

SURVIVAL GUIDE

2009/10



A useful tool for the arriving student



Welcome, new grad student!

We hope that you will enjoy your new environment here with us and that this guide will help you get started with Montreal, McGill and AOS. Below is an overview of the guide's contents:

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1 All about CAOS

CAOS, which stands for Council of Atmospheric and Oceanic Sciences, is the graduate students', post-doctorates', and research assistants' society of AOS. Our aim is to improve life for all our members in AOS in general. We represent students in the department to AGSEM (Association of Graduate Students Employed at McGill, <http://www.web.net/~agsem>), and to the PGSS (Post-Graduate Students' Society, <http://pgss.mcgill.ca>). Our tasks are varied, from getting new chairs for students to changing some academic rules. We also organize various activities (see section 5.2).

We have a graduate lounge (room 942) where you can find cutlery, plates, cups, two mini-fridges, a microwave and also comfortable couches and chairs. The door is open on weekdays, and you can ask Ornella Cavaliere, our department's administrative officer (room 943), for a key to have access nights and weekends.

New as of summer 2009, there's also a coffee machine (available to the whole department) that has a choice of two types of coffee beans, as well as hot chocolate, French vanilla, and mixes of these, all for just 50 cents. Plus it's **free** on weekdays from 3-4 p.m. Just make sure to bring your own mug – the ones kept in the kitchen may all be in use.

The machine also has hot water for tea, always free.

For the entire year, CAOS dues are only \$20. This pays for things such as food at CAOS assemblies, movie nights, transportation to activities... you'll get your money's worth quickly!

Elections for the executive council are normally held in May-June each year, and a first-year representative will be elected in a general assembly in September, so if you are motivated you can get involved right away.

Feel free to visit our webpage: <http://www.meteo.mcgill.ca/caos>, where you will find our constitution, news, pictures and interesting links.



Some mammatus clouds

On the next page, you will find our executive board. Please do not hesitate to contact any of us if you have any questions or suggestions!



Alissa Razy, M.Sc. student
President
alissa.razy@mail.mcgill.ca



Julie Le Fevre Bouge, M.Sc. student
Vice-President
julie.lefevrebouge@mail.mcgill.ca



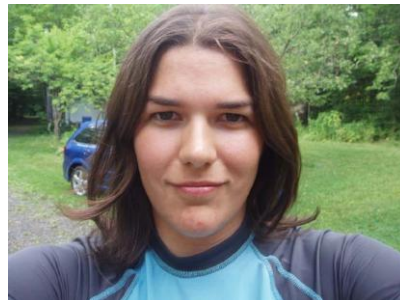
Gina Ressler, M.Sc. student
Treasurer, PGSS Rep
gina.ressler@mail.mcgill.ca



Lisa Hryciw, M.Sc. student
Secretary
lisa.hryciw@mail.mcgill.ca



Véronique Dansereau, M.Sc. student
Faculty Meeting Rep, AGSEM Rep (T.A.s)
veronique.dansereau@mail.mcgill.ca



Véronique Meunier, M.Sc. student
Faculty Meeting Rep
veronique.meunier2@mail.mcgill.ca



Scott Giangrande
Post-Doc Rep
scott.giangrande@mail.mcgill.ca



Dominik Jacques
Webmaster
dominik.jacques@mail.mcgill.ca

2 Getting started

2.1 Housing

2.1.1 McGill Graduate Housing

It includes all basic furniture (desk, bed, and dresser). They have buildings with single and shared rooms. High speed internet and telephone need to be taken care of individually, but can be obtained through McGill NCS (<http://www.mcgill.ca/ncs>). However, by the time you get here it is probably too late to apply for a dorm room. More information: <http://www.mcgill.ca/residences/graduate>
514-398-6050

2.1.2 McGill Off-Campus Housing Office

A good place to start your housing hunt is the off-campus housing office at McGill, which has a good website that provides apartment and room listings that are searchable by region, size, price and posting date (<http://www.mcgill.ca/offcampus>). Their office is at 3641 University Street, where they have computers and phones that you can use. Another good place to check is the McGill classifieds (<http://www.mcgill.ca/classified/housing>).

2.1.3 Walking the streets

A very useful way to find an apartment is just to walk through the streets of a neighborhood where you want to live; many ads are posted on doors and in windows.

