This book is a compilation of information that has been collected over the years from Regent Students. The International Student Office would appreciate your help; if you find any of the information contained in this book is incorrect, requires updating or if you can add other helpful information, please email international@regent-college.edu or phone 604.221.3365. Regent College does not officially endorse businesses listed here.

Every effort has been made to ensure the accuracy of the information contained in this book. However, should any discrepancy exist between this book and the Regent College Academic Catalogue, the terms and provisions of the Academic Catalogue shall prevail.
Contents

ABOUT VANCOUVER 7

IMPORTANT NUMBERS 7
Emergency/Health Care
Regent College

GENERAL INFORMATION & RESOURCES 7
Accommodations
Customs
Electricity
Government
Legal Advice
Newspapers
Post Offices
Sales Tax
Tipping
Travelling
Weather

VANCOUVER & SUBURBS MAP 9

NON-CANADIAN NEWCOMERS 9
Currency
Exchange Rates
Health Insurance, Temporary
Immigration
International Students
Metric System

LIVING IN VANCOUVER WITH CHILDREN 11
Education for Grade School Children
Kids' Entertainment

ENTERTAINMENT 12
Art
Athletic Events
Beaches
Shopping
Movies
Museums & Learning Centres
Music, Live
Parks & Gardens
Stanley Park
Performing Arts
Sporting Activities
Vancouver Board of Parks and Recreation

SHOPPING & SERVICES 16
Shopping Districts & Malls
Automobiles & Repair
Bicycles
Bookstores
Clothing
Computers
Electronics
Ethnic Markets
Furniture
Grocery Shopping
Haircuts
Household Items & Hardware
Linens (Bedding & Towels)
Miscellaneous
Music Stores

Pharmacy
Produce Stores
Sewing & Quilting Stores
Shoes
Sports Equipment
Thrift Stores
Truck Rental
Video Stores

EATING OUT 21
Dining
Ethnic "Towns"

WORSHIPPING 23
Alliance
Anglican
Baptist
Catholic
Lutheran
Mennonite
Pentecostal
Presbyterian
Non/Inter-Denominational
Vineyard - Association of Vineyard Churches
Ethnic Churches

RETREAT & SPIRITUAL DIRECTION 24

COPING WITH CULTURE SHOCK 25

REGENT LIFE 26

PHONE NUMBERS 26
Regent College

IMPORTANT DATES & TIMES 26
Chapel Schedule
Regent Bookstore Hours
Student Services Office Hours

FACILITY 26
Regent College - Site Directory
Food / Beverages
Lockers
Showers
Parking
Prayer Chapel and Courtyard Garden
Regent / Carey Library
Registration and Student Services
Safety

WORSHIP MATTERS 28
Chapel

STUDENT RESOURCES & SERVICES 28
Dean of Students Office
Counselling Services
Prayer

REGENT SOCIAL LIFE 29
Community Groups
Intramural Sports
Micah 6:8
Regent Spouses Network (RSN)  
Regent Moms’ Group  
Regent Fall Retreat

REGENT COLLEGE STUDENT ASSOCIATION (RCSA)  30  
Services of the RCSA  
Special Events  
Fees  
RCSA Positions  
How RCSA Works  
RCSA Meetings and Office Hours

UBC - THE UNIVERSITY OF BRITISH COLUMBIA  32  
AMS - The Alma Mater Society of UBC  
Graduate Students Society of UBC

A NOTE ON POLICIES  32  
Sexual Harassment

ACADEMICS 34  
PHONCE NUMBERS & WEBSITES  34  
Regent / Carey Library

ACADEMIC LOAD  34  
Course Work Requirements

ACADEMIC NECESSITIES  34  
Books  
Computers  
Laptops  
Internet Access  
Photocopying  
Study Permits

ACADEMIC PROGRAMS  36

ACADEMIC WRITING  36  
Plagiarism  
Proofreading Partnership Program

GRADING  37  
Grade Appeals  
Grading by Professors and TAs  
Grading System

REGISTRATION  37  
Course Changes  
Limited Enrollment Courses  
Multi-Term Courses  
New Students  
Returning Students

LIBRARIES  38  
Regent / Carey Library  
UBC Libraries  
Vancouver School of Theology (VST) Library  
St. Mark's Library

FINANCES  40  
PHONCE NUMBERS & WEBSITES  40

BANKING  40  
Selecting a Bank  
Receiving Money From Another Country  
Sending Money to Another Country  
Paying Bills

FINANCING YOUR EDUCATION  40  
Payment of Tuition Fees

FINANCIAL ASSISTANCE  41  
Student Support Subsidy Program  
Regent College Bursaries  
Academic Scholarships  
Endowment Scholarships and Awards  
Tuition Benefits  
Other Sources of Financial Aid

EMPLOYMENT  42  
Working in Canada  
Where to Find Work

TAXES  43  
Regent Tuition Receipts  
Liquidate Assets Before Your Arrival  
Filing Taxes at Home and in Canada

HOUSING  44  
PHONCE NUMBERS & WEBSITES  44

TYPES OF HOUSING  44  
Apartments  
Bachelor Suites  
Basement Suites  
Room and Board  
Room with Kitchen Privileges  
Community Houses and Living in Community

FINDING HOUSING  45  
Where to Look for Listings  
Getting Around Town  
Housing Opportunities on UBC Campus

THINGS TO CONSIDER  47  
Estimated Rents  
Additional Costs  
Questions to Ask and Things to Check

LIVING IN YOUR NEW HOME  47  
Services  
Furnishings and Housewares  
Landlord Relations

ACCOMMODATION FOR GUESTS  48
HEALTH CARE  50

PHONE NUMBERS & WEBSITES  50

HEALTH INSURANCE  50
Canadian Students
Students with Private Insurance Valid in BC
Students without Insurance Coverage
In the UBC Area
Elsewhere in Vancouver Area
University Hospital Urgent Care
Other Hospitals in Vancouver

DENTAL SERVICES  52
In the UBC Area
Elsewhere in Vancouver Area
Children’s Dental Clinics

OTHER HEALTH SERVICES  52
Eye Care

DISABILITIES  52
At UBC
In the Community

TRANSPORTATION  53

PHONE NUMBERS & WEBSITES  53

GETTING AROUND IN VANCOUVER  53
Walking
Bicycles
Bus
Car Travel / Insurance
Ferries

TRAVELLING AWAY  56
Travel Agencies
Internet Travel Sites
Air Travel
Bus Travel
Accommodation
About Vancouver

Vancouver is a multicultural city with shopping, restaurants, and social and cultural activities to appeal to every taste. The city is named after English explorer Captain George Vancouver. Vancouver is part of the Greater Vancouver Regional District (GVRD). With a population of 2,180,737 (2006 estimate), it is the largest metropolitan area in western Canada and the third largest in the country. The population of Vancouver proper is 587,891. If you'd like to learn more about Vancouver, visit any of the following websites:

- www.tourismvancouver.com
- www.britishcolumbia.com
- www.city.vancouver.bc.ca
- www.hellobc.com

Important Numbers

Emergency/Health Care

Fire/Police/Ambulance 911
Police (non-emergency) 604.717.3535
RCMP (non-emergency) 604.224.1322

Fire & Rescue

UBC Area 604.822.4567
Vancouver 604.665.6000

Poison Control 604.682.5050; (800) 567.8911

University Hospital Acute Care 604.822.7222

Vancouver General Hospital 604.875.4111; www.vanhosp.bc.ca

BC Children's & Women's Health Centre www.cw.bc.ca 604.875.2000;

Regent College

Reception 604.224.3245
Fax 604.224.3097
Regent/Carey Library 604.221.3340
Bookstore 604.228.1820
The Well 604.221.3351

General Information & Resources

NB: For information on housing questions such as electricity (BCHydro), recycling, phone, cable, how to find a street address, etc., see Housing.

Accommodations

For hotel, bed & breakfast, and hostel information, and their relative costs, refer to The Vancouver Book, distributed by Tourism Vancouver or on the website. A short list can also be found in Housing.

Customs

Many people just can’t resist a trip down south. Unfortunately, there are tons of nit-picky rules regarding regulations for customs. Check out the “I Declare” brochure (if you don’t have this, ask for one from the International Student Co-ordinator) for details, and/or go to www.cbsa.gc.ca. Also see Transportation section for specifics about border crossings.

- US Customs, Ph. 604.278.1852; www.customs.gov
- Canada Boarder Service Agency, Ph. (800) 461.9999, www.cbsa.gc.ca or see blue pages in telephone book. If you are located outside Canada, call (204) 983.3500 or (506)636.5064.

- www.voyage.gc.ca - information and assistance for Canadians Abroad (including permanent residents).

Electricity

Outlets and voltage are 110 or 220 and are the same as in the United States. Adapters are required for electricity-using gadgets from other countries.

Government

General Information, (800) 622.6232 (for the astute this number spells “O-Canada”), www.canada.gc.ca This will give you info on health care, kids, finding a job, citizenship, national history, travelling, Aboriginal peoples, taxes, and all sorts of other stuff. Take advantage of this! There is also a great brochure available from the International Student Office. Enquiry BC provides information on government programs, Ph. 604.660.2421; (800) 663.7867.
Legal Advice

• Canadian Bar Association, Ph. 604.687.3403; www.cba.org/bc.

• Lawyer Referral Service, Ph. 604.687.3221; (800) 663.1919

• Free legal information - taped messages, but operator available (08:30-16:30 Mon-Fri), Ph. 604.687.4680 (for outside lower mainland: (800) 565.5297)

Newspapers

Vancouver has two major daily papers, the Vancouver Province: www.canada.com/vancouver/theprovince/index.html and the Vancouver Sun: www.canada.com/vancouver/theprovince/index.html


Post Offices

Canada Post is partly run by franchise operations - post offices are located in stationery and convenience stores. The closest full-service postal outlet to Regent is located in the UBC Student Union Building (SUB). It is open Monday to Friday from 8:00 am to 8:00 pm and Saturdays from 10:00 am to 4:00 pm. Other places that often have postal outlets are Shoppers Drug Marts and 7-Eleven stores. You can find out about postal rates and find an outlet at www.postescanada.ca/segment-e.asp; or call (800) 267.1177 for general information.

Sales Tax

BC has a hefty sales tax. The cost of items may be higher than indicated on the price tag because there is a sales taxes in BC; HST (Harmonized Sales Tax) is a 12% federal tax applicable to most services and goods purchased.

Tipping

It is common in Canada to give a tip to people who provide you with a service, including servers in restaurants and bars, taxi drivers, and hairstylists. If the service is acceptable, a tip of 15% of the total bill (before taxes) is appropriate. Superior service warrants a larger tip (20%). The wages in some service occupations are low, and tips help supplement these workers' incomes.

Tips are sometimes called gratuities.

Travelling

See Transportation section for all sorts of information regarding travel.

Weather

(from the Vancouver weather station)

Average temperature for Vancouver: 11ºC (52ºF)
Average days of rain/year: 136
Average days of snow/year: 5
Average hours of sunshine/year: 2,162

• Weather: Ph. 604.664.9010
• www.theweathernetwork.com
• For info on local weather and climate trends, UV indexes and other interesting forecasts, go to the Green Lane web site, www.ec.gc.ca

Average daily high temperatures
(from The Vancouver Book):

<table>
<thead>
<tr>
<th>Month</th>
<th>High Temp (ºC)</th>
<th>High Temp (ºF)</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>5ºC</td>
<td>41ºF</td>
</tr>
<tr>
<td>February</td>
<td>7ºC</td>
<td>44ºF</td>
</tr>
<tr>
<td>March</td>
<td>10ºC</td>
<td>50ºF</td>
</tr>
<tr>
<td>April</td>
<td>14ºC</td>
<td>58ºF</td>
</tr>
<tr>
<td>May</td>
<td>18ºC</td>
<td>65ºF</td>
</tr>
<tr>
<td>June</td>
<td>21ºC</td>
<td>69ºF</td>
</tr>
<tr>
<td>July</td>
<td>23ºC</td>
<td>74ºF</td>
</tr>
<tr>
<td>August</td>
<td>23ºC</td>
<td>74ºF</td>
</tr>
<tr>
<td>September</td>
<td>18ºC</td>
<td>65ºF</td>
</tr>
<tr>
<td>October</td>
<td>14ºC</td>
<td>58ºF</td>
</tr>
<tr>
<td>November</td>
<td>9ºC</td>
<td>48ºF</td>
</tr>
<tr>
<td>December</td>
<td>6ºC</td>
<td>43ºF</td>
</tr>
</tbody>
</table>
Non-Canadian Newcomers

A comprehensive governmental guide for newcomers to Canada including info on health services, finding a job, language training, education, Canadian law, etc. can be found at www.cic.gc.ca. Go to “publications,” then to “living in Canada.”


Professor John Stackhouse has provided a selected bibliography for newcomers to Canada who want to find out more about this intriguing nation:

**History**
- Desmond Morton, *A Short History of Canada*
- Craig Brown, ed., *The Illustrated History of Canada*

**Culture**
- Margaret Atwood, *Survival* [on Canadian literature]
- Pierre Berton, *Why We Act Like Canadians*
- Reginald Bibby, *Mosaic Madness* [on pluralism]

**Religion**
- Reginald Bibby, *Fragmented Gods*
- Terrence Murphy, ed., *The Concise Oxford History of Christianity in Canada*
- John Stackhouse, *Canadian Evangelicalism in the Twentieth Century* [includes a chapter on Regent]

**Reference**
- *The Canadian Encyclopaedia*
Currency
Canadian currency is in dollars (this is NOT the American dollar, which is indicated by the acronym USD). There are no paper bills for denominations less than $5, instead there are coins:
- **Loonie**: a one-dollar coin so-named for the loon that adorns it.
- **Toonie**: the larger, two-tone two-dollar coin cleverly named to rhyme with the loonie.

Work Permits see Finances.

Exchange Rates
Since these change frequently, it is best to either ask at a bank, or more conveniently, go to the internet for rates between all sorts of currencies: [www2.travlang.com/money](http://www2.travlang.com/money).

Health Insurance
British Columbia requires that all residents (even temporary ones) have health insurance. For those visiting Canada for less than 6 months or for your first three months as a Regent student the following provide temporary health insurance.
- **David Cummings Insurance Services Ltd.**, #350-2083 Alma Street, Vancouver, BC; Ph. 604.228.8816.
- **University Insurance Brokers**, 5727 Dalhousie Rd, Vancouver, BC; Ph. 604.221.7080.
For more complete information on Canadian health care, see Health Care.

Immigration
Canada Immigration, 24 hrs/day, 7 days/week; outside Vancouver call 1.888.242.2100. The telephone assistants at this phone number can give information about all immigration and citizenship programs and services, about your application, receiving an application and information kit, help with calculations, but they do not make any immigration decisions. For requirements of citizenship and the test for citizenship go to [www.cic.gc.ca](http://www.cic.gc.ca).
- **Canadian Passport Office**, Ph. 1.800.567.6868, [www.ppt.gc.ca](http://www.ppt.gc.ca)

International Students
- **Canadian Information Centre for International Credentials**, 95 St. Clair Ave W, Suite 1106, Toronto, Ontario M4V 1N6 Canada. Also go to [www.cic.gc.ca](http://www.cic.gc.ca) for more info on being a foreign student in Canada.
- **UBC also has solid information on their website, students.ubc.ca/international.** Although the site is geared specifically toward UBC students, much of the prearrival and on-going student status information is generic and applicable to Regent students as well.

Metric System
<table>
<thead>
<tr>
<th>Unit</th>
<th>Approx. equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Length</strong></td>
<td></td>
</tr>
<tr>
<td>1 kilometre</td>
<td>0.6 mile</td>
</tr>
<tr>
<td>1 mile</td>
<td>1.6 kilometres</td>
</tr>
<tr>
<td>1 metre</td>
<td>1.1 yards</td>
</tr>
<tr>
<td><strong>Weight</strong></td>
<td></td>
</tr>
<tr>
<td>1 kilogram</td>
<td>2.2 pounds</td>
</tr>
<tr>
<td>1 pound</td>
<td>0.45 kilogram</td>
</tr>
<tr>
<td>1 gram</td>
<td>0.035 ounces</td>
</tr>
<tr>
<td>1 ounce</td>
<td>28.35 grams</td>
</tr>
<tr>
<td><strong>Volume/Capacity</strong></td>
<td></td>
</tr>
<tr>
<td>1 litre</td>
<td>1.06 quarts</td>
</tr>
<tr>
<td>1 quart</td>
<td>0.95 litres</td>
</tr>
<tr>
<td><strong>Temperature</strong></td>
<td></td>
</tr>
<tr>
<td>0°C</td>
<td>32°F</td>
</tr>
<tr>
<td>10°C</td>
<td>50°F</td>
</tr>
<tr>
<td>20°C</td>
<td>68°F</td>
</tr>
<tr>
<td>30°C</td>
<td>86°F</td>
</tr>
</tbody>
</table>

A nice trick to convert Celsius to Fahrenheit is to double the °C and then add 30. E.g. the temperature of 20°C is roughly 70°F: 20 x 2 = 40 + 30 = 70. For more accurate conversion, multiply the Celsius temperature by 1.8, and then add 32, for the Fahrenheit equivalent.

Study Permit to study in Canada see Academics.
Living in Vancouver With Children
• Information regarding educating a child in Canada can be found at www.cmec.ca
• A Canada Child Tax Benefit exists! It could help provide funds for raising kids under age 18. Call (800) 387-1193 or go to www.cra-arc.gc.ca/ and click on “child and family benefits.” If you are non-Canadian you must live in Canada for at least eighteen months before you qualify.
• Government Youth Info Line, 1.800.935.5555
• For youth: www.citzine.ca is an interactive Web site that promotes awareness of Canadian citizenship, history, and identity.

Education for Grade School Children
• Vancouver School Board, 1580 W Broadway; Ph. 604.713.5000; www.vsb.bc.ca
• Ministry of Education: www.gov.bc.ca/bced
• There are a variety of schools and programs offered for children (i.e., academically gifted, French immersion, etc.). For French Immersion, contact the BC Francophone Education Authority; Ph. 604.214.2600, (800) 715.2200; www.csf.bc.ca. For a complete directory of the more than 100 independent schools in the Lower Mainland, contact the Federation of Independent Schools Association, 150 Robson St; Ph. 604.684.6023.
• At registration, the child will need a copy of their last report card (and a birth certificate if the child is entering kindergarten) and immunization records.
• If English is not the child’s first language or if the child is not a landed immigrant, then you need to register at the District Reception and Placement Centre, 2530 E 43rd Ave. Ph. 604.713.5999

Lower Mainland/Greater Vancouver School Boards
• Burnaby, 5325 Kincaid St; Ph. 604.664.8441
• Coquitlam, 550 Poirer St; Ph. 604.939.9201
• North Vancouver, 721 Chesterfield Ave; Ph. 604.903.3444
• Richmond, 7811 Granville Ave; Ph. 604.668.6000
• Surrey, 14225 56th Ave; Ph. 604.596.7733
• Vancouver, 1580 W Broadway; Ph. 604.713.5000
• West Vancouver, 1075 21st St; Ph. 604.981.1000

Kid’s Entertainment
• Remember; ask for family passes at many of these attractions!
• Visit www.family.com, and especially the Vancouver-specific www.findfamilyfun.com for great ideas.
• The Vancouver Public Library is great! Kids can have their own cards (no overdue fines until age 14). You can check out 50 books/audio tapes/CDs/videos at a time. The main branch downtown is huge. Internet access is available. The library also has pre-school story times during the school year and school-age summer reading programs. The library cards are free (small annual charge if you live on UBC land).
• Bloedel Floral Conservatory (Queen Elizabeth Park; 33rd and Cambie); Ph. 604.257.8570. Tropical floral displays and over fifty species of birds.
• Extreme Laser Tag, 100 Braid Street (New Westminster); Ph. 604.525.8255.
• Kid City (Langley); Ph. 604.532.8989. 13,000 sq. feet of fun for the entire family. Games, obstacle courses, web bridges, tube crawls, ball pits.
• Kids Only Market (Granville Island); Ph. 604.689.8477. A unique shopping experience for kids at heart. Play areas & summer events. See all the kid opportunities at www.granvilleisland.bc.ca/en/kids.
• Grouse Mountain Skyride, 6400 Nancy Greene Way, North Vancouver; Ph. 604.984.0661.
• Lester’s Family Amusement Centre, 6400 Kingsway (Burnaby); Ph. 604.438.1366.
• Lonsdale Quay Market; Ph. 604.985.6261. Delicious sights and smells of a public market. Minutes from downtown via the Seabus. Free “Ball” room for the kids and summer events for the family.
• Maritime Museum, 1905 Ogden (Vanier Park); Ph. 604.257.8300; www.vancouvermaritimemuseum.com.
• Mini Golf at Eagles Quest Golf Centre 3904 W. 51st; Ph. 604.266.2334.
• PNE Playland Amusement Park; Ph. 604.253.2311.
• Planet Lazer, 7391 Elmbridge Way; Ph. 604.448.9999; in Richmond.
• Richmond Nature Park 11851 Westminster Hwy; Ph. 604.718.6188.
• Science World, 1455 Quebec St; Ph. 604.443.7443; www.scienceworld.bc.ca. Annual family pass recommended.
• SplashDown Park, Tsawwassen; Ph. 604.943.2251; www.splashdownpark.ca. A water park, 13 slides,
10 acres, volleyball, hoops, picnics, birthdays, BBQs, giant hot tub.

