# Survival Guide

*What you need to know to survive Biology Graduate Studies at the University of Waterloo*

**Biology Graduate Student Association**

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Welcome!

The Biology Graduate Student Association would like to welcome new and prospective graduate students to the Biology Department of the University of Waterloo. We encourage you to read our guide, and feel free to email us with any questions you may have about Waterloo, the campus, the program, or just grad studies in general. Graduate studies can be hard, especially on your wallet and your time, and our goal is to help you make an informed choice about our program and our university.

If you have accepted a place at the University of Waterloo we hope that this guide will help you settle in to life as a graduate student. Starting a new university can be daunting and the getting settled into a new environment can have its challenges. For this reason, we have written this survival guide using our own experiences as a template. Our intention is to be completely honest and open. We hope you find this guide useful and informative. Included in this guide is valuable information to help you navigate your way to and around campus, find a place live, figure out whom to see first, sort out your finances and have fun.

-BGSA

BGSA

The Biology Graduate Student Association (BGSA) consists of Biology graduate students volunteered and elected by fellow Biology graduate students to several positions.

Our most basic goal is to advocate graduate student issues within the Department of Biology, the Faculty of Science and the Graduate Student Association. In addition we are involved in organizing a variety of academic and social activities such as the departmental seminar series, coffee hours, fundraisers, BBQs, organizing Biology graduate sports teams and producing documents such as this guide. The BGSA also organizes the annual Biology Graduate Student Research Conference, which usually takes place at the end of April. Check out our site: https://uwaterloo.ca/biology-graduate-student-association/

GSA

The Graduate Student Association (GSA) is a student-run, constitutionally bound organization, which provides a number of services for all UWaterloo Graduate students, such as:

- Legal Aid
- Income tax aid
- Support for Graduate Organizations and Events
- Graduate Student Endowment Fund
- Dental Insurance
- Social Events

GSA administration consists of the GSA council whose members include the Executive, Directors, Departmental Reps and At-Large Councillors. Meetings are held once per month. The GSA board of directors includes five Executives and five at-large Directors. All members of the board are UW graduate students. The executive consists of five elected members. The positions include President, Vice-President (External), Vice-President (Internal), Vice-President (Student affairs) and Vice-President (Communications and Events).
The GSA also runs the Graduate House; a restaurant/bar on campus staffed by students and offers a variety of services and activities. Further information can be found at the GSA website www.gsa.uwaterloo.ca.

Arrival Survival

Before Arriving

Bank Account

You will need to have a Canadian bank account into which your earnings will be directly deposited. There are a number of options however CIBC (Canadian Imperial Bank of Commerce) is the only bank with a branch on-campus (lower floor of the SLC). This is a convenient option, but the various administration charges can be annoying! Make sure that you get a student-friendly account, i.e. an account that does not have service charges and penalties if your balance drops below a certain amount.

International Students will need their passports as identification for opening a bank account. You may also have to give the bank a deposit as security in order to get a credit card if you wish to have one.

Health Care

Health insurance is a must for all graduate students. If you are a resident of Ontario you should have an Ontario Health Insurance Plan (OHIP) that covers most of your medical care, except eye and dental care. If you are Canadian or a permanent resident moving to Ontario permanently you must apply for an OHIP card immediately. See http://www.health.gov.on.ca/en/public/programs/ohip/ for details.

All international students and their dependents must be covered under the University Health Insurance Plan (UHIP). You should have received information on this already but see http://www.uhip.ca/ for details.

Graduate students also receive additional benefits such as drug prescriptions, physiotherapy and prescribed massage therapy (80% of up to $400 annually), as well as vaccinations, vision (eye) care and dental care via the Student Health Plan, see http://www.ihaveaplan.ca/rt/en/IHaveAPlan_UniversityofWaterloograduatestudentsGSA_Home for details.

Dependents can also be covered under this plan, see www.ihaveaplan.ca for details. Full-time and part-time students, who are members of the Graduate Students Association are covered, see http://www.gsa.uwaterloo.ca/ for details on the Health and Dental Plan and also read through the Frequently Asked Questions section for more information.

You should however know what insurance plan you already have and accordingly you can opt out of plans that you do not need. Make sure to opt out within the Change-of-Coverage period, which usually at the beginning of each term. See https://uwaterloo.ca/graduate-student-association/services/health-and-dental-insurance/frequently-asked-questions for more information on exact dates for opting out of the plan.

On-Campus Health Services

UWaterloo has an on-campus Health Services where you can see physicians and nurses. All the information you need for medical care can be found on http://www.healthservices.uwaterloo.ca/. In general, the services are available for students only, so if you have a family you will need to find a doctor off-campus, and UWaterloo Health Services can provide referrals.

See the following for information on how Health Services handles billing/insurance claims and what services offered are not insured: https://uwaterloo.ca/health-services/student-medical-clinic/services/uninsured-services
Getting to Campus

From the Airport and back

Toronto Pearson International Airport:

Look under [http://www.torontopearson.com/#](http://www.torontopearson.com/#) for more information about arriving and leaving from Toronto Pearson Airport. If you are an international student, make sure to have all the correct paperwork prior to coming to Canada.

Airways Transit (Private Company):

Airways Transit has made travelling to and from the Toronto Pearson Airport easy through two services:

1) The Airporter (Departs from UW Student Life Centre)  

2) The Door-to-Door Airport Service  

Davis Center and Kitchener Bus Terminals:

If you are traveling to or from UWaterloo using Greyhound, GO Transit, or Coach Canada, you may need to familiarize yourself with the Kitchener Bus Terminal (on 15 Charles Street West). These buses also come to the bus terminal outside Davis Center (on ring road). Bus schedules are available at the Student Life Centre Turnkey Desk.

You can get to and from the Kitchener bus terminal via the local public transit, the GRT (Grand River Transit - [www.grt.ca](http://www.grt.ca)) see route 7 for buses to and from UWaterloo.

You need to have the exact fare when taking the bus (fare for 2013 is $3.00) or you can purchase tickets in advance from the GRT booth on the upper floor of the Kitchener Bus Terminal, or at the Turnkey Desk on the main floor of the Student Life Centre (SLC). Some convenience stores may also carry bus tickets; check the GRT website for more information: [http://www.grt.ca/en/index.asp](http://www.grt.ca/en/index.asp) Once you get your Watcard you can use it as a bus pass!

First Day On Campus

Who to see first:

As soon as you arrive on campus you should introduce yourself to Biology Graduate Coordinator, Jennifer Collins, in Biology 1 (B1) Room 274A, extension 36392. She has probably already contacted you, and has valuable information for all new biology graduate students and will be invaluable throughout your time in the department. Once you have a local address, email address, home and office phone number and extension, respectively, and an office number pass on this information to her as soon as possible. You will have a number of forms to fill out which are found on the New Student Information Page on the Biology website under ‘Graduate Students.’

