

Froshie Handbook

The Lorax Speaks
For the
Froshies



Engineering Frosh 2024

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Letter from the Chiefs

Greetings, Future Guardians of the Trees,

You stand on the threshold of a magnificent journey, a path that will shape the next four, five (or even six!) years of your life. Prepare to root yourselves deep into the rich soil of McGill Engineering, but before you start growing those knowledge branches, there's a magical four-day forest adventure waiting for you: Frosh.

Our team of dedicated Lorax guardians has been toiling away, nurturing an experience that will sprout unforgettable memories and help you flourish.

Once you step into Frosh, the outside world will fade away like whispers in the wind. Forget about grades and exams – this is all about planting new friendships and letting your spirit bloom in the Frosh forest. It's your garden to explore; how you cultivate it is up to you. It's not just about completing tasks, but doing so with the same vibrant energy as the blooming Truffula Trees.

We're thrilled to have you join us in this wonderful quest. Get ready to gather memories as precious as seeds and forge connections as strong as the roots of the oldest tree. The countdown has begun for you to officially join our ranks and experience the full magic of Frosh. Until then, keep the skies clean, spread the joy of growth, and get ready for the ultimate Frosh adventure.

In whispers of the wind and rings of the trees,

Lia, Claire & Xander

Frosh Chiefs

Code of conduct

- The Lorax Speaks for the Froshies family respects everybody, You must not engage in any behaviour or attitude that is or has potential to be offensive, obscene, exclusive, or hurtful. This includes, but is not limited to remarks or actions that disparage race, sex, gender, sexuality, physical or mental ability, age, class, religion, personal choices
- When walking through residential areas, be sure to keep relatively quiet, especially at night!
- The Lorax Speaks for the Froshies is in good standing with the local police (the SPVM), and we'd like to keep it that way: drinking or urinating in public, jaywalking, or littering will result in a hefty fine.
- The Lorax Speaks for the Froshies is an opt-in environment, this includes all our events, activities, and alcohol. Respect everyone's decision and do not pressure others
- The Lorax Speaks for the Froshies is a marathon, and you can't run a marathon without hydrating. Drink water, friends: it's easy and it's good for you!

Have FUN!

FROSH COORDS



Xander Gott
VP Internal



Lia Bowlin
Co-Chief



Claire Levasseur
Co-Chief



Michael Parsons
Interfaculty



Marc Amin
Inclusivity And
sustainability



Graeme McDougall
Day events



Luca Shearer
Head of Staff



Andrew Palucci
Head of Leaders



Nicolas Murr
Sponsorship



Rylee McKay
Night Events



Pinak Ghosh
Montreal Crawl



Emily Chai
Communications



Marcus Chong
Merchandise

Who is Who?

Coordinators.

They organise all the events and make sure that everything runs smoothly! Ask them questions, they are here to help :) You can spot them in their coord tanks!



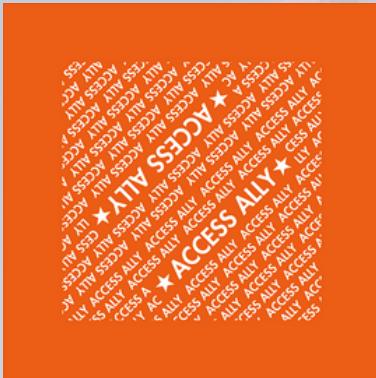
Leaders

Leaders will be in groups of 3 or 4 and are your resources of fun and information during Frosh! They are super excited to meet all of you. Their main job is to make sure you have fun in a safe and welcoming environment. You can spot them in ORANGE this year.



Access Allies

Access allies are leaders and staff that receive extra training on equity-related issues such as sexuality, consent, race and mental health. They are equipped with many resources and can be a go-to person if you or anyone in your group/herd ever need someone to talk to. You can identify them by their orange scarf:



O-Staff

O-staff are here to help out and make sure the events turn out as planned. They assist the coordinators and are also here to help you out if needed! You can spot them in PINK this year.



Froshie

Froshies (you) are why the best event of the year (Frosh) takes place each year! Regardless of Faculty, all Froshies wear white, so you can spot each other and make new #bestfriends!



Sustainability Practices

Frosh is working towards meeting the needs of the present without compromising the needs of future generations. At McGill, this means working towards a shared vision for a **sustainable future** in a manner that integrates **social**, **economic**, and **environmental** dimensions. Frosh has a huge environmental impact: think of the 5000 shirts, 5000 bags, 5500 SSMU handbooks, countless reg cups thrown out, leftover food and drinks... It's clear that Orientation Week has **normalized a throw-away culture at McGill**. It is important for members of the McGill community to work together to **push for culture change**, and we need your help throughout frosh to do this!

Frosh has started several initiatives in recent years to help further **reduce our impact** on the environment, such as purchasing carbon offsets, making promotional materials opt-in, using compostable materials and limiting the amount of waste produced. Be **conscious of your waste** throughout frosh, look for signs directing you to compost and recycling bins, and do not contaminate waste bins.

