START AT U OF T 2017
Welcome to the University of Toronto community!

September is just around the corner, so now is a great time to start getting ready for the next big step in your life. This book is a handy directory of things you need to know to make your transition as smooth as possible. Each item has a link, so remember to head to the website for more details. We're looking forward to seeing you on campus!
GET STARTED

YOUR REGISTRAR
Get to know your registrar! They can help you with:

Academic advising
Help with formulating and/or adjusting your short- or long-term educational goals including course selection, interpreting degree requirements and understanding university regulations.

Personal counselling
Assistance with anything getting in the way of your success as a student, or a reference to the appropriate resources on campus.

Financial counselling
Help with financial planning, budgeting and overcoming financial emergencies.

College registrars (for Faculty of Arts and Science students)

- Faculty of Arts and Science Registrar
  artsci.utoronto.ca/current
- Innis College
  uoft.me/innis-registrar
- New College
  uoft.me/new-registrar
- St. Michael’s College
  uoft.me/stmikes-registrar
- Trinity College
  uoft.me/trinity-student-services
- University College
  uoft.me/uc-registrar
- Victoria College
  uoft.me/vic-registrar
- Woodsworth College
  uoft.me/woodsworth-registrar

Registrarial services for professional faculty undergraduate students

- Faculty of Applied Science and Engineering
  uoft.me/engineering-registrar
- Faculty of Kinesiology and Physical Education
  uoft.me/kpe-registrar
- Faculty of Music
  uoft.me/music-student-services
- John H. Daniels Faculty of Architecture, Landscape and Design
  uoft.me/daniels-student-services

Find all of these links and more at:
uoft.me/people

ASKme
uoft.me/askme

Find answers to questions about campus. Use the online tool or stop by one of the ASKme booths on campus at the beginning of term.

Housing
housing.utoronto.ca

Find off-campus housing, roommates, attend workshops and get tips and tools to help you find a place to live.

FAKEHA
I’ve been in contact with Housing because I’m moving out of residence. I had no idea what to look for in a rental property, but they’ve been a big help in learning what to be aware of during the rental process, from searching for an apartment to signing a lease.
YUSRA
Last year, I mentored two first-year students in my faculty. I wanted to help people because I felt like I had more experience, but I’ve realized there’s always something you can learn from others, whether they’re in first or fourth year.

Mentorship Resource Centre
mentorship.utoronto.ca

Find a peer, career or faculty mentor based on campus or faculty/college affiliation.

Student Life Community Crew
Blog: lifeatuoft.utoronto.ca
Facebook: facebook.com/lifeatUofT
Twitter: twitter.com/lifeatUofT
Instagram: instagram.com/lifeatuoft
Snapchat: @life@UofT

The student life social media team, sharing their own experiences about life at U of T.

Student Life offices
uoft.me/people

Support activities and community development including: social, cultural, academic and life skills programs and activities, residence and commuter student support, and the administration of residence operations.

Student Life Programs and Services
studentlife.utoronto.ca

Gives students the opportunity to actively participate in university life; find connection, community, and friendship; encounter new ways of thinking and being in the world; and experience leadership, independence, and success.

AVNEET
I’m very involved at my college because I like the sense of community it provides. The non-resident common room is like the living room I don’t have. I’m also on the executive of my College Literary Institute. At such a large university, it’s nice to be part of a smaller student body because it’s easier to make friends.

TCard Services
tcard.utoronto.ca

Your TCard is your student ID. Use it to gain access to places on campus, put money on it for food, printing, laundry and more.

Welcome website
hello.utoronto.ca

Find services, programs, events and more to get started at U of T.

FOOD

Food map
map.utoronto.ca/food

Discover the 40+ places to buy food on campus.

Food Services
ueat.utoronto.ca

Ensures that a wide range of affordable, sustainable and nutritious food options are available on campus.

Meal plans
uoft.me/meal-plans

Pay with your TCard at 30+ locations and dining halls across the St. George campus.

Water map
map.utoronto.ca/water

U of T is water bottle-free, so use the map to find water fountains on campus.
GET INVOLVED

Blueprint program
blueprint.utoronto.ca
An easy way to get involved in life outside the classroom. Learn and develop skills through workshops and activities.

