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QSoE Socio-Cultural Program

The socio-cultural activities that we have planned for you during your stay are designed to help you improve your English. You will learn new vocabulary and idioms, practice your speaking and listening, practice what you have learned in your classes AND introduce you to Canadian culture – as well as making new friends and having fun!

We strongly believe that being involved is very important to ensure that your time with us is successful!

So take full advantage of your studies and BE INVOLVED!!!

Student Government

This is a group of student volunteers who meet once a week to help distribute and promote the activity calendars and to communicate information to classmates. If you have any suggestions for activities, please tell your student government representative!

We are looking for eager and outgoing students who are interested in volunteering some of their time by joining the Student Government! If you are interested, please speak with your teacher.

Activity Passports

Because we know how important it is to be involved outside of the classroom, we are challenging you to participate in [at least] 16 activities before graduation. If you do, you will receive a Socio-Cultural Program certificate.

This certificate will confirm the number of additional hours you have put in to your English studies: showing that you can use what you have learned. Do not lose: signatures will not be replaced

- You must complete 16 activities to get a certificate
- Extra hours, over the 16 activities, will be added to certificate if applicable (optional)
- Each activity receives one signature
- Bring to every activity & give to monitor
- At end of activity pick up passport

Activity Calendars

We organize a wide variety of activities so that most students will find something that interests them: movies, baking, board games, crafts and tournaments.

We ask that you participate in those that you like and try the ones you are unsure about. 😊 You may have fun! Activity calendars are distributed monthly, but can also be found on the Queen’s School of English web site. At the beginning of every month you will be given a new activity calendar.

Please check our web site often and watch for our weekly emails for any changes or updates. http://www.queensu.ca/qsoe/

Conversation Partner Program

During our sessions, we offer students the opportunity to meet with a small group of ESL students and a volunteer Conversation Partner. It is a weekly commitment for one hour. Sign up at an All-School Meeting.

QSoE Blog

Stay connected with the QSoE staff and students and check out our blog at www.qsoeblog.wordpress.com. Share your achievements and experiences during your session by contributing articles or photos.

Do you have a talent for photography? Are you a good writer or researcher? We are looking for students who have a talent and an interest to learn the blogging technique!

Sign up at an All-School Meeting.
QSoE Student Ambassador Program
Represent Queen’s School of English in your Home Country

Become a Queen’s School of English Student Ambassador!

Share your experiences at Queen’s with your friends, relatives, and colleagues.

The Ambassador Program will provide potential students with a personal introduction to the intensive English Language Program offered at Queen’s University School of English (QSoE). As a former student of QSoE, you will provide information about what to expect in our program(s).

As a Student Ambassador, you will have the opportunity to:

- Share your experiences with prospective students
- Provide information about what to expect in our programs, Queen’s and Kingston
- Create a competitive edge over others by gaining professional experience
- Be invited to attend special events held in your country
- Win a tuition scholarship to QSoE!
- And a whole lot more…

If you are interested in becoming a Student Ambassador please contact Nadya Maskurova at nadya.maskurova@queensu.ca for more information.

Important Tips
Please remember these points at all times. They will help you.

1. If there is anything you do not understand, if you need help with anything, or if you would like something in class changed, speak to your teacher first, before you speak with anyone else, and as soon as you can.

2. If you still need help, please see the receptionist to make an appointment with the Program Coordinator. If you’re having difficulties, please talk to us. We can help, and we want to help.

3. Please understand that the School of English at Queens University is an English for Academic Purposes program, with a focus on academic reading, writing, speaking and listening.

4. It is essential that you fully understand the English-Only Rule at the School. If you break the rule repeatedly you will not receive a certificate and you may have to leave the program.

5. There are many students here from many different countries and we have to do what is best for the majority. This means that your individual requests may not always be granted.

6. Everyone at the Queen’s School of English is asked to treat each other with respect. Please ensure you fully understand what behaviours are acceptable and unacceptable in this culture and in your classrooms.

7. Participation is the key to success. If you participate in class and in the social events and activities, you will succeed.

8. This is an intense program. It is essential that you take good care of yourself while you are here, and maintain a healthy lifestyle: eat well, get lots of rest, exercise and have fun.

9. The cultures you will encounter here may be very different from your own culture. You must always be aware of and sensitive to other cultures.
How to Enjoy Summer

WEATHER and Health:

It can get very hot in the summers in Kingston. Be sure to drink lots of fluids. The sun is stronger here in Canada than in some of your home countries. We always recommend a sunscreen with an SPF protection level of 30 minimum and we recommend you wear sunglasses as well to block the harmful UV rays. It can be very humid in the summers in Kingston which can make the heat feel more intense. Some days may also have air quality warnings. Be sure to pace yourself and keep outdoor activity to a minimum when the humidex is over 30 degrees Celsius or there is an air quality warning. Anyone with respiratory or breathing difficulties should be very cautious when outside on a very hot and humid day.

Some diseases are carried by mosquitos and ticks in Kingston. We recommend you wear insect repellant when you are outdoors in the evenings, especially near water or in nature. If you are in the forest, we recommend you wear head-to-toe clothing and check yourself thoroughly afterwards for ticks.

The days are long in Kingston in the summer. We often have 12 or more hours of sunlight per day. Be sure that you are still getting a good night’s rest for a recommended minimum of eight hours.

Summer is the best season in Kingston. The best way to enjoy it is to stay safe and healthy.

IDEAS FOR STRESS MANAGEMENT

• Find a creative outlet
• Keep a journal
• Find a balance between work and play
• Stay physically active, preferably out of doors
• Laugh
• Make friends
• Confide in friends
• Join Student Life Activities
• Manage your time and workload wisely
• Make use of school/community resources

Get out and enjoy winter – stay active, stay positive, and have fun!

CONNECT WITH US ONLINE FOR MORE TIPS!

facebook.com/qsoecanada  
youtube.com/qsoecanada  
pinterest.com/qsoecanada

qsoeblog.wordpress.com  
twitter.com/queens_soe
Queen’s University Student Card Uses

**STUDENT WELLNESS SERVICES**
- DOCTORS
- NURSES
- COUNSELLING
- SEXUAL HEALTH INFORMATION
  
  [http://www.queensu.ca/studentwellness/](http://www.queensu.ca/studentwellness/)

**RESOURCES CENTRES**
- INTERNATIONAL CENTRE
- HUMAN RIGHTS OFFICE
- CAREER SERVICES
- SPECIAL NEEDS OFFICE
- WOMEN’S CENTRE
- SEXUAL ASSAULT CRISIS CENTRE
- BAN RIGH CENTRE
- RECTOR
- JOHN DEUTSCH CENTRE
- INFORMATION & VISITOR CENTRE
  
  [http://www.queensu.ca/studentaffairs/](http://www.queensu.ca/studentaffairs/)

**LIBRARY**
- BORROW BOOKS
- USE COMPUTERS
- FIND INFORMATION
  
  [http://library.queensu.ca](http://library.queensu.ca)

**GYM**
- WORK OUT
- SWIM
- PLAY SPORTS
  

**CITY BUSES**
- TRAVEL FREE ON ALL KINGSTON TRANSIT CITY BUSES
  
  [https://www.cityofkingston.ca/residents/transit](https://www.cityofkingston.ca/residents/transit)

**STUDENT BENEFITS IN THE KINGSTON COMMUNITY**
There are often student discounts for restaurants and concerts.
Always ask if there is a student discount.
Find out about the resources that interest you and make use of them.
Getting involved at Queen's & asking questions is a good way to improve your English!
Athletics & Recreation Centre (The Gym)

#79 on map

Athletics & Recreation allows students to make their own fitness schedule by taking advantage of the many casual recreation opportunities on campus. Whether it’s coming in for a general workout, playing pickup or swimming laps – you can find a time that fits into your timetable.