You should also have an appointment to see your supervisor so that your office arrangements are clarified (important when getting your keys).

Your QUEST account:

You should be familiar with QUEST by now, but in case you are not, this is where you should go [http://www.quest.uwaterloo.ca/graduate/index.html](http://www.quest.uwaterloo.ca/graduate/index.html). You should have already created your account and password, and should become familiar with the QUEST environment. Fee statements, important dates, course selection and transcripts are all found on your QUEST account.

Paying Fees:

If you do not hold an external scholarship, you will be paid by your supervisor (as a Research Studentship (RS) and the Department for your Teaching Assistant position (as TA pay and SGEA Award). You can find more information about funding from the Biology website [https://uwaterloo.ca/biology/graduate-student-sources-funding](https://uwaterloo.ca/biology/graduate-student-sources-funding).

You should have received a notice from Finances at UW indicating that you need to access your QUEST account for your fee statement. If you are paying through your TA/RS payment (payroll deduction) or from an award you will need a copy of your fee statement from QUEST and a copy of your TA/RS
Funding Letter from The Biology Graduate Office to complete a promissory note, which you can find at: https://uwaterloo.ca/finance/student-accounts/promissory-note-other-forms

Promissory notes need to be submitted by a given deadline before the end of each term for the next term’s fees. Any awards that you expect should be indicated on the promissory note as anticipated aid. These will be used to pay your fees and the remaining money will be deposited into your bank account. After submitting your promissory note, you should notice on your Quest finance account that you have become “Fees Arranged” for that term. This means that they have received and processed your paperwork and will receive the payment as you have indicated on your promissory form.

You can also pay fees using internet banking, telephone banking, or using cheques or money orders payable to University of Waterloo. For more information and for payment deadlines see the following websites:

1) Becoming “Fees Arranged”: https://uwaterloo.ca/finance/student-accounts/how-become-fees-arranged

2) Payment Information: https://uwaterloo.ca/finance/student-accounts/fee-payment-instructions

3) Tuition fee schedule: https://uwaterloo.ca/finance/student-accounts/tuition-fee-schedules

Make note of the important dates so that you avoid paying late fees!

Your TA/RS Funding Letter:

You should have already received your contract from the Graduate Coordinator well before coming to UWaterloo. If not, make sure you contact her at jecollins@uwaterloo.ca.

Payroll Set up:

The Graduate Studies Office will take care of setting up your payroll. You will need to provide them with a VOID cheque (preferable) or details of your bank account into which your payments will be made. You will also need to provide them with a social insurance number (SIN) for tax purposes. This also applies to International students, who need to apply for a SIN card as soon as possible. See http://www.servicecanada.gc.ca/eng/se/sin/ for where and how to apply for a SIN card.

NOTE:

1) TA payments are made on the last Friday of each month. Research Studentships and SGEAs are awards and are disbursed in the First month of term after tuition fees have been withdrawn.

2) By default if your monthly income is below a certain level, taxes are not deducted from your earnings. However, if at the end of the year you are above the minimum tax level, you will be charged taxes. Make sure therefore, that you either include in your payroll forms that you want a certain amount of taxes deducted each month regardless of how much you earn, or that you save up some money that will go towards taxes at the end of the year.

Getting your UWaterloo WATCARD:

You have to apply for your Watcard in person at the Student Life Centre (SLC), lower level. Their regular business hours are Monday to Friday 8:30am - 4:30pm. You will need to show a UW document with your student ID number (letter of acceptance is best) and a valid piece of photo identification, such as a Driver's License, Passport, Canadian Citizenship Card, or another government issued document with your picture and name.

This is a multi-purpose debit card for food, printing, library services, computer labs, access to the Physical Activities Centre (PAC) and most importantly your GRT bus pass. It is your identification card whilst at UWaterloo (http://www.watcard.uwaterloo.ca/).

Getting your office keys:

Fill out the “Key Information Sheet” which you will receive from the Graduate coordinator in your online orientation package. The Main Biology Office, ESC 350, handles key permits for the department, but you will be responsible for collecting the keys. You will
need to pay cash deposit for the keys at the Student Accounts office in Needles Hall. Keys are then picked up from Key Control at the General Services Complex (next to the Davis Centre). When you return the keys, you will be refunded the deposit money.

**Email account:**

You will receive a University of Waterloo account (yourname@uwaterloo.ca). The Graduate Studies Office will send you an email indicating how to activate your official UWWaterloo account. All future correspondence from the University will use this email address. If you would like your emails forwarded to another email address, go to http://ist.uwaterloo.ca/istweb/change-email-forwarding.html and follow the instructions on how to change your email settings.

**Selecting Grad Courses:**

See: https://uwaterloo.ca/biology/sites/ca.biology/files/uploads/files/Reg%20Guidelines%20Booklet%202012_0.pdf on page 8 specifically for the particular requirements for your degree. Registration for Biology Graduate Courses is done online through Quest. All others courses will require a Drop/Add form to be completed. See the Grad coordinator, Jennifer Collins, if you have questions.

**Parking:**

If you are planning on driving to school this might be a good place to look http://www.adm.uwaterloo.ca/infopark/. Parking passes can be purchased at Parking Services (in the General Services Complex next to the Davis Centre).

**Where to Live?**

Once you have received your letter of acceptance from the University of Waterloo you will have to consider two options to find a place to live while you are studying. First option is to live on campus, which in fact means living either north of the campus in one of two townhouse communities managed by the University or at the St. Paul's Graduate Apartments. If you are considering living on campus, you have to apply as soon as you are accepted to UWaterloo since places are limited. Second option you may consider is to live outside campus by renting a room, an apartment, or sharing a house. The following sections provide more details on these two options and we suggest you to read them.

**Columbia Lake Village (CLV):**

http://www.housing.uwaterloo.ca/residences/clv/index.html

Columbia Lake Village is situated on the North Campus of the University at about 10-15 minutes walking distance from the main campus and is comprised of two communities of graduate student residences managed by University of Waterloo. Leases for these communities are four-month renewable every term at the end of the first month. You can cancel a lease but you will be assessed a $500 residence withdrawal fee.

**CLV North Community – Single Graduate and Family Residences:**

https://uwaterloo.ca/housing/residences/columbia-lake-village

Columbia Lake North Community is the main residence for single graduate students. This community has a large grad section made up of 2-bedroom townhouses. This means that you are assigned a small bedroom with an Internet connection to the University server for yourself and you share one washroom (one sink, a shower and a toilet), a kitchen (stove & fridge), a dining room (table & chairs), and a living room. Single grad units come furnished. The University provides a basic cable connection in the living room. You must decide with your roommates as to who will bring a television. Microwave ovens are also not provided. You must be aware that air conditioners (A/C) are not provided. A washing machine and dryer are available in the basement area or you can find coin-operated ones in the Community Centre.

