

ALCOHOL & DRUGS

ALCOHOL

Despite what it may feel like, drinking is not a necessary part of university life. No pressure! If you choose to drink, know your limits and stay safe!

SOME TIPS ON SAFE DRINKING

- Stick to one drink per hour! Some mobile apps - such as AlcoDroid Alcohol Tracker - even exist to help you keep count!
- Stay hydrated! Drink water before and after drinking.
- Eat some food! Do not drink on an empty stomach.
- Be aware of laws related to alcohol consumption! Open containers are illegal in Montreal unless you are also eating a meal, and the drinking age in Quebec is 18.
- Be prepared! Have a plan for the night - where you will party and how to get home for instance - and make a plan with your friends about what to do if something goes wrong.
- Utilize Drivesafe and Walksafe to get to your destination safely.

REMEMBER

If a person is unconscious, breathing slowly, and has bluish-tinged or pale skin, they may have alcohol poisoning. Call 911, and then Security Services if you are on campus:

Downtown: (514)-398-3000

Mac Campus: (514)398-7777

DRUGS

SSMU does not encourage or condone illegal drug use, but we do endorse harm reduction and promote information over stigmatization.

GUIDELINES FOR SAFER DRUG USE

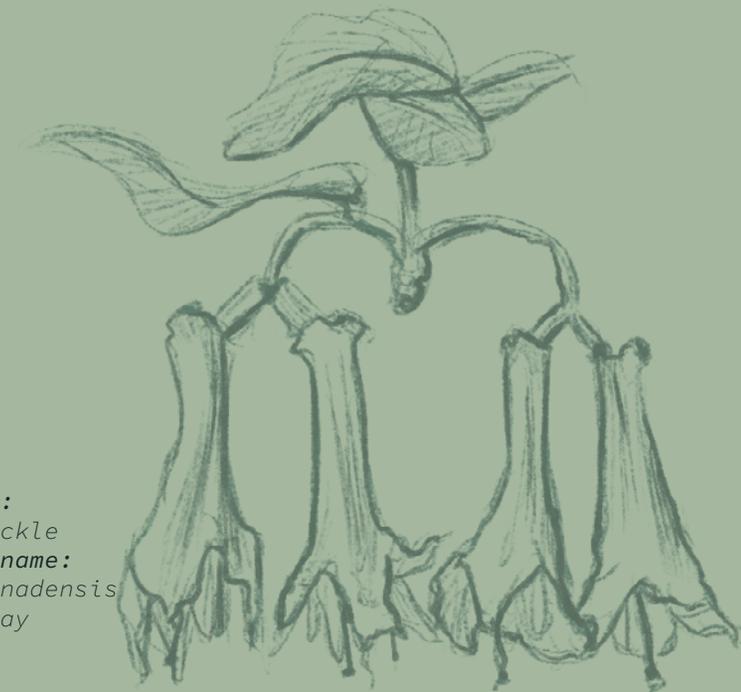
- Start with a small dose.
- Many people overdose because they expect what they've bought to be similar to the last time, but this isn't always the case.
- Beware of overdoses and laced substances!
- If you believe you are experiencing an opioid overdose, or know someone experiencing one, check the sites (bit.ly/43YALCC) in the Montreal area that offer Naloxone. You can also purchase a naloxone kit at most pharmacies. Naloxone temporarily reverses the effects of an opioid overdose and allows more time for medical help to arrive.
- Mix = risk!
- A cocktail of substances can be dangerous and have unexpected effects. Moreover, be careful when mixing substances with medicine and alcohol.
- Find yourself a safety buddy!
- It is important to have someone clear-headed that can react quickly if something happens. Consider a safe use site.

CACTUS MONTREAL

cactusmontreal.org | (514) 847-0067

Safe injection sites like CACTUS Montreal offer safe supervision and sanitary equipment for drug injection or inhalation. They also hold a meeting place for drug users to build safer drug using practices and promote the health and well-being of the community.

CAMPUS LIFE



Common name:

Fly-Honeysuckle

Scientific name:

Lonicera canadensis

In-bloom: May



Scan this code for quick access to the links relevant to this section, organized by topic!

mcgill.ca/students/housing

Living in residence is a unique and rewarding experience for many. You are encouraged to meet new people, get involved in student government groups and clubs, and participate in events made to make your first year memorable.