Casual Recreation: Main Campus Schedule (ARC)
To view the current casual recreation times visit [http://rec.gogaelsgo.com/index.aspx](http://rec.gogaelsgo.com/index.aspx)
- select ARC memberships
- select casual recreation

ARC Programs and Activities
- Cardio zone
- Elliptical machines
- Treadmills
- Stationary bikes
- Stairmasters
- Free weights
- Weight machines
- Warm up area
- Pool
- Squash
- Racquetball
- Dance studios
- Gymnasiums
- Basketball
- Volleyball
- Badminton

✔ Student card – to “swipe in”
✔ Work-out clothing (shorts, t-shirt, socks)
✔ Athletic footwear (non-marking, no black soles)
✔ Water bottle
✔ Lock (day-use locker)
✔ Towel (pool or shower)
✔ Bathing suit (pool)
✔ iPod/mp3 player - if you want to listen to music while working out

Rental of overnight lockers and athletic clothing is available. You can find the prices of these services on their rate card: [http://rec.gogaelsgo.com/sports/2013/7/28/Fac-Serv_0728131016.aspx?tab=laundryservice2](http://rec.gogaelsgo.com/sports/2013/7/28/Fac-Serv_0728131016.aspx?tab=laundryservice2)

ARC Programs and Activities
- Access to:
  - Locker and laundry service
  - Day-use lockers
  - Select group fitness classes
  - Women’s only fitness
  - special offers, seasonal features and much more

Please visit the Queen’s Centre website for further details: [http://www.gogaelsgo.com/](http://www.gogaelsgo.com/)
Student Wellness Services

For help with booking any appointments, please come to the QSoE Office or email Reception soerecep@queensu.ca

West Campus

Personal Counsellor: Sarah Horsford

- Feeling homesick?
- Culture shock?
- Problems adjusting?
- Need academic advice?
- Just need someone to talk to?

For Appointments and Information
In Person: McArthur Hall, Room A101b
By Phone: (613) 533-2334
By Email: educ.counsellor@queensu.ca

Main Campus

LaSalle Building #80 on map

QU Student Wellness Services

- Medical
- Nursing
- Psychiatric
- Health Outreach
- Health Promotion
- Sexual Health Clinic

Make an Appointment

- In Person: 146 Stuart Street (LaSalle Building)
- Phone: 613-533-2506

Take With You

- U.H.I.P. card or other Health Insurance card
- Student Card

Your Health

*If you need to see a doctor you have options.*

- **Non-Urgent Care:** Student Wellness Services
  - LaSalle Building
- **Urgent Care:** Hotel Dieu Hospital
  - 166 Brock Street
- **Emergencies:** Kingston General Hospital
  - 76 Stuart Street

Bring your UHIP documents when you visit.

Make an Appointment

- In Person: 146 Stuart Street (LaSalle Building)
- Phone: 613-533-2506

Take With You

- U.H.I.P. card or other Health Insurance card
- Student Card

Your Health

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  - 76 Stuart Street

Bring your UHIP documents when you visit.
Books & Resources (Library & Bookstore)

Campus Libraries

Stauffer Library (MAIN LIBRARY)
http://library.queensu.ca/stauffer/
- Main library
- IT Services Help Desk
- Library Administration offices
- Business, humanities, social sciences

Douglas Library
- Engineering and Science Library
  http://library.queensu.ca/webeng/
- W.D. Jordan Special Collections and Music Library
  http://library.queensu.ca/webmus/index.htm

Bracken Health Sciences Library
http://library.queensu.ca/webmed/

Education Library
http://library.queensu.ca/webedu
- Has many novels and other books you may borrow with your student card
- School of English/ELL page http://guides.library.queensu.ca/english-language-learners

William R. Lederman Law Library
http://library.queensu.ca/law/

Campus Bookstore
http://www.campusbookstore.com/
Monday to Friday: 9:00 a.m. - 6:00 p.m.
Saturday: 10:00 a.m. - 5:00 p.m.
Clarke Hall (#39) 613-533-2955

Kingston Frontenac Public Libraries
http://www.kfpl.ca
Central Branch: 130 Johnson Street
AVAILABLE TO ALL COMMUNITY MEMBERS
YOUR New Queen’s Email Account

As a Queen’s University student, you are automatically assigned a Queen’s email account.

Your email address is: netid@queensu.ca

**Email Access**

Use your NetID and password to access your Queen’s email account.

- Go to www.queensu.ca
- In the top right corner, click SEARCH AND SIGN IN (red rectangle)
- Select Office 365
- On the next screen, enter your NetID and password and click Sign in

**Email Communication**

Your Queen’s email address is your MAIN COMMUNICATION WITH THE QSOE OFFICE

**Your Responsibilities**

It is your responsibility to check your Queen’s email account every day to receive information, announcements and updates.

If you have any problems or questions regarding your Queen’s email account, please contact ITServices and notify the QSoE office.

**Tutorials: Office 365 Web App can be found here:**

http://www.queensu.ca/its/office365/email/tutorials
SOLUS

Student On-Line University System

SOLUS is the Student On-Line University System. ALL students need to use SOLUS as it allows you to update your address information, as well as view your academic and financial information.

Step 1: Activate Your NetID
You must have a NetID to get a Queen’s email account and access SOLUS.
- Go to: http://www.queensu.ca/its/netid/tutorials/activate-netid
- The webpage address provided above will guide you through how to activate your NetID with visual guides.

Step 2: Access SOLUS
You must have a NetID to get a Queen’s email account and access SOLUS.
- Go to: http://www.queensu.ca/ and click on MyQueensU/SOLUS – on the drop down menu beside Log in to:
  - Click the grey arrow to the right
  - Log in with your NetID and password
  - Choose the SOLUS tab

Step 3: Using SOLUS
SOLUS has four sections: Academics, Finances, Personal Information and Admissions.

