techniques, he brings the wisdom of eastern medicine to improve how you feel.

**Optique Town**  
Optometrist  
Locale: Downtown  

**Why we love it:**  
Optique Town’s two optometrists, both of whom are in ASEQ’s discount network, offer friendly, professional service to keep you seeing clearly. Remember to always ask for a copy of your prescription in case you wish to purchase eyewear elsewhere; it is your right! They also offer a selection of trendy glasses and a variety of lenses at competitive prices.

**Osteopathie Gayet & Associates**  
Osteopath  
Locale: Plateau/Mile End  

**Why we love it:**  
Adopting a holistic approach to personal care, the staff here analyse your lifestyle and body to identify any potential sources of discomfort and eliminate them in as few as one or two treatments. PGSS Staff’s top pick!

**Xpresspharm**  
Pharmacist  
Locale: Online  

**Why we love it:**  
Located on DeLormier and Sherbrooke, Xpresspharm specializes in long term prescriptions (and acute), sent overnight to your door. That’s right, you can now fill a medication from the convenience of your embarrassing Bugs Bunny pyjamas. The pharmacists really go out of their way for their customers, and often charge less than competitors.
## Better Businesses & Member Deals

### Medical & Personal Care

Arranged alphabetically by service

<table>
<thead>
<tr>
<th>Business</th>
<th>Services</th>
<th>Why we love it</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clinic Medic Elle</strong></td>
<td>Family Medicine</td>
<td>Within 10 minutes of McGill, fast, efficient professional and friendly. This private clinic accepts patients with the RAMQ card, and always gives you options for private/public care.</td>
</tr>
<tr>
<td><strong>Coiffure 214</strong></td>
<td>Hairdresser</td>
<td>The friendly staff at Coiffure 214 offer years of experience and flexible hours, along with student discounts (even for grads!). Take note that the team only accepts cash and is not experienced in Afro-textured hair.</td>
</tr>
<tr>
<td><strong>Different Styles Coiffure</strong></td>
<td>Hairdresser (Afro-Textured)</td>
<td>Working with all hair types, the team of Different Styles offers great service and even better prices. While their specialty is afro-textured hair, the stylists welcome people of all backgrounds.</td>
</tr>
<tr>
<td><strong>Ongles Internationale</strong></td>
<td>Nails &amp; Toes</td>
<td>A staff favourite, the team here is sure to offer you a great manipedi for under $45.</td>
</tr>
<tr>
<td><strong>Salon Amie</strong></td>
<td>Threading, Waxing, Hairdresser</td>
<td>Salon Amie is hands down one of the cheapest places to get your eyebrows threaded, and by a friendly and professional member of their staff. At four dollars a go, it’s a steal! Great prices and service on their range of hair removal options.</td>
</tr>
<tr>
<td><strong>Sandro Coiffure</strong></td>
<td>Waxing, Threading, Hairdresser</td>
<td>With flexible hours and ample drop in space, Sandro is great for last minute hair removal for all genders.</td>
</tr>
</tbody>
</table>
Better Businesses & Member Deals

Other Services & Providers
Arranged alphabetically by service

<table>
<thead>
<tr>
<th>Service</th>
<th>Why we love it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cineplex Entertainment</td>
<td>Owner of nearly every cinema in the country, Cineplex's many banners are everywhere (including three downtown!). Do not forget to get their free scene card to get every sixth movie on the house.</td>
</tr>
<tr>
<td>Dollar Cinema</td>
<td>Showtimes are limited and they may not have the newest blockbusters until they leave main theatres but Dollar Cinema is an experience in itself. With movie admission at 2.50 and everything else at $1 (your popcorn, candy etc). They are also open 365 days a year, have air conditioning, free indoor parking. Go visit “Bernie” who believes “that movie-going doesn't need to be an expensive outing”.</td>
</tr>
<tr>
<td>Eva B</td>
<td>Easily one of the strangest stores in existence, Eva B (no one knows that that is indeed its name) is an eclectic mix of second hand clothing, costume ware, a café, a theatre, and an I'm-not-sure-what-else. With the mantra “You look better naked” this local icon makes for a fun adventure – and you might even end up with some cool new digs.</td>
</tr>
<tr>
<td>Happy Cow</td>
<td>Self described as the world's premier online vegetarian, vegan, and veg friendly restaurant guide Happy Cow is the green version of Urbanspoon. Whether you find yourself in a new city, planning a trip, or simply looking for a new place to get your grub on, at 2.99 the Happy Cow app can help you search the hidden gems of any city.</td>
</tr>
<tr>
<td>Jeans Jeans Jeans</td>
<td>Imagine this: you tell the salesperson that you want a pair of dressy jeans, and he turns around with the perfect pair, without even asking your size. What’s more, this pair of designer trousers is half the price of the same pair downtown. That is the Jean Doctor (as they call him). This Montreal landmark has been outfitting locals and tourists alike for over forty years with phenomenal service.</td>
</tr>
</tbody>
</table>

