TABLE OF CONTENTS

Welcome Letters................................................................. 3
Printables................................................................. 5
  Directory International/Student Services
  Important Dates
  Checklist for your first couple of days
  Common Acronyms And Phrases On Campus
  Important Phone Numbers
  Campus Map
  City Map

International Student Services........................................... 14

Health Insurance: MCP Coverage and Health Care Access........... 15

ON Campus........................................................................ 19
  Mun Calendar and Academic Advising
  The Classroom
  University Services
  Other Services
  Getting Involved

OFF Campus........................................................................ 28
  Getting Around Corner Brook
  What to do?
  Where to go?
  Where to shop?
  Others

Welcome Letter ONE
September 2017

Dear students,

I am very pleased to welcome you to our campus (and our region) for the 2017-2018 academic year! Almost a quarter century ago, I arrived at Grenfell, expecting to stay for just one year as a new faculty member. However, the region and the campus was more enticing than I'd expected. I ended up staying here, raising a family, playing a number of roles in the University, and generally embracing the culture and the environment. So be careful. That may happen to you as well!

It is an exciting time to be at Grenfell Campus. For example, we have been able to set up additional student study and socializing space. It is great to walk around and see clusters of students reading and chatting and studying ... and even sometimes checking their Facebook accounts...! I usually refer to our campus as a “community,” meaning that it is not just a group of buildings, but it is also (and more importantly) a dense collection of interactions. Here is where the anthropologist in me comes out! These interactions could be among students, or between students and faculty, and also between Grenfell and the larger region in which we live. But in these interactions, we endeavor to be open and warm and supportive. We want you to succeed here, and grow as a person and as a scholar.

Please do not hesitate to ask any of our faculty or staff if you have questions. It is an honour to have you choose us as a place to study, and we work to meet (and exceed) your expectations of this special place.

I look forward to meeting you at some of the events that are planned for international students, or at any of the many other occasions that take place on campus. Don't be a stranger. If you see an older guy with a white beard, stop and say hello. It could be me...!

I wish you a safe, enriching and productive time here at Grenfell Campus.

Sincerely,

Ivan Emke, PhD
Vice-President (Grenfell Campus) pro tempore
Memorial University of Newfoundland
Welcome to Grenfell Campus,

I am convinced you will find everything that you are looking for here. I encourage you to push the boundaries of learning in this collegial environment where small classes are the norm. I also invite you to step outside of your comfort zone and discover one of the friendliest cultures in the world: Newfoundland and Labrador.

Part of my role on campus is to develop and support programs that foster a vibrant international education community for both domestic and international students. These activities will allow you to forge long-lasting friendships and acclimate to your new life in Canada. I can help you navigate immigration, health insurance, outside of the classroom learning opportunities, social activities, volunteer work, and involvement in organizations on campus and beyond.

I have been an international student and an ESL student myself. I can relate to a lot of what you are going through and I am here to support you through your educational journey at Memorial University. I am here to help you and I want to work alongside you. Do not hesitate to reach out to me if you have thoughts or ideas to share about your experience here. I welcome feedback and I am invested in being a strong and sincere advocate for all international students at Grenfell Campus.

I look forward to meeting all of you in the next few days.

Best regards,

PATRICK ARSENAULT, M.Ed., M.Sc.
International Student Programming Coordinator
parsenault@grenfell.mun.ca
T 709 639 6525| F 709 639 2048
PRINTABLES
DIRECTORY

Patrick Arsenault, International Student Programming Coordinator
parsenault@grenfell.mun.ca
+1 (709) 639-6525
AS 278B

Matthew Janes, Director Student Services and Retention
majanes@grenfell.mun.ca
+1 (709) 639-6486
AS 269

Diane Johnson, Students Affairs Officer
djohnson@grenfell.mun.ca
+1 (709) 637-6249
AS 234D

Patricia Walsh, Administrative Assistant
pwalsh@grenfell.mun.ca
+1 (709) 637-6232
AS 278

IMPORTANT DATES
These are some important dates to keep in mind throughout the semester, please visit the [University Diary to learn more](https://www.mun.ca/regoff/calendar/sectionNo=GENINFO-0086).

**September 6, 2017**, Deadline for fees payment, including for undergraduate Medical students, Fall semester

**September 20, 2017**, Lectures begin, Fall semester

**September 20, 2017**, End of Regular Registration Period and last day for undergraduate and graduate students to add courses, Fall semester

**September 27, 2017**, Last day for undergraduate students to drop courses and receive a 100% refund of tuition fees, Fall semester

**September 27, 2017**, Last day for undergraduate students to drop courses and receive a 50% refund of tuition fees, Fall semester

**October 4, 2017**, Last day for undergraduate students to drop courses and receive a 25% refund of tuition fees, Fall semester. No tuition fees are refunded for courses dropped after this date.