Students with disabilities are also encouraged to reach out to Student Accessibility and Achievement to discuss their specific housing needs.

QUESTIONS REGARDING LIFE IN RESIDENCE?

FLOOR FELLOWS

Floor Fellows are upper-year students that live in your residence building trained to help you transition into your first year at McGill. The Floor Fellows are role models and community builders that are your point of contact if you need anything.

RESIDENCE LIFE FACILITATORS (RLFS)

RLFs are upper-year students that play a crucial role in coordinating residence life at McGill. It is also their job to organize residence events to build community, help you adjust to life in Montreal, and create a fun and welcoming atmosphere in residence.

If you are interested and want to get more involved in your residence, sit on one of the following councils or committees by running for election or volunteering:

→ **HALL COUNCIL:** Every residence hall has a Hall Council whose role is to plan events and advocate for the needs and interests of their hall's residents

→ **INTER-RESIDENCE COUNCIL (IRC):** The IRC is the body representing all students in residence and helps facilitate community through inter-residence relationships. The IRC includes representatives of each residence as well as vice presidents who oversee its overall operations.

→ **UNIVERSITY RESIDENCE COUNCIL (URC):** This is where representatives of Hall Councils, the IRC, and Student Housing and Hospitality Services meet with the McGill administration to discuss concerns and initiatives related to residence life.

*Tip: If you have any questions as a first year student regarding student housing, go to the ASK McGill (ask.mcgill.ca/) interactive online Q&A tool to get your questions answered.

If you are not a first year student and/or wish to find a place to live off-campus, there are a number of resources available to you. Check out [page 204](#) for more information.

LE FRANÇAIS À MCGILL

L'Université McGill étant le bastion académique anglophone de Montréal, il serait facile de penser que le français est rare entre ses murs. Détrompez-vous, McGill ne renie pas ses racines montréalaises et québécoises. Sa population francophone en est la preuve. En effet, 20 % de la communauté étudiante et 21% du personnel déclarent avoir le français comme langue maternelle.

VIVRE MCGILL EN FRANÇAIS

vivreenfrancais.mcgill.ca

Provenant des quatre coins du monde, la communauté étudiante francophone est très diverse. Découvrez les différentes façons d'intégrer la langue française à votre expérience mcgillienne !

QUELQUES ASSOCIATIONS ET CLUBS ÉTUDIANTS

→ delitfrancais.com

→ Club de débat francophone McGill

→ Trouvez une liste des clubs et des ressources pour apprendre et pour parler le français | externalaffairs.ssmu.ca/francophone-affairs

ÉTUDIER EN FRANÇAIS

Le Département des littératures de langue française, de traduction et de création (faculté des arts) est en effet entièrement francophone. Au niveau facultaire, la Faculté de droit est entièrement bilingue et vous offre la possibilité de suivre des cours en français. Pareillement, la Faculté des sciences de l'éducation propose une majeure en pédagogie de l'Immersion Française et le Campus Outaouais de la Faculté de médecine et des sciences de la santé délivre une formation médicale entièrement en français. Pour plus d'informations, contactez les équipes administratives de la faculté en question.

→ VOUS POUVEZ MÊME SOUMETTRE VOS TRAVAUX EN FRANÇAIS!

Submitting in French | bit.ly/3GHZTTI

Pour tous les cours - à l'exception des cours dont la maîtrise d'une langue est un objectif. Il s'agit d'un droit inscrit dans la Charte des droits étudiants.

OBTENEZ DE L'AIDE PERSONNALISÉE

Étudiants francophones | bit.ly/38lx3WG

→ Mme Manon Lemelin (manon.lemelin@mcgill.ca), l'adjointe aux membres de la communauté étudiante francophone de première année, a pour mission de faciliter l'intégration des francophones à la vie universitaire.

→ À l'AEUM, la commission aux affaires francophones (caf@ssmu.ca) est chargée de protéger vos droits en tant que francophones et de promouvoir la francophonie sur le campus.

AFFORDABLE FOOD

Many food banks and collective kitchens operate on a regular basis.