- Stanley Park; Ph. 604.685.3364. Children’s Farmyard, Miniature Railway, Second Beach pool with heated waters facing English Bay. Pitch and Putt; Ph. 604.681.8847. Interesting info (and numerous links) on seeing the park with children can be found at http://travelwithkids.about.com/cs/canadawithkids/l/blstanleypark.htm. See Stanley Park in Entertainment, below.

- UBC Aquatic Centre; Ph. 604.822.4521; www.aquatics.ubc.ca. 50 meter pools (indoor and outdoor with diving boards), basketball nets, inner tubes, floating mats, and inflatable toys.

- University Community Children’s Choir, www.ucchildrenschoir.org or email info@ucchildrenschoir.org (bursaries and scholarships are available).

- VanDusen Gardens 5251 Oak St at 37th Ave; Ph. 604.878.9274; www.city.vancouver.bc.ca/parks/parks/vandusen/website/. An oasis of beauty and quiet in the middle of the city. Cheap annual memberships. Kids will enjoy the maze and waterfall and great lawns.

- Vancouver Aquarium (Stanley Park); Ph. 604.659.3474; www.vanaqua.org. Whales, sea otters, sharks, and giant air breathing Amazon fish and dolphin show.

- Granville Island. There is a large arts community here; www.granvilleisland.bc.ca and go to “Galleries”. Emily Carr School of Art at 1399 Johnston; Ph. 604.844.3809.

- Wickaninnish Gallery (Northwest Coast Indian Art) 14-1666 Johnston; Ph. 604.681.1057.

- Canadian Craft Museum 639 Hornby; Ph. 604.687.8266.

- There are several galleries on South Granville Street, between 6th and 16th.

Entertainment

There are all sorts of entertainment options in Vancouver. Check to see if museums, gardens and science centres have free or cheaper admission nights. Also, many places have season passes which are worth getting if you think you will go at least 2-3 times in a year. To get a good overall picture of Vancouver without driving all over town, the Discover Vancouver on Transit guide is a great free resource that you can pickup at tourist InfoCentres, libraries, community centres, and some of the larger shopping malls. For entertainment for children, see Kids’ Entertainment in Families section, above. Also check the Attraction pages at the beginning of the Telus Yellow Pages (Phone Book).

- Tourist InfoCentre, Ph. 604.683.2000

- The official tourism web site is www.tourismvancouver.com; great information here and they even have some great ideas for free and “almost free,” activities.

Georgia Straight, Vancouver’s free entertainment weekly, is the best source for what’s going on. It lists free activities as well as all events in the Vancouver area (movie listings, theatre, dance, art exhibitions, concerts, festivals, etc.) You can find it at most cafes and convenient stores, and at the SUB or at www.straight.com, or in newspaper dispensers on street corners.

Also check the “Ubyssey” (UBC newspaper) for schedule of free or cheap lectures and concerts or recitals, particularly on the UBC campus.

Art

- Morris and Helen Belkin Art Gallery; Ph. 604.822.2759; www.belkin-gallery.ubc.ca. Free to students.

- Vancouver Art Gallery 750 Hornby; Ph. 604.662.4719; www.vanartgallery.bc.ca. Student rates, Thursday specials.

- Wickaninnish Gallery (Northwest Coast Indian Art) 14-1666 Johnston; Ph. 604.681.1057.

- Canadian Craft Museum 639 Hornby; Ph. 604.687.8266.

- There are several galleries on South Granville Street, between 6th and 16th.

Athletic Events

- Vancouver Canucks at the Rogers Arena; Ph. 604.899.4625; www.canucks.com.

- Vancouver Whitecaps (semi-pro men’s soccer, formerly called the 86ers) at Swangard Stadium (Kingsway and Burnaby Rd. in Burnaby), Ph. 604.435.2255; www.whitecapsoccer.com.

- Vancouver Breakers (semi-pro women’s soccer); Ph. 604.899.WAVE; www.whitecapsfc.com.
• Vancouver Giants WHL (hockey); Ph. 604.444.2687; www.vancouvergiants.com.
• B.C. Lions at BC Place (football), Ph. 604.930.5466; www.bclions.com.
• Vancouver Canadians (AAA baseball, feeder team for Seattle Mariners), Ph. 604.872.5232; www.canadiansbaseball.com.
• UBC also has plenty of varsity sports to watch (for a small fee, of course).
• RSCA offers various intramurals sports over the Fall and Winter Semester (see page 29).

Beaches
There are several beaches near Regent. If you walk directly west of Regent through UBC, you will come to a steep set of steps that descend to Wreck Beach. Note: clothing is optional, but keep your eyes open for the great sunsets! More popular for the clothed are the string of beaches along the Burrard inlet. From Regent you can walk down to the Spanish Banks, if you continue east along the water you will discover Locarno and then Jericho Beaches. Further down off Cornwall Avenue is the popular Kitsilano Beach (clothing is required, and tanned muscles are recommended) with sea water pool. In the downtown area there are several beaches along English Bay all the way to Stanley Park as well.

Shopping
• Granville Island
• Robson St. & Granville St. between West 5 & West 16

Movies
Cheaper Theatres
• Hollywood Theatre, 3123 W Broadway; Ph. 604.738.3211. Double Bills (2 movies for price of one), $2 off on Mondays.
• Denman Place, 1737 Comox St; Ph. 604.683.2201. Double Bills.
• Ridge Theatre, 3131 Arbutus & 16th, Ph. 604.738.6311. Double Bills.
• UBC “Norm” Theatre at the UBC SUB, Ph. 604.822.6037. Films chosen by the UBC Film Society, $3.50 for students; volunteer at the theatre and get in to movies free! www.ams.ubc.ca/clubs/filmsoc
• Van East Cinema, 2290 Commercial Dr. Ph. 604.251.1313.
• A Theatre Near You; Ph. 604.299.9000 ext. 3456.

First-run Theatres:
• Check the web, www.bcpassport.com/indoor/movies.html, or the Georgia Straight. Most first-run theatres are cheaper on Tuesday nights and some are cheaper for afternoon matinees.

Video Stores
• Blockbuster Video, 3298 W Broadway, Ph. 604.732.4734.
• Dunbar Video, 4447 Dunbar St, Ph. 604.221.5524.
• Smash Hits Video, 206 5728 University Blvd, Ph. 604.222.4487.
• Varsity Video, 42 W 10th Ave, Ph. 604.228.8255.
• Video Update, 3112 W Broadway, Ph. 604.733.6688.
• Limelight Video, 4 3701 W Broadway, Ph. 604.228.1478 (big foreign film selection).
• Self-service DVD kiosks in Safeway (credit card required)

Museums & Learning Centres
• Vancouver Aquarium (Stanley Park), Ph. 604.659.3474; www.vanaqua.org.
• Vancouver Planetarium and the MacMillan Space Centre (Vanier Park), Ph. 604.738.7827; www.hrmacmillanspacecentre.com. The Gordon Southam Observatory is next to the planetarium and is open free to the public most evenings.
• Maritime Museum, 1905 Ogden (Vanier Park) Ph. 604.257.8300; www.vancouvermaritimemuseum.com
• Vancouver Art Gallery, 750 Hornby, Ph. 604.662.4719; www.vanartgallery.bc.ca
• UBC Museum of Anthropology, 6393 NW Marine Drive, UBC, Ph. 604.822.3825; www.moa.ubc.ca. Free on Tuesday 5-9 p.m. In a spectacular setting, this museum displays some of the world’s finest First Nations art.
• Granville Island; www.granvilleisland.bc.ca. It’s not a museum or learning centre per se, but it can be a fun and educational experience!
• Science World 1455 Quebec St. Ph. 604.443.7443; www.scienceworld.bc.ca.
• BC Museum of Mining; Ph. 604.299.9000 ext. 8735.
Music, Live
- UBC Music Concerts, Ph. 604.822.0182.
- Jazz Hotline, Ph. 604.872.5200; see also www.vancouverjazz.com.
- Cellar Jazz Club Ph. 604.738.1959 www.cellarjazz.com
- Vancouver Opera, Ph. 604.683.0222; www.vancouveropera.bc.ca.
- Vancouver Symphony, Ph. 604.876.3434; www.vancouversymphony.ca.
- West Coast Symphony, Ph. 604.266.6626; www.vcn.bc.ca/wcsym. They occasionally offer free concerts at UBC.

Parks & Gardens
- Vancouver Parks, Ph. 604.257.8400; www.vancouver.ca/parks
- BC gardens, www.env.gov.bc.ca/bcparks
- Bloedel Floral Conservatory, Queen Elizabeth Park; 33rd & Cambie, Ph. 604.257.8570. Tropical floral displays and over fifty species of birds in three climatic zones housed in a 42- metre dome.
- Cypress Provincial Park, hiking, local skiing in winter (see skiing under Sporting Activities, below)
- Dr. Sun Yat Sen Classical Chinese Garden, 578 Carrall St & Pender in Chinatown, Ph. 604.689.7133 (student & family rates). This is the first full-sized classical Chinese garden ever built outside of mainland China.
- Lighthouse Park, West Vancouver, Ph. 604.925.7200. Easy hiking trails.
- Pacific Spirit Regional Park, south of Regent, between 16th & SW Marine Drive. Great trails.
- Queen Elizabeth Park, 33rd and Cambie, Ph. 604.257.8584. Beautiful gardens, playing fields nearby, frisbee, golf, count the brides on Saturdays!
- UBC Botanical Garden, Marine Drive, just north of 16th, Ph. 604.922.4208; www.ubcbotanicalgarden.org.
- VanDusen Gardens 5251 Oak St at 37th, Ph. 604.878.0274, online at www.city.vancouver.bc.ca/parks/parks/vandusen/website. An oasis of beauty and quiet in the middle of the city; cheap annual memberships.

Interesting Bridges
- Lynn Canyon Suspension Bridge & Ecology Centre (North Vancouver). Easy to difficult hiking; more rugged in the headwaters further north, Ph. 604.981.3103. (free)
- Capilano Suspension Bridge, Ph. 604.985.7474; www.capbridge.com. (admission charged)

Vancouver Board of Parks and Recreation
Established in 1888, this vast service includes 186 parks, 23 community centres, 15 indoor and outdoor swimming pools, 8 skating rinks, 3 pitch and putt and 3 full-length golf courses, and more. Those with limited income may qualify for a Leisure Card that helps provide access to basic Park Board programs and services. To inquire about leisure card qualifications and to receive an application, contact any Community Centre. Many Community Centres have programs for all members of the family, and they may have such facilities as ice rinks, swimming pools, and fitness centres. Additionally, the Park Board runs tennis courts, community gardens, and waterparks. There are opportunities to be involved in one’s own community by being a part of a Vancouver Park Board Community Centre Association to help promote local leisure activities.

Call your local Community Centre for more information. Park Board Administration Offices, Ph. 604.257.8400; www.parks.vancouver.bc.ca or www.city.vancouver.bc.ca.

Community Centres
1. Britannia, 1661 Napier St, Ph. 604.718.5800.
2. Roundhouse, 181 Roundhouse Mews, Ph. 604.713.1800.
3. Douglas Park, 801 West 22nd Ave, Ph. 604.257.8130.
4. Carnegie Centre, 401 Main St, Ph. 604.665.2220.
5. Dunbar, 4747 Dunbar St, Ph. 604.222.6058.
6. Hastings, 3096 E Hastings St, Ph. 604.719.6222.
7. Kensington, 5175 Dumfries St, Ph. 604.718.6200.
8. Kerrisdale, 5851 W. Boulevard, Ph. 604.257.8100.
9. Killarney, 6260 Killarney St, Ph. 604.434.9167.
10. Kitsilano, 2690 Larch St, Ph. 604.257.6976.
11. Marpole-Oakridge, 990 West 59th Ave, Ph. 604.257.8180.
12. Mount Pleasant, 3161 Ontario Street, Ph. 604.713.1888.
13. Renfrew Park, 2929 East 22nd Ave, Ph. 604.257.8388.
14. Riley Park, 50 East 30th Ave, Ph. 604.257.8545.
15. Strathcona, 601 Keefer St, Ph. 604.713.1838.
16. Sunset, 404 East 51st Ave, Ph. 604.718.6505.
17. Thunderbird, 2311 Cassier St, Ph. 604.713.1818.
18. Trout Lake, 3350 Victoria St, Ph. 604.257.6955.
19. West End / Coal Harbour, 870 Denman St, Ph. 604.257.8333.
20. West Point Grey, 4397 West 2nd Ave, Ph. 604.257.8140.
21. False Creek, 1318 Cartwright St, Ph. 604.257.8195.
22. Champlain Heights, 3350 Maquinna Dr, Ph. 604.437.9115.

Rinks, Links, Pools, Courts, etc.

GOLF

Full Golf Courses
• McLeery, 7188 McDonald St, Pro Shop: Ph. 604.257.8191, Tee time: Ph. 604.280.1818.
• Langara, 6706 Alberta St, Pro Shop: Ph. 604.713.1816, Tee time: Ph. 604.80.1818.
• Fairview, 7800 Vivian Dr, Pro Shop: Ph. 604.257.6923, Tee time: Ph. 604.280.1818.

Pitch and Putt Courses
• Queen Elizabeth Park, Pro Shop: Ph. 604.874.833.
• Stanley Park, Pro Shop: Ph. 604.874.8336.
• Rupert Park, Pro Shop: Ph. 604.257.8364.

INDOOR AND OUTDOOR SWIMMING POOLS OUTDOOR VOLLEYBALL AND BASKETBALL
ICE RINKS www.city.vancouver.bc.ca/parks/2.htm

FITNESS CENTRES

RACQUET COURTS

TENNIS COURTS

Stanley Park
Ph. 604.257.8400; www.city.vancouver.bc.ca (go to "parks" and choose Stanley Park); 1000-acre park in Downtown that is world-renowned. Enjoy the aquarium and diverse wildlife, take a carriage ride, have tea at the tea house, walk/bike/inline skate the 9 km seawall, play at the beach or take a stroll through the surrounding forests. Summer can be especially busy, thus taking the bus or parking at the Pipeline Road Central Parking Lot and taking a shuttle is recommended. (See Map below).
Shopping & Services

It’s ridiculous to think that this category could be exhaustive, so do your own searching around and tell the producers of next year’s handbook the great stuff that you have discovered—and the entries that need to be eliminated. Almost all of the entries listed in this section are due to their relative low prices.

• **Student Discounts** with ID: don’t be afraid to ask if there are student discounts or packages when you shop or plan a night out with friends or family. Opus framing and art supplies (on consumable art supplies) offers no PST to students (as of June, 2007).

• Just prior to fall term there is a **Regent Household Goods and Clothing Give-Away**. International students have first pick of this extravaganza and then it opens to all other students. Included are items such as clothing, small household furnishings, and toys. Also check the Green Sheet Listing of the Regent Newsletter, Etcetera. Many students give or sell things cheaply to other students.

• School supplies (including clothes) are eligible for PST exemption. Tell the cashier when you are buying materials.

• There are various places in Vancouver that have garage sale signs in abundance. A cultural note for International Students: in Canada, a garage sale has all kinds of furniture, household items, clothing, sports equipment, etc. often in quite good condition, but at low prices because they are not being used anymore. You will usually find signs on weekends (more during nice weather) as well as people who are jotting down addresses amidst the display. Two locations of these phenomena are found at Dunbar & 16, and Alma & King Edward. Also, you can check community sections of newspapers.

• **Better Business Bureau**, Ph. 604.682.2711; email: bbbmail@bbbmbc.com. This public bureau can be helpful if you’ve been swindled or have been treated poorly by a local business. Businesses that have voluntarily listed with this agency are generally more reliable in their services. More info at www.bbbvan.org.

• Checking the **classified ads** is always a great idea for larger items. Instead of buying both Vancouver papers (The Province and The Sun), go to www.bcclassified.com instead. It’s a tad quicker than the paper and it’s free! The newspapers, however, are provided in the Regent Atrium and in the Library.

• Dollar stores, all around Vancouver have very inexpensive (is some times lower quality) items for a large spectrum of needs.

• Some addition places online to find items for cheap are www.usedvancouver.com and www.vancouver.craigslist.org

Shopping Districts & Malls

Each neighbourhood has a group of small stores that can be good for buying urgently needed or special items. Usually items will be cheaper in larger stores, but not always.

• 10th Ave, Blanca to Discovery
• West Broadway, east of Alma
• West 4th Ave, east of Alma
• West 41st Avenue (Balsam to Maple)
• Granville Street Pedestrian Mall; Robson Street, near Thurlow
• City Square, 555 W 12th Ave
• Metrotown (BC’s largest Mall), Kingsway & Boundary Rd
• Burnaby at Kingsway & Patterson
• Oakridge Centre, 41st Ave & Oak Street
• Pacific Centre (Underground) at 700 W Georgia & Dunsmuir

Automobiles see Transportation

Automobile Repair

These businesses have been verbally recommended—remember that all auto repair is at your own risk!

• Axel Alley Auto Repair, 368 W 1st Ave, Ph. 604.875.9988; they have reasonably priced out-of-Province inspections, and usually offer a 10% discount to Regent students.

• Cambie Auto Centre, William Chow, manager, #125 Cambie Rd, Richmond, Ph. 604.273.6662 (may give discount to Regent students).

• MacKenzie Heights, Esso 2908 W 33rd, Ph. 604.263.2704; excellent work (rated second in city by popular vote), although not necessarily the cheapest.

Bicycles see Transportation

Bookstores

These are only very partial listings…

New

• Check out: www.geocities.com/evelynleeper/na-canw.htm#vancouver.
• Regent Bookstore, Ph. 604.228.1820; make sure you
get a Special Collections card (see Academics for more info).

- UBC Bookstore, UBC campus, Ph. 604.822.2665; www.bookstore.ubc.ca.
- Chapters, 2505 Granville St & Broadway, Ph. 604.731.7822; www.chapters.indigo.ca; look in Bargain Book section, and if you’re feeling frivolous, stop at the Starbucks in the store.
- Oscar’s Art Books, 1533 West Broadway, Ph. 604.731.0553.
- Vancouver Kidsbooks, 3083 W Broadway, Ph. 604.899.8675.
- Book Warehouse, 2388 W 4th, Ph. 604.734.5711; 632 W Broadway, Ph. 604.872.5711, 4444 W 10th, Ph. 604.221.5744; new books at discounted prices.

Used

- Beahr’s Books, 3754 West 10th Ave, Ph. 604.228.1180.
- Lawrence Books, 3591 W 41st & Dunbar, Ph. 604.261.3812.
- Tanglewood Books, 2932 W Broadway, Ph. 604.731.8870.