**October 9, 2017**, Fall semester break begins at St. John’s and Grenfell Campuses

Thanksgiving Day, no lectures

**October 11, 2017**, Lectures resume at St. John’s and Grenfell Campuses. Lectures will follow the Monday schedule on this day only.

**October 12, 2017**, Lectures will follow the Tuesday schedule on this day only

**October 25, 2017**, Wednesday Final date for departments to submit Recommendation for Award of Degree in order for graduate students to receive a 50% refund of continuance fees, Fall semester

**October 25, 2017**, Last day for undergraduate students and graduate students to drop courses without academic prejudice, Fall semester

**October 30, 2017**, Monday Registration begins for eligible students registering in undergraduate courses, Winter semester 2018

**November 13, 2017**, Remembrance Day holiday, no lectures

**November 17, 2017**, Lectures will follow Monday schedule

**December 1, 2017**, Lectures end, Fall semester

**December 6, 2017**, Examinations begin, Fall semester
December 15, 2017, Examinations end, Fall semester
January 3, 2018, Orientation for all new first semester undergraduate students
January 4, 2018, Deadline for fees payment, including for undergraduate Medical students, Winter semester. Lectures begin, Winter semester

January 18, 2018 End of Regular Registration Period and last day for undergraduate and graduate students to add courses, Winter semester. Last day for undergraduate students to drop courses and receive a 100% refund of tuition fees, Winter semester

January 25, 2018, Final date for graduate students to withdraw from programs without incurring liability for tuition fees, Winter semester. Last day for undergraduate students to drop courses and receive a 50% refund of tuition fees, Winter semester

February 1, 2018, Final date for filing undergraduate applications for admission/re-admission to Spring semester (14-week, Intersession and Summer session) 2018. Applications received after this date will be processed as time and resources permit. Last day for undergraduate students to drop courses and receive a 25% refund of tuition fees, Winter semester. No tuition fees are refunded for courses dropped after this date.

February 19 to February 23, 2018, Winter semester break begins at St. John's and Grenfell Campuses

February 26, 2018, Lectures resume at St. John's and Grenfell Campuses

March 26, 2018, Registration begins for eligible students registering in undergraduate courses, Spring semester (14-week courses, Intersession and Summer session) 2018

March 30, 2018, Good Friday. No classes.

April 6, 2018, Lectures end, Winter semester

April 11, 2018, Examinations begin, Winter semester

April 20, 2018, Examinations end, Winter semester

Checklist for first couple of days!
## INTERNATIONAL STUDENTS CHECKLIST

<table>
<thead>
<tr>
<th>PRIOR TO ARRIVAL</th>
<th></th>
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<tbody>
<tr>
<td>If you wish, APPLY FOR AN AIRPORT PICKUP</td>
<td></td>
</tr>
<tr>
<td>SECURE HOUSING</td>
<td></td>
</tr>
<tr>
<td>REQUEST A CARE KIT</td>
<td></td>
</tr>
<tr>
<td>REGISTER FOR YOUR COURSES</td>
<td></td>
</tr>
<tr>
<td>FAMILIARIZE WITH THE ACADEMIC CALENDAR</td>
<td></td>
</tr>
<tr>
<td>SET UP YOU @MUN ACCOUNT</td>
<td></td>
</tr>
<tr>
<td>ACADEMIC INTEGRITY COURSE</td>
<td></td>
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<tr>
<td>COMPLETE YOUR LAB SAFETY COURSE</td>
<td></td>
</tr>
<tr>
<td>JOIN US ON FACEBOOK</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>FIRST THREE DAYS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>CONTACT YOUR FAMILY</td>
<td></td>
</tr>
<tr>
<td>ATTEND ORIENTATION</td>
<td></td>
</tr>
<tr>
<td>WRITE THE ENGLISH PLACEMENT TEST</td>
<td></td>
</tr>
<tr>
<td>GET YOUR CAMPUS ID (Library)</td>
<td></td>
</tr>
<tr>
<td>PAY YOUR TUITION AND FEES @ BURSAR’S OFFICE AS279</td>
<td></td>
</tr>
<tr>
<td>(Deadline: First day of classes)</td>
<td></td>
</tr>
<tr>
<td>REGISTER WITH INTERNATIONAL STUDENT SERVICES</td>
<td></td>
</tr>
<tr>
<td>ATTEND THE FIRST DISCUSSION GROUP</td>
<td></td>
</tr>
<tr>
<td>MEET WITH YOUR ACADEMIC ADVISOR</td>
<td></td>
</tr>
<tr>
<td>SET-UP YOUR COMPUTER AND E-MAIL SERVICES (AS373)</td>
<td></td>
</tr>
<tr>
<td>BUY TEXTBOOKS &amp; OTHER COURSES MATERIALS (Book Store AS207)</td>
<td></td>
</tr>
<tr>
<td>if you wish, PURCHASE A REC PASS</td>
<td></td>
</tr>
<tr>
<td>if applicable, GET A SOCIAL INSURANCE NUMBER</td>
<td></td>
</tr>
<tr>
<td>OPEN A BANK ACCOUNT</td>
<td></td>
</tr>
<tr>
<td>FIRST WEEK</td>
<td></td>
</tr>
<tr>
<td>FIND OUT ABOUT YOUR HEALTH INSURANCE</td>
<td></td>
</tr>
<tr>
<td>if applicable, REGISTER FOR MEDICAL CARE PLAN (MCP)</td>
<td></td>
</tr>
<tr>
<td>LEARN ABOUT THE CANADIAN TAX SYSTEM</td>
<td></td>
</tr>
<tr>
<td>FAMILIARIZE YOURSELF WITH THE CITY</td>
<td></td>
</tr>
</tbody>
</table>

