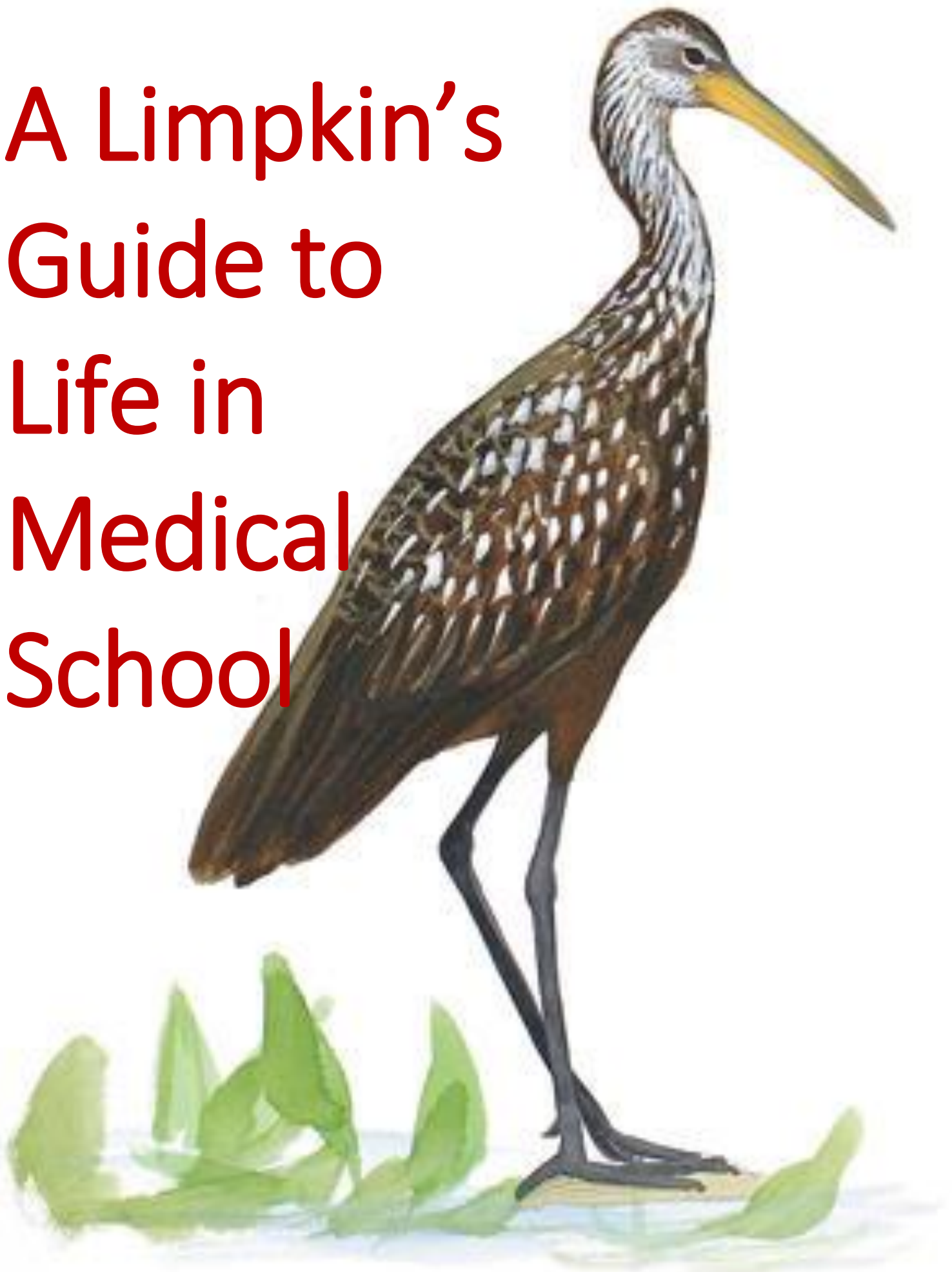


# A Limpkin's Guide to Life in Medical School





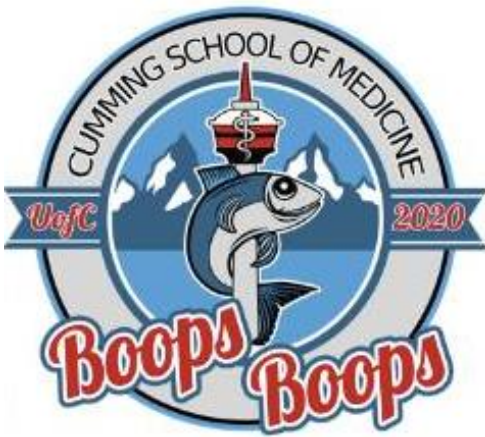
## Welcome to the University of Calgary Menagerie!