Consult the weekly planner below to find organizations that serve food each week, from Monday to Friday:



Prepared meals



Food bank

Monday	Tuesday	Wednesday	Thursday	Friday
 People's Potato 12:30-2 PM	 People's Potato 12:30-2 PM	 People's Potato 12:30-2 PM	 People's Potato 12:30-2 PM	 Hive Free Lunch 12:30-1:30 PM
 Le Frigo Vert 12:00-4 PM	 Le Frigo Vert 12:00-4 PM	 Le Frigo Vert 12:00-4 PM	 Le Frigo Vert 12:00-4 PM	 Racine Croisée 3:00-6 PM
 Hive Free Lunch 12:30-1:30 PM	 Hive Free Lunch 12:30-1:30 PM	 Hive Free Lunch 12:30-1:30 PM	 Hive Free Lunch 12:30-1:30 PM	
			 * Midnight Kitchen 1 PM	

* Midnight Kitchen occasionally changes the dates and times of their meal service. Check out midnightkitchen.org/calendar to make sure of when they're serving, and to see when you can pick up a volunteer shift!

Some emergency food baskets and collective kitchens operate on a less regular schedule. The list below includes some places to get free meals or groceries, but you'll have to consult their respective websites to make sure of their hours of operation.

COMMUNITY FRIDGES

These mutual aid organizations provide free produce. Some of them are only available to residents of their respective neighborhood, so be sure to check their websites before visiting!

LE GARDE-MANGER DU MONDE

legardemangerdumonde.wixsite.com/parc

DU PAIN ET DES ENJEUX

FB @Du Pain et des Enjeux

FRIGO L'ABC

www.centraabc.org

FEED THE HEN

FB group: Nourrir Henri /Feed the Hen

Additionally, The Midnight Kitchen Collective and the Concordia Food Coalition have both compiled lists of food insecurity resources relevant to each neighborhood in Montreal.

MIDNIGHT KITCHEN

bit.ly/43lFkkM

CONCORDIA FOOD COALITION

concordiafoodcoalition.com/cfc-emergency-food-guide

SSMU'S PILOT GROCERY PROGRAM

The SSMU's Pilot Grocery Program will be continuing throughout the '23-24 school year. This program gives students vouchers to local grocery stores to get food free of charge. For more information, see: ssmu.ca/grocery

BIPOC COMMUNITY

SSMU offers many clubs and services for the BIPOC community at McGill.

BLACK STUDENTS NETWORK

bsnmcgill.com | IG @BlackStudentsNetworkOfMcGill

The Black Students' Network is a SSMU service that advocates for the needs and interests of Black students at McGill. It offers social and political events, a safer space for Black students, and spreads awareness on the issues concerning the Black community.

FIRST PEOPLES' HOUSE (FPH)

mcgill.ca/fph | FB @FPHMcGill | (514) 398 -3217

The First People's House aims to provide a sense of community and belonging to Indigenous students at McGill. They provide support to Indigenous students through in-house tutoring support, weekly soup and bannock lunches, a drum circle, the ability to meet with an elder in residence, and a community gathering space.

INDIGENOUS STUDENTS ALLIANCE

FB @Indigenous.Student.Alliance

"The Indigenous Student Alliance at McGill offers Indigenous students and allies a chance to connect in a safe space that values the growth of Indigenous communities, ideas, and teachings. We also strive to foster meaningful relationships with other marginalized communities, unite Indigenous students and allies, and create conversation to help make our voices heard on topics that affect and interest us. Our website and Facebook offers educative events and opportunities, and all are welcome!" -The '23-'24 ISA team

SPANISH AND LATIN AMERICAN STUDENTS' ASSOCIATION OF MCGILL UNIVERSITY (SLASA)

bit.ly/3weFceF | FB @SLASA.Mcgill

"The Spanish & Latin American Students' Association (SLASA) seeks to bring together the Spanish-speaking community at McGill and introduce students who are unfamiliar with Latin America to our culture. Through different events, we connect students with similar backgrounds and interests and invite those from different countries to indulge in everything that Spanish-speaking cultures have to offer. We always welcome everyone and anyone with open arms, so don't be shy and come to our events to celebrate Spanish & Latin American culture alongside us. To stay updated on everything we do, follow us on Instagram @slasa.mcgill!" -The '23-'24 SLASA team

THE BLACK AFFAIRS COMMITTEE

"The Black Affairs Committee is a space for Black student groups representatives and Black students to work on collaborative projects (events, advocacy, etc.). It's also the committee that is responsible for administering the Black Equity Fund.