| ONCE YOU GET HERE!                                                               |   |
|                                                                                 |   |

*Events, programs, and activities subject to change*
COMMON ACRONYMS AND PHRASES ON CAMPUS

AS= Arts & Science Building
BA= Bachelor of Arts
BBA= Bachelor of Business Administration
BED= Bachelor of Education
BFA= Bachelor of Fine Arts
BN= Bachelor of Nursing
BRM= Bachelor of Resource Management
BSC= Bachelor of Science
BYOM= Bring Your Own Mug
CA= Chalet Advisor
CR= Cross Roads
CSJ= Canada Summer Job
FA= Fine Arts Building
FC= Forestry Centre
GSCU= Grenfell Campus Student Union
LC= Library and Computing Building
MCP= Medical Care Plan
MUCEP= Memorial Undergraduate Career Experience Program
MUN= Memorial University of Newfoundland
NL= Newfoundland and Labrador
RA= Resident Advisor
SI= Supplemental Instruction
SIN= Social Insurance Number
SWASP= Student Work and Services Program
VA= Visual Arts
CAMPUS MAP

(http://www.grenfell.mun.ca/campus-services/Pages/campus-map.aspx)

1. Arts and Science Residence
2. Arts and Science Building
3. Gymnasium
4. Library and Computing building
5. Fine Arts Building
6a. Forest Centre and VP offices
6b. Boreal Ecosystems Research Facility
7. Chalets Sites
8. Residence Complex
9. RecPlex
10. Corner Brook Arts and Culture Centre
11. Long Term Care Centre
12. Pepsi Centre: Corner Brook Civic Centre
13. Danger Tree Memorial Site
CITY MAP

(http://www.hot-map.com/cornerbrook-nl)
### IMPORTANT TELEPHONE NUMBERS – ON CAMPUS

RA Duty Phone: (640) 7069  
CA Duty Phone: (632) 0758  
CEP: Ext. 6210  
CEP Emergency Line: Ext. 2888  
*In the event of a life-threatening emergency, always call 911, and then call CEP’s emergency line 637-2888.*

Other Departments:

<table>
<thead>
<tr>
<th>Department</th>
<th>Phone number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics / Recreation &amp; Sport</td>
<td>Ext. 6258</td>
</tr>
<tr>
<td>Bookstore</td>
<td>Ext. 6264</td>
</tr>
<tr>
<td>Bursar’s Office/ Cashier’s Office</td>
<td>Ext. 6286</td>
</tr>
<tr>
<td>Computing Help Desk</td>
<td>Ext. 2049</td>
</tr>
<tr>
<td>Exchange Programs</td>
<td>Ext. 4302</td>
</tr>
<tr>
<td>GCSU General Office</td>
<td>Ext. 5367</td>
</tr>
<tr>
<td>Grenfell Campus</td>
<td>637-6200</td>
</tr>
<tr>
<td>International Student Services</td>
<td>Ext. 6525</td>
</tr>
<tr>
<td>Learning Centre</td>
<td>Ext.6268</td>
</tr>
<tr>
<td>Vice-President’s Office</td>
<td>Ext. 2545</td>
</tr>
<tr>
<td>Registrar’s Office</td>
<td>Ext.6298</td>
</tr>
<tr>
<td>Student Housing</td>
<td>Ext. 6266</td>
</tr>
<tr>
<td>Student Services</td>
<td>Ext. 6232</td>
</tr>
<tr>
<td>Health Services</td>
<td>Ext. 7919</td>
</tr>
<tr>
<td>Grenfell Campus Food Bank</td>
<td>Ext. 6266</td>
</tr>
<tr>
<td>ESL Coordinator</td>
<td>Ext.4720</td>
</tr>
<tr>
<td>Grenfell Career Development Services</td>
<td>Ext. 6207</td>
</tr>
<tr>
<td>Accessibility Centre &amp; Education Support</td>
<td>Ext. 2589</td>
</tr>
</tbody>
</table>
## IMPORTANT TELEPHONE NUMBERS – OFF CAMPUS

