Photos by:
CBC News NL
City of Corner Brook
Facebook Group “International Students at Grenfell Campus”
Grenfell MARCOM department
Loree Lee Pike
The Western Star

International Student Services, 2019.
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 a 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,

Best regards,

PATRICK ARSENAULT, M.Ed., M.Sc. | INTERNATIONAL STUDENT PROGRAMMING COORDINATOR

Student Services
Grenfell Campus, Memorial University of Newfoundland
Arts and Science Building | Room 271
T 709 639 6525
grenfell.mun.ca
<table>
<thead>
<tr>
<th>Table of Contents</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome</td>
<td>3</td>
</tr>
<tr>
<td>Printables</td>
<td>5</td>
</tr>
<tr>
<td>Directory International Student Services</td>
<td></td>
</tr>
<tr>
<td>Important Phone Numbers</td>
<td></td>
</tr>
<tr>
<td>Checklist For Your First Couple Of Days</td>
<td></td>
</tr>
<tr>
<td>Important Dates</td>
<td></td>
</tr>
<tr>
<td>Common Acronyms And Phrases On Campus</td>
<td></td>
</tr>
<tr>
<td>Campus Map</td>
<td></td>
</tr>
<tr>
<td>City Map</td>
<td></td>
</tr>
<tr>
<td>International Student Services</td>
<td>12</td>
</tr>
<tr>
<td>Health Insurance: MCP Coverage and Health Care Access</td>
<td>13</td>
</tr>
<tr>
<td>ON Campus</td>
<td>16</td>
</tr>
<tr>
<td>Mun Calendar and Academic Advising</td>
<td></td>
</tr>
<tr>
<td>The Classroom</td>
<td></td>
</tr>
<tr>
<td>University Services</td>
<td></td>
</tr>
<tr>
<td>Other Services</td>
<td></td>
</tr>
<tr>
<td>Getting Involved</td>
<td></td>
</tr>
<tr>
<td>OFF Campus</td>
<td>22</td>
</tr>
<tr>
<td>Getting Around Corner Brook</td>
<td></td>
</tr>
<tr>
<td>What to do?</td>
<td></td>
</tr>
<tr>
<td>Where to go?</td>
<td></td>
</tr>
<tr>
<td>Where to shop?</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>25</td>
</tr>
</tbody>
</table>
Patrick Arsenault, International Student Programming Coordinator

*Immigration advising, health insurance, event planning*

parsenault@grenfell.mun.ca

+1 (709) 639-6525

AS 271

Nicole Miller, Coordinator-International Programming

*Student exchange*

nmiller@grenfell.mun.ca

+1 (709) 639-4302

AS277

Melissa Halford – English as a Second Language Program Coordinator

mhalford@grenfell.mun.ca

AS391

Diane Johnson, Students Affairs Officer, Academic Support

*Scholarships*

djohnson@grenfell.mun.ca

+1 (709) 637-6249

AS 234D

Patricia Walsh, Administrative Assistant

*General information about student services, rec cards and room booking*

pwalsh@grenfell.mun.ca

+1 (709) 637-6232

AS 271
### Important Telephone Numbers – On Campus

<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>
CHECKLIST FOR FIRST COUPLE OF DAYS

Prior to arrival!

☐ If you wish, apply for an airport pickup (patrick’s email)
☐ Secure Housing ON or OFF campus
☐ Request a Care Kit (patrick’s email)
☐ Register for your courses via Mun Self Service
☐ Familiarize yourself with the academic calendar
☐ Set up your @mun account
☐ If you are degree bound, make sure to complete your Academic Integrity Course
☐ If you are in for a Science Degree or Visual Arts: Make sure to register and complete your lab safety course
☐ Join us on Facebook “International Students at Grenfell Campus”

Once you get here!

First three days

☐ Contact your family
☐ Attend orientation
☐ If you were contacted prior to arrival, complete the English placement test
☐ Get your campus ID at the Library (LC 201)
☐ Pay your tuition fees at Bursar’s Office before the first day of classes
☐ Register with international student services
☐ Meet with your academic advisor
☐ Set-up your computer and e-mail services (AS 373)

First week

☐ Buy textbooks & other courses materials at the Bookstore (AS 2017)
☐ If you wish, purchase a rec pass
☐ If applicable, get a social insurance number
☐ Open a bank account

First couple of weeks

☐ Find out about your health insurance
☐ If applicable, register for medical care plan (MCP)
☐ Learn about the canadian tax system
☐ Familiarize yourself with the city
# Important Dates

This is how Fall and Winter semesters would usually unfold. For the exact dates and other important dates, please visit the most recent version of the academic calendar: University Diary to learn more.