Christian Bookstores

- Canadian Bible Society, 700 Kingsway, Ph. 604.872.6691.
- Emmaus (Korean), 1661 Kingsway, Ph. 604.876.4441.
- Funston’s Christian Book Centre, 8146 Cambie, Ph. 604.324.4362.
- Gospel Bookstore, 5783 W Boulevard, Ph. 604.266.0275.
- Pilgrim Book and Bible, 2740 Kingsway, Ph. 604.437.3117.
- Seraphim (English & Chinese), 110-8231 Cambie Rd. (Richmond) Ph. 604.278.7836.
- Vine & Fig (Catholic), 4109 MacDonald Ph. 604.734.2109.
- Celebration Christian Store, 10249 King George Hwy (Surrey) Ph. 604.582.5452.

Clothing, Used

- Dragon and Phoenix for women, 6248 E Boulevard, Ph. 604.261.1317.
- Dragon and Phoenix for men, 6260 E Boulevard, Ph. 604.261.9693.
- Ex Toggery, 6055 W Boulevard, Ph. 604.266.6744.
- Cheapskates 3, 3208 Dunbar, Ph. 604.739.1125.
- Act II, 2599 West 161 Avenue, Ph. 604.733.5515.
- MacGillycuddy’s for Little People, 4881 Mackenzie St, Ph. 604.263.5313. (children’s clothing)
- Sports Junkies, 600 W 6th Ave, Ph. 604.879.0666.
- Turn About II on Broadway, 3060 W Broadway, Ph. 604.731.7762.
- 14 Plus Consignment, 3636 West 4th, Ph. 604.731.9975.
- Value Village, 6415 Victoria & 29th, Ph. 604.327.4434; and 1820 E Hastings & Victoria, Ph. 604.254.4282. Watch for colour coded tags. Each day a particular colour is 50% off.
- Salvation Army (multiple locations)

Computers

There are plenty of relatively inexpensive new or used computers out there, but having a computer-savvy person lending a hand is invaluable in the buying process.

New

- Dell: www.dell.ca (they also have refurbished computers).
- Best Buy, 2220 Cambie Street (Cambie & 6th), Ph. 604.638.4966.
- The Future Shop, 1322 W Broadway, Ph. 604.482.1500.
- Micro Concept Systems, 102 - 1241 W Broadway, Ph. 604.730.8183.
- UBC Computer Shop, 6200 University Blvd (in the UBC Bookstore), Ph. 604.822.4748; www.bookstore.ubc.ca. This is a great place to look since major computer brands often have special deals for students. They also have discounts on software.

Used

- Check out the free monthly paper called the “The Computer Player” for ads and information. It’s available at libraries, or wherever free papers are distributed.
- The Mac Market, 2710 W 4th Ave, Ph. 604.709.6227.
- PC Galore, 2744 W 4th, Ph. 604.732.7816.
- PC Spectrum, 230 – 2182 W 12th Ave, Ph. 604.736.1777.
- Polson’s Office Products, 398 W Broadway, Ph. 604.879.0631.
- The internet.
Electronics

Small electronics such as clocks, telephones, radios, etc.
- London Drugs, 665 W Broadway, Ph. 604.448.4808; 2300 W 42nd, Ph. 604.448.4810; 540 Granville, Ph. 604.448.4802
- Zellers, Oakridge Centre, 650 W 41st, Ph. 604.261.6234.
- Canadian Tire, 1625 Chesnut, Ph. 604.257.6391; 2290 Cambie, Ph. 604.257.6389. Yes, it’s strange, but this chain of tire stores has all sorts of things!
- Superstore, 350 SE Marine Dr, Ph. 604.439.4400 (see description under grocery shopping).

Larger electronics such as stereos
- Future Shop, 1322 W Broadway, Ph. 604.482.1500.
- A & B Sound, 732 SW Marine Dr, Ph. 604.321.5112; 3433 E Hastings, Ph. 604.298.0464.

Transformers
- Foreign Electronics Ltd, 1 - 111 W Broadway, Ph. 604.879.1189.

Ethnic Markets
- Chinatown, Pender & Main, has excellent Asian food markets. Aberdeen Centre, Parker Place and many other Chinese Malls in Richmond along No. 3 Rd. especially near Cambie Rd. Also, Crystal Mall near Metrotown in Burnaby.
- T&T Supermarket, by BC Stadium, Renfrew & 2nd, Metrotown, Richmond. These stores are the Chinese equivalent to IGA or Safeway.
- Punjabi Market, in South Vancouver, near 49th & Main. A great place to buy herbs and spices; try Samosas, 3 or 4 for a loonie!
- YAOHAN Supermarket, Japanese market, 1000 - 3700 No. 3 Road, Richmond. FUJIYA Japanese Foods, 912 Clark Drive & Venables. Cheap sushi.
- “Little Italy”, authentic stores on Commercial Drive between 1st and 5th Ave.
- Persian, Arabic & Mediterranean grocers are at Main & 37th, Main & 49th.
- Ten Thousand Villages, 5920 Fraser St, Ph. 604.323.9233. Sells crafts from around the world and Fair Trade goods like Coffee and Tea. Run by MCC volunteers and proceeds go back to support small businesses in the countries the crafts come from.
- Yet again, don’t forget Granville Island!

Furniture

Used
Check the “Buy and Sell” Newspaper that comes out each Thursday. Garage sales (advertised in newspapers such as the Vancouver Sun and The Courier) are also very good places to find furniture, but it does take time to find what you’re looking for. Watch for items in the Regent College Student Paper (Et Cetera - available on Tuesdays after chapel), especially at the end of semesters. Also check the student bulletin board for local folks selling items, and try used furniture stores and thrift shops. UBC has a monthly housing sale and a Surplus Sale on Wednesdays (mostly office furniture).
- Past and Present Used Furniture and 2nd Hand Items, 4774 Main St, Ph. 604.876.4545.
- Polson Office Products, 398 W Broadway & Yukon, Ph. 604.879.0631. A good place to buy tables and desks.
- Salvation Army, 261 E 12th Ave, Ph. 604.874.4721. This particular location has lots of furniture.
- Sellutions Vintage Furniture & More, 2765 W 4th Ave at MacDonald, Ph. 604.736.7355.

New, decently priced
- Costco Wholesale Canada, 9151 Bridgeport Road, Richmond, Ph. 604-668-8450; also at 3585 Grandview Hwy near Boundary Road, Ph. 604.596.1183. Membership required (see grocery shopping, below). See www.costco.ca for more info.
- IKEA, 3200 Sweden Way, Ph. 604.273.2051; new furniture. At the back of the store on the ground level they sell ready-assembled furniture at discounted prices. See www.ikea.com/ms/en_CA.

Grocery Shopping
If you come across a line of shopping carts that are chained together then you need to insert either a quarter or a loonie upon which the chain will release. When you are finished shopping and you replace the cart by re-chaining it, then your quarter or loonie will be returned. NOTE: if someone is leaving the store and offers you their cart, then it is expected that you hand over the quarter or the loonie that you would have normally paid to obtain a cart. Never fear, you will get your money back when you return the cart.
- Health or Bulk stores are often the cheapest for
things like flour, spices, legumes, rice, nuts, etc. The closest to Regent is “Weigh to Go” on 41st Ave & Collingwood (across from the IGA store).

- Costco Wholesale Canada, 9151 Bridgeport Road, Richmond, Ph. 604.668.8450; also at 3585 Grandview Hwy near Boundary Road, Ph. 604.596.1183. Membership of at least $55 is required. This is bulk shopping - case loads of grocery and household items.

Buy-Low Foods, Save-On-Foods, Safeway, and IGA are cheaper for many items than the smaller local grocers (except for fruits and vegetables), though they will generally be more expensive than Superstore and Costco. Check out the Produce Stores listing below for preferable establishments for fresh fruits and veggies.

- Save-On-Foods, 7th & Cambie.
- IGA, 41st & Dunbar, Broadway & Maple, Main & 14th.
- Safeway, 4575 West 10th near Blanca (the closest store to Regent), W Broadway & MacDonald, Arbutus & 29th, 41st & Oak in the Oakridge Centre Mall. It is good to shop for meat in the evenings when they put $1 and $2 off stickers on meat that needs to be sold. Also, if they are out of a sale item, ask for a “raincheck” that can be redeemed in the following weeks when the item is restocked. Sign up at any store for a discount Club Card and Airmiles.

Stores listing below for preferable establishments for fresh fruits and veggies.

- Co-op and Organic Food stores all along Commercial Drive from 5th to Venables, especially north of 1st Avenue.
- No Frills is very cheap and not a bulk shopping store, located on the corner of 4th and Alma in Point Grey.

**Haircuts**

The best advice for the fastidious hairstyle people—ask old-timer Regent students and staff where they go; many have been exasperated at their hair cutting experiences in Vancouver. For the brave at heart or uncaring of appearance: consider buying a home barber set (approximately $25 at the Superstore), if you dare. Regardless of the outcomes, it will pay for itself very quickly. Ask about student discounts wherever you go – you might be surprised!

- Magicuts, 3264 W Broadway, Ph. 604.732.6062, low prices, no appointments.
- Suki’s Advanced School of Hairdressing, 3157 S Granville, Ph. 604.738.0519. It’s around $10 for a haircut if you’re okay with being a model for students… and even such beautifully coifed persons as Darrell Johnson frequent here so it can’t be that bad!

- Great Clips, 4484 Dunbar, Ph. 604.732.5123; 102 4416 W 10th, Ph. 604.221.1183. Inexpensive and they have a successful track record for many.

No appointments needed.

**Household Items & Hardware**

- Coe Lumber, 3485 W Broadway & Collingwood, Ph. 604.731.6178.
- Home Hardware, 3322 Dunbar, Ph. 604.738.3312; 4459 W 10th, Ph. 604.224.4934.

“Dollar Stores” are great for cheap kitchen utensils, wastepaper baskets and other household items. There are many stores around the city (look for titles like Mighty Buck, Dollar Surprise, Loonie) but here are a few:

- Amy’s Loonie-Toonie Town, 2105 W 37th, Ph. 604.263.5777.
- Loonie King, 3216 W Broadway, Ph. 604.736.3832.
- Loonie Plus, 2557 Granville & Broadway, Ph. 604.730.5396.
- Loonie Star, 4388 W 10th Ave.

**Linens (bedding & towels)**

- Ed’s Linens, 3301 W Broadway, Ph. 604.731.2700; 2142 W 41st Ave, Ph. 604.263.7300. Check their bargain bins and sales.
- Sears Outlet Store, 9850 Austin Rd, Burnaby, Ph. 604.625.0025.
- Zellers, Oakridge Centre, 650 W 41st, Ph. 604.261.6234.
- The Bay, 650 W 41st, Ph. 604.261.3311; more expensive.
• IKEA, 3200 Sweden Way, Richmond
  Ph. 604.273.2051; excellent value.

Miscellaneous
Watch for sale newspaper flyers in the Sunday and
Wednesday Courier or Echo.
• Bargain Castle, 485 W 8th & Cambie,
  Ph. 604.709.5760. Also located in Coquitlam and Delta.
• Liquidation World, 1331 Clarke Dr, Ph. 604.254.0126.

Music Stores
• Adagio Sound, 4576 W 10th Ave, Ph. 604.222.1858;
  Classics & Jazz.
• A & B Sound, 732 SW Marine Dr, Ph. 604.321.5112;
  mainstream, good selection and prices.
• Zulu Records, 1972 W 4th, Ph. 604.738.3232, new,
  used, and funky stuff.
• Virgin Records, 788 Burrard (downtown),
  Ph. 604.669.2289; enormous and looming.

Pharmacy
• London Drugs, 665 W Broadway, Ph. 604.448.4808;
  2300 W 42nd, Ph. 604.448.4810; 540 Granville,
  Ph. 604.448.4802
• Safeway, see Grocery Shopping, above
• Superstore, see Grocery Shopping, above
• Shopper's Drug Mart, across from Regent at the corner
  of University Blvd. and Wesbrook Mall. Also at 2979
  W Broadway and 4326 Dunbar St (discount with their
  Optimum card).

Produce Stores
You can get higher quality and less expensive produce at
local markets than at the larger stores. There are several
good produce markets at 25th Avenue (King Edward
Ave) and Main Street. There are also many good priced
produce stores between Blenheim and MacDonald
Street. Here are a few specific locations, but there are
many more:
• Golden Valley Farm Market Ltd, 3045 W Broadway,
  Ph. 604.733.3398; excellent produce and prices. A
  favourite of many Regent students.
• Italian-Canadian Delicatessen, 4355 Dunbar & 28th,
  Ph. 604.228.8615; a deli and grocer.
• Southland Farm Market, 3004 W 41st Ave &
  Collingwood, Ph. 604.264.0112.
• New Apple Food Market, 2856 W Broadway near
  MacDonald, Ph. 604.739.6882.
• Granville Island Market: you will always find the
  freshest produce here - not always the cheapest, but by
  far the most beautifully arranged. It's quite entertaining
  and good for many an unusual item. Fresh meats and
  seafood are also available.
• Seasonal Farmer's Market held in various locations,
  i.e. Trout Lake Community Centre & Croatian Centre
  on Saturdays; Thursday night Granville Island.
• Young Brothers, 3151 W Broadway, Ph. 604.732.7088.

Sewing & Quilting Stores
• The Cloth Shop, 4415 West 10th Ave,
  Ph. 604.224.1325; conducts quilt-making courses, but
  can be expensive.
• Fabricana Imports Ltd, 4811 Hazelbridge Way,
  Richmond, Ph. 604.273.5316.
• The Yard Textile Clearance House, 5550 Fraser St,
  Ph. 604.321.7188; very inexpensive.
• Fabricland, 814 W 6th & Willow, Ph. 604.872.8286.
• Punjabi Market (in South Vancouver centred around
  49th and Main St.); also has good-quality, low-price
  fabric.

Various stores
Shoes
• Payless Shoes, 2156 W 41st, Ph. 604.266.4755.
  Their shoes are inexpensive, but practical only for the
  toughfooted.
• Zellers, Oakridge Centre, 650 W 41st,
  Ph. 604.261.6234; has good shoe sales.
• Cheapskates, 2 stores around 16th & Dunbar,
  Ph. 604.222.1125; good for soccer shoes, hiking boots.
• Shoe Warehouse, 3010 W Broadway,
  Ph. 604.738.1843.

Sports Equipment
• Cheapskates, 2 stores around 16th & Dunbar,
  Ph. 604.222.1125. Second-hand sports equipment with
  sliding prices according to how long an item has been in
  the store.
• Sports Junkies, 600 West 6th Ave & Ash,
  Ph. 604.879.0666. Great for used outdoor equipment.
• Mountain Equipment Co-op, 130 W Broadway,
  Ph. 604.872.7858. If you’re not a Canadian you may be
  unaware of this high quality outdoor gear store—but
  just wait and you’ll start seeing this brand everywhere.
  A lifetime membership costs $5, but this will be earned
  back in savings after a few purchases if you compare with
other major brands. In other words, it isn’t cheap, but it’s less expensive than similar gear out there.

**Thrift Stores**

These are great places to buy inexpensive used items like furniture, household items, clothing etc. Proceeds often support good causes. There are lots of these stores in Vancouver so check the Yellow Pages telephone book for more listings.

- Canadian Mental Health Assn, 1832 Commercial Dr, Ph. 604.251.9779.
- MCC (Mennonite), 5914 Fraser & 41st, Ph. 604.325.1612.
- Salvation Army, 2714 W Broadway, Ph. 604.734.1812. The 261 E 12th Ave, Ph. 604.874.4721 location has lots of furniture. It also has a large selection of kitchenware downstairs.
- Value Village, 1820 E Hastings & Victoria, Ph. 604.254.4282; and 6415 Victoria & 29th, Ph. 604.327.4434. Watch for colour coded tags. Each day a particular colour is 50% off.

**Truck Rental**

- U-Haul charges $19.95 per day plus a “per km” charge per day to hire a cargo van or small covered truck. Call or check the web for the nearest location, (800) GO-UHAUL; www.uhaul.com.
- Budget Car and Truck rental, 99 W Pender St, Ph. 604.683.5666; 1705 Burrard St, Ph. 604.668.7000; www.bc.budget.com/vancoast.html.

**Video Stores** see Movies, in Entertainment, above.

**Eating Out**

Coffee Shops: you gotta love the coffee culture of Vancouver! No need to list Starbucks here, they are on every other corner.

**Near Regent**

- If you haven’t noticed yet, Regent has a coffee shop on the premises in the Bookstore! The Well is owned and operated by Peter - a Regent grad who began the first The Well (at 16th & Dunbar) for an MCS project.
- Blenz, next to CIBC at the University Village, Ph. 604.222.5100. Coffee drinks, pastries, and WiFi.
- The Beanery, in Fairview Apartment Complex just south of Regent, Ph. 604.224.2326; they have drinks, pastries, pool, darts, and games; good place to lounge or read.

**Dunbar**

- The Well Café, 3271 Dunbar St (at 16th Ave), Ph. 604.221.9880. Catering for events available.
- Bean Brothers, 2179 West 41st Ave & Yew, Ph. 604.266.2185; coffee, food, casual atmosphere.

**Kerrisdale**

- The Grind Gallery & Café, 4124 Main St, Ph. 604.874.1588.
- Torrefazione Italia, 2154 West 41st, Ph. 604.267.1003; excellent coffee.
- Secret Garden, 5559 W Boulevard, Ph. 604.261.3070; mini High Tea served daily ($10.95-12.95/person), Formal High Tea with 24-hour advance reservation ($23.95/person).

**Kitsilano**

- Calhoun’s, 3035 W Broadway Ave, Ph. 604.737.7062. For the truly dedicated, Calhoun’s is a delicate oasis of caffeine, music, and twittering birds. If you’re dismayed at the 10PM closing time of the Library, you need to become acquainted with this 24-hour bistro.
- Yoka’s Coffee & Honey, 3171 W Broadway, Ph. 604.738.0905.

**Point Grey**

- 4 Coffee House, 4th & Alma next to the Esso Station, Ph. 604.295.2083; has a funky upstairs lounge.
- Bean Around the World, 4456 W 10th Ave, Ph. 604.222.1400; truly carries coffee from all over.
- Grounds for Coffee, 2565 Alma St, Ph. 604.224.5282; the area’s BEST signature sticky cinnamon buns!!

**Dining**

For more information on restaurants, refer to The Vancouver Book, distributed by Tourism Vancouver.

**Near Regent**

- University Village Food Court. This is located in the basement of the University Village, just east of Regent on University Blvd. There are all sorts of extremely cheap international food eateries in a food court setting. Other University Village food stores include Chinese food, Starbucks, Mio Sushi, The Pita Pit and Only-U Café.
- Student Union Building (SUB). There are a variety of takeout style outlets, a cafeteria, and the Pit Pub which serves beer and burgers. The SUB can really be a great place to eat! For all the food services on the UBC Campus, go to www.foodserv.ubc.ca/Operations.htm.
University Hospital Cafeteria, across from Regent. Fairly decent food at decent prices, believe it or not. There is a Subway just outside the medical library as well.

- Koerner’s Pub, near the Chan Centre, Ph. 604.822.0983.
- The Barn, on the main mall, across from Engineering buildings, grill, sandwiches, and baked goods.
- Vera’s Burger Shack, across from Regent by University Village; Ph. 604.221.8372.
- The Boulevard Coffee Roasting Co., on the corner of Wesbrook Mall & University Blvd. Excellent hot chocolate!

Café & Restaurants
- Chianti, 1850 W 4th Ave, Ph. 604.738.8411; Mon/Tues nights Pasta Frenzy!
- The Grind Gallery & Café, 4124 Main St, Ph. 604.874.1588.
- The Lilypad Café, 4519 W 10th Ave, Ph. 604.224.4482.
- The Naam, 2724 W 4th Ave, Ph. 604.738.7151; organic vegetarian, open 24-hours.
- Jeremiah’s, 3681 W 4th Ave, Ph. 604.734.1205.
- Sophie’s Cosmic Café, 2095 W 4th, Ph. 604.732.6810; fun atmosphere and popular, as evidenced by the line waiting to get in (on Sundays especially). HUGE breakfasts!