Co-Curricular Record (CCR)
cr.utoronto.ca
Find involvement opportunities beyond the classroom, and have skills and experiences recorded on an official document.

Events
events.utoronto.ca
Discover the activities, workshops and meetups happening on campus every day.

Orientation information
uoft.me/orientation
Get to know campus and find orientations offered for international, Aboriginal and LGBTQ+ students, those with a disability, and more.

Ulife
ulife.utoronto.ca
Directory of clubs and student organizations.

did you know?
Getting involved is good for your GPA!
In 2015-16, students who participated in CCR-recognized activities had an increased Cumulative Grade Point Average of +0.31.

Getting involved is a great way to:
• gain practical work experience
• meet new people
• discover the city
• stay active
• de-stress

FAKEHA

Last year I volunteered with PeacebyPEACE, a club that takes university students off campus and into elementary school classrooms to teach students about bullying and life skills. I saw them learn and grow based on the problem-solving strategies we taught them, which reminded me of the importance of developing healthy interpersonal skills in a well-rounded education.

ASHLYR

I discovered academic skills and career planning workshops through the Blueprint program. One workshop in particular encouraged me to find my dream job by exploring different career paths, which was really eye-opening.
MAPS
Use these maps to plan your route and find classes. Also download the map app for Android and iOS.

St. George, UTM, and UTSC interactive maps
map.utoronto.ca

MONEY
Aboriginal Student Services (First Nations House)
fnh.utoronto.ca
Provides financial assistance for Indigenous students at U of T.

Financial Aid and Awards
future.utoronto.ca/finances
Find information about financial assistance programs.

Student accounts
fees.utoronto.ca
Information about fees, deadlines, income tax, refund payments and more.

University of Toronto Advance Planning for Students (UTAPS)
uoft.me/utaps
A financial aid program for full-time students who are Canadian citizens, permanent residents or protected persons and are eligible for need-based government student assistance or funding from a First Nations band.

University of Toronto Bookstore
uoftbookstore.com
Selling new and used textbooks, book rentals, U of T clothing, school supplies and more.

Your registrar
uoft.me/people

PLAN YOUR COMMUTE
Commuting & transportation tips
transportation.utoronto.ca
Your guide for getting to and around campus.

Cycling at U of T
uoft.me/uoftcycling
Information about bike parking and rentals.

Discounted TTC passes
utsu.ca/services
Available through the University of Toronto Students’ Union (UTSU) at a reduced rate.

Go Transit
gotransit.com
Trains and buses.

Go Transit Student ID card
tcard.utoronto.ca/go-transit-student-id
Full-time students can apply for a Go Transit-issued ID card to pay a reduced fare.

Parking Services
uoft.me/parking
How and where to park on campus.

Toronto Transit Commission (TTC)
ttc.ca
Subway, streetcars and buses.

UTM shuttle bus
utm.utoronto.ca/shuttle
From the St. George campus to the Mississauga campus.

NAH-HAK
First Nations House helped me overcome financial barriers to paying tuition and living expenses as a student. The staff referred me to the appropriate resources and was very supportive throughout the year.
VIRTUAL CONNECTIONS

Information Commons: Robarts Library
sites.utoronto.ca/ic

Get help with your U of T email, logins, passwords, book a room with screen display, buy software, get help with internet access and more.

Learning Portal/Blackboard
portal.utoronto.ca

An online tool used by professors and students to share information, post assignments and articles, post marks, and communicate.

Student Web Services
acorn.utoronto.ca

Get access ACORN: the student information service.

Degree Explorer: shows how future course choices meet degree requirements.

Course Finder: search for courses, identify ones you like and email them to yourself for future reference.

UTORid
utorid.utoronto.ca

Your personal ID giving you access to U of T web-based services.

UTmail+
mail.utoronto.ca

Your official email address where you receive communication from your profs and U of T.

UTORweb
individual.utoronto.ca

Free web space for personal pages, pictures, word-processing documents, etc. Can be used to share documents with others or to save and access documents from any networked computer.

Wi-Fi access
wireless.utoronto.ca

Find out where and how to access Wi-Fi around campus.

ACADEMIC SUPPORT SERVICES

Academic Success
asc.utoronto.ca

Learn how to adapt your study habits, improve your writing and research skills, and manage your time more effectively.

