Student Guide

Queen’s and Kingston
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QSoE Student Life Program

Activities
Queen's School of English organizes a full program of extra-curricular activities for the students in each session. These events include films, sports, baking, indoor and outdoor games, along with sightseeing, shopping, festivals, and visits to Kingston's many cultural and historic sites. We hire fun and responsible Queen’s University students as monitors to lead all of our student life activities, events and trips. These events are listed on our activity calendar, which is distributed to classes but also available at the office and on our website. For students in our longer programs, be sure to get involved in our Volunteer Club and increase your English speaking skills by joining our Conversation Partner Program!

Activity Calendar: http://www.queensu.ca/qsoe/calendar

Trips
QSoE offers trips to attractions outside of Kingston (i.e. Toronto, Niagara Falls and Ottawa). The trips are optional but there is an extra fee for joining them. These additional trips are organized and operated by Queen’s School of English for the purpose of giving you a chance to see areas of significant interest to Canada alongside your classmates and monitors. Trips are advertised at welcome meetings and all school meetings and trip tickets are purchased online through CTE Centre; https://ctecenter.ca
What's Going On
Besides our Activity Calendar, we also send all students a weekly "What's Going On" email with reminders about activity events and information about other local events.

Facebook
Likes us on Facebook! See what’s happening at activities and on trips!
QSoE Facebook: https://www.facebook.com/qsoecanada

Twitter
Follow us on Twitter! See what everyone is tweeting about.
QSoE Twitter: @Queens_SoE

Queen’s University Clubs – Fall and Winter Only

Get Involved! (QU Clubs)
Queen’s University clubs are a great way to meet new people and improve your skills! Below are some examples of clubs that might interest you. Check out this link for more information and to view many more choices. www.myams.org/clubs/club-profile-pages.aspx

<table>
<thead>
<tr>
<th>Arts &amp; Music</th>
<th>Social Interest</th>
<th>Social Issues</th>
<th>Volunteer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Queen's Dance District Club</strong>&lt;br&gt;an inclusive community that respects and acknowledges all dancers regardless of style, genre and skill level.</td>
<td><strong>Queen’s Board Game Club (QBGC)</strong>&lt;br&gt;weekly meetings where a variety of board games are provided and people can play them as they wish.</td>
<td><strong>Students for Wishes</strong>&lt;br&gt;grants wishes to children with life-threatening medical conditions and is dedicated to improving the quality of life for children in our community.</td>
<td><strong>Queen's Helping Hands Association</strong>&lt;br&gt;Plan events to raise money for various causes that are important to the members of our committee.</td>
</tr>
<tr>
<td><strong>Queen's Music Club (QMC)</strong>&lt;br&gt;jam sessions all through the week: learn a few new tricks or simply hang out and make music.</td>
<td><strong>Queen's Film Production Club</strong>&lt;br&gt;contributing to any creative area of the filmmaking process: actors, writers, musicians, artists, editors, cinematographers and stunt people.</td>
<td><strong>Queen's Greens</strong>&lt;br&gt;“green-minded” students looking to educate ourselves and others on Canadian, Ontario, and Kingston sustainability, conservation, and food security issues.</td>
<td><strong>Soul Food</strong>&lt;br&gt;delivers the unserved food from all Queen’s cafeterias to Kingston shelters, organize a volunteer roster for Martha’s Table and hold events to raise awareness.</td>
</tr>
<tr>
<td><strong>Photo-Ops</strong>&lt;br&gt;learn about photography or experiment with your own ideas; explore your creativity through planning and designing projects.</td>
<td><strong>International Food Appreciation Team (IFAT)</strong>&lt;br&gt;Organize monthly food-related events: cooking workshops, restaurant outings, wine/beer tastings, cookie exchanges, and much more!</td>
<td><strong>UNICEF Queen's</strong>&lt;br&gt;the largest child-focused humanitarian agency in the world whose programs address children’s rights: health, education, equality, protection.</td>
<td><strong>Providence Care Volunteer Club (PCVC)</strong>&lt;br&gt;opportunities include one-on-one patient interactions and close interaction with healthcare professionals.</td>
</tr>
</tbody>
</table>
How to Enjoy the Seasons in Kingston

WEATHER & HEALTH

Summer

Summertime in Canada is the perfect chance for adventures and exploring! However, preparing yourself for this season is an important part of fully enjoying everything summer has to offer.