Ethnic Restaurants
There are so many ethnic restaurants in Vancouver! These are closer to Regent and have a decent reputation.

- Afghan Horseman, 445 W Broadway (& Cambie), Ph. 604.873.5923; sit on pillows and eat Afghan food.
- Annapurna, 1812 W 4th, Ph. 604.736.5959; vegetarian Indian.
- Café D’Lite, 2817 W Broadway (at MacDonald), Ph. 604.733.8882; the actual restaurant isn’t visually appealing, but they have Singaporean Chicken Rice that is authentic and inexpensive.
- The Eatery, 3431 W Broadway, Ph. 604.738.5298; Japanese, good sushi, but not cheap.
- Ginger and Chilli, 4423 W 10th, Ph. 604.222.2223; great Szechuan food.
- Granville Sushi, 2526 Granville St, Ph. 604.738.0388.
- Great Wall Mongolian Barbeque, 2897 W Broadway, Ph. 604.739.4888; lunch is a better deal than dinner.
- Kam’s Place Singaporean Cuisine, 1034 Davie (downtown), Ph. 604.669.3389; 2-for-1 coupons often found in the Georgia Straight.
- SalaThai Restaurant, 3364 Cambie, Ph. 604.875.6999.
- Stepho’s, 1124 Davie (downtown), Ph. 604.683.2555; great Greek food at great prices - as the typical line-up outside testifies. Go early!
- Topanga Café, 2904 W 4th Ave, Ph. 604.733.3713.
- Won More Szechuan, 1944 W 4th Ave, Ph. 604.737.2889.
- Zeenaz Restaurant, 6460 Main & 29th, Ph. 604.324.9344; fantastic, inexpensive Indian food buffet.

Dessert Places
- Dairy Queen, 2601 W Broadway, Ph. 604.732.3704 (other locations in phone book); it’s not fancy, but it’s good!
- Death by Chocolate, 1598 W Broadway, Ph. 604.730.2462.
- Mondo Gelato, 1094 Denman, Ph. 604.647.6638.
- Not Just Desserts, 101-1638 E. Broadway, Ph. 604.877.1313.
- True Confections, 3701 W Broadway, Ph. 604.222.8489; you just HAVE to try their towering cakes!

Ethnic “Towns”
- Chinatown: 3rd-largest in North America; located near Pender and Main.
- Greektown: located around the 3100 block of West Broadway. There are several Greek restaurants in this area.
- Koreatown: located around Kingsway and Knight. Korean restaurants and markets.
- Little Italy: on Commercial between Hastings and Broadway. Several Southern Italian restaurants and cafes in the area.
- Punjabi Market: in South Vancouver centred around 49th and Main St, the centre of Vancouver’s Indian community. There are several inexpensive buffets and restaurants serving authentic Indian cuisine and sweets. It’s also a great place to buy bulk spices and herbs.

Grocery Shopping
see this listing in Shopping, above.

Produce Stores & Markets
see this listing in Shopping, above.
Worshipping

NOTE: this list is not exhaustive, but Regent students have frequented or become members of many of these.

Alliance
- Tenth Avenue Alliance Church, 11 W 10th, Ph. 604.876.2181.

Anglican
- Holy Trinity Anglican Church, 1440 W 12th, Ph. 604.731.3221.
- St. Anselm, 5210 University Blvd, Ph. 604.224.1410.
- St. Helen's Anglican Church, 4405 W 8th, Ph. 604.224.0212.
- St. John's Shaughnessy Church, 1490 Nanton, Ph. 604.731.4966.

Baptist
- Dunbar Heights Baptist Church, 3996 W 17th Ave, Ph. 604.224.1031.
- First Baptist Church, 969 Burrard, Ph. 604.683.8441.
- Fairview Baptist Church, 1708 W 16th, Ph. 604.731.3211.
- Trinity Baptist Church, 1460 W 49th, Ph. 604.266.6238.
- West Point Grey Baptist Church, 4509 W 11th, Ph. 604.228.9747.
- Grandview Calvary Baptist Church, 1803 E 1st, Ph. 604.255.1411.

Brethren
- Granville Chapel, 5901 Granville, Ph. 604.263.4121.
- Marineview Chapel, 4000 W. 41st, Ph. 604.261.1444.
- University Chapel, 5375 University Blvd, Ph. 604.222.0800.

Catholic
- Holy Rosary Cathedral (downtown), 646 Richards, Ph. 604.682.6774.
- St. Augustine's, 2028 W 7th, Ph. 604.736.4455.
- St. John the Apostle, 5457 Trafalgar, Ph. 604.266.8800.
- St. Mark's at UBC, 5935 Iona Dr, Ph. 604.822.4463.
- St. Peter and St. Paul, 1425 W 39th, Ph. 604.261.3535.

Lutheran
- First Lutheran, 5745 Wales, Ph. 604.435.6520.
- Lutheran Campus Centre, 5885 University Blvd, Ph. 604.224.1614.
- Redeemer Lutheran, 1499 Laurier, Ph. 604.737.9821.

Mennonite
- Point Grey Inter-Mennonite Fellowship, 4000 W 11th, Ph. 604.228.8911.
- Willingdon Church, 4812 Willingdon (Burnaby), Ph. 604.435.5544; (Korean, Russian, Mandarin, and Spanish speaking congregations as well).

Pentecostal
- Broadway Church, 2700 E Broadway, Ph. 604.253.2700; www.broadwaychurch.com; (Filipino, Portuguese, and Spanish speaking congregations as well).
- Glad Tidings Christian Fellowship, 3456 Fraser, Ph. 604.8733621; www.gtms.org.
- Point Grey Community Church, 3512 W 7th, Ph. 604.732.5577.
- University Town (UTown) Church, 2198 Health Sciences, UBC, Ph. 604.723.7400; www.utownchurch.com.

Presbyterian
- Fairview Presbyterian Church, 2725 Fir, Ph. 604.736.0510
- Faith Presbyterian Church, 2581 E 45th, Ph. 604.438.8755
- Kerrisdale Presbyterian Church 2733 W 41st Ave, Ph. 604.261.1434.
- West Point Grey Presbyterian Church, 4397 W 12th Ave, Ph. 604.224.7744.

Non/Inter-Denominational
- Capilano Christian Community Church (Lucas Centre), 2132 Hamilton, (North Van.), Ph. 604.980.8997.
- Kitsilano Christian Community, 1708 W 16th Ave, Ph. 604.737.0169.
- Lord's Grace Church (Chinese Christian Chapel) 2396 W 8th Ave, Ph. 604.732.1835.
- Lynn Valley Full Gospel Church, 1160 E 29th Ave (North Van.), Ph. 604.980.0307.
- Westpoint Christian Centre, 2715 W 12th Ave, Ph. 604.737.7455.

Vineyard – Association of Vineyard Churches
- Vancouver Eastside Vineyard, meets at 1648 E 1st
Ave, Ph. 604.255.4463.

- South Vancouver Vineyard Christian Fellowship, meets at Marpole Community Centre, Ph. 604.301

**Ethnic Churches**

**Chinese**

- Christ Church of China, 300 E Pender, Ph. 604.254.4219.
- Chinese Christian Chapel, 2396 W 8th, Ph. 604.732.1835.
- Chinese Grace Mennonite Church, 1720 Gravely, Ph. 604.254.2772.
- Chinese Pentecostal Church, 215 E 18th, Ph. 604.876.1221 (1223).
- Chinese Presbyterian Church, 6137 Cambie, Ph. 604.324.4921.
- Evangelical Chinese Bible Church 5110 Marine (Burnaby), Ph. 604.438.3222.
- Lord’s Grace Church (Chinese Christian Chapel) 2396 W 8th Ave, Ph. 604.732.1835.
- Pacific Grace MB Church, 1587 Frances, Ph. 604.253.0505 (office 604-255-6199).
- Richmond Chinese Alliance Church, 10100 N 1st (Richmond), Ph. 604.271.9333.
- Vancouver Chinese Alliance Church, 3330 Knight St, Ph. 604.874.7612.
- Vancouver Chinese Baptist Church, 7474 Culloden, Ph. 604.325.6314.
- Westside Baptist, 3-1503 W 66th Ave, Ph. 604.266.5602.

**Filipino**

- Filipino Christian Alliance Fellowship, 11 W 10th Ave, Ph. 604.879.2175 (same location as 10th Ave Alliance).
- Grace International Baptist Church, 7650 Jasper, Ph. 604.321.3525.

**Japanese**

- First Baptist Church (Japanese Bible study), 969 Burrard, Ph. 604.683.8441.
- Holy Cross Japanese Anglican Church, 4580 Walden, Ph. 604.879.1334.
- Vancouver Japanese Gospel Church, 427 11th (New Westminster), Ph. 604.521.7737.

**Korean**

- Four Square Church, 4061 Kingsway (Burnaby), Ph. 604.437.5469.
- Korean Presbyterian Church, 205 W 10th, Ph. 604.875.1200.
- Willingdon Church, 4812 Willingdon (Burnaby), Ph. 604.435.5544.
- Young Kwang Presbyterian Church, 7317 Victoria, Ph. 604.324.2550.

**Portuguese**

- Broadway Church, 2700 E Broadway, Ph. 604.253.2700; www.broadwaychurch.com.
- Pilgrim Baptist Church, 6075 Inverness, Ph. 604.327.4545.

**Spanish**

- Broadway Church, 2700 E Broadway, Ph. 604.253.2700; www.broadwaychurch.com.
- Faith Fellowship Baptist Church, 2551 E 49th Ave, Ph. 604.321.6134.
- Willingdon Church, 4812 Willingdon (Burnaby), Ph. 604.435.5544.

For further info about ethnic churches, mission organizations or resources in other languages, a good contact is the Centre for World Missions, Ph. 604.854.3818; email: CWMBC@telus.net

**Retreat & Spiritual Direction**

Regent offers some retreats throughout the year. Check Spring and Summer School Events as well as Course Catalogues.

- Cenacle Sisters (Catholic nuns who give spiritual direction and directed retreats) located on 44th Ave and Mackenzie, Ph. 604.266.1611.
- Faith Mission Conference Centre, 12969 Crescent Rd. Crescent Beach in Surrey, Ph. 604.535.1800.
- Gethsemane Prayer Garden, 10228-218 St. in Langley, Ph. 604.888.8124.
- Rivendell Retreat Centre in Bowen Island, Ph. 604.947.0077.
- Queenswood Retreat House on Arbutus Rd. in Victoria (on Vancouver Island), Ph. 250.477.3822.
Also the faculty wives would be another resource for spiritual direction or to give prayer requests as they pray regularly for Regent Students.

**Coping With Culture Shock**

Do not be surprised to have many emotions and problems with adjusting to a new place. You are not going crazy if you feel frustrated or burst into tears. Be gentle with yourself and others. Also, please feel free to ask for help.

*Definition of Culture Shock*

Anxiety that results from the disruption of all of our familiar signs and symbols of social interaction. Culture shock doesn’t result from a specific event or series of events. It does not happen suddenly, but rather is a cumulative process.

*Culture shock is the result of:*

- Being cut off from familiar cultural cues (e.g. different hymns in church, finding French on food labels)
- Dealing with ambiguous situations over extended periods
- Having one’s own values questioned
- Being expected to function efficiently without fully understanding the rules

**Symptoms**

- Homesickness
- Boredom
- Irritability
- Withdrawal
- Need for excessive sleep
- Insomnia (inability to sleep)
- Marital/relationship stress
- Compulsive eating/drinking
- Physical ailments (e.g. headaches, stomach problems, etc.)
- Stereotyping people from host country
- Hostility toward people from host country
- Inability to work effectively
- A sense of loss
- Unexplained times of weeping
- A sense of rejection by people from host country

**Help Offered**

If you are experiencing any of these symptoms things, please know that you are not alone. Community Group leaders, faculty, staff, and most students understand that this is a very common and difficult process that students experience.

Feel free to take advantage of the different resources and services offered through Regent College and in the community to help you and your family walk through this time of transition. During orientation week you will receive a list of suggestions that have helped other students cope with their culture shock.

Very helpful resources are books written for missionaries such as: Re-Entry by Peter Jordan, YWAM Publications.
Regent Life

Phone Numbers

Regent College
Reception  604.224.3245
Fax  604.224.3097
Regent/Carey Library  604.221.3340
Dial-In Computer Access  604.224.4145
Bookstore  604.228.1820
The Well  604.221.3351
Carey Theological College  604.221.4308

Important Dates & Times

Chapel Schedule
Tuesdays  11:00AM–12:00 noon
(Spring and Summer School Chapel schedule varies)

Regent Bookstore Hours
Monday to Friday  9:30AM–6:00PM
Saturday  11:00AM–4:00PM
Sunday  Closed

Student Services Office Hours
Monday to Friday  8:30AM–4:30PM
Office Closed:
New Year's Day  January 1
Good Friday  Springtime
Easter Monday  Springtime
Victoria Day  Third Monday of May
Canada Day  July 1
BC Day, Labour Day  First Monday of September
Thanksgiving Day  Second Monday of October
Remembrance Day  November 11
Christmas Day  December 25
Boxing Day  December 26

Facility

Regent College – Site Directory

Main Level
Chapel
Regent Bookstore
The Well
Atrium
Reception
Classroom 100
Kitchen
Prayer Room & Courtyard
External Relations
Conferences
Publications
Mailroom (staff and faculty)

Upper Level
The Lookout – Art Gallery
Administration (Room 200):
Office of the President
Office of the Academic Dean & Dean of Students
Faculty Offices
Washrooms
Staff Lounge/Kitchen
Classroom 230
Meeting/Seminar room 231
Facilities Manager

Lower Level
Regent/Carey Library
Library Seminar Room
Student Mail Boxes
Student Lockers
Pay Phone
Water Fountain
Student Services
Washrooms (handicap & showers)
Classrooms
Financial Aid
International Coordinator
Continuing Studies
Food/Beverages
The Well has food and drink. Each Tuesday, Regent has a soup luncheon for $3.00 – a great deal! And you can often find free leftover soup in the refrigerator throughout the week. There is a water fountain outside the washrooms. For other nearby eating ideas, see UBC in this section or About Vancouver.

Lockers
They are located on the bottom floor, before you enter the library. The RCSA rents lockers at the beginning of each term. Look for notices posted in the Atrium or contact the student council for details. You must provide your own lock. Lockers sell out quickly and there are not enough for everyone, so you may want to share a locker with a friend. Note: Student Council is not responsible for items lost or stolen from lockers.

Showers
These are located in the washrooms downstairs. Bring your own towel and toiletries.

Parking
At Regent
Due to space restrictions, there is no student parking allowed in the Regent lot between 8:30AM–4:30PM, Monday–Friday. Your car will be towed if found in the lot during that time.

University Chapel
One option is to purchase a parking pass ($30/month or $100/semester) from University Chapel on University Boulevard (7 minute walk). Space is limited and they sell quickly. Call U Chapel, Ph. 604.222.0800.

UBC Parking Lots
Information is available on the UBC website www.parking.ubc.ca or call 604.822.6786 during weekday office hours.

UBC B Lots All Day Surface Parking
There are several surface parking locations on the south side of the campus, comprising of approximately 2,700 parking spaces (thus spaces are very limited). These are lots B1, B4, and C2 lots only. The B Lots are pay & display surface lots at a flat rate of $6.00 per day, and parking is allowed as late as 2:00AM. There is no overnight parking permitted. The pay machine will accept $2, $1 and 25 cent coins as well as Visa and Mastercard.

Metered Parking
There are a number of metered parking spots near Regent, although these are not recommended because the rates are expensive and the parking spots are carefully monitored. Payment is required for parking between the hours of 9:00AM and 6:00PM, seven days a week. These parking spots cost $3.75 for per hour and have a time limit of 2 hours. Meter rates are $1.50 per half hour. Meters take $2, $1, and 25 cent coins.

Free Parking
If you get to Regent early, you may park for free along 16th Ave or Marine Drive in designated areas, but you will have a long walk to Regent.

Prayer Chapel & Courtyard Garden
Located to the right of the kitchen, this space is set aside for prayer and contemplation. If you wish to be private you may turn the sign on the door to “in use.” On leaving please remember to turn it back.

Regent/Carey Library
See Academics.

Registration & Student Services
See Student Resources and Services, below.

Safety
Regent College is a “public” building. Lately, there has been a considerable amount of theft. Never leave any belongings unattended, especially computers (this includes in the classrooms). Use common sense and ask someone to watch your stuff if you need to leave it somewhere. Please report any suspicious individuals or activities to the building supervisor, Rick Smith.

At night it is recommended that you do not walk outside Regent alone, particularly if you need to wait for a bus or walk to University Chapel to get your car. Ask someone at Regent to go with you, or…

Safewalk, Ph. 604.822.5355
An AMS Service you can call if there is no one to walk with you. Just call and request this service and two volunteers will walk with you from one campus location to another.

Security Bus, Ph. 604.822.4721
From 4:00PM to midnight this bus will pick up from and deliver to any campus destination at no charge.
**Worship Matters**

Worship matters to the Regent Community. We aim to have worship as the central focus of our community life, and our weekly Chapel service is, for many students, the highlight of the week.

**Chapel**

The community gathers weekly for worship, every Tuesday between 11:00 AM and noon.

**Regent Worship**

Because we are intergenerational, international and transdenominational, and because we are a graduate school, organic Regent worship is unique. Although no two services are alike, each Chapel provides an opportunity to set apart time to worship the God whom we are studying and to honour God’s ways with music, Scripture, sermon, prayer, dance, drama and testimony. As we express our unity in Christ, so too we reflect the rich diversity of cultures and traditions that constitute the Regent community by offering our worship to God in a variety of forms and styles. Come to corporate worship open and expectant!

**Communion**

Each month we celebrate Communion together as part of our Chapel service, usually on the last Tuesday of the month.

**Regent Choir & Musicians**

Musical opportunities vary from year to year at Regent. If you are interested in singing or playing, or being otherwise involved in Chapel Services, please speak to our Worship Coordinator, Andrea Tisher.

**Be Prompt!**

A final word of advice for Chapel on Tuesdays – arrive early or on time. Seating in the Chapel is limited and arriving promptly is probably the only way to ensure a seat.

**Childcare**

Free childcare is provided during Chapel in room 012 and 013.

**Student Resources & Services**

**Dean of Students Office**

If you look for a separate Dean of Students office in Regent, you won’t find one. That’s because one of Regent College’s Faculty serves as the Dean of Students, along with many other duties. There are a variety of areas that fall under the responsibility of the Dean of Students Office that are related in some way to student life and concerns at Regent. These include:

- International Student Services Office
- Chapel
- Orientation Week
- Soup Group Co-ordinators
- All aspects of Community Groups
- Fall Retreat
- Ad Hoc Planning Meetings
- Adjunct Counselling Services
- Sexual Harassment Committee

The office appoints or hires students to fill the positions related to the above areas of responsibility. Part of the Dean of Students’ role is to support those students in their various responsibilities. If you have concerns, comments or praises about any of the above areas of life at Regent please share them with the Dean of Students!

There is also a pastoral dimension to the Dean’s role. Students come to discuss a wide variety of pastoral concerns as well as practical, academic and vocational issues. The Dean is committed to making time for students, so feel free to approach her as the need arises.

**Counselling Services**

Regent provides access to a counselling service for all Regent/Carey students and spouses with a combined minimum of nine credits or more. The service is provided by committed Christians who are counselling therapists (psychologists, social workers, marriage therapists, etc.) in the Vancouver area. The therapists have agreed to provide services at a significantly reduced rate and Regent provides a further limited-time subsidy to students. If you or your spouse or children believe you are in need of counselling you can utilize this confidential service by initiating a consultation.
To initiate a consultation, first pick up the Adjunct Counselling Service brochure in Reception which further details this service, then contact Carole Ducklow at her home office (Ph. 604.921.9542 - please leave your name and number), or write Carole or her husband Paddy through their faculty box in the Regent College office. The Dean of Students Office oversees this program.