- Drop in or make an appointment with a learning strategist.
- Check out academic skills workshops and effective writing programs.
- If you’re the first in your family to attend post-secondary education in Canada, join the First in the Family Peer Mentor program for access to resources, support and special events.

LIANA

I see a learning strategist through Academic Success. It’s been a great support system for learning how to study effectively, which has been helpful with test and exam preparation. One strategy I learned is to brainstorm a mind-map to connect course themes. I also participate in the First in the Family Mentorship Program for first generation students as a mentor.
Accessibility Services
accessibility.utoronto.ca
If you have a documented disability (ongoing or temporary), register to be eligible for academic accommodations.

Subject aid centres
(Faculty of Arts & Science)
uoft.me/aidcentres
Arts & Science students can get assistance in the subjects of Computer Science, Chemistry, Physics, Statistics, Economics and Philosophy.

Math aid centres
uoft.me/mathaidcentre
Arts & Science students can drop in to work one-on-one with a tutor.

Writing centres
writing.utoronto.ca
Work with a writing instructor to enhance your planning, organizational, writing and revising skills in any subject.

ENGLISH LANGUAGE SUPPORT

English Communication Program
cie.utoronto.ca
Develop English skills, get insight into Canadian culture and life at U of T.

English Language Program
uoft.me/esl
Improve your everyday English communication, meet U of T requirements and more.

English Language Learning Program
artsci.utoronto.ca/current/advising/ell
Supports undergraduates in the Faculty of Arts and Science whose first language is not English, as well as native speakers seeking to improve their English language skills.

LIBRARIES

Libraries at U of T
library.utoronto.ca
A complete listing of the 40+ libraries on campus.

Library tours and orientation
uoft.me/libraryorientation
uoft.me/librarytour
There are 44 libraries at U of T, each with different hours. Discover the best space to suit your study style.

Talk to your profs
Meet with your professors during their office hours to discuss assignments, course content, research opportunities, graduate school or career paths.
uoft.me/profs

RIGHTS & RESPONSIBILITIES

Anti-Racism and Cultural Diversity Office
www.antiracism.utoronto.ca
Ensures every member of the U of T community can live, learn and work free from bias or discrimination.

Downtown Legal Services
downtownlegalservices.ca
The Faculty of Law’s community legal clinic offers free legal assistance to low-income communities.

Governing Council Policies
uoft.me/policies
Policies, statements and agreements that outline expectations and guidelines for behaviour.

Students’ rights and responsibilities
uoft.me/rights
U of T’s rules and policies regarding code of conduct, freedom of speech, discrimination, sexual harassment and more.

University Ombudsperson
ombudsperson.utoronto.ca
Offers confidential advice and assistance to students, faculty and staff.
Stress is a normal part of university life, but we can help you develop the skills to de-stress and be at your best.

- Practice mindful meditation at weekly drop-in sessions across campus.
- Learn strategies for time management and good study habits at Academic Success.
- Get moving: Hit the gym, join an intramural sports team or try a drop-in class at one of our fitness centres.
- Connect with your registrar’s or Student Life office, your don, a counsellor at the Health & Wellness Centre or your faculty or college.
- Visit uoft.me/howareyoufeeling for more resources to help you manage stress. It’s never too early to ask for help, so reach out early and often.

For tips on how to maintain a healthy lifestyle, fun events and more, visit healthyuoft.ca

AVNEET

It’s important to reach out if you’re struggling with anxiety, depression or other mental health issues. The Health & Wellness Centre helped me prioritize my well-being and directed me to the appropriate resources. I recently accessed test and exam accommodations through Accessibility Services and I had one of the best exam-writing experiences ever because the environment was less distracting.

HEALTH & WELLNESS

Health & Wellness Centre
healthandwellness.utoronto.ca

Your health and well-being are the foundation of your academic and personal success, so get to know the Health & Wellness Centre — your single point of entry for access to a wide range of health services.

