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Welcome to the Department of Political Science!

You are now part of a vibrant community engaged in a wide range of research from Canadian Politics, Political Philosophy, Elections and Representation, International Relations, and Public Policy. There are several ways to pursue a graduate program in Political Science that suits your research and future career interests. By working closely with faculty in research, teaching, mentoring, and supervisory capacities, our M.A. program prepares students for both academic and professional careers. We offer different program streams and place a strong emphasis on applied learning and internships.

We want you to thrive as a student, discovering and meeting all of your potential. Our students have gone on to successful careers in academia, government, law, party politics, and journalism. Our department is committed to helping all of our students develop their skills and expertise, in preparation for what will come next. We hold several “extracurricular” events throughout the year to provide our students with opportunities to build relationships with other students, interact with faculty, and network with renowned scholars, and public figures, and community stakeholders.

This Student Handbook contains important information that will help you during your time at Memorial. Our doors are open to any question that you may have. We believe in a culture that celebrates and promotes diversity and we are proud to include and respect different voices, cultures, and backgrounds in the academy. Our friendly, international, and diverse student body creates a learning environment that is designed to ensure that all are welcome. We want you to have a wonderful time in the Department of Political Science, making meaning relationships while developing important skills and expertise.

We welcome you to Memorial University and to the Department of Political Science. It is a pleasure for us to have the opportunity to work with you.
About the Department

The MUN Political Science department was created in 1967, and our graduate program was created in 1970. Today, the M.A. degree has a broad focus, and is offered by either full-time or part-time study. The number of applicants has been increasing since the mid-1990s: we now receive hundreds of applications each year, and our program attracts students from around the world. The department’s breadth and depth of research activities covers all subfields of political science, with particular strengths in Elections and Representation, International Relations and European Politics, and Public Policy and Governance.

Faculty Members and Staff

The permanent faculty members in the Department of Political Science have expertise across all political fields and research areas. Outlined below are their broad fields of study and research areas of interest. To get more detailed information about faculty members’ background and research, please visit: [http://www.mun.ca/posc/people/](http://www.mun.ca/posc/people/)

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<th>Law and Society</th>
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Dr. Ashworth, Luke (International relations theory, the history of international thought, transnational history, women in IR, and the development of global political economy)

Dr. Basta, Karlo (Identity politics (nationalism, ethnopolitics), institutional design and change, federalism and multi-level governance, West and East European politics, and democratization)

Dr. Bittner, Amanda (Canadian politics, comparative political behaviour, gender and politics, public opinion and voting behaviour, elections and political parties, and political psychology)

Dr. Blidook, Kelly (Political and legislative behaviour, political institutions, public opinion, Canadian politics, parliament, legislative behaviour and political representation, elite behaviour, and representation)

Dr. Côté, Isabelle (Ethnic conflict and civil wars, contentious politics, political demography, China and Southeast Asia, migration)
Dr. Croci, Osvaldo (International relations, European Union, transatlantic relations, foreign and defence policies of Western states, especially Canada and Italy, sport and politics)

Dr. Doonan, Christina (Political theory, social justice, human rights, feminist theory/ feminist political engagement, and gender and health)

Dr. Marland, Alex (Canadian politics, political marketing, political communication, election campaigning, governance, public policy and political elites in Canada and Newfoundland & Labrador, and Canadian political parties and leadership)

Dr. Martin, Sarah (Global political economy, food politics, environmental politics, and finance and financialization)

Dr. Matthews, Scott (Elections, public opinion and voting behaviour, political psychology, political parties, parties and elections in the U.S. and Canada)

Dr. Panagos, Dimitrios (Contemporary political philosophy, aboriginal politics, identity politics, resource management and governance)

Dr. Tomblin, Stephen (Canadian and provincial politics, comparative public policy and public administration, health policy, regionalism and economic development)

Dr. Williams, Russell (Canadian economic development, Canadian foreign policy and international political economy, globalization, financial services and Canadian public policy, trade policy and regional integration, international political economy, international relations, public policy)

Research

If you are interested in doing research in addition to your course work, Research Assistant positions are typically available. These are often tied to grants with individual professors.

Academic Information

The Master of Arts in Political Science offers an excellent opportunity to expand your research, writing, and analytical abilities as well as career opportunities, whether in academia, think-tanks, government, non-profit, or the private sector. The M.A. program can be completed either full- or part-time. For more information about courses offered and program streams, visit: http://www.mun.ca/posc/graduate/options.php
Our Graduate Program

<table>
<thead>
<tr>
<th>Streams</th>
<th>Description</th>
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<tr>
<td>1 Thesis Stream</td>
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<td>3 Internship Stream</td>
<td>coursework &amp; internship completed over 12 months</td>
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</tbody>
</table>

Our MA program is offered in three program streams: the thesis stream (a two year program); the major research paper (MRP) stream (a one year program), and the Internship stream, which involves a work-term (also a one year program). Students are admitted directly into one of these program streams when they are offered admission to the graduate program. Changing program streams is possible in exceptional circumstances, and can only be done with permission from the Graduate Program Coordinator.