Arranged alphabetically by service

Dollar Cinema
Movie Theater
Locale: Côte-Saint-Luc
Better Businesses & Member Deals

Other Services & Providers

**Little Burgundy Shoes**  
Clothing (Shoes & Boots)  
Locale: Online/Everywhere  
Why we love it: Considered to be the ‘fancy’ banner of the Aldo Group, Little Burgundy offers a range of trendy shoes; however, their website is really where they shine. Their entire global collection can be found on its Canadian website (they are based here in Montreal!). As a result, shopping here lets you see the full array of clearance shoes and boots – and there are lots. A great pair of Pajar boots can be had for under $100 (that’s 70% off). If they don’t fit, returns are easy, free, and can even be done in store (for online purchases too).

**Le Coffre aux Tresors**  
Clothing (Second hand, Vintage)  
Locale: Plateau/Mile End  
Why we love it: Supporting a local women’s shelter and centre, this charity-run second hand store offers a variety of men’s and women’s clothing, as well as furniture, books, kitchen-ware and (new) personal care products at unbeatable prices. They even have some real English porcelain.

**Simons**  
Clothing (General)  
Locale: Downtown  
Why we love it: This unique, Quebec based, retailer offers a massive range of brand name and in house clothing, with shirts ranging from 10 to 1000 dollars; they have every price point covered. They also have a home section hidden on the second floor!

**Style Exchange**  
Clothing (Winter Coats & Streetwear)  
Locale: Downtown  
Why we love it: This streetwear retailer is known for its monthly half off sales and regular clearances. While its everyday prices can be brutal, many of its $700 winter jackets end up selling for a third of that. Check out their website for a bigger selection of coats and more.

**Purolator**  
Courrier  
Locale: Everywhere  
Why we love it: Canada Post’s courier wing, Purolator, is often the cheapest and most secure option for shipping, and since they are usually located within Canada Post outlets, they are also a convenient option.

**Air Miles**  
Discount Programme  
Locale: Online  
Why we love it: The free, and ever popular Air Miles reward programme offers points on purchases made at certain businesses. Better yet, using their online airmilesshops store gives you points at hundreds of e-retailers. During one of their special events, a laptop purchase might even give you enough points to fly domestically, or get $200 to spend at Jean Coutu or another partner retailer.
Better Businesses & Member Deals