2.1.4 The web

The local newspapers have classifieds sections online: www.hour.ca, www.voir.ca/petitesannonces. These classified websites are useful:

www.jetrouve.ca

www.acam.qc.ca

www.dejavu.ca

montreal.kijiji.ca

montreal.craigslist.ca

<http://www.montrealmirror.com/ARCHIVES/2002/assg/assg1.html> also has some interesting tips.

2.2 Banks

Canadian residents and international students alike who are new to Montreal may find it helpful to know where some of the banks are located around the McGill Campus. Within a 1-2 block radius of campus, you can find all of the banks listed below. All banks have fees that are comparable, though in past years students have found that TD Bank and Banque Nationale offered some pretty good student packages. The bank machines on the McGill Campus – including the one in the basement of Burnside

Hall – are Royal Bank. This may be a factor for you to consider as service charges can add up quickly when using bank machines of different companies.

If you are an international student and want a credit card, you may run into some problems. Banks don't like giving them to international students as they don't have a credit rating in Canada, so banks are afraid they might leave the country before paying their bills. One way around this is to tell them you wish to leave a "COLLATERAL" for your credit card. This means you open an account with them and are required to keep some minimum balance, or you can invest money with the bank in bonds (as much as you want your credit limit to be), and give them the right to take that money should you fail to pay your bills. This won't give you any real credit, since they have your money (which at least earns interest), but you can get a VISA card or Mastercard to buy things online, which can be very useful.

If you try to do this at a bank's front desk and are refused, insist on speaking to a banker.

The locations of the banks are as follows:

- *TD Bank* - Corner of University and Maisonneuve
- *Royal Bank* - Corner of Peel and Sherbrooke
- *CIBC* - Sherbrooke, just west of Royal Bank
- *Banque Nationale* - Corner of University and President Kennedy
- *Scotiabank* – Corner of Sherbrooke and McTavish
- *Bank of Montreal* – Corner of Peel and Maisonneuve
- *HSBC Bank (uses Bank of Montreal ATMs for free)* – Sherbrooke and McGill

2.3 Cheap places to eat lunch

2.3.1 On-campus

There are a lot of places to eat on campus, such as the food courts in the Shatner building (a.k.a. the University Centre) and the cafeteria in the McConnell engineering building, but they're not especially good or cheap. Some notable exceptions:

- The student-run Architecture Café , in the basement of the Macdonald-Harrington Building, next to the Schulich library. They have a variety of sandwiches, desserts and cheap fair-trade coffee (bringing your own mug is encouraged). Plus, you can get there from Burnside Hall without going outside, which makes it convenient on those cold winter days.
- Thompson House , 3650 McTavish. (See section 2.7.) It has a nice restaurant in the basement, and also serves alcoholic beverages.

2.3.2 Off-campus

Outside of McGill, there are many places to choose from:

- Food courts – *Eaton Centre; Place Montreal Trust; etc.*
They are not always cheap but there is a lot of variety. Some places (like Edo Japan in the Eaton Centre) have good deals for students.

- Basha – *Eaton Centre; Place Montreal Trust; corner of University and Sherbrooke; the most fun is their flagship on Sainte-Catherine and Mansfield (above the Presse Cafe).*
Home to some of the best cheap Lebanese food in Montreal.
- Al-Taib – *In the Shatner building and at 2125 Guy (near Concordia University).*
Good cheap Middle Eastern food. You can also get free delivery by calling 514-931-1999 or 514-931-3333.
- McGill Pizza – *Milton & Lorne*
Cheap and tasty pizza very close to Burnside Hall.
- Place Milton - *220 Milton Ave (between Jeanne-Mance and Ste-Famille)*
A popular, cheap and quick breakfast place.
- Chez Cora – *3465 du Parc (between Sherbrooke and Milton); 1240 Drummond*
Delicious breakfast food until 3 p.m.

You can get sandwiches with an amazing selection of cheese, as well as good salads, dirt cheap at the nameless sandwich place on the west side of Drummond, just below Sherbrooke. Look for the sign that says "sandwiches" and the long lines at lunchtime.

There are also some 24 hour places to eat that are near campus:

- Tim Hortons – *corner of University and Sherbrooke*
This chain is a Canadian staple, with soup and sandwiches, donuts and muffins, bagels and coffee...
- Dunn's – *Metcalfe, just below St. Catherine*
An extensive menu of burgers, smoked meat sandwiches, salads, pizza, and pastas. You definitely get what you pay for - the meals are quite large!