(https://www.mun.ca/regoff/calendar/sectionNo=GENINFO-0086)

<table>
<thead>
<tr>
<th>FALL</th>
<th>WINTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>January</td>
</tr>
<tr>
<td>● Fall semester Lectures begin</td>
<td>● Winter semester Lectures begin</td>
</tr>
<tr>
<td>● First day of classes: Deadline for fees payment</td>
<td>● First day of classes: Deadline for fees payment</td>
</tr>
<tr>
<td>● End of Regular Registration Period and last day for undergraduate and graduate students to add courses</td>
<td>● End of Regular Registration Period and last day for undergraduate and graduate students to add courses.</td>
</tr>
<tr>
<td>● Drop out from academic courses and receive a 100% or 50% refund of tuition fees depending on the date.</td>
<td>● Drop out from academic courses and receive a 100% or 50% refund of tuition fees depending on the date.</td>
</tr>
<tr>
<td></td>
<td>● Final date for graduate students to withdraw from programs without incurring liability for tuition fees.</td>
</tr>
<tr>
<td>October</td>
<td>February</td>
</tr>
<tr>
<td>● Drop courses and receive a 25% refund of tuition fees. No tuition fees are refunded for courses dropped after this date.</td>
<td>● Last day for undergraduate students to drop courses and receive a 25% refund of tuition fees. No tuition fees are refunded for courses dropped after this date.</td>
</tr>
<tr>
<td>● Thanksgiving weekend</td>
<td>● Semester break for St. John’s and Grenfell Campuses</td>
</tr>
<tr>
<td>● Last chance for undergraduate students and graduate students to drop courses without academic prejudice.</td>
<td></td>
</tr>
<tr>
<td>● Registration begins for eligible students registering in undergraduate courses for Winter semester</td>
<td></td>
</tr>
<tr>
<td>November</td>
<td>March</td>
</tr>
<tr>
<td>● Remembrance Day holiday, no lectures</td>
<td>● Registration begins for eligible students registering in undergraduate courses, Spring semester (14-week courses, Intersession and Summer session) 2018</td>
</tr>
<tr>
<td></td>
<td>● Good Friday.</td>
</tr>
<tr>
<td>December</td>
<td>April</td>
</tr>
<tr>
<td>● Lectures end for Fall semester</td>
<td>● Lectures end, Winter semester</td>
</tr>
<tr>
<td>● Examination period</td>
<td>● Examination period</td>
</tr>
</tbody>
</table>
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
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
1. Grenfell Campus
2. Colemans & Liquor Store
3. Margaret Bowater Park & Glynmill Pond
4. Western Memorial Regional Hospital
5. Valley Mall (Tim Hortons, Dollarama & Sobeys)
6. Downtown Area (Pharmacies, local shops, City Hall, Cinema among others)

Not featured: Murphy Square (Walmart, Dominion, Canadian Tire, Winners among others)
INTERNATIONAL STUDENT SERVICES

We are located in AS 271 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 for all students on campus. Check your email and our Facebook group “International Student at Grenfell Campus” for announcements!

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**

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.

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

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
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
Aboriginal Student Services

Grenfell Campus, Memorial University of Newfoundland is located in traditional Mi’kmaq 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
AS 238, EXT. 4720
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.

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.
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/

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 visit their website at 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.

Learning Centre
AS 278, Ext. 6232

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 bellott@grenfell.mun.ca or ext. 2589

Recreation & Sport
AS 271, 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 278, Ext. 6232

The Scholarships and Awards Office provides students with information on scholarships and emergency student loans. For more information visit: www.mun.ca/scholarships and www.grenfell.mun.ca/current-students/Pages/scholarships.aspx
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).

Sexual Harassment Office

The Sexual Harassment Advisor offers private and confidential information and consultations for students, staff and faculty of all Memorial campuses and institutes. The Sexual Harassment Advisor, who makes regular visits to Grenfell Campus, also provides information and coordination regarding informal and formal resolutions, as well as referrals for services (as requested). Deborah Lindahl is the Sexual harassment coordinator and is located in AS271 E in the Arts and Science Building at Grenfell. You may reach her at (709) 637-7195 or via email dlindahl@grenfell.mun.ca

View Memorial’s Sexual Harassment and Sexual Assault Policy and the University-Wide Procedures for Sexual Harassment and Sexual Assault Concerns and Complaints, please visit http://www.mun.ca/sexualharassment/. You may also contact the Grenfell Campus Student Union at 709-637-5367 or GCSUEExec@grenfell.mun.ca

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!
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.
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, CONTACT THE INTERNATIONAL STUDENT PROGRAMING COORDINATOR, PATRICK ARSENAULT TO APPLY FOR THE PEER CORRESPONDENCE PROGRAM PARSENAULT@GRENFELL.MUN.CA