Health services include:
- health check-ups
- prescriptions
- allergy shots
- birth control
- specialist referrals
- nutritional care
- immunizations
- family planning
- travel medicine
- psychotherapy
- pharmacotherapy
- group therapy
- assault counselling

Counseline
416-946-5117  uoft.me/counseline

Counseline offers in-person and online counselling support for Faculty of Arts and Science students and students of the Transitional Year Program.
Dental services
uoft.me/dentalservices
At the Faculty of Dentistry clinics, services are performed by supervised dentistry students at a reduced rate. Services include pediatric, emergency and general dentistry and orthodontics.

Good 2 Talk (open 24 hours)
1-866-925-5454 | good2talk.ca
A post-secondary student helpline.

Grief support
griefsupport.utoronto.ca
Dinners, counselling, academic advising, support groups, spiritual care, counselling and memorial creation.

Healthy U of T
healthyuoft.ca
Offers tips and resources for living your healthiest life on campus.

Mindfulness meditation
uoft.me/mindfulmoments
Maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations and environment.

HEALTH & DENTAL INSURANCE

Association of Part-Time Undergraduate Students (APUS)
apus.ca
Provides cost-saving services, events, programming and advocacy for part-time students. Services include health and dental plans, scholarships and bursaries, tax clinics, and more.

University Health Insurance Plan (UHIP)
uoft.me/uhip
A mandatory health insurance plan for all international and exchange students enrolled in an Ontario university, covering the cost of hospital and medical services.

University of Toronto Students’ Union (UTSU)
utsu.ca
Provides group health and dental insurance plans to full-time students. Plans provide extended health and dental coverage for a full 12 months from September 1 to August 31 and include coverage for drugs, travel, exams and paramedical services.

PERSONAL SAFETY

Campus Police
campuspolice.utoronto.ca
Prevent crime, maintain peace, resolve conflicts, respond to emergencies on campus and ensure university policies and regulations are followed.

Community Safety Office
communitysafety.utoronto.ca
Responds to students, staff and faculty members who have personal safety concerns.

Emergency alerts
alert.utoronto.ca
Allows the University to quickly send important messages via telephone, email and text.

Safety website
safety.utoronto.ca
Important information to help you stay safe on campus.

Sexual Violence Prevention & Support Centre
416-978-2268 | safety.utoronto.ca
The Centre has a presence on all three campuses. It is a place where a student who has been affected by sexual violence or sexual harassment can go to receive support and information, learn about what options may be available to them and, if they choose, make a report to the University.

Understand consent
consent.utoronto.ca
Consent is the informed agreement to take part in intimate activity and it’s necessary every single time. Learn more about your rights and responsibilities.

WalkSafe Service
uoft.me/walksafe
Provides someone to walk with you on campus after dark between U of T buildings or nearby transit stops.

Stay safe
Emergency phones are located throughout campus and you can also call the urgent line, 416-978-2222. Program the number into your phone today.
I got involved with the community by participating in Alternative Reading Week at the Centre for Community Partnerships. We collaborated with a focus group in Regent Park to help the community decide how to use a government grant. We wanted to engage youth in the decision-making process, so we produced a social announcement to be broadcasted on the community’s local radio station. The opportunity to learn from and give back to a community off-campus was unique and rewarding.

Volunteer opportunities
uoft.me/volunteers
Engage with your community as you gain career-related experience.

DIVERSITY & EQUITY

Accessibility Services
accessibility.utoronto.ca
Works to create a safe and comfortable community for students to navigate their disability and related barriers.

Anti-Racism and Cultural Diversity Office
www.antiracism.utoronto.ca
Ensures every member of the U of T community can live, learn and work free of bias or discrimination.

Family Care Office
www.familycare.utoronto.ca
Provides confidential guidance, resources, referrals, educational programming and advocacy for the U of T community and its families.

Positive Space
positivespace.utoronto.ca
Hosts events, conducts educational initiatives and shares information to create awareness of LGBTQ+ communities on campus.

Sexual and Gender Diversity Office
sgdo.utoronto.ca
Provides education, programming, resources and advocacy on diversity for students, staff, faculty and the LGBTQ+ community.

ENVIRONMENT & SUSTAINABILITY

Sustainability Office
sustainability.utoronto.ca
Provides a safe, clean, comfortable, sustainable and attractive environment for U of T.

FAITH & SPIRITUALITY

Campus Chaplains Association
uoft.me/campuschaplains
A multi-faith & multi-ethnic organization bridging the intellectual understanding of spirituality and the living reality of faith.

