Welcome to the University of Calgary Menagerie!

Congratulations on your acceptance! On behalf of our entire class, we would like to extend a huge welcome, and let you know how excited we are to meet you all very soon!

The next three years are going to be an amazing adventure, so we have compiled this handy guide filled with tips, tricks, and Tanuki wisdom to help you with your transition. If you have any questions, please don’t hesitate to reach out to myself, the Tanukis, or the Undergraduate Medical Education (UME) Office. We’re here to make this transition as smooth as possible! We know that the online start to your medical school journey is different than expected as a result of the COVID-19 pandemic, but nonetheless, we hope to make it as great of an experience as possible.

All the best,

Jemimah Raffé-Devine
VP Events, Class of 2022
Cumming School of Medicine
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Communication:

The first thing you should do is join the University of Calgary Medicine - Class of 2023 Facebook group! This is going to be one of the main ways you share and receive information, and it’s also a space where you can ask Tanukis and Limpkins any questions you may have. It’s a central hub to share fun events, helpful resources, or other advice! Just keep in mind that you still need to act professional on the page.

Also on a professionalism note, you may want to update your social media settings now. You may have not googled yourself yet, but someone else might soon!

If you’re not a big fan of Facebook, no worries! Important notices and reminders will also be shared via email. The IT team will be in touch soon with all the details of your email account, as well as how to synchronize to the main class calendar.

Once you are given your class animal (through a super secret naming ceremony), you will also receive your own class listserv, which can be used by staff, UME and students to communicate with everyone throughout the year.
Textbooks & Tech:

If you have an anatomy or physiology book that you really loved in undergrad, consider bringing it, as it might come in handy. That being said, there are a lot of Tanukis who haven’t touched a textbook, old or new, so it really is a personal preference. Since you’re starting virtually, we will do our best to provide tips we’ve picked up for doing medical school online, and we’re always here to support you in any way you need!

On the tech side, you have a ton of options! In our lectures you will see laptops, iPads, tablets, as well as the occasional pen and paper. If you plan on using an iPad, helpful apps would be Notability or OneNote (you can test them out and see which you prefer). We also get free online access to A LOT of textbooks through our school library, and there are lots of great medical apps that you can download. Just ask us about the details of our favourites as you work through each course!

Wireless Networks:

1. **AirUC-Secure (preferred)**
   This is a secure network (all traffic is encrypted). The first time you connect to this network you will be prompted to authenticate and accept a network certificate. Subsequent connections DO NOT require you to authenticate (as your info is saved). To set it up take a look at: https://www.ucalgary.ca/itutil?process=ADSync&avoidcaseary/
   IT username: email ID (ie.first.lastname)
   Password: webmail password

2. **Eduroam (preferred)**
   This network allows you to access the internet at participating universities around the world, including most Canadian institutions. To set this up go to: http://www.ucalgary.ca/it/networks/eduroam/
   Scroll down to “Support Documentation.” Find the document that is most applicable for your computer/platform and follow the instructions. Your username and password are the same as for the Air-UC networks.

3. **AirUC-guest**
   This unsecure network requires you to log on every time you access it (when you try to access a web page or your email client, it will prompt you with the login page).

Helpful Emails

Admin & Admission:
ucmedapp@ucalgary.ca

Buying or Selling?
ucmedsales-l@mailman.ucalgary.ca

UofC Med Buy & Sell Facebook Group

A note about Wi-Fi in the medical buildings:
When you are at the Foothills hospital or other hospitals, you will likely be prompted to connect to healthspot as a wifi connection.

If you need help:
**Support Information:**
1. Check out the IT support pages at http://www.ucalgary.ca/computersupport/computers/wireless
2. Submit a support ticket to itsupport@ucalgary.ca or online at http://www.ucalgary.ca/it/request
3. Go visit the IT helpdesk, located around the front-right corner of the Libin Theatre (if you are facing its main entrance
The Key to Success is Balance!

There will be times throughout the next few months where you may feel overwhelmed. Work/life balance is incredibly important, but not always easy. Med school is really tough at times, but we can always lean on each other for support both academically and personally!

1. **Friends** are absolutely necessary to get through med school! Both the new friends you’ll make once you start, and the friends you have in your life right now. Make time for both, because you don’t want your world to become only about medicine.

2. **Staff at Student Advising and Wellness (SAW)** are simply the best! They are offering all their same services online as they do in person. Please get in touch with Jo Holm at jholm@ucalgary.ca if you’d like to chat! Once we are back in person, swing by their office anytime to grab a piece of candy, vent to someone comforting, or chill out in the newly furnished Quiet Space (bean bag chairs included!). If you’d rather talk to your peers, you can also join the weekly Peer Support Group that will be happening via Zoom every Thursday from 12:30-1:30PM. The AMA also has counseling services available to medical students, which you’ll hear about in O-week. SAW is excited to welcome you during your orientation, but until then you can ask Hannah Koury, VP SAW, if you have any questions!