Contact blackaffairs@ssmu.ca with any questions!" - Val Masny, former VP External and member of the Black Affairs Committee

LGBTQ+ COMMUNITY

Montreal has a long and proud history of 2SLGBTQIA+ activism and community. There are many events in the city, as well as community and health resources, for queer people who wish to celebrate their identity or find a community in Montreal.

QUEER MCGILL

queermcgill.org | IG @QueerMcGill

Queer McGill is a student-run service by and for queer students. They offer safer-sex supplies and organize community-building events like weekly board game nights, workshops, and performances. You can also participate in the Trans Working Group (bit.ly/3l7q9ga), QTBIPOC Working Group (bit.ly/3wol66B), and Bi Working Group (bit.ly/3a1ankT).

THE UNION FOR GENDER EMPOWERMENT (UGE)

theuge.org | IG @ugecollective

The UGE is a trans positive and anti-racist feminist organization that run events for students, hosts a safer space, runs an alternative library, and offers gender affirming supplies through their Pay What You Can co-op.

THE GENDER AND SEXUALITY ADVOCACY COMMITTEE

The Gender and Sexuality Advocacy Committee, chaired by the Gender and Sexuality Commissioner, is a forum that unites and coordinates the efforts of Queer student groups on campus. It will continue to meet every other week to discuss problems facing the queer community on campus. If you are interested in filling a community member role, contact gsc@ssmu.ca.

QUIPS

QUIPS (or Queer Improvement and Partnership Solidarity) is a new fund for queer students that was first introduced in 2022, and is run by the Gender and Sexuality Commissioner (GSC). It funds queer grad and undergraduate students in urgent need, and queer community projects that would benefit the community as a whole. You can contact the GSC (gsc@ssmu.ca) for any questions.

STUDENTS WITH DISABILITIES

ON CAMPUS COMMITTEES

On campus committees that advocate for students with disabilities include:

EQUITY COMMITTEES

Many of the major faculties on campus have Equity Commissioners who work to improve the accessibility and inclusivity of their respective faculty's events, governance procedures, trainings, etc. These Equity Commissioners run equity committees that aid them with their work and are open to student applicants. Faculties/departments with Equity Committees include; Macdonald Campus, Arts, Biology, Chemical Engineering, Computer Science, Engineering, Law, Physics, Mechanical Engineering, Medicine, Material Engineering, Science, Social Work and Politics.

More information can be found on each organization's website.

SSMU ACCESSIBILITY COMMITTEE

The Accessibility Commissioner at the SSMU also runs their own committee which aims to make the SSMU a more accessible organization. The Accessibility Committee also does open hiring for committee members and takes projects and input from members to guide its vision and project schedule each year. You can check the SSMU online job board for information regarding hiring.

THE NEURODIVERGENT ADVOCACY COMMITTEE

A new initiative within the Arts Undergraduate Society (AUS) that aims to strive forward with the representation and advocacy work done by the AUS for neurodivergent students. Some of this year's initiatives included setting up a neurodivergent-inclusive space within the University Centre and opening up channels of discussion with the Office of the Dean of Students to assure that neurodivergent students get the support they need from McGill administration.

COMPLAINT PROCESSES

There are multiple different ways to make complaints regarding accessibility depending on the context of the complaint:

SSMU ACCESSIBILITY COMPLAINT

This is an avenue to make a complaint within the SSMU context, meaning that the accessibility concern came about, for example, within a club or service, within a SSMU meeting, from a SSMU staff member or in a SSMU space. These complaints are handled by the SSMU Accessibility Commissioner (accessibility@ssmu.ca). Visit ssmu.ca/resources/complaint-form/ for more info!

MCGILL OFFICE FOR MEDIATING AND REPORTING (OMR)

bit.ly/3aHhMGx

The McGill OMR handles complaints in the realm of equity, inclusion and accessibility in the McGill context, meaning that complaints can be handled regarding McGill staff and McGill contexts (such as the classroom). The Accessors at the OMR are legal professionals and can provide formal investigation services or conduct formal mediation so that a chance is given to both parties to communicate their concerns and come to conclusions together. Disciplinary action can be taken by this office.