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire Department</td>
<td>637-1616</td>
</tr>
<tr>
<td>City Food Bank</td>
<td>634-2655</td>
</tr>
<tr>
<td>Hospital</td>
<td>637-5000</td>
</tr>
<tr>
<td>Royal Newfoundland Constabulary (Police)</td>
<td>637-4100</td>
</tr>
<tr>
<td>Royal Canadian Mounted Police</td>
<td>637-4433</td>
</tr>
<tr>
<td>City Cabs</td>
<td>(709) 634-6565</td>
</tr>
<tr>
<td>Star Taxi</td>
<td>(709) 634-4343</td>
</tr>
<tr>
<td>Shoppers Drug Mart</td>
<td>639-7178</td>
</tr>
<tr>
<td>Lawton’s Drugs</td>
<td>639-8971</td>
</tr>
<tr>
<td>Sobeys Pharmacy</td>
<td>639-1004</td>
</tr>
<tr>
<td>Wal-Mart Pharmacy</td>
<td>634-2454</td>
</tr>
</tbody>
</table>
INTERNATIONAL STUDENT SERVICES ON CAMPUS

We are located in AS 278 where you can find us from Monday to Friday from 8:30am to 4:00pm, our extension is 6525.
Throughout the semester the International Student Services (ISS) hosts events that are geared towards both, international and Canadian students. Coffee Clubs and Discussion Groups are held weekly. Check your email and Facebook page for notifications!

Some of the current programs we have are:

**International Orientation**
Each semester, Grenfell Campus welcomes their new and returning students holding different events and activities aimed to familiarize students to the different services that are offered. The ISS office runs a separate orientation prior to this. We'll do a city tour, have lunch together, go groceries shopping, and more!

**International Night and Flavors of the World**
This event is aimed to promote International Students’ unique culture to the Grenfell and greater Corner Brook community. International Night is celebrated in October and Flavors of the World is celebrated in March. We encourage you to participate as this is a great volunteer experience that will allow you to share and learn more about different cultures around the globe.

**Coffee House**
Every Friday, we host a Coffee Club in the Airport Lounge. Come, have a chat, have some treats. Don’t forget to BYOM!
HEALTH INSURANCE: MCP COVERAGE, AND HEALTH CARE ACCESS

All international students at Grenfell Campus are required to participate in our foreign health insurance plan, unless they meet eligibility requirements to opt out (see below). All students who have a valid study permit for at least 12 months and have Memorial University listed as their institution of study may be eligible for The Newfoundland and Labrador Medical Care Plan (MCP) coverage, a comprehensive plan of medical care insurance designed to cover the cost of physician services for residents of the province. It is important to know that if you meet the eligibility requirements for MCP, you must apply for this coverage as your other insurance provider (Student Guard/Green Shield) may deny your claim if you do not have MCP.

If you receive MCP, you may be eligible for other supplementary Canadian health insurances.

What MCP covers

- Visits to a physician’s office, hospital, or beneficiary’s residence (whether the problem is related to a chronic or emergency condition)
- Surgical, diagnostic, and therapeutic procedures, including anesthesia and pre- and post- operative care
- Complete maternity care
- Radiology interpretive services
- Certain surgical-dental procedures which are medically necessary to be performed in hospital by a dentist or oral surgeon
- For more information visit www.health.gov.nl.ca/health/mcp/index.html

You are eligible to opt out of our foreign insurance plan if:

- You are a permanent resident or landed immigrant and have MCP
- You are studying outside of Canada in either your home country or the USA
- You are sponsored by one of the following groups who provide you with insurance: USC, CIDA, CBIE, or Canadian Commonwealth Scholarship
- You are a refugee claimant and covered under the Federal Government
• You have a valid MCP card and proof of supplementary Canadian coverage.
• You are a full time graduate student with MCP

Note: You will not automatically be opted out of the Foreign Health Insurance even if you are eligible. Go to Student Services before the end of the second week of classes to complete a waiver and provide necessary proof. Students who have completed an opt-out form in past semesters will be automatically exempt in following semesters. Please come to the Student Service office immediately if you continue to be charged after opting out.

If you are a visiting or short-term student, it is important that you visit Student Services to discuss options for short-term service.

Your Foreign Health Insurance Policy:
It is very important that you read and understand your health insurance policy, know where to see a doctor and how to claim money back from the insurance company. The complete policy is available online at http://www.mun.ca/isa/health/policy.php. Below is a quick reference guide to your policy.

