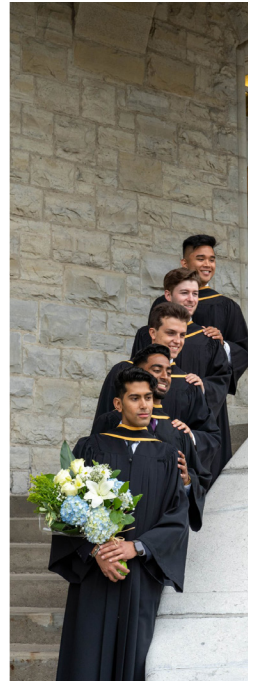


FIRST YEAR WELCOME



WELCOME TO QUEEN'S UNIVERSITY, CLASS OF 2026!





By Students, For Students
#myAMS

5 Commissions
9 Faculty Societies
9 Student-run services
60+ Full-time Student Staff
300+ Student Clubs
700+ Part-time Student Staff
1,500+ Student Volunteers
6,000 Job Applications
19,000+ Student Members (including you!)



AMS EXECUTIVE



ERIC SIKICH
President

Congratulations and hello, Class of 2026! You have just started the journey of a lifetime, and I can wholeheartedly say that Queen's University is the best place for that adventure to begin. In the coming months and years you will make lifelong friends, memories, and have experiences unlike any other. Queen's University is unparalleled not only for its excellent academics, yet for its student experience and community building opportunities. Orientation Week holds a very special place in my heart and I think it is the perfect opportunity to see all that Queen's has to offer. Over the next week you will be introduced to a variety of clubs, individuals, and activities, but through all this, what I hope you remember most is the Alma Mater Society (AMS). As your undergraduate student body, we are here for you! Whether looking for support, extra-curriculars, or even a job, the AMS has it all, and we are so excited for you to get involved. I hope you all have an incredible Orientation Week, and welcome to your home away from home!



Welcome home, class of 2026! Orientation week is exiting, busy, and filled with lots of new experiences! My advice to you is to take a deep breath, keep an open mind, and let yourself enjoy the unknown and unexpected. This university is filled with adventure, opportunity, and learning. It has been the setting to so many stories that I tell and has truly become my home over the past 5 years. Should you ever be looking for a friendly face, the AMS provides so many opportunities for you to meet new people, join clubs, and make this place your own. We run 9 different operations, by students for students. Excited to see you around! Lots of love, Tina

TINA HU

Vice President, Operations



Hello and welcome Class of '26! As you begin your journey at Queen's University, you'll soon be part of an incredible community of committed and passionate students. Queen's prides itself on this community, and there is an entire school of students, faculty, and staff who are here to support you on your way. During your time in Kingston you'll be challenged, and provided with a wealth of opportunities to make our community a better place, whether through clubs, community organizations, student government, and a host of other paths. While the transition to university life may be daunting, we hope that you will feel welcomed and supported, and as the Alma Mater Society, we are committed to helping you in any way we can. Enjoy your Orientation Week, and once again welcome to Queen's!

CALLUM ROBERTSON

Vice President, University Affairs

CONNECT WITH US!



myAMS.org



queens_AMS



queensAMS



queensAMS

ORIENTATION ROUNDTABLE



I am so excited that you chose Queen's University to be your home on the next step of your academic journey! Your time here will be filled with amazing people, experiences, and memories that you will cherish for a lifetime. With the return to in-person Orientation this year, we are excited to welcome you back to our campus and an exciting week filled with various activities. Orientation Roundtable (ORT) is lucky to work with all ten different Faculty Orientation Committees and work behind the scenes to make Orientation possible! We are beyond excited to see the fun activities each faculty will bring to life! If you have any questions before September, do not hesitate to reach out to your Faculty Head with any questions. You can also keep checking our Instagram for updates @queensu.ort

See you soon!



Katie Browne
Coordinator

Elisabeth McHarg
Assistant Coordinator

Olivia Orsi
Concert & Communications Director

Layla Haddad
Equity Director

Jody Ridpath
Logistics Director

Ben Nethercott
Systems & Support Director

UNIVERSITY PRINCIPAL

I am very pleased to welcome you to campus this fall. Queen's will be your home for the next several years and I hope you will embrace it and cherish it for all it has to offer. You have chosen to be a part of a vibrant community that will provide you with many opportunities to challenge yourselves while you learn and grow as students and as individuals. Your hard work has brought you here, and that drive, and ambition will continue to serve you well as you begin this next chapter of your life.