CLOTHING:

Choosing clothes for summer weather will depend a lot on your personal preferences however; there are a few tips to keep in mind when selecting your outfit!

✓ It may be hot outside, but air-conditioned buildings are often cold so bring layers.
✓ Getting a tan can be part of summer weather, but when spending a lot of time in the sun, consider wearing long sleeve tops and pants made from lightweight and breathable fabrics in order to stay cool, while protecting your skin from the sun.
✓ Bring or wear a hat when you go outside. This will also help keep the sun from burning your scalp and your ears.
✓ Sunglasses are also an essential item to consider when preparing to enjoy a Canadian summer! These will keep your eyes safe while out in the sun.
✓ Whenever you have skin that exposed to the sun, wear sunscreen! Sunscreen can be purchased at all drug stores and most grocery stores. Ideally, you should look for something with an SPF 30.

PHYSICAL HEALTH:

• When checking the weather and temperature for the day ahead of you, keep in mind that there is the projected temperature and then there is the temperature that factors in the humidity and UV level. Therefore, you should plan your clothing and activities based on what the temperature will feel like. E.g. Today will be 25 degrees Celsius. With the humidity, it will feel like 32 degrees Celsius. That is a big difference if you are thinking about going for a run!
• Breathing can change when the air is thick with humidity, so pay attention to your breathing when you are participating in physical activity and take frequent breaks in a cool or shaded area when possible.
• It is very easy to become dehydrated and get heatstroke when you spend a lot of time outside! Symptoms of heatstroke or sunstroke include a bad headache, dizziness, lightheadedness, nausea, vomiting, and quick shallow breathing. To avoid heatstroke, drink lots of water, take
frequent breaks in a cool area, eat regularly, wear sunscreen and a hat, as well as know your limits in the sun!

- We have mosquitos! They bite and cause skin irritation and itchiness. To keep them away, you can buy bug spray from any drug store and most grocery stores. Mosquitos especially enjoy coming out at night, so be sure to spray yourself in the evenings.
- The days are long in the summer months so, when travelling late at night, be aware of your surroundings and always have a safe way of getting home from activities and events.
- Swimming is an excellent way to cool off and enjoy summer! There are lots of beaches and places to swim in Kingston. Water, however, can be dangerous and it is important to swim safely. Do not go swimming alone, make sure the area is a safe swimming site and meant for swimming, be aware of your skills and level of comfort in the water, and keep a cellphone with you in the event you need to dial 911 for help.

**Fall & Winter**

When you are properly prepared, fall and winter are a fun and exciting time of year. Winter officially starts December 21 but we often experience winter-like weather before this time. The period of time in which the body is making the adjustment to lower temperatures is the most uncomfortable. Once you have made the transition to dressing for the cold, you can experience many enjoyable cold weather activities. One variable element of Canadian winters is the **Wind Chill Factor**. Wind chill is how cold the temperature feels on exposed skin. The wind chill temperature is always lower than the air temperature. When you look at the weather forecast you should dress for the Wind Chill temperature and not the actual temperature.

**CLOTHING:**

Fall and winter clothing should be wind-proof (to help protect you from the wind chill factor) and water-proof. Cover the pulse points (neck, wrists, and ankles). If your skin is not properly covered in winter, and the temperature is below 0, your skin could freeze after spending some time outside. This is called *frostbite*.

**Feet** – Keep feet dry and warm. For winter you should buy boots that have deep grooved treads with a maximum amount of surface contact. You might want to consider getting removable ice cleats for better traction in freezing rain.

**Hands** – In winter mittens or gloves are necessary. Look for mittens or gloves which are wind-proof.

**Head** – In winter a good hat or toque will protect your ears and forehead as well as preventing heat loss through the top of your head

**Neck** – Prevent wind and cold from reaching your neck or blowing inside clothing with a scarf in winter.
**Body** – Try layering your clothes for warmth such as wearing a T-shirt or undershirt under your shirt or sweater and then a jacket as well. You might want to use long underwear under your pants.

**Jacket/Coat** – The longer the jacket or coat, the warmer it will be. Look for pockets to slip hands into and a wind-proof lining. The jacket or coat should be large enough to accommodate a sweater. Don’t forget to add snow pants (ski pants) to keep your legs warm during outdoor activities!