Courses Offered

The department of Political Science offers a wide range of graduate courses cutting across all subfields. Courses provide an opportunity for you to enhance your knowledge and improve upon your research skills. In addition, you may take courses in other departments if you and your supervisor feel it will enhance your program and better prepare you for your research project. If there is a course outside of Political Science that you are interested in taking, speak with your supervisor and the Graduate Program Coordinator in order to attain course approval. For further information about core courses and elective courses, please visit: [http://www.mun.ca/posc/graduate/courses.php](http://www.mun.ca/posc/graduate/courses.php)

Course Registration

In order to ensure that you can be actively engaged in your coursework when lectures begin we recommend reading the following instructions to assure a smooth course registration process: [https://www.mun.ca/regoff/registration/how/regular_online.php](https://www.mun.ca/regoff/registration/how/regular_online.php)

Scholarship & Funding

There are multiple scholarships and types of financial resources available to Graduate students at Memorial University. Some are administered through the School of Graduate Studies (SGS), the Faculty of Humanities and Social Sciences, Memorial University, or outside organizations, while others are administered directly by the Department of Political Science. We do our best to support our students through financial support where it is available. Funding is generally based on academic merit.
SGS Fellowships
Each year the Department of Political Science has a baseline budget of graduate funding, which it offers to new students on a competitive basis. Students must meet minimum eligibility requirements set by SGS to receive these scholarships.

Faculty of Humanities and Social Sciences "GA" Funding
Graduate Assistantships (or "GAs") are awarded each semester. GAs are normally assigned work as teaching assistants. Each GA unit consists of 56 hours of work over a 14-week period within a semester. Students will be contacted by the Graduate Coordinator and asked to apply for GA funding prior to the start of each semester.

Social Sciences and Humanities Research Council of Canada (SSHRC)
SSHRC funding is available for citizens and/or permanent residents of Canada, who have completed or are about to complete a bachelor’s degree, or in their first year of a two year research master’s degree in the humanities or social sciences. SSHRC provides both MA and Ph.D. scholarships to students pursuing Political Science - the Masters Scholarship is valued at $17,500 per year. For more information visit: http://www.sshrc-crsh.gc.ca/home-accueil-eng.aspx

Tips for Academic Success
Graduate life is challenging. Below are a few tips from the University and former students to help prepare you for the upcoming transition to graduate student life. Moreover, the Political Science Graduate Coordinator and other faculty members are available to help throughout your tenure.

• Attend all classes. Attendance expectations in graduate school are different from undergrad. It is NOT normal to skip classes at the graduate level.
• Start studying as soon as classes begin
• Keep up with assigned weekly readings
• Plan and organize a study schedule
• Become familiar with the library and other resource centres
• Get to know your instructors early in the semester. Make time to visit their office hours so they get to know you
• Ask for help when you need it
• Pay attention to emails and communications from your department about news, events and work opportunities within that department

This work averages to 4 hours week; however the work usually comes in waves throughout the semester.

Applications for this award are typically due in the fall. Plan in advance and make sure you understand all the requirements needed to submit an application. The application process is comprehensive and takes many hours to complete, in addition to gathering letters of recommendation and writing your research proposal. In previous years, MUN had an internal deadline earlier than the actual award deadline. Speak to the Graduate Coordinator to confirm timing in the fall.

Remember, always ask for help!
• Connect with other students studying the same subject to share ideas, information, and advice and get involved with the student society

For more information about academic advising, please visit the following link: http://www.mun.ca/advice/new_students/index.php

Memorial University Grading

MUN evaluates courses using a letter grade system. As MUN’s Evaluation and Grading Method is available in the University Calendar. The general regulations require passing grades in all program courses (and a passing grade at the graduate level is considered to be a 65%), and that a retake is only allowed once. For more information speak with the Graduate Coordinator or your supervisor or visit the MUN Calendar section 4.7 Evaluation.

Brightspace (D2L)

Brightspace (D2L) is Memorial University’s Learning Management System, used in the delivery of both on campus and online courses. Some courses use D2L as an integrated learning space where the instructor provides content, readings, assignments, and used as the communication platform during class. Students may be required to upload final papers and assignments using this platform.