Over the past two and a half years, we have all faced challenges brought on by the pandemic and I recognize it has not been easy. As we begin to live our lives beyond the pandemic, know that ahead of you lies all the possibility to pursue your hopes and dreams. I encourage you to take advantage of all Queen's has to offer to help you foster connections and prepare yourself with the information and tools you need to thrive at our institution.

If I can offer some advice over the coming weeks, it is to be patient with yourself as you adjust to your new life as a university student. This is a significant transition, and it is natural during this time to feel a bit untethered. Let Queen's and our community help you find your way. You are not alone as there are other students learning alongside you who are likely experiencing similar highs and lows. Your peers are a great resource as are the other sources of help available through different services at Queen's should you ever need emotional or academic support. We want Queen's to be your home where the next phase of your personal journey of growth and development begins.

I wish you all the best this fall, and in the years ahead. I look forward to seeing you on the Queen's campus.

Patrick .

Patrick Deane

Principal and Vice-Chancellor



UNIVERSITY RECTOR



Welcome home Class of 2026. Over the next few weeks, you will be inundated with information, advice, follow requests, and much more. Cherish these connections, relationships, and excitement that comes from exploring everything Queen's has to offer – it won't last forever. Although starting a new chapter, at a new school, can be daunting, everyone here wants you to succeed. Whether it's your professors, staff, TA's, student government or University administration, you will be supported every step of the way. Elected by all students, for all students, the Rector and its office is built in such a way as to provide confidential support and resources for when you might need a bit of extra help. The Rector also seeks to act as a liaison between students and the University's senior administration and can amplify important student issues. With that being said, embrace the incredible week that has been planned to introduce you to Queen's and take full advantage of all the experiences that will be thrust on to you. Look out for one another, be kind, but most importantly, enjoy everything Queen's has to offer.

Cha Gheill!

Owen Crawford-Lem

38th Rector of Queen's University

Princeps Servusque Es



MAYOR OF KINGSTON

Hello to the class of 2026!

As Mayor of the City of Kingston, it's my great pleasure to welcome each and every one of you to Kingston! Like many people in our community, I didn't grow up in Kingston. I was once in your shoes and came to study at Queen's University in the year 2000. I ended up loving Kingston and I never left. My hope is that you immerse yourself in our community and come to love it as much as I did and still do!

I encourage you to break out of the campus bubble and explore our historic downtown and beautiful waterfront. With the most restaurants per capita in all of Canada, and so many one-of-a-kind businesses, there are endless opportunities to create new memories with friends. I hope you really entrench yourself in our community – whether you choose to work in Kingston, or volunteer at a local agency, or take part in one of our many local attractions – there's no shortage of ways to get involved. You are now just as much a part of our community as any lifelong resident.

Please know that my door is always open, and I would love to hear from you. Connect with me on Twitter, Facebook or Instagram or by email at mayor@cityofkingston.ca. Congratulations on selecting Queen's University for your post-secondary education and Kingston as your new home. Wishing you the very best as you begin this new and exciting chapter in life!

Sincerely,



Bryan Paterson
Mayor of Kingston



University Orientation 2022



University Orientation is a free program run by the Student Experience Office. It is part of First Year Foundations and, in collaboration with Faculty Orientation, makes up Queen's Fall Orientation! **It is open to all incoming students and is free!**

This will build on the information provided to you during the Summer Orientation to Academics and Resources (SOAR). Virtual content will be added to your FYF 100 course, and in-person activities will occur on September 3 & 4, 2022.

Check your schedule on [Raft](#) or online at queensu.ca/orientation



EVENTS

Fall Orientation runs from September 3- 11, 2022, with classes starting on Tuesday, September 6. Below are our main events, and be sure to check out our low-key drop-in activities in the evenings on September 6 & 7.

Saturday, Sept 3 at 7 pm: Welcome Home Night

There is a little something for everyone at Welcome Home Night like tricolour crafts, movie night, snacks and sports! Come out and meet upper-year leaders from around campus and even get an evening campus tour!

