



A sample

catalogue

of just a

few of the

programs

and

activities

brought to

you by

RezLife

UBC HOUSING AND CONFERENCES

Have questions about living in residence?

Your residence **Handbook** and **Residence Contract** provide answers to questions that residents frequently ask.

Additionally, we publish a list of **What to Bring to Residence**.

These (and other helpful) resources can be located online at www.housing.ubc.ca. Just click on the **Residence Guide** button on the left side of the page.

www.housing.ubc.ca



Residence Guide

Campus Life Orientation
Talent Shows/Coffee Houses
Peer Tutoring/Academic Skills
Concentration and Note-Taking
Career Information Nights
Residence Newsletters
Casino Nights
Musical Theatre
Theme Weeks
Broomball
Ski/Board Trips
Name That Tune
International Cooking
Quiz Show/Brainopoly
Pancake Breakfasts
Life After Grad
Running Club
Dinner Under the Stars
Study Nights in the Beanery
BBQs and Movies on the Wall
Community Volunteer Programs
Remembrance Day Services
Persian and Indian Nights
International Film Festival
Dating Around the World
Craft-Making Workshops
Kayaking and Surfing
Investment Seminars
French Club
Bookclub
Karaoke Night
Sports Tournaments and Leagues
Aerobics, Yoga and Dance Classes
Grad Studies Information Night
Gallery and Concert Nights



In your first year of university you will spend about 20 hours per week in class.

Where will you spend the other 148 hours?

We invite you to spend some of that time making connections with fellow students, staff and faculty!

Living in residence is so much more than having a place to eat and sleep! By getting involved in residence life programs, you'll quickly become part of the UBC community. You will meet, learn from, have fun with, and even develop life-long friendships with others who live around you.

Take advantage of the activities that are offered right in your own residence home. Explore new interests, try different activities, develop new skills, be exposed to new ideas and information, get and give academic and personal support, and learn new life skills. You'll have the time of your life doing it!

The other students who live in residence come from many places around the world. Whether you come from Hope or Hong Kong, Kamloops or Kuala Lumpur, Penticton or Pretoria, New Westminster or New York, there's a place for you in this community! You won't need a travel agent to explore the global village — just get to know your neighbours.

Every year our Residence Advisors plan an array of academic success, cultural, social and recreational programs and activities in residence! These programs are based on a five-pillar model, they focus on People, Learning, Discovery, Community and Internationalization.

Here's a sampling of the programs and activities that residents have enjoyed in the past. And with each year, new adventures await.

Janice Robinson

Director Residence Life

UBC Department of Housing and Conferences



What's Happening?

Totem Park and Place Vanier

Campus Life Orientation

Why go all over the campus when we can bring it to you? This program is a casual and fun introduction to the clubs, sports teams, organizations and services that UBC has to offer. You can simply gather information or sign up for the club of your interest. Besides the great information, there are free ice cream, prizes and giveaways. Guaranteed to make your UBC experience even better.

Talent Shows

From the first day of residence, the musical talent of our residents is on display. With the opening coffee house under the stars to the Show-o-rama Battle of the Bands, entertainment is guaranteed. Whether you want to show off your stuff or just kick back and enjoy the scene, our talent shows offer it all.

Residence Newsletters

Okay, these aren't your traditional newsletters but Totem's *Bladder Chatter* and Vanier's *Vibe* do offer valuable information. It doesn't matter whether you are looking for something to make you laugh, educational information, or updates on what's happening around rez, you'll find it here. In the bathroom stalls. That's right, once a month you will be blessed with a new issue in the place you want it most, the bathroom.

Casino Night

Have you ever wanted to win big prizes without spending lots of money? Now you can. Perhaps the biggest event of the year, Casino Night offers high-stakes gambling with no risk to your wallet. There's poker, roulette, blackjack and much, much more with a prize auction to wrap up. Of course, there's no real money—hence the no risk—and all proceeds from admission go to a local charity.

For added fun, dress to match the theme. Over the years, our Casino has been a Wild West hangout, a Monte Carlo establishment and a James Bond club. The key here is that everyone has a great time while raising money for a local charity!

Vanier Olympics/Colour Wars

Remember elementary school, when you had sports day and played all sorts of crazy team games? Well, on the first weekend of the school year we take you on a trip back to sports day. With your house team, you will do battle in a competition of house spirit and fun. Through a series of crazy events, you will compete against other teams, all in an attempt to win bragging rights for your house for the entire year. This is the kickoff for a year of fun!

