





— EMMA BARSCHEL, *Nursing, first-year*



— BETHANY WHITTAL, *Community Ambassador*



— BLAKE LEDGER, *Community Ambassador*

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We are excited that you decided to spend your first year in residence at the University of Calgary and would like to make your transition to your new home as smooth and stress-free as possible. You may be wondering, “Okay, here I am...now what?”

In this booklet you will find information on the “now what,” from where to eat on campus, where to buy books and supplies, making payments and class schedules to information on the fitness facilities, how to get involved on campus and residence life, accessing academic and personal support programs and resources, connecting to Internet, important dates that you don’t want to miss and a lot of the in between.

We want to encourage you to get involved in the campus and residence community, and that you take the opportunity to fully immerse yourself in all that the University of Calgary and Residence Services has to offer. This is your time — you are in the heart of it all, you are connected, you can make lasting memories and life-long friendships; your experience is what you make of it and we are here to help you make it amazing.



Whether you want breakfast, lunch, dinner or a coffee to go or a snack on the run? There are food retailers across campus offering a variety of choices for whatever it is you're craving.

Your meal plan provides access to The Landing, the All You Care to Eat facility located on the upper level of the Dining Centre



- 7 a.m. to 11 p.m.

- 8 a.m. to 9 p.m.

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Visit The Landing website for daily menu and hours of operation. _____

Food labeling is available and includes dairy-free, gluten-free, vegan, vegetarian, halal, etc. If you have specific concerns, please contact the culinary team to discuss your dietary requirements and available options while eating at The Landing. _____

: Can't make it to The Landing due to your class schedule or work? Meals To Go will be available to students who are on a meal plan.

: Speak with dining staff management at anytime while you are in The Landing, use Napkin Talk available at TheLanding, email _____, or online through Your Voice Counts. _____





Residence Life Coordinators are full-time, live-in professionals who are directly responsible for community engagement, adpronl arrife Ct



The Residence Rainbow Council is a student run organization formed by and built for the University of Calgary 2SLGBTQIA+ residence community. Our goal is to provide lgbtq+ programs, events, advocacy, education, and outreach for all UCalgary residence. We are a community that fosters a safe, loving, and inclusive space for all. _____



The Residence Appeal Board is a judicial body that hears residence judicial/discipline cases that have reached the highest level of sanction to which a resident has requested an appeal based on appropriate criteria.

The purpose and charge of the board is to uphold community standards and maintain them as a just and equitable system. All members of the board receive special judicial training and are held to the highest standard of confidentiality and receive recognition on their Co-Curricular Record for their participation and involvement.



Developing skills to promote life-long learning.



Developing skills to live interdependently with a focus on Mental Health and Wellbeing.



Stay connected when you live in residence and get all the latest information and news on what is happening in residence and on campus.

B this is a twice monthly residence newsletter sent out on the 15th and the end of each month that will have news and information on everything residence





AirUC is your main Wi-Fi connection to the Internet while you are living in residence.

Find AirUC-Residence in your wireless network - sign in using your UCalgary IT account (same username and password used to log into my.ucalgary.ca).

For more information on other Wi-Fi networks available or if you are having issues



Provides students with services and programs to ensure you make the most of your time at the university.

SSC offers services that include advising support, learning support (i.e. math, writing) and offers academic development, success seminars and online resources—the opportunities are many. Advisors are ready to assist and programs are tailored for your needs.

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– 9 a.m. to 4 p.m.

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The UCRC is an inclusive, peer-driven space supporting addiction recovery, building community, and reducing stigma on campus.

The UCRC offers Recovery-4-All peer-support meetings, open to anyone with direct lived or living experience of addiction, or curious to explore their relationship with substances or other behaviours. Whether you're abstaining or using harm reduction – all pathways and stages of recovery are welcome.

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– 8:30 a.m. to 4:30 p.m.