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

The next three years are going to be an incredible adventure, so we have compiled this handy guide filled with tips, tricks, and Limpkin wisdom to help guide you with your transition. If you have any questions, please don't hesitate to reach out to the Limpkins, or the Undergraduate Medical Education (UME) Office. We really are here to make this transition as smooth as possible!

Lots of love,

Jasleen Nijjar  
VP Events, Class of 2021  
Cumming School of Medicine



## Communication:

One of the first things you should do is join the University of Calgary Medicine - Class of 2022 Facebook group! Not only is this going to be one of the main ways you share and receive information from the students, but it's also a space where you can ask Limpkins and Boops Boops anything you may have questions about. It's a central hub to share fun events or helpful resources! Just keep in mind that you still need to act professional on the page, so just be sure to think twice about what you are sharing.

Also on a professional note, you may want to update your social media settings

now. You may have not googled yourself yet, but there is a good chance someone else might soon!

Don't fret if you aren't a big fan of Facebook! 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 in August), 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 Limpkins that haven't touched a textbook, old or new, so it really is a personal preference.

On the tech side, you have a ton of options! Come to any lecture and you will see laptops, iPads, tablets, and good old-fashioned pen and paper. If you plan on using an iPad, helpful apps would be Notability or OneNote. 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&avoidcas=1ary/>

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.

## 2. 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](mailto:ucmedapp@ucalgary.ca)

Buying or Selling?

[ucmedsales-l@mailman.ucalgary.ca](mailto:ucmedsales-l@mailman.ucalgary.ca)

## **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:

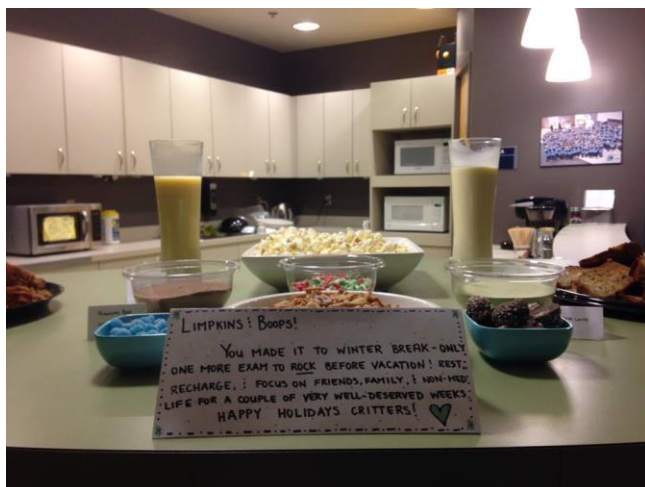
### **Support Information:**

1. Check out the IT support pages at <http://www.ucalgary.ca/computersupport/computers/wireless>
2. Submit a support ticket to [itsupport@ucalgary.ca](mailto: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! Swing by their office anytime to grab a treat or to talk to someone comforting. If you'd rather talk to your peers, you can also turn to the Peer Listening and Wellness Group. The AMA also has counseling services available to medical students.
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 twice a week on campus, and mindfulness meditation once a week. On campus you can join Kinetix (<http://www.ucalgary.ca/kinetix/membership>), or get a key for the "Dungeon" (a one-time fee of \$20.00). 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.
5. **Ask a Limpkin!** Every single one of you will have a Limpkin peer mentor. We're here to support you on a more personal basis so look forward to having someone on your team. A balance lunch will be held in September (ask our VP SAW, Meredith) for more info on how some of us have aimed to maintain that ever-elusive "balance".





# 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 just the Stampede).

Here are a few things you might want to bring with you:

- 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?

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.

Neighbourhoods near Foothills that are popular with students:

Banff Trail	Bowness
Brentwood	Capitol Hill
Charleswood	Hillhurst
Montgomery	Parkdale
Point McKay	St. Andrew's Heights
Sunnyside	University Heights
Varsity	West Hillhurst

- 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.
- 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/placestolive> 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
- 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 University of Calgary main campus, as both are serviced frequently by the above busses.

## 2. Cycling

Although Calgary can seem like a car-centered city, you’ll find that many Limpkins (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 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 Limpkins 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	McMahon Stadium	\$214/semester
Foothills Village (233)	~\$75/month	Park & Ride (McMahon)	\$ 280/4 months

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

There are also some free 2 hour zones in nearby neighbourhoods, or you could park at Edworthy Park at the base of the hill (this does involve a 10-15 minute walk uphill).

If you have any further questions, please ask on the Facebook page as I’m sure one of the Limpkins will have an answer or suggestion for you (if you are shy, you can always email the VP Events, Jasleen, at [jknijjar@ucalgary.ca](mailto:jknijjar@ucalgary.ca)).