INTERNATIONAL STUDENTS

McGill is home to more than 10,000 international students, who make up 30 percent of the campus population. It is not easy to move from a new country. Fortunately, there are many on- and off-campus resources that can help international students transition into life in Montreal.

RESOURCES ON CAMPUS

INTERNATIONAL STUDENT SERVICES

mcgill.ca/internationalstudents | (514) 398-4349

INTERNATIONAL BUDDY PROGRAM

bit.ly/3lafXUm

Interested in the Buddy Program? Sign up here (bit.ly/3suCIXd)

MCGILL INTERNATIONAL STUDENT NETWORK (MISN)

bit.ly/3Mh2YMt | FB @mcgillisn

CEEC MAP-REAL

bit.ly/3suCWxx

The Community Engagement and Equity Committee (CEEC), a part of McGill Residence Life, has created an extensive map to help students find familiar places in Montreal. Entries on the map include cultural and community centres, places of worship, and grocery stores that carry international products.

RESOURCES OFF CAMPUS

AGENCE OMETZ

ometz.ca | (514) 342-0000

Agence Ometz is a charitable organization that offers services related to employment, immigration, and school to help people find their potential and to promote a prosperous and growing Montreal community. The Ometz Immigration Services helps incomers settle into their new community. They offer welcome programs as well as cultural and social activities.

CENTRE D'APPUI AUX COMMUNAUTÉS IMMIGRANTES (CACI)

caci-bc.org | (514) 856-3511

CACI helps those who have recently arrived in Canada settle into their communities through language courses, employment assistance, caregiver support, and more. They also host a series of community events to bring newcomers together.

*** Information for international students is also available on the websites of the Government of Quebec (bit.ly/3FMgJwR) and the Government of Canada (bit.ly/3McEdoM).*

TRANSFER STUDENTS & FIRST-GEN STUDENTS

TRANSFER STUDENTS

As a transfer student, you might have many questions regarding how you transfer credits from your previous university to McGill, how you make new friends, or where to live in Montreal. It is always daunting going to another university in the middle of your college experience. McGill has resources available to make your transition smoother.

TRANSFER STUDENTS AND CREDITS

bit.ly/3L71C5C

To find out whether or not the college credits you took at your previous university will be transferable to McGill, check the Course Equivalency System (bit.ly/3LcgVNI) that helps you search and review course equivalencies from the college courses you have taken already and see if McGill offers similar classes. You may be qualified for McGill credits and/or an exemption.

If you have taken university-level courses that do not appear in the equivalency database, you may still qualify for transfer credits. Through the Course Equivalency System, you can also submit requests for potential equivalencies that are not listed. You can also request a reassessment of expired equivalencies. If you wish to talk to someone for any faculty specific transfer credit questions, contact your faculty Student Affairs Office (bit.ly/3woh5Jm). If you have any general transfer credit questions as a new McGillian, go to Service Point (bit.ly/3vD2gYA).

FIRST-GEN STUDENTS

If you are the first student in your family to attend post-secondary education, there are resources available to allow you to connect with other students in your situation and receive guidance on university life.

EVENTS

McGill's First Generation Student Support program offers orientation events to first-generation students. For more information, visit bit.ly/3yBDEgk.

1ST UP PEER SUPPORT GROUP

fb.me/groups/410525029814520/

1st Up is a Facebook support group for first-generation students to receive emotional and academic support in an informal, peer-to-peer structure.

YOU BELONG HERE: A GUIDE FOR FIRST-GENERATION STUDENTS AT MCGILL

bit.ly/3WR9mjT

This guide provides information, advice, and comforting words to first-generation students.

JOBS & VOLUNTEERING

Job searching in Montreal as a student at McGill can be difficult, especially when you do not speak French. However, there are many jobs and services available on campus for students. To find out more, check the Career and Planning Service (CAPS). If you are an international student, check the ISS website (bit.ly/3vT4Ags) to see what you need to work in Canada.

JOB OPPORTUNITIES ON CAMPUS

Work study is a need-based system for part-time work on campus.