Therefore, these townhouses units are convenient for newcomers to Waterloo or those planning on
being here for a short time period but most people move out after one or two terms. This community is also family-friendly providing a great environment for full-time students with live-in dependents. Check out the website for more details.

**St. Paul's Graduate Apartments:**

This is owned and operated by the St. Paul's United College, one of five church colleges affiliated to but not operated by the University of Waterloo. The apartment building is located on the north end of St. Paul's College, across the creek from Ring Road on campus. It is a non-denominational, multi-cultural residence open to UW graduate students and their families when applicable.

See [https://uwaterloo.ca/stpauls/](https://uwaterloo.ca/stpauls/) for details, but briefly, there are one, two, or three bedroom apartments that can be rented as a whole unfurnished unit, or by room (furnished).

**Off-Campus Housing:**

The University of Waterloo is situated in the core of Waterloo and few kilometers north of Kitchener. Waterloo and Kitchener are often referred as the twin cities because of their proximity. Whether you are looking to find an apartment or rent a room you should consider Kitchener as well as Waterloo in your search.

University of Waterloo has a website [https://uwaterloo.ca/off-campus-housing/](https://uwaterloo.ca/off-campus-housing/) with a listing of rental rooms and apartments. This online database is useful but you must be aware that the University does not rate the listing and so the worst landlord in town may be listed in this database. We suggest you read carefully the advice on their website, whether it concerns students or landlords. Read through the information under the “Students” tab to understand the process of finding a place and good roommates. They even offer services like reviewing your lease free of charge, roommate agreements and other tips on how to find a place off campus.

The Residential Tenancies Act gives you an overview of the Ontario’s laws that tenants and landlords must follow. Indeed even without a written lease you and your landlord have rights and obligations. Visit [http://www.ontariotenants.ca/index.phtml](http://www.ontariotenants.ca/index.phtml) for more information about Tenants Rights. You must be sure to have a written contract, also called a lease, with your landlord. This lease must include your rights and obligations as well as the landlord rights and obligations. This is probably the most important part of finding a place to live. Do not forget that graduate studies often means finishing your studies in a middle of a term and you may not want to get stuck with a 12-months lease in a non-rentable room.

If you repeatedly encounter issues with your landlord, the Off Campus Housing service has an online complaint form that you can fill out: [https://uwaterloo.ca/off-campus-housing/students/complaint-form](https://uwaterloo.ca/off-campus-housing/students/complaint-form).

Another service is the Landlord and Tenant Board which helps tenants and landlords with issues they may face: [http://www.ltb.gov.on.ca/en/index.html](http://www.ltb.gov.on.ca/en/index.html).

**Resources, Perks & Privileges**

**Office Supplies:**

Office Supplies can be purchased both on campus and off campus.

**On Campus:**

South Campus Hall – Bookstore or Writestuff open Mon-Fri 9 am – 5 pm, closed on Sat. and Sun. (Prices may be a bit high in comparison to off campus)

ChemStores (ESC 109), Mon-Fri 8:30 am- 5:30 pm For a complete list of their inventory visit [www.chemstores.uwaterloo.ca/office.html](http://www.chemstores.uwaterloo.ca/office.html)

**Off Campus:**

Staples Business Depot [www.staples.ca](http://www.staples.ca) 620 King St. North, Waterloo, phone: 519-888-1716

**Printing and Copying:**

Photocopying can be done in B1-283. You should be given a photocopy code on your first day to access this photocopier.
**Telephone, Mail and Fax:**

There should be a telephone for local calls in every lab. Remember to press 6 to dial out. Supervisors often designate specific phones for long distance calls within the lab. Check with your supervisor regarding phones labs that can make long distance calls.

Student Mailboxes can be found in the Graduate student lounge in ESC-356. Your mail will be in the slot with your supervisors name on it. You can place outgoing mail in the appropriate tray located just inside the Main Biology Office B1-276. There is a tray for intercampus mail (you can obtain an interdepartmental envelope from ESC 350).

Faxes can be sent using the machine in the Main Biology Office. Talk to Monica Beal in the ESC 350 office for more information about faxing. When receiving a fax it will be sent to the fax machine in the Biology Office. Make sure to inform the person faxing you to have your name as the attention line as well as your supervisor's name. The faxes will then be placed in your mailbox or an email notification will be sent to you. Again, coordinate with Monica Beal about this.

**Grad Lounge:**

The Grad lounge is located on the 3rd floor, ESC 356. There are couches, a fridge, coffee machines, microwave, and desks for grad students to use as needed. Please clean up after yourself after using this space and remember to respectful of other peoples’ belongings.

**Molecular Core Room:**

The Molecular Core Facility Room is located on the 3rd floor of Biology 1. It contains equipment that is shared by everyone. You will need a code to access this room, which you can get from your supervisor or lab mates. Always remember to clean up after using the equipment and respect the shared space.

**Purchasing & Pick ups:**

Most lab purchases are taken care of by individual labs. The Main Biology office can arrange shipping labels if you need to send out parcels. Or you can take it directly to Central Stores on campus.

There is a Biobar service in the Charles Lab operated by some of their graduate students. That service is open during specific hours (see notice board outside Charles Lab for more details) for orderings items like restriction enzymes, buffers, etc. Ordering it this way is slightly cheaper as you save on shipping costs.

Finally, someone from the main Biology office will personally notify either through phone or email you when your parcel is ready for pick up in the loading dock B2-153. Either that or central stores will drop off your parcels to your lab.

You can also check Chemstores for any equipment/chemicals you may need at [www.chemstores.uwaterloo.ca/office.html](http://www.chemstores.uwaterloo.ca/office.html)

**Library Information:**

Visit [http://subjectguides.uwaterloo.ca/biology](http://subjectguides.uwaterloo.ca/biology) for more information on key Biology databases, journals, e-books, and contact information of librarians who can guide you through the various databases and explain how to use the UW systems.

**Supporting Yourself Through Grad School**

*If you don’t secure external funding (NSERC, OGS, etc.) there are some other ways to support yourself.
If you are a domestic student receiving an RS and TA award and you pay your tuition and fees by payroll deduction, expect to have roughly $4200 left for the remainder of the term.*

*International students pay higher tuition, but also receive the International Master’s/Doctoral Student Awards in addition to the minimum student funding all students receive.*

*There are a number of internal and external awards and scholarships you can apply for. You can find a database of these awards on the Graduate Studies Office website: [http://uwaterloo.ca/graduate-](http://uwaterloo.ca/graduate-)*
The department has some additional awards which may or may not require an application. You must be within your program time limits and in good standing to be eligible for these awards. Any awards which require an application will be announced over the biograd mailing list.