Sustainability Practices

Throughout frosh, it is your job to:

- Ensure that you leave every location as **CLEAN** as it was when you found it.
- **ALWAYS HAVE YOUR FROSH MUG** secured on you with your carabiner! The carabiners you receive with your merch are a handy way to attach your mug to your bag or a buckle on your waist. Remind froshies to do the same since the amount of cups available to distribute will be extremely limited.
- Discard all waste into the **APPROPRIATE BINS**, set a good example for the froshies and remind them to do the same.
 - If you want more information on proper waste sorting, check out this **video!**

Disclosures

Frosh is committed to providing students with as safe a space as possible. If you are in a situation where harassment or assault of any form is taking place, there are many **resources available to help you**. The incident response form exists to report any incidents that occur in an engineering context, meaning any environment involving an undergraduate engineering student at McGill.

Through this form, you can report **any incident** for any reason, ranging from simply wishing to inform someone else that something happened, to following through on a restriction process regarding the perpetrator(s) of the incident. You can also choose to meet with the Equity Commissioner(s) to evaluate the options and understand what they would mean, or just for support.

You **may choose to remain anonymous** in filling out this form; if you choose to disclose your identity, the response committee will be entirely judgment-free and everything that you disclose will be kept highly confidential. Giving us your contact information in this form simply allows us to follow up with you (if you select that option) – it does not mean the person(s) involved in the incident you are reporting will know your identity at any point, unless you explicitly consent to this later on.

Frosh 2024 Incident Response Form

What to Bring to Frosh

In order to have the best possible experience at Frosh it is recommended for you to bring some items to make sure you're comfortable throughout the 4 days.

Firstly, make sure you check the weather forecast before you head out each day so you are dressed appropriately as a lot of the events take place outside so if it's rainy bring a jacket or if it's sunny and hot bring a hat and sunscreen.

You should also bring a physical bank card in order to buy STM tickets from the machine if you don't have one you'll have to go to the kiosk to buy a ticket from the person.

It's also recommended to bring a portable charger as Frosh has long days with long gaps between breaks so you may not have many chances to charge your phone at home. As well as that if you don't have access to data in Canada yet you can download an offline map of Montreal on Wi-Fi to help yourself during Frosh.

Finally, if you have any allergies or medical conditions, like asthma for example, for which you need medication, like an EpiPen, make sure you bring it with you to all Frosh events and also let your leaders or friends know where you keep it in case they need to help you in case of an emergency.

Schedule

Thursday

Friday

Saturday

Sunday

10 A				
11 A				
12 P				
1 P				
2 P				
3 P	Pollution Prevention Path I Speak for the Sweets	Truffula Valley Party Tomlinson Fieldhouse 11am - 3pm	O'Hare Air Company Meeting IFC Event	Green Eggs and Ham Breakfast Lower Field 10am - 1pm
4 P	Hard Hat Challenge + Food Crawl	Leaping Down Lorax Lane Montreal Crawl	Pied-du-Courant	Protect the Truffulas Design Comp Lower Field 12:30pm - 3pm
5 P	Lower Field 2pm - 6pm	Downtown Montreal 2pm - 7pm		
6 P				
7 P				
8 P	Discovering Thneedville	Ted Meets the Onceler... Games Night	Hangin' With Grammy Norma Chill Night	The Last Seed Ultimate Rallies Ask Your Leaders 7pm - 9pm
9 P		Esplanade Louvain 6:30pm - 10pm	SSMU Ballroom	
10 P	Amazing Race + After Party			Let It Glow
11 P	Around Campus + Pangea Supper Club 7:30pm - 1am			Glow Party
12 P				Plaza Centre-Ville 8pm - 1am
1 A				

Legend

- Presence of Alcohol
- Food
- Sun Exposure
- Walking
- Crowds
- Loud Music
- Flashing Lights
- Stairs
- Gender Neutral Bathroom

Ongoing events

Scunts!

Scunts will last for the entirety of Frosh!

There are certain scunts that apply to specific events so make sure to check out the list before Frosh.

- You will post your submissions in a Google Drive folder for your herd
- The team with the most points and who have completed the most scunts may win a prize!

Day 1

THURSDAY



Group Formation (2PM)

Lower Field West



Hard Hat Challenge (2 PM - 6 PM)

Lower Field East



Food Crawl + Scunts (2 PM - 6 PM)

Lower Field East



Amazing Race + After (7:30 PM - 1 AM)

Around campus + Pangea Supper Club

Day 1: THURSDAY

Group Formation

GROUP FORMATION

Welcome to frosh now is your chance to meet your group and leaders. You'll head over to Lower Field by the "Y" (the area under construction) and be introduced to your fellow guardians of the trees with some fun icebreakers and introductions to get you into the Frosh spirit!



2:00 PM



Lower Field East



Sun Exposure



Walking

Accessibility and Sustainability

- Optional physical exertion, with a non-physical option available, please ask!
- Outdoor event
- Dry event

Day 1: THURSDAY

Pollution Prevention Path

HARD HAT CHALLENGE

Welcome to the “Pollution Prevention Path,” a high-stakes obstacle course event where teams race to protect the environment while battling the challenges of a world on the brink of destruction. You will be thrust into a dynamic landscape that echoes the struggle between nature and industrial pollution, demanding that you work together with your team to save the last vestiges of a once-thriving ecosystem. Teams will navigate through lush forests, polluted waters, and barren wastelands, all while completing physical and mental tasks that reinforce the importance of pollution prevention and environmental stewardship.