What’s covered:
▪ One optional complete physical exam per year.
▪ One eye exam per year; you will need to pay for your appointment first and then submit a claim form to get your money back.
▪ Emergency medical treatment; seeing the doctor when you are sick, essential tests, and operations (when recommended by a doctor).
▪ Emergency dental treatment; seeing the dentist when you are suffering from pain (certain restrictions apply.) You will need to pay for your treatment first and then claim your money back.
▪ Travelling on vacation; if you have been in Newfoundland for more than one-half of the length of time of your insurance coverage, then you are fully covered when
on vacation anywhere in the world (except if you return home; or go to the U.S.A. Coverage is limited to 30 days in the U.S.A.)

- Travelling for the work term or co-op placement.
- Prescribed medicine; you will get 100 percent of your money back when you buy prescribed medicine covered under the insurance plan. You will need to pay for your medicine first and then submit a claim to get your money back.

Some common items that are NOT covered:

- Medicines and prolonged care for chronic conditions (that is, an illness you had prior to coming to Grenfell or one that developed while studying here).
- Medicines that are “over-the-counter”, or those that you can buy without a prescription. For example, headache medicine, cough syrup, etc.
- Glasses or contact lenses.
- Routine care for your teeth. For example, cleaning and check-ups.
- Tests and surgeries that are not essential or not recommended by a doctor.
- Any elective procedure.

Health Care Access For Students

- You must always have your insurance cards or MCP card when visiting the doctor.
- International students seeking medical attention are to visit the Western Memorial Regional Hospital during Fast Track Clinical hours, if non-emergent.
- The hospital is located at 1 Brookfield Avenue, Corner Brook.
- Bring your student ID card (if applicable), insurance cards and a form of identification (Passport, Driver’s License, etc.).
- Registration is located at the Entrance adjacent to the Emergency Entrance.
- Obtain pull – tab seating number and wait for your number to be called.
- You will be triaged if Emergent Treatment Required.
- Hours of operation are 10 AM – 10 – PM
• Outside these hours, go directly to the Emergency Department in the same hospital.
• Or you can search for a family doctor in Corner Brook by visiting www.cpsnl.ca or call (709) 726-8546 for a list of doctors.
• For a Medical Emergency call 911

There are a number of pharmacies around Corner Brook. Here is a list with street address and telephone numbers indicated:

Claiming Prescriptions
In Canada, clinics, hospitals, and pharmacies are set up and operated separately. After seeing doctors, you will need to purchase medicine from them. You have paid for your medicine (and visit to the eye doctor or dentist) after doing so, you will need to complete a claim form to get your money back. The claim form is available online:
http://www.mun.ca/isa/health/policy.php
ON CAMPUS

MUN CALENDAR AND ACADEMIC ADVISING

Students are responsible for ensuring that they are registered for the courses suitable to the program they wish to pursue. One of the main resources that should be used to ensure program requirements are fulfilled is the MUN Calendar, which holds information on all programs and courses offered within Grenfell Campus, St. John’s Campus, and the Marine institute. You can familiarize yourself with MUN Calendar [here](http://www.mun.ca/regoff/calendar/).

Students can make an appointment with their assigned academic advisor at any point in the year, through email or by calling their advisor’s extension. Grenfell generally has an “open door policy”, which means that if the door is open, then the person does not mind talking at that time.

The Registrar’s Office also provides academic advising throughout the year during business hours in AS 277, and at particular times in the AS Atrium during “Advising Days”, where students can meet with academic advisors one-on-one.

THE CLASSROOM

The Canadian classroom may be more informal than the classroom environment you have been used to. While the atmosphere is casual, professors and students treat each other with respect.

- You are expected to arrive for class on time
- Raise your hand to make a comment or ask a question
- Remain silent while others are speaking
- Refer to your professor as a doctor, professor, Sir, or Ms. If the professor says it is acceptable you may call the professor by his or her first name.
- Professors expect students to be active participants in class. Be prepared to voice your opinion during class discussion. Many professors will grade their
students based on their level of class participation.

- If you are struggling in class, you should make an appointment to see your professor as they may have some suggestions for you.
- In addition to familiarizing yourself with the Canadian classroom, you may also need some assistance in developing or improving your study skills in your second language, for which we have the following services available for you:

**UNIVERSITY SERVICES**

**Aboriginal Student Services**
Grenfell Campus, Memorial University of Newfoundland is located in traditional Mi'kmaw territory. There are over 280 self-identified Aboriginal students on campus. Grenfell Campus understands 'Aboriginal' as having First Nations, Inuit, or Métis ancestry. Programs and services for aboriginal students include the Grenfell Campus Student Union Indigenous Caucus, an Indigenous Student Room, Kekina’mut Indigenous Peer Liaison Program, Aboriginal Awareness events, and culturally safe spaces for students to practice smudging and Kullik/Qulliq lighting (native traditional practices).