Spiritual Direction
Prayer
Prayer is the foundation upon which we build our theological education. As previously mentioned, the Prayer Chapel and Courtyard Garden is set aside for prayer and contemplation. If you wish to be private you may turn the sign on the door to “in use.” On leaving please remember to turn it back.

Regent Social Life
Part of the Regent ethos is living to learn from one another as well as from our studies. There are many opportunities to be involved at Regent – not just for involvement’s sake, but to be part of one another’s lives. Be intentional in developing intercultural relationships as well. As you become settled in Vancouver you may find that balancing involvement in a local church with involvement in the Regent community is challenging; we encourage you to make time for both.

Community Groups
Community groups are an integral part of the Regent experience. There are two “types” of community groups: the regular groups and groups that meet in conjunction with the Christian Thought and Culture (CTC) course. Regular community groups are comprised of approximately 1,520 students, faculty, staff, and spouses whenever possible. Most groups meet weekly on Tuesdays following the 11:00AM Chapel Service, and there are some evening groups (CTC groups meet on a different schedule). Each group usually organizes several social and service outings and at least one retreat during the year. It is hoped that community groups will take seriously the call to love and support one another through prayer and participation in each others’ lives.

Every student taking two or more courses at Regent (along with his or her spouse if applicable) is encouraged to participate in a community group. Students are encouraged to pray and consider making their community group a priority throughout the academic year, especially as things get busy and pressured. This is when you will need prayer and fellowship the most! Community groups play an important role in helping you to get to know a small group of people well during your time here. Each community group experience is unique. We hope and pray that you will be blessed by the richness and diversity of Regent in your community group.

If you have any questions or concerns related to your involvement in a community group, please speak with Dean of Students or leave a note for the Community Group Coordinator TA at Reception.

Intramural Sports
Intramural sports have become an integral part of the Regent College Community and faith expression on the wider UBC Campus. Every semester, Regent’s men and women participate (often with great success) in numerous sports events at UBC, including soccer, ultimate frisbee, basketball, volleyball, futsal (indoor soccer), ice hockey, and ball hockey in one of the largest intramural sports programs in North America. Intramural sports for men, women, and co-ed teams are played at both competitive and recreational levels.

The Sports Program has provided an exciting opportunity for Regent College to develop closer ties with UBC, to live out faith in a secular context and to greatly assist the development of community and discipleship among players and the many faithful supporters who encourage and pray for the teams.

Historically, Regent teams are some of the best supported in the UBC intramural programs. They endeavour to maintain a high standard of integrity, attitude and example, honouring God in all levels of participation. Check out the calendar of Intramural Sports and Recreation at UBC. If you are interested in getting involved in sport please contact the RCSA (Regent College Student Association) and they will put you in touch with the Sports Representative. Please contact RCSA@regent-college.edu or sports@regent-college.com.

Micah 6:8
This initiative has a mandate to help students establish relationships with the poor, most of whom live in Eastside Vancouver, and to engage the social justice issues of our day. This has been accomplished through a variety of volunteer opportunities with Christian and secular agencies throughout Vancouver. Over the past few years, a small and varying group of students has come together to pray, discuss, and learn together through service about what it means to “do justice and love mercy.” This is for you if...
you would like to volunteer or gain some experience in local ministry and service to the poor, especially with other Regent students, or
• you would like a place to think through social justice issues with other Christians, or
• you would like to gather to pray for our own and Regent’s involvement in serving the modern day “widow, orphan and alien.”

Regent Spouses Network (RSN)
What do you do when your spouse is up to his or her neck in homework? When every other word that comes out of their mouth ends in “-ology” or “-esis”? Or when you are on the brink of insanity as a spouse of a Regent student? Get involved with the Regent Spouses Network group to meet other spouses!
The mission statement of the Regent Spouses Network, established in 1991, is as follows:
• To provide a network in which Regent spouses can get to know each other apart from the normal run of family and college life.
• To provide a forum where some of the common concerns of being a Regent spouse can be aired and addressed together.
• To provide a support structure, in which we can help each other with prayer, information, advice, and practical resources.
In practical terms, this is a place where spouses can get to know each other, while sharing information, talents, resources and ideas. This forms a support structure which can offer friendship, love, prayer, and encouragement to one another. Events are advertised in the Et Cetera throughout the year. All spouses of Regent students are warmly invited to be a part of RSN! As a spouse, you are a highly valued member of the Regent community. Your involvement, whether often or infrequent, is a desired and enriching contribution.

Regent Moms’ Group
Founded in Fall 2004, the Regent Moms’ Group is for both new and more experienced moms who are either students or spouses of Regent students, faculty, staff. The group typically meets two times a semester in the chapel of the Menno Simons Centre on a Sunday evening. Guest speakers are planned as a way for the community of moms to network, socialize, and support one another. At the Regent retreat there will be an opportunity to meet at breakfast with the RSN (Regent Spousal Network). News about the Regent Mom’s Group can be typically found in the weekly Et Cetera newsletter as well as advertisements during chapel.

Regent Fall Retreat
At the beginning of every academic year, Regent students, staff, faculty and their families join together for a weekend retreat of teaching, eating, playing, singing, worship, sport and conversation. It is a celebration of our life together under God and a chance to prepare, with Him, for the year ahead.
The Retreat is held each year in Warm Beach, Washington (USA) over a weekend in September. Many non-North American students will need to arrange ahead of time to get a US visa for the trip. Retreat registration can be done online at www.regent-college.edu. Then go to Current Students and login to the Courses and Student Services site. Volunteers are always needed as well.
Cost is from approximately $28 if you sleep in a tent, up to $75 for nicer accommodations.

Regent College Student Association (RCSA)
The Regent College Student Association (RCSA) is an independent student-run organization that seeks to represent student concerns and offer services for the benefit of Regent College students. Any student taking 4 or more credit or audit hours (as well as any student who pays the student service fee) is admitted into the RCSA and receives full service of the initiatives and projects put out by the RCSA. The constitution, ratified in Spring 1998, is the written guide for the RCSA.
Our Purpose as stated in the Constitution: Given the diversity of the Regent College student body, in ethnicity, culture, language, abilities, vocation, and doctrinal belief, the Regent College Student Association seeks to cultivate an atmosphere which enhances, edifies and unifies the members of the Regent College Community and glorifies God, the Father, Son, and Holy Spirit.
The Regent College Student Association seeks to honour the Lord, through the interaction of its members with Regent College, University of British Columbia, the community at large, the Church, and the world.
Services of the RCSA
The RCSA provides the following services:

- ESL paper proofreading for first year students
- Used book sales
- Locker rentals
- Regent T-shirt sales
- Computers for student use in the library
- Publications, including the annual School Photo Directory, Student Planner, the weekly Et Cetera newsletter, Portico - an arts publication, and symposium papers
- Regent Life Forums
- Academic symposium
- Prayer

Special Events
Social events and activities sponsored by the RCSA include the opening and end-of-the-year celebrations, the Christmas celebration, social events, and intramural sports (off campus, in conjunction with UBC). RCSA and the Office of the Dean of Students also co-sponsor Regent Life Forums, which convene at 11:00AM many Thursdays during Fall and Winter semesters.

Fees
One quarter of the RCSA fees go toward the all-school retreat and another quarter to membership in the AMS. The rest of the fund goes towards salaries, publications, sponsoring students to the Academic Conferences, social events, computer maintenance, administration, and various requests from different groups in the school. A portion of the fund goes toward student emergencies. Specific questions and concerns can be directed to the Accountant for the RCSA.

RCSA Positions
The RCSA supports 13 work/study positions. The student body elects three of these positions each Spring: President, VP Academic, VP of External Affairs. The newly elected student leaders select the other nine positions via an application process. These include: the Accountant, the editor and assistant editor of Et Cetera, co-ordinator, photographer, and designer of the Student Directory, overseer of the computers, and the Administrative Assistant and Bread Assistant for the RCSA.

How RCSA Works
The Regent College Student Association is led by a group of 13 student leaders. This group is called the Regent College Student Council (RCSC). Student representatives can be found on most of the standing committees of the school. Here, the students act as advocates for the rest of the student body. Concerns in these particular areas should be directed to the representative of the committee.

RCSA Meetings & Office Hours
The Regent College Student Council meets every two weeks (check with a Council member regarding date and time). Everyone is welcome. If you would like to place something on the agenda at any time throughout the year please contact the RCSA President.

The RCSC will also hold regular office hours as posted on the Office door (next to room 011). Locker rentals and T-shirts can be purchased at this time, and any other concerns or questions of the RCSA or RCSC can be directed to a council representative during these times throughout the year.
The UBC campus is over 990 acres and currently more than 33,000 undergraduate and graduate students attend classes throughout the year.

Regent College was granted formal affiliation with UBC in 1973. Regent, along with three other theological colleges, St. Mark's College (Catholic), the Vancouver School of Theology (Anglican, United, and Presbyterian), and Carey Theological College (Baptist), meet the criteria for affiliation established by the Senate of the University.

Why spend time at UBC? Regent's affiliation with UBC provides many advantages for Regent students. These are just some of the reasons to go across the street.

AMS – The Alma Mater Society of UBC

The Alma Mater Society (AMS) is the student union of UBC. As a Regent student you automatically become a member of AMS. It provides various resource groups and services to students. Some of these are Joblink, Rents line, Tutoring services, and a Used Bookstore. AMS also runs various commercial services at the Student Union Building (“the SUB”). AMS is run by UBC Student Council, which is composed of appointed and elected representatives of various student societies. The Student Council meets every other Wednesday evening at 6:00PM in SUB Room 206.

Contacts for AMS services

Business office SUB Room 266  604.822.2901
Tutoring Services SUB Room 248D  604.822.9084
Volunteer Services SUB Room 100B  604.822.9268

NetInfo Tutorial Sessions

Through Tutoring Services, SUB Room 249D, the AMS provides NetInfo Sessions. This is a basic introduction for students who want to learn how to use the computer to access the internet – especially email and the World Wide Web. Group lessons are offered upon request at no charge.

UBC Sports/Recreational Facilities

As AMS members Regent Students have access to the recreational facilities at UBC. Student's families may participate in most programs with additional fees. Pick up the Guide to Sport and Recreation for more details. Some of the facilities include:

Aquatic Centre

Located on University Blvd., this facility has indoor and outdoor 50 metre swimming pools, a gymnasium, whirlpool, sauna, steamroom and fitness area. These are free with AMS card during specified hours. There are adult, public & family times specified. For pool access hours, pick up the fall schedule. Full-size lockers are available for day use only (bring your own lock), and baskets are available for seasonal rental.

“The Bird Coop” Student Recreation Centre

This is UBC's newest recreational facility; located on Student Union Blvd, just behind the SUB. There is a fee to join this facility, but watch for sales on membership.

Thunderbird Winter Sports Centre

Squash, skating, hockey, curling facilities, and racquetball, located on Wesbrook Mall just south of Regent on the opposite side of the street.

Coast Club Tennis Centre

BC's largest indoor tennis facility; located next to Thunderbird Winter Sports Centre.

Outdoor Equipment Rental

Rent various outdoor sports equipment and camping equipment including tents, sleeping bags, bicycles, kayaks, etc., at the intramural sports and recreation centre in the Student Recreation Centre.

Playing Fields

Most of the fields near Regent are available anytime an official practice is not going on. The park behind University Marketplace (and McDonalds) is always open for soccer or Ultimate Frisbee.

International House

The International House is another resource for Regent international students besides Regent's International Student Co-ordinator. The International House is the primary place international students at UBC can find information about topics such as housing, immigration, and employment. International House sponsors orientation sessions, day trips, social activities and numerous other activities free of charge. The International House is located by Gate 4 on West Mall, across from the Museum of Anthropology. Hours are Wednesday-Friday, 4:30-10:30PM.

Graduate Student Society of UBC

The UBC Graduate Student Society (GSS), 6371 Crescent Road, Ph. 604.822.3203; www.gss.ubc.ca, is a registered non-profit society dedicated to
serving the academic, social and cultural interests of its members, the 6,500 graduate students of UBC. The GSS is managed by an elected council, which is headed by a four-member executive committee. One of the largest organisations on campus, the GSS is responsible for a wide range of activities which include advocating graduate student interests; publishing an annual handbook; organising athletic, social and recreational events; operating the Thea Koerner Graduate Student Centre; and running Koerner's Pub. Activities and facilities open to grad students abound - as do numerous opportunities to get involved. Go by the Grad Centre to find out more about what the GSS is doing and how you can get involved. Or just visit and grab a pint at Koerner's!

A Note on Policies

Sexual Harassment
Regent College takes sexual harassment seriously and has outlined their sexual harassment policy in a brochure in Reception. Please see this brochure for definitions and information on how to respond to sexual harassment. It is important that you go through the appropriate channels if you have experienced any form of sexual harassment at Regent. The Advisors to consult are the Academic Dean, the Associate Dean of Students, or the Personnel Officer.
Academics

Phone Numbers & Websites

John Richard Allison Library  604.221.3340
www.library.regentcollege.ubc.ca
Dial-in Computer Access  604.224.4145

Other Libraries

UBC Library Information & Hours  604.822.6375
www.library.ubc.ca
Hours of operation  604.822.6375
Telephone renewals  604.822.3115
or 604.822.2883
On-line renewals, use the website
St. Mark’s College  604.822.4463
VST Library  604.822.9430
www.vst.edu/library
Vancouver Public Library  604.331.3600
www.vpl.vancouver.bc.ca
Library Hours  604.331.3601
Quick Information Line  604.331.3603
Dial-in Computer Access  604.665.5010

Academic Load

It is suggested that a student not take more than 12 credit hours per semester. Many have chosen to ignore this suggestion on the basis of their ability in other collegiate programs—and this has often proven to be unwise. If you are a newcomer to Vancouver you will probably need at least a semester to feel settled and excessive coursework will only add to your stress. If you are not from British Columbia (this includes other Canadians) you will REALLY need some grace time to adjust to your surroundings and new culture. Many classes are offered in the Spring and Summer semesters partly so that a student does not feel compelled to complete 30 hours of course work in two semesters. Furthermore, if you need to work to help pay bills while at Regent, you will probably need to consider reducing the work load even further.

Course Work Load Requirements

At Regent one credit hour equals approximately 45 hours of work (including lectures, which, as we all know, can truly be considered work!). This means, for example, that a 3 credit class will require, on average, 145 hours of work. Professors are required to break down the time allotments for the class on their syllabi, but be forewarned that some classes (or professors) by nature will require more than the average.

Examples for Fall and Winter Terms

(14 weeks: 12 weeks of class instruction + 2 weeks of break)

9 Credit hours x 45 = 405 divided by 14 weeks = approximately 30 hours/week work load
12 Credit hours x 45 = 540 divided by 14 weeks = approximately 40 hours/week work load
15 Credit hours x 45 = 675 divided by 14 weeks = approximately 50 hours/week work load

Spring & Summer School

Because of the compressed nature of classes during these terms it is difficult to estimate regular required study. But the approximation of 45 hours/credit still applies. Work for most Spring and Summer classes is due 45 days after the class ends.

Academic Necessities

Books

See Shopping & Services in About Vancouver for a list of bookstores.

Special Collections

The Regent Bookstore has a “Special Collections” program to aid students. After buying $100 worth of books, Regent Audio or Video sales in a quarter, you will receive a 20% coupon the next calendar quarter off the purchase of anything in the store. Sign up for this program at the registers in the Bookstore.

Book Sales

There are a few special book sales at Regent every year. Keep your eyes open for these opportunities.

- The RSCA holds book sales twice a year. Students may sell theirs or buy others’ used books for decent prices.
- The Regent/Carey Library has a book sale once a year, typically during the Winter semester.
- The Regent Bookstore occasionally has “Midnight Madness” sales.

Computers

The Student Council has provided 8 computers for student access in the Regent/Carey library. Each
computer has MS Office and two are loaded with Logos Bible Software. There is also a printer and a laptop docking station. Access to these computers is free to all students who have paid their RCSA fee. A small fee is charged for printing (even if you’re using your own laptop and/or paper). The necessary Login ID is distributed at the Library circulation desk. Please be sure to treat these machines with respect and do not expose them to a computer virus that you may have obtained. Please note that these computers get heavily used. However, because of high student numbers, it is highly recommended that students have easy access to another computer. See Computers in Shopping & Services in About Vancouver for ideas on where/how to purchase a computer.

Laptops
While laptops are permitted in the classroom, outlets are scarce. One student recommends buying a strip outlet and using that as a tool to make friends with other laptop users while at Regent. Unfortunately, there are no facilities at Regent to connect personal laptops through phone lines to the Internet; however a wireless network is available. (see below)

Internet Access
For most students, internet access is a must; if not for research purposes, then for email.

- There are several computers devoted to research on the internet in the Regent/Carey library.
- Internet access is available on the Student Council computers (see above).
- Wireless Network: Visit the Library Circulation Desk and pick up a yellow handout that says: Wireless Internet Access. There you will find all the details you need to know in order to connect your laptop to the wireless network.
- To receive 4-5 free hours of off-site internet access, fill out an email request form in Reception or in our library and return it to the Student Council mailbox. Returning students will also need to fill out a form to renew their account annually. You can pay for more internet access by contacting Computing Services at UBC, Ph. 604.822.2441. To get information on UBC’s interchange program that allows direct access to UBC libraries, go to www.interchange.ubc.ca/support.
- There is free, unlimited internet access at most UBC libraries.
- NetZero provides 10 free hours of internet access per month. Although this service has problems at times, and can be unbelievably aggravating with the innumerable advertisements, it is free. Contact www.netzero.com for more information. If you get tired of the banner advertisements, NetZero offers unlimited, ad-free internet access at $9.95/month. Other providers who offer good deals include Telus and Primus – it is also worth checking with fellow students who may have come across the latest good deal.

Photocopying
Regent Library
There are copy machines in the library. These are 10¢ per copy. That seems like a lot, but the library still loses money by renting these machines. The machines are there for our convenience to make quick copies and copy reference materials that cannot be taken out of the library.

Copy Shops
There are several inexpensive copy shops (5¢ per copy) located around Regent and at the SUB.

- CopySmart Copy Centre in University Village, 103–5728 University Blvd, Ph. 604.222.3189.
- Staples in University Village, 2135 Allison Road, Unit 101, Ph. 604.221.4780.
- Kinko’s Copies, 1900 W Broadway, Ph. 604.734-.2679; this is a high-priced establishment but is included because it has some of the most up-to-date technology able to accomplish complicated copying needs.
- Office Depot, 310 W Broadway, Ph. 604.879.5955.

Study Permits
(For more detailed info see ‘Guide for Admitted Students’)

For ALL non-Canadian students, it is a requirement to have a Study Permit to study in this country. If you are reading this information it is assumed that you have already acquired one. But, for posterity’s sake, to acquire a Study Permit the student needs to get an official letter from Regent acknowledging acceptance into the school. This, along with a current passport, proof of sufficient funds, and $125 must be presented at the Canadian border (if you are American); all others must obtain a Study Permit before entering Canada.
Renewing a Study Permit

This is easily done through the mail. Check with reception for the appropriate forms and to request an official letter of proof of enrolment.

Academic Programs

Regent currently offers 4 degrees:

- **DipCS**, Diploma of Christian Studies, 24 credit hours
- **MCS**, Master of Christian Studies, 60 credit hours
- **MDiv**, Master of Divinity, 90 credit hours
- **ThM**, Master of Theology, a minimum of 30 credits beyond an MCS or MDiv.

See the Regent Catalogue or the program description sheets at Reception for more information regarding the requirements of these programs. If you have questions concerning academic pursuits, personal development or professional goals, you are encouraged to talk to members of the faculty.

Academic Writing

Much of the academic load at Regent is writing. Writing, writing, writing. For many this is a huge source of stress, thus here is a short-list of suggestions for better writing.