Sunday, Sept 4 at 9 am: Tricolour Parade and Welcome

The incoming class will parade to the official welcome and kick-off of Fall Orientation in Richardson Stadium. Learn the Oil Thigh, hear from student leaders, and enjoy a picnic lunch!

Thursday, Sept 8 at 7 pm: Tricolour Open House

In partnership with the AMS Clubs Office and Athletics & Recreation, the Tricolour Open House is an opportunity for new and returning students to learn about the diverse selection of clubs and campus resources at Queen's.



ARE YOU LIVING OFF-CAMPUS THIS YEAR?

Are you living off-campus in Kingston or the surrounding area during your first year? Join the [First-Year Off-Campus Community](#)! They will host an event during Orientation and more throughout the year! You can participate in First-Year OCC and your Faculty Orientation.

Check our First-Year Off-Campus Community Raft for more information, and join us on **Saturday, Sept 3, for the First-Year OCC Kickoff event!**

Have questions? Email fall.orientation@queensu.ca





COMMISSIONS

The core components of the AMS are the five Commissions that advocate on behalf of Queen's students to the University, the City of Kingston, and to the provincial government on student issues. There are a wide range of work and volunteer opportunities available within each of the Commissions. Visit myams.org to learn more!

The Commission of External Affairs (CEA) advocates on behalf of students on the Municipal, Provincial, and Federal levels. In this pursuit, the Commission lobbies and advocates internally within the university administration while also lobbying externally to raise awareness about government policies regarding post-secondary education, as well as municipal issues pertaining to student life. The Commission also manages the Housing Resource Centre (HRC) and the Academic Grievance Centre (AGC). Contact the Commissioner of External Affairs, Sahiba Gulati, at cea@ams.queensu.ca

The Commission of Clubs is comprised of an average of 300 unique organizations, ranging from cultural groups to health outreach initiatives, among others. For many students, one of the most important experiences outside of the classroom is participating in clubs on campus. The Clubs Commission works to provide club advocacy, resources and support to AMS affiliated groups through financial means (grants, bursaries, fundraising, etc.), providing club space, insurance, and resources for event planning and marketing. Contact the Commissioner of Clubs, Rob Hughes, at clubs@ams.queensu.ca

The Campus Affairs Commissions (CAC) strives for the betterment of student life through social, inclusive, and entertaining extracurricular activities. They run events and conferences each year that enrich the Queen's experience for undergraduates in unique and memorable ways. Contact the Commissioner of Campus Affairs, Nikki Onuah, at cac@ams.queensu.ca

The Social Issues Commission (SIC) aims to speak to issues of equity while engaging with oppression at Queen's. They seek to provide students with resources and education as well as offer an open, safe space for those who face oppression and their allies. By fostering close ties with various groups and the Queen's administration as well as facilitating student learning about oppression, we aim to eliminate marginalization on campus.

Contact the Commissioner of Social Issues, at sic@ams.queensu.ca

The Commission of Environmental Sustainability (CES) works towards a sustainable campus by advocating for sustainable action and initiatives on behalf of Queen's undergraduate students. Reinstated in 2020, the commission takes on various projects to encourage environmental sustainability within the AMS, Queen's University, and the city of Kingston. Some of these projects include the Sustainable Action Fund, the Sustainable Event Certificate. Contact the Commissioner of Environmental Sustainability, Emily Rolph, at ces@ams.queensu.ca



OFFICES

The four AMS Offices support the activities of all students presently involved with the AMS as well as those looking to get involved. They also work toward strengthening the organizational and reputational standing of student leadership. Check out myams.org to see the opportunities in each Office.

The Human Resources (HR) Office is here to make sure that your experience within the AMS is rewarding, productive and welcoming. Whether you volunteer on a committee, work as an AMS intern, or are employed by one of the many AMS services, the HR Office is your resource. Don't know where to start? We can help with that too because recruitment is one of the primary roles of the HR Office. Contact the Human Resources Manager, Chloë Umengan, at hrmanager@ams.queensu.ca

The Marketing Office aims to promote AMS initiatives, opportunities, and services by establishing various channels to engage students with the AMS. They accomplish this using market research to gauge the opinions of the Queen's student body while monitoring the AMS's brand awareness. They are also responsible for the supervision and creation of AMS digital media content, and interacting with students and the city through social media. The Marketing Office runs various media campaigns to better connect students and encourage them to take advantage of AMS opportunities. The Marketing Office provides resources for services, clubs, and societies to assist in social media and event promotion and collaboration. Contact the Director of Marketing, Niki Boytchuk-Hale, at marketing@ams.queensu.ca.