Remembrance Day Services

This is a simple and respectful service run every year by residents and advisors. It is accompanied by photo displays, personal stories and educational information throughout the week around November 11. We must never forget.

Quiz Show/Brainopoly

Team up with floormates in the ultimate challenge to discover who has the most (useless) knowledge in the residence. Teams come to the cafeteria dressed in crazy costumes to battle it out for intellectual supremacy. Prizes and bragging rights go to the team who proves they are not the weakest link. Prizes and hopes for next year go to the teams who have to say, "Goodbye".

Musical Theatre

This annual tradition showcases the incredible talents of fellow residents. From the auditions in late October to the final production in March, hours of hard work and dedication are poured into the show.

If you don't want to sing and dance, there is always behind the scenes work to be done. Recent productions include: *Guys and Dolls*, *Little Shop Of Horrors*, *Crazy for You*, *Fame*, *Fiddler on the Roof*, *Cabaret* and *Tommy*.

Theme Weeks

Part of the life in residence is gaining knowledge in areas other than just academic ones. Throughout the year, various theme weeks integrate recreational, educational and cultural programming to provide residents with information in a wide range of areas. Some

of our theme weeks are Intimacy Week, which runs around Valentine's Day; Drug, Alcohol and Personal Wellness Awareness Week; Change the World Week; Arts Week; Careers Week and International Week. Simply put, these are week-long programs on basic, but worthwhile themes.

Broomball

It is a great stress reliever for the athletic and non-athletic alike. Take hockey, remove the padding, replace the skates with shoes, the stick with a broom and the puck with a ball and you have the recipe for a night of fun and laughter. Often combined with friendly house competition to increase the enthusiasm. Don't miss out.

Ski/Board Trips

Love the snow? Here's your chance to meet fellow snow lovers and enjoy a great weekend at an interior BC snow destination. Hit the slopes during the day and relax with friends during the night. Three of the best days you may have while at UBC

Sports Tournaments and Leagues

With the weekly stress of classes, sometimes you need to get outside and just run around. This is where our sports leagues come in. Grab your floormates and get involved. No talent required, but fun is a must. We run flag football, soccer, tennis, roller hockey, basketball, softball, volleyball and more. Don't be left alone in your room. Come on out and have some fun!

Fitness Programs

Need to get in a little exercise during the week but don't want to do the sports thing? Try aerobics, yoga and Pilates or learn a new dance step. These classes are taught by qualified teachers—who just happen to also be fellow residents—and can be enjoyed for a minimal fee. They are great ways to get in shape and meet lots of new people.

Peer Tutoring/Academic Skills

You are here for an education, so it is only appropriate that we offer programs in this area. Our peer-tutoring program matches a student who wants help in a class with a fellow resident who feels comfortable in that area. On top of that, we offer workshops in note taking, study skills, stress relief and other helpful areas, all to help in your academic pursuit of excellence.

Walter Gage, Fairview Crescent, Ritsumeikan-UBC House and Thunderbird

Yoga Classes

Discover how to relax your body and mind. Learn breathing techniques, meditation, and relaxation in order to improve your health, reduce stress and develop inner awareness.

Name That Tune

Take a walk down memory lane with your teammates. Pit your team's collective knowledge against others for an evening of hilarious competition. Be the first to figure out what tune is being played, and you're the winner. Winners receive big prizes! Past prizes have included portable stereos, dinners out and cleaning services.

West Tower

West Tower, Gage's premiere student hangout, is open every night from 7–10 pm. Come and join in good conversation, play musical instruments, videogames, watch the bigscreen, read the day's paper or grab a magazine. You can also borrow one of the more than 200 videos or DVDs along with a TV, VCR or DVD player. This venue is a great way to get acquainted with the advising staff at Gage, find out what is going on and make use of great resources.

International Cooking

Learn to make easy recipes from around the world and sample them, too. In the past, dishes from India, Japan, Mexico, China have been sampled. Bring your favourites.

Life After Grad

A jam-packed week of info sessions providing options for life after graduation. Look for grad school entrance exam clinics and presentations by the faculties of medicine, education, law, dentistry and graduate studies. Career Services workshops include résumé building, effective job seeking and interviewing skills.

Running Club

Feel like it's time to get off the couch and get some exercise? Well, the Wednesday running club is your answer. Runners and walkers of all levels are welcome to meet fellow residents interested in getting out for

some fresh air. It's a great way to see some of the campus and surrounding area, while at the same time, get to know your neighbours. Meet in the commonsblock at 6 pm.