- **Academic Writing Course**: If you are concerned about writing papers properly, or would like to refresh your writing skills, this course is recommended. Those with technical/science backgrounds or English as a Second Language (ESL) students may particularly benefit from this course. This course runs during one weekend in September and one in January.
- **Assignments and How to Write Them**, by B. Bell, (Regent Bookstore, 1996): This resource, written by a Regent student, is recommended by professors and students as a resource for preparing papers and assignments specifically at Regent College.
- **Papers on file in the library**: For some classes, professors will put papers from previous Regent students on file in the library for current students to read to get a feel for the type of paper that is expected for the course.
- **Talk to your professors**: They usually won’t pre-read your work, but it is a good idea to get their input on paper topics and project ideas. Professors will often give you resource suggestions to get you going in the right direction, or mercifully steer you away from certain disaster.
- **Read your friends papers and ask them to read yours**: particularly if they have been around Regent for a while. Many students are willing to share their work with you.
- **EDIT!** It is generally easy to spot a first draft, so to do yourself a favour make sure you leave enough time to proof and edit at least a few drafts.
- **The Writing Centre**: assists with structure and content. It is located in the Library Seminar Room. Contact writing@regent-college.edu.

Extension Policy

At Regent College the deadline for an assignment is considered to be part of the course requirements. Due to the additional workload and awkwardness for faculty to have to grade late papers, and due to the College’s intention to be fair to students who, often through considerable hardship, submit their work on time, extensions for course work will be considered only in exceptional circumstances. Students should take serious consideration of this when planning their course load. Consult the Regent Catalogue for more information.

Plagiarism

According to the Regent Catalogue, “plagiarism is an act of literary theft whereby the work of another person is represented as the writer’s own”. Plagiarism can be deliberate or unintentional and it can get you into serious trouble. Consult the Regent Catalogue for more information and ask either professors or the registrar if you have specific questions.

Proof-reading Partnership Program

The Proof-reading Partnership Program run by the Student Council helps to connect students with primary English speakers who volunteer to read papers before they are submitted with the purpose of suggestions regarding grammar, spelling, punctuation, and format. You can sign up for this program at proofreading@regent-college.edu.

*For students that have English as a First Language*

If you have any type of ability in the editing realm,
please sign up for the Proof-reading Partnership Program! You can find out more by talking to a Student Council member or look on the door of the Student Council office to sign up.

For ESL Students

The Dean's office also provides an ESL helpdesk for more in depth proofreading regarding grammar, vocabulary, sentence structure, organisation, etc. Contact esl@regent-college.edu.

Grading

Although there is a grading scale in the Regent Catalogue, it goes without saying that professors will have different opinions on, say, what comprises “very good work.” This is due partly to perspective and partly to differences in subject matter. All we can suggest is to be thoroughly acquainted with your class requirements and get to know your professors in regards to what he or she is concerned about in your class assignments. And for those who are used to seeing straight A’s on assignments, be reassured by the fact that at Regent a B+ may be considered admirable work.

Grade Appeals

A grade is appealed directly to the professor. If the student is still not satisfied a further appeal may be made to the Academic Dean who will advise the student regarding making a formal appeal before the Academic Senate. If a formal request for appeal is submitted, the Senate’s decision in the matter will be final. A grade must be appealed within four months of the grade decision having been recorded. See the Academic Catalogue for more information.

Grading by Professors & TAs

Many professors rely extensively on Teaching Assistants to grade assignments and/or exams. In these cases the professor feels that the TA is sufficiently trained to satisfactorily judge students' work. It should also be noted that just because a TA grades assignments does NOT mean that they will be more lenient than the professor. If a student wishes to appeal a grade given by a TA, it is standard that the appeal goes straight to the professor rather than the TA.

Grading System

The grade point system at Regent is based on a four point scale. Thus a student's grade point average (GPA) will be an average of their grades carrying a maximum of a perfect 4.0

The grade scale for a final class grade is as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>4.0</td>
</tr>
<tr>
<td>A</td>
<td>4.0</td>
</tr>
<tr>
<td>A-</td>
<td>3.7</td>
</tr>
<tr>
<td>B+</td>
<td>3.3</td>
</tr>
<tr>
<td>B</td>
<td>3.0</td>
</tr>
<tr>
<td>B-</td>
<td>2.7</td>
</tr>
<tr>
<td>C+</td>
<td>2.3</td>
</tr>
<tr>
<td>C</td>
<td>2.0</td>
</tr>
<tr>
<td>C-</td>
<td>1.7</td>
</tr>
<tr>
<td>D</td>
<td>0.0</td>
</tr>
</tbody>
</table>

(Explanations for grade report abbreviations can be found in the Regent Catalogue)

Registration

Registration can be a tricky process. In order to graduate in a timely manner (of course, for some this may mean 8 years!), it is the responsibility of the student to make sure they have scheduled their courses appropriately. MDiv students, who have more stringent course requirements, need to be particularly wise about what classes they take and when. It can be helpful to review an entire year’s course selection before registering for any one semester. For further help with course scheduling, see the Registrar. All students must be registered before attending any classes.

Students will not be able to register if they 1) have unpaid library fines, 2) have outstanding debts on their Regent financial account, 3) have a hold by the Registrar, i.e. an unclassified student has taken more than 12 credits.

Course Changes

Course Changes must be made in writing and submitted to Reception. Please see the detailed registration form, available on-line or at reception, for deadlines and service charge.

Limited Enrolment Courses

Some classes have limited enrolment capabilities. To register (or pre-register) for these classes, you must fill out a Limited Enrolment Course request form (found at Reception) that asks why you want/need to be in the class. These classes are filled in order of priority and in the order in which the registration forms were received.

Multi-Term Courses

A few courses are administered over the course of a year. A year-long (Fall and Winter semesters) three credit course requires a student to register for the class each semester for 1.5 credits. A grade for the course will only be issued after the Winter semester.
New Students

New Students may now register at the same time as returning students. Be sure to read the detailed registration information carefully, as well as the New Student Academic Orientation booklet.

Returning Students

Pre-registration occurs during the later weeks of each semester. Pre-registration fees include a registration fee, Student Association fee, and AMS (extended health care) fee and must be submitted with along with a completed preregistration/student contract form (forms found at Reception). All remaining fees must be paid during Registration and Fee Payment at the start of the semester.

Libraries

The John Richard Allison Library

- Information & renewals, Ph. 604.221.3340
- Modem access, Ph. 604.224.4145
- www.regent-college.edu/library

As a few professors are prone to proudly state, “the Regent/Carey library has the highest circulation of any theological school in North America.” This means that there are more loans at our theological library than any other in North America.

Membership

Membership is free for current Regent/Carey students, faculty, staff and alumni/ae. It is also free for students, faculty, and staff of UBC, and graduate students, faculty, and staff of VST, St. Mark’s, and Trinity Western University. Anyone who does not fit any of these categories can purchase a 12-month membership for $70/year ($35 for anyone 65 or older).

Hours of Operation

For Fall and Winter semesters:

- Monday to Thursday: 8:00AM - 10:00PM
- Friday: 8:00AM - 5:00PM
- Saturday: 9:00AM - 5:00PM

Please note: Hours may be extended or reduced during the year. During Chapel, the Library will be open, but library services will be unavailable.

UBC Libraries

As a Regent student you are granted complete borrowing privileges from all 14 UBC libraries, as well as access to other services, including email and internet services. The benefit of this service is inestimable. Also available is online computer access to the library catalogue, serial, in-process, and circulation files. This can be accessed by terminals in Regent library, various locations at UBC, or from your home computer with a modem. Research from your home computer is with the interchange server (info: www.interchange.ubc.ca/support), if you don’t have access to interchange you can still search the UBC holdings by proxy (info: www.library.ubc.ca/home/proxyinfo). There are numerous guides and brochures available that outline library facilities, operations, and provide tech info; Koerner library is the best place to look for these. Also, UBC offers orientation tours at the beginning of each academic term.

Primary Theological Holdings

- The Main Library: on East Mall across from the Student Union Building.
- Koerner Library: the new central library at UBC is behind the Main Library across the courtyard.

These libraries contain extensive biblical/theological holdings (particularly strong in church history and foreign language materials) and a central reference collection that includes major indices and bibliographies.

Library Hours

Library hours change throughout the year and are different for the many branches. Check the web, www.library.ubc.ca, or call 604.822.6375 for hours of operation. A handy bookmarklike current list of UBC library hours is usually kept at the Regent/Carey library circulation desk.

Loans

Books: 2 weeks
Periodicals: library use only
Videos: 3 days

Books may be returned to any branch, except videos, recordings, and interlibrary loans which must be returned to the branch from which they were borrowed.

Renewals

Items can be renewed if others have not requested them.

- Online, www.library.ubc.ca
- Telnet, www.catalogue.ubc.ca, select options,
then borrower services, then items out/renew.

- Modem, 604.822.9600, select options, then borrower services, then items out/renew.
- Telephone, 604.822.3115 or 604.822.2883

**Fines**

Books, videos: $1/day, max. $30/item
1 and 3 day reserve: $5/day, max. $30/item
2-hour reserve: $1/hour, max. $30/item
Charges for damage or loss are extra. Fines can be paid at Koerner.

Obtaining a UBC Library/AMS card

Your UBC ID card is your UBC library card.

**Vancouver School of Theology (VST) and ST. John's Libraries**

Regent, VST and St. John’s College now have a joint catalogue. You can search the VST library by accessing the Regent Library website. VST has a major theological library as well as Anglican and United Church Archives. This is a great place to go if that book you need for your class has been checked out at Regent.

**Library Hours**

Although they can change, main hours for the VST library are Monday – Friday, 8:30AM - 4:30PM.

**St. Mark’s Library**

St. Mark’s library has excellent resources in Catholic Spirituality, Catholic Journals, and contemporary theology. As with VST, St Mark’s library holdings can be accessed from computer terminals at the Regent/Carey library, but it is not possible to discern whether or not the materials have been checked out.

**Library Hours**

7:00AM – 11:00PM, every day

**Vancouver Public Libraries**

This system of libraries is probably the best-kept secret of which Regent students are unaware. The Central branch downtown, besides being a controversial architectural landmark, is huge and has fairly decent holdings. Internet access is available. Library cards are free (small annual charge if you live on UBC land).
Finances

Phone Numbers & Websites
Canada Immigration Call Centre 604.666.2171
Career Opportunities within Public Service in Canada www.jobs.gc.ca
National Job Bank www:jb-ge.hrdc-drhc.gc.ca
How to Do a Job Search www.workinfonet.ca
Job Postings www.skillnet.ca
Employment Insurance and Social Insurance Number (SIN) 1.800.206.7218
Electronic Alternatives for Filing your Income Tax Return www.ccra-adrc.gc.ca
Personal Tax Inquiries 1.800.959.8281
Help in Planning and Financing your Education and Career www.canlearn.ca

Banking
Selecting a Bank
There are several banks close to Regent that offer a variety of services. It is important that you check out a few banks before making your decision.

Major banks to choose from (and the branch closest to Regent):

- Canadian Imperial Bank of Commerce (CIBC) - next to Regent at University Village
- Bank of Montreal (BMO) - next to Regent at University Village
- Royal Bank of Canada (RBC) - across Wesbrook Mall on University Boulevard

There are 4 banks on 10th and Sasamat:

- RBC
- Scotiabank
- HSBC
- TD Canada Trust

You may also want to check out some the credit unions close by in Vancouver, such as VanCity or Coast Capital. Credit unions operate similarly to a bank, except that people must be members (a refundable $5 fee for most credit unions) to open an account, and the credit union is actually owned by its members.

Receiving Money from Another Country
If you have a personal account at a local bank here in Canada, you can have money sent to you by personal cheque to exchange into Canadian dollars and deposit. Many banks allow you to keep money in a foreign denomination (e.g. US dollars). These accounts make transferring money when you need it very easy, and help you to take advantage of fluctuations in the exchange rate. Be aware that it may take a considerable amount of time (even 4-5 weeks!) for a bank to process a cheque in foreign currency!

Sending Money to Another Country
The simplest and cheapest way to send money to another country may be by using a money order (draft). The cheapest place to get a money order is from the post office, but banks and exchange companies can also issue them. You must make sure that the money order can be deposited or cashed in the destination country. A bank can often wire money directly to a foreign bank as well.

Paying Bills
Many banks make it possible for you to pay bills by phone or online. Consult your bank for details.

Financing Your Education
NOTE: see the Regent Prospectus for more detailed information.

Payment of Tuition Fees
Tuition is due in full at or before Registration for the Fall and Winter Terms. The deadline is the first day of class for Spring and Summer Schools.

Late Payment of Fees
Any accounts outstanding after the above dates will be charged a non-refundable initial late payment fee of $50 and a $20 non-refundable fee per month thereafter.

Outstanding Accounts
Student accounts must be fully paid up before students are permitted to register in a new term or academic year.

Similarly, accounts need to be current before official transcripts can be issued or before a student can be permitted to graduate.
Schedule of Refunds

Once registered in a course, students are considered to be in attendance and are responsible for tuition fees in full unless they notify the Registration Office in writing. Students can drop a course, reduce the number of credit hours in a course, change from credit to audit or drop one course to add another, they may be able to receive a full or partial refund. After certain dates, however, all, part, or none of the tuition will be refunded. All deadlines are 4:30 PM (Student Services Office closure) on dates indicated.

Fall & Winter Terms

Please consult the Calendar of Important Dates in the Student Planner or Academic Catalogue for refund deadlines. A schedule of refunds for courses held at irregular times will be published on the Registrar's Notice Board.

Spring & Summer Terms

<table>
<thead>
<tr>
<th></th>
<th>1-wk Course</th>
<th>2-wk Course</th>
<th>3-wk Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last day for 100% refund</td>
<td>1st Day</td>
<td>2nd Day</td>
<td>3rd Day</td>
</tr>
<tr>
<td>Last day for 75% refund</td>
<td>2nd Day</td>
<td>4th Day</td>
<td>6th Day</td>
</tr>
</tbody>
</table>

No further refunds are available after these dates.

Financial Assistance

NOTE: The Financial Aid Office, the College Prospectus and the Academic Catalogue have detailed information about the various financial aid programs offered by the College. Financial Assistance is made available to students each year. The funds available are administered through the following programs:

“The Real Cost of Education” - Student Support Subsidy Program

Student Tuition Fees at Regent College cover approximately half of the actual cost of education provided. Every Regent student is subsidized by an amount roughly equal to the actual fees paid.

Over the 2010-11 academic year, tuition paid by a student taking 30 credits was $15,450. While that figure seems high, especially by Canadian standards, it actually represents only about 62% of the true cost to educate one full-time student, estimated at $24,874.50 for the year. Tuition assistance for the remaining 38% was covered through revenue generated by other College activities.

This tuition assistance is provided, for the most part, by donations from outside sources. The mission of the College's Development Office is to seek funding that will cover that half of a student’s fees. This investment in the lives of Regent students is made possible through gifts from alumni and other individuals who care about the kind of Christian education we provide and believe in the potential of the men and women who attend the College.

Regent College Bursaries

These are awards based on demonstrated financial need. Generally they range from 15 to 20 percent of cost of tuition.

Bursaries do not cover the full cost of tuition. Applicants should note that these are grants, and they do not have to be paid back to the College. Bursaries are given on the basis of anticipated need. Bearing in mind that they will not cover full tuition or any living expenses, the student must make plans to cover the rest of their costs.

The deadline for application is March 1 for the Fall semester and August 1 for the Winter semester. Applications are made using the "Bursary/Scholarship Application Form" available from the Financial Aid Office and on-line at http://www.regent-college.edu/academics/schedules_forms.html

Academic Scholarships

There 6 full tuition scholarships for one year of study (the Academic Entrance Scholarship) available for new students. A minimum 3.8 GPA (out of 4.0 scale) is required along with a goal and mission statement and 2 academic reference letters from Faculty members or Department Heads.

Endowment Scholarships and Awards

These scholarships have been set up through donors to Regent College, and are available to students who apply for financial aid using the Regent College Bursary and Endowment Scholarship Form and meet the specific requirements. There are a number of scholarships set aside for specific purposes, so it is a good idea to see if any are applicable to your situation.

Tuition Benefits

Spousal Audit Exemption

Spouses of full-time students may be granted tuition exemption (excluding registration fees) for attendance at one audit course per semester, two courses maximum per academic year. To apply, fill out the “Application for Spousal Exemption” form.
Spousal 50% Credit Benefit

For spouses of full-time students who have been admitted to a program, tuition exemption of up to 50% is available for courses taken for credit. See the Financial Aid Officer for details and qualifications and fill out the form “Application for Spousal 50% Credit Benefit.”

Other Sources of Financial Aid

Canadian Student Loan Program

Qualified Canadian students will be able to secure an interest free loan from their provincial authority. Contact your provincial Ministry of Education, or pick up an application from the Financial Aid Officer or at any local College or University. The School Code for Canadian loans is APAQ. Canada Study Grants may be available for post-secondary students who have permanent disabilities. Visit www.hrdc-drhc.gc.ca/student_loans.

US Federal Loan Program

Regent College is recognized as an eligible institution by the US Department of Education to grant subsidized and unsubsidized Stafford Loans. Contact the Financial Aid Office for details.

Regent’s code for application is G10675.

Scholarships Through Other Organizations & Denominations

Students are encouraged to investigate other sources of financial support that might be available. Check the UBC and local libraries, which have publications listing scholarship sources. The Graduate Scholarship Book and The Directory of Financial Aid for Women are both good resources. The Financial Aid Office also has information on a number of scholarships. The office posts scholarship information on the bulletin board outside Student Services. At Koerner Library, on the UBC campus, you can find a large section on scholarship searches on the internet as well.

Employment

Working in Canada

Get a SIN

(No, we are not encouraging you to break God’s law…) If you get a job on-campus or if you are working in a pastoral capacity in a church you must obtain a Social Insurance Number if you wish to be paid. We recommend obtaining a SIN number as soon as you have been hired since you will only be able to receive payment when you have a SIN number. You will need your contract as well as your passport and valid student permit (or in the case of clerical work, you also need a Visitor’s Record) to obtain the SIN number. You can check out the details of this at www.sdc.gc.ca or ask at the Assistant Dean of Students Office.

Services Canada Centre offices in Vancouver

• 125 East 10th Ave, Ph. 604.872.7431
• Sinclair Centre, 757 W Hastings St

Canadian Students

Canadians face no legal employment restrictions. Many find part-time work for themselves and either part or full-time work for their spouses.

International Students

Government of Canada regulations allow non-Canadian students and their spouse’s legal access to employment as well. Full-time non-Canadian students (defined as 18 credits either per calendar or academic year) may accept “on campus” employment. They are also able to work long distance. There is a possibility to work in a church or para-church organization off-campus with the stipulation that it “will consist mainly of preaching of doctrine, presiding at liturgical functions or providing spiritual counselling, either as an ordained minister, a lay person, or a member of a religious order.” In order to obtain a SIN number (see below) you would need to obtain a Visitor’s Record to be allowed to work off-campus as a clergy at CPC Vegreville.

Spouses of full-time students may accept part or full-time employment either on or off campus. Spouses must obtain authorization to work from Canadian Immigration prior to commencing employment. If you intend to work in food service, health care, schools, or with children you will need to have a medical exam to apply for an unrestricted work permit. Get the exam done ASAP so you can complete your visa request. Work in other fields requires a restricted visa, which you can obtain without the expense of a medical exam. Additional information is available from the Assistant Dean of Students Office.

Where to Find Work

Temporary agencies are one way to find full-time work. UBC’s temporary agency is called “Staff Finders” (stafffinders@hr.ubc.ca) or check the Yellow Pages for other agencies.

The above resources at Regent and UBC may prove
helpful as well. However, full-time employment may take longer to find in Vancouver than in other parts of the world. Be patient. Talk to people you meet at church and Regent. “Word of mouth” is still the best way to find employment, especially in Vancouver.

