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Land Acknowledgement

We acknowledge that the land on which we gather is in traditional Mi’kmaw territory, and we acknowledge with respect the diverse histories and cultures of the Beothuk, Mi’kmaq, Innu, and Inuit of this province.
CHECKLIST

BEFORE COMING TO CANADA

☐ Fill out the arrivals form [here](#).

☐ Secure Housing ON or OFF campus. For campus housing click [here](#).

☐ Register for the New International Student Orientation [here](#) (offered only to undergraduate students—graduate students will have a separate orientation).

☐ Register for your courses via MUN Self Service through [my.mun.ca](http://my.mun.ca) (if you need help, contact the Registrar’s Office at info@grenfell.mun.ca).

☐ Familiarize yourself with the academic [calendar](#).

☐ Set up your @mun account (if you have questions, contact ITS Help Desk by emailing its@grenfell.mun.ca).

☐ Make sure to complete your Academic Integrity Course on Brightspace.

☐ If you are a Science or Visual Arts student, make sure to register and complete your lab safety course/WHMIS on Brightspace.

☐ Join us on Facebook and Instagram: [International Students at Grenfell Campus](#) / [Internationalstudents_grenfell](#).

ONCE YOU ARRIVE

☐ Attend Orientation

☐ Contact your family

☐ If you were contacted prior to arrival, complete the English placement test (contact mhalford@grenfell.mun.ca).

☐ Get your campus ID at the Library (LC 201).

☐ Pay your tuition fees at Bursar’s Office before the first day of classes.

☐ Fill out the mandatory check-in form that will be sent to you in the first week of classes.

☐ Meet with your academic advisor (Go to Registrar’s Office or email info@grenfell.mun.ca to book an appointment).

☐ Set up your computer and e-mail services (ITS Help Desk, its@grenfell.mun.ca).

☐ Find out about your health insurance (check guard.me coverage or opt into GCSU health insurance). For information contact [international@grenfell.mun.ca](mailto:international@grenfell.mun.ca).

☐ If applicable, register for medical care plan (MCP) (contact healthservices@grenfell.mun.ca or [international@grenfell.mun.ca](mailto:international@grenfell.mun.ca)).

☐ Familiarize yourself with the city (public transportation, walking trails, cab companies). Check Grenfell International Students Services on Brightspace for more information.
INTERNATIONAL STUDENT OFFICE

Our office is located at AS 271 from Monday to Friday from 8:30am to 4:30pm-Summer hours are 8:30am to 4:00pm;
our extension is 6525, and you can email us at international@grenfell.mun.ca
Throughout the semester, the international student office hosts events for all students at Grenfell.
Check your email, our Facebook group, Instagram, and Brightspace for announcements!

CURRENT PROGRAMS

New International Student Orientation Fall 2022
Grenfell Campus is having an early orientation for new international students. You must apply to participate in orientation between August 31st and September 5th.

- Move-in dates for students who are accepted to participate are August 31st and September 1st. We are unable to accommodate other arrival times.
- Students who do not want to join the New International Student Orientation and who have a reserved room space with Student Housing can still move-in on September 3rd and September 4th.
- Airport pick-up for students:
  - will be available on August 31st and September 1st.
  - airport pick up on September 3rd and 4th will depend on the number of new international students arriving on those dates.
  - transportation will be provided only for new students who will be living in Student Housing.
- Contact Student Housing here to inquire about applying.
- This orientation is only for new international students. Move-in date for returning students is September 3rd and 4th.
- Apply here

Arrivals support
All New international students must fill out the arrivals found here. Once the arrivals form is completed, send your travel plans to international@grenfell.mun.ca and include your flight number, date, and time of your arrival. Remember that the closest airport to Grenfell campus is Deer Lake Regional Airport (YDF). New international students who arrive either on August 31st and September 1st, or September 3rd and 4th will have a complementary airport pick-up service no matter the time you arrive. You will be contacted a couple of weeks before you travel by one of our Grenfell Greeters, who can answer all the questions that you have before you come to Canada.