What is important to YOU as a QSoE student…

Academics
- My Academics – View My Course History
  - You will see the course you are enrolled in and any past courses with your grades
  - You can order official transcripts in this section

Finances
- Account Inquiry – Activity
  - This will show you your student account: monies going in and out
  - If you think you have extra money, complete a Student Request From to request a refund

Personal Information
- Demographic Data – Addresses - edit
  - Here is where you must update your address when you move
  - You also update your phone number or email here

Admissions
- This section will provide you with your application information after you have applied to Queen’s University (if applicable)

I have just moved. Where can I update my address and phone number?

I think I might owe money to QSoE. Where can I find out?

I want to check my grades from last session. Where can I see my grades and order official transcripts?

I have applied to a degree program at Queen’s. Where can I check the status of my application?
Computer Information & IT Services

**Computer Information**

**Computers for Student Use**
- Library
- Computer Lab

**Computer Labs**
- Mac Corry E209 & Jeffery 155 (most popular)
  Mon to Fri 8:30am – 10pm

Please visit [http://www.queensu.ca/its/computing-sites-and-kiosks](http://www.queensu.ca/its/computing-sites-and-kiosks) for computer locations

Printers are available in all computer labs. They are free but you must supply your own paper. Selected sites also have laser printer facilities with a "per page" charge. The use of a CashCard is required. CashCards can be purchased in Stauffer Library and Mackintosh Corry Hall B111.

**The Acceptable Use of Information Technology Resources Policy** applies to all computer use (on campus & off campus)

**ITServices (Information Technology Services Department)**

**Services**
- Net ID Help
- Computer Information
- Computer Help

Please visit [http://www.queensu.ca/its](http://www.queensu.ca/its) for more information

**ITServices Help Desk is located in Stauffer Library**
Acceptable Use of Information Technology Resources Policy


Your computer practices affect others. Queen’s computer users may have access to a variety of services including: internet or wireless access, library resources and Queen’s email. Careless use can put everyone at risk.

Anytime you connect to the Queen’s network using any device (examples include: phone, laptop, notebook) you have to abide by the Queen’s University Acceptable Use of Information Technology Resources Policy.

When you use any Queen’s service, you are a “user”.

As a user, you need to:
- Use a secure password. Do not let others know your password. Do not share computer information with others.
- Use only the computing and network facilities and accounts that you are allowed. Don’t use software or access that does not belong to you.
- Respect copyright and intellectual property rights
- Use only your fair share of available resources and not interfere with the normal operation of these services.
- Respect the rights of others

Do not use any Queen’s resource or service, including the Queen’s network:
- to display obscene, vulgar or harassing messages or materials
- for any activity that breaks Canadian law.

Violations to the Acceptable Use of IT Resources Policy

If you do not follow the Queen’s University Acceptable Use of Information Technology Resources Policy, there are consequences.
- First incident – warning to stop the activity
- Second incident – written warning, restriction or complete suspension of computing privileges including network access.
**Campus Services**  
**On-Campus Dining**

Most cafeterias at Queen’s close during the summer or have limited times (usually in the morning or over the lunch hour only).

Starting from May 29 and lasting until August 31, a coffee and lunch cart will be set in Student Street (first floor) at Duncan McArthur Hall from 10:30am to 1:30pm.

Here’s their weekly menu:

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Chicken Noodle</td>
<td>• Chicken and Mango Stew</td>
<td>• Mexican Beef and Rice</td>
<td>• Turkey and Wild Rice</td>
<td>• Clam Chowder</td>
</tr>
<tr>
<td>• Cream of Potato</td>
<td>• Hearty Tomato Vegetable</td>
<td>• Cream of Broccoli</td>
<td>• Cream of Tomato</td>
<td>• French Onion</td>
</tr>
<tr>
<td>• Leek</td>
<td>• Navy Bean</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Mac ‘n’ Cheese</td>
<td>• Beef and Potato Stew</td>
<td>• Butter Chicken with Scented Rice</td>
<td>• Breaded Chicken Cutlet Sandwich with Greek Salad</td>
<td>No Special - BBQ @ Mac</td>
</tr>
<tr>
<td>• Italian Meatball Marinara with Pasta</td>
<td>• BBQ Chicken Legs with Roasted Potatoes and Buttered Corn</td>
<td>• Spicy Sausage in a Tomato Primavera Sauce</td>
<td>• Chicken and Vegetable Stir Fry with Scented Rice</td>
<td>No Special - BBQ @ Mac</td>
</tr>
<tr>
<td>• Personal Pepperoni Pizza</td>
<td>• Personal Pepperoni Pizza</td>
<td>• Personal Pepperoni Pizza</td>
<td>• Personal Pepperoni Pizza</td>
<td>• Personal Pepperoni Pizza</td>
</tr>
<tr>
<td>• Grab ‘n’ Go Salads and Sandwiches</td>
<td>• Grab ‘n’ Go Salads and Sandwiches</td>
<td>• Grab ‘n’ Go Salads and Sandwiches</td>
<td>• Grab ‘n’ Go Salads and Sandwiches</td>
<td>• Grab ‘n’ Go Salads and Sandwiches</td>
</tr>
<tr>
<td>• Hot and Cold Beverages</td>
<td>• Hot and Cold Beverages</td>
<td>• Hot and Cold Beverages</td>
<td>• Hot and Cold Beverages</td>
<td>• Hot and Cold Beverages</td>
</tr>
<tr>
<td>• Fresh Baked Muffins/Donuts/Cookies</td>
<td>• Fresh Baked Muffins/Donuts/Cookies</td>
<td>• Fresh Baked Muffins/Donuts/Cookies</td>
<td>• Fresh Baked Muffins/Donuts/Cookies</td>
<td>• Fresh Baked Muffins/Donuts/Cookies</td>
</tr>
<tr>
<td>• Snacks (Chips, Chocolate Bars, Gum)</td>
<td>• Snacks (Chips, Chocolate Bars, Gum)</td>
<td>• Snacks (Chips, Chocolate Bars, Gum)</td>
<td>• Snacks (Chips, Chocolate Bars, Gum)</td>
<td>• Snacks (Chips, Chocolate Bars, Gum)</td>
</tr>
</tbody>
</table>

- Fresh Baked Muffins/Donuts/Cookies
- Snacks (Chips, Chocolate Bars, Gum)
Hours of Operation – Retail Units

http://dining.queensu.ca/where-to-dine/hours-of-operations/

Please check the website for current hours of operation as they become available.