Employment Resources at Regent College

To find work at Regent look for notices posted outside Reception, by the elevator or kitchen, and near the student mailboxes. These positions usually pay from $11/hr. It is advisable to apply for as many positions as you think you are qualified for because they can be very competitive. To apply, fill out the forms available in the folder and turn in to the professor or to Reception depending on the position. You can attach a résumé to your application.

Teaching Assistantships and Work-Study positions are usually posted in late February for the Spring/Summer School positions and the following year. Be sure to watch for notices in the Et Cetera Greensheet for availability of employment information. Other employment opportunities are occasionally available at The Well and the Regent Bookstore.

Teaching Assistantships
A limited number of qualified students (normally not first-year) are invited to assist Regent faculty in various course-related tasks such as grading, research, tutorial preparation, and copying. Selection is determined by suitability. Assistants are paid on an hourly basis for work done. All Government of Canada employment regulations apply.

Work-Study Positions
A number of other academic support positions are available as well (e.g., in the offices of the library, student services, administration, development, publications). Students with appropriate skills or aptitude are encouraged to consider these options. The terms of employment are identical to those of the Teaching Assistant.

Employment Resources at UBC

Career Services
To use the UBC service of Careersline, Ph. 604.822.8668, go to Brock Hall on East Mall, Room 307 to register. Bring your UBC Library card. You will get a password that allows you to access job listings for UBC, and Greater Vancouver. Part and full-time work in various categories are listed. These may change daily.

UBC Job Postings

These can be found in two locations at the General Services Administration Building, diagonally across the street from Regent, at University and Wesbrook Mall. The postings are located outside the doors by the west entrance and on the third floor outside the Human Resources Department. These are changed every Monday. AMS also posts job openings outside their business office, Room 249 in the SUB.

Taxes

In Canada, students are considered “residents in fact” of Canada and are thus required to pay taxes. However, the only way to know for certain is to get it straight from the source: Revenue Canada. See their brochure entitled “Students and Income Tax.” Regent provides a free tax seminar in the Winter term for international students. There are several deductions that you should be aware of such as moving expenses, child care, the first $500.00 of any bursaries or scholarships, etc. There are also some credits such as those for dependants, HST expenditures, etc. If you come to Regent with children or have children while at Regent make sure you apply for the child tax benefit. For more information contact a Revenue Canada office. Taxes are due April 30 of each year.

- International Tax Service Office, Ottawa, 1.800.267.5177

Regent Tuition Receipts

Tuition receipts for income tax purposes will be issued by February 28 of the following year. A fee of $5 will be charged for replacement of lost receipts.

Liquidate Assets Before Your Arrival

If you are reading this it is probably too late to do anything about it, but if you are going to receive any income by liquidating assets (e.g., from selling investments or a house or vehicle), it is best to do so before coming into Canada. All income received after the date of your arrival is considered taxable – even income earned and received in your home country! Go to the tax seminar for more information.

Filing Taxes at Home and in Canada

If you are a citizen of either the United States or Turkey, you are required to file for taxes regardless of where you live. Thus, Americans and Turks must file with their home country even if they did not earn any income in Canada.
Housing

Phone Numbers & Websites
AMS Rents Line  604-714-4848
www.amsrentsline.com
Classifieds www.classifiedsbc.com
UBC Faculty Housing
www.facultyassociation.ubc.ca/housing/housing.htm
Tenants' Rights  604-255-0546
Regent Housing Database
www.regent-college.edu/housing

Types of Housing

Apartments
These are individual, self-contained housing units within a house or building. Each apartment has its own facilities and private entrance. Apartments can have up to three or four bedrooms. Sometimes they are fully or partially furnished, but most often they are not.

Bachelor Suites
Sometimes called studio apartments, these are private apartments with the bed in the living area. Sometimes they have a combined kitchen/eating area in one large room. Most bachelor suites are unfurnished but generally contain kitchen facilities (stove and refrigerator, etc.).

Basement Suites
These are private or semi-private housing units in the basements (underground or partially below ground) of houses. There are many different arrangements, but the most common is a self-contained suite with private entrance, bedroom, living room, kitchen and bathroom. Laundry facilities are usually shared with upstairs occupants. Some basement suites can be very nice, particularly if there are enough windows, but be warned that some can be dark, damp and dingy, especially during rainy Vancouver winters.

Room & Board
This usually includes a furnished bedroom with meals cooked for the student in an arrangement suitable for the student and landlord. Some people like to include their boarders as part of the family, eating and spending time together, while others live much more independently. Make sure you meet with the family first to decide whether you are compatible and schedules are similar. Usually room and board situations are not covered by the Residential Tenancy Act because they are licensee situations. You may want to create a landlord-tenant contract. Be aware that unless you make specific stipulations in the agreement, no notice has to be given for termination of tenancy, and the landlord can enforce curfew rules. Anything you sign can be legally binding.

Room with Kitchen Privileges
This is usually a furnished bedroom with access to kitchen and bathroom facilities which are shared with the landlord.

Shared Accommodation
An apartment, house, or suite rented by two or more people who are looking for roommates. The total rent is divided by the number of renters (utilities are handled in the same way); often this is much more reasonable than private accommodations. Be aware that if only one person signs the rental agreement, then that person is responsible for the entire rent.

Community Houses & Living in Community
You will hear these phrases a lot at Regent. You can share rent and living space with several other folks, but that's not necessarily living in a community house. Living in community means that you will probably be regularly sharing meals (both cooking and eating), intentionally spending time with one another, having a house meeting once a week, etc. It's very much like living together as a family.

Finding Housing

Where to Look For Listings
Regent's Housing Directory
This directory is a good first place to start in your search. It contains a list of various types of accommodation for short- and long-term stays. Often landlords who are familiar with Regent College will list their properties here at below current rates for Regent students. You can contact the Housing Coordinator at housing@regent-college.edu to find out how to access the housing directory on-line.
New Students Handbook

Regent Bulletin Board

There are many listings for housing (as well as everything else under the sun!) on the bulletin boards around Regent.

Other

On Campus:

• AMS Rentsline, Ph. 604.714.4848; www.amsrentsline.com: A service of AMS (see Regent Life) that gives rental information for all of Vancouver. Generally the apartments listed here are rented out quite quickly, but many people use this site for posting so it’s worth checking often.

• Housing boards at UBC: These are bulletin boards that list student housing in Vancouver. They are located at the SUB, International House (1783 West Mall), and Graduate Student Centre (6371 Crescent Road).

Off Campus:

• BC Housing, Ph. 604.433.2218
• Local Newspapers, especially the Vancouver Sun, the Province (www.classifiedsbc.com), and The Courier and also Kitsilano News. You must act quickly on these listings!
• Check the bulletins in local coffee shops.
• www.housingmaps.com then click on Vancouver. This site combines Google maps and Craigslist.

Rental Agencies

The vast majority of rental agencies are fee-for-service with no guarantees. Check the Yellow Pages if you are interested in pursuing this avenue.

A Note on Deciphering Advertisements

• “Hydro” refers to hydroelectric power (managed by BC Hydro), not water service (many have been confused by this)
• 5 appls – does not mean applicants, but appliances!
• t/p = fireplace
• h/w flr = hardwood floors
• n/s = no smoking; n/p = no pets
• t/h = townhouse
• w/d = washer/dryer; d/w = dishwasher

Getting Around Town

See the Neighbourhood Map in this section.

• Streets running North/South: for certain areas subtract 1500 from the address, and that number will tell you the numbered Avenue near the address. Addresses right on the water (at the north of town) are the lowest (starting at about 1500).

• Streets running West/East: the dividing street is Ontario Street or Main Street, which runs North/South.

• West Vancouver is west of North Vancouver. The area of Vancouver west of Main is called Vancouver Westside. No, it really doesn’t make any sense, does it?

• If it’s an apartment or office suite, the unit number comes before the building number. For example, 145- 2367 W Broadway means that it is apartment number 145 at 2367 W Broadway.

Housing Opportunities on UBC Campus

Regent College does not have residence halls, although students are eligible to apply at three residence halls on the UBC campus: St. Andrews Hall, Vancouver School of Theology, and Carey Theological College. These are all within a 10-12 minute walk from Regent, and many students find it very convenient to live right on campus. All offer a variety of housing units for singles, couples, and families. We have some information on these residences, but each handles its own applicants, so it is best to contact them if you have more questions.

• St. Andrew’s Hall: 6040 Iona Dr., Vancouver, BC, V6T 2E8, Ph. 604.822.9720; www.standrews.edu.

• Vancouver School of Theology: 6000 Iona Dr, Vancouver, V6T 1L4, Ph. 604.822.9031; www.vst.edu/housing.

• Carey Theological College: 5920 Iona Drive, Vancouver, BC V6T 1J6 Ph. 604.224.4308; www.careycentre.com.

• The Menno Simons Centre is a residence for single students just off campus: 4000 W 11th Ave, Vancouver, BC, V6R 2L3, Ph. 604.224.5202; www.mennosimonscentre.com

• Neighbourhood Map - see page 44

Things to Consider

Bachelor/studio apartment $450-800/month
1-bedroom basement suite $600-1,050/month
2-bedroom basement suite $700-1,400/month
1-bedroom apartment $700-1,300/month
2-bedroom apartment $950-2,000/month
Shared accommodation $450-750/month
New Students Handbook

Furnished/unfurnished house $2,000-3,300/month
Room and board $600-800/month
Room with kitchen privileges $400-600/month

Additional Costs
- Telephone
- BC Hydro (gas & electric)
- Internet access
- Cable television
- Tenants' insurance (residential theft can be a problem in Vancouver)

Questions to Ask & Things to Check Before Renting
Some of these apply, of course, only in case you have plenty of options from which to choose. In an emergency situation (i.e. two weeks before classes start) use your best judgment!
- Does the rent include costs of utilities? How much more?
- Will there be any rent increases soon? (Landlords must give 3 months' written notice of any rent increases, and can raise rent only once in a 12-month period).
- Is a damage or security deposit required? How much? (Landlords cannot request more than 50% of one month's rent for a damage or security deposit.)
- Do I have to sign a lease? If so, how long is the lease for?
- Were the previous tenants smokers or did they have pets? Is smoking or pets allowed?
- Is there parking available? Is there an additional charge?
- How much notice must I give if I want to leave? (Usually one month's notice is all that you have to give. If a landlord gives you notice that he/she wants you to leave it must be served in writing at least two full months before.)
- Are there any furnishings or appliances provided?
- Are pictures allowed on the walls?
- Are there any special regulations about overnight guests, social gatherings, pets, etc.?
- If there are problems with any of the appliances, plumbing, electrical outlets or heating, and who will be responsible for their maintenance?
- Make sure doors are in good condition and installed with sturdy locks. Is there an alarm system?

Living in Your New Home

BC Hydro (Gas & Electric)
NOTE: “hydro” refers to hydroelectric power, not water service.

How to contact them:
www.bchydro.com
- Ph. 604.224.9376
- 1-800-BCHYDRO (24 hour, multi-lingual line)
- Emergencies and Power Outages 1-888-POWER ON

Cable Television
Shaw Cable is the Vancouver local cable provider. For information or to order service, call 604.280.8818.

Garbage & Recycling
Garbage is collected once a week, limited to two garbage cans per residence (there are size limitations). The collection day depends on where you live. Vancouver also has a city-wide recycling program. Residents can recycle newsprint, mixed paper products, and plastics & glass. On trash collection day each household sets out three plastic bags (one for each type of recycling) provided by the City. For more information, call the City of Vancouver Hotline at 604.323.7710. (Note: Residents in apartment buildings will find large garbage and recycling containers at one central location in or near the building.)

Compost could be included in your city yard trimmings collection (the green bin)

Internet Access See Academics
Telephone - Local

Telus is the major telephone company in British Columbia. Ph. 604.310.2255; www.telus.com. Rogers has also recently started local telephone service; www.shoprogers.com. When looking for a cell phone provider be sure to check if there is a charge for incoming calls as well as outgoing calls. There are a plethora of options available with smaller phone companies. Costco has a booth with all the options at lower rates.

Telephone - Long Distance

Look for ads and ask other students for other alternatives that may be cheaper than these.

- Clearchannel, Ph. 604.606.7888, www.clearchannel.bc.ca (no need to change long distance carrier to use)
- Primus - www.primus.ca
- Rogers AT&T, Ph. 604.433.7811
- Rogers, Ph. 1.800.980.5464
- Dial 10-15-945 (and then 1 + the area code and number) before a long distance call to the US and it costs only 6 cents/minute. The cost is included on your phone bill without requiring you to change your long-distance carrier.
- International calling cards can be purchased at most stores.
- Telus also offers long distance service

Furnishings & Housewares

See Shopping & Services in About Vancouver.

Landlord Relations

Giving Notice

A lease usually specifies how much notice the tenant or the landlord are expected to give. You should be clear on this when you move in, or your landlord may surprise you. You must give at least 30 days notice when vacating, i.e. you’re moving out May 1, so you inform your landlord by April 1 (unless your lease indicated otherwise).

Legal Rights

- Tenants Rights, Ph. 604.255.0546, can also be helpful.

Accommodation for Guests

Check out all sorts of accommodation listings through Tourism BC, Ph. (800) 663.6000; www.tourismvancouver.com. Also check www.travelnow.com for possible deals.

Most Inexpensive

- UBC Conference Centre, Ph. 604.822.1010; www.conferences.ubc.ca.
- Vancouver Youth Hostel (Jericho Beach), Ph. 604.224.3208; www.hostellingintl.ca; a great facility.
- YMCA, 955 Burrard St (downtown).
- YWCA, 733 Beatty St; www.ywcavan.org.

Somewhat Inexpensive

- 2400 Motel, 2400 Kingsway, Ph. 604.434.2464.
- Shaughnessy Village Bed and Breakfast, 1125 W 12th, Ph. 604.736.5511; www.shaughnessyvillage.com. This is a really strange place. Although it does have free made-to-order breakfasts, the décor is bizarre, the furnishings are perplexing, and there is a 1960’s gym in the basement. In other words, at 12 floors it’s not a quaint and cozy little place, but it is fairly cheap, somewhat close to campus, and will provide lasting memories.
- Days Inn, 2075 Kingsway, Ph. 604.430.4646.
- Carey Centre, run by Carey Theological College on UBC campus. 5920 Iona Drive, Vancouver, BC V6T 1J6; Ph. 604.224.4308; www.careycentre.com
- During spring and summer school check the Regent College housing website (www.regent-college.edu/housing), students will often post their apartments for sublets.

Expensive

- Granville Island Hotel, 1253 Johnson St, Ph. 604.683.7373; www.granvilleislandhotel.com.
- Holiday Inn Vancouver Centre, 711 W Broadway, Ph. 604.879.0511; www.holiday-inn.com/hotels/yvrbw.
- Plaza 500 Hotel, 500 W 12th, Ph. 604.873.1811.
You’re Definitely Not a Student Outlandishly Expensive

- Four Seasons Hotel, 791 W Georgia St (downtown), Ph. 604.689.9333.
- Hotel Vancouver, 900 W Georgia St (downtown), Ph. 604.684.3131; a landmark in Vancouver.
- Pan Pacific Hotel Vancouver, #300 - 999 Canada Place, Ph. 604.662.8111; www.palisades-vancouver.com.

Bed and Breakfasts

- Point Grey Guest House, 4103 10 Ave, Ph. 604.222.4104.
- Cherry Blossom Bed and Breakfast, 2610 West 50 Ave., Ph. 604.290.4368.
- Third House Inn, 4117 10th Ave., Ph. 604.568.9650.
Health Care

Phone Numbers & Websites

Emergencies: See Important Numbers on page 6 of this book.

Ministry of Health General Information & Resources  1.800.665.4347

BC HealthGuide Information www.bc.healthguide.org

BC HealthGuide 24-Hour NurseLine 604.215.4700

General Health Information
www.canadian-health-network.ca

Health Canada News About developments in
Health & Health Care  www.hc-sc.gc.ca

Medical Examiners
www.cic.gc.ca/applications/medicalexaminations

AMS Health Insurance  1.877.795.4421
www.studentcare.net

Health Insurance

All residents of British Columbia are required to have Health Insurance. Regent Students are required to have health insurance at the time of registration.

There are three types of insurance you will deal with:
• Interim (for the period until you are eligible for permanent insurance)
• MSP (Medical Services Plan) – your provincial basic coverage
• AMS– the additional coverage UBC requires all students to carry

Ask any student what were the top five most confusing parts of moving to Vancouver, and they will tell you that health insurance was one of them! Some parts truly are confusing; other parts of the system do not have to be so difficult if you get good information. Here is our attempt to provide clear, simple instructions and an explanation of your options. If you are confused, do not hesitate to ask for help at the Welcome Centre or the International Student Co-ordinator's office. You will receive more detailed information on exact coverage and premiums (this information changes from year to year) as you make contact with each of these insurance plans.

Canadian Students

The three steps below may not apply to you. If you do not intend to take up permanent residence in BC, check with your home province about keeping your hospital and medical coverage there while you are at Regent.

NOTE: there is a monthly premium for MSP in BC - this may be different from your home province!

Students with Private Insurance Valid in BC

The three steps below may not apply to you. Before you rely on your private insurance for your stay in BC, be aware of the following:
• You must have comprehensive coverage as part of your plan - recommended total coverage is at least $1 million CAD, including a daily bed rate of at least $5,000 CAD;
• Doctors and hospitals in BC will probably require direct payment for your treatment, and it is your responsibility to get reimbursement from your insurance company.

Students without Insurance Coverage (or with coverage that will expire in less than three months):

Be happy. The process is probably easiest for you, because you just have to follow the three steps below.

Step 1 - Establish interim coverage until your permanent coverage begins

How?

You do not need to use these plans but they offer a very good plan. David Cummings Insurance Services Ltd., #350-2083 Alma Street, Vancouver, BC; Ph. 604.228.8816. This company has a long and good history with Regent and has designed a plan specifically for Regent students who need interim insurance (They can also help students with travel insurance and other needs). Enrolment forms are available from Admissions or the International Student Office at Regent. You will be covered from the date of your arrival in BC if you enrol within 15 days of your arrival. NOTE: Preexisting conditions are not covered.

University Insurance Brokers, 5727 Dalhousie Rd, Vancouver, BC V6T 4H2; Ph. 604.221.7080. This company has recently set up a similar program. We do not have much history with them but they are close.

Why do I need this again?

You (and your spouse/family) are not eligible for basic medical coverage (MSP) for the remainder of the month you arrived, plus two months. For that period of time, you will need to have some kind of coverage, thus Step 1. If you think your home
insurance will cover you until basic coverage begins, you may not need this interim insurance.

**Step 2 - Establish BC basic medical coverage** *(MSP - Medical Services Plan)*

**How?**

Fill out the form available from the Welcome Centre or the International Student Office and send it in with the required document copies. You will be eligible for MSP once you have been in BC the remainder of the month you arrived, plus two months. For example, if you arrive August 23, your coverage will begin after the month of August, plus two months: November. But don’t wait to send in your application form! It takes about 6-10 weeks to process your application, so send it in as soon as possible. MSP telephone: 604.683.7151, website: www.hlth.gov.bc.ca/msp.

**Why do I need this again?**

Every BC resident is required to have medical coverage. Note: if your Study Permit is for six months or less, you are not eligible for MSP - you will need to arrange this coverage. The companies listed previously can do this for you.

**Step 3 - Establish AMS Health and Dental Plan**

Don’t be afraid of all those capital letters – they stand for Alma Mater Society

**How?** and **Why do I need this again?**

This one’s easy. When you register at Regent for four or more credits, you are automatically enrolled, because UBC requires this additional insurance. Your AMS fees (paid at the time of registration) include your participation in this plan. UBC has good reason to require its students to participate in this coverage, because MSP really is only basic medical coverage. The AMS Plan gives you additional coverage for a variety of conditions not covered by MSP. Medical Services Note: To consult a specialist, the MSP requires you to have a referral from a general practitioner or family physician.

