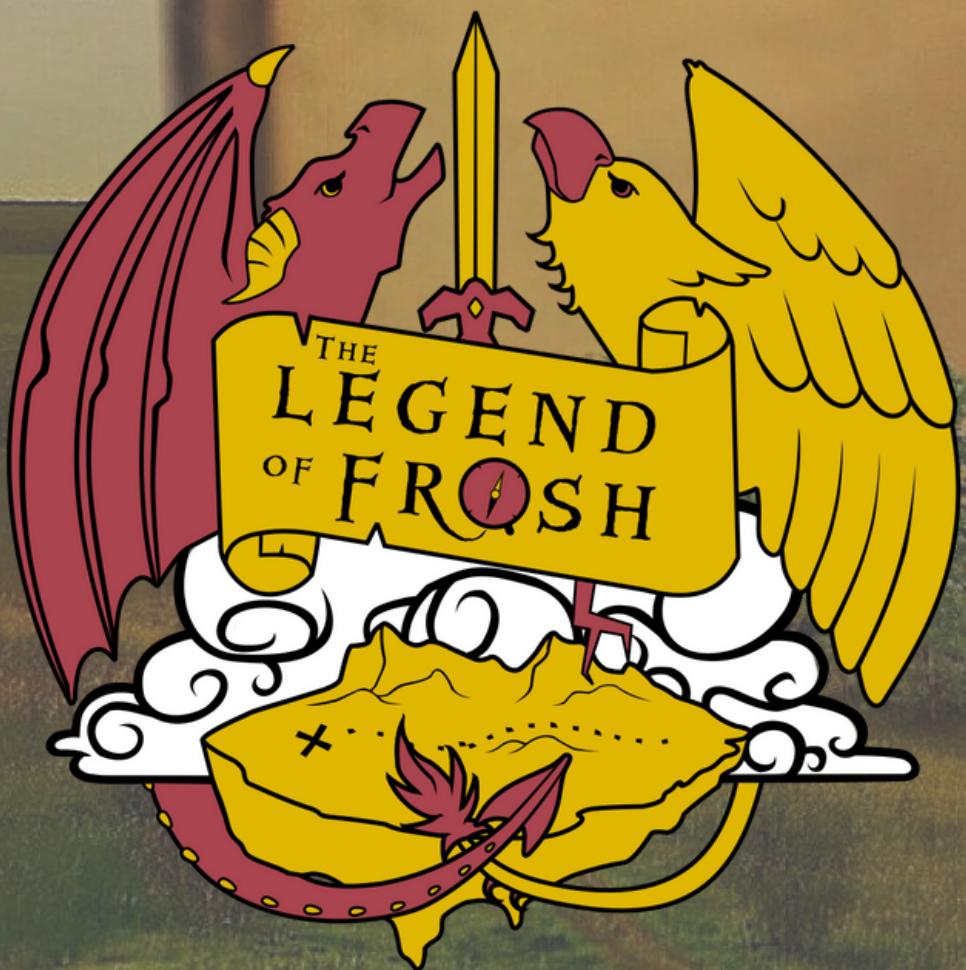


# FROSHIE HANDBOOK



# LETTER FROM THE COORDS

Hello young heroes,

This is just the beginning of the fantastic adventure that is the next four (or five) years of your life. Soon, you'll be a part of our McGill Engineering family, but first you must embark on this magical five-day quest that is Frosh. Our team has been working hard all summer to give you a legendary experience.

During Frosh, all of McGill lives in a timeless bubble, and nothing else matters. No grades, no Webwork, no exams, no caffeinated all-nighters - just friends, family and Frosh. Frosh is what you make of it, and we can't wait to see you let loose with style and good vibes.

We're so glad you're in this with us, see you soon!

Peace, love, and frosh.

- The Engineering Frosh 2022 Committee

# CODE OF CONDUCT

- The Legend of Frosh 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 Legend of Frosh 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 Legend of Frosh is an opt-in environment, this includes all our events, activities, and alcohol. Respect everyone's decision and do not pressure others
- The Legend of Frosh 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!

# 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 a Frosh context, meaning any environment involving a 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 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.