Hours of Operation – Dining Halls (Cafeterias)

Retail Food Outlets on Campus

<table>
<thead>
<tr>
<th>Retail Outlet</th>
<th>Location</th>
<th>Map Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Sidewalk Café</td>
<td>John Deutsch University Centre (JDUC)</td>
<td>F3 on map</td>
</tr>
<tr>
<td>Mackintosh-Corry Café</td>
<td>Mackintosh-Corry Hall</td>
<td>E5 on map</td>
</tr>
<tr>
<td>Tim Hortons</td>
<td>Biosciences Atrium</td>
<td>J6 on map</td>
</tr>
<tr>
<td>Stauffer Library Café</td>
<td>Stauffer Library</td>
<td>E3 on map</td>
</tr>
<tr>
<td>Garden Street Café</td>
<td>Botterell Hall B1</td>
<td>I8 on map</td>
</tr>
<tr>
<td>The Lazy Scholar</td>
<td>Victoria Hall</td>
<td>C7 on map</td>
</tr>
<tr>
<td>The Goodes Hall Café</td>
<td>Goodes Hall</td>
<td>D3 on map</td>
</tr>
<tr>
<td>Gord’s</td>
<td>Gordon-Brockington Hall</td>
<td>A10 on map</td>
</tr>
</tbody>
</table>

Hours of Operation – Cafeterias & Retail Units

http://dining.queensu.ca/where-to-dine/hours-of-operations/

Please check the website for current hours of operation as they become available.

Cafeteria and Café at nearby Kingston General Hospital

The Atrium (Cafeteria)

Hot meals, salad bar, pizza, deli, drinks and snacks
Location: Davies 0 (lower level)
7:00 a.m. – 7:00 p.m. 7 days/week

The Auxiliary Café

Soups, sandwiches, salads, drinks and baked goods
Location: Davies 1 (main lobby)
8:00 a.m. – 8:00 p.m. Monday to Friday
9:00 a.m. – 4:30 p.m. Saturday and Sunday
West Campus: Surrounding Area

1. Tim Hortons – coffee/tea, donuts, sandwiches and soups
   704 King Street West (Open 24 hours) (613) 545-1016

2. Subway – sandwiches
   692 King Street West (Open 7am-10pm Mon-Fri) (613) 547-7827
   www.subway.ca

3. King Mart – convenience store
   682 King Street West (613) 542-2515

4. Eunice Sushi – Japanese Restaurant
   682 King Street West (open for lunch and dinner) (613) 776-999
   http://eunicasushi.com/

5. Kai’s Delight – Chinese Cuisine
   680 King Street West (Open for lunch and dinner) (613) 547-5888
   www.kaisdelight.com

6. Peter’s Drug Store Ltd. - Pharmacy
   640 King Street West  613-417-0779
   http://www.yellowpages.ca/bus/Ontario/Kingston/Peters-Drugs-Ltd/1221837.html

7. Bearance’s Grocery – deli sandwiches, fruits and vegetables, snacks
   115 Livingston Avenue (at Union Street)
The Queen’s University International Centre (QUIC) offers a wide variety of services and programs to international and domestic students. Its lounge and hall provide a comfortable setting for relaxing, reading and meeting people.

Monday to Friday 8:30 a.m. – 4:30 p.m. (Includes May through August)

**OFFICE OF THE INTERNATIONAL STUDENT ADVISOR**

*International student advice, guidance and support*

- Immigration
- Study Permits
- Visa
- Mandatory University Health Insurance Plan (UHIP)
- Taxation
- Cross-cultural understanding and communication
- Accessing services on campus and in the community.

**EAT LUNCH**

**ACTIVITIES**

- Table tennis
- Newspapers
- Computers
- Wireless

**MAKE FRIENDS**

**SOCIAL OPPORTUNITIES**

- Dinners
- Skating Parties
- Cultural Events
- Trips

**VOLUNTEER OPPORTUNITIES**

- Country-Representative
- International Resource Library
  (Available September through April)

**GET ADVICE**

**PRACTICE ENGLISH**

**ADDITIONAL ENGLISH LANGUAGE SUPPORT**

Provided by volunteers through a once-weekly conversation group that is open to students of QSoE

**FACILITIES**

- Microwave
- Coffee
- Tea
Food Banks

AMS Food Centre (Campus)

“I cannot afford to buy healthy food for myself or my family. Is there help?”

★ YES! If you are unable to provide healthy food for yourself and your family, there is help available.
★ Bring your student card
★ Comfort and confidentiality are assured
★ FREE (no money needed)
★ Contact the Food Bank Coordinator for more information at 613-533-6972

Partners in Mission Food Bank (Kingston)

★ Will supply a week’s groceries to a family in need
★ You must be referred by another agency (such as QUIC)
★ Contact the International Student Advisor at QUIC for more information

Parking on Campus

Where can I park on campus?

☐ Hourly rate parking is available in the parking garage (corner of Stuart Street & University Avenue)
☐ Limited metered parking is available on Union Street, Barrie Street, Clergy Street & Division Street
☐ Student parking permits are available for Jean Royce Hall (West Campus)
☐ Annual parking permits for University lots are generally not available for students

Vehicles parked without a valid permit are ticketed and towed

Contact Parking Services, Rideau Building 613-533-6979
AMS Walk Home Service

What is the Walk Home Service?
Safety escort service for students
Provided by the Alma Mater Society (AMS)

When should I use Walk Home?
When you are on campus late at night alone
Whether you feel unsafe or not

Who are the staff?
This service is staffed by students
A team of one male and one female will walk or bike with you to your destination (within boundaries)

Call 613-533-WALK (9255)
Open All Year
7 Days/Week
Dusk – 2 or 3 am

Lost & Found

Online Report Form

Contact
lost.found@queensu.ca

Please note: Bring PHOTO ID to claim your lost item
The Farmer’s Market at Queen’s brings local, high quality and fresh tasting food to the Queen’s community through regular markets on campus. The vision of the market is to provide students easy access to locally produced food, thereby allowing an alternative to the traditional commercial food industry.

**Farmer’s Market**

**Farmer’s Market at Queen’s**


<table>
<thead>
<tr>
<th>Term</th>
<th>Days</th>
<th>Hours</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall term (September to November)</td>
<td>Wednesdays 9:00 a.m. – 4:00 p.m.</td>
<td>In front of Stauffer Library</td>
<td></td>
</tr>
<tr>
<td>Winter term (January to April)</td>
<td>Wednesdays 9:00 a.m. – 4:00 p.m.</td>
<td>Upper &amp; Lower Ceilidh of the JDUC</td>
<td></td>
</tr>
<tr>
<td>Spring term (as soon as weather permits)</td>
<td>Wednesdays 9:00 a.m. – 4:00 p.m.</td>
<td>Outside JDUC</td>
<td></td>
</tr>
</tbody>
</table>

The Farmer’s Market at Queen’s brings local, high quality and fresh tasting food to the Queen’s community through regular markets on campus. The vision of the market is to provide students easy access to locally produced food, thereby allowing an alternative to the traditional commercial food industry.

- Baked Goods
- Fruits
- Vegetables
- Herbs
- Cheese
- Maple Syrup
- International Cuisine
- Apple Cider
- Teas
- Coffees
- Soaps
- Jewellery
- Cut Flowers
- Plants
- Clothing
- Accessories
- Much, much more...

