

# KELOWNA

## Accommodation

As iCharleston participants, students will be living on-campus at the University of British Columbia-Okanagan. Students will be housed in the Purcell, Kalamalka, Nicola, Valhalla, or Cassiar residence buildings. Each student will have an individual room and a bathroom shared with another UBCO student. Bedding (comforter, sheets, pillow) is provided for iCharleston students. The room includes a single bed, desk, drawers, safe, and a closet. The residence hall features a kitchen, lounge and study room on each floor. Each residence hall has a laundry room that can be paid for via a laundry card which is reloadable throughout the semester. Each student will also have a mailbox associated with their room to receive any letters or packages.

## Academic Resources

### *Where to study*

- On-campus: The UBCO campus offers numerous study spots, both indoors and outdoors.
  - UBCO library
  - Starbucks
  - The reflection pool
  - Any of the academic buildings on campus (i.e. Arts Atrium)
  - The Commons
- Downtown:
  - Bean Scene Cafe
  - Pulp Fiction Cafe
  - Blenz
  - The Bread Company

### *On-Campus Academic Services*

- Writing and Research Centre. Open Monday–Friday, 10:00 am-5:00 pm. Located in the Library, Room 237
  - Offers writing support for all undergraduate students working on any kind of writing assignment for a class. Consultants can assist writers with various stages of the writing process: developing a draft, clarifying an argument, organizing written materials, understanding editing techniques and effective sentence structures, and building beneficial writing habits. They will listen carefully, answer questions about how to approach different types of writing assignments, and provide feedback regarding how a reader experiences the writing.
  - Set up an appointment here: <http://library.ok.ubc.ca/wrs/wrc/appointments/>
- Disability Resource Centre: Open Monday-Friday 8:30am-4:30pm. Located in University Centre, Room 214
  - Phone: (250) 807-9263

- The purpose of an accommodation is to allow students to overcome disability-related challenges that impede their academic success. The DRC assists students by offering programs and advocacy services to foster an accessible and welcoming campus.

## Food

### *Meal Plan*

- As an on-campus student, a meal plan is included in your iCharleston fee. This can be upgraded or you can add money to your account throughout the semester. The plan works similar to a debit card and can be used at places both on and off campus.
- Places on-campus you can use your meal plan (**NOTE:** you are automatically assigned a Bronze meal plan. If you want to upgrade/add money, you may do so via the online Student Services Centre using your Campus Wide Login):
  - Green Thread (University Centre)
  - Sunshine Cafe (Admin Building)
  - The Well (University Centre)
  - Tim Hortons (Library)
  - Starbucks (Fipke Building)
  - Subway (Arts & Science Centre)
  - Green Bean Coffee (University Centre)
  - Taco Del Mar (University Centre)
  - Koi Sushi Bar (University Centre)
  - Booster Juice (Arts Building)
- Downtown restaurants on your meal plan:
  - Momo Sushi
  - Pita Pit
  - Fresh Slice
  - Gueng Korean Restaurant
- Places to eat downtown that are not on the campus meal plan:
  - Cactus Club Cafe
  - Bordello's Italian Pizzeria
  - Memphis Blues BBQ House
  - Bai Tong (Thai)
  - Poppadoms (Indian)
  - Earl's

### *Grocery Stores*

- WalMart: 1555 Banks Road, Kelowna, BC
  - Take the 97 bus from campus and get off at Banks station.
- Canadian Superstore: 2280 Baron Road, Kelowna, BC
  - Take the 8 bus and get off at Leckie.

- Nester's Market: 1750 Pier Mac Way, Kelowna, BC
  - 25 minute walk from campus
  - Offers full deli for sit down meals

## Finances

### *What to budget*

- You should be prepared to spend money while you are abroad. Some costs to consider:
  - Food not on meal plan
  - Weekend trips (Vancouver/Victoria/Banff are great places to go)
  - Skiing or hiking transportation
  - Shopping

### *ATMs/ Banks*

- ATMs on campus with minimal fees
- Royal Bank of Canada has an on-site desk
- Be sure to call your bank before you go and let them know you will be abroad.

## International Phone Services

### *Apps to Download*

- Transit App-allows you to view bus (and metro in larger cities) schedules and gives you maps and routes to reach your destination. This app works in most cities on the west coast.
- Hopper App-checks flight prices and will notify you if the price rises or falls for the dates you set.
- WhatsApp/Viber-easy to use communication apps which allow you to talk to family and friends back home without using your cell phone plan.

