

New IPN Student Guide – Jan 2017

McGill Integrated Program in Neuroscience — Graduate Student Association for Neuroscience

Welcome to the IPN community! We hope this guide provides you with consolidated information about the IPN, McGill, and Montreal, as well as links to explore more on your own. If you have additional questions, make sure to reach out to your New and International Student Officers, whose contact information you can find on the GSAN website (<https://gsaneuro.com/>).

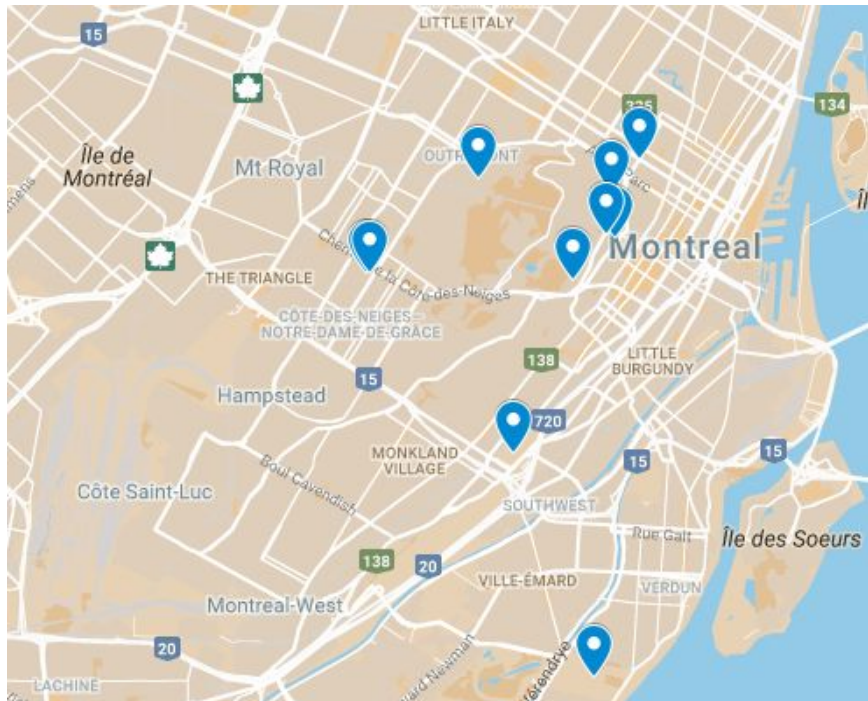
First of all, congratulations on your acceptance to the IPN! This is the largest graduate program at McGill and IPN supervisors come from all over McGill, spanning multiple research areas. The IPN website (www.mcgill.ca/ipn/) has information about course requirements, funding opportunities, and upcoming events. Look out for the Weekly Update emails from the IPN to stay informed. We also have a GSAN Buddy Program that you should have received an email about after you accepted your position at McGill. If you would like a buddy, contact your New and International Student Officers!

Also check out the Facebook pages for the IPN (<https://www.facebook.com/groups/McGillIPN/>) and GSAN (<https://www.facebook.com/GSANEuro/>).

Some Places IPN Students Work

IPN students conduct research in different places around Montreal. Do you know where your classmates work? It may be one of these places:

BRAMS
Douglas
Glen
IRCM
Jewish General Hospital
Lady Davis
McIntyre
MGH
MNI
Stewart Biology



First Things First

Getting a student ID card: www.mcgill.ca/students/records/

Registering for courses on Minerva: www.mcgill.ca/gps/students/registration

Student accounts on Minerva: www.mcgill.ca/student-accounts/your-account/e-billing

International Students

Welcome to Canada! There are some extra things to be aware of as a newcomer to the country. First, you are not alone! International Student Services is a support network for all international students at McGill. They have pre-arrival orientation seminars online, tips for adapting to Montreal, and events throughout the year.