**In very cold weather, expose as little skin as possible. Frostbite can happen in a very short time, especially if cold temperatures are accompanied by high winds.**

**PHYSICAL HEALTH:**

- Fall can be a sad time of year as the air gets colder and the days get shorter in Kingston. The time change in the fall means it will be dark by 4:30pm in December.
- Get lots of oxygen by spending time outside. Exercise regularly, preferably out of doors.
- Walk safely. Slow down and stay aware. Ice cannot always be seen either underfoot or hanging above your head. In the winter, watch out for falling ice when entering and leaving buildings especially on warmer or sunny days. When walking on ice shorten your stride length and walk carefully. After a heavy snowfall sidewalks disappear and pedestrians are forced onto the streets. Always walk facing oncoming traffic, and be prepared to climb up onto the snow bank if necessary. Avoid walking in the dark if at all possible.
- Check weather reports before leaving the house and dress accordingly. Conditions can change a lot over 24 hours.
- Get some information on colds and flu. Remember to sleep enough, drink plenty of water and eat fruit and vegetables to get your required vitamins. There is no medicine to get rid of a cold. Prevention tip: **wash your hands often** and do not put them near your eyes, nose or mouth as this is the most common way for viruses to be introduced into your body.
- In the winter make sure your bedroom has moist air - moisture protects the sensitive tissues in your nose and throat from drying out and becoming vulnerable to cold viruses. Dry air can also cause headaches. Reduce heat in your living area at night. When the air is dry, your skin will be dry, flaky and itchy. Use a moisturizer.

**IDEAS FOR STRESS MANAGEMENT**

1. Find a creative outlet
2. Keep a journal
3. Find a balance between work and play
4. Stay physically active, preferably out of doors
5. Laugh
6. Make friends
7. Confide in friends
8. Join Student Life Activities
9. Manage your time and workload wisely
Queen’s University Student Card Uses

**GYM**
- WORK OUT
- SWIM
- PLAY SPORTS
  
  http://www.gogaelsgo.com/

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

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

**RESOURCE 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/

**CITY BUSES**
- TRAVEL FREE ON ALL KINGSTON TRANSIT CITY BUSES
  
  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 allows you to make your own fitness schedule! Take advantage of the many casual recreation options on campus.

Main Campus ARC
284 Earl St.
613-533-2500
www.rec.gogaelsgo.com/index.aspx

Student Card MUST be provided to enter recreation area & to borrow equipment

ARC Programs & Activities
Cardio Zone
Elliptical Machines
Treadmills
Stationary Bikes
Stairmasters
Free weights
Weight Machines
Warm up area
Racquetball
Dance Studios
Gymnasiums
Basketball
Volleyball
Badminton
Swimming pool
Indoor track

Items to bring...
- student card to “swipe in”
- work-out clothing
- athletic footwear (no black soles)
- water bottle
- lock (day use locker)
- towel for pool or shower
- bathing suit for pool

If you’re working out late at night, consider using WALKHOME to get back home safely
613-533-9255
If you need to see a doctor you have options

- **Non-Urgent Care:** Student Wellness Services in the LaSalle Building, 146 Stuart Street, Call 613-533-2506 to make an appointment
- **Urgent Care:** Hotel Dieu Hospital, 166 Brock St., 613-544-6400, open 8am to 8pm
- **Emergencies:** Kingston General Hospital, 76 Stuart St., 613-548-3232, open 24 hours a day
- **If you cannot get yourself to a hospital in an emergency, immediately dial 911**

No matter where you go to receive medical care, **ALWAYS BRING:**

- UHIP or other health insurance card
- Student card
- Any prescription medications that you take

Personal Counselling on West Campus

Personal Counselling is available to you should you need short-term help working through personal difficulties, crises, and distressing situations.

For Appointments & Information

In Person: Student Services, Room A112  
By Phone: (613) 533-2334  
By Email: educ.counsellor@queensu.ca

Wellness Services on Main Campus in the LaSalle Building include:  
Medical, Nursing, Psychiatric, Health Outreach, Health Promotion, and Sexual Health

For help booking appointments or if you need someone to talk to, please come to the QSoE Office or email soe@queensu.ca
Books & Resources (Library & Bookstore)

Campus Libraries

Stauffer Library (MAIN LIBRARY)
-Great for those studying Business, Humanities, and Social Sciences
-Located at 101 Union Street

Douglas Library
-Great for those studying Engineering or Science
-There is also the W.D. Jordan Special Collections & Music Library
-Located at 93 University Avenue

Bracken Health Sciences Library
-Located at 18 Stuart Street in Butterell Hall

Education Library
-Located at West Campus, in Duncan McArthur Hall at 511 Union Street

Need to buy textbooks? CAMPUS BOOKSTORE
Located in Clark Hall
Monday to Friday: 9am to 6pm
Sunday: 10am to 5pm
www.campusbookstore.com/welcome

Library Fines: When you borrow something from a library, you need to return it by the deadline date, otherwise there will be a fine ($). If you do not pay this fine, you may not receive your QSoE Certificate or be able to register for more terms at Queen's University. Even if you have left the country, Queen's may send your debt for collections and you may be contacted in your home country.

