

# FROSHIE HANDBOOK



ENGINEERING FROSH 2023

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# LETTER FROM THE CHIEFS

Salutations Future Engineers,

You're on the brink of an epic journey, a quest that will redefine your next four or five (or six) years. Get ready to plug into the McGill Engineering universe, but hold up – before you dive in, there's a mind-bending four-day adventure waiting for you: Frosh. Our team has been grinding away like dungeon dwellers, crafting an experience that'll level up your reality.

Once you step into Frosh, time glitches, and the outside world becomes a distant memory. No need to worry about XP or pop quizzes – it's all about connecting with your new peers and immersing yourself in the Frosh realm. This is your sandbox; how you play is up to you. It's not just about completing missions; it's about doing it with flair and those epic vibes you radiate.

We're stoked that you're joining us on this awesome quest. Get ready to equip yourself with unforgettable memories and forge bonds as unbreakable as enchanted swords. The countdown's on to when you'll officially join our ranks and unlock the full Frosh experience. Until then, keep the peace, spread the love, and get psyched for the ultimate Frosh showdown.

In pixels and polygons,

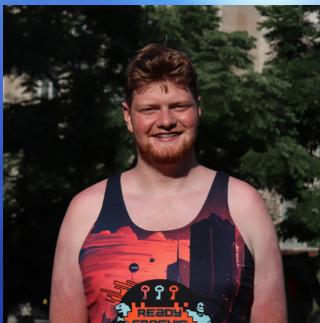
**Emma, Zaina & Michael**  
**Frosh Chiefs**

# CODE OF CONDUCT

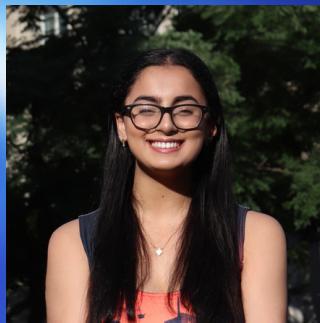
- The Ready Froshie One family respects everybody. You must not engage in any behaviour or attitude that is or has potential to be offensive, obscene, exclusive, or hurtful. This includes, but is not limited to remarks or actions that disparage race, sex, gender, sexuality, physical or mental ability, age, class, religion, personal choices
- When walking through residential areas, be sure to keep relatively quiet, especially at night!
- Ready Froshie One 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.
- Ready Froshie One is an opt-in environment, this includes all our events, activities, and alcohol. Respect everyone's decision and do not pressure others
- Ready Froshie One 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



**MICHAEL PARSONS**  
VP INTERNAL



**ZAINA KHAN**  
CO-CHIEF



**EMMA TERRIS**  
CO-CHIEF



**SARAH WAMBOLDT**  
INTERFACULTY



**LAURA HEBERT**  
INCLUSIVITY AND  
SUSTAINABILITY



**LIA BOWLIN**  
MERCH AND COMMS



**CYRIL EL FEGHALI**  
HEAD OF STAFF



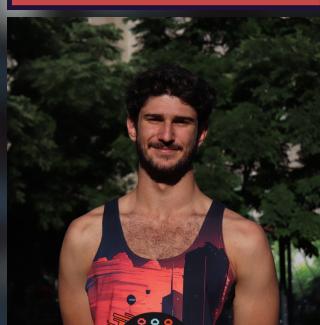
**AVINASH LAL**  
HEAD OF LEADERS



**LAURA MIELKE**  
SPONSORSHIP



**SOPHIE JONES-GLICK**  
NIGHT EVENTS



**THEO GHANEM**  
MONTREAL CRAWL



**LÉA BERNARD**  
DAY EVENTS

# 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 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 GREEN 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 the extra bracelet on their wrists:

**ACCESS ALLY**

## 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 YELLOW 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 2023 Incident Response Form**

# SCHEDULE

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**10 A**

**11 A**

**12 P**

**1 P**

**2 P**

**3 P**

**4 P**

**5 P**

**6 P**

**7 P**

**8 P**

**9 P**

**10 P**

**11 P**

**12 P**

**1 A**

**10 A**

**11 A**

**12 P**

**1 P**

**2 P**

**3 P**

**4 P**

**5 P**

**6 P**

**7 P**

**8 P**

**9 P**

**10 P**

**11 P**

**12 P**

**1 A**

## LEGEND

- alcohol may be present
- sun exposure
- walking
- crowds
- loud music
- gender neutral bathrooms
- flashing lights
- stairs
- food