Social events
During the semester, International Student Services frequently organizes various free or low-cost events and activities which give students a chance to socialize, meet new people and celebrate their own cultures. In the past, we have organized International Coffee House, field trips to Gros Morne National Park and Cedar Cove, fall and winter activities outdoors, “Screech-In”
ceremonies, and more!

**Information Sessions**
Throughout the semester, we will have information sessions on important topics such as immigration, social insurance number (SIN), Medical Care Plan (MCP) and health insurance, and learn more about the Canada Revenue Agency (taxes). Details for each session will be shared via emails and social media platforms, so please keep an eye out!

**Immigration advising**
International students can request an immigration appointment by sending an email to international@grenfell.mun.ca. International students can also attend MUN’s online information sessions here. If you cannot join the sessions, send an email to international@grenfell.mun.ca

**Academic Advising**
You can book an appointment with academic advisor here or by sending an email to info@grenfell.mun.ca

**Health insurance**
All international are automatically enroll in our foreign Health insurance Guard.Me. Your Guard.Me policy will be sent to your MUN email. If you do not have this number, send an email to nclark@mun.ca. The international office can help you to apply to the student union health insurance (Green Shied Canada) and the provincial Medical Care Plan (GCU).
- **GCSU Health and Dental Plan** (Undergraduate)
- **GSU Health and Dental Plan** (Graduate)

**UNIVERSITY SERVICES**

**Indigenous Student Services**
indigenous@grenfell.mun.ca
Grenfell Campus, Memorial University of Newfoundland is located in traditional Mi’kmaw territory. There are over 280 self-identified Indigenous students on campus. Grenfell Campus understands Indigenous as having First Nations, Inuit, or Métis ancestry. Programs and services for Indigenous students include the Grenfell Campus Student Union Indigenous Caucus, an Indigenous Student Room, Kekina’mut Indigenous Peer Liaison Program, Indigenous Awareness events, and culturally safe spaces for students to practice smudging and Kullik/Qulliq lighting (native traditional practices).

**Bookstore**
bookstore@grenfell.mun.ca
AS 207 Ext. 6264
The bookstore carries textbooks, school supplies, including art supplies, as well as Memorial University memorabilia, greeting cards, and gifts.
Bursars Office
tobryan@grenfell.mun.ca
AS 279, Ext. 6286
Students can pay their fees online via your Memorial Self Service, through online banking, or in person at the Bursar’s Office. Please note that all payments made through credit cards are subject to convenience fees.

Campus Enforcement and Patrol
cep@grenfell.mun.ca
AS 201, Ext. 6210
Campus Enforcement and Patrol (CEP) is responsible for providing safety and security services 24 hours a day, 365 days of the year at Grenfell Campus. CEP responds to requests for routine and emergency services, enforces rules and regulations of the campus buildings, grounds, as well as parking areas, student medical transport, lost and found services, crime prevention, security information and public assistance. CEP also runs a walk safe program.

Campus Food Bank
jwalsh@grenfell.mun.ca
AS 114, Ext. 5011
This service is run by student volunteers, and it is available for Grenfell students with a valid campus ID. Students are allowed to use this service once a month and provides enough food for two to three days to students in need. All information pertaining to students who use the emergency food bank is kept confidential.

Conference Services
conferenceservices@grenfell.mun.ca
AS 235A, Ext. 6255
Conference Services provides students with on-campus accommodation and on-campus temporary summer accommodations.

Counselling Services
cps@grenfell.mun.ca
AS 243, Ext. 7919
Counselling and Psychological Services (CPS) supports the mental health and well-being of students through the provision of clinical services and educational programs. These services are delivered by mental health professionals at no cost. Information is confidential - what is said between the mental health professional and client stays between them. Individual and/or group sessions are offered to students experiencing personal difficulties that interfere with their ability to function at their desired level. Psychoeducational testing is available to students on a fee for service basis through CPS.
English Language Support
mhalford@grenfell.mun.ca
AS 391, Ext. 4720
English language tutoring and development provides one-on-one tutoring to students who use English as a second or other language and require support to meet the language demands of academic courses at Grenfell. Please sign up at the Learning Centre.