## **Frosh Incident Response Form**



# FROSH COORDS



**Efe Grant-Oyeye**  
VP Internal



**Sophie Jones-Glick**  
Co-Chief



**Karam Soussi**  
Co-Chief



**Katia Hwang**  
Inclusivity & Sustainability



**Antoine Voyer**  
Pub Crawl



**Zaina Khan**  
Interfaculty



**Elif Kurkcu**  
Night Events



**Stephanie Kirichu**  
Sponsorship



**Sarita Campbell**  
Day Events



**Sara Viera**  
Merchandise



**Sehr Moosahboy**  
Communications



**Elia Nissan**  
Leaders & Staff

# WHO'S WHO?

## COORDINATORS

They organize 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 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 PURPLE this year.



## ACCESS ALLIES

They are super important to giving the froshies the best possible experience. As an access ally you will receive extra training on equity-related issues such as sexuality, consent, race and mental health. This will prepare you to be a go-to person for froshies in your group/herd if they ever need someone to talk to.



## 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 RED 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!



# SCHEDULE

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
9 A					9 A
10 A					10 A
11 A					11 A
12 P					12 P
1 P					1 P
2 P	Heroes Training + Send Off Feast Hard Hat Challenge + Food Crawl Lower Field East Side 2pm - 6pm	Quest For The Iron Ring Amazing Race Various Locations 11am - 5pm	The Hidden Oasis Park Party Jeanne Mance 10am - 4pm	Mad Hatter's Breakfast OAP Breakfast Lower Field West Side 9:30am - 12pm	Song Of The Sirens Beach Day
3 P					2 P
4 P					3 P
5 P					4 P
6 P					5 P
7 P	The Enchanted Garden Terrasse Night Riverside St-Henri 7pm - 12am	Ra Ra Rallies Ask Your Leaders 7pm - 9pm	Through The Labyrinth Montreal Crawl Downtown Montreal 2pm - 8pm	12 Labours Of Hercules Scavenger Hunt Lower Field West Side 2:30pm - 5:30pm	House Of Anubis Ultimate Rallies Ask Your Leaders 6pm - 9pm
8 P					6 P
9 P					7 P
10 P					8 P
11 P					9 P
12 A					10 P
1 A					11 P
					12 A
					1 A

# DAY 1

## HEROES TRAINING

**Name:** Hard Hat Challenge (HHC)

**Time:** 2:00PM-5:00PM

**Location:** Lower Field  
(McGill University)

Every legendary hero needs training, so get yourself into gear and to make the most of the Hard Hat Challenge, you are encouraged to jump, crawl, and run through the obstacle course! Don't forget comfy shoes :)

## SEND OFF FEAST

**Name:** Food Crawl

**Time:** 2:30PM-6:00PM

**Location:** Various Restaurants (Meet at Lower Field)

Get ready to make stops at different staple restaurants around campus! Take this time to chat with one another, explore Montreal & McGill! Don't forgot some comfy shoes + frosh mugs :)

## THE ENCHANTED GARDEN

**Name:** Terrasse Night

**Time:** 7:00PM-12:00PM

**Location:** Riverside St.Henri (5020 St-Ambroise Street)

**What to Bring:** Frosh Mug, ID, Sunscreen, Money (warning: apple pay may not work, entrance is \$2.50 for alcoholic tickets, and 1.00\$ for non-alcoholic), Comfy Shoes

**How to get there:** Metro (McGill -> Lionel Groux -> Notre Dame/Saint Remi). Take the Bus 78, or walk 15 minutes. Last Metro is at 12:30AM.

Tonight will be all about wandering through the garden of faeries, bonding with the participants, and kicking off Frosh 2022 with good vibes only! We will have a live DJ and an outside venue to get all the good summer evening vibes that we need!

# DAY 2

## QUEST FOR THE IRON RING

**Name:** Amazing Race

**Time:** 11:00AM-5:00PM

**Location:** Various location  
(both on & off-campus). Ask  
your frosh leaders where to  
meet!

**What to Bring:** Comfy shoes,  
sunscreen, frosh  
mugs/waterbottles

A quest for glittering shiny gold coins?  
No, this is a quest for the legendary  
engineering iron ring! Show us how fast  
you can make it to the finish line for this  
race with different activities and clues at  
every stop! Should you not want to  
participate/do not feel comfortable,  
there is a shorter route available! Ask  
your leaders for details.