One thing the BGSA is trying to do is increase minimum funding levels so that graduate students receive fair and adequate reimbursement for the work that they perform.

**Teaching Assistants and Research Studentships:**

Please review the Regulations and Guidelines booklet available online for comprehensive information regarding this topic. You will receive a hard copy in September when you attend the Biology Orientation session.

Graduate students within their program time limits will receive an offer of 3 TA units each year which is typically broken down into one term of a full TA (10 hours per week), one term of a half TA (5 hours per week), and one term off. During your term “off” TAing, your supervisor should make up the difference in your pay. If you go beyond these time limits you may be offered a TA at the “Other” level, which is at the same TA Pay rate, but you will not receive the SGEA. TAing offers you a great opportunity to gain teaching experience and looks good on your CV.

If not externally funded, all students within their program time limits and in good standing will also receive a Research Studentship (RS) from their advisor. The amount of the RS is negotiated between the student and their advisor but, when combined with a TAship and SGEA (Student Graduate Experience Award), the minimum stipend for a biology student is $20,600. Each student will receive a funding minimum of $6867/term from a combination of RS/TA and SGEA.

Note: Students are normally supported until the end of their program time limit as long as they are in good standing. Financial support beyond your program time limit will need to be discussed with your supervisor.

**Awards and Scholarships:**

UW Graduate Entrance Scholarships are awarded to incoming graduate students who have outstanding records. The minimum value for this award is $1000 and is generally given to students who have a 80% in the last 20 credits or overall undergraduate/graduate record. The amount of these awards may vary and be subject to budget constraints.

Scholarships/Awards that you should consider applying for:


If ineligible for the above:

OGS: [https://uwaterloo.ca/graduate-studies/awards-funding/external-awards/ontario-graduate-scholarship](https://uwaterloo.ca/graduate-studies/awards-funding/external-awards/ontario-graduate-scholarship)

All applicants to NSERC and CIHR will be automatically considered for OGS, no additional application is required. Students who applied for Winter, Spring or Fall admission who apply by February 1 of that year will also be automatically considered for OGS.

Recipients of tri-council scholarships (NSERC, OGS, CIHR) will also receive the President’s Graduate Scholarship of $10,000 from the university, broken down into three payments during the year. This will be directly applied to tuition first. Any money left over after tuition is paid will be deposited into your bank account. Note that although the university advertises that the top-up award will be $10,000; $5000 of that will be awarded as a TAship, worth $7686. This is in place of the TA units you are offered along with your RS. The TA is generally a part of the funding package for you to meet your minimum funding requirements, along with the SGEA and RS. When you are successful in these scholarship competitions, the minimum funding is met by the scholarship, so the department no longer has to offer the original Grad TA. Because the department cannot pay student $5000 outright, they offer their half of the President’s Graduate Scholarship as a TA which includes the SGEA.
Students may be unable to accept a scholarship because of such things as external scholarships, internships or employment. If that external funding should cease, sometimes those students may subsequently resume their UW Scholarship support, provided they continue to meet the eligibility requirements and funds are available.

**External Awards and Fellowships:**

You must apply for external awards; they are not granted automatically. They are intended for your personal support. It is worthwhile to apply for every grant for which you are even remotely eligible. However, it is important to your success that you consult with your faculty supervisor in writing up your research proposal to ensure that your research will fit well within the confines of the particular fellowship to which you are applying. Make sure to check your email regularly for notices about deadlines for certain awards.

**Common Sources:**

*Please review the *Graduate Studies Office* website for details on these and other awards.*

Everyone should apply for OGS and/or NSERC. International students are not eligible for NSERC but there are a limited number of OGS awards available to international students. Jennifer Collins will email reminders to students as deadlines for these awards approach.

The application forms for these awards will be available around early September on-line (the address will be advertised). Applications are due early in the first week of October so watch for the scholarship deadlines, which will be emailed to the Department. OGS applications are submitted through the Graduate Coordinator's office. NSERC applications are submitted online.

Regulations concerning each of these awards vary, so you should consult the application guides carefully as soon as they arrive in early September.

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**Food!**

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**Where to Eat on Campus**

**Science C&D (Coffee and Donuts):**

If you are pressed for time and don't want to leave the biology building, the Science C&D (Coffee and Donuts) is conveniently located on the first floor of B1 next to the elevators and across from B1-271. For very cheap prices, you may purchase as the name says, coffee and donuts, and also other beverages, sandwiches, pasta and pastries. Keep in mind the Science C&D sometimes may not keep regular hours, and has different hours during the Spring term.

**Other Faculty C&Ds:**

Just north of the Biology buildings on the third floor of the Math building, you may enjoy the convenience and variety of the Math C&D. Again for cheap prices, you may purchase beverages, pastries, sandwiches, salads and many more items. The Engineering C&D is located in the CPH atrium and has a larger variety of food items including their daily soup for lunch! The Arts C&D is located in AL.

**Student Life Centre:**

At the Student Life Centre you'll find a full scale Tim Hortons and Brubakers, which has Teriyaki, Pizza Pizza, pita station, and Subway. You might also enjoy bubble tea at Campus Bubble and sushi at Wasabi! Beside the Great Hall is our on-campus pub called the Bomber. Check out their daily lunch specials!
Earth Sciences Building – CEIT Café:
The CEIT café has coffee, pastries, sandwiches, salads, daily soups, grilled cheese sandwiches and many snack foods as well. Perfect for when you’re in a rush and need to grab a quick bite to eat.

Davis Centre:
In the Davis Centre, we have Bon Appetit which offers great Chinese food, soup, sandwiches, burgers, and grab n’ go foods. There is also a Tim Hortons located next to it, although that particular location does not serve soups and sandwiches.

Others:
Other restaurants and cafeterias are located in St. Jeromes’ University, South Campus Hall, Modern Languages building, and Dana Porter Library. Check out https://uwaterloo.ca/food-services/locations-and-hours#nid129 for more details.

Off Campus Locations

Pub foods/burgers (hot sandwiches, wings, nachos, beer, etc...)

Morty's Pub (272 King St N, North of University Ave)
Morty's strength is in their wings that are huge in size and are very juicy and tasty. Prices are fair and the variety on the menu is good. Morty's also has attractive lunch time deals and daily specials. 
http://mortys.com/

Molly Bloom’s (University Plaza, close by Phillip St.)
Molly's is an Irish Pub that serves a variety of good dishes, large range of beers on tap and has live music on some nights. Friendly atmosphere. 
http://www.mollyblooms.ca/locations/waterloo

The Works (92 King St. S. in Uptown Waterloo)
This gourmet burger place has great burgers with an enormous number of topping options. Their famous Tower O-rings (onion rings) are also a great addition to your meal! http://www.worksburger.com/ Check them out in Uptown Waterloo!