### Anorak's Inventions

Design Day

Tomlinson Fieldhouse

11am - 3pm

### Get in, We're Planet Hopping!

Montreal Crawl

Downtown Montreal

2pm - 8pm

### Ready Player Run + Quest for the Sour Key

Hard Hat Challenge + Food Crawl

Lower Field East Side

1pm - 6pm

### Join a Gunter Clan

Ask Your Leaders

7pm - 9pm

### Distracted Globe

Concert

Rialto Theatre

9pm - 1am

### Gregarious Games Night

Chill Night

SSMU Ballroom + Gerts

8:30pm - 11:30 pm

### Race for the Golden Easter Egg

### Race for the Golden Easter Egg

Amazing Race

McGill Campus

11am - 3pm

### Brainstormin' the Clues

Ask Your Leaders

4pm - 6pm

### Reunion of the Gunter Clans

IFC Event

Pied au Courant

6pm - 11pm

### Breaky in Cyberspace

OAP Breakfast

Lower Field East Side

10:30am - 2:30 pm

### Aech's Workshop

Design Comp

Lower Field East Side

12:30pm - 2:30pm

### All Gunters Assemble

Ultimate Rallies

Ask Your Leaders

6pm - 9pm

### The Oasis

Neon Party

Cafe Campus

9pm - 1am

# ONGOING EVENTS

## SCUNTS! (SCAVENGER HUNTS)

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 attending.

- You will post your submissions in a [Google Drive folder for your herd](#) which your leaders will share
- The team with the most points and who have completed the most scunts may win a prize!



# DAY 1 THURSDAY



**Group Formation (1 PM - 1:30 PM)**

*Lower Field West*



**Hard Hat Challenge (1 PM - 5:30 PM)**

*Lower Field East*



**Food Crawl + Scunts (2 PM - 6 PM)**

*Lower Field East*



**Group Rallies (7 PM - 9 PM)**

*Ask Your Leaders*



**Concert (9 PM - 1 AM)**

*Rialto Theatre*

# DAY 1: THURSDAY

# READY PLAYER RUN

## GROUP FORMATION

Come meet your FROSH GROUP!! On Lower Field West (next to the big Y-intersection), you'll be introduced to your clan for all of frosh. Your leaders will have fun icebreakers and introductions ready so you get right into the Frosh spirit!



1:00 PM - 5:30 PM



Lower Field



Sun Exposure



Walking

## HARD HAT CHALLENGE

It's time to harness your potential and unlock your true capabilities with the cutting-edge Hard Hat Challenge. You'll navigate a futuristic obstacle course utilizing advanced jumping, crawling, and running techniques. Prepare to elevate their skills to a whole new level!

## ACCESSIBILITY AND SUSTAINABILITY

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

# DAY 1: THURSDAY

# QUEST FOR THE SOUR KEY

## FOOD CRAWL & SCUNT

Prepare for an immersive culinary journey as we embark on a futuristic tour, visiting a variety of staple restaurants strategically located across our high-tech campus!

Embrace this opportunity to engage in meaningful conversations with your fellow froshies and Leaders. Your leaders have a wealth of knowledge, stories, and invaluable tips about the vibrant city of Montreal, McGill, and the dynamic world of engineering.



1:30 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

# JOIN A COUNTER CLAN

## GROUP RALLIES

IT'S TIME TO PREPARE FOR CONCERT NIGHT! You and your frosh group will be determining a location to host your rallies! A great place for bonding with your new group and getting hyped!



7:00 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 1: THURSDAY

## DISTRACTED GLOBE

### CONCERT

We're igniting Frosh with an electrifying Concert Night! It's the perfect chance to synchronize your moves and form connections not only within your group but with everyone else. This event features a live DJ, promising an unforgettable fusion of beats and vibes. Keep your energy optimized and stay hydrated because it gets hot!

- 5723 Avenue du Parc (Rialto Theatre)
- 30 min walk from campus OR
- 80 North bus from 'Du Parc/Des Pins' stop
- 55 North bus from 'Saint-Laurent/Napoléon stop'
- Zone A STM pass (Instructions for buying a pass are on Page 44)



9:00 PM - 1:00 AM



Rialto Theatre



Alcohol May Be Present



Stairs



Flashing Lights



Crowds



Loud Music

### ACCESSIBILITY AND SUSTAINABILITY

- Bring your mug - free water is available at the venue.
- Main hall is accessed via 3 steps
- There will be shining lights and loud music.
- Minors are allowed.
- MSERT, Red Frogs & Drive Safe will be available.