2:00 PM - 6:00 PM



Lower Field East



Sun Exposure



Walking

Accessibility and Sustainability

- Optional physical exertion, with a non-physical option available, please ask!
- Outdoor event
- Dry event

Day 1: THURSDAY

I Speak for the Sweets

FOOD CRAWL & SCUMT

Join us for an unforgettable culinary adventure with a sweet twist! "I Speak for the Sweets" is a unique food crawl event where students embark on a delightful journey through five carefully selected local eateries. As you indulge in these delicious creations, you'll also explore the deeper messages of sustainability and environmental responsibility woven into the fabric of each location.

Embrace this opportunity to engage in meaningful conversations with our froshies. Share your wealth of knowledge, stories, and invaluable tips about the vibrant city of Montreal, McGill, and the dynamic world of engineering.



2:00 PM - 6:00 PM



Around Montreal



Sun Exposure



Walking



Food Present

Accessibility and Sustainability

- Bring your mug
- A lot of walking involved - accessible route available, ask us what it is!
- Some food provided (ingredient lists available at venues and at the end of the package)
- Dry event

Day 1: THURSDAY

Discovering Thneedville

AMAZING RACE AND AFTER

Embark on a journey of exploration through Thneedville (campus) and discover the many exciting locations waiting for you. While learning a thing or two about Thneedville, you will face challenges so tricky they must have been made by O'Hare himself. After you have successfully made it through O'Hare's trap, you will travel to Whoville (Old Port) for a night full of music, dancing and fun with your fellow engineering froshies!

Ask your leaders where to meet before heading to McConnell where you'll start your journey.



7:30 PM - 1:00 AM



Around Campus +
Pangea Supper
club



Alcohol May Be
Present



Stairs



Flashing Lights



Crowds



Loud Music



Walking

Accessibility and Sustainability

- Bring your mug - free water is available at the venue.
- Lots of walking
- There will be shining lights and loud music.
- Minors are allowed.
- MSERT, Red Frogs & Drive Safe will be available.

Day 2

FRIDAY



Park Party (11 AM - 3 PM)

Tomlinson Fieldhouse



Montreal Crawl (2 PM - 7 PM)

Around Montreal



Games Night (6:30 PM - 10 PM)

Esplanade Louvain

Day 2: FRIDAY

Truffula Valley Party

Park Party

What's Frosh if not a place to brag about all our amazing engineering design teams, clubs, and involvements? Here, froshies will get to talk with loads of McGill teams, as well as various companies and socialize around some nice music and delicious BBQ.



11:00 AM - 3:00 PM



Tomlinson
Fieldhouse



Walking



Food Present



Crowds

Accessibility and Sustainability

- Optional physical exertion
- A lot of standing
- Dry event
- Food options available (see end of package for ingredient lists)

Day 2: FRIDAY

Leaping Down Lorax Lane

Montreal Crawl

Prepare to immerse yourself in the lively rhythms of Montreal's beating heart as you join the ultimate Montreal Crawl. Traverse the city's eclectic neighbourhoods, hopping from one hidden gem to another, all while forging unforgettable connections with fellow adventurers in this captivating journey of flavours and fun.



2:00 PM - 7:00 PM



Various Locations



Walking



Food Present



Alcohol Present



Stairs



Sun Exposure

Accessibility and Sustainability

- Bring your mug.
- A lot of walking involved - accessible route available, ask us what it is!
- Gluten free and non-alcoholic options available at each venue.
- Ingredient lists available at each food stop.
- Minors allowed in most venues.

Day 2: FRIDAY

Ted Meets the Onceler...

GAMES NIGHT

After you've leapt down Lorax Lane the Onceler has used his immense fortune he gathered from his thneed empire to set up some dastardly challenges for you to face. However, if you manage to best him and the other groups he's pitted you against there may be some prizes to be won.



6:30 PM - 10:00PM



Esplanade Louvain



Alcohol May Be Present



Stairs

Accessibility and Sustainability

- Bring your mug - free water is available at the venue.
- Venue is far but event ends early enough to use public transport
- There will be shining lights and loud music.
- Minors are allowed.
- MSERT, Red Frogs & Drive Safe will be available.

Day 3

SATURDAY



IFC Event (11 AM - 4 PM)

Village Au Pied-du-Courant



Chill Night (8 PM - 11 PM)

SSMU Ballroom

Day 3: SATURDAY O'Hare Air Company Meeting

INTERFACULTY EVENT

Imagine a night where the St. Lawrence river sparkles under the bridge lights, and the beats from the DJ swirl through the air, as if powered by O'Hare's fanciest air-purifying gizmos. But don't worry, this air is 100% fresh, not bottled!

Get ready to dance like a Swomee-Swan and vibe with your fellow college Truffula Trees under the starry sky. We're kicking off your college journey in a place so magical, even the Lorax himself would leave his forest to join the fun.

Getting here is a breeze, just hop on the metro's green line and ride it to Papineau station (no need for O'Hare's jet packs). From there, it's only a few blocks before you find yourself at the river's edge, ready to create memories that are truly thneed-worthy.