Cheesus Murphy
This gourmet grilled-cheese joint in found inside the Princess Café in Uptown Waterloo. With many cheese choices including gruyere and brie, and exotic fillings like bacon jam and caramelized apples, it’s a tasty treat. You better be a night-owl though, because it’s open for a grand total of 7 hours each week – between midnight and 3:30am on Fridays and Saturdays – making it a favourite post-bar snack for many students!

Indian Cuisine

Kohinoor (NW corner of Phillip and Albert)
A great authentic Indian restaurant with an intimate Indian atmosphere. Enjoy their Chicken Tikka Masalla accompanied by tasty Naan bread while listening to Indian music in the background. 
http://www.kohinoorkw.com/

Classic Indian Restaurant (150 Wissler Road off Northfield)
Another great authentic Indian restaurant with a great atmosphere. They also have a lunch and dinner buffet special. http://www.classicindiancuisine.com/

Masala Bay (3B Regina Street North in Uptown Waterloo)
Located by Symposium Café, this smaller location offers fine Indian cuisine. They have a full lunch buffet Mon. – Fri. They also have special events like a monthly “Belly Dance” night and cooking lessons with the chef! 
http://www.masalabay.com/index.html

Italian Cuisine

East Side Mario's (2 locations near campus: At the University Plaza and on King St just North of Weber)
An American Italian Eatery with colourful walls and decorations on the inside. Their pizzas are not bad and their pasta dishes are of good sizes. Watch out from the items marked with multiple chili peppers. Don't say we didn't warn you. 
http://www.eastsidemarios.com/

Ennio's (King St., just N of Columbia)
A somewhat fancy Italian restaurant with somewhat fancy prices. Great tasting pasta dishes. Some favored dishes include the chicken tetrazini and veal parmigiano. http://enniospasta.ca/
Del Dente's (King St. N of Fairway Rd, Kitchener)
A bit of a trek from campus but definitely worth it as it is probably the best Italian restaurant here in the twin cities. A fancy, cozy romantic atmosphere will accompany your delicious meal.
http://www.charcoalgroup.ca/?ww_pageID=AA562028-B6A7-8AA0-6A7ED0A65E404C15

Japanese/Chinese/Thai/Vietnamese/Mongolian Cuisine

Mikey’s Eatery (University Plaza)
A decent Chinese restaurant with good rice/noodle dishes. A favoured dish there is the Sesame Chicken. Look forward to their specials!
http://www.mikeyseatery.com/

Seoul Soul (University Plaza)
Korean/Japanese restaurant with all kinds of sushi, teriyaki, tempura and many more. They have a good lunch menu and an assortment of combo plates.

Spring Rolls (Conestoga Mall):
A sit-down/take out establishment located in Conestoga Mall. Their Pad Thai and sushi are excellent and their prices are competitive. They also have an all you can eat and a take-out option.
http://www.springrolls.ca/

My Thai Restaurant (King St., Uptown Waterloo)
This authentic Thai restaurant has great dishes and beautiful décor. The Emerald Chicken curry and famous Pad Thai are personal favourites! They sometimes have student discounts so make sure to ask about it.
http://www.mythai.ca/

Mongolian Grill (University Plaza)
A great food experience for all students! Just load your bowl with veggies, meats, noodles, spices and sauces (do not go cheap on the last two) hand it over to the gentlemen surrounding the hot grill who will stir fry it for you in front of your own eyes and return it to you so you can enjoy it. The beauty is that if you don’t like it, you can make another bowl. It is kind of “buffet style” so you can enjoy an unlimited number of trips to the grill or order off their menu.
http://www.mongoliangrill.com/

Sushi

Itamae Sushi (Corner of King and University)
This is a new location that has opened up under the Ye’s Sushi franchise. The sushi is great and the atmosphere is really nice and cozy! Their Dragon Rolls are a favoured item!

Ye’s Sushi (Corner of King and Northfield)
Ye’s is located past Conestoga Mall and definitely worth the slightly longer bus ride! It is currently undergoing renovations but should open up soon so stay tuned. http://www.yessushi.com/home.html.

O’Yummy Sushi (646 Erb Street; by Ira Needles)
This place is a bit farther from campus but their O’Yummy rolls are definitely worth the trip! This is also an all you can eat location, and students get 10% off with valid student ID (but you need to pay by cash to get this discount).
http://www.oyummysushi.ca/

Sushi 99 (corner of Northfield and Davenport)
Their rolls are delicious and their prices are competitive. On Mondays, they have a 10% discount and discounts on take-out orders over $25. Definitely worth trying out! http://sushi99.ca/

Watami Sushi (15 King St. N. in Uptown Waterloo)
This is a more expensive sushi place but their sushi is fantastic and really well presented. It is not an all you can eat place, but it is worth it if you go with a bigger group of people. The atmosphere is a little more up-scale and very cozy.

Vegetarian Cuisine

Vegetarian Fast Food Restaurant (University Plaza, W of Phillip St.)
An Asian inspired fast food joint with reasonably priced, delicious food. They also have a lunch buffet. Non-veg options are also provided. They give discounts for UW students paying cash so make sure to show your WATCARD when paying.

Lotus Tea House (79 Regina St N, Uptown Waterloo)
A strictly vegetarian, Buddhist restaurant that has a calm, beautiful ambience. They offer special student discount meals that include an appetizer, entrée and dessert. The food can be bland for some tastes, but it can be a refreshing, classy yet inexpensive experience. http://www.fgs.ca/lotusteahouse.htm
Jane Bond (5 Princess St W, Uptown Waterloo)  
A retro pub, with neat music and non-pub fare fully vegetarian food. The prices are reasonable and the food is tasty. It has a relaxed atmosphere where you can chit-chat about the independent movie you just watched at the Princess Cinema right across the street! http://janebond.ca/  

Seven Shores (By Erb & Regina Intersection)  
This hidden gem located in Uptown Waterloo has a café for dine-in and market area where they sell local organic foods. The food is delicious and caters to many dietary restrictions as well. Their rice paper spring rolls are amazing! If you’re looking for healthy and delicious options, you definitely want to check out this place. http://www.sevenshorestrading.com/index.html  

Al-Madina Restaurant (Off Phillips St.)  
An Egyptian-inspired restaurant, garlicky and at the same time quite nice. The food is slightly more expensive, and both vegetarian and non-vegetarian options are available. We recommend the eggplant dish that is if you like eggplant! http://www.almadinacuisine.com/  

A bit on the expensive side  

Solé (corner of Erb and Father David Bauer Dr.)  
A very high quality fancy restaurant with many exotic dishes (chicken dishes with berries and apples). You may also enjoy a variety of wines and their soups are amazing. http://www.sole.ca/main.htm  

The Keg (Northfield Just E. of King)  
A great place for steaks and seafood! A variety of different sirloins, strip loins done the way you like them. The teriyaki salmon was hit! Atmosphere is dark and intimate and you always come out satisfied. http://www.kegsteakhouse.com/en/locations/ON/waterloo/keg/  

Ali Baba Steakhouse (130 King St. S, Up-town Waterloo)  
Great atmosphere, low lighting, soft music, and If you’re lucky you get a very isolated circular booth covered in plush red velvet. The food is good, the Caesar salad is great and you get a nice long, quiet meal.  