# DAY 2

# FRIDAY



## **Design Day (11 AM - 3 PM)**

*Tomlinson Fieldhouse*



## **Montreal Crawl (2 PM - 8 PM)**

*Around Montreal*



## **Chill Night (8:30 PM - 11:30 PM)**

*SSMU Ballroom & Gerts Bar*

# DAY 2: FRIDAY

# ANORAK'S INVENTIONS

## DESIGN DAY

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

# GET IN, WE'RE PLANET HOPPING!

### 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 neighborhoods, 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 - 8:00 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

# GREGARIOUS GAMES NIGHT

## CHILL NIGHT

Choose from an array of thrilling games, ranging from classic board games to Just Dance and experience the excitement of being immersed in the OASIS world! Test your knowledge of pop culture and gaming by participating in a trivia challenge. From '80s movie references to classic video game questions to McGill engineering knowledge, the competition will be fierce. Head down to Gerts bar if you're feeling a bit rowdier!



8:30 PM - 11:30 PM



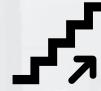
SSMU Ballroom & Gerts Bar



Food Present



Alcohol May Be Present



Stairs

### ACCESSIBILITY AND SUSTAINABILITY

- Bring your mug.
- Elevators are located inside the University Centre.
- Minors are not allowed at Gerts, go to SSMU Ballroom!
- Loud music and larger crowds in Gerts.
- Some food present in SSMU Ballroom.

# DAY 3

# SATURDAY



**Amazing Race (11 AM - 3 PM)**

*McGill Campus*



**Group Rallies (4 PM - 6 PM)**

*Ask Your Leaders*



**IFC Event (6 PM - 11 PM)**

*Village Au Pied-du-Courant*

# DAY 3: SATURDAY

# RACE FOR THE GOLDEN EASTER EGG

## AMAZING RACE

Schulich has now unlocked its doors! Embark on a journey of exploration with your froshies to unveil its location and futuristic aesthetics. Immerse yourselves in a tour of the campus, venturing into various buildings while tackling mind-bending challenges. The adventure begins with your inaugural challenge, guided by cutting-edge clues. Are you ready to decode the encrypted message and navigate this tech-savvy quest?



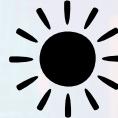
11:00 AM - 3:00 PM



McGill Campus



Walking



Sun Exposure

### ACCESSIBILITY AND SUSTAINABILITY

- A lot of walking involved - accessible route available, ask us what it is!
- Includes various locations with stairs and limited accessible entrances.
- Some optional physical exertion.
- Outdoor event.

# DAY 3: SATURDAY

# BRAINSTORMING CLUES

## GROUP RALLIES

IT'S TIME TO PREPARE FOR THE INFAMOUS IFC EVENT! You and your frosh group will be determining a location to host your rallies! Meet up with your group and get ready to head to the awesome IFC location!



4:00 PM - 6:00 PM



Ask your Leaders



Alcohol May Be Present

### ACCESSIBILITY AND SUSTAINABILITY

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

# DAY 3: SATURDAY

## REUNION OF THE GUNTER CLANS

### INTERFACULTY EVENT

Get ready for an unforgettable evening at Village au Pied du Courant! Join us by the St. Lawrence river for a frosh event that's all about good vibes and great times. With the DJ spinning your favorite tunes, the beach will transform into a dance paradise. The bridge lights will add a touch of magic to the scene, making it a night you won't want to end. Let's kick off your college journey in style, right here by the river's edge.

To get to the venue, get on the metro's green line at the stop nearest to you, and take it to Papineau station (towards Honoré-Beaugrand if you're downtown). When you get off, you'll be only a few blocks away!

**Instructions for buying metro passes are on page 44-45 but we recommend you do this with your group!**



6:00 PM - 11:00 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

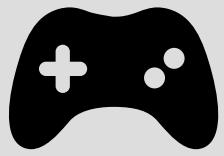
# DAY 4

# SUNDAY



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

*Lower Field*



**Ultimate Rallies (6 PM - 9 PM)**

*Ask Your Leaders*



**Neon Party (9 PM - 1 AM)**

*Cafe Campus*

# DAY 4: SUNDAY BREAKY IN CYBERSPACE

## OAP BREAKFAST AND DESIGN COMPETITION

Enjoy your stay at Open Air Pub, the Best Place on Earth, with tasty breakfast food and unmatched vibes.

With the mystery design competition, we'll take over OAP's location and test your real engineering skills!



10:30 PM - 2:30 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

# ALL GUNTERS ASSEMBLE

## 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 pre 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 THE OASIS

## NEON PARTY

Step into a world where nostalgia meets cutting-edge technology and where the past intertwines with the future. Welcome to the Neon Party, an immersive celebration that transports you into the virtual universe of gaming and pop culture! Embrace your favourite 80s aesthetic and bring along your best glowing outfit!