**Farmer’s Market in Market Square** (Downtown Kingston)

[http://www.kingstonpublicmarket.ca/](http://www.kingstonpublicmarket.ca/)

<table>
<thead>
<tr>
<th>Season</th>
<th>Market Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Summer Fall</td>
<td>Tuesday, Thursday, Saturday &amp; Holiday Mondays April – November 6:00 a.m. - 6:00 p.m.</td>
</tr>
</tbody>
</table>

**Antique Market**

Every Sunday April – October 8:00 a.m. – 4:00 p.m.

**Memorial Centre**

**Farmer’s Market**

*Where the farmers you meet grow the food you eat!*

Sundays starting May 10 (9am-2pm)

[www.memorialcentrefarmersmarket.com](http://www.memorialcentrefarmersmarket.com)
Services in Kingston
Tourist Information

Visitor Information Centre

- Maps
- Restaurants
- Hotels
- Museums
- Art & Theatre
- Entertainment
- Attractions & Recreation
- Culture & Heritage
- Local Transportation
- Travel to Other Cities
- Spiritual and Faith Resources
- Climate & Weather

Phone Cards
Available at convenience stores
Banking

**What should I take with me to open a bank account?**
1. Your Passport or Birth Certificate
2. A second piece of identification
3. Some money to deposit
4. Your Queen's Student ID to be eligible for special student plans

The person at the bank will direct you in applying for an account. Please ask him or her questions if there are details which you do not understand.

**ATM (Automatic Teller Machine)**
You will receive a plastic Bank Card when you open an account and will need to choose a secret password, also called a Personal Identification Number (PIN). When you apply for a bank account, ask for someone to show you how to use the bank machine. With it, you can do all of your routine banking, including withdrawing cash, depositing cash or cheques, paying bills and checking your transactions. Most bank machines in Canada have 24 hour access.

**Banks**

<table>
<thead>
<tr>
<th>Bank</th>
<th>Address</th>
<th>Telephone</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bank of Montreal</td>
<td>297 King Street East</td>
<td>613-545-3005</td>
<td>9:30 a.m. – 5:00 p.m.</td>
</tr>
<tr>
<td>Bank of Nova Scotia</td>
<td>168 Wellington Street</td>
<td>613-544-3033</td>
<td>9:00 a.m. – 5:00 p.m.</td>
</tr>
<tr>
<td>TD Canada Trust</td>
<td>94 Princess Street</td>
<td>613-549-8770</td>
<td>8:00 a.m. – 6:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Monday – Wednesday</td>
<td></td>
<td>8:00 a.m. – 8:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Thursday – Friday</td>
<td></td>
<td>8:00 a.m. – 4:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TD Canada Trust</td>
<td>1062 Princess Street (Kingston Centre)</td>
<td>613-546-2666</td>
<td>8:00 a.m. – 8:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Monday – Friday</td>
<td></td>
<td>8:00 a.m. – 4:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td></td>
<td>11:00 p.m. – 4:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Sunday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CIBC</td>
<td>256 Bagot Street</td>
<td>613-546-8000</td>
<td>9:00 a.m. – 5:00 p.m.</td>
</tr>
</tbody>
</table>

**(All Queen’s University campus cash machines)**

**Money Exchange**

<table>
<thead>
<tr>
<th>Wellington Foreign Exchange</th>
<th>Address</th>
<th>Telephone</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>153 Wellington Street</td>
<td>613-531-8731</td>
<td>9:00 a.m. – 5:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Monday – Friday</td>
<td></td>
<td>10:00 a.m. – 4:00 p.m.</td>
</tr>
</tbody>
</table>

Website: [http://www.wellingtonfx.com](http://www.wellingtonfx.com)

**Currency Conversion Websites**

http://www.xe.com
http://money.msn.com/
Things to Do in Kingston in the Summer

Markets

Kingston Public Market [www.kingstonpublicmarket.ca]

**Price:** Free admission, purchase at own expense

**Description:** Established in 1801, the Kingston Public Market operates every Tuesday, Thursday and Saturday from 9:00 a.m. to 6:00 p.m. in Springer Market Square- watch for special market events & Antique Market on Sundays.

**Directions:** Downtown, behind City Hall (King Street, between Brock Street and Market Street)

Memorial Centre Market [http://memorialcentrefarmersmarket.ca/]

**Price:** Free admission, purchase at own expense

**Description:** Established a few years ago, the Memorial Centre Market operates every Sunday from 9am to 2pm and features local farmers, vendors with hot food and local musical performers.

**Directions:** At the southwest side of Memorial Centre, Downtown, (Alfred and York St)

Museums

Fort Henry [http://www.forthenry.com]

**Price:** Regular Admission: $17.00, Special Event Admission $25.00

**Description:** Open 9:30 a.m. to 5:00 p.m. daily. The Fort dates back to the War of 1812 (between Great Britain and the United States). It is a very important location for military defense at the intersection of three important waterways: the Rideau Canal, the St. Lawrence River, and Lake Ontario. Please note you will visit Fort Henry once as part of your program.

**Special Events:**
Sunset Ceremonies Wednesday evenings - 8:00 p.m.
The World Famous, award-winning Sunset Ceremonies feature the Fort Henry Drums, Drill Squad, and Artillery Detachment presenting an interpretive story of 1860s military music, precision drill and big-bang artillery maneuvers, including a mock battle and state-of-the-art projection elements that bring the ceremony to life! This is a rain or shine event!

**Directions:** Take Kingston Transit City Bus “12 Highway 15” to the Fort Henry Drive stop

For Daytime routes and schedules, please see:
[http://www.cityofkingston.ca/residents/transportation/transit/schedules/index.asp]

**Price:** Admission by donation (suggested donation is $2.00 - $5.00 per person)

**Description:** The story of Canadian health and medicine tells how people have preserved health and managed disease, pain, and suffering. The Museum of Health Care at Kingston strives to connect visitors with the experience of people in past times and provide context and perspective on today's health issues.

**Directions:** Located on Queen’s University Campus, in the Ann Baillie Building National Historic Site at 32 George Street (near Kingston General Hospital). Walk south on University Avenue to Stuart Street. Turn left on Stuart Street, then right on George Street.


**Price:** Admission by donation (suggested donation is $2.00 - $5.00 per person)

**Description:** Built in 1873 as the Kingston Penitentiary Warden’s residence, “Cedarhedge” now houses Canada’s Penitentiary Museum. Investigate the history of Canada’s federal penitentiaries.

**Directions:** Located near West Campus at 555 King St. West at Sir John A. Macdonald Boulevard (enter off Sir John A. Macdonald Blvd. South)

Other Areas of Interest


**Price:** Admission free; purchases at own expense

**Description:** Take the free ferry to beautiful Wolfe Island. Wolfe Island is the largest of the world-renowned Thousand Islands. Located where Lake Ontario ends and the St. Lawrence River begins its flow to the Atlantic, its beautiful sunrises, breath-taking sunsets and spectacular night-time skies are a big part of its charm.