Wildcraft  
This premium-dining restaurant offers an up-scale atmosphere and great food. They’re a bit pricey but definitely worth a try and a great location to take a date! http://www.charcoalgroup.ca/?ww_pageID=AA6240F5-B6A7-8AA0-66E405767F5DE36E  

Grocery Stores  
For grocery shopping, there are a few options near campus:  

Sobeys  
• Laurel Creek Plaza, corner of Fisher-Halman & Columbia  
• Plaza, corner of Northfield & Weber  
• Plaza, Bridgeport & Weber (open 24 hours)  

Zehrs  
• Beechwood Plaza, corner of Fisher-Halman & Erb  
• University Avenue, by Highway 85  
• Conestoga Mall  

Valu Mart  
• Located in Uptown Waterloo Town Square (the #7 bus or the iXpress will take you there)  

Food Basics  
• Corner Fisher-Halman & University Avenue  

Price Chopper  
• Corner University Avenue & Bridge Street  

Farah’s Food Mart  
• Located in University Plaza – a convenient store that has extended hours but is a bit pricier than the above supermarkets.  

Sports  

The Physical Activities Complex (PAC):  
Just a hop, skip and a jump away from the lab/office, the PAC, http://www.varsity.uwaterloo.ca/sports/2010/7/21/CR_0721104126.aspx, is located right next door to the
Student Life Centre (SLC). Enjoy a good break from your busy schedule by taking advantage of a wide variety of equipment and facilities whether you are a heavy-duty athlete or just feel like shooting hoops.

The best place to start when entering the PAC is the equipment desk where by scanning your WATCARD, you may sign out a towel or any piece of equipment you might need for your work out. The locker room is equipped with a sauna and showers and is a direct link to the swimming pool. You may bring your own lock for the lockers but you must remove it when done your workout. It is not recommended to store valuables in unlocked lockers.

The PAC is equipped with:
- 2 gymnasiums
- 8 squash courts (6 American and 2 international)
- Swimming pool
- Golf simulator room
- Rock climbing room
- 2 activity areas
- 2 beach volleyball courts (outside by FED Hall)
- Cycling and activity studios
- Weight room with all free weights including dumbbells, barbells and new Olympic press bars

Columbia Icefield (CIF):
This large athletic facility is located on the corner of Columbia St. and Hagey Rd. on the northern end of the campus. The main attraction of CIF is the Ice arena and now, the larger fitness centre. Other facilities include 3 full size gymnasiums, fitness studio, CIF meeting room and locker rooms. Like the PAC, ball diamond, playing fields, and a fitness centre that has a number of workout equipment. CIF has an equipment desk where you may sign out towels or any sporting equipment, including masks and helmets for any stick related activities in the arena or gymnasiums (required).

http://www.varsity.uwaterloo.ca/sports/2010/7/21/C R_0721104203.aspx

Swimming Pool in the PAC

CIF Fitness Centre

Intramural Sports:
Feeling competitive or want to make some friends...?

There is a growing tradition of participation in intramural sports where students get together to form teams and compete in tournaments organized by the Campus Recreation department of the PAC.

http://www.intramurals.uwaterloo.ca/

Some of the sports enjoyed by Biology Graduate students past and present are: volleyball, basketball, soccer, and ultimate Frisbee.

If you want to form an intramural sport team or to join existing teams of the biology department in the upcoming term, contact a BGSA rep.

There are different levels of competition including beginner, intermediate, advanced and all star. The goal of intramurals is first to have fun and then to kick some behinds. The time commitment for an intramural sporting activity is roughly once a week for about an hour each time where a regular season lasts about 6 weeks and about 9 weeks if your team makes it all the way!
**Fitness & Wellness:**
If you're interested in fitness and wellness classes like yoga, zumba, pilates, boot camp, cardio, or aquafit, you can sign up for a shoe tag. Shoe tags are $50 per term and give you unlimited drop-in to any of the classes (a great deal!). The schedules of classes are posted at the beginning of each term here: [http://www.varsity.uwaterloo.ca/index.aspx](http://www.varsity.uwaterloo.ca/index.aspx) (look on the right hand side for Fitness and Wellness Shoe Tag Schedule). Classes take place in the PAC or at CIF studios. Also check the schedule before you sign up as it may not be worth it if you cannot attend the majority of classes. Don’t forget to bring your shoe tag to each class!

**Athletics: Off Campus**

*Waterloo Tennis Club (On Seagram Dr. across from UW Place):*  
Indoor/outdoor tennis courts can be booked by members. Prices might be a bit steep for a student budget but if you are an avid tennis player, it may be worth looking into.

If you don’t want to pay the membership and court fees, there are many free tennis courts around Waterloo and Kitchener as well:  

*Goodlife Fitness (270 Weber Street N.):*  
A quality fitness club with locations all over Canada and is popular amongst UW students and staff. It's quite expensive to join but has a lot of facilities to offer such as free weights, hydraulic exercise equipment, bikes, treadmills, and squash courts. You may also take spinning, steps, and a variety of exercise classes offered throughout the week. The place has recently expanded their hours to 24 hours (Mon-Thurs) but is open 7 days a week.

*Waterloo Swimplex: (101 Father David Bauer Dr, Waterloo):*  
A huge indoor swimming complex equipped with a laned swimming pool, shallow pools with fountains for children, one large winding waterslide, and small pool bank slides, diving boards at different heights and off course who can forget the heated swirlpool. The facilities are ideal for families but could be fun for everyone. Swimming lessons are offered for children, starting at the age of 3 months. Lockers are available for use. Admission to the pool is $5.50 per entry for adults and $5.00 for kids and if you really like it you may purchase a multiple entry pass and save some bucks.

*Manulife Financial Sportsplex and Healthy Living Centre at RIM Park (At RIM Park, 2001 University Ave):*  
To all of you skaters, this is the place to go. They have public skating hours as well. Contact them for more details. In the winter months, an additional skating rink opens up in Town Square in Uptown Waterloo.

**Beyond Studying & Research**

**BGSA Social Events**  
*The BGSA hosts a number of social events each term. Come out to our events and mingle with fellow graduate students and faculty members. Many of our events have free food and drinks, which is an added incentive to come out!*  

**Coffee Hours:**  
Coffee hours are held once a month by the BGSA. Basically, we provide free coffee or other hot beverages and free snacks to Biology Graduate Students and faculty members. Coffee hours are a great opportunity to socialize and meet new graduate students and other faculty members.