Mindfulness meditation
uoft.me/mindfulmoments
Helps you learn to relax and focus as you manage your busy schedule.

Multi-Faith Centre for Spiritual Study & Practice
multifaith.utoronto.ca
Supports the spiritual well-being of everyone on campus and provides opportunities for people to learn from each other while exploring questions of meaning, purpose and identity.
Multi-Faith spaces @ U of T
studentlife.utoronto.ca/mf/mf-spaces

Offers several multi-purpose spaces suitable for prayer and other spiritual practices, including spaces at the Multi-Faith Centre.

GLOBAL INTERESTS

Centre for International Experience
cie.utoronto.ca

A meeting place for international students coming to U of T and domestic students looking to go abroad.

Summer Abroad Program
summerabroad.utoronto.ca

Enriches the academic experience by providing an exciting and educational international experience.

U of T Global
global.utoronto.ca/students

Collaborate with leading universities, research institutes and industry partners around the world.

Check with your faculty for more international opportunities.

LIANA
I studied abroad at the end of my first year through the Summer Abroad program. I went to Oxford, England and took a Shakespeare course in the English Department at Oxford University that fulfilled a program requirement here at U of T. I came back from studying abroad feeling really confident about myself personally and academically because of my newfound independence. It has been my favourite experience at U of T.

go global
cie.utoronto.ca

International experiences will help you learn more about the world and yourself. Exchange programs, study abroad programs and research opportunities are exciting ways to immerse yourself in a new culture while earning academic credit.

Visit the Centre for International Experience (CIE) to find out more.

• summer abroad
• semester/year exchanges
• research opportunities
• international internships
• and more!
LEADERSHIP & GOVERNANCE

Council of Athletics & Recreation
uoft.me/athletics-council

Responsible for overall athletics and recreation policy, including the allocation of funds to program areas, staffing policy, and rental and fees policy.

Governing Council
governingcouncil.utoronto.ca

Oversees the academic, business and student affairs of the University.

Hart House Board of Stewards
harthouse.ca

Oversees the affairs of the House in concert with the Warden. Made up of students, alumni and staff.

Leadership Programs
leadership.utoronto.ca

A series of workshops to build a personal philosophy of leadership and gain a deeper understanding of yourself, others and community.

Student government & advisory committees
utsu.ca ulife.utoronto.ca apus.ca

Get involved with U of T as you represent your classmates and learn leadership skills.

Check with Ulife, your college, faculty, department or course union for more opportunities.

RESEARCH

Engaging in research is a great way to gain experience as you further your education. Check out your faculty’s website or get started with the following:

Arts & Science research courses
artsci.utoronto.ca/current/focus/research

Undergraduate research opportunities.

Career Learning Network
cln.utoronto.ca

Offers Work Study, paid on-campus and volunteer research opportunities.

International research opportunities
uoft.me/gointernational studentlife.utoronto.ca/cie/research

Gain laboratory research experience combined with travel abroad. Work in a foreign lab, learn new research techniques and work with different equipment.

Research Catalogue
cln.utoronto.ca

Discover cutting-edge research being done on campus in this searchable database that links to open opportunities on the Career Learning Network.

Research and Innovation awards and opportunities
uoft.me/researchchopps

Offers research funding opportunities.

EMI

One of my favourite classes was on historiography. We were assigned an archival research project, so I went through the unique process of working in the archive at E.J. Pratt Library, requesting materials and examining them in the viewing room.
STUDENT GOVERNMENT

Association of Part-Time Undergraduate Students (APUS)
apus.ca
Provides cost-saving services, events and programming, and advocacy for part-time students at U of T.

University of Toronto Students’ Union (UTSU)
utsu.ca
Works to build community on and off campus, organizes events and supports campus groups that meet academic, political, religious and social needs. Also provides advocacy and cost-savings for students.

Check with Ulife, your college, faculty or Ulife for local student government contacts.

STUDENT MEDIA

BlogUT
blogut.ca
One of U of T’s student blogs.

CIUT 89.5 FM
ciut.fm
U of T’s student radio station.

The Varsity
thevarsity.ca
U of T’s student newspaper.

Check with your college, faculty or Ulife for local newspapers and media.