Other Services & Providers

<table>
<thead>
<tr>
<th>Cheep.ca</th>
<th>Why we love it: When Groupon launched the daily deal phenomena a few years back, the concept took off. Cheep.com is a metasite that includes all of the daily deal programmes in one spot. Lots of great items or services can be found at huge discounts.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ebates.ca</td>
<td>Why we love it: When you click a banner link online, and then make a purchase, a portion of that money goes to the advertiser. Ebates spices things up by giving most of that money back to you! Shopping on Amazon, Ebay, Shop.ca or Apple (or more)? You can get from 1 - 30% back as a cash rebate mailed to you.</td>
</tr>
<tr>
<td>Nettoyeurs Express</td>
<td>Why we love it: Fetching dry cleaning is a tiresome chore. Instead, let these guys deliver it to you, for free! This brilliant, local service picks up your clothing from your home (even if you are out - you can leave it outside!), and returns it 48 hours later smelling fresh and clean!</td>
</tr>
<tr>
<td>A &amp; A – Peel GSM</td>
<td>Why we love it: Hidden away inside the Peel metro station exit corridor, this computer and cell phone repair shop performs miracles on your damaged electronics. Capable of fixing most Androids, Blackberries, Apple or Windows phones, as well as PCs and Macs, Peel GSM offers great rates and service. Mention your PGSS membership for a 10% discount.</td>
</tr>
<tr>
<td>Ikea</td>
<td>Why we love it: The mighty IKEA has long been an icon for those wishing to start a home. While the crowds, maze like set-up, and location 30 minutes from a metro station can all be deterrents, Ikea offers more products than you could ever imagine… and 99 cent breakfasts!</td>
</tr>
<tr>
<td>JYSK</td>
<td>Why we love it: The Finnish equivalent of Ikea, JYSK offers a greater range of price points, in smaller sized stores. Their prices on linens, curtains, and bed accessories are excellent, too.</td>
</tr>
</tbody>
</table>
### Better Businesses & Member Deals

#### Other Services & Providers

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<th>Why we love it:</th>
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<tr>
<td><strong>Canadian Tire</strong></td>
<td>This national chain offers a massive range of products at awful prices – until there is a sale. That $1000 dollar pot and pan set you wanted? It will probably be $170 next week. Check their flyer. You can deck out your house with great brands for a reasonable price.</td>
<td>General Merchandise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Everywhere</td>
</tr>
<tr>
<td><strong>La Maison Verte Coop</strong></td>
<td>As a customer-owned grocer and general store, La Maison Verte is as committed to its customers as it is to our planet. Buy a share for only $10 and receive some major discounts on popular items.</td>
<td>General Merchandise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Eco-Friendly)</td>
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<td></td>
<td></td>
<td>NDG</td>
</tr>
<tr>
<td><strong>Pharmaprix</strong></td>
<td>While Pharmaprix is probably not your best bet for medication, (they are slow, and more costly – check out Xpresspharm) they do offer ridiculous sales each weekend on housewares and groceries; furthermore, their Optimum loyalty programme, when used at bonus events, works out to almost 55% off your purchases!</td>
<td>General Merchandise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Everywhere</td>
</tr>
<tr>
<td><strong>Rona</strong></td>
<td>Many of the staff of this community hardware store offer years and years of experience with various home and property repair or projects. Always ready to assist you with your project, Rona is easily the best option for your hardware needs.</td>
<td>General Merchandise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Key cutting, Hardware)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Little Burgundy</td>
</tr>
<tr>
<td><strong>The Hudson's Bay</strong></td>
<td>Essentially the founder of Canada as we know it, the Hudson's Bay is now a middle and high end department store. With a huge range of products, and near constant clearance sales, the Hudson's Bay is a great place for clothing, winter coats, and gifts. Be sure to check out its liquidation store, Zellers (yes, Zeller is not totally dead), in Montreal North for massive discounts on high end products ‘Soviet Bay’ on the 7th floor (a utilitarian style clearance depot).</td>
<td>General Merchandise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Department Store, Clothing)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Downtown</td>
</tr>
<tr>
<td><strong>Staples</strong></td>
<td>Hidden within the Montreal Central Train Station is a medium-sized Staples store which is bound to furnish any and all the school supplies that your heart desires.</td>
<td>General Merchandise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(school supplies)</td>
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### Better Businesses & Member Deals

#### Other Services & Providers

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<th>Why we love it:</th>
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<tbody>
<tr>
<td>Canada Post</td>
<td>Another government monopoly, Canada Post is your best (and only) option for lettermail. The staff are also authorized to do certain authorization services for official documents, loans, etc.</td>
</tr>
<tr>
<td>123 Inkjet</td>
<td>With totally free shipping to almost anywhere on the metro line (you pick it up from an in-metro convenience store), these folks offer awesome deals on reliable ink cartridges and accessories.</td>
</tr>
<tr>
<td>D’un Sport a l’autre</td>
<td>This local sporting goods store offers a wide selection of high-end second hand wares, with brand new merchandise when the owner “cannot acquire second hand stuff.” Save yourself a pretty penny, and the environment by checking these guys out!</td>
</tr>
<tr>
<td>ScotiaBank</td>
<td>Having an array of student banking options and many branches throughout the downtown core make ScotiaBank a good choice for members.</td>
</tr>
</tbody>
</table>
Baby Auric diaper service
Cloth diaper service
Locale: Delivery