## RA RA RA: THE GOD OF THE SUN

**Name:** Group Rallies

**Time:** 7:00PM-9:00PM

**Location:** Ask your leaders!

This is your chance to bond, get hyped with  
your group & get ready for the night of your  
life! Don't forget your frosh mugs (but do  
not bring them to the night event). If you do  
not come to pre, message your leaders for a  
meet up location! :)

## CLASH OF THE GIANTS

**Name:** Concert Night

**Time:** 9:00PM-1:00AM

**Location:** Rialto Theater (5723 Park  
Ave)

**What to Bring:** ID's, Money, (No Frosh  
Mug or Bags!)

**How to get there:** Bus (80 North -  
Avenue du Parc), or a 30 minute walk.

Welcome to concert night!

This is an amazing  
opportunity to party with your  
and other groups, with a live  
DJ, & shows! Remember to  
pace yourself and hydrate!  
Water will be readily  
available:)

# DAY 3

## THE HIDDEN OASIS

**Name:** Park Party

**Time:** 10:00AM-4:00PM

**Location:** Jeanne Meance  
(near Volleyball Courts)

**What to Bring:** Sunscreen,  
water bottles, Frosh Mug

This wicked-fun outdoor festival is featuring bubble soccer, slip N slide, an abundance of free food, spikeball, frisbee, live music, spin classes, and so much more! Come enjoy the summer vibes at its greatest in the hidden oasis and may you find lots of treasures!

## THROUGH THE LABRYNTH

**Name:** Montreal Crawl

**Time:** 2:00PM-8:00PM

**Location:** Various. You are leaving  
from park party!

**What to Bring:** Frosh mug, ID,  
Sunscreen, comfortable shoes (for  
walking)

**Accessibility:** Gluten-free & non-  
alcoholic drinks are available.

Wander through the labyrinth of Downtown Montreal and discover the best drink and food places around McGill! The event will test to see if you are worthy of being as legendary a hero as the Greek warrior Theseus. Should you prefer an accessible route, and you are not already in a messenger group with Elia, tell your leader ASAP!

## MERLIN'S TAVERN

**Name:** Games Night

**Time:** 8:30PM-11:30PM

**Location:** SSMU Ballroom &  
Gerts Bar (3480 Mc Tavish St),  
on McGill Campus

**What to bring:** ID (for Gerts),  
Money (warning: apple pay  
may not work)

Enter the marvellous tavern of Merlin to see all kinds of magical games! Battle for your team for a round of Just Dance or MarioKart! We've got all kinds of video games, arcade games, and more to ensure the perfect chill night and team bonding at the tavern - after all every great traveller should take a night off from the quest.

# DAY 4

## MAD HATTER'S BREAKFAST

**Name:** OAP Breakfast

**Time:** 9:30AM-12:00PM

**Location:** Lower Field  
(McGill Campus)

**What to Bring:** Frosh  
mugs, Sunglasses

Sometimes dropping through a rabbit hole can be rich in surprises... through the darkest path... may you find a unique opportunity to join The Mad Tea Party. Chill vibes, loads of food and fired-up BBQs are on the menu! Come to OAP - the best place on earth!

## THE FINAL DUEL

**Name:** Design Competition

**Time:** 12:00PM-2:00PM

**Location:** OAP (Lower Field)  
(McGill Campus)

**What to Bring:** Ur big brainz

Bring your big brains, engineering instincts, and heroic conviction to the EUS common room! You will have to complete different interesting design challenges created by McGill Engineering Design Teams to earn your title as legendary champion!

## 12 LABOURS OF HERCULES

**Name:** Scunt

**Time:** 2:30PM-5:30PM

**Location:** Various  
locations

**What to Bring:** Comfy  
shoes, frosh mugs,  
water

Feats so difficult that they seem impossible await all you adventurers. Luckily, you're all engineers so I'm sure you will figure it out! Complete as many items as you can on the list that will be given to you, and upload a video of you doing each item in your group's folder. The scunt is due before Ultimate Rally!

# DAY 4 (CONTINUED)

## HOUSE OF ANUBIS

**Name:** Ultimate Rallies

**Time:** 6:00PM-9:00PM

**Location:** Ask your leaders!

**What to Bring:** Frosh mugs

IT'S TIME TO PREPARE FOR THE INFAMOUS TOGA NIGHT! A great place for bonding, getting hyped, & curating your toga's together!