ON-CAMPUS JOBS

Athletic and Varsity Centres
acjobs.utoronto.ca
Provides leadership and employment opportunities in sport, physical activity and health education.

Career Exploration and Education
careers.utoronto.ca
Offers career education and experiential opportunities, fostering career clarity, building skills and competencies.

Career Learning Network
cln.utoronto.ca
Offers Work Study, paid on-campus and volunteer research opportunities.

Donships
uoft.me/donships
Residence dons are responsible for community development, social/educational programming, crisis intervention, referrals, policy enforcement and the overall well-being of students in residence.

Hart House
harthouse.ca/getinvolved/careers-volunteering
Become a Hart House ambassador to generate, support and implement ideas to engage students in wellness, arts, culture and recreational activities.

Learning in the community
ccp.utoronto.ca
Community-engaged learning allows you to put your knowledge to work in a real world setting. These courses require you to complete projects by working with a community organization, applying theory to everyday life.
YUSRA

Sometimes we visit building sites in Architectural Studies. Recently, my class worked on a lot on King Street that’s surrounded by heritage buildings. Our assignment was to reimagine the standard Toronto condo tower and produce something different. The experience was really valuable because visiting the site allowed us to experience the neighbourhood firsthand, which is important for designing a building that benefits the community.

Peer mentoring
mentorship.utoronto.ca
Empower others to succeed, develop leadership skills and find valuable networking opportunities.

U of T Libraries
uoft.me/libraryjobs
Student jobs available within the University of Toronto Library system.

Work Study Program
uoft.me/workstudy
A way to develop knowledge, skills and experience to complement academics through paid work on campus. Fall jobs are posted August 8 and fill up fast.

Entrepreneurship & Startups

Impact Centre
impactcentre.ca
Moves science from U of T to the world through startups, industry partnerships and student training.

Mobile Applications Lab
apl.utoronto.ca
Explores ways to create disruptive mobile apps with a focus on sensing and information processing.

The Entrepreneurship Hatchery
uoft.me/thehatchery
Provides the resources, mentorship and community to turn ideas into successful startups.

U of T Entrepreneurship
entrepreneurs.utoronto.ca
A place for entrepreneurs to grow, collaborate and connect on campus.
ARTS & CULTURE

ArtsZone
arts.utoronto.ca
Works with academic departments, galleries, performance groups and student organizations to foster engagement in the arts and raise the profile of the University’s arts scene.

Faculty of Music
music.utoronto.ca
Offers concerts and events featuring U of T musicians and artists.

Galleries
uoft.me/galleries
Centres for research and education, hosting events, talks, symposia and more.

Hart House
harthouse.ca/arts
Offering galleries, theatre, exhibits and arts-based clubs & committees. Visit ulife.utoronto.ca for a full list of student groups involved in arts & culture initiatives.

SPORTS & RECREATION

Athletic Centre
uoft.me/athleticcentre
Seven gyms, three pools, strength & conditioning centre, indoor track, dance studio, cardio machines, tennis & squash courts and steam rooms for student use.

D-League
facebook.com/uoftdleague
The University of Toronto Development League is a tri-campus initiative that offers intramural competition between teams from St. George, UTM and UTSC. Try-outs are open to all students, including full-time and part-time undergraduates and graduate students.

Goldring Centre for High Performance Sport
uoft.me/goldring-centre
Includes field house for court sports, strength & conditioning centre and fitness studio for student use, plus sport medicine clinic and research & teaching labs.

Hart House
harthouse.ca/recreation
Features a pool, squash courts, multi-level fitness facilities, suspended indoor track and spaces for everything from basketball to archery for student use.

ASHLYR

I like the drop-in fitness classes at Hart House because they’re so convenient and the instructors teach me exercises to do on my own. I normally sign up for Boot Camp, but sometimes I mix it up a bit with Zumba. I also want to try yoga and meditation.

fun and games
varsityblues.ca
You’re a Varsity Blue now! We all #BLEEDBLUE, so take advantage of free entrance to Varsity Blues games and collect Varsity Rewards while you’re at it to win great swag.

PLAY

You’re a Varsity Blue now! We all #BLEEDBLUE, so take advantage of free entrance to Varsity Blues games and collect Varsity Rewards while you’re at it to win great swag.
HealthyU
healthyuoft.ca
Get tips on nutrition, physical activity, mental health, safety and more to live your healthiest life on campus.