The Communications Office facilitates the two-way flow of information between the AMS and student body, communicating intended messaging from the AMS to the students, and back again. Using local and national media outlets, they manage public relations and supervise the creation of AMS publications. The Communications Office provides resources for services, clubs, and societies to assist in event promotion, information campaigns, and media relations. The Communications Office acts to inform, facilitate, and engage members of the AMS in events, referendums, and initiatives. Contact the Director of Communications, Cassie Luk, at communications@ams.queensu.ca

The Office of Internal Affairs is responsible for ensuring that internal functions of the AMS are running smoothly. This includes elections and referendum, AMS Assembly (the AMS legislative body), AMS Board of Directors, the judicial branches, and keeping policy up to date. The office is managed by the Secretary of Internal Affairs and works to provide students with open access to the electoral processes and assembly. Contact the Secretariat, Amir-Ali Golrokhian-Sani, at secretariat@ams.queensu.ca

Campus Response Team

QUEENS FIRST AID



NEED FIRST AID ASSISTANCE?

QFA can help!

Call the Queen's Emergency Report Centre (ERC)
at **613-533-6111** or activate one of several blue
lights on campus.



Please note that in case of a life-threatening medical emergency, EMS should always be activated by calling 911.

QUEENS FIRST AID

Campus Response Team



WHO ARE WE?

We are an on-call emergency service on the Queen's University Campus. We provide first aid services across the Queen's campus and at select off-campus events.



WHAT ARE OUR HOURS?

During a regular academic year, we would be on call 24/7. However, as we return to normal operations, we are planning to be on-call from 2-11 pm, every day!



WHERE CAN YOU FIND US?

You can find us at the "Grey House" at 51 Bader Lane. This is our home base, however, our responders can be anywhere on campus while they are on-call! Responders can be found wearing their big red backpacks!



WHEN CAN YOU CALL US?

No medical emergency is too small! Our responders are trained to the level of Advanced Medical First Responder (AMFR) and are equipped to handle a variety of situations. If in doubt, give us a shout!



HOW DO YOU CONTACT US?

Call the Queen's Emergency Report Centre (ERC) at 613-533-6111 or activate a blue light on campus!



HOW CAN YOU JOIN?

We hire every Fall and Spring. The written application will be posted on our socials, so don't forget to apply! **Applications for the Fall hiring cycle are due Sept. 16th!** All you need is a valid Standard First Aid (SFA) and CPR-C certification.

 @queensfirstaid

 www.queensfirstaid.com

 @Queens First Aid Campus Response Team

Please note that in case of a life-threatening medical emergency, EMS should always be activated by calling 911.

AMS Health & Dental Plan

Make the most out of it



A Health & Dental Plan designed to meet your needs!



Health



Dental



Vision



Travel

For complete details on coverage, the Basic Care Plan, eligibility, and group/policy numbers, visit www.studentcare.ca.

Save more money!



By consulting a Studentcare Network professional, you can get additional coverage.

Well-Being Resources: Empower Me

A mental health and wellness service available 24/7

Powered by **Optima Global Health**

Virtual Health Care

Connect virtually with nurses and physicians from anywhere in Canada

Provided by **Dialogue**

*Please note that at the time of printing, benefits and dates for 2022-2023 were still subject to change. For complete details, visit www.studentcare.ca.



STUDENTCARE

Questions?
www.studentcare.ca

Scan the QR code for more details on your Plan.





SERVICES

All AMS services are entirely student-run. We have thousands of student employees and volunteers who work hard to bring on-campus resources to those who need them, whether that's a cup of coffee at Common Ground, weekly campus news from the Queen's Journal, or academic support from the Academic Grievance Centre. Want to be a part of an AMS service? Check out www.myAMS.org for information about which services will be hiring this fall!