Instructions for buying metro passes are on Page 45 but we recommend doing this with your group!



11:00AM - 4:00 PM



Pied Du Courant



Alcohol May Be Present



Walking

Accessibility and Sustainability

- Bring your mug - free water available.
- Outdoor event with uneven sandy ground.
- Loud music and large crowds present.
- Some food provided.
- MSERT, Red Frogs, Grip & Drivesafe will be available

Day 3: SATURDAY

Hangin with Grammy Norma

CHILL MIGHT

Grammy Norma may be old, but she still knows how to have a great time.



8:00 PM - 11:00 PM



SSMU Ballroom

Accessibility and Sustainability

- Elevators in the university centre
- There will be some food available

Day 4

SUNDAY



**Breakfast, Design Comp &
Dodgeball (10:30 AM - 2:30 PM)**

Lower Field



Ultimate Rallies (6 PM - 9 PM)

Ask Your Leaders



Glow Party (9 PM - 1 AM)

Plaza Centre Ville

Day 4: SUNDAY

Green Eggs and Ham

BREAKFAST AND DESIGN COMPETITION AND DODGEBALL

Enjoy a nice morning in the sun where the great truffula forest once stood and chow down on some of the Lorax's finest breakfast treats before taking part in the mystery design challenge and the dodgeball tournament.



10:00 AM - 1:00 PM



Lower Field



Sun Exposure



Food Present

Accessibility and Sustainability

- Bring your mug - free water is available.
- Food is available (check the ingredient lists at the end of the package).
- Dry Event.
- Some optional physical exertion.
- Outdoor event with uneven ground.

Day 4: SUNDAY

The Last Seed

ULTIMATE RALLIES

IT'S TIME TO PREPARE FOR GLOW NIGHT! You and your frosh group will be determining a location to host your ultimate rallies! A great place for **ULTIMATE** bonding, **ULTIMATELY** getting hyped, & **ULTIMATELY** curating your glowing fits together!

The coords will be coming around to your rally to check out how hype your herd is!



6:00 PM - 9:00 PM



Ask Your Leaders



Alcohol May Be Present

Accessibility and Sustainability

- Bring your mug.
- Locations vary - ask your leaders for more information

Day 4: SUNDAY

Let It Glow

GLOW PARTY

You've spent the last 4 days helping the Lorax and Onceler reconnect and work out their problems. Then you thwarted O'Hare's dastardly plan to stop you from planting the last seed, but now it's time for you to kick back relax and let it glow!

- 777 Robert Bourassa
- 20 minute walk from McGill



9:00 PM - 1:00 AM



Plaza Centre-Ville



Alcohol May Be Present



Stairs



Flashing Lights



Crowds



Loud Music

Accessibility and Sustainability

- Bring your mug - free water is available at the venue.
- Venue accessible by stairs.
- Loud music and flashing lights.
- Minors are allowed.
- MSERT, Red Frogs & Drive Safe will be available.

Important Numbers

CMHA Suicide Prevention Crisis Line (Quebec): 1-866-277-3553

Info-Social (Quebec): 811 (connects you to a nurse or a social worker *only works with a Quebec phone number)

Drugs – Help and Referral (Quebec): 211 (information, referral and support service on alcoholism and substance abuse)

CMHA Suicide Prevention Crisis Line (Canada): 1-833-456-4566, text 45645 (4pm – midnight)

McGill Downtown Campus Security: 514-398-3000

McGill Mac Campus Security: 514-398-7777

TRACOM Crisis Line: 514-483-3033 (anxiety, distress, suicide)

Keep.meSAFE: 1-844-451-9700 (crisis line & free counseling)

Drug & Alcohol Helpline (Montreal): 514-527 2626

Important Numbers

Urgence psychosociale-justice: 514-861-9331

Urgence-dépendance (Montréal): 514 288-1515, 110, rue Prince-Arthur Ouest

McGill Nightline: 514 398-6246 (confidential listening service)

West Island Crisis Center: 514 684-6160

Sexual Violence Helpline: 1-888-933-9007 (listening, support and referral)

Gamblers Anonymous: 514-484-6666

WALKSAFE: 514-398-2498 (call for someone to safely walk you home, run by SSMU)

Trans Lifeline (Canada): 877-330-6366

SACOMMS: 438-943-4855 (group counseling, filling a report at McGill)

OSVRSE: 514-398-3954 (Office for Sexual Violence Response Support and Education)

SERVICES

Campus Life and Engagement (CL&E):

- Collaborates with different student groups and university departments to connect you to resources and opportunities that will help you make the most out of your time at McGill.

Career Planning Service (CaPS):

- Assists students in their career development and search for permanent, part-time, and summer jobs, as well as internships, by providing workshops, individual advising, a job posting service, and a Career Resource Center.

First People's House:

- Provides a sense of community and a voice to all Indigenous students including Métis, the Inuit & First Nations (both “status” and “non-status”), Maori, and Aborigines.

International Student Services (ISS):

- Offers a host of services to undergraduate and graduate degree students, exchange/visiting students, post-doctoral fellows, and other students who opt in to pay McGill Student Services Fees.

Office for Students with Disabilities (OSD):

- Provides support services and reasonable accommodations to students of all levels of study with documented disabilities of either a permanent, temporary, or episodic nature.