Dinner Under the Stars

Come enjoy some excellent food prepared by your advisors and residence associations. We will have grilled beef, chicken, kabobs, veggies, along with rice, salad and sensational desserts. As the title states, we will eat outside under the stars—weather permitting—and enjoy the last few days of summer. Cost is only \$5 per person. Hope to see you there.

Coffee House and Dessert Night

Dust off your instruments and bring out your talents! It's time to showcase residents' diverse interests and skills. Whether you read a poem, perform a song or act, or even just get up to share a story or tell a joke, it is all part of the evening.

We will also showcase residents' art along the walls, so if you have a piece of art that you would like to share, please bring it by. We will provide delicious desserts and drinks for only \$2. I heard a rumour that the Back Street Boys will be making a special appearance!

Pancake Breakfast

Come on out for fluffy pancakes, fruit and a drink. Only \$2! It's a great way to start your day, with your closest 200 residence friends. Meet fellow residents and have some great grub!

BBQs and Movies on the Wall

Cinema under the stars! Satisfy those hunger pangs, grab a great burger (beef or veggie), chips and a drink for \$2. Tonight's feature is *Lord of the Rings*. Popcorn and drinks will also be provided during the flick.

Ski Trips

Want to catch some of the best snow conditions in the best locations in North America? Sign up for a weekend of fun on the slopes! Registration is \$175-\$225 depending on the location and group size. All skill levels are welcome!



Walter Gage, Fairview Crescent, Ritsumeikan-UBC House and Thunderbird

Quiz Show

So, you think you know it all? Why not come out, test that knowledge and take a shot at the title of Quiz Show Champion. We guarantee a fun-filled night of trivia and activities that will teach everyone something new. Here's a teaser: In what city is mile zero of the Trans-Canada? Teams of eight or larger are required for this event. See you and your roommates and neighbours there!

Broomball

Broomball is one of our best stress-relief programs. Who would have thought that a broom with a ball, the elements of hockey without skates, padding, or rules, and a bunch of enthusiastic students would be so much fun? So come on out and rent the ice and enjoy non-stop laughter and entertainment.

Karaoke Night

Break out the CDs and duds; it's time for some good ol' fashion singing. Don't worry; there are groups, so you do not have to perform alone. It's lots of fun and is always worth great laughs and photo-ops!

Community

Vancouver Harbour Light Soup Kitchen Volunteer work is important to many people whether you are delivering or receiving it. Join fellow residents for four hours Sunday morning down at the Soup Kitchen, and help serve those who are less fortunate. We carpool to the Soup Kitchen, so please meet at the commonsblock at 8:30 am.

Blood Drive

As the TV and radio commercials say, "It's in you to give." A group of residents will head downtown to the blood bank to donate blood. Hope to see you at this event.

Meet in the commonsblock at 11 am on Saturday morning.

East Meets West

Enjoy a trip to the Vancouver Art Gallery. We will visit two cultural Exhibits: *Colouring the West: A Century of BC Painting*, and *Chang Dai-Chien: Master of the Three Perfections*. Meet at 10 am in front of the Beanery and cost will be approximately \$10. Please sign up with an advisor.

Vienna Boys Choir

Have you been to the Chan Centre? This amazing building is right on campus, and was built to host the performing arts. The Vienna Boys Choir is an excellent event and, as the Residence Association will subsidize the cost, will cost you only \$5. If interested, please contact your nearest advisor.

Residence Newsletters and e-communities

Monthly residence life publications provide residents with information on upcoming programming events, timely student issues, residence life and facility related issues, residence council news, fun contests and activities, lively debates, and policy reminders, clarifications, and changes.

- *Gage Gab*
- *Rits Bits*
- *Fairview Forum*
- *The Thunderbird*

Also check our residence e-communities at:

- www.ritsl3.com
- <http://gage.housing.ubc.ca>

It definitely is a great way to keep up to date with what is happening in your area and on campus.

Persian and Indian Nights

You'll be drawn to a place where you can experience different cultures through authentic cuisine, dress, music, and games. If you would like to experience these places and skip the jetlag, then the activity room is the place to be. There will be a \$5 charge for those that wish to have dinner.

Majong Madness

Even the players that come just to learn the game, meet new people, and experience a game from China, find their competitive juices begin to flow. Have hours of fun while enjoying a game that keeps you thinking all the time.

International Film Festival

Whether it's a film from Japan, Iran, England, France, Bolivia or Italy, we guarantee something for everyone. Catch new and old releases from around the world in the activity room. Drinks and snacks will be provided

International Potluck Dinner

Cuisines from around the world in your own back yard, who could ask for anything more? Sign up to bring your favourite dish to this event. It will be a great opportunity to meet people from our global community and also to share recipes. Hope to see you there with a healthy appetite!