2.4 Amenities

There are a bunch of grocery stores and pharmacies right near campus and the McGill Ghetto.

2.4.1 Grocery Stores

- Provigo – *Du Parc and Sherbrooke*
- Metro – *Du Parc and Prince Arthur in the basement of Galeries du Parc*
- IGA – *Complex Desjardins - St. Catherine and St. Urbain*

Metro and Provigo have 10% off purchases of over \$50 for students on Mondays! Just bring your ID card.

2.4.2 Pharmacies

- Uniprix – *Du Parc and Prince Arthur in the basement of Galeries du Parc*
- Pharmaprix (a.k.a. Shoppers' Drug Mart in the rest of Canada) – *Place Ville Marie - McGill College and Cathcart*
- Jean Coutu – *St. Catherine and Mansfield*

2.5 Transportation

2.5.1 Getting around the city

Public Transit

The transit system of Montreal (*Société de transport de Montréal, STM*) is great. They operate the metro and buses. A single trip is \$2.75 (make sure you have exact change if you're paying cash on the bus), but it's a bit cheaper to buy six rides for \$12.75 (these can't be purchased on buses themselves but can be used for them). In either case, if you pay at the metro you're given one card with a magnetic strip on it; it can be loaded with up to 6 tickets.

Their website is <http://www.stm.info> and has maps, information, schedules and plenty more. A great feature on there is *Tous Azimuts*, where you can type in your origin and destination and they'll plan your route for you!

Full time students between the ages of 18 and 25 living in Montreal are eligible to receive a student discount on month-long transportation passes. Student rates are \$37 per month while the regular rate is \$68.50. For a reduced-fare monthly pass, you'll have to get a personalized Opus smart card with your photo on it. McGill will have sessions set up for students to get these at the beginning of the year, so look out for flyers posted on campus with the dates. If you miss it, you can still obtain a card - just follow the directions on the STM website.

There are also commuter trains run by the Agence métropolitaine de transport (AMT), but they're only useful for going to certain suburbs very far west on the island, or as one of the ways of getting off the island of Montreal completely. You can check out their website at www.amt.qc.ca.

Biking

Biking is a great way to get around Montreal, get some exercise, and reduce your carbon footprint! Montreal has over 300 km of bike routes and paths. For a map of the Greater Montreal bicycle network, visit http://www.veloquebec.info/documents/reseau_mtl_mai08.pdf. You can also buy a 16-page booklet of coloured maps called "Cycling Montreal and Region" from Vélo Quebec and at certain bike shops.

There are lots of bike stores located throughout the city. To find one nearest you, check out the category "Bicycles Dealers Sales & Service" on Google Maps for a listing. You can also check the classifieds on Kijiji (<http://montreal.kijiji.ca>) and Craigslist (<http://montreal.en.craigslist.ca/bik>) for used bikes.

Montreal also has a "public bike system" available from May to November. A \$78 annual fee gets you unlimited 30min rentals (once you go over 30min on one trip, you have to pay extra). There is also a \$5 one time fee. For more information, visit <http://montreal.bixi.com>.

Metro users may transport their bicycle from 10 a.m. to 3 p.m. and after 7 p.m. from Monday to Friday, as well as all day on weekends and holidays, on the condition that they board the first car of the train.

For more information about taking your bike on the metro, visit <http://www.stm.info/english/metro/a-velo-met.htm>.

Right to Move (<http://www.rtm-lvl.org>) and Santro Vélo (<http://www.santropolroulant.org/2006/E-bikeworkshop.htm>) are community organizations that provide tools, a work space, and assistance for do-it-yourself bike repairs at low cost. Maison des Cyclistes (<http://www.velo.qc.ca/fr/index.php?page=maison>) has more bicycling info and bike rentals.

Communauto

If you have a driver's license, but do not want to buy a car, a great eco-friendly alternative is joining *Communauto*, a car sharing agency in Quebec. For a low annual fee of \$37/year, you can get their cheapest membership, which allows you to rent their cars by the half hour. When you rent a car, you pay certain rates per 30 minutes, and per km driven. This is very useful for trips in the city (shopping, moving small things, etc), because you can just take the car for 2 hours, instead of a full day as with car rental agencies. You can also reserve their cars for longer, or make use of their partnership with rental agencies, where you can rent cars for trips outside the city for a cheaper rate (and you won't need to buy the insurance, which makes it a good deal). To join, you need a drivers license, and if you are Canadian, a clean driving record. You can also join with a driver's license from foreign countries, in which case you need an official French or English translation if it is not in one of these languages. If you'd also like a long distance option, you'll need to pay a \$500 membership fee, which will be refunded after you quit your membership. If you don't have a credit score in Canada yet, you may have to pay collateral, or find someone to co-sign for you who has a credit score here.