SERVICES

Office of Religious and Spiritual life (MORSL):

- Welcomes all students, of any faith or religious denomination - and also those with no religious affiliation at all. All resources and activities, including workshops, events, publications, lounge and meditation space are free of charge and open to all McGill students who pay student services fees.

Scholarships and Student Aid Office:

- Find resources and advice to help pay for university. Administers financial support programs that are based on merit and need for students studying at McGill.

Student Wellness Hub:

- Provides a range of health services to support students' physical and mental health with a focus on awareness, prevention, and early intervention.

Tutorial Services:

- Provides student-centred academic support to the McGill community.

Resources

- CoEquity at McGill : mcgill.ca/equity
- First Peoples' House : mcgill.ca/fph
- Black Students' Network (BSN) :
facebook.com/BlackStudentsNetworkOfMcGill
- Queer McGill (QM) : queermcgill.org
- Land acknowledgement (First Peoples' House) :
mcgill.ca/fph/welcome/traditional-territory
- McGill Office of Religious and Spiritual Life (MORSL) : mcgill.ca/morsl
- Senior Equity and Inclusion Advisor (SEIA) :
mcgill.ca/how-to-report/about-contact/sei
- Union for Gender Empowerment (UGE) : facebook.com/UGEMcGill
- Sexual Assault Centre of the McGill Students' Society (SACOMMS) :
sacomss.org/wp
- Office for Sexual Violence Response, Support and Education (OSVRSE) : mcgill.ca/osvrse
- Gendered and Sexualized Violence Policy (SSMU) :
ssmu.ca/resources/sexual-violence/ssmu-gendered-and-sexualizedviolence-policy/
- Reporting Incidents of sexual violence: mcgill.ca/how-to-report
- First-year Website: mcgill.ca/deanofstudents
- International Student Services (ISS): mcgill.ca/internationalstudents
- Students' Society of McGill University (SSMU) : ssmu.ca
- Campus Life & Engagement (CL&E): mcgill.ca/cle
- Office of the Dean of Students: mcgill.ca/deanofstudents
- Student Rights and Responsibilities: mcgill.ca/students/srr
- Peer Support Centre: psc.ssmu.ca

Ingredient and Food list

Food Crawl

Malak Al Tawouk

Tawouk Bites: Bread, chicken, garlic, coleslaw, ketchup, pickles, fries

Fries Bites: Bread, fries, garlic, coleslaw, pickles

Moujadara: Lentils, rice, onions

McGill Pizzeria : Ask for the ingredient list at the venue.

Dirty Dogs:

Poutine: French fries, vegetarian gravy (not gluten free), cheese curds

St Viateur Bagel

Bagel: Wheat flour, water, sesame seeds, eggs, sugars (sugar, honey), malted barley flour, canola oil, yeast

Pushap Samosa

Samosas: Vegan, not gluten free

Frostbite

Dutch Chocolate: Sugars (sugar, glucose), fresh cream, modified milk ingredients, cocoa, mono and diglycerides, carob bean gum, cellulose gum, guar gum, carrageenan, vanilla extract, natural flavour.

French Vanilla: Fresh cream, sugars(sugar, glucose), modified milk ingredients, French vanilla flavour base (sugars [glucose, sugar], liquid egg yolk, water natural flavour, annatto extract, turmeric extract, potassium sorbate), mono and diglycerides, carob bean gum, cellulose gum, guar gum, carrageenan, vanilla extract, natural flavour.

Ingredient and Food list

Cappuccino: Modified milk ingredients, Sugars (sugar, glucose), Chocolatey espresso flakes (sugar, coconut oil, cocoa, modified palm kernel oil, coffee, salt, natural flavour, soy lecithin), Fresh cream, Skim milk powder, Mono and diglycerides, Carob bean gum, Guar gum, Carrageenan, Natural flavour, Caramel colour, Bacterial culture. Contains: Milk, Soy. May Contain: Peanuts, Tree Nuts, Wheat, Egg

Chocolate Fudge Brownie: Fresh cream, Sugars (sugar, glucose), Modified milk ingredients, Chocolatey sauce (sugars [corn syrup, glucose-fructose], water, cocoa, canola oil, modified palm and palm kernel oils, modified corn starch, caramel colour, salt, sodium alginate, natural flavour, potassium sorbate, soy lecithin, trisodium phosphate), Brownies (sugars [sugar, icing sugar, glucose, sweetened condensed milk], palm and soya oil, enriched wheat flour, water, cocoa, soy lecithin, salt, natural flavour), Cocoa, Mono and diglycerides, Carob bean gum, Cellulose gum, Guar gum, Carrageenan, Vanilla extract, Natural flavour. Contains: Milk, Soy, Wheat. May contain: Peanuts, Tree Nuts, Egg.

Butterscotch Ripple: Sugars (sugar, glucose), Fresh cream, Modified milk ingredients, Butterscotch sauce (sugars [sugar, glucose, brown sugar], water, modified corn starch, modified milk ingredient, salt, caramel colour, natural flavour, potassium sorbate, sodium citrate, purple carrot extract), Mono and diglycerides, Carob bean gum, Cellulose gum, Guar gum, Carrageenan, Vanilla extract, Natural flavour. Contains: Milk. May contain: Soy, Peanuts, Tree nuts, Wheat, Egg.