## PALACE OF THE LOTUS EATERS

**Name:** Toga Party!

**Time:** 9:00PM- 1:00AM

**Location:** Café Campus (57 Rue Prince-Arthur E)

**What to Bring:** Frosh Mug, Toga, ID, Money (cash), McGill ID, TOGAAA

**How to get there:** 15-minute walk from McGill University.

This is your last chance to party with the dragons, minotaurs and all magical creatures before your departure to the beach! Enter the Palace and gear up in your best toga for a show-off. What better way to end the day full of various quests with the last night event- a GLOW IN THE DARK toga party! If you want to know how to make a toga, see here:

# DAY 5

## SONG OF THE SIRENS

**Name:** All-Faculty Beach Day

**Time:** 10:00AM- 7:00PM

**Location:** Beachclub (701 38e Rue, Pointe-Calumet)

**What to Bring:** (look on the next page for a list of what to bring!)

**How to get there:** You will arrive at Jeanne Meance & board the bus TO and BACK from Beach Day with your frosh group :)

ARE YOU READY??!!

The sea is lonely, the sea is dreary, The sea is restless and uneasy; Thou seeketh quiet, thou art weary, Wandering thou knoweth not whither; Our little isle is green and breezy, Come and rest thee! Oh come hither, Come to this peaceful home of ours. Come seek us, Where our voices sound. Listen to the song of the sirens as they guide you to Point Calumet Island for a day of beach volley, swimming, tanning, and last but absolutely not least partying. Beach day is your chance to chill out or take part in one the biggest events McGill has to offer.

## GAMING CHAMPIONSHIP (ALTERNATIVE)

**Name:** Gaming Championship

**Time:** 10:00AM- 6:00PM

**Location:** Lev Buhkman, 2nd Floor, University Centre/SSMU Building (3480 McTavish Street)

The Gaming Championship is hosted by SSMU, is set up for open game play & competition! Various games are available including Mario Kart, Smash Bros etc. (any multiplayer game). Room will be set up with comfy seating, sofas, armchairs & beanbags!

# SONG OF THE SIRENS

## BEACH DAY TIPS!

- You cannot bring any liquids into Beach Club, even water. Bring a full water bottle on the bus ride, dump out whatever you haven't finished, then refill it after you're through security.
- Take a picture of your bus loading ticket (might be used for returning home, **this is not valid for getting to beach day**)

### WHAT TO BRING:

- Hat
- Water bottle (empty!)
- Swimsuit
- Comfortable shoes
- Sunscreen & Sunglasses
- Ziploc Bag
- Frosh mug
- ID
- Money

### ON THE BUS:

- Water on the bus is allowed.
- Use the provided trash bags.
- Clean up after yourself and thank the bus driver!

### AT BEACH CLUB:

- Dance, play volleyball, chat, and enjoy Beach Day with your group.
- Keep yourself and others hydrated.
- and of course... HAVE FUN!!!

# IMPORTANT NUMBERS

- CMHA Suicide Prevention Crisis Line(for Quebec): 1-866-277-3553
- TRACOM Crisis Line (anxiety, distress, suicide): 514-483-3033
- Canadian Suicide Prevention Service: 1-833-456-4566, text 45645 (4pm - midnight)
- keep.meSAFE (crisis line & free counseling): 1-844-451-9700
- Drug & Alcohol Helpline: 514-527-2626
- Emergency Substance Use Hotline (Montreal): 514-288-1515
- McGill Nightline (confidential listening service): 514-398-6246
- 811 (info social) - connects you to a nurse or a social worker \*Only works from a Quebec phone number
- 211 (information and referral service on social and community services)
- McGill Campus Security: 514-398-3000
- West Island Crisis Center: 514-684-6160
- Sexual Assault Provincial Helpline: 1-888-933-9007
- Gamblers Anonymous: 514-484-6666
- WALKSAFE: 514-398-2498 (call for someone to walk you home safely, run by SSMU)
- Trans Lifeline: 877-330-6366
- Psychological Emergency-Justice: 514-861-9331
- SACOMMS (group counseling, filing a report at McGill): 514-398-8500
- OSVRSE (Office for Sexual Violence Response Support and Education): 514-398-4486

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

# CHANTS

## 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 forty beers  
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

Verses:

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

\*Chorus\*

## God Save the Engineer

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

# CHANTS

## D.O.W.N.

Person 1: Hey you!

Person 2: Hey what?!

Person 1: Hey you!

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)

# 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!

## 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. #eastsidebestside

# ENGINEERING LANGUAGE

## 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!

## MILTON-PARK 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!

# SPONSORSHIP



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