### *International Plan/SIM Card*

- Three options for phone plans:
  - Add International Service to your US phone plan.
  - SIM cards for your phone - make sure it's unlocked first!
  - Cheap pay-as-you-go phone

### *Canadian cell phone providers (can be found in Orchard Park Mall)*

- Telus
- Virgin Mobile
- Bell
- Fido

## Health and Wellness

### *Student Health Clinic & Counselling:*

- Open Monday-Friday, 9-4. Located in University Centre third floor, Room 303
- Phone: (250) 807 9270

### *Emergency Contacts*

- Campus security emergency number: (250) 807 8111
- Campus security non-emergency number: (250) 807 9236
- 24/7 nurses helpline: 811
- 24 Hour Crisis line: 1 800 784 2433
- Emergency services: 911

### *Kelowna General Hospital*

- 2268 Pandosy St, Kelowna, BC
- Phone: (250) 862-4000

### *Exercise*

- Students can purchase a gym membership for the on-campus gym.
- Students can join intramural sports teams through campus recreation (soccer, basketball, volleyball etc).

### Transportation

#### *Bus*

- 97 bus downtown
- 8 bus to mall
- As a UBCO student, a bus pass is provided and can be picked up at the Student Union Office located in the UNC building on campus at the start of the term.

#### *Taxis*

- Taxis are your more expensive option, but they are available.

#### *Greyhound busses*

- These travel throughout Canada.

### Entertainment

#### *On-Campus*

- The UBCO Student Union offers a variety of clubs and events throughout the year. Clubs include the Ski Club, Hammock Club, Billiards Club and International Students Club, among many others.
- UBCO also has varsity athletics on-campus including men's and women's soccer, basketball, volleyball and rugby. Admission is free for students.

#### *Shopping*

- Orchard Park Mall is close to campus and features a variety of stores.
- Downtown Kelowna also has many shops and stores to explore.

#### *Places to explore*

- The Pandosy Village offers shops and restaurants to explore.
- City Park and Waterfront Park are easily accessible parks downtown and offer lake access.

- Knox Mountain is located just outside of downtown Kelowna and has multiple trails for hiking.
- Crawford Falls offers multiple hiking trails and spectacular waterfalls.
- Rose Valley Regional Park is located in West Kelowna and is great hiking spot.
- Big White is the nearest ski mountain and UBCO runs a \$25 shuttle to and from the mountain during ski season.

#### *Theaters/Movies*

- There are two movie theaters just a short bus trip from campus. One is located at McCurdy Center and the other is near the Orchard Park Mall.

#### *Museums*

- The Okanagan Heritage Museum is located in downtown Kelowna and also houses the Central Okanagan Sport Hall of Fame.
- The Okanagan Wine and Orchard Museum is housed inside of the Laurel Packing House in downtown Kelowna.
- The Okanagan Military Museum is also in downtown Kelowna and offers admission by donation.

#### *Kelowna Rockets*

- Kelowna is home to a hockey franchise. The Rockets are members of the prominent junior hockey league, the WHL.

#### In Case of an Emergency

Should there ever be an emergency, UBCO staff, iCHS site directors and campus security are on-campus and available. The contact information for campus security can be found below:

Emergency line: (250)807-8111

Non-emergency line: (250)807-9236

It is also a good idea to know where the nearest U.S. Consulate is located. The nearest Consulate to Kelowna is in Vancouver. You can find the address below:

1075 West Pender Street

Vancouver, British Columbia

V6E 2M6

Phone: 604-685-4311

Emergency Phone: 604-685-4311

Fax: 604-685-7175

#### Transitioning to Life Abroad

Whether or not you've spent time away from home or traveled abroad, your first semester of college will be a bit different than anything you've experienced before. Here are some things to be aware of before you start this great adventure.

#### *Class set up*

- Your classes at UBCO will meet 2-3 times a week and classes are generally 1 hour or 90 minute lectures.
- You will find that at times during the semester, you do not have a lot of work. However, midterms and finals can be stressful as all classes will be assigning essays, projects, and exams. Be sure to plan ahead!

#### *Residence Life*

- You will be living among other UBCO students and will share a bathroom with one other person.
- Each residence hall floor has Residence Assistants who will plan programs and activities, as well as enforce UBCO rules.
- Remember that since you are sharing your living space, you should be respectful of the other people living with you. Be prepared to share cleaning duties and figure out how you want your roommates to work together so everyone has a great experience.

#### *Free time*

- You'll have a good bit of free time in Kelowna. Make sure that you set aside time to study, get some exercise, cook your meals, and explore the beautiful city you live in.