- 57 Prince-Arthur (Café Campus)
- 15 minute walk from McGill



9:00 PM - 1:00 AM



Cafe Campus



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.

## **Crash Pad:**

- The crash pad is available for any froshies who can't get home after a night event. It is located in the **SSMU Building (3480 McTavish) Room 302 on the 3rd floor** and the service is available after **10pm**. It should NOT be used as a hotel, only in cases where you cannot safely return home.

# 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](https://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](https://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)

# INGREDIENT AND FOOD LIST

## Food Crawl

### Ô Four

**Manoush:** flour, salt, yeast, oil, thyme, sumac, sesame seeds, cheese. Contains: dairy, sesame.

**Gluten Free/Vegan Option:** lentils, rice, onions, spices.

Contains: legumes

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

### Plentea Tea Bar

**Tropical Raindrop:** apple pieces, hibiscus petals, rosehip, kiwi, strawberry pieces, natural flavours (organic compliant)

**Very Berry:** elderberries, currants (a.k.a corinthian raisins), hibiscus petals, natural flavours (organic compliant)

**Rare Phoenix:** apple pieces, hibiscus petals, rosehip, elderberry, cranberry pieces, natural flavours (organic compliant)

### Leaves House Café

**Lemonade Matcha:** lemon, sugar, water, pure matcha (japanese tea without preservatives)

### Frostbite

**Blueberries and Cream:** Modified Milk Ingredients, Sugars (sugar, Glucose, Concentrated Blueberry Juice), Blueberry Sauce (sugars [glucose, Fructose], Water, Modified Corn Starch, Blueberries, Malic Acid, Natural Flavour, Sodium Benzoate, Black Carrot Extract, Purple Carrot Extract, Blueberry Extract), Fresh Cream, Blueberry Solid Pack (blueberries, Sugar, Water, Pectin, Sodium Benzoate, Citric Acid, Tartaric Acid, Calcium Chloride), Skim Milk Powder, Mono And Diglycerides, Carob Bean Gum, Guar Gum, Carrageenan, Vanilla Extract, Natural Flavour, Black Carrot Extract, Beetroot Extract, Bacterial Culture. Contains: Milk. May Contain: Soy, Peanuts, Tree Nuts, Wheat, Egg.

# 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

**Chocolate Ice Cream Bars (Nut Free):** Ask for full ingredient list at the venue.

## Montreal Crawl

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

**Chef on Call:** Ask for the ingredient list at the venue.

**Common Room:** Ask for the ingredient list at the venue.

## Amazing Race

**Popcorn:** popcorn, salt, butter

## OAP Breakfast

Bagels

Gluten Free Bagels

Hashbrowns

Bananas

## Interfaculty Event

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

# INGREDIENT AND FOOD LIST

## 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.

### **Hot Dog Sausage (Chicken)**

Chicken, Water, Enriched Wheat Flour, Salt, Modified Cornstarch, Potassium Lactate, Sodium Phosphate, Sugars (dextrose, Smoked sugar), Sodium Diacetate, Onion Powder, Sodium Erythorbate, Garlic powder, 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, modified cellulose, salt, garlic powder, natural flavour, spices.

### **Veggie Patty (Quinoa Coated)**

Filling: corn, carrots, water, mid-oleic sunflower and/or high oleic sunflower oil, kale, roasted chickpeas, peas, dried red bell peppers, pea protein isolate, salt, modified cellulose, rice starch, dried onion, spices. Coating: quinoa, modified corn starch, vegetable oil, 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).

# **INGREDIENT AND FOOD LIST**

\*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.

## **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

# 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 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

# CHANTS

## 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)

# CHANTS

## 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!

## **Y INTERSECTION**

The intersection of the 3 main roads in the middle of our campus, separating lower field, the 3-Bars 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!

## 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](http://eus.wiki/Launchpad)

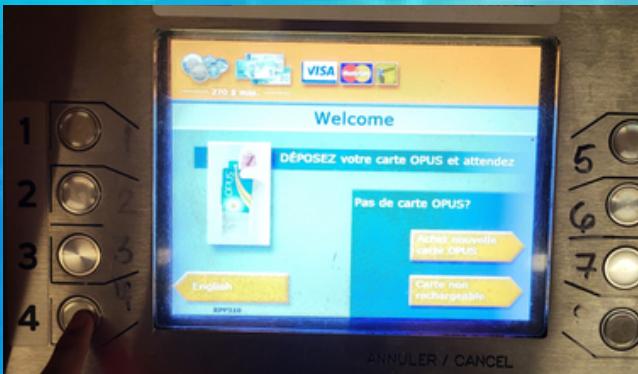
## MILTON-PARK COMMUNITY

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!