**Annual Christmas Party:**  
Our Annual Department Christmas Party takes place in November or December at an off campus location. Tickets can be purchased at the Biology Main Office. The night consists of dinner, entertainment, contests, and raffle prizes. We encourage you to
come out with your lab mates and celebrate the holiday season!

Euchre Tournament:
A new tradition has been started by the BGSA where every April, we host a Euchre Tournament at the Gradhouse. An email is sent out asking students and faculty members to sign up as teams. We hope this tradition will be kept alive by future execs. Whether you are a beginner or a pro, we love to see participation and the winners take home a prize and bragging rights!

Academic/Department Events

Academic Events:
The BGSA hosts several academic/information events that help provide students the information and tips they need to be successful. Previous events have included Scholarship Application Info Sessions, TA Info Sessions, How to Make Figures and Graphs, etc. Stay tuned to departmental emails for more information on these events.

Biology Seminar Series:
Each term, the Biology Department hosts a Seminar Series featuring talks from graduate students, faculty members and guest speakers. These seminars are typically held on Friday afternoons. After the seminar, students and faculty members are invited to the Gradhouse for some free drinks and snacks! The Seminar Series is a great way to learn more about the research of your fellow grad students and faculty members, as well as research conducted in the industrial sector. Look forward to posters and emails for more details on this term’s Seminar Series.

Graduate Research Conference (April):
The Graduate Student Research Conference is an annual event hosted by the Department of Biology and the BGSA. It is a daylong event, which provides graduate students with the opportunity to showcase their research to faculty members and fellow peers. Presenting at this conference is also an important milestone for graduate students to complete as part of their degree requirements. The conference typically takes place in April. It features a number of student talks, a keynote speaker, and a reception. As a new student, we encourage you to attend this year’s conference to familiarize yourself with the conference environment as preparation for when you will have to present later on as part of your milestone completion.

Campus Bars

The Grad House (Across from DWE building)
The Grad House is the white building near the Engineering buildings and the Dana Porter Library, which is run by the Graduate Student Association (GSA). Every graduate student pays member fees included in the tuition each semester. A portion of this fee is designated for the operation of the Grad House and part of the fee is for the operation of the Graduate Student Association itself. However, within the first two weeks of each semester, the GSA makes fee refunds available to all students who do not wish to be GSA members. Non-graduate students, faculty, and staff may purchase affiliate memberships.

The Grad House is a restaurant/bar for its members and their guests. During the day it's a great place to have lunch or read. They have a great patio and plenty of space inside. The food is tasty and reasonably priced. Let's not forget the great selection of beers. At any time of day you can go there to watch sports, movies, etc. on their big screen TV on the first floor. The clientele includes Grad Students from all faculties as well as some faculty. The Grad House also has one or two live music nights per month. Plus, there are trivia nights once a month and other social events, which are a great chance to meet students from other departments.

The Bombshelter Pub aka the Bomber (in SLC)
This is the undergraduate student bar on campus. It has a fairly good lunch menu (not as good as the Grad House of course!) and is mainly populated by undergrads at all times. If you do want to venture out a great night to go would be on a Wednesday. Wednesday is "Bomber Night" and you can often see people line up for quite sometime to get in. They also host trivia nights once a week. Located in the main floor of the Student Life Centre next to the Great Hall. Check out their Facebook page!
Other Bars in Waterloo

There are two bar areas - bars near the University and bars uptown Waterloo. For those willing to venture out there is also Kitchener. Near the university we have:

**McGinnis Front Row (University Plaza)**
A good sports bar! Many booths with individual TVs. They have special deals and specials on certain nights; it can get pretty busy during the summer as they have a great patio! Located in the University plaza - N. side of University Ave., just W. of Phillip St. [http://thefrontrow.ca/](http://thefrontrow.ca/)

**Kick Off (University Plaza)**
A sports bar with an English owner & servers, so the emphasis is on soccer. It has some European beers on tap that you don't usually find in Canada. A very friendly place to spend some time though if you're not a sports fan it may seem like an awful place. Located in the University Plaza, W. side of Phillip St.

**Phil's (Corner of University & Kin)**
Line ups like there is no tomorrow on Fridays and Saturdays but worth it because after paying $5 cover the drinks are only $2.25. It's not very pretty inside, though you have to give it to them - they do try. Translation: bring shoes that you don't mind getting ruined, as the floors tend to be sticky. The have special nights for different kinds of music. For instance Hip Hop Wednesdays, rock night Fridays, retro Sundays, etc. Clientele includes a very easygoing, younger crowd. [http://www.philsgrandsons.com/](http://www.philsgrandsons.com/)

**Ethel's Lounge (Corner of King St. and Central St.)**
Large patio and down-to-earth clientele. Taco Tuesdays - 4 Tacos for $2.00. On Wednesdays and every full moon, they have Wing Nights – a pound of wings for $6.99. On the weekends they have cheap breakfast starting at 11 am. Located at corner of King St and Central St. [http://www.ethelslounge.ca/](http://www.ethelslounge.ca/)

**Failte**
An Irish pub. Great selection of beers and they also have live music on Thursday through Saturday and Monday. They have great pub food and new items added to the menu quite often. Check out their Facebook page for more details.

**The Huether Hotel**
A larger bar with an even bigger patio - great for the summer! They serve pretty good food and serve their own brewed beer (about 16 different types). There is a restaurant and a bar in the basement. They now also have The Jazz Room located on the first floor offering live Jazz entertainment every Friday and Saturday evening. [http://www.huetherhotel.com/](http://www.huetherhotel.com/)

**Chainsaw**
Can you say Karaoke? They can - seven nights a week. It attracts a very mixed clientele with younger and older patrons. Definitely check it out at least one night of your grad school career. You will also end up singing your heart out! And it won't matter if you're good or bad. [http://www.chainsawlovers.com/](http://www.chainsawlovers.com/)

**Duke of Wellington**
Old-style British pub, generally not very busy but what a great place to watch a hockey game! Tuesdays they have half priced wings and cheap pitchers. On Wednesdays they have a build your own flatbread pizza special for $6.00. They also carry many gluten free options on their menu. Check out the website for more details: [http://dukeofwellingtonpubs.com/menus.php](http://dukeofwellingtonpubs.com/menus.php)

A little farther from the main streets of Waterloo, but worth checking out if it’s your scene...

**The Revolution**
Large dance club, young clientele. Open Fri & Sat only. Long line-up if you don't get there early. Location: On Marsland Ave, b/w University & Columbia (Marsland is a little farther East than Weber St). It's best to take a cab. Sometimes if you plan to go to the Flying Dog (see below) and encounter a huge line up you might end up going to Revolution.