More information here: http://www.communauto.com/comment_ENG.html

Amigo Express

Another good carpooling website is [amigoexpress.com](http://www.amigoexpress.com). You can book for someone who doesn't have a membership, and you don't need to go to the office to become a member anyway - you can do it online.

Hertz

Hertz (at the corner Aymler and Maisonneuve) is the cheapest way for a McGill student to rent a car. They don't charge for being under 25 years old, and they provide us with a 10% discount.

2.5.2 Getting out of the city

If, by chance, you ever want to leave this modern-day utopia, you have options! Taxis will take you to the airport from downtown (and the other way around) for a flat rate of \$38, and are pretty convenient.



McGill downtown campus and Mt. Royal in autumn – what you'd be leaving behind!

Airport Shuttles also exist. *L'Érobus* is the name of the shuttle service from Pierre Elliott Trudeau International Airport to the Montréal Central Bus Station at Maisonneuve and Berri (accessible underground from the Berri-UQAM metro station). Adult fare is \$16 one-way and \$26 round trip, taxes included. The shuttle can be boarded at the Central Bus Station or at select downtown hotels. For more information see http://www.autobus.qc.ca/anglais/aeroportuaire_an.html. The shuttle leaves from the airport every 30-60 minutes 24/7, and drops you off at the Central Bus Station.

You can also take public transit to the airport: take the metro to Lionel-Groulx, Bus 211 (Bord-du-Lac) westbound to the Dorval terminus, and Bus 204 (Cardinal) to the airport. When timed right, this will get you to the airport in 45min on one fare.

Montreal's main train station, *Gare Centrale*, is below the Queen Elizabeth Hotel on the corner of René-Lévesque and Mansfield. The station is the major terminus for Canada's VIA Rail trains (viarail.ca) from Halifax, Toronto, Ottawa, Quebec and the Gaspé as well as US Amtrak trains from Washington and New York. The Bonaventure Metro station links it with the rest of the city. An international student card (ISIC) gets 40 percent off regular train fares. Even if you don't have one, you can still get a discount by booking six days in advance to get 30% off return-trip fares and 20% off one-way tickets. If you want to travel multiple times between 2 cities (e.g. Montreal and Ottawa), the ISIC card can get you a Via 6-pack – six one way trips for a much lower price. The 6-pack is good for up to 1 year.

A cheaper alternative to air or rail travel is the good old fashioned road. Buses can take you just about anywhere from the Central Bus Station, but can sometimes get as or more expensive than the train. Many ride sharing arrangements exist. For example, daily rides to and from Toronto are offered by private companies and can be found on Craigslist (<http://montreal.craigslist.org>) for half the price of the train or bus. Within Quebec there also exists a carpooling organization, <http://www.allostop.com> which is a great, inexpensive way to travel around la belle province.

2.6 Computing info

All McGill students get a McGill e-mail address, and the ability to use their internet at home (or anywhere else) through the McGill Virtual Private Network (VPN).

2.6.1 E-mail

All McGill students get McGill webmail: <http://exchange.mcgill.ca>. You get a Uniform Email Address (UEA) of the form `firstname.lastname@mail.mcgill.ca`. This is meant to make it easy for people outside McGill to email you without having to look up your address. This is also the address that McGill uses to send out important information to students, so make sure to check it regularly.

2.6.2 McGill VPN (Virtual Private Network)

To set this up at home or on your laptop, go to www.mcgill.ca/ics/tools/vpn. You can use it to access McGill computers (such as the departmental machines, the library database, etc.) and websites McGill subscribes to, such as sites for scientific journals.