3. **Stay active!** There are lots of opportunities to play intramural sports (we are big on hockey!), and lots of studios nearby if you enjoy group fitness classes! In addition, we offer free yoga classes once a week on campus, and occasional mindfulness meditation. On campus you can join Kinetix located in the TRW (http://www.ucalgary.ca/kinetix/membership), or get a key for the “Dungeon” (a one-time fee of $20.00), located in the basement of the HSC. You also have access to the recreation facilities on main campus since membership is included in your student fees (https://www.ucalgary.ca/activeliving).

4. **Eat right.** This seems simple enough but can be difficult when you’re feeling pushed for time. There are lots of options on or near campus including PurEatery in HSC, Good Earth Café, Timberline, and Garden Deli in Foothills Hospital. You could also consider meal prepping and bringing food with you for lunch.

5. **Ask a Tanuki!** Every single one of you will have a Tanuki peer mentor. We’re here to support you on a more personal basis and we look forward to being on your team!
Kicking It Around Town

Believe it or not, you will have time to enjoy all that Calgary has to offer (which is far more than Stampede—don’t worry, there’s always next year!). Here are a few things you might want to bring with you, if you have them (not mandatory!):

- Skis or snowboard
- Hiking boots or snowshoes
- Bicycle (for recreation or transportation)
- Hockey gear
- Nice clothes for a night on the town and formals
- Anything that keeps you happy and balanced!
Most Importantly: Where Am I Going to Sleep?

Unfortunately, we do not yet have a clear picture of when classes will begin in person. We understand that this makes the task of moving extremely difficult. We recommend that you make a decision about when to move that makes sense for your individual situation and family, and that makes you feel comfortable and secure. If you require guidance in this matter or would like to discuss your situation, please contact SAW (jholm@ucalgary.ca) or Dr. Sarah Weeks, Assistant Dean Pre-Clerkship (sgweeks@ucalgary.ca).

Looking to rent? Rentfaster.ca is a great resource to find a place to rent while in medical school. It can be challenging to find that perfect place near Foothills so we recommend you start your search as soon as possible. Our campus (at Foothills Hospital) is separate from the main university campus so the vast majority of students find accommodation in off-campus housing.

- Like to roll out of bed and be at school in minutes? Foothills Village is a townhouse complex right across the street from Foothills that is always sought after by medical students.
- University City Condos is an apartment development in Brentwood that has a lot of apartments available for rent or sale.
- Considering living downtown? The 90 bus route goes through downtown and stops right at Foothills!
- Need help finding a roommate? You can use the class Facebook page to find roommates (and new best friends) before school starts!
- The University of Calgary offers apartments on main campus for students aged 21-26 and family housing. See http://www.ucalgary.ca/residence/placelolive for info.

"How did you sleep last night?"

For those of you from outside of Calgary, consider booking your Christmas flights back home ASAP!
Getting Around Town:

1. Calgary Transit
As part of your tuition and student fees, you will receive a Calgary transit “U-pass” sticker that goes on your student card and grants you unlimited use of the transit system. You will need to get a new sticker for each new term.
The Foothills campus is served by several buses including:
   - 9 – Foothills Medical Centre/Dalhousie
   - 40 – Crowfoot/ North Hill
   - 90—University of Calgary/Bridgeland
   - 91 – Brentwood/Lions Park
   - 104 – Foothills Medical Centre/Sunnyside
If you plan on taking the train, you can consider getting off at the Lions Park station or the U of C main campus, as both are serviced frequently by most of the above busses.

2. Cycling
Although Calgary can seem like a car-centered city, you’ll find that many Tanukis (and some of your preceptors) ride bicycles to school in the summer (or even year-round, for the brave-hearted). The river valley trail system connects Foothills to downtown and many other neighborhoods. A secure bike-parking area is available, with key card access that costs $31.50/year (purchased through U of C parking). There are shower facilities by the small gym in the basement, or in Kinetix for ~$10/month with free soap and towels. The Tanuki and Limpkin cyclists would love to help you with any route-finding, bicycle-buying, or other questions – post on the Facebook group, and they’ll help in any way that they can!

3. Parking
Many Tanukis do drive to FMC, however, it can get a little bit expensive, depending on where you decide to park. You can also ask on Facebook for any available parking spots nearby Foothills, such as at Foothills Village.

At Foothills:
- Lot 6 Parkade and Lot 10 Underground — $14.25 daily

Off Campus:
- Stadium (201) — ~$130/month
- Foothills Village (233) — ~$75/month
- McMahon Stadium — $214/semester
- Park & Ride (McMahon) — $280/4 months

http://www.ucalgary.ca/parking/parkingpermits

If you have any further questions, please ask on the Facebook page as I’m sure one of the Tanukis will have an answer or suggestion for you (if you are shy, you can always email the VP Events, Jemimah, at jemimah.raffedevine1@ucalgary.ca).