(www.mcgill.ca/internationalstudents/international-student-services)

They also have good information for surviving winter, as well as a free winter coat project for international students! (<https://www.mcgill.ca/internationalstudents/resources/winter-montreal>)

Make sure to activate your health insurance coverage by picking up your card at Service Point! (<https://www.mcgill.ca/internationalstudents/health/activate-your-coverage>)

PGSS & GSAN

The Post-Graduate Students' Society (<https://pgss.mcgill.ca/>) and the Graduate Students' Association for Neuroscience (<https://gsaneuro.com/>) are the organizations where your fellow IPN and McGill students organize activities and represent your interests to the university. A great way to integrate in your new community is to get involved, so please join in and lookout for events throughout the year. McGill also has a space at Thomson House just for graduate students where there are meeting rooms you can reserve, food and drink to consume, and the PGSS office (<http://thomsonhouse.ca/>).

Services to check out at McGill

Skillsets (www.mcgill.ca/skillsets/)

Career Planing Services (www.mcgill.ca/caps/)

Student Health (www.mcgill.ca/studenthealth/)


Counselling (www.mcgill.ca/counselling/)

Graphos (www.mcgill.ca/graphos/home-page)

Libraries (www.mcgill.ca/library/library-and-collections)

Funding

We have many stellar students at McGill and IPN students have been successful in applying for the Vanier, NSERC, CIHR, and IPN internal funding, as well as many other sources. Find out more at McGill Graduate and Postdoctoral Studies (<http://www.mcgill.ca/gps/funding/students-postdocs>).



Healthcare

All full-time McGill graduate students who are Canadian citizens or permanent residents are automatically enrolled in the PGSS Health and Dental Plan (pgss.mcgill.ca/en/health-and-dental-plan). If you already have insurance, you can submit documentation to opt out. If you are an international student, you are automatically covered under McGill International Health Insurance (mcgill.ca/internationalstudents/health), as well as under PGSS for dental. For all your health needs on campus, check out the Student Health Service (www.mcgill.ca/studenthealth).

Learning French

GSAN offers free weekly French classes at beginner, intermediate, and advanced levels for IPN students (gsaneuro.com/french/). PGSS also offers a variety of French courses (pgss.mcgill.ca/en/courses). You can survive in Montreal with just English, but if you would like to not merely survive but also flourish you might be interested in picking up some French as well.


BrainReach

BrainReach is an educational outreach program connecting neuroscience students with local classrooms in Montreal to teach students about the brain at both elementary and high school levels. The BrainReach North branch also virtually connects to schools in remote areas of Quebec. They depend on IPN volunteers to reach as many schools as they can, so check them out! (www.mcgill.ca/ipn/brainreach)

Housing & Neighborhoods of Montreal

IPN students live all over Montreal. Some resources you may find useful for finding housing include Craigslist (montreal.craigslist.ca/), Kijiji (www.kijiji.ca/), and the McGill Housing Listings (offcampuslistings.ca/home.html). Check out McGill's housing survival guide as well (<https://www.mcgill.ca/students/housing/files/students.housing/survival-guide.pdf>).

The McGill Off Campus Housing site also has a great map of the different neighborhoods of Montreal, which is reproduced here for your convenience.



McGill Off Campus Housing Zones

| | | | |
|----------------------|---------------------------------|-------------------------|-------------------------------|
| A/B - Milton-Parc | H - Hampstead | MAC - Around MAC campus | S - Little Burgundy/St-Henri |
| C/D - West of Campus | J - Cote-des-Neiges | N - N.D.G. | T - Town Mont Royal |
| E - Concordia Area | K - Université de Montréal Area | O - Outremont | V - Verdun/St-Charles/LaSalle |
| F - Lower Plateau | L - Plateau | P - Old Montréal | W - Westmount |
| G - UQAM/The Village | M - Mile-End | R - Rosemont | X - Parc Extension |