**Directions:** Ferry dock is located downtown across from the K-Centre, at Ontario Street and Barrack Street. Walk onto the ferry 20 minute ride to Wolfe Island. A ferry leaves approximately once an hour.


**Price:** Admission free, $20 approximate taxi cab ride from Queen’s  

**Description:** Bordered by Lake Ontario and Collins Bay, Lemoine Point is 136 hectares of forest, field and marsh, with a spectacular waterfront. Many opportunities for recreation and nature appreciation are available in all seasons.

Open from 7:30 a.m. to dusk daily.

**Directions:** Taxi driver will know the directions

Amey’s Taxi 613-546-1111

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**Tours**

**City Hall Tour**  [http://www.cityofkingston.ca/city-hall/about-city-hall](http://www.cityofkingston.ca/city-hall/about-city-hall)

**Price:** Admission free

**Description:** Kingston City Hall, National Historic Site, was built in the 1840s when Kingston was the first Capital of Canada. City Hall houses the largest known portrait of Sir John A. Macdonald, Canada's first Prime Minister. The stained-glass windows of Memorial Hall depict the many battles of the First World War. Weekend guided tours are available every Saturday and Sunday, August.

**Directions:** Located at 216 Ontario Street, downtown, behind Market Square.


**Price:** Approximately $15.00, Reservations are recommended. Please call 613-549-6366.

**Description:** Offers a variety of unique historical walking tours. Best known for evening tours of local ghost stories and darker history. These tours take place when the lights are low and the atmosphere is just right for a good ghost story. Tour Guides wear cloaks and carry a lantern as they lead their groups through the quiet city streets. None of the stories are exaggerated and several years of research have gone into each tour.

**Directions:** 200 Ontario Street (in the lobby of the Prince George Hotel)
The Old Stones Walking Tour  http://www.uelac.org/Kingston/Walking_tour_brochure.pdf

**Price:** free

**Description:** Download brochure from link above and follow the tour. Learn about historical buildings and architecture. Many buildings are made of limestone, a very common type of rock in the Kingston area.

**Directions:** Follow the brochure. Most of the buildings are located on King Street.

Other Historic Kingston Walking Tours  http://www.stoneskingston.ca/

**Price:** free

**Description:** A great way to explore and celebrate Kingston's bounty of beautifully preserved and historically significant 19th century properties.

**Directions:** All tours follow routes starting from City Hall at 216 Ontario St.

Entertainment

**June, July & August - Music in the Park**

**Price:** free

**Description:**

Noon Hour Series - Tuesday, Thursday & Saturdays at 12:30pm, Confederation Park

Downtown Country - Thursdays at 7pm, Confederation Park

Sounds at St. Andrew’s - Saturdays at 4-5pm, St. Andrew’s Church Lawn (130 Clergy Street at Queen Street)

Big Band Fridays - Fridays at 7pm, Springer Market Square Courtyard

**Directions:** Confederation Park is across the street from City Hall, right beside the Visitor Information Centre. St. Andrew’s Church is at 130 Clergy Street at Queen Street. Market Square is behind City Hall.
June, July & August - Movies in the Square

**Price:** free

**Description:** Grab your lawn chair or blanket and come down to Springer Market Square for another great season of Movies in the Square! Show time is at dusk.

**Directions:** Market Square, downtown, behind City Hall

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**Landmark Cinemas Kingston** [http://www.landmarkcinemas.com/kingston](http://www.landmarkcinemas.com/kingston)

**Price:** Approximately $10.00 - $15.00

**Description:** Current Hollywood movies

**Directions:** Located at 120 Dalton Avenue, at the corner of Dalton & Division. Take bus “7 Invista Centre – Division St/Dalton Ave”. Exit the bus at the King’s Crossing Mall stop.

*Important:* You should take a bus or taxi home after dark as it is not recommended to walk through these neighbourhoods at night.

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**Cineplex Odeon Movie Theatre**


**Price:** Approximately $10.00 - $15.00

**Description:** Uptown Movie Theatre – current Hollywood movies

**Directions:** 636 Gardiner’s Road - take bus "7 Cataraqui Town Centre/INVISTA via John Counter Boulevard". Exit the bus at the Gardiners Road at Fortune Crescent stop.

For Kingston Transit Bus routes and schedules, please see: [http://www.cityofkingston.ca/residents/transportation/transit/schedules/index.asp](http://www.cityofkingston.ca/residents/transportation/transit/schedules/index.asp)
## Food

### Grocery Stores:

<table>
<thead>
<tr>
<th>Store</th>
<th>Address</th>
<th>Operating Hours</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Loblaws</strong></td>
<td>1100 Princess St. (Kingston Centre) Princess Street at Bath Road</td>
<td>Tuesday - Monday: 7:00 a.m. to 11:00 p.m.</td>
<td>613-530-3861</td>
</tr>
<tr>
<td><strong>Metro</strong></td>
<td>310 Barrie St. (Corner of Barrie &amp; Princess Street)</td>
<td>Monday – Sunday: 24hrs/day</td>
<td>613-542-5795</td>
</tr>
<tr>
<td><strong>Bearance’s Grocery</strong></td>
<td>61 Livingston Avenue (Corner of Union &amp; Livingston)</td>
<td>Monday – Saturday: 9:00 a.m. to 6:00 p.m.</td>
<td>613-548-4441</td>
</tr>
</tbody>
</table>

### Specialty Stores:

<table>
<thead>
<tr>
<th>Store</th>
<th>Address</th>
<th>Description</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pan Chancho Bakery &amp; Café</strong></td>
<td>44 Princess Street</td>
<td>(Breads and gourmet foods to go)</td>
<td>613-544-7790</td>
</tr>
<tr>
<td><strong>Quattrochi’s Specialty Foods</strong></td>
<td>662 Montreal Street</td>
<td>(Many different spices, vegetables, Middle Eastern &amp; Far East foods)</td>
<td>613-542-4996</td>
</tr>
<tr>
<td><strong>Tara Natural Foods</strong></td>
<td>81 Princess Street</td>
<td>(Specializes in health food, many vegetarian and vegan items)</td>
<td>613-546-4439</td>
</tr>
<tr>
<td><strong>Asian Market</strong></td>
<td>354 Princess Street</td>
<td>(Specializes in Asian food)</td>
<td>613-547-0329</td>
</tr>
<tr>
<td><strong>Cooke’s Fine Foods</strong></td>
<td>61 Brock Street</td>
<td>(International Coffee, European candy, cookies, condiments)</td>
<td>613-548-7721</td>
</tr>
</tbody>
</table>
Off Campus Restaurants