The Common Ground Coffeehouse (CoGro) is a student run coffeehouse found at the heart of the Queen's Campus in the Athletics & Recreation Centre. They offer a large variety of espresso based drinks, iced drinks, bagels, delicious sandwiches, and local baked goods. The CoGro lounge space can be used for studying, hanging out with friends, grabbing lunch, or can even be booked for events! Be sure to drop by CoGro in the Queen's Centre to pick up a coffee, tea, or baked good on your way to class!



Located in the Queen's Centre in room A506, the Printing & Copy Centre offers a wide variety of products and services to suit all of your printing needs. Offering black & white and colour printing, scanning, business cards, booklets, conference cards and handouts, binding, poster printing and more, if you ask a P&CC staff they'll tell you, "Yeah, we do that!". The staff at the P&CC work hard to help you complete your publishing projects efficiently, effectively, and affordably – all while in a fun and welcoming environment. We can't wait to help bring your projects to life during your time at Queen's!



Walkhome is a student-run service that provides all members of the Queen's Community with a safe and comfortable way to travel Kingston at night. It is a completely anonymous and confidential service, so our staff members do not wear any clothes identifying them as a Walkhome team. Whether you feel unsafe or just want company on your night walk please call (613) 533-WALK or visit the kiosk under the stairs on the first floor of the Queen's Centre.



SERVICES



The Peer Support Centre (PSC) is comprised of 100+ dedicated staff and volunteers. The PSC provides all undergraduate students with confidential, empathetic, peer-to-peer support, including resource referrals and practical guidance. Students are welcome to come in to talk about homesickness, personal grievances, mental health, instances of oppression and/or discrimination, sexual violence, academic challenges, and more! 'No problem is too big or too small, we care about them all.' For the latest hours and location updates, visit their Instagram @peersupportcentre or contact the Head Manager, Angela Li at peersupport@ams.queensu.ca



The Queen's Student Constables (StuCons) are the only peer-to-peer security service in North America. The StuCons were founded in 1936, and ever since have been working to help facilitate campus engagement by upholding the AMS rules and regulations in a safe and judgement free environment. With a Staff of approximately 60 students, you can find us at your favourite on-campus establishments such as Clark Hall Pub or the Grad Club. They also regularly work alongside the over 260+ student run clubs to promote and organize sanctioned events during the school year. StuCons can be reached at QSC@ams.queensu.ca



Tricolour Outlet is your one-stop shop that serves students, alumni, and the Queen's community. They provide high-quality options for Queen's clothing and merchandise, and convenient bus service. Check out their website: www.tricolouroutlet.ca!



SERVICES



Studio Q is a student-run creative media agency that specializes in professional design, photography, videography, and publications. Serving the Queen's community through capturing life on campus and producing the Tricolour Yearbook and Agenda, Studio Q is a valuable resource for all your media needs. Keep posted with the latest location and hours updates on the Studio Q Instagram @studio.q or on their website at studioq.ca



With a staff of almost 30 students, the Queen's Journal (QJ) puts out issues every Friday and releases online content throughout each week at www.queensjournal.ca. They welcome all students to contribute as writers, as well as letters or opinion pieces from all members of the Queen's community. Feel free to drop by the Journal House (190 University Ave.) or contact the Editor In-Chief, Ben Wrixon, at journal_editors@ams.queensu.ca or (613) 533-2800 for more information about services and opportunities.



The AMS Food Bank provides confidential and non-judgmental food options to members of the Queen's community in the most comfortable environment possible. The Food Bank helps to ensure that Queen's students can be healthy and productive as they pursue academic achievement and alleviates poverty amongst Queen's community members. Keep posted with the latest location and hours updates on the Food Bank Instagram @amsfoodbank or on their website at www.amsfoodbank.ca.



Providing Equal Access, Changing Hunger

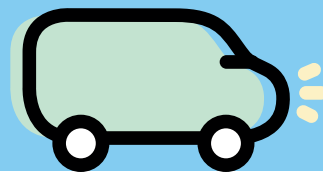
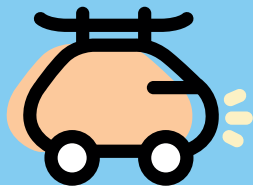
PEACH Market complements other food access programs on campus and supports sustainability through food rescue. Untouched food from across Queen's Hospitality Services will be packaged and made available to students, staff, and faculty through the market's accessible 'pay what you can' operating model. As a shared priority between StudentAffairs and the AMS, PEACH Market will be proudly run by student volunteers for the campus community. Follow @queensfood and @amsfoodbank for more information!