Mint Chip: Sugars (sugar, glucose), Fresh cream, Modified milk ingredients, Chocolatey Chips (sugar, coconut oil, canola oil, cocoa, soy lecithin, natural flavour), Mono and diglycerides, Carob bean gum, Cellulose gum, Guar gum, Carrageenan, Natural Flavour, Sodium copper chlorophyllin. Contains: Milk, Soy. May Contain: Peanuts, Tree Nuts, Wheat, Egg

Ingredient and Food list

Raspberry Sorbet (Dairy Free): Water, Sugars (sugar, glucose), Raspberry purée (sugars [sugar, glucose], raspberries, water, xanthan gum, guar gum, sodium benzoate, beetroot extract), Carob bean gum, Methyl cellulose gum, Guar gum, Citric acid, Natural flavour, Beetroot extract, Black carrot extract, Caramel colour. May Contain: Soy, Peanuts, Tree Nuts, Wheat, Egg

Orange Sorbet (Dairy Free): Water, sugars (sugar, glucose), orange puree (sugar, water, orange peel, natural flavour, carob bean gum, guar gum, annatto extract, beetroot extract, sodium benzoate), carob bean gum, methyl cellulose gum, guar gum, citric acid, natural flavour, annatto extract, black carrot extract, turmeric extract

Strawberry: Sugars (sugar, glucose), fresh cream, modified milk ingredients, strawberry puree (sugars [sugar, glucose, fructose], natural flavour, lemon juice concentrate), mono and diglycerides, carob bean gum, cellulose gum, guar gum, carrageenan, natural flavour, beetroot extract, black carrot extract, caramel colour.

Frosty Vanilla Individual Packs: Light ice cream: sugars (sugar, glucose), modified milk ingredients, fresh cream, skim milk powder, mono and diglycerides, carob bean gum, guar gum, carrageenan, vanilla extract, natural flavour. Chocolatey coating: coconut oil, sugar, cocoa, soybean oil, soya lecithin, vanilla extract, natural flavour.

Montreal Crawl

Basha's Garlic Potatoes: potatoes, vegetable oil, garlic, crushed chilli, coriander, egg, pepper, salt.

Chef on Call

Poutines: French fries, Quebec cheese curds, vegetarian gravy

Green Salad: Mixed greens, sliced carrots, chopped cherry tomatoes, diced red onions

Ingredient and Food List

Mac N Cheese: Macaroni pasta, cheddar cheese sauce, hot Cheeto breadcrumbs

Vegan Poutine: French fries, vegetarian gravy

O Four

Manouche: Dough, flour, water, salt, yeast, oil, zaatar, thyme, sumac, sesame seeds

Moujdarah: Lentils, rice, onions, spices

OAP Breakfast

Bagels

Gluten Free Bagels

Hashbrowns

Bananas

Interfaculty Event

Ingredient lists will be available at the event and dietary accommodations will be available.

Design Day

Beef Patty

Beef, water, salt, spices, herbs

Chicken Patty

Chicken, water, canola oil, potato starch, flavour, salt, onion powder, garlic powder, spices, spice extract. may contain: egg.

Ingredient and Food List

Hot Dog Sausage (Chicken)

Chicken, Water, Enriched Wheat Flour, Salt, Modified Cornstarch, Potassium Lactate, Sodium Phosphate, Sugars (dextrose, Smokedsugar), Sodium Diacetate, Onion Powder, Sodium Erythorbate, Garlicpowder, Spices, Smoke Flavour, Sodium Nitrite. May Contain: Egg.

Veggie (Mushroom Swiss)

Water, portobello and white mushrooms, swiss cheese (milk,modified milk ingredients, bacterial culture, salt, calcium chloride,microbial enzyme, cellulose, natamycin), soy protein concentrate(contains caramel colour), onions, soy protein isolate, modifiedcellulose, salt, garlic powder, natural flavour, spices.

Veggie Patty (Quinoa Coated)

Filling: corn, carrots, water, mid-oleic sunflower and/orhigh oleic sunflower oil, kale, roasted chickpeas, peas, dried red bellpeppers, pea protein isolate, salt, modified cellulose, rice starch,dried onion, spices. coating: quinoa, modified corn starch, vegetableoil, corn flour, defatted soy grits, rice flour, corn meal, sugars(sugar, dextrose), salt, soy flour, dried garlic, spices, dried onion,spice extracts, guar gum, natural flavour. may contain: wheat.

Beyond Meat Patty

Water, pea protein* (16%), canola oil, coconut oil, rice protein, flavouring, stabilizer (methylcellulose), potato starch, apple extract, colour (beetroot red), maltodextrin, pomegranate extract, salt, potassium salt, concentrated lemon juice, maize vinegar, carrot powder, emulsifier (sunflower lecithin).

*Peas are legumes. People with severe allergies to legumes like peanuts should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy. Contains no peanuts or tree nuts.