Kingston Frontenac Public Library
An easy location to access is across from the Cataraqui Town Centre (Mall) located at 935 Gardiners Road - Isabel Turner Branch
www.kfpl.ca
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 Form 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)
Computer Information & ITServices

Computer Information

Computers for Student Use

- Library
- Computer Lab

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
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)

<table>
<thead>
<tr>
<th>Retail Food Outlets on Campus</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

Tim Hortons - Coffee, Tea, Sweets, Sandwiches & Soups
Located at 704 King Street West - Open 24 Hours a day

Kais Delight - Chinese Cuisine
Located at 680 King Street West - www.kaisdelight.com

Subway - Sandwiches & Soups
Located at 692 King Street West - open from breakfast to dinner

Peter's Drug Store Ltd. - Pharmacy
Located at 640 King Street West - 613-546-5165

Eunice Sushi - Japanese Restaurant
Located at 682 King Street West - 613-776-9999

King Mart - Convenience Store
Located at 684 King Street West - open 7am to 11pm every day
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

* 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

GET ADVICE

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

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

FACILITIES
Microwave
Coffee
Tea

PRACTICE ENGLISH
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

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Lost & Found

**Online Report Form**

**Contact**
lost.found@queensu.ca

*Please note: Bring PHOTO ID to claim your lost item*
Farmer’s Market
Farmer’s Market at Queen’s
http://dining.queensu.ca/sustainable-u/the-farmers-market/

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

**Farmer’s Market**
Tuesday, Thursday, Saturday & Holiday Mondays
April – November
6:00 a.m. - 6:00 p.m.

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

**Spring Summer Fall**

**Memorial Centre Farmer’s Market**
Where the farmers you meet grow the food you eat!
Sundays starting May 10
(9am-2pm)
www.memorialcentrefarmersmarket.com
Services in Kingston
Tourist Information

209 Ontario St. 613-548-4415

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

Call Mom
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
Bank of Montreal
297 King Street East
613-545-3005
Monday – Friday
9:30 a.m. – 5:00 p.m.

Bank of Nova Scotia
168 Wellington Street
613-544-3033
Monday – Friday
9:00 a.m. – 5:00 p.m.

TD Canada Trust
94 Princess Street
613-549-8770
Monday – Wednesday
8:00 a.m. – 6:00 p.m.
Thursday – Friday
8:00 a.m. – 8:00 p.m.
Saturday
8:00 a.m. – 4:00 p.m.

TD Canada Trust
1062 Princess Street (Kingston Centre)
613-546-2666
Monday – Friday
8:00 a.m. – 8:00 p.m.
Saturday
8:00 a.m. – 4:00 p.m.
Sunday
11:00 p.m. – 4:00 p.m.

CIBC
256 Bagot Street
613-546-8000
Monday – Friday
9:00 a.m. – 5:00 p.m.

Money Exchange
Wellington Foreign Exchange
153 Wellington Street
613-531-8731
Monday – Friday
9:00 a.m. – 5:00 p.m.
Saturday
10:00 a.m. – 4:00 p.m.

Website: http://www.wellingtonfx.com

Currency Conversion Websites
http://www.xe.com
http://money.msn.com/
Things to Do in Kingston

Markets (April until November)

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] (Until mid-October)

**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:
Healthcare Museum  http://www.museumofhealthcare.ca/

**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.

Prison Museum  http://www.penitentiarymuseum.ca/default/

**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

Wolfe Island  http://www.wolfeisland.com/

**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.

**Ferry Schedule**  http://www.wolfeisland.com/ferry.php
Lemoine Point [http://crca.ca/conservation-lands/conservation-areas/lemoine-point-conservation-area/]

**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]

**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.

**Haunted Walk of Kingston** [http://www.hauntedwalk.com/kingstontours.php]

**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)

*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.

