

Issue 7
August 30, 2013



HALIFAX HIGHLIGHTS

Introducing you to Halifax, and helping you get ready for the fall

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ATHLETICS AND RECREATION

Full of parks, trails, beaches and recreation centres, Halifax Regional Municipality (HRM) offers lots of opportunities to have fun for very little expense.

As a student it's likely you'll be living somewhere on the peninsula, and many things, including the waterfront, are within a half hour walking distance of Dalhousie. Combined with your U-Pass, which gives you access to Metro Transit, you should be able to have an enjoyable time exploring all that HRM has to offer. We've compiled a list of some of the best places to be active in HRM, focusing primarily on the peninsular area.



[Dalplex](#)

As a full time student at Dalhousie, you get access to Dalplex through your student fees. (Part-time students can get a discounted rate). Facilities include weight rooms, a pool, a bouldering wall, an indoor track, badminton, squash and racquetball courts, group fitness classes, and a cardio room. Dalhousie's Department of Athletics and Recreation also facilitates intramural and club sports in everything from football to swing dancing. Check out the website for full schedules and details!

[Point Pleasant Park](#)

Point Pleasant Park is a favourite of many Haligonians. Several kilometres of groomed trails provide a perfect place to walk, jog, cycle, or let your dog off its leash. There are also a number of ruins of old batteries and forts from Halifax's colonial days spread throughout the park. During the summer months you can also be treated to outdoor theatre courtesy of [Shakespeare by the Sea](#).

[Canada Games Centre](#)

This brand new recreation centre was built for the 2011 Canada Games, and is home to three pools (complete with

waterslides for the kids), a field house, a fitness centre, child care services and day camps, as well as meeting space and a ton of recreational programming for all ages.

St Mary's Boat Club

The St. Mary's Boat Club is more than just a boat club, it's also a recreation centre that hosts countless day camps, classes, and private functions every year. They also rent out canoes and kayaks and provide sailing lessons for youth.

Surfing

You might be surprised to learn that Nova Scotia is becoming a hot spot for surfing, and many of the best beaches for it are located minutes from downtown Halifax. Two of the most well-known are [Lawrencetown](#) and [Martinique](#), and it's not uncommon to see dozens of surfers out in all weather during the summer months. HRM is also full of surf shops and outfitters offering lessons and packages.

Beaches

While the Atlantic can be a bit chilly, that doesn't stop thousands from flocking to Nova Scotia's beaches each summer. There are countless fresh and salt-water beaches within a few minute's drive of downtown Halifax – check out the link above for a list of beaches, outdoor pools and spray pools operated by HRM.

Skating

Of course, like all Canadian cities HRM experiences four seasons. That doesn't stop most Haligonians from staying active (and don't be surprised if you spot people jogging through blizzards). HRM is home to a number of arenas that offer public skating as well as lessons for all ages. We have more recently been able to enjoy the [Emera Oval](#),

originally built for speedskating during the 2011 Canada Games and now a permanent and free facility for all Haligonians to enjoy.



Hiking

Nova Scotia has countless beautiful hiking trails spread throughout the province, but HRM has more than a few places to explore as well. HRM has compiled a [list of trails](#) complete with descriptions, as has local hiking organization [Nova Trails](#). HRM is a geographically diverse and fascinating area, and hiking is one of the best ways to discover some of these amazing places!

Cycling

HRM is working on improving its cycling infrastructure every day, with several new bike corridors in the



works. Dalhousie has recently installed hundreds of new bike racks to make cycling a more agreeable option for students, staff and faculty. HRM has developed a [bike map](#) to help cyclists pick the best routes around the city and have [information](#) on their website about their cycling projects. If you are more interested in biking outside of urban HRM, check out the [list of trails](#) provided by HRM as well as the [St. Margaret's Bay Area Rails to Trails Association](#).

Paddling

As a seaside city, it perhaps makes sense that HRM would be a great place for kayakers and canoers. The aforementioned St. Mary's Boat Club rents them, as do numerous local businesses. Aside from the wide-open ocean, there are a number of sheltered lakes in Dartmouth and the wider municipality that are great places to have a relaxing paddle or to learn the basics.

ON CAMPUS LIFE

For this final issue, we wanted to help you get excited for September by highlighting some of the best places to hang out on campus, as well as some upcoming events that you can participate in.

Orientation

The obvious thing to do once you arrive on campus is to take part in Orientation week activities! Dalhousie has compiled a list of the events happening during this time and posted it [online](#). In addition to the FGS Orientation on the morning of September 5th, there will be orientation events that are just for international students on the 4th and 5th. There are also several events planned by the Dalhousie Association of Graduate Students. You should plan to take part in any events that your department or program is hosting.

Grad House

The Grad House is often bustling during the school year. A café and pub in one, you can swing by to get a delicious sandwich and a coffee, or a cold beer with some friends. They have regular karaoke nights as well. The proceeds go towards the Dalhousie Association of Graduate Students, but it's open to all faculty, staff and students.