*Please Note: The Canadian custom is to add a 15% gratuity (tip).*

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amadeus Café</td>
<td>170 Princess St, (European)</td>
<td>613-546-7468</td>
</tr>
<tr>
<td>Asian Star</td>
<td>575 Princess St, (Asian)</td>
<td>613-549-1800</td>
</tr>
<tr>
<td>Atomica</td>
<td>71 Brock Street, (Gourmet Pizza/Italian)</td>
<td>613-530-2118</td>
</tr>
<tr>
<td>Cambodian Village</td>
<td>347 King St, (Thai &amp; Cambodian)</td>
<td>613-536-0426</td>
</tr>
<tr>
<td>Classics Tea Lounge</td>
<td>399 Princess St. (Asian &amp; Bubble Tea)</td>
<td>613-546-0426</td>
</tr>
<tr>
<td>Curry Original</td>
<td>253-A Ontario St, (Indian)</td>
<td>613-531-9376</td>
</tr>
<tr>
<td>Darbar Restaurant</td>
<td>479 Princess St, (Indian)</td>
<td>613-548-7053</td>
</tr>
<tr>
<td>Frankie Pestos Eatery</td>
<td>167 Ontario St, (Italian)</td>
<td>613-542-1071</td>
</tr>
<tr>
<td>Grecos</td>
<td>167 Princess St, (Greek)</td>
<td>613-542-2229</td>
</tr>
<tr>
<td>Kame</td>
<td>156 Division St. (Japanese &amp; Izakaya)</td>
<td>613-546-6399</td>
</tr>
<tr>
<td>Mekong Restaurant</td>
<td>394 Princess St, (Vietnamese)</td>
<td>613-549-5902</td>
</tr>
<tr>
<td>Minos Restaurant</td>
<td>2762 Princess St, (Greek)</td>
<td>613-384-2021</td>
</tr>
<tr>
<td>Oriental Restaurant</td>
<td>842 Princess St, (Chinese &amp; Szechuan)</td>
<td>613-549-7685</td>
</tr>
<tr>
<td>Pan Chancho Bakery &amp; Café</td>
<td>44 Princess Street (breakfast/lunch)</td>
<td>613-544-7790</td>
</tr>
<tr>
<td>Phnom-Penh Restaurant</td>
<td>347 King St, (Cambodian &amp; Thai)</td>
<td>613-545-2607</td>
</tr>
<tr>
<td>Saigon Delights</td>
<td>272 Bagot St, (Vietnamese)</td>
<td>613-546-3690</td>
</tr>
<tr>
<td>Saigon Delights</td>
<td>217 Division St. (Vietnamese)</td>
<td>613-536-5460</td>
</tr>
<tr>
<td>Sakura Restaurant</td>
<td>1350 Bath Rd. (Tapanyaki)</td>
<td>613-531-8882</td>
</tr>
<tr>
<td>SIMA Sushi</td>
<td>66 Princess St. (Japanese)</td>
<td>613-542-8040</td>
</tr>
<tr>
<td>Sapporo Kingston</td>
<td>277 Bath Rd, (Japanese)</td>
<td>613-531-2662</td>
</tr>
<tr>
<td>Ta-Ke Sushi</td>
<td>120 Princess Street, (Japanese &amp; Korean)</td>
<td>613-544-1376</td>
</tr>
<tr>
<td>The Greek Islands</td>
<td>331 Bath Rd, (Greek),</td>
<td>613-544-7335</td>
</tr>
<tr>
<td>The Works</td>
<td>298 Princess St. (Gourmet Burger Bistro)</td>
<td>613-547-6000</td>
</tr>
</tbody>
</table>
Shopping for Clothing

**Second-Hand Stores**
Low prices, used clothing & household goods

<table>
<thead>
<tr>
<th>Second-Hand Stores</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase 2</td>
<td>353 Princess Street</td>
<td>613-544-5393</td>
</tr>
<tr>
<td>Value Village</td>
<td>1300 Bath Road</td>
<td>613-536-5051</td>
</tr>
<tr>
<td>Salvation Army Store</td>
<td>472 Division Street</td>
<td>613-531-5002</td>
</tr>
<tr>
<td>The Goodway</td>
<td>844 Division Street</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Opening Sept 16, 2015</td>
</tr>
</tbody>
</table>

**Discount Department Stores**
Relatively low prices, new items, wide variety

<table>
<thead>
<tr>
<th>Discount Department Stores</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wal-Mart</td>
<td>1130 Midland Avenue</td>
<td>613-384-9071</td>
</tr>
<tr>
<td>Zellers</td>
<td>945 Gardiners Road, Cataraki Town Centre</td>
<td>613-389-1203</td>
</tr>
</tbody>
</table>

**Department Stores**
Wide variety of quality items, prices can be higher than discount stores

<table>
<thead>
<tr>
<th>Department Stores</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sears</td>
<td>945 Gardiners Road, Cataraki Town Centre</td>
<td>613-384-4447</td>
</tr>
<tr>
<td>The Bay</td>
<td>945 Gardiners Road, Cataraki Town Centre</td>
<td>613-384-3888</td>
</tr>
<tr>
<td>The RioCan Center</td>
<td>616 to 670 Gardiners Road (variety of stores)</td>
<td></td>
</tr>
</tbody>
</table>

**Factory Outlets (King’s Crossing Fashion Outlets)**


Located at Division Street and Dalton Avenue (near highway 401)
Save 30% to 80% on everyday low pricing at the following retailers

<table>
<thead>
<tr>
<th>Factory Outlets</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adidas Outlet</td>
<td>Athletic Wear</td>
<td></td>
</tr>
<tr>
<td>Bench.ca</td>
<td>Clothing &amp; Accessories for Men &amp; Women</td>
<td></td>
</tr>
<tr>
<td>Boston Pizza</td>
<td>Restaurant/Sports Bar</td>
<td></td>
</tr>
<tr>
<td>Columbia Sportswear Company</td>
<td>Athletic Wear</td>
<td></td>
</tr>
<tr>
<td>Carter's Osh Kosh</td>
<td>Clothing for Babies and Children</td>
<td></td>
</tr>
<tr>
<td>Designer Fashion Exchange (DFX)</td>
<td>Ladies Clothing</td>
<td></td>
</tr>
<tr>
<td>George Richards</td>
<td>Big and Tall Men’s Wear</td>
<td></td>
</tr>
<tr>
<td>Jones New York Factory Store</td>
<td>Ladies Clothing</td>
<td></td>
</tr>
<tr>
<td>la Vie en Rose</td>
<td>Lingerie</td>
<td></td>
</tr>
<tr>
<td>Laura</td>
<td>Ladies Clothing</td>
<td></td>
</tr>
<tr>
<td>Levi’s Outlet</td>
<td>Unisex Clothing</td>
<td></td>
</tr>
<tr>
<td>Magnotta Winery</td>
<td>Wine</td>
<td></td>
</tr>
<tr>
<td>Paderno Kitchen Store</td>
<td>Cooking/Housewares</td>
<td></td>
</tr>
<tr>
<td>Puma</td>
<td>Athletic Wear</td>
<td></td>
</tr>
<tr>
<td>Reebok/Rockport Outlets</td>
<td>Athletic Wear</td>
<td></td>
</tr>
<tr>
<td>Ricki’s</td>
<td>Ladies Clothing</td>
<td></td>
</tr>
<tr>
<td>Roots</td>
<td>Men’s, Ladies, and Children’s Clothing</td>
<td></td>
</tr>
<tr>
<td>Stokes</td>
<td>Housewares</td>
<td></td>
</tr>
<tr>
<td>Tait’s Bakery &amp; Deli</td>
<td>Sandwiches and baked goods</td>
<td></td>
</tr>
<tr>
<td>Tommy Hilfiger Outlet</td>
<td>Unisex Clothing</td>
<td></td>
</tr>
<tr>
<td>Tootsies Shoe Market</td>
<td>Footwear</td>
<td></td>
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</tbody>
</table>
Transportation