Why we love it:
Baby Auric diaper service - are you interested in using cloth diapers but are scared off by the mess or extra laundry? Aby Auric is a service that once a week will pick up a bucket with your soiled diapers and bring you clean ones. They also have a full catalogue of natural baby care supplies. http://www.babyauric.com/en/

Cardio Poussette
Parent orientated excercise
Locale: Throughout the city.

Why we love it:
Want to get back in shape while involving your child? Join fellow parents in outdoor cardio while pushing your stroller/sleds in the winter. YMCA Westmount has similar classes available for Anglophones.
Better Businesses & Member Deals

Macdonald (Mac) Campus

Marche Ste Anne
Farmer’s Market
Locale: Macdonald Campus
Why we love it:
Taking place on Saturday or Sunday in downtown Ste Anne, this market offers a collection of local tastes.

Annie’s
Pub Style
Locale: Macdonald Campus
Why we love it:
Famous amongst West Islanders, Annie’s is Sainte-Anne’s happening spot. Reasonable prices and friendly service make this the place to be.

Peter’s Cape Cod Restaurant
Seafood
Locale: Macdonald Campus
Why we love it:
A surprisingly affordable, river-front bistro that offers a plethora of different fish and seafood options with a great view of the Saint Lawrence.

Tandoori Bellevue
Indian
Locale: Macdonald Campus
Why we love it:
Let the friendly staff of Tandoori Bellevue tempt you with their selection of scrumptious Indian dishes, including homemade naans and delicately spiced curries.

Twigs
Café
Locale: Macdonald Campus
Why we love it:
This cozy, local hangout offers friendly staff, a relaxing atmosphere, and awesome pies or cakes.

Olympic Dental Clinic
Dental
Locale: Macdonald Campus
Why we love it:
Located a short fifteen minute bike ride from Macdonald campus, the Olympic Clinic, an ASEQ insurance member, offers excellent, friendly, bilingual staff in a clean and professional environment.

Self-Service Bike Rental
Transportation
Locale: Macdonald Campus
Why we love it:
McGill purchased a small fleet of bicycles a few years ago to lend out to staff and students from April 10th to October 29th. For no charge, students can borrow bikes from the Laird Hall security office for up to three hours - just enough time to ride to Bair d’Urfe for groceries or a lunch date!
PGSS Exclusive Member Deals

Ben & Jerry’s on McGill College
Receive a ten percent discount upon the presentation of a McGill ID Card or PGSS business card.

Uber Taxi Service
Receive ten or twenty dollars in startup credit with the code srslt to be used for taxi rides with any member dealer. Download the app to use and enter the invite promo code for the $20 or $10 bonus credit (amount depends on promotion in effect at sign-up time).

Dell Computer
Receive special discounts of at least ten percent on all computer and laptop purchases (and on select accessories, printers, etc) on Dell’s website. To receive this discount please visit Dell’s preferred customer site or use the client ID: 2471434 when speaking with a sales agent.

We Roll
PGSS members receive a free annual membership to the WeRoll carpooling platform by using the coupon code MCGILLPGSS.

Peel GSM - A & A Electronics
Members receive a 10 percent discount on computer or cell phone repairs, or unlocking upon presentation of a McGill student card.

Alouettes
Receive ten percent off the purchase of your tickets with the promotion code PGSS2013. Please see the PGSS website for details.

Communauto
Members receive the discounted Lievre rate with Communauto car share upon presentation of a PGSS proof of membership letter available from PGSS on request. (info.pgss@mail.mcgill.ca)

PGSS Events and Trips
PGSS hosts many social and academic events throughout the year. Many are welcome to family and friends as well. There are also trips out of the city and tickets for everything from the ballet to the Canadiens.
Thank you to PGSS staff, members, and executives; McGill campus groups and administration; and community organisations for assistance in preparing this guide.

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