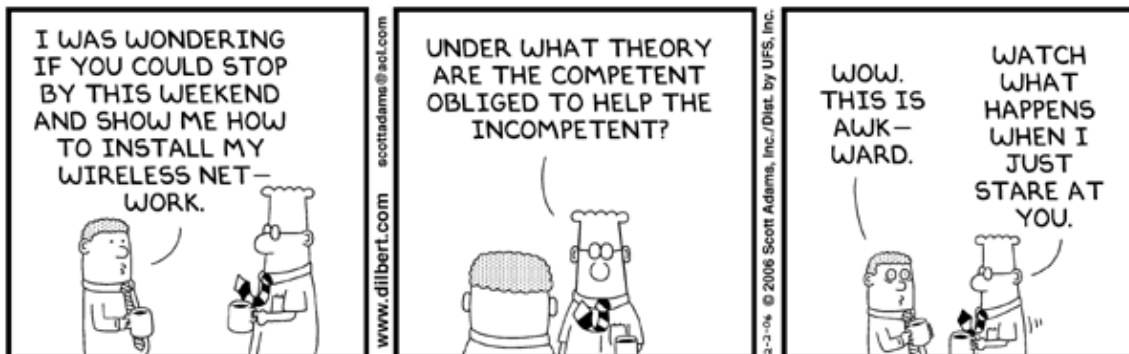
Note that for internet access at home, the two most popular options are Videotron (videotron.com) which provides cable modem, and Bell (bell.ca) which provides DSL.

2.6.3 Departmental Accounts

All AOS grad students are entitled to a departmental account that allows them to print to the departmental printers in room 811. Two of the printers are black and white, while one prints in colour but isn't free to print to. You can also use the spiffy computers in the lab in room 708A by logging in with your account. Ironically you cannot print from these computers – at least not without asking the sys admin to set that up for you – but you do always have the option to print from the lovely antique computers in the printer room.

As for actually getting a computer in your office, this will be up to your supervisor. If you do not have a supervisor yet, you'll have to wait!

To get your departmental account set up, e-mail our systems administrator Michael Havas (sysadmin@meteo.mcgill.ca), or visit him in room 847. (Note: we share Michael with Geography, so check out his hours on his door.)



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2.7 Grad Student Services

The Post-Graduate Students' Society, or PGSS, organizes lots of services and activities for grad students. You can check out their website at pgss.mcgill.ca for more info. They also run Thomson House (3650 McTavish above Doctor Penfield), which houses a bar, restaurant, and lounges. There's also the Committee for Graduate Student Support (CGSS), a confidential referral and peer support service for grad students and post-docs who feel their civil, academic or human rights have been violated. (www.pgss.mcgill.ca/EQUITY, 514-398-3999)

2.8 McGill Services

Most Student Services' offices are located in the William & Mary Brown Building on McTavish and Doctor Penfield. Some of the services you can find there are: Career and Placement Service (CAPS), Counseling, Dean of Students' Office (assistance to students – answering questions, advice and referrals, etc.), Financial Aid, Health Services, Mental Health Services, and International Student Services (see section 3.4), among others. (You can find a complete list at www.mcgill.ca/stuserv.)

Some other great services available include: The McGill Legal Information Clinic (mlic.mcgill.ca – provides free legal information in both English and French, and legal representation in a dispute with the university), the ombudsperson (www.mcgill.ca/ombudsperson – confidential dispute resolution), and the Sexual Assault Centre of McGill Students' Society (3465 Peel Street, 514-398-2700). There's also the Walksafe Network if you need to walk home alone and feel uncomfortable. It's a student-run foot patrol on campus and in surrounding neighbourhoods, and a team of two students (at least 1 woman) will walk with you, on/off campus, seven nights a week. They wear red jackets with "Walksafe McGill" on the back. For a walk, either flag them down, or call the dispatch: 514-398-2498.

3 International students

International students have to go through a huge amount of administrative procedures - here is some advice on getting through it:

3.1 Social Insurance Number SIN/NAS

If you end up having between 2 and 15 forms to fill out or e-mail each September, be aware that the priority is to get a Social Insurance Number (or *Numéro d'Assurance Sociale*, NAS). You have to fill out a form and bring it to the closest Service Canada Centre to your place of residence. To get a list of these centres in Montreal, check <http://www.servicecanada.gc.ca/eng/sc/sin/index.shtml>. As an international student you will be given a temporary Social Insurance Number starting with a 9.

3.2 Health Insurance

To be covered by health insurance is the other very important priority in your international student life. As an international student at McGill you are required to purchase the Blue Cross insurance offered by

McGill, unless you have an exemption (see below). To find out how to obtain your insurance card (as the fee is charged to your account automatically anyways) see:

<http://www.mcgill.ca/internationalstudents/health>

Exemptions:

You can look at all the details of the exemption conditions to the McGill Blue Cross international health insurance at www.mcgill.ca/internationalstudents/health/exemption.