Ingredient and Food List

Burger Buns

Enriched Wheat Flour, Water, Sugar/glucose-fructose, Yeast, soybean And/or Canola Oil, Wheat Gluten*, Salt, Calcium Propionate, sodium Stearoyl-2-lactylate, Vegetable Monoglycerides, Acetylatedtartaric Acid Esters Of Mono-and Diglycerides, Sorbic Acid, Enzymes, ascorbic Acid. *order May Vary. May Contain: Sesame, Other Soy.

Hot Dog Buns

Enriched Wheat Flour, Water, Sugar/glucose-fructose, Yeast, soybean And/or Canola Oil, Salt, Wheat Gluten, Vegetable Monoglycerides, calcium Propionate, Sodium Stearoyl-2-lactylate, Sorbic Acid, Ascorbic acid, Enzymes, L-cysteine Hydrochloride. May Contain: Sesame, Other Soy.

Gluten Free Burger Buns

Water, Modified Tapioca Starch, Brown Rice Flour, Cornstarch, Potato Starch, Sugars (dextrose, Evaporated Cane Syrup, Cultured sugar), Mid Oleic Sunflower Oil Or High Oleic Sunflower Oil, Psylliumseed Husk, Yeast, Pea Fiber, Modified Cellulose, White Vinegar, Seasalt, Rice Bran, Cellulose Gum. This product contains pea protein, it may not be suitable for those with a peanut allergy.

Gluten Free Hot Dog Buns

Water, modified tapioca starch, brown rice flour, cornstarch, potato starch, sugars (dextrose, sugar, cultured sugar), midoleic sunflower oil or high oleic sunflower oil, psyllium seed husk, yeast, pea fiber, modified cellulose, white vinegar, sea salt, rice bran, cellulose gum. This product contains pea protein, it may not be suitable for those with a peanut allergy

Charts

Godiva's Hymn

Chorus:

We are, we are, we are, we are, we are the engineers.
We can, we can, we can, we can demolish 40 beers.
So come, so come, so come, so come, so come along
with us.

For we don't give a damn for any old man who don't
give a damn for us.

Verse:

Godiva was a lady, who through Coventry did ride
To show to all the villagers her lovely bare white hide
The most observant villager, an engineer of course
Was the only one to notice that Godiva rode a horse

God Save the Engineer

God save the Engineer
Feed us our rum and beer
The Engineer
Bah Bah Bah Bah Bah
We love to drink and sing
Good times we're sure to bring
Ruling with iron rings
The Engineer

Charts

Down

D.O.W.N.

Person 1: Hey ____!

Person 2: Hey what?!

Person 1: Hey ____!

Person 2: Hey what?!

Person 1: Show us how you get down!

Person 2: No way!

Person 1: Show us how you get down!

Person 2: Okay!

Everyone: D-O-W-N show us how you get down!

(x2)

Charts

Days of The Week (Frosh Version)

Call and (Repeat)

Today is _____:

- Monday (Today is Monday), Monday is a coffee day (Monday is a coffee day)

Chorus

- Tuesday (...), Tuesday is a toonie day (...)
- Wednesday is a banquet day
- Thursday is a crawl day
- Friday is a Blues Pub day (FRIDAY FRIDAY
FRIDAY FRIDAY)
- Saturday's a tossing day
- *whisper* Sunday is the day of rest

Chorus:

Are you all happy? (You bet the *heck* we are)

Badadada da da, da da. Badadada da da, da da

Start at the next day and go through all previous days

Engineering Language

EUS

The Engineering Undergraduate Society of McGill University (EUS) is the association that oversees every aspect of Engineering student life, such as Frosh, Blues Pub, peer tutoring, design teams, clubs, and spaces!

BLUES PUB

The Engineering faculty pub, run every Friday from 4-9 PM in the EUS Common Room. Each week is hosted by a different Engineering group. Grab a cheap beer after class and forget about school for a little while!

MERTW

Stands for “McGill Engineers Rule the World”, and is also the name of the semesterly Engineering pub crawl (your leaders can tell you all about it)!

GROUP RALLY

The “not-so-formally-organized” events which happen right before the main night events to get you ready and hyped for the night. Ask your Leaders!

Engineering Language

Y INTERSECTION

The intersection of the 3 main roads in the middle of our campus, separating lower field, the 3-Bares park and the “Engineering Side” of the campus. As you can probably see it is under construction at the moment.

EUS MALL

When you enter McConnell Engineering Building, take a left on the main floor and you’re here! With G-Store that sells basically anything you need, Frostbite for some ice cream to cheer you up, CopiEUS for any printing/copying business and the EUS Office for everything else student life related, this place is a key location.

E-WEEK

This is like Frosh in the winter, but you don’t have to be a first year to participate. Can it get any better? Engineering Week is a 5-day design and spirit competition/ funfest that happens in the beginning of the Winter semester. Join your department’s team and show you’re the best in the best faculty at McGill!

Engineering Language

EUS WIKI

The wiki is an invaluable resource for anyone in Engineering. It has a ton of information about clubs, design teams, events, and all things EUS! Check it out (whenever it's not down) at: eus.wiki/Launchpad

MILTON-PARC COMMUNITY

The student-friendly neighbourhood to the east of campus.

Remember, students aren't the only residents here, so don't disturb the peace of this area!