**Bookstore**
AS207 Ext. 6264
The bookstore carries textbooks, school supplies, including art supplies, as well as Memorial University memorabilia, greeting cards, and gifts.

**Bursars Office**
AS 279, Ext. 6286
Students can pay their fees online via your Memorial Self Service, through online banking, or in person at the Bursar’s Office. Please note that all payment made through credit cards are subject to convenience fees.

**Campus Enforcement and Patrol**
AS201, Ext. 6210
Campus Enforcement and Patrol (CEP) is responsible for providing safety and security services 24 hours a day, 365 days of the year at Grenfell Campus. CEP responds to requests for routine and emergency services, enforces rules and regulations of the campus buildings, grounds, as well as parking areas, student medical transport, lost and found services, crime prevention, security information and public assistance. CEP also runs a walk safely program.

**Campus Food Bank**
AS 121, Ext. 6266
This service is run by student volunteers and it is available for Grenfell students with a valid campus ID. Students are allowed to use this service once a month and provides enough food for two to three days to students in need. All information pertaining to students who use the emergency food bank is kept confidential.

**Conference Services**
AS 235A, Ext. 6255
Conference Services provides students with on-campus accommodations and on-campus temporary summer accommodations.

**Counseling Services**
AS 243 Ext. 7919
Counselling and Psychological Services (CPS) supports the mental health and well-being of students through the provision of clinical services and educational programs. These services are delivered by mental health professionals at no cost. Information is confidential - what is said between the mental health professional and client stays between them. Individual and/or group sessions are offered to students experiencing personal difficulties that interfere with their ability to function at their desired level. Psychoeducational testing is available to students on a fee for service basis through CPS.

**English Language Support**
English language tutoring and development provides one-on-one tutoring to students who use English as a second or other language and require support to meet the language demands of academic courses at Grenfell. Please sign up at the Learning Centre.

If you have any questions or would like more information about English language tutoring or support, please email the ESL Coordinator, Melissa Halford (mhalford@grenfell.mun.ca).

Exchange Programs
AS 277, Ext. 6298
Grenfell students who are enrolled in a Grenfell degree program have the opportunity to participate in an exchange program if they wish. Students can choose to go on exchange to any number of places, for up to two semesters. The options for exchange include the National Student Exchange: an exchange network of nearly 200 colleges and universities in 48 states, three US territories, and six Canadian provinces, the North 2 North Exchange: an exchange network of 40+ universities throughout Finland, Greenland, Iceland, Norway, Sweden, and Russia, or select partnerships with universities around the world.

Ferriss Hodgett Library
LC 208, Ext. 6236
The Ferriss Hodgett Library, with over 108,000 books, 440 journal subscriptions and 26,000 e-journals, provides students with resources to meet their needs. Students are able to request resources from any of the other Memorial University library locations as well. The library also has video games, table games, happy lamps, noise canceling headphones and more for lend. For a great understanding of what the Ferriss Hodgett Library has to offer, request a library tour from one of the many staff or visit www.library.mun.ca/grenfell/

Grenfell Campus Student Union (GCSU)
Established over 20 years ago, the Grenfell Campus Student Union advocates for the rights of all students who attend Grenfell Campus. They are responsible for a number of services on campus such as GCSU The Backlot, GCSU Dining Hall, GCSU health and dental plan, and more! To find out more about the Grenfell Campus Student Union (GCSU) visit their website at: www.gcsuonline.ca/.

**GCSU Backlot**
Located just off the GCSU’s Dining Hall, The Backlot is the student bar on campus. Various entertainment activities take place at The Backlot such as karaoke, open-mic, and trivia night. They host wet and dry events throughout the year, you can book it for free if you are part of a GCSU’s student society. To find out about upcoming events, visit the facebook: [https://www.facebook.com/GCSU-Backlot-168255653188248/](https://www.facebook.com/GCSU-Backlot-168255653188248/)

**GCSU Dining Hall**
Run by the Grenfell Campus Student Union, the Dining Hall host several events on campus. In the cafeteria “The Grove” You can purchase meals daily, or you can purchase meal plans to help you manage your food budget. For more information on The Grove, their website at [www.campusgrove.ca](http://www.campusgrove.ca).

**Graduate Student Union (GSU)**
The GSU provides health and dental plans for students with MCP, as well as events and advocacy for graduate students. For more information visit: [www.gsumun.ca](http://www.gsumun.ca).