Things to do in Montreal

Montreal is an incredible, diverse, exciting city with many things to do in all neighborhoods and all year long. It's a great city for food, art, music and most things you can think of! All areas of Montreal are worth exploring during every season, particularly the neighborhoods of downtown, Old Port, Plateau, Mile End, Atwater, St Henri and Little Italy. During the winter, there are a number of festivals designed to get you out into the cold and enjoy the snow: Fête des Neiges (www.parcjeandrapeau.com/en/fete-des-neiges-de-montreal/) is a family-friendly festival full of snowy activities on Parc Jean-Drapeau, Igloofest (<https://igloofest.ca/en/>) gives you a place to break out your glow sticks and dance at Old Port, Place des Arts (<http://placedesarts.com/index.en.html>) always has a Christmas-y carnival set up over the holidays and beyond. You can also cross-country ski on Mount Royal to get away from the city and ice skate on Beaver Lake.

As the snow melts, you'll discover many parks in which to picnic in the sunshine from the top of Mount Royal to almost any and all neighborhoods across the city. Summer is packed with festival after festival, usually overlapping each other, between May and September. There are several music festivals (JazzFest, FrancoFolies, Osheaga), art festivals (Mural Fest), comedy festivals (Just for Laughs) and many many more. Most neighborhoods also set up their own street festivals with food and crafts throughout the festival season.

If you're looking for indoor activities, there are plenty of interesting museums including the Fine Arts Museum, the RedPath on McGill Campus, the McCord Museum, the Canadian Centre for Architecture, the Museum of Contemporary Art in Place des Arts, and more! The main streets of St Denis, St Catherine, Mont Royal Ave and Parc Ave provide many opportunities to discover cafes and restaurants for any and all tastes.

If you're into music, there are plenty of chances to see bands live throughout the year at Montreal's many hip venues. If you'd rather go to a sports match, check PGSS for discount tickets to Habs (hockey), Alouettes (football) or Impact (soccer) games! PGSS also provides discounted tickets for the Botanical Gardens and Planetarium at the Olympic Stadium. Montreal is a great city with endless places to explore so have fun!



Banks

When you arrive, you'll likely want to open a bank account. There are many Canadian-based banks such as Desjardins, Bank of Montreal (BMO), ScotiaBank, TD Canada Trust, and Royal Bank of Canada (RBC). There are also branches of some international banks such as HSBC. Which bank you would like to join is entirely up to you and your needs. Check with your own current bank to see whether it provides any partnerships with local Canadian banks for a smoother transition.

Mobile Phone Companies

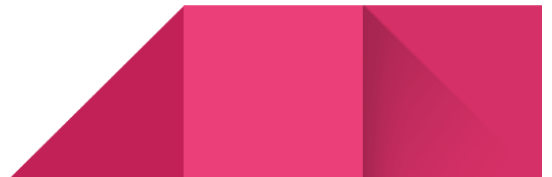
If you want to get a local Canadian number, you also have plenty of options! Again, only you can decide which plan or company is best for you. Check out Rogers, Telus, Fido, Virgin Mobile, Bell, Videotron and Koodo to start!

Internet Providers

Set up your internet at home with one of several companies in Quebec: Videotron, Acanac, Distributel, or EBOX. Internet providers in Quebec often have quotas for internet usage so you will want to compare plans to your usual internet usage before deciding, though you can often change your plan fairly easily even after you have committed to a company.

Transit

The Société de transport de Montréal (www.stm.info/en) offers transport by metro, bus, and bike to Montrealers. Check if you qualify for reduced fares as a student. If you don't have your own bike but would like to jet around the city on two wheels, check out the Bixi bike rental program, available during the warmer months.



Other Goodies

An unofficial guide to life at McGill (targeted to undergrads) — www.unofficialmcgillguide.com/

Classified ads for McGill — <http://ssmu.mcgill.ca/marketplace/>

A self-guided tour of campus — www.mcgill.ca/community/files/community/self-guided_tour.pdf

Sincerely yours, GSAN Committee 2016-2017