A short summary: If you are a citizen and a resident of Denmark, Finland, France, Luxembourg, Norway, Portugal and Sweden or already have a valid Quebec Medicare card, you can be exempt from the McGill International Health insurance program. You can do this by applying for the Quebec Medicare card (if you don't have one already) and showing McGill the proof of such application before the end of September (check the website for the exact date).

If you are eligible for a Quebec Medicare card, you have to register as a McGill student, and then go to the James administration building to ask for a proof of registration for the two coming semesters. After that you'll have to go to the Quebec Health Insurance centre (located at Régie de l'assurance maladie du Québec, 425 de Maisonneuve West, 514-864-3411, <http://www.ramq.gouv.qc.ca>) with a McGill registration certificate, your passport, your student visa and the CAQ, and a couple of recent pictures (if you don't want to pay three or four times what you would pay in a public machine). When you get a paper from them showing that your application is in process (after 2 to 3 hours in the waiting room, so don't forget to bring something to read) you can bring it back to McGill Student Services (Brown Building at 3600 McTavish Suite 3200, 514-398-6013, student.aid@mcgill.ca) and finally obtain your exemption.

3.3 International Student Card (ISIC)

Finally, as an international or non-international student, you can obtain the International Student Card for FREE by applying for it at Thomson House through the PGSS, so do not pay for it elsewhere. The PGSS will organize a registration session in October or November, so be sure to check their website. If you need it faster or miss this session you can also get it for free at Travel Cuts in the Shatner building as a graduate student. They have a sign at their entrance that tells you what you need to bring in order to get it.

3.4 International Student Services

You have probably been contacted by the International Student Services (ISS). If not, visit their website and office for more info and hints for your new life in Montreal:

<http://www.mcgill.ca/internationalstudents>

3.5 McGill International Students Network

MISN provides a great opportunity for people of diverse backgrounds (especially those new to Montreal) to meet each other. Services include a drop-in centre (Brown building, basement), social events and information on international student issues. www.misn.ca

3.6 Fellowships

There is only one fellowship available for international students: the McGill Major. You can ask Vaughn Thomassin, the graduate program coordinator, for more information: vaughn.thomassin@mcgill.ca.

4 Academics

4.1 Seminars

There are a few different seminar series which you should pay attention to.

4.1.1 Student seminars

All AOS grad students (MSc 2 and up) have to give a research seminar every year. These are held every Wednesday afternoon at 2:30 in the seminar room (934). New students are not required to attend, but you should consider going to some; they are a good way to learn about the different kinds of research being done in the department. A schedule should appear in the lounge sometime in September.

4.1.2 Departmental

Seminars by visiting scientists are usually given on Monday afternoons at 3:30 in 934. Schedules can be found in the lounge, and posted around the department. C2GCR (Centre for Climate and Global Change Research) seminars are held Fridays at 3:30 in room 426. Schedules should be posted around the department.

4.1.3 Others

Both the Applied Math and the Computational Science and Engineering groups have weekly seminars that may be of interest to AOS students. Stay up to date on upcoming seminars at <http://www.math.mcgill.ca/research/seminars>

4.2 French and English courses

If you're a foreign student, chances are either your English or French is not perfect yet, or maybe you chose Montreal to improve your knowledge. There are many opportunities to learn (and practice) both languages and here are only a few to get you started:

The YMCA offers good courses (<http://www.ymcanguages.com>). Prices can vary a lot depending on the type of course.

At McGill, you can take courses with the English and French Language Centre (<http://www.mcgill.ca/eflc>). Placements test are held in August (check the website for exact dates). There are classes you can register for free of charge, and earn credits. These are regular undergraduate classes with exams, required attendance and homework, and only two graduate students per class are allowed to register. However, many people drop out in the first two weeks, so ask the professor if you can just go for the first two weeks even if they tell you the course is full, and see how it looks after the

first week. In order to enroll, you need a letter from your supervisor stating that he/she gives you permission to take a French/English course there. However, as you will be busy with your coursework in the first two semesters, these classes might be too much for you in the first year, but nevertheless keep them in mind if you decide to improve your skills later.