**Learning Centre**
Student Services, Ext. 6268
Grenfell Campus is committed to providing a barrier-free institution and giving equal opportunity to all students. The Learning Centre provides students at Grenfell with a variety of services and programs, specifically in the areas of academic and career support. These include Writing Assistance, Math Assistance, Supplemental Instruction (SI), Peer Tutoring, Study Skills Seminars, services for students with special needs, and
Career Counseling Services. Students requiring special consideration because of a disability should contact Brad Elliot at belliot@grenfell.mun.ca or ext. 2589

Recreation & Sport
Student Services, Ext. 6258
Grenfell Campus offers a distinctive program of recreation and wellness activities that contribute to the well-being and personal and social development of students. The campus has a double gymnasium. Students at Grenfell have the opportunity to participate in a variety of different recreation programs, such as: intramural sports, step aerobics, downhill skiing, and curling. Students also have access to a fitness center (which includes cardio equipment, weights and squash courts), skating, hockey and a walking track. Students may purchase a recreation pass in order to participate in these activities. Check out our website (http://www.grenfell.mun.ca/current-students/Pages/health/recreation/rec-pass.aspx) for more information.

Competitive sport has become a priority for Grenfell Campus. With a newly-renovated gymnasium in place, we are looking to move our current teams in basketball and volleyball into more competitive avenues while continuing to search for other opportunities to increase competitive sport offerings in team and individual sports.

Registrar’s Office
AS 277 Ext. 6298
The Registrar’s Office is primarily responsible for Academic Advising. This department helps students with course registration for undergraduate as well as advice on course selection based on program requirements. The office also helps students with transcripts, confirmation of registration letters for undergraduate students, course listings for undergraduate programs, assistance with Memorial Self-Service, transfer credits, and course audits.

Scholarships and Awards Office
AS 277, Ext. 6298
The Scholarships and Awards Office provides students with information on scholarships and emergency student loans. For more information visit: [www.mun.ca/scholarships](http://www.mun.ca/scholarships) and [www.grenfell.mun.ca/current-students/Pages/scholarships.aspx](http://www.grenfell.mun.ca/current-students/Pages/scholarships.aspx)

**Student Services**
Ext. 6232

This department provides services and programs that are intended to help your academic success and enhance your personal and social development. They offer recreation and wellness programs, student employment, scholarships and awards, student loan information, international student services, student leadership program and campus ministry. Please feel free to stop by with any questions or concerns you may have.

**OTHER SERVICES**

**Printing**

In order to print from the computers on campus, students must have money on their printing account. Students are required to put a minimum of $5 on their account, which can be done at the Bursars Office or online ([https://my.grenfell.mun.ca/Pages/default.aspx](http://https://my.grenfell.mun.ca/Pages/default.aspx)). The cost of printing is 7 cents for black and white pages and 10 cents for color pages.

**Laundry Facilities - Student Housing**

Washers and dryers are available to students living on campus. There is a laundry facility available in each student Housing facility: Arts & Science 1st floor Pitman, Res Complex 1st floor, Chalet Site 1 second chalet, and Chalet Site 2 seventh chalet. It costs $2.00 to wash 1 load of clothes and $2.00 to dry 1 load of clothes.

**Sexual Harassment Office**

709-864-8199, rshortall@mun.ca
At Memorial, our first concern is for the health, safety and security of every member of the university community and all campus visitors. The Sexual Harassment Office serves all members of the university community on all campuses and institutes of Memorial. The Sexual Harassment Office works to: prevent sexual harassment and sexual assault through education; mitigate the effects of sexual harassment and sexual assault; and identify methods for timely resolutions of complaints of sexual harassment and sexual assault which may arise at Memorial University.

Campus Phone
To call:
Another campus phone: dial 4-digit extension
Local (free): dial 9 7-digit number

GETTING INVOLVED

- Join a GCSU society, committee or caucus. The Grenfell Campus Student Union has many ways for you to get involved and help out your campus community. Visit their website (http://www.gcsuonline.ca/), stop by their office in AS276, or phone extension 5367.
- Purchase a Rec Card Pass from Student Services. Students will have an opportunity to use recreation facilities and to participate in a variety of recreation programs, including Intramural sports, aerobics, etc.
- Apply for a MUCEP or SWASP job, such as a Research Assistant to a professor, Peer Tutor, or Math Marker. Check your e-mail regularly as jobs are frequently posted via e-mail!
- Volunteer for the Campus Emergency Food Bank! contact sshort@grenfell.mun.ca for more details.
- Join the Student Housing committee and help plan out different events for your res floor!
OFF CAMPUS

GETTING AROUND CORNER BROOK

Corner Brook Transit: The regular fare is $2.50, but multiple-ride cards and monthly passes are also available at the Campus Bookstore. Click [here for the Schedule](http://www.cornerbrook.com/bus-transit/).

Taxi: You can call a taxi from anywhere in the city, and it will bring you to another location within the city for a sit-in rate of $3.50 plus $1.50 per kilometer. There are also flat rates for outside city limits. Taxis run 24 hours a day. For phone number check the “printables” section.

WHAT TO DO?

There are many activities and volunteer opportunities to help you meet people and become connected to the community.