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**Other Historic Kingston Walking Tours** [http://www.stoneskingston.ca/](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.
# Food

## Grocery Stores:

<table>
<thead>
<tr>
<th>Store</th>
<th>Address</th>
<th>Hours</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loblaws</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>Metro</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>Bearance’s Grocery</td>
<td>61 Livingston Avenue (Corner of Union &amp; Livingston)</td>
<td>Monday – Saturday: 9:00 a.m. to 6:00 p.m. Sunday: Closed</td>
<td>613-548-4441</td>
</tr>
</tbody>
</table>

## Specialty Stores:

<table>
<thead>
<tr>
<th>Store</th>
<th>Address</th>
<th>Type Description</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pan Chancho Bakery &amp; Café</td>
<td>44 Princess St.</td>
<td>Breads and gourmet foods to go</td>
<td>613-544-7790</td>
</tr>
<tr>
<td>Quattrochi’s Specialty Foods</td>
<td>662 Montreal St.</td>
<td>Many different spices, vegetables, Middle Eastern &amp; Far East foods</td>
<td>613-542-4996</td>
</tr>
<tr>
<td>Tara Natural Foods</td>
<td>81 Princess St.</td>
<td>Specializes in health food, many vegetarian and vegan items</td>
<td>613-546-4439</td>
</tr>
<tr>
<td>Asian Market</td>
<td>354 Princess St.</td>
<td>Specializes in Asian food</td>
<td>613-547-0329</td>
</tr>
<tr>
<td>Cooke’s Fine Foods</td>
<td>61 Brock St.</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% tip (gratuity) when you pay your bill at the end of the meal.

Atomica - gourmet pizza - 71 Brock St.
Ali Baba Kabab - Middle Eastern - 320 Princess St.
Cambodian Village - Thai/Cambodian - 347 King St.
Cacao 70 - sweets & coffee - 340 King St.
Copper Penny - American - 240 Princess St.
Curry Original - Indian/Pakistani - 253A Ontario St.
Darbar - Indian/Pakistani - 479 Princess St.
El Asador - late night Mexican - 375 Princess St.
Frankie Pestos - gourmet Italian - 167 Ontario St.
Harper's Burger Bar - American - 93 Princess St.
Jack Astor's - American - 330 King St.
Jina Sushi - sushi - 409 Johnson St.
Kingston Brewing Company - BBQ - 34 Clarence St.
Lone Star - American/Mexican - 251 Ontario St.
Mekong - Vietnamese - 394 Princess St.
Mexico Lindo Y Que Rico - Mexican - 337 Princess St.
Milestones - gourmet American - 27 Princess St.
Minos - Greek - 2762 Princess St.
Mlt Dwn - American - 292 Princess St.
Pan Chancho Bakery & Café - sweets & bread - 44 Princess St.
Phnom-Penh - Thai/Cambodian - 335 King St.
Saigon Delight - Vietnamese - 272 Bagot St.
Sakura - sushi - 1350 Bath Rd.
Sally's Roti Shop - Caribbean - 203 Wellington St.
SCORE Pizza - pizza - 91 Princess St.
Silver Wok - Chinese - 373 King St.
Wok-In - Thai/Cambodian - 30 Montreal St.
Shopping for Clothing

Cataraqui Town Centre (Mall)
Many stores to look through and easy to access by bus! 945 Gardiners Rd. 613-389-7900

Phase 2
A fun store which sells used and new clothing at low prices. Many Queen's students shop here, especially for Homecoming and Halloween! 353 Princess St. 613-544-5393

Value Village
A large used clothing and household goods store west of Queen's campus. Very popular for Halloween and games! 1300 Bath Rd. 613-536-5051

Wal-Mart
Large department store where you can find clothing, food, housewares, and health supplies at very low prices. 1130 Midland Ave. 613-384-9071

Giant Tiger
Small and inexpensive department store where you can find clothing, housewares, groceries and more! 811 Princess St. 613-547-5128

Factory Outlets (King's Crossing Fashion Outlets)
A taxi or bus can easily take you to this outlet mall featuring stores such as Levi's, Tommy Hilfiger, Columbia Sportswear, Puma, Reebok and more! This area is located at Division St. and Dalton Avenue, across the road from Landmark Cinema. For more information: www.kingscrossing.ca

Downtown Kingston - Princess St.
Downtown Kingston offers a lot of great shopping! There are fashion boutiques, jewelry stores, book stores, and many other great shops owned by locals! Take time to explore downtown Kingston no matter what season it is!
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
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