There are also French conversation, writing, and interview courses at Thomson house (check pgss.mcgill.ca/COURSES/index.html, ~\$75 per semester). Another option is a mini-course at SSMU (check <http://www.ssmu.mcgill.ca> in the fall).

4.3 Teaching assistantships

At McGill, as at most other Canadian universities, teaching assistants are part of a union. The McGill Union is called AGSEM, Association of Graduate Students Employed at McGill. Most students here in Atmospheric and Oceanic Sciences apply for a TA position starting in their second year of the masters program, following completion of their first-year coursework. TA applications for the fall (winter) are usually filled out the preceding April (October) and handed to Ornella Cavaliere. At the conclusion of the semester, the department's AGSEM representative meets with Ornella to assign the positions. Positions are assigned based on seniority and experience, so that the majority of second-year master's students typically will TA an introductory undergraduate course (such as "Intro to Atmospheric Science" or "Natural Disasters"). In a typical year, most people who request a position do end up receiving one.

TAing can be a fun and rewarding experience, as it gives you teaching and grading experience while also letting you escape your everyday work for a little while.

4.4 Choosing a supervisor

If you are a new Master's student, you likely don't yet have a supervisor. If you need some direction, we will hold an informal discussion about all of the supervisors at the end of October. At least one student will be present for each prof and they'll be able to tell you useful things that will help you find the perfect match for your personality, work style and topic of interest. At the end of the term, a list of available research topics will be given to you and by January you will need to decide.

5 Sports and activities

5.1 Sports

5.1.1 Athletic facilities

McGill has great athletic facilities available to you, including the Gymnasiums and Activity Areas that are part of the McGill Sports Centre, the Memorial Pool, the Tomlinson Fieldhouse, the McConnell Arena, Molson Stadium, Forbes Field and outdoor tennis courts. Details about the facilities as well as all other athletics-related information can be found at <http://www.mcgill.ca/athletics/facilities>. The use of all the facilities is covered in your tuition, except the Fitness Centre - you must pay an extra \$30 per term to use it. The Currie Gymnasium is located at 475 Avenue des Pins.

There are many assorted aerobics, dance, fitness, aquatics, martial arts and outdoor classes available

through McGill Athletics. As well, classes are given at Thomson House at affordable prices, such as Tango, Ashtanga Yoga, Salsa, many language courses and kickboxing.

5.1.2 Intramural teams

This fall the department will have two official intramural teams: ice hockey and Ultimate Frisbee.

- If you are interested in the hockey team, you can contact Louis-Philippe Nadeau (louis-philippe.nadeau@mail.mcgill.ca). All you need are skates and a stick to join up!
- If you want to join the Ultimate Frisbee team, you can talk to Shawn Milrad (shawn.milrad@mail.mcgill.ca). Play starts in early September so act fast!

In the summer, the department has a softball team that plays in a tournament run by PGSS (contact Shawn Milrad, shawn.milrad@mail.mcgill.ca).



Our departmental softball team, Couilles Molles (summer 2008)

5.2 CAOS Activities

Here are some things we'll be doing this fall!

- CAOS BBQ, *August 24th*
Spend the evening in a beautiful park, grill some food and toss a frisbee.

- First-years pancake breakfast, *September 1st*
Get to know your fellow first years and other AOS grad students over pancakes.
- Welcome party, *early September*
Come meet everybody from the department!
- Apple Picking, *October*
Pick a bag full of apples at a small orchard and check out all of the apple products they make.
- Halloween Party, *end of October*
Dress up and party!
- Movie night, *November*
Eat popcorn, drink soda and watch a movie!
- Christmas party at Thomson House, *December 3rd*
An end of term potluck party for everyone



Apple picking – fall 2008

We will of course have activities in the winter semester too, such as our annual end-of-semester breakfast. Plus there are other CAOS activities that vary from year to year. The following are a few that we've done in the past and may do again. Come to the General Assembly in September to discuss which things you'd like to do this year!

- Fall hike, *early October*.
Enjoy fall's wonderful colours.
- Drinks at Thomson House, *Wednesdays after student seminars*
Relax and mingle with your colleagues from AOS over a beer or other beverage.
- Winter sport, *February*
Come out with us on some winter sport activity (skating, snow shoeing...) and enjoy the cold.
- Sugar shack trip, *March*
Good fun at a typical "Cabane à sucre". Discover (or re-discover) the pleasure of eating maple syrup.



Christmas party at Thomson House – December 2005