Grawood

The Grawood is the Studley campus pub owned and operated by Dalhousie Student Union. The Grawood is known for its wings, trivia nights, and frequent concerts headlined by acts as diverse as Mother Mother and childhood favourite Fred Penner. (And FYI, a campus poll recently revealed it to be pronounced 'Gray-wood' and not 'Grah-wood').

T-Room

The T-Room is Sexton Campus's answer to the Grawood. Voted the best student hangout in the city, the T-Room is known for its loyal fanbase of engineering and architecture students as well as for its cheap drinks and trivia nights.

University Club

The University Club is a favourite hangout of the non-undergraduate crowd. Open to staff, faculty and graduate students for lunch and dinner, the UC serves alcohol and delicious food in a historic setting. They also regularly broadcast sports events and host private meetings and functions. Graduate students can apply for membership for only \$142 a year.

Dalhousie Arts Centre

The Dalhousie Arts Centre is home to not only the Rebecca Cohn Auditorium but also the university's Theatre and Music departments. During the school year, the centre is host to a wide variety of dance performances, concerts, and comedy shows as well as regular recitals and theatrical productions by students.

DalFest

Held the week after Orientation, DalFest 2013 promises to be an action-packed weekend of food, music and entertainment. While primarily a music festival, this year's DalFest will also incorporate the various and diverse student societies at Dalhousie to provide entertainment and activities.

DSU Society Carnival

Each year the DSU holds a Society Fair to showcase just a few dozen of the hundreds of societies that students can join. Participants can walk around to the various booths in the McInnes Room, talk with representatives from societies, and collect information on groups they are interested in joining. It's a perfect way to get a sense for what you can get involved with at Dalhousie!

Homecoming

Each year at the beginning of October, Dalhousie celebrates Homecoming. This is an opportunity for alumni to return to the university to reunite with old classmates and to attend a number of exciting activities. Students can participate in some of the events, such as the various faculty open houses and the soccer games on Saturday afternoon. The weekend will be capped off by a 'lobster tailgate party' and a game by the Dalhousie football team.



FAVOURITE THING ABOUT DAL

The friendly staff, but of course!"

"The quad in front of the Henry Hicks. It's a beautiful outdoor, multipurpose, space that makes you forget you're in the middle of the city."

"The beauty of the campus and the way it comes back to life at the end of August with the return of the students."

"I like all the services that are available to staff and students...food, copying/printing, equipment, bookstore, clinics, etc. It makes it a very convenient for someone who is here all day, needs to get stuff done and doesn't have a car."

"It's a really lovely, high-energy place to work. There is always something happening— exciting research projects, a new building being constructed, a university-wide initiative being implemented, a concert at the Arts Centre, a guest lecture, and so on. Being here feels like you are part of something big but also like you are part of a community."

Pictures via Dalhousie University and Flickr: [sunbeam12](#), [Avard Woolaver](#).

YOUR SEPTEMBER 'TO DO': FIND YOUR WAY AROUND

School is fast approaching, and will want to ensure that you aren't totally lost when you get here. Fortunately Dalhousie and Halifax Regional Municipality have some great tools to help you navigate the campus and the city:

1) [CAMPUS MAP](#)

This brand-new campus map helps you identify where each building is located on campus as well as what they look like and whether they have computer labs. It's a good idea to check it out before you arrive to figure out where you'll be going when you get here.

2) [PARKING](#)

Have a car and need to park it? Dalhousie sells a variety of parking passes, and this year you'll be able to purchase them online. Check out the [Parking website](#) for more info on pricing.

3) [TRANSIT](#)

As a full-time Dalhousie student, your fees include a U-Pass. U-Pass is a sticker you get on your DalCard which gives you unlimited access to Metro Transit from September to April. All you need to do is head over to the DalCard office and ask for it! (You must be registered before they will give you the sticker). Check out the [Metro Transit website](#) for information on routes.

[Buy your textbooks!](#)

Trust us, you are going to want to beat the rather sizable line-up at the Dalhousie Bookstore during September. Try going as soon as you arrive in Halifax (or if you are already here, go now!)

There are three bookstores at Dalhousie:

- 1) **Studley Bookstore** (Student Union Building basement, has most textbooks and supplies for most programs)
- 2) **Carleton Bookstore** (Dentistry Building, has textbooks and supplies for Health Sciences programs)
- 3) **Sexton Bookstore** (near the Engineering Department, has textbooks and supplies for Engineering and Architecture programs)

The bookstore website will tell you what books you need before your first day of class. Simply visit dal.ca/bookstore and scroll down to "Find and order your course textbooks". This service will show you the books you need for each class, and you can also use it to order your books online and have them shipped to you.

The bookstore is also your one-stop for Dalhousie merchandise and school supplies. You will find a sizable selection of branded apparel, mugs, lanyards, notebooks and more in addition to basic school supplies.