► Volunteer with one of the many non-profit organizations around the city.
► Attend an evening cooking class at Sobeys (Mount Bernard Avenue, 639-7193) or Dominion (5 Murphy’s Square, 634-9450)
► Go biking or snowshoeing with Cycle Solutions (35 West Street, 634-7100)
► Go Zip lining with Marble Zip Tours (Marble Mountain, call toll free 1.877.755.5463)
► Go cross country skiing at the Blow Me Down Cross Country Ski Club (639-2754)
► Get a gym membership at Forever Young Fitness Centre (Grenfell Drive, 634-6665) (apply early with Student Services for a discount!) or YMCA (639-9676)
► Join a dance class at Dance Studio West (51 West Street, 634-4100) or take a non-credit course from Community Education in an area you enjoy!
► Attend a local church—some nearby churches include:
  Anglican Church of Canada (St, John the Evangelist), 25 Main Street, 639-8712
  Baptist Church, 11 O’Connell Drive, 634-2985
  First United Church, 19 Park Street, 634-5301
  Holy Redeemer Parish (Roman Catholic), 15 Mt. Bernard Ave., 634-5156
Pentecostal (Westside) Tabernacle, 37 Elizabeth Street, 634-2513
Salvation Army Temple, O’Connell Drive, 634-5398
Seventh-Day Adventist Church, 71 Phillip Drive, 634-5051
► Ski or snowboard at Marble Mountain (Steady Brook, 637-7601)
► Take a weekend trip to Gros Morne National Park.
► Find a job off campus
► Take one of the many walking trails around Corner Brook
► See what's happening at the Arts and Culture Centre:
  https://artsandculturecentre.com/cornerbrook/Online/
► Check out the Rotary Arts Center: http://rotaryartscentre.ca
► Check out the Wonderful Fine Market Co-op - Free Coffee, Live Music, No Cover

WHERE TO GO?
Western Newfoundland has lots of sights, attractions, and experiences. A good resource to learn more about these highlights is the city’s website:
http://www.cornerbrook.com

► Captain James Cook Monument
► The Old Man in the Mountain - legend tells of the face of an old man in a rock formation overlooking a secret treasure
► Newfie Bullet Train (at the Historic train Site)
► Corner Brook Museum & Archives
► NL Hockey Hall of Fame
► Margaret Bowater Park
► Corner Brook Stream Trails
► Marble Mountain Resort: “Best Skiing East of the Rocky Mountains”
► Blow-Me-Down Cross Country Ski Park
► Blomidon Golf & Country Club
► Crystal Water Boat Tours
► Humber Valley Resort
Gros Morne National Park (approximately 1.5 hours from Corner Brook)
Salmon Fishing on the Humber River
The Newfoundland Insectarium in Deer Lake (approximately 45 min. from Corner Brook)
The Corner Brook Winter Carnival (takes place in February - lots of activities to get involved in)
Pasadena beach & Oasis Grill House

WHERE TO SHOP:
West Street: a variety of restaurants and locally-owned shops
Broadway: local shops, restaurants, pubs, art gallery, etc., all on one street!
Corner Brook Plaza: over 50 shops and services all in one building
Valley Mall: Sobeys, Sobeys Pharmacy, Eclipse Basic, Dollarama, Telus, Aliant, etc.
Millbrook Mall: Shoppers Drug Mart Pharmacy, Cinema, Medical offices (physiotherapy, dental), etc.
Murphy Square: Wal-Mart, Staples, Dominion Grocery Store, Bulk Barn, Canadian Tire, EB Games, A Buck or Two, Mark’s Work Warehouse, Chatters, Restaurants, etc.
137 O’Connell Drive: Coleman’s, Lawton’s, Liquor Store.

OTHERS

OPENING A BANK ACCOUNT

The following is a list of local bank branches. Be sure to ask for details about service fees for monthly service, withdrawing and depositing money, using Automated Teller Machines (ATMs), writing cheques, using online banking, and using Interac.

CIBC   www.cibc.ca
9 Main Street, 637-1700
► Scotia Bank     www.scotiabank.ca
62 Broadway, 637-4720 / 54 Maple Valley Rd, 637-4700 in the Corner Brook Plaza

► Bank of Montreal     www.bmo.com
1 West Street, 637-6500 / 26 Caribou Rd., 637-6565

► NL Credit Union     www.nlcu.com
38 Main Street, 634-5341
► Royal Bank     www.royalbank.com
66 West Street, 639-4000

► TD Canada Trust     www.tdcanadatrust.com
1 Mt Bernard Avenue, 637-1076
FOR MORE INFORMATION,

APPLY TO THE PEER CORRESPONDENCE PROGRAM TO GET IN TOUCH WITH ONE RETURNING INTERNATIONAL STUDENT.

Click here!
(http://www.grenfell.mun.ca/current-students/Pages/international-students/resources/peer.aspx)