These jobs usually occur over the fall and winter semesters, but some summer positions are also available. To be part of the Work Study program, you must be a full-time student, in satisfactory academic standing, and have applied for the maximum government aid that you are eligible for.

The work study application opens on July 1 on Minerva, and accepts applications throughout the year.

SSMU (ssmu.ca/jobs)

SSMU hires many students throughout the school year and in the summer for a wide array of part-time and contract-based jobs. We offer jobs related to political activism, event management, human resources, communications, and much more.

STUDENT HOUSING (bit.ly/39OvmHa)

McGill hires Floor Fellows and Residence Life Facilitators every year. Floor Fellows live in residence and support first-year students, while Residence Life Facilitators organize events for residences throughout the school year.

ATHLETICS (bit.ly/3Mlr6Og)

McGill Athletics requires students to referee and supervise sports facilities during the school year and also offers summer jobs.

LE JAMES McGill Bookstore

LE JAMES hires students during peak periods, keep checking our social media to know when we are hiring. If you are interested in working at the bookstore, send your CV, cover letter and availabilities to jobs.bookstore@mcgill.ca.

VOLUNTEERING

MYINVOLVEMENT (bit.ly/3yIU6vo)

MyInvolvement is an online space where you can find out about learning opportunities outside of the classroom. You can access events, workshops, and volunteer opportunities. MyInvolvement also tracks and records your participation for your co-curricular record.

DAYS OF SERVICE

This initiative offered by Campus Life & Engagement (CL&E) offers short volunteer placements both on- and off- campus.

You can find Days of Service events on MyInvolvement!

ATHLETICS & FITNESS

Whether you're interested in cheering on your team from the stands or getting active yourself, there are plenty of opportunities for engaging in athletics at McGill.

FREE FACILITIES

You pay for access to the McGill Sports Complex (475 rue des Pins Ouest) in your student fees, so make sure you take advantage of it! Use of the pool, tennis and squash courts, and the running track are all included in your tuition.

GYMS AND FITNESS CENTRES

As a student, joining the McGill Fitness Centre is only \$47.99 plus taxes per semester, which is much cheaper than other gyms in the city. The Fitness Centre can get pretty crowded, so be prepared to wait for machines or try to schedule exercise in off-peak hours, like the middle of the day. Cheap gyms off campus include Éconofitness (\$10/month if you sign up for a year) or the YMCA (a student rate of \$35/month).

RENTING EQUIPMENT

You can borrow equipment like basketballs, volleyballs, soccer balls, footballs, badminton rackets, and more at the gym with a valid student ID or membership card. You can also rent winter equipment, including cross country skis and snowshoes.

PLAYING ON A TEAM

McGill has a popular intramurals program with plenty of different sports to choose from, such as soccer, hockey, volleyball, water polo, and more. You can choose what kind of league (open, men's, women's, or co-ed), as well as what level of play (non-competitive, beginner, intermediate, and competitive) you want to participate in. If you don't have a team, you can also join one by showing up to "free-agents" night. Check out the McGill Recreation FaceBook page for more details (facebook.com/mcgillrecreation).

TAKING A CLASS

McGill offers many exercise classes that you can register for. Either pick a single course for a semester or buy a pass for drop-in classes. Check out mcgillathletics.ca for more information.

ATTENDING SPORTING EVENTS

You can cheer on McGill's varsity teams or competitive clubs throughout the year. Most games are under \$5 to attend and are a great way to have fun with friends (there's also a season pass available for \$25). If you're really enthusiastic, join Red Thunder, a club dedicated to sports enthusiasts, and get access to all sports games, pre-game events, and some cool sporting swag. Contact them for more info at mcgillredthunder@gmail.com!

CAMPUS MEDIA

PRINT AND ONLINE

LE DÉLIT

delitfrancais.com | IG @le.delit

Le Délit is McGill's only French-language newspaper which aims to close the gap of understanding between Anglophone and Francophone students on campus.

THE MCGILL DAILY

mcgilldaily.com | IG @mcgilldaily

The Daily is McGill's oldest independent student newspaper which aims to feature marginalized voices and under-reported stories in the McGill and Montreal communities.

THE BULL AND BEAR

bullandbearmcgill.com

IG @bullandbearmcgill

The Bull and Bear is a news and commentary publication that is based in the Desautels Faculty of Management. Published online on a regular basis, they also print a special magazine issue at the end of each semester.