Kingston Transit (City of Kingston Buses)

Kingston Transit Schedules
http://www.cityofkingston.ca/residents/transportation/transit/schedules/index.asp

Kingston Transit Trip Planner
http://www.cityofkingston.ca/residents/transit/trip-planner
Enter date, time, start and end locations to find best route

Bus & Train Schedules (For Trips to Other Cities)

Coach Canada/Trentway-Wager Bus http://www.coachcanada.com/coachcanada/language.asp 613-547-4916
TriColour Express Bus http://www.tricolouroutlet.ca 613-533-2120
Voyageur Bus http://www.greyhound.ca/home/ 613-547-4916
Via Rail Train http://www.viarail.ca/en 1-888-842-7245

Car & Truck Rental

National Car and Truck Rental 600 Princess Street 613-546-2228
Budget 601 Princess Street 613-546-3231
Discount 672 Golden Mile Road 613-384-6002
Hertz 676 Princess Street 613-531-3260

Please Note: Only drivers listed on the rental agreement may drive a rental car.
Please read all rental agreements carefully.

Taxi Services

Amey’s Taxi Limited 613-546-1111
Modern Taxi Cab Limited 613-546-2222
City Taxi 613-542-3333

Travel Services

Algonquin TravelPlus 945 Gardiner’s Road, Cataraqui Town Centre 613-545-1880
Carlson Wagonlit Travel 275 Ontario Street 613-544-0777
Merit-Odyssey Travel 186 Princess Street 613-549-3553
Year Round Entertainment

Movies
Cineplex Odeon 626 Gardiner’s Road 613-634-4197
Landmark Cinemas 120 Dalton Avenue 613-547-7887
The Screening Room 120 Princess Street 613-542-6080

Concerts & Live Theatre
K-Rock Centre 1 Barrack Street 613-650-5000
The Grand Theatre 218 Princess Street 613-530-2050
Kingston Symphony Association 11 Princess Street 613-546-9729
Queen’s Performing Arts The Isabel Bader Centre for the Performing Arts 613-533-2424
Queen’s University Policy Against Campus Violence

Queen’s University promotes the highest possible level of safety in all of its activities. The study and work environment must be free from violence, threats of violence, harassment, and other forms of disruptive behaviour. All staff, faculty and students share the responsibility for creating and maintaining an environment that is free from violent behaviour.

This policy recognizes that campus violence often begins with disruptive behaviour or threats that can become more serious.

Threats, harassment, intimidation and other disruptive behaviour will not be tolerated. Violent behaviour includes spoken or written statements, gestures, or expressions that communicate a direct or indirect threat of physical harm. All reports of incidents will be taken seriously. Individuals who commit such acts may be banned from the campus and may be subject to disciplinary action, criminal penalties, or both.

What to do in Emergencies:

1. If you witness or experience an accident, emergency, violence or threats of violence, or if you feel that a visitor, another student, or a staff member might become violent, report the situation to your monitor, teacher, the program director, or campus security. The emergency telephone number for Queen’s Campus Security is 36111.

2. If you feel that someone’s life is at risk, call Queen’s Campus Security from any red and yellow emergency telephone inside buildings on the Queen’s campus. Someone will come to where you are immediately. If you are outside, you can pick up any of the outdoor phones under the blue lights. You will see these on campus tours with monitors during orientation. You can also call 613-533-6111 from a regular phone or cell phone.

3. If you or someone else needs medical attention (such as a broken bone, deep cut, or serious burn), but it is not life-threatening, please call Campus First Aid (September to April). During the summer, please call the Campus Security Emergency number 36111.

4. To call Kingston Police, Fire Department, or for an Ambulance to take someone to a Hospital, call 9-1-1 from any telephone, including a cell phone (even if there are no minutes left and it is not on a service plan).

5. There is a new campus security mobile safety App called “SeQure”. It provides quick access to campus security resources, including the campus security emergency line, and student government services such as AMS Walkhome. SeQure also provides tips, information and tools to help students further enhance their security. This app was developed with direction from the Queen’s University Campus Safety Working Group. The app currently works on iPhone, iPad, and Android devices. You can download it for free from iTunes.
Tips for Traveling (especially during Break Week)

Please read this information carefully.

1. **Traveling to the United States:** You **must** have additional health insurance. Your UHIP does not cover you for travel outside of Canada. You can purchase coverage for each day that you will be in the United States. It is not expensive. Go to any travel agency to buy a policy. (*It is very expensive to receive medical treatment in the United States without health insurance.*)
   - Take a copy of your health insurance policy with you. Make a photocopy to leave with someone here in Kingston.
   - Make a photocopy of your passport and American visa. Leave these copies with a friend in Kingston. If you lose your passport, it will be much faster and easier to replace it if you have all the information.

2. **Renting a car:** You can choose to have only one driver or additional drivers at an additional cost. Do not allow **anyone** to drive the car if that person is not on the official list. If that person has an accident, he or she will have to pay **all** costs, which can be thousands of dollars. If you have rented a car and plan to go to the U.S.A., do not take anyone with you who does not have the necessary health insurance. Ask to see their proof of insurance before you agree to take them in your car.

3. **Documents:** Be sure you have your passport, visa and insurance card before you leave home. Friends traveling together should check with each other before leaving Kingston. It will be frustrating to be turned back from the border because one person has forgotten his or her visa.

4. **Safety:** Tell someone in Kingston where you are going, when you plan to return, and (if possible) provide a contact telephone number or address. Remember to bring your phone number with you and contact him/her if your plans change. Please also give this person the phone number for the School of English and ask them to contact us if you will be unexpectedly absent from class.

5. **Money:** Don’t carry a lot of cash with you. If you must, put it in a secure, zippered money belt that fastens around your waist under your shirt. Your passport should go in your money belt too. **Do not leave your passport or any money in your hotel room.**

*If you travel, be safe! Most QSoE students have traveled before, but some students have had problems with the issues mentioned here. If you have any worries or concerns about your trip, talk to your teacher or a staff member before you go.*
West Campus
Kingston City Map