Chinese New Year

Join us as the residence association sponsors a celebration of the Chinese New Year. Decorations, music and dress to commemorate this special day will be part of the festivities. We will also show a Chinese film.

Australia Day

Have you ever thought about going to Australia? Did you know that there was an Australia Day? C'mon out, celebrate with us and enjoy an hour-long slide show presentation from one of our very own Thunderbird residents. She will take us through the presentation and explore Australia's rich history, geography and culture.

We'll also make traditional Australian food and treats. There will be an Australian movie to follow. Look forward to seeing you there!

Dating Around the World

Healthy dating can be challenging for many of us. Different people from different parts of the world, or even the country, have different ways of communicating. Not to mention differing expectations, behaviours and attitudes towards dating. This program will help increase your awareness of those differences and similarities so you can begin to understand how you and different cultures approach dating.

Sushi Making Night

We all know how good sushi tastes, but have you ever wanted to learn to make your own? It's not as simple as you may have thought. Come learn the challenging art of sushi making, with the bonus of enjoying your sushi creations. See you Tuesday in the Tatami room.

Chunk and Bees Wax Candle Making

Struggling for ideas for gifts? How about making a personalized candle? Learn the simple craft of candle making, whether it's small and colourful or large and chunky. It is a great part of our craft-making workshop series.

Sexual Jeopardy

Think you know everything about sex? We bet you don't. Come to this informative and fun-filled evening. There will be prizes for the most provocative and interesting costumes. You will compete in teams for the grand prize of sexual jeopardy guru. Come strut your stuff and bring your friends. We promise you will learn something new, and have a laugh learning it.

Massage Therapy

Have you ever come home after a long day of school and all you wanted was a nice neck and back massage? Well, here is your chance. Gather some fellow residents and learn from the professionals. You will learn proper massage and relaxation techniques and preventative measures to help keep you from suffering a sore back and neck.

Paper Making Workshop

Wouldn't it be nice to give your family and friends cards on your own homemade paper? We'll teach you how easy it is to turn scrap paper into beautiful handmade paper.

Truffle Making

Any of you have a sweet tooth? Or at least know someone that has a sweet tooth? Well, this program is for you! Learn a new skill where you will be able create your own delicacies... mmm, chocolate truffles!

Soap and Bath Bomb Making

Yet another fun and practical program in our arts and crafts series. Come learn how to make soap and bathbombs. They make great gifts and will provide hours of bathing fun! Hope to see you there.

Kayaking and Surfing

Attention to all those water-loving and/or adventurous types! This program is for you. Come enjoy our beautiful west coast environment, looking in from the sea. Tofino and Deep Cove are two excellent locations; don't forget your swimsuit and camera.

Concentration and Note-Taking Workshop

A professional speaker will provide you with information on how to improve time management, note-taking skills, and concentration techniques. There will be time for facilitated group discussion and information about where to go for specific academic concerns.

Bookclub

Do you often tell yourself that you'd like to read more, but can't find the time? This self-directed book club meets regularly and is a great opportunity to discuss interesting books in greater depth. The group may also help you reach your goal to read more often. And it's a good chance to meet new residents with similar interests.

Study Nights in the Beanery

Do you need a new place to study? The Beanery is one of the most popular student hangouts on campus. Are you looking for some discussion in a comfortable environment? We will buy you a coffee and snack, you bring yourself, and your books and the rest will take care of itself.

French Club

This group meets weekly to practice French skills and help build a French-speaking community within residence. Whether they go for coffee, work on some homework, watch a French movie, or go out for dinner, the focus is on French. It's a great way to improve and maintain your French-speaking skills and meet other residents with similar interests.

Grad/Supervisor Relationship workshop

A positive relationship with your supervisor is critical for your academic success. Come listen to a grad student counselor and a representative from the graduate students' society on how to gain skills and use available resources in order to improve and/or create this relationship.

Investment Seminar

Money burning a hole in your pocket? Can't resist spending it? Maybe it's time to look at investing in your future. At this seminar you will learn the fundamentals of investing, such as diversification, taxation and risk.

Graduate Studies Information Night

If you are thinking of going on to do graduate work, don't miss this workshop. There will be a presentation about Graduate Studies, what it is like, how to get there, and answers to any and all of your questions. Hope to see you there.

Published by



**Housing and
Conferences**

at The University of British Columbia

May 2005