Exchange Programs
info@grenfell.mun.ca
AS 277, Ext. 6298
Grenfell students who are enrolled in a Grenfell degree program have the opportunity to participate in an exchange program if they wish. Students can choose to go on exchange to any number of places, for up to two semesters. The options for exchange include the National Student Exchange: an exchange network of nearly 200 colleges and universities in 48 states, three US territories, and six Canadian provinces, the North 2 North Exchange: an exchange network of 40+ universities through-out Finland, Greenland, Iceland, Norway, Sweden, and Russia, or select partnerships with universities around the world.

Ferriss Hodgett Library
librarygrenfell@mun.ca
LC 208, Ext. 6236
The Ferriss Hodgett Library, with over 108 000 books, 440 journal subscriptions and 26 000 e-journals, provides students with resources to meet their needs. Students are able to request resources from any of the other Memorial University library locations as well. The library also has video games, table games, happy lamps, noise cancelling headphones and more for lend. For a great understanding of what the Ferriss Hodgett Library has to offer, request a library tour from one of the many staff or visit www.library.mun.ca/grenfell/

Grenfell Campus Student Union (GCSU)
gcsuinfo@grenfell.mun.ca
AS 276, Ext.5367
Established over 20 years ago, the Grenfell Campus Student Union advocates for the rights of all students who attend Grenfell Campus. They are responsible for a number of services on campus such as The GCSU Backlot, GCSU Dining Hall, GCSU Health and Dental plan (offered through Greenshield), and more! To find out more about the Grenfell Campus Student Union (GCSU) visit their website at: www.gcsuonline.ca/.

GCSU Backlot
backlot@grenfell.mun.ca
Located just off the GCSU’s Dining Hall, The Backlot is the student bar on campus. Various entertainment activities take place at The Backlot such as karaoke, open-mic, and trivia night. They host wet and dry (no alcohol) events throughout the year. You can book it for free if you are part of a GCSU student society. To find out about upcoming events, visit their Facebook: https://www.facebook.com/GCSU-Backlot-
GCSU Dining Hall
gcsuinfo@grenfell.mun.ca
Run by the Grenfell Campus Student Union, the Dining Hall hosts several events on campus. At The Grove (cafeteria), you can purchase meals daily, or you can purchase meal plans to help you manage your food budget. For more information visit their website at www.campusgrove.ca.

Graduate Student Union (GSU)
ggss@grenfell.mun.ca
The GSU provides health and dental plans for students with MCP, as well as events and advocacy for graduate students. For more information visit: www.gsumun.ca.

Learning Centre
studentservices@grenfell.mun.ca
AS 234, Ext. 2589
Grenfell Campus is committed to providing a barrier-free institution and giving equal opportunity to all students. The Learning Centre provides students at Grenfell with a variety of services and programs, specifically in the areas of academic and career support. These include Writing Assistance, Math Assistance, Supplemental Instruction (SI), Peer Tutoring, Study Skills Seminars, services for students with special needs, and Career Counseling Services. Students requiring special consideration because of a disability should contact Brad Elliot at belliott@grenfell.mun.ca or ext. 2589.

Printing
In order to print from the computers and printers on campus (via www.printeron.grenfell.mun.ca), students must have money in their printing account. Students are required to put a minimum of $5 on their account, which can be done at the Bursar’s Office or online (https://my.grenfell.mun.ca/Pages/default.aspx).

Recreation Event Assistant
britneym@grenfell.mun.ca
AS 269, Ext. 6248
Grenfell Campus offers a distinctive program of recreation and wellness activities that contribute to the well-being and personal and social development of students. The campus has a double gymnasium. Students at Grenfell have the opportunity to participate in a variety of different recreation programs, such as: intramural sports, step aerobics, downhill skiing, and curling. Students also have access to a fitness centre (which includes cardio equipment, weights, and squash courts), skating, hockey, and a walking track. Students may purchase a recreation pass in order to participate in these activities. Check out our website for more information. Competitive sport has become a priority for Grenfell Campus. With a newly renovated gymnasium in place, we are looking to move our current teams in basketball and volleyball into more competitive avenues while continuing to search for other opportunities to increase competitive sport offerings in team and individual sports.
The Registrar’s Office is primarily responsible for Academic Advising. This department helps students with course registration for undergraduates as well as advice on course selection based on program requirements. The office also helps students with transcripts, confirmation of registration letters for undergraduate students, course listings for undergraduate programs, assistance with Memorial Self-Service, transfer credits, and course audits.