THE TRIBUNE

thetribune.ca | IG @mcgilltribune

The Tribune is an independent newspaper which has covered the university, Canada, and the world since 1981. It is published weekly in print and online daily.

VEG MAGAZINE

IG @thevegmagazine

Veg Magazine is a semi-annual literary publication, publishing student prose, poetry, and artwork.

You can grab a free copy in the Arts Building, Leacock, and McLennan.

MCGILL JOURNAL OF POLITICAL SCIENCE

mjps.ssmu.ca | IG @mcgill_mjps

The MJPS aims to publish high quality undergraduate research papers, offering unique perspectives on current topics in the four areas of political science offered by the Political Science department: Canadian Politics, Comparative Politics, International Relations, and Political Theory.

MCGILL SCIENCE UNDERGRADUATE RESEARCH JOURNAL (MSURJ)

msurj.com | IG @msurj_media

The McGill Science Undergraduate Research Journal (MSURJ) offers undergraduate students from any university the ability to publish their findings to the McGill research community.

RADIO

CKUT 90.3 FM

ckut.ca | IG @ckutmtl

CKUT is a non-profit campus/community radio station, committed to alternative music, news, and spoken word broadcasting.

If you're interested in listening, tune in at 90.3 on the FM dial in Montreal or go to their website linked above.

TELEVISION

TVM: STUDENT TELEVISION AT MCGILL

tvmtellevision.com | IG @tvm.television

TVM is a SSMU service and McGill's student-run television and film production team, offering original content, event coverage, filmmaking workshops, and more.

THE ARTS

While there is no program or classes for fine arts at McGill, there are many independent student groups and clubs that allow you to explore these passions and hobbies.

THEATRE

The English Department offers practical drama classes in performance, stage scenery, and other theatre crafts. However, for a more hands on approach – and for a chance to act, sing, direct, and more – look into the following clubs.

ARTS UNDERGRADUATE THEATRE SOCIETY
FB @autsmcgill

FRANC-JEU
IG @francjeu

MCGILL CLASSICS PLAY
bit.ly/3MtWz1h

THE MCGILL SAVOY SOCIETY
mcgillsavoy.ca | IG @mcgillsavoyociety

PLAYERS' THEATRE
playerstheatre.ca | IG @playerstheatremcgill

TUESDAY NIGHT CAFE THEATRE
IG @tnctheatre

NON TRADITIONAL PERFORMING ARTS

If you are not interested in traditional theater, McGill offers other ways to get on stage such as improv, comedy, and spoken-word performance.

BRING YOUR OWN JUICE
(Live Sketch Comedy)
FB @bringyourownjuice

MCGILL STUDENTS' IMPROV
IG @mcgillimprov

MCSWAY POETRY COLLECTIVE
IG @mcswaypoetry

DANCE

SSMU offers many different types of dance clubs.

AUDITION-BASED GROUPS

If you are already an experienced dancer and want to continue improving your craft at McGill, check out these groups.

ALEGRIA CONTEMPORARY BALLET COMPANY
IG @alegriaccontemporaryballet

INERTIA MODERN DANCE COLLECTIVE
IG @inertiagram

MOSAICA DANCE COMPANY
IG @mosaicadancecompany

MONTREAL DI MAJESTY
IG @montrealdimajesty

RECREATIONAL GROUPS

If you are just looking to dance recreationally, McGill has plenty of more casual dance groups for both experienced dancers and beginners.

MCGILL STUDENTS' BALLROOM DANCE CLUB
FB @mcgillballroomdance

MCGILL SWING KIDS ASSOCIATION
FB @mcgillswingkids

RECREATIONAL DANCE COMPANY
IG @rdc.mcgill

SALSEROS
salserosmcgill.weebly.com
IG @salserosmcgill

UNITED GROOVE (UG) DANCE PROJECT
FB @United-Groove-43950288647

K-RAVE KPOP CLUB
k-rave.wixsite.com/krave | IG @krave_mcgill

MUSIC

Here are some options for those who want to explore their musical talents and passions at McGill.

A CAPELLA AT MCGILL

There are quite a few a cappella groups at McGill. Auditions run during the fall semester, so keep an eye on their social media pages if you're interested!