JC/FYC

Junior/First year councils are only open to first years and are a great way to get involved in the EUS or your respective department

MAME/MEUS/ECSESS/ChESS/BUSS/CMEUS/ASA/CEUS/BREE

These are all the departmental associations in engineering and they are: McGill Association of Mechanical Engineers, Materials Engineering Undergraduate Society, Electrical Computer Software Engineering Student Society, Chemical Engineering Student Society, Bioengineering Undergraduate Student Society, Coop Mining Engineering Undergraduate Society, Architecture Student Association, Civil Engineering Undergraduate Society, BioResource Engineering

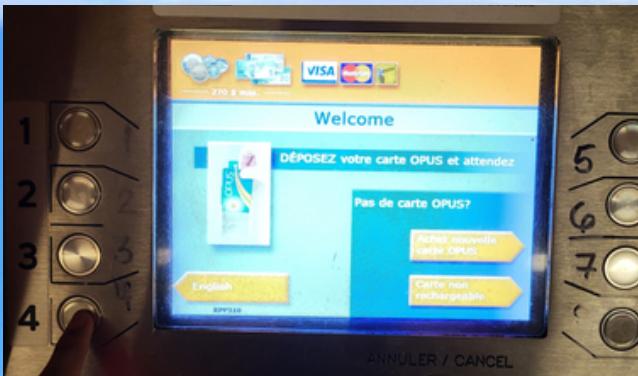


Appendix

Buying STM Tickets



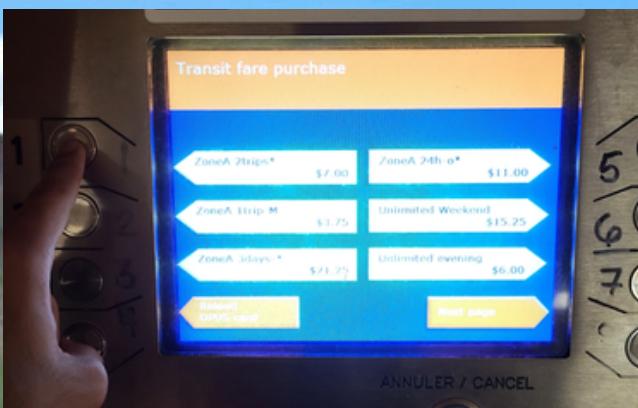
**Standard Ticket Booth in
the McGill Metro**



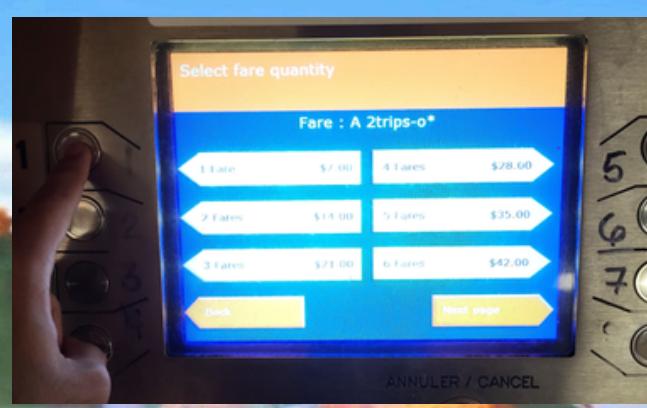
(4) Switch Language to English (optional)



(8) Buy a new fare



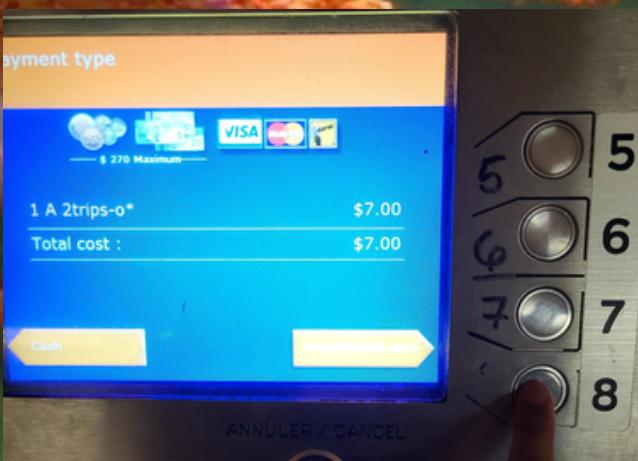
(3) ZoneA 3 Days



(1) 1 Fare - one 3 Day ticket.

This is to cover the first night, second night and IFC

Remind froshies not to lose their ticket.



(8) Pay with Card, then follow instructions on the Card Terminal

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CONTEST

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Le Smith – 2100 Rue De Bleury | 438-488-2020 | lesmith@maddox.ca

CAFÉ CAMPUS

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BOÎTE DE NUIT • SALLE DE SPECTACLE • COOP DE TRAVAIL

LES MARDIS RÉTRO

LES CHANSONS CULTE DES ANNÉES 50 À L'AN 2000

LES JEUDIS 2000

LE MEILLEUR DES THROWBACK HITS

LES WEEK-ENDS X-LARGES

LA MUSIQUE D'AUJOURD'HUI
POP - DANCE - CLUB - REMIXES



57 PRINCE-ARTHUR EST. MTL • SHERBROOKE • SAINT-LAURENT



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