The Scholarships and Awards Office provides students with information on scholarships and emergency student loans. For more information visit: [www.mun.ca/scholarships](http://www.mun.ca/scholarships) and [www.grenfell.mun.ca/current-students/Pages/scholarships.aspx](http://www.grenfell.mun.ca/current-students/Pages/scholarships.aspx)

The Sexual Harassment Advisor offers private and confidential information and consultations for students, staff and faculty of all Memorial campuses and institutes. The Sexual Harassment Advisor, whom makes regular visits to Grenfell Campus, also provides information and coordination regarding informal and formal resolutions, as well as referrals for services (as requested). View Memorial’s Sexual Harassment and Sexual Assault Policy and the University-Wide Procedures for Sexual Harassment and Sexual Assault Concerns and Complaints here, [http://www.mun.ca/sexualharassment/](http://www.mun.ca/sexualharassment/)

**COMMON ACRONYMS AND PHRASES AND CAMPUS MAP**

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>AS</td>
<td>Arts and Science Building</td>
</tr>
<tr>
<td>BA</td>
<td>Bachelor of Arts</td>
</tr>
<tr>
<td>BBA</td>
<td>Bachelor of Business Administration</td>
</tr>
<tr>
<td>BED</td>
<td>Bachelor of Education</td>
</tr>
<tr>
<td>BFA</td>
<td>Bachelor of Fine Arts</td>
</tr>
<tr>
<td>BN</td>
<td>Bachelor of Nursing</td>
</tr>
<tr>
<td>BRM</td>
<td>Bachelor of Resource Management</td>
</tr>
<tr>
<td>BSC</td>
<td>Bachelor of Science</td>
</tr>
<tr>
<td>BYOM</td>
<td>Bring Your Own Mug</td>
</tr>
<tr>
<td>CA</td>
<td>Chalet Advisor</td>
</tr>
<tr>
<td>CR</td>
<td>Crossroads</td>
</tr>
<tr>
<td>CSJ</td>
<td>Canada Summer Jobs</td>
</tr>
<tr>
<td>FA</td>
<td>Fine Arts Building</td>
</tr>
<tr>
<td>FC</td>
<td>Forestry Centre</td>
</tr>
<tr>
<td>GSCU</td>
<td>Grenfell Campus Student Union</td>
</tr>
<tr>
<td>LC</td>
<td>Library and Computing Building</td>
</tr>
<tr>
<td>MCP</td>
<td>Medical Care Plan</td>
</tr>
<tr>
<td>MUCEP</td>
<td>Memorial Undergraduate Career Experience Program</td>
</tr>
<tr>
<td>MUN</td>
<td>Memorial University of Newfoundland</td>
</tr>
<tr>
<td>NL/NFLD</td>
<td>Newfoundland and Labrador</td>
</tr>
<tr>
<td>RA</td>
<td>Resident Advisor</td>
</tr>
<tr>
<td>SI</td>
<td>Supplemental Instruction</td>
</tr>
<tr>
<td>SIN</td>
<td>Social Insurance Number</td>
</tr>
<tr>
<td>SWASP</td>
<td>Student Work and Services Program</td>
</tr>
<tr>
<td>VA</td>
<td>Visual Arts</td>
</tr>
</tbody>
</table>
1a. Arts & Science residence – Pittman Wing
1b. Arts & Science residence – Bennett Wing
2. Grenfell bookstore (open Monday to Friday, 8:30 a.m. - 4 p.m.)
3. Security Office
4. Library
5. Art gallery and theatre
6. Residence complex – front desk for summer accommodations
7. Chalet-style apartments (8 buildings)
8. Entrance to Corner Brook Stream walking trails
9. Conference Services guest parking
10. Corner Brook Arts and Culture Centre (theatre and swimming pool)
11. Long Term Care Centre (Western Health)
12. Corner Brook Civic Centre (ice rinks, fitness centre, walking/running track)
13. Danger Tree memorial site
# IMPORTANT PHONE NUMBERS ON CAMPUS