**The Flying Dog**
The most up-market club in town. Clientele tends to be a little older than the other clubs in town: typically 20-35 years old instead of 19-25. No cover
and no line-up on Fridays. They tend to play more of a variety of music on a single night than most other clubs in town. Location: next to The Revolution

Club Abstract
A pretty good night club, but somewhat hidden. They have a pretty good 80's night and a rock night. And the crowd there is so mixed and fun - it just plain ROCKs. Located on King St., in Kitchener.

Dallas
A country-themed bar located in downtown Kitchener. It is a bit of a trek to get to this location, but it’s not far from the Kitchener Bus terminal. They’ve got moderately priced drinks, a dance floor and even a mechanical bull for those cowboy wannabees! They do play more top 40 music than country, as there tends to be a younger crowd.

Activities around Waterloo

Grand River Rocks
If you like to rock climb or have always wanted to try, this newly-opened indoor climbing gym is for you. It is BIG, offering 9000 square feet of climbing surface, and friendly staff makes it even better. A student all-day pass and harness rental are $17 and if you know you’re going to be a regular, their punch cards and memberships are a good deal. For first-timers, check the “First Time?” tab on their site before you go www.grandriverrocks.com.

Movie theatres
Waterloo has several movie theatres. The big multiplexes are Empire at The Boardwalk (bus 29 from campus) and Galaxy at Conestoga Mall. The Turnkey Desk in the SLC sells discount tickets for Empire and Galaxy, and Tuesdays are their cheap days. For the cinema buffs or those seeking a more cozy atmosphere, there are also two independent theatres, the Princess and Princess Twin, located in Uptown Waterloo just around the corner from each other www.princesscinemas.com.

Canoeing the Grand
When the weather gets nice, canoeing down the Grand River is a pleasant way to spend a day. Prices vary based on trip length, which range from shorter leisurely distances to longer ones with portaging. As long as you’re back by closing time, you’re free to go at your own pace and stop along the way – riverbanks make great picnic spots www.canoeingthegrand.com.

Waterloo Park
At UWaterloo, we’re lucky to have one of KW’s largest parks right across the street. There are plenty of trails to run, and the mini zoo features animals like llamas, deer, peacocks, and rabbits. There are also baseball diamonds, soccer fields, and even a skate park. In December, the holiday lights are all on, and it becomes a Winter Wonderland. There are even sleigh rides offered on certain days!

Max’s Golf Centre
A short drive north of campus, you’ll find this sports dome complex with indoor and outdoor driving ranges, as well as indoor and outdoor miniputt (always a fun date!). There are also batting cages if you’re looking to practice your baseball swing as well as your golf swing (www.maxsgolf.ca)

Oktoberfest
Kitchener, a city with many residents of German heritage, was called Berlin up until WWI. While the German name is gone, the love of beer is still going strong! Every October the region hosts the largest Oktoberfest in North America, with venues transformed into festhallen filled with Bavarian music and beer. People young and old come from near and far to have a good time together, and you can expect to see some traditional outfits. Leiderhosen, anyone? Act quickly though, tickets sell out fast! www.oktoberfest.ca

Live music
There are plenty of live music venues in town. Starlight in Uptown Waterloo is great for seeing lesser-known artists such as The Arkells, Stars, and Hey Ocean in an intimate setting. The more spacious Elements Nightclub in downtown Kitchener has played host to Mother Mother, Calvin Harris, and even Lady Gaga. Beta, also in Uptown Waterloo, has brought in world-famous DJs such as Above and Beyond, Steve Aoki, and Avicii. Other notable venues include Chainsaw and Maxwell’s (mainly local artists). UW’s Bombshelter pub and Federation Hall also sometimes have touring artists perform.

Bowling
Waterloo Bowling Lanes in Uptown Waterloo offers
regular and Glow In the Dark bowling experiences, and they have an alcohol license. The lanes are all 5-pin though, so if you’re looking for 10-pin bowling your best bet is Brunswick Frederick Lanes in Kitchener.

**St Jacob's Farmers Market**
Right where the town of St. Jacob's and the city of Waterloo meet, there is a large scale farmer's market on Thursdays and Saturdays starting early in the morning lasting till early afternoon. The outdoor market has an array of fresh produce, flower, fast food and gift stands. The indoor section offers many meat shops, gourmet foods, bakeries and gift shops. Experiencing the St. Jacob's farmer's market is a must even if you don't plan on buying anything but the place does get very crowded at times.

**Elora Gorge**
A very beautiful conservation area featuring a gorge with a walking trail along the top. The gorge connects a campground that offers tube rides during the summer, and the old town of Elora that has some restaurants, shops and beautiful scenery. Elora Gorge is located about 35 miles NE of Waterloo. [http://www.grandriver.ca](http://www.grandriver.ca).

**Chicoppee Ski Hill**
The local ski hill. It's small but perfect for beginners or to take the family and/or friends. Its also perfect for an activity day out with the lab mates! Located at the SE edge of Kitchener. [http://www.skichicopee.com](http://www.skichicopee.com).

**Bruce Peninsula**
A beautiful area where the Niagara Escarpment drops into Lake Huron. The Peninsula starts at the town of Owensound and extends northwards to the town of Tobermory. The town is fairly touristy with motels, cottages, restaurants, and offers ferry rides to explore Georgian Bay and some of the underwater magic (Glassboats). Just south-east of Tobermory lies the Bruce Peninsula National Park where the 700k Bruce Trail begins. The park has campgrounds and beautiful scenery along hiking trails leading to shore and the gorgeous cliffs. About 3 hours north of Waterloo. [http://www.brucepeninsula.org](http://www.brucepeninsula.org).

**Getting Involved**

**BGSA Social Committee:**
The BGSA Social Committee helps run social events each term. In the past, Social Committee members have helped out at BBQs, fundraisers and our annual Biology Graduate Research Conference. To find out more about the Social Committee, contact a BGSA exec member to join.

**BGSA Executive:**
Each year around June or July, elections for BGSA executive positions occur. If you would like to be involved in the planning and execution of grad events, consider running for one of the many exec positions. Positions include:

- Chair
- Vice-Chair/Treasurer
- Secretary
- Social Representative
- Academic Representative
- Graduate Student Association (GSA) Representative
- Teaching Assistant Representative
- Conference Coordinator
- First-Year Representative


Contact the current BGSA exec for more information about elections.
More Information

We hope you have found this package useful. For more information visit the Biology Graduate Studies Website found here: https://uwaterloo.ca/biology/graduate-studies

Please do not hesitate to ask the BGSA exec members any questions you may have. We want to make this transition into grad school as smooth as possible. We wish you the best of luck and hope to see you at some of our events!