Generally you will not visit a specialist directly. It may be difficult to find a doctor who will accept new patients in the Vancouver area. The College of Physicians and Surgeons (604.733.7758) has a list of those accepting new patients. Ask other students for recommendations for doctors. The International Student Office may also have some names if you need recommendations. NOTE: Private clinics may not accept MSP, verify MSP coverage wherever you call for an appointment.

**In the UBC area**

**General Medicine**

- Dr. Chris Hodgson, University Village Medical Clinic, across the street, Ph. 604.222.CARE
- UBC Family Practice Clinic

**Elsewhere in Vancouver Area**

**General Medicine**

- Family Practice Unit, 5804 Fairview Avenue (end of Western Parkway), Ph. 604.822.5431 (24-hours)
  - Hours: Mon - Fri, 9:30AM - 4:00PM (by appointment only)
  - Fees: approximately $30 for an office visit, additional costs for other services.
  - Payment: BC Medical Services Plan (MSP) or medical plans from other Canadian provinces (except Quebec), cash, or local cheque.

**University Hospital Urgent Care**

- 2211 Wesbrook Mall (across from Regent), Ph. 604.822.7222 or 604.822.7662 (dir. line)
  - Fees: Non-residents CND 300 + 70-90 phys. fee/residents CND 153 + 70-90 phys. fee
  - Payment: BC Medical Services Plan (MSP) or medical plans from other Canadian provinces (except Quebec) cash, VISA, or Mastercard.
- UBC Student Health Centre: 8:00AM - 4:00PM, Monday to Friday. Located in the above, go in through doors and turn left down the hallway.

**Other Hospitals in Vancouver**

- Vancouver General Hospital (VGH): 855 W 12th Ave; Ph. (Emergency) 604.875.4995.
- St. Paul’s Hospital 1081 Burrard St; Ph. 604.682.2344.
- Women’s Hospital & Health Centre 4500 Oak St; Ph. 604.875.2424.
- Children’s Hospital 4480 Oak St; Ph. 604.875.2345.

**Dental Services**

As with other medical services, ask other students for recommendations for doctors. The International Student Office may also have some names if you need further recommendations.

**In the UBC Area**

- UBC Faculty of Dentistry; Ph. 604.822.2112
  - Dental care is available by appointment. Third and fourth year dentistry students provide dental care at reduced fees. Some orthodontic work is available. Unfortunately there is a waiting list, but it is worth trying to become a patient.
Elsewhere in the Vancouver Area

- The Student Dental Network
  As a participant in the AMS/GSS Health Plan, you can access this network of dentists and cover up to 90% of your dental expenses. Visit www.studentcare.net for a complete list of dentists.
  - Dr. Robert Patton (paediatric dentist), 1020 - 650 W Georgia St, Ph. 604.685.5620.
  - Dr. Anita Orendi (Regent grad)
  - Ocean Dental in Metrotown, 167 - 4800 Kingsway, Ph. 604.432.7874; may take emergencies
  - Dr. Bruce Kennedy, 6964 Victoria Dr, Ph. 604.324.6733.
  - Dr. David Gan, 8648 Granville St (near 70th), Ph. 604.261.2014; may give discount for Regent students

Children’s Dental Clinics (up to 7 years old)

Fees: check-ups, cleaning & fluoride application are free. Other treatments are available at a reduced fee.
  - South Community Health Office 6405 Knight St; Ph. 604.321.6151.
  - North Community Health Office 1651 Commercial Dr; Ph. 604.253.3575.

Other Health Services

Eye Care

Ask other students for recommendations for optometrists or ophthalmologists. The International Student Office may also have some names if you need recommendations.

In the UBC Area
  - West 10th Optometry Clinic 4320 West 10th Ave; Ph. 604.224.2322 nearby clinic that accepts new patients, ask for Patricia Rupnow and Stephanie Brooks.

Physiotherapists, Chiropractors, & Alternative Medicines

Ask your friends and neighbours for recommendations.

Disabilities

At UBC

Disability Resource Centre

UBC has a Disability Resource Centre (DRC) that is intended to address the concerns of students with any disability that hampers full and self-directed participation in their studies. The Centre’s purpose is to broaden awareness of people with disabilities by informing the staff, students, and faculty of the services and accommodations available to students with disabilities. In so doing, it benefits the admissions process, the teaching environment, and the academic integrity of Regent by offering equal opportunities for graduate theological studies.

Room 1040, 1874 East Mall, UBC, Ph. 822.5844, TTY 822.9049; http://students.ubc.ca/drc.

In the Community

- BC Paraplegic Association has information on transportation accessibility and alternatives; Ph. 604.324.3611.
Transportation

Phone Numbers & Websites

Motor Vehicle Safety Information  www.tc.gc.ca/roadsafety
Information on Visa Requirements, Safety & Health Issues for Foreign Travel  www.dfait-maeci.gc.ca
US Travel Information  www.travel.state.gov
ICBC (Insurance Corporation of British Columbia)
General Enquiries  604.661.2800
TransLink  604.521.0400
BC Ferries  1.888.223.3779
Greyhound Bus Lines  1.800.661.TRIP
VIA RailCanada  1.888.VIA.RAIL
Road Conditions  1-900-565-4997 (not toll-free)

Getting Around Vancouver

Walking

Your feet will get you anywhere at no cost if you make the time. Try coming to Regent through Pacific Spirit Park. There are over 30 km of all-weather trails for walking, biking, or horseback riding (although there is no place for your horse in Regent’s parking lot). Please be careful and use safety precautions if you are alone in this forested area.

Bicycles

Many Regent students bike to school all year round. It is possible even in winter months with a decent raincoat and some fenders.

Bicycle Safety and Security

A helmet is required when riding a bicycle in BC ($75 fine for violators). Cyclists riding at night must have a front light, a red rear reflector, and a red rear light. See Section 185 of the Motor Vehicle Act for more details on cycling in BC (see Newcomers Guide for more info).

We strongly advise you to lock your bicycle with a guaranteed U-lock or some other type that the manufacturer guarantees cannot be broken. Bicycle theft is common and several bikes locked outside Regent were stolen last year. We recommend that you do not leave your bicycle outside Regent overnight - even locked up!

Buying a Bicycle

- Check out the Buy and Sell Newspaper, available every Thursday, as well as local classified ads.
- UBC Bike Co-op, 6138 SUB Blvd, Ph. 604.822.2453. (UBC-BIKE), www.ams.ubc.ca/clubs/bikecoop.
- Cheapskates Too, 3228 Dunbar, Ph. 604.734.1191; used bicycles.
- Dunbar Cycles, 4219 Dunbar, Ph. 604.224.2116; a good place for new bicycles as well as repairs and tune-ups.
- West Point Cycles, 3771 W 10th Ave, Ph. 604.224.3536; new bicycles.

Repairing a Bicycle

A good start is the Bike Kitchen, Ph. 604.82. SPEED, in the basement of the UBC SUB. They make their shop available to students so you can fix your bike yourself, have them teach you how to fix it yourself, or if you’re not up to self-repair, they’ll also fix it themselves. Costs range from $7.50/hour for you to use the shop to $35/hour if they fix it without your presence. With their instruction it’s a great place to learn about bike repair!

Bus

U-Pass: As of September 2003, all Regent students registered for 4 or more credits will be paying for a U-Pass which will give access to the bus, SeaBus and SkyTrain - all 3 zones, 24 hours per day, 7 days a week. Cost is roughly $120.00 per semester. See the website for more information. The bus, SeaBus, and SkyTrain system in Vancouver (TransLink) is easy to use. Board at the front of the bus and exit at the back.

If you don’t have access to the U-Pass the following applies. You must have exact change, $2.50 for 1 Zone, $3.75 for 2 Zone or a ticket or monthly bus pass (Monthly FareCard 1 Zone $81) to ride. The same fare applies to the SeaBus, SkyTrain, or bus. If you pay with a ticket or cash make sure you ask for a transfer. A transfer will allow you to transfer to another bus, SeaBus, or SkyTrain within 90 minutes of your first ride. Tickets in packs of ten or monthly passes - as well as timetables and bus route maps for BC Transit - are available at ticket outlets, the closest being Speak Easy or Subcetera in the SUB, or Shopper’s Drug Marts, Safeways, 7-Elevens or look for the FareDealer sign. With a valid UBC
New Students Handbook

Student card, you can obtain a sticker for $2 (valid for the school year) that allows you as a student to travel more than one zone for the same price as one zone. Please purchase this sticker at the ticket outlet at the UBC Student Union Building (SUB).

Discover Vancouver on Transit guide is a great free resource that you can pickup at tourist Infocentres, libraries, community centres, and some of the larger shopping malls. Bus schedules can be picked up from these same places that will give the approximate time the buses leave and arrive at key points on each route. This will help you to plan for arriving on time, as it takes much longer to travel by bus than by car. There is also a map and routing information in the Community Information Pages in the Yellow Pages phone book.

Transit information: 604.953.3333, website: www.translink.bc.ca and www.tripplanning.translink.bc.ca.

NOTE: buses that run to UBC/Regent run less frequently when UBC is not in session.

Car/ Travel Insurance

Drivers Licence

If you are a full-time Regent Student you are not required to have a BC Drivers License - your Study Permit and home country Drivers License are sufficient (if you are unsure enquire at ICBC). If your license is not in English you should carry a translation of the document. Spouses of students still need to obtain a BC Drivers License. A non-BC license is valid for 3 months.

ICBC Driver Licensing Enquiries, Ph. 1.800.950.1498 (NOTE: Licensing policies are subject to change)

Automobile Insurance & Registration

If you bring a car into BC, you must register it and obtain insurance or qualify for a student exemption. Either option must be exercised within 30 days of your arrival. The consequences of not obtaining a permit within 30 days are 1) if stopped by the police you will be ticketed and fined, and 2) if you have an accident claim your insurance company may refuse to pay because you are not legally driving in BC.

You have two options, which are detailed further in the section that follows:

1. If your insurance company in your home province or state will cover you and your vehicle in BC, there are forms to be filed with ICBC. This can be a complicated process! The steps are listed below:
   - First determine that your home insurance company will provide coverage in BC by requesting an MV23 from them. Most provinces will have an MV23 on file. Your US company may not be familiar with the MV23. If so, ask your insurance company (not just the broker) to contact ICBC Financial Responsibility (604.443.4624). ICBC will verify that the company is eligible to have an MV23 and then will fax them the necessary forms. If your company is unwilling to contact ICBC, you can ask ICBC to contact them (give ICBC the company's name, name of an underwriter and a telephone number). ICBC will explain the MV23 and Financial Responsibility, determine if the company is eligible, and if so will then fax the forms for the MV23. The insurance company will fill out the forms and return them to ICBC, and then your insurance company can send you an MV23.
   - Call ICBC Financial Responsibility (604.443.4624) and request a student package, which includes the MV1520 and APV97 applications.
   - Send to ICBC the following:
     - MV23 from your insurance company
     - MV1520
     - APV97
   - Copy of your vehicle's registration/title showing expiry date
     - A letter from the Registrar stating that you are a full-time registered student, and giving the start and finish dates of your studies (the Registrar charges a $5 fee for the letter).
     - $30 CAD filing fee, check made payable to ICBC (no credit cards).
     - Mail to: ICBC, PO Box 7500, Str. Terminal, Vancouver, BC V6B 5R9

After your Financial Responsibility is processed, you will receive a valid FR number, a permit, and a decal to put on your windshield.

d) Permit Renewal (your permit and decal will only be valid until your vehicle registration expires or the completion date of your studies, whichever comes first). A renewal package will be included with the first permit and decal, mailed to your BC address. Send in:
   - New APV97
• New letter from school verifying your registration and for how long
• New registration/title if your other one expired

Option 2: Go to ICBC or an Autoplan broker to register your car. You will need to get a vehicle inspection (about $80). ICBC will have a list of local auto shops that can do the inspection and a form for the mechanic to complete. When the inspection is completed bring your car, registration/title information (and your chequebook!) to ICBC or the agency of your choice. Some suggestions: Deak Agencies Ltd. On 10th, University Insurance on Dalhousie, and the insurance company in the SUB.

Driving Laws
It is a good idea to pick up a driver’s guide (free) at ICBC, even if you do not need to get a BC licence.
• The maximum speed limit within Vancouver city limits is 50 km/h, unless otherwise marked.
• Seat belts are mandatory for everyone in the vehicle.
• Infants under one year are required to be in rear-facing child car safety seats. Children up to age 6 and 40lbs (18 kg) are required to be in child car seats. For more detailed information contact BCAA, Ph. 604.298.2122.
• A flashing green light indicates a pedestrian controlled intersection not an advance green.

Buying a Car in BC
Check out the Buy and Sell Newspaper, available every Thursday, as well as the classifieds section of the local newspaper (e.g. Vancouver Sun). You might want to buy the Lemon-Aid Used Car Guide, which helps the reader avoid buying a “lemon” (an unreliable car). It is a very good idea to have a mechanic check out any prospective purchase before buying it. If you do not know a mechanic already, you can get a good Vehicle Inspection done by BCAA (look at CAA entry below). You do not have to be a member to get the inspection done, but it is cheaper for members. A vehicle inspection is well worth the investment.

You can get more information about a used car by doing a Lien Search and a Motor Vehicle Accident Claim Search from ICBC (Insurance Corporation of BC).

Security
Auto break-ins and thefts are very common in Vancouver. Do not leave any valuables in sight (even spare change!), always lock your car and set the alarm, and consider buying a “Club” or other steering wheel lock.

Canadian Automobile Association (CAA)
A membership with this company can prove invaluable. If your car breaks down, they will tow you to the garage of your choice within the allowed service area. You may also pick up free maps, travel guides, or get assistance in planning a trip. (If you are a member of AAA in the US, you have reciprocal privileges in Canada.) CAA has offices on Broadway (Ph. 268.5600) and West 41st; Ph. 604.268.5800.

Driving Times (allow extra time for driving during commute hours for ski/summer seasons)

<table>
<thead>
<tr>
<th>To Regent College, from</th>
<th>(minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arbutus</td>
<td>15min</td>
</tr>
<tr>
<td>Main Street</td>
<td>20min</td>
</tr>
<tr>
<td>Richmond</td>
<td>25min</td>
</tr>
<tr>
<td>Burnaby</td>
<td>30min</td>
</tr>
<tr>
<td>Surrey</td>
<td>40min</td>
</tr>
<tr>
<td>North Vancouver</td>
<td>50min</td>
</tr>
<tr>
<td>West Vancouver</td>
<td>55min</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>From Vancouver, to</th>
<th>(hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squamish</td>
<td>1.25</td>
</tr>
<tr>
<td>Whistler</td>
<td>2.0</td>
</tr>
<tr>
<td>Victoria (by ferry)</td>
<td>2.5</td>
</tr>
<tr>
<td>Abbotsford</td>
<td>1.5</td>
</tr>
<tr>
<td>White Rock/US Border</td>
<td>1.0</td>
</tr>
<tr>
<td>Seattle</td>
<td>3.0</td>
</tr>
</tbody>
</table>

Ferries
British Columbia has the largest ferry system in the world. With it, you can travel to the many islands off the coast of BC and up the Sunshine Coast. Ferries are great for day or weekend getaways. Call for rates and schedule information. Leave your car at home if you can, but allow an up to an hour lead-time to get in line if you do drive on.

1.888.BCFERRY

Travelling Away
The main focus of travellers is always “How can I get there cheaply?” Below are some suggestions to do just that. Before you make any calls or visit any web sites: international students who are full-time should apply for the International Student Identity Card, which entitles you to more travel discounts and flexibility to change itineraries.
Travel Agencies

The first place you should check for deals is Travel Cuts, located upstairs at University Village across from Regent and in the basement of the SUB. They are student-run and are helpful for finding student discounts on airfare, bus, and other forms of travel. Ph. 1.866.246.9762, www.travelcuts.com.

• Carlson Wagonlit Travel, in Arbutus Shopping Centre (Arbutus & King Edward), Ph. 604.736.126; ask for Joy.

• Pacesetter Travel; 257 - 409 Granville, Ph. 604.687.3083; for travel to Australia, New Zealand and South Pacific Asia.

• Flight Centre, 2790 W Broadway, Ph. 604.739.1311 (and locations throughout Greater Vancouver) Flight Centre Telesales, Ph. 604.606.9000.

Internet Travel Sites

• www.kayak.com
• www.expedia.com
• www.priceline.com
• www.travelnow.com
• www.travelocity.ca

Air Travel

Join a “frequent flyer” program with your favourite airline to earn credit towards free or reduced tickets. For cheaper tickets ask a travel agent about:

• Bucket tickets: these are leftover tickets from packages the agencies sell to particular destinations.
• Stand by seats: if you can handle the flexibility and the potential of not leaving on an exact day.
• Courier flights: this is not luxury, but it may get you there inexpensively.
• Seattle departures: taking a bus to Seattle and flying from there may save some money.

Parking at Vancouver Airport

Short-Term parking is available for $3.50 for half-hour. Long-Term parking is available for $25/day. Park&Fly options are available at cheaper rates, but farther from the airport.

Getting to the Airport

To Vancouver Airport (YVR)

• Vancouver Airporter, 604.244.9888, daily trips from hotels & Pacific Station
• During peak times, at the beginning and end of semesters, Trek UBC offers free shuttle service from the airport to UBC only. Go to www.trek. ubc.ca/shuttle/index.html for schedules and more information.

To SeattleTacoma Airport (SEA)

• Quick Shuttle, Ph. 604.940.4428 or 1.800.665.2122. Stops at Bellingham Airport, downtown Seattle, and SeaTac Airport.

Bus Travel

• Greyhound Bus Lines, Ph. 604.669.6467 or 1.800.661.TRIP; www.greyhound.ca.

• Maverick Coach Lines, Ph. 604.940.2332; www.maverickcoach.com.

• Pacific Coach Lines (service to Victoria), Ph. 1.800.661.1725; www.pacificcoach.com.

Accommodation

Hostels

There are some fantastic hostels throughout the province of British Columbia. Great locations and inexpensive, too!

• Hostelling International (HI), Ph. 1.800.663.5777; www.hihostels.ca.

Crossing the Border

Border Information www.vancouver.hm/border.html

Border Information & Nexus - www.ccra-adrc.gc.ca

Driving

Driving across the border at White Rock/Blaine can take anywhere from 5 minutes to 2 hours! It is best to plan your arrival at the border to coincide with non-commute hours. In any event, allow plenty of time to cross. There are alternate crossings at Aldergrove and Abbotsford which may be less congested. (By the way, if you fly from Vancouver to the US, you will clear US Customs before you leave YVR.) You can check estimated waiting times on the radio AM 730.

There is a law against Canadians driving American-plated cars across the border. Please check with Canada Customs for your specific situation before you assume that you can drive a friend’s car across the border.

Bus

See Bus Travel, above and QuickShuttle under Air Travel: Getting to the Airport.
Train
The main Train station is located at Terminal Avenue (near Main St)
• Amtrak Cascades Website, www.wsdot.wa.gov/amtrak
  Trains between Vancouver, Seattle, Portland and Eugene.
• VIA Rail Canada, Ph. 1.888.VIA.RAIL; www.viarail.ca.

Duty/Import Taxes
If you intend to shop in the US for a day, you will have to pay duty on all goods brought back into Canada.
There are exemptions if you remain absent from Canada for over 24 hours;*

<table>
<thead>
<tr>
<th>Minimum Absence from Canada</th>
<th>Exemption Limit CAD$</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 hours</td>
<td>$50</td>
</tr>
<tr>
<td>48 hours</td>
<td>$200</td>
</tr>
<tr>
<td>7 days</td>
<td>$750</td>
</tr>
</tbody>
</table>

*Alcohol and tobacco carry different restrictions

Health Insurance
- Important!
If you are entering the US - going to other provinces - you need to purchase a 1 day or limited time insurance from David Cummings or from BCAA if you are a member. It is important to make sure you and your family are covered because medical costs can be extremely expensive. If you have AMS coverage this includes travel insurance. If you do not have AMS coverage for your entire family you will need to purchase travel insurance for them.