<table>
<thead>
<tr>
<th>Department</th>
<th>Phone Number</th>
<th>Department</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accessibility Centre &amp; Education Support (ACES)</td>
<td>Ext. 2589</td>
<td>Grenfell Campus</td>
<td>637-6200</td>
</tr>
<tr>
<td>Athletics / Recreation &amp; Sport</td>
<td>Ext. 6258</td>
<td>Grenfell Career Development Services</td>
<td>Ext. 6208</td>
</tr>
<tr>
<td>Bookstore</td>
<td>Ext. 6264</td>
<td>Grenfell Campus Food Bank</td>
<td>Ext. 6266</td>
</tr>
<tr>
<td>Bursar’s Office / Cashier’s Office</td>
<td>Ext. 6286</td>
<td>Health Services</td>
<td>Ext. 7919</td>
</tr>
<tr>
<td>Campus Enforcement and Patrol (CEP)</td>
<td>Ext. 6210</td>
<td>International Student Services</td>
<td>Ext. 6525</td>
</tr>
<tr>
<td>Computing Help Desk / ITS</td>
<td>Ext. 2049</td>
<td>Learning Centre</td>
<td>Ext. 6268</td>
</tr>
<tr>
<td>ESL Coordinator</td>
<td>Ext. 4720</td>
<td>Registrar’s Office</td>
<td>Ext. 6298</td>
</tr>
<tr>
<td>Exchange Programs</td>
<td>Ext. 4302</td>
<td>Sexual Harassment Office</td>
<td>Ext. 7195</td>
</tr>
<tr>
<td>Facilities Management</td>
<td>Ext. 4096</td>
<td>Student Housing</td>
<td>Ext. 6557</td>
</tr>
<tr>
<td>Ferriss Hodgett Library</td>
<td>Ext. 6236</td>
<td>Student Services</td>
<td>Ext. 6232</td>
</tr>
<tr>
<td>GCSU General Office</td>
<td>Ext. 7184</td>
<td>Vice President’s Office</td>
<td>Ext. 2545</td>
</tr>
</tbody>
</table>

# IMPORTANT TELEPHONE NUMBERS OFF CAMPUS

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emergency Numbers</strong></td>
<td></td>
</tr>
<tr>
<td>City Food Bank</td>
<td>634-2655</td>
</tr>
<tr>
<td>Fire Department</td>
<td>637-1616</td>
</tr>
<tr>
<td>Hospital</td>
<td>637-5000</td>
</tr>
<tr>
<td>Royal Canadian Mounted Police</td>
<td>637-4433</td>
</tr>
<tr>
<td>Royal Newfoundland Constabulary (Police)</td>
<td>637-4100</td>
</tr>
<tr>
<td><strong>Taxis</strong></td>
<td></td>
</tr>
<tr>
<td>City Cabs</td>
<td>634-6565</td>
</tr>
<tr>
<td>Corner Taxi</td>
<td>634-5662</td>
</tr>
<tr>
<td>Star Taxi</td>
<td>634-4343</td>
</tr>
<tr>
<td>Pharmacies</td>
<td>Phone</td>
</tr>
<tr>
<td>----------------------</td>
<td>---------</td>
</tr>
<tr>
<td>Lawton’s Drugs</td>
<td>639-8971</td>
</tr>
<tr>
<td>Shoppers Drug Mart</td>
<td>639-7178</td>
</tr>
<tr>
<td>Sobeys Pharmacy</td>
<td>639-1004</td>
</tr>
<tr>
<td>Wal-Mart Pharmacy</td>
<td>634-2454</td>
</tr>
</tbody>
</table>