Intramurals
uoftintramurals.ca
Offers different levels of competition in many sports through leagues, tournaments and special events. Participate in a faculty or college team, or form/join open teams.

MoveU
moveu.ca
An on-campus resource for active, healthy fun and events.

Varsity Blues Athletics
varsityblues.ca
U of T’s official athletic teams.

Varsity Centre
varsitycentre.ca
A 5,000-seat stadium with a track, skating rink, turf field and dome for winter use. Also hosts recreational and instructional classes.

EMI
I’ve made most of my friends through the Debate Club at Hart House. We have a training day at the beginning of the year so that anyone can learn how to debate and take part in the club. We also go to tournaments at other universities like McGill and Yale. I’m going to be on the executive this year and I’m really looking forward to it.

STUDENT ORGANIZATIONS

Hart House clubs and committees
harthouse.ca/getinvolved
Apply to join one of 28 Hart House clubs and committees, and play an active role in empowering and enhancing the student experience.

Ulife
ulife.utoronto.ca
A directory of clubs & student organizations.

University of Toronto Students’ Union clubs
utsu.ca/clubs
A list of clubs associated with UTSU.
COMMUNITY

INDIGENOUS STUDENTS

Aboriginal Student Services (First Nations House)
fnh.utoronto.ca

Provides culturally appropriate services and resources for Indigenous students at U of T, inviting the University community to learn about and participate in the Indigenous Community. Located in First Nations House.

NAH-HAK

In my experience, learning has never been restricted to the classroom. Community engagement is the foundation of my success at U of T, since I first became involved by volunteering at First Nations House. The cultural element of First Nations House’s services changed how I viewed academia and my place within it. My perspective as a volunteer allowed me to experience the classroom as a learning community instead of a hierarchy, which made it an accessible learning environment for me.

INTERNATIONAL STUDENTS

Centre for International Experience
cie.utoronto.ca

A meeting place and support for international students coming to U of T and domestic students looking to go abroad.

University Health Insurance Plan (UHIP)
uoft.me/uhip

A mandatory health insurance plan for all international and exchange students enrolled in an Ontario university, covering the cost of hospital and medical services.

OSCAR

I’ve been a participant and a leader in the Centre for International Experience’s international student orientation, “Step Up”. The program helped me meet fellow international students and learn about university life before my college orientation started. It was a fun and informative introduction to U of T!

LGBTTIQ2SA

Sexual & Gender Diversity Office
sgdo.utoronto.ca

Develops supportive learning and working communities by working towards equity and challenging discrimination.

The Positive Space Campaign
positivespace.utoronto.ca

Hosts events, conducts educational initiatives and shares information to create awareness of LGBTQ+ communities on campus.
**STUDENTS WITH A DISABILITY**

**Accessibility Services**
accessibility.utoronto.ca

Works to create a safe and comfortable community for students to navigate their disability and related barriers.

**Library assistance**
uoft.me/accesssservices

Offers assistance to students with disabilities in accessing library collections and services.

**STUDENTS WITH FAMILY RESPONSIBILITIES**

**Campus child care services**
uoft.me/childcare

Centres are staffed by professional early childhood educators. Each centre is licensed by the Province and subsidies are available.

**Faculty of Kinesiology and Physical Education youth program**
kpe.utoronto.ca/children-and-youth

Camp U of T offers summer programming for children and youth. Junior Blues programs offer courses in aquatics, certifications, gymnastics, track and field and other sports.

**Family Care Office**
www.familycare.utoronto.ca

Provides confidential guidance, resources, referrals, educational programming and advocacy for the U of T community and its families.

**Mature Students’ Association (MatSA)**
mature.sa.utoronto.ca

Represents students over the age of 25 or who have taken time away from formal education.

**Student Family Housing**
studentfamilyhousing.utoronto.ca

A family-oriented residence reserved for U of T students in full-time degree programs with partners and/or children.

**PARENTS AND FAMILIES OF U OF T STUDENTS**

**Parent & Family website**
family.utoronto.ca

Information and resources for the parents and families of U of T students.

Visit Ulife for a complete list of student organizations and societies.