The *cheapest* way to visit your friends



From
\$30

Kingston to Ottawa
Kingston to Toronto
Kingston to Montreal



Get your student discount at poparide.com/queens

POPARIDE



SERVICES



The Housing Resource Centre (HRC) offers support for students who are experiencing a conflict with a landlord or housemate in a safe and confidential space. Trained student volunteers can also answer questions and provide information on property standards, leases, tenant rights, house hunting, home security, and more. For the latest hours and location updates, contact them at hrc@ams.queensu.ca



The Academic Grievance Centre (AGC) is the place to go if you have any questions or concerns about academic grievances, discipline, or regulations. The volunteers that work in the centre are very knowledgeable about the academic policies of the University and can be a resource and support if you have a problem or simply need someone to listen. For the latest hours and location updates, contact them at agc@ams.queensu.ca

Open Fridays and Saturdays, 9 PM-7 AM
+ extended hours during peak party times



A safe space where **students who have had too much to drink** can sleep it off under the supervision of trained volunteers and staff.



LEONARD HALL, BACK ENTRANCE
128 Queen's Crescent
across from Leonard Dining Hall



PHONE: 613-533-6911
EMAIL: cor@queensu.ca

Call **Amey's Taxi** to get a free ride to COR



The Student Life Centre (SLC) is a collaboration of facilities, services, and resources dedicated to enhancing the quality of student life at Queen's. Encompassing the Queen's Centre (QC), the John Deutsch University Centre (JDUC), the Rideau Building, the Mackintosh-Corry Student Street (MC) and the Grey House, the SLC provides bookable equipment and spaces for individuals, organizations and clubs to arrange meetings, performances, and events encompassing a wide range of student and community uses. The SLC Information Desk is located on the 1st floor of the Queen's Centre where friendly SLC staff can provide you with information about space bookings, equipment and locker rentals, opportunities to advertise through posters and TV screens within SLC spaces, booths, and conference or event set-up. In the long term, the JDUC revitalization project will create transformative new opportunities for student life and engagement. Contact the SLC at slc.director@ams.queensu.ca or visit their www.studentlifecentre.ca



Student Life Centre



**OSCAR, YOUR CAMPUS
THERAPY DOG!**

FEELING RUFF?

**WE'RE HERE TO SUPPORT YOU
for your Medical, Mental Health,
Accessibility, & Health Promotion needs.**



STUDENT AFFAIRS
Student Wellness Services



613-533-2506



**1ST FLOOR, MITCHELL HALL
69 UNION STREET**



QUEENSU.CA/STUDENTWELLNESS

Are you, **GOOD TO GO?**

To help minimize single-use waste, all residence students receive a carabiner to participate in the GOOD TO GO reusable container swap. Bring your carabiner or container with you to exchange every time you visit a campus food location to save the \$0.75 single-use container fee.



Swap:

Bring your carabiner to a food counter. Order your meal in a GOOD TO GO container and exchange your carabiner with a staff member.

Eat:

Receive your meal in a sanitized GOOD TO GO container to take away and enjoy.

Repeat:

Return your used GOOD TO GO container for a carabiner at a Swap Station to use later or exchange it at a food counter now for a meal in a new container.

• JOIN A SERVICE • LEARN A TRADE • MAKE A DIFFERENCE •

QUEEN'S STUDENT CONSTABLES

Established in 1936, Queen's Student Constables represent the oldest student-run service on campus.

We work diligently to continue to promote a safe campus culture and assist in areas of campus life like mental wellness, sexual health outreach and addictions.

We are always looking for non-judgmental individuals who can bring a positive energy to our service!



Scan Here
To Apply



Scan Here
to Learn
More





MYSTERY CONCERT


Friday, September 9, 2022

Miller Hall Parking Lot (36 Union Street)

Doors: 6:00 pm

Headliner: 9:00 pm



 **@queensu.ort** for more information



SEE YOU SOON!