CHROMATONES A CAPELLA
IG @chromatones

EFFUSION A CAPELLA
IG @effusionacappella

TONAL ECSTASY A CAPELLA
tonalecstasy.com | IG @tonalecstasy

SOULSTICE A CAPELLA
IG @soulsticeacappella

GROUP INSTRUMENT PERFORMANCE

If you wish to perform an instrument as part of a large ensemble, then look at some of these clubs.

CLASSICAL MUSIC CLUB (CMC)
sites.google.com/site/mcgillcmc
IG @mcgillcmc

SSMU SYMPHONIC BAND CLUB
IG @symphonicclub

MCGILL STUDENT'S CHINESE MUSIC SOCIETY
bit.ly/3ghvOoD
FB @mcgillstudentschinesemusicociety

MUSIC AND SOCIAL JUSTICE

These groups use music as a way to promote social justice issues. This is a great way to spread awareness and help fundraise for important causes.

JAM FOR JUSTICE
jamforjustice.org | IG @jam_for_justice

CHORAL MUSIC

If you want to sing in a choir, check out these clubs.

LES MUSES CHORALE
IG @lesmuseschorale

MCGILL CHORAL SOCIETY
FB @mcgillchoralsociety

MUSIC RESOURCES

These resources provide you with a wide array of services from theory and practical lessons to a loaning bank of music instruments. Check out the links below.

MCGILL CONSERVATORY
mcgill.ca/conservatory

THE SSMU MUSICIANS COLLECTIVE
musicianscollective.ssmu.ca | IG @ssmumusoc

VISUAL ARTS

MAKING ART

If you are interested in connecting with other artists and creating together, check out these clubs.

MCGILL STUDENTS' VISUAL ARTS SOCIETY
IG @mcgillvisualarts

MCGILL UNDERGRADUATE PHOTOGRAPHY STUDENTS SOCIETY (MUPSS)
mupss.ca | FB @MUPSSMcGill

MCGILL STUDENTS CHINESE BRUSH ARTS
bit.ly/3MgjdCQ | FB @mscbac

SHOWING YOUR ART

If you are interested in finding a venue to present your art, these groups will hold exhibitions of students' work. Don't forget to check their websites and social media pages to find out when they are accepting submissions.

FRIDGE DOOR GALLERY
bit.ly/3NcoyC2 | IG @thefridgedoorgallery

FOLIO MAGAZINE
foliomagazine.ca | IG @foliomagazine

STUDENT ACTIVISM

McGill has a deep history of student activism and has many political and social clubs that could fit your needs.

See the groups below to get involved here at McGill!

POLITICAL PARTIES AT MCGILL

There are a number of clubs on campus for supporters of Quebec, Canadian, and international political parties and groups.

CONSERVATIVE ASSOCIATION
IG @cpcmcgill

DEMOCRATS ABROAD
FB @demsabroadmcgill

LIBERAL MCGILL
FB @LiberalMcGill

NEW DEMOCRATIC PARTY (NDP)
FB @NDPMcGill

GENERAL POLITICAL GROUPS

These organizations focus on a number of political issues and topics.

CINEMA POLITICA
IG @cpconcordia

CKUT 90.3 FM
Check out their Facebook page here (@RadioCKUT)

THE QUEBEC PUBLIC INTEREST RESEARCH GROUP MCGILL (QPIRG)
qiprgmcgill.org
Check out their Facebook page here (@QPIRG. GRIP.McGill) or on Instagram @qiprgmcgill .

MCGILL MODEL PARLIAMENT
IG @mcgillmodelparliament

MCGILL STUDENT SUSTAINABILITY NETWORK
IG @rsn.mcgill

POLITICAL ACTIVISM

Political campaigns are student-led causes for a social justice issue such as the climate crisis or police brutality. Some campaigns target McGill University, such as Divest McGill's campaign to have McGill divest its investments from the fossil fuel industry, while others are directed at the government.

For an extensive list of campaigns, visit: externalaffairs.ssmu.ca/political-campaigns

LIFE IN MONTREAL



Common name: Cranberry
Scientific name:
Vaccinium vitis-idaea
In-bloom: Fruit ripens
in September-October



Scan this code for quick access to the links relevant to this section, organized by topic!