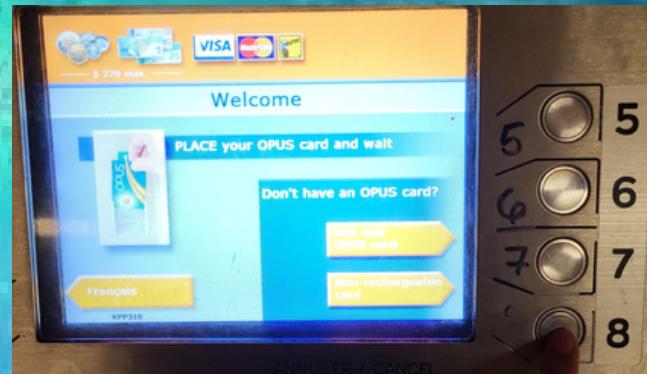
# BUYING STM TICKETS



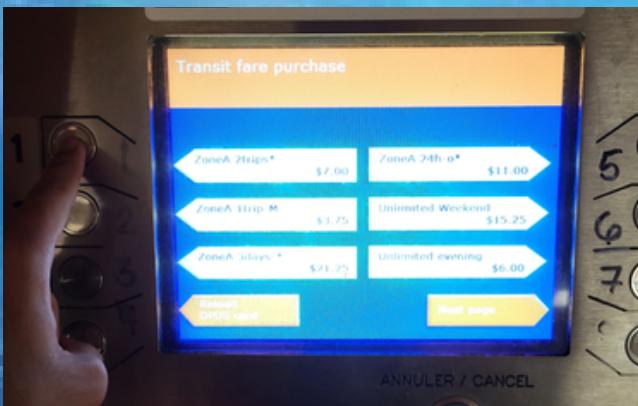
**Standard Ticket Booth in the  
McGill Metro**



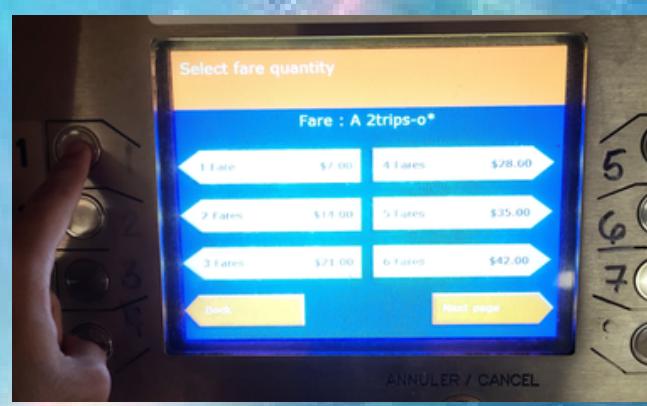
**(4) Switch Language to English (optional)**



**(8) Buy a new fare**



**(1) ZonaA 2trips - return trip ticket**



**(1) 1 Fare - one round trip ticket.**

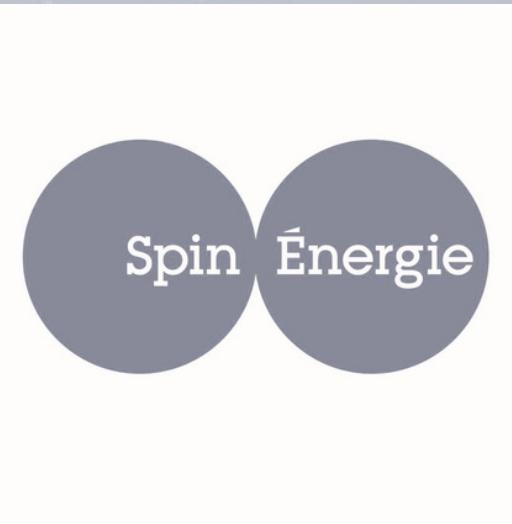
**(2) 2 Fares - two round trip tickets for Rialto and IFC**

**Remind froshies not to lose their ticket.**

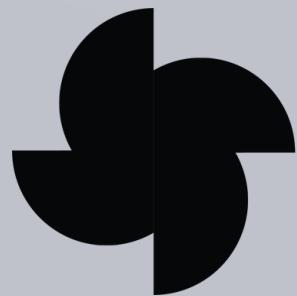


**(8) Pay with Card, then follow instructions on the Card Terminal**

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