To learn more, use your Memorial login and go to: https://online.mun.ca/d2l/

Mapping Politics

Mapping Politics is a student-led open-access journal hosted by the Department of Political Science. The journal accepts submissions in all areas of political science and related fields from upper-level undergraduate and graduate students at universities across Canada. All current students and recent graduates are welcome to submit a paper. Submissions are peer-reviewed by an editorial board, and selected papers are published. Learn more and get involved at: mappingpolitics.ca

Department Events & Talks

The Department of Political Science hosts a number of academic talks and professional events throughout the year that attract experts from across the university, as well as policy experts and practitioners from the larger community. These talks feature prominent government, policy,
and academic figures in an interactive environment and are designed with students in mind. Previous speakers have included:

- Cam Broten, former opposition leader of the Saskatchewan New Democrat Party
- Dr. Anne Dance, Academic Director of the Parliamentary Internship Programme
- Susan Drodge, Director General of Policy, Advocacy, and Coordination Atlantic Canada Opportunity Agency (ACOA)
- Dr. Kathryn Harrison (University of British Columbia)
- Dr. Austin Hart (American University)
- Dr. Mireille Paquet (Concordia University)

**Attendance Expectations:**

There is no better way to learn about political science and policy application than to listen to, and exchange ideas with experts in the field. For this reason, the department provides students with the opportunity to attend and network with policy practitioners, government agencies, and academics from around the world. *Students are expected to attend as many events as possible throughout the school year as part of their training.* The more students take advantage of the opportunities to discuss and engage with political science material, the better their program and experience will be.

**Behaviour Expectations**

Our department draws students from a variety of disciplines and ethnic and cultural backgrounds. This diversity of experience, world views, values, and approaches to problem solving is one of the most enriching aspects of the university experience. In order for your time in the program to be a valuable experience for all participants there is an expectation that dialogue will be collegial and respectful across disciplinary, cultural, and personal boundaries.

**Students with disabilities**

Students who require physical or academic accommodations are encouraged to speak privately to your instructors so that appropriate accommodations can be made in order that you may participate fully in your courses. All conversations will remain confidential. Assistance may be available through the Glenn Roy Blundon Centre which serves students whose disabilities involve conditions affecting mobility, vision, hearing, learning (disabilities), chronic illness, or mental health; support is also provided to students with documented temporary illnesses and injuries.
Academic Conferences

Changing Political Landscapes, Graduate Student Conference

The graduate cohort in Political Science hosts an annual student conference in early April (at the end of the winter semester). *Changing Political Landscapes* is intended for graduate and upper undergraduate level students to present research to peers and provides students with conference experience. The conference is interdisciplinary, open to all research that focuses on politics, and the department encourages students from across the university to attend and present their work. The Changing Political Landscapes conference is a unique opportunity for students from a variety of fields to present and get feedback on their research and for members of our department to get experience organizing and hosting a conference.

The Atlantic Provinces Political Science Association (APPSA)

The [APPSA](#) conference is a regional conference in Atlantic Canada, open to all Political Scientists and others with a scholarly interest in politics. APPSA is hosted in a different location in the Atlantic region each year. Attendance to the conference for students is usually free; and you are encouraged to attend and present research at this conference (with the approval and endorsement of your supervisor). Funding may be available in the department to help support student travel for those who are presenting research. If you are interested in attending, you should speak with your supervisor.

The Canadian Political Science Association (CPSA)

The CPSA conference is a national conference open to all Political Scientists and others with a scholarly interest in politics. CPSA is hosted in a different location in Canada each year. Because this is our national scholarly organization, participation by graduate students is rare, as acceptance to the conference program is competitive, and based on original research often conducted in either doctoral programs or by tenured or tenure-track professors. Funding may be available in the department to help support student travel for those who are presenting research. If you are interested in attending, you should speak with your supervisor.
On-Campus Resources for Students

School of Graduate Studies

Memorial’s School of Graduate Studies (SGS) is the central agency responsible for the collection, maintenance, and distribution of materials on graduate students. It maintains graduate files and administers graduate applications, admissions, comprehensive examinations, thesis examinations, and doctoral defences. SGS is responsible for registrarial functions, graduate enrolment management, recruitment, and administers graduate student funding including assistantships, external and internal scholarships, baseline fellowships, supervisor support, and Tricouncil global payments. For more information, please visit: https://www.mun.ca/sgs/

Enhanced Development of the Graduate Experience (the EDGE)

Organized by the School of Graduate Studies, the EDGE “…is a comprehensive collection of professional development programs and services that help provide students with the complementary skills required to be successful in their lives after graduate school. Workshops and resources are offered on topics from communication, leadership and intercultural awareness to teaching skills, career development and research skills.” The graduate coordinator is likely to send you email updates from this office on a regular basis, with new information about programming and opportunities at Memorial. Check out their website here: https://www.mun.ca/sgs/edge.php

Student Health Centre

Student Wellness and Counselling Centre is a full-service on-campus clinic for registered MUN students. Spouses and children of students are welcome to use the resource. For more information about working hours and making appointments, please visit: http://www.mun.ca/health/

University Centre

University Centre at the Memorial University is where most students grab a coffee or a sandwich and spend time socializing. The University Centre includes a food court, bookstore, student wellness and counselling, convenience store, student volunteer bureau and the UC landing where many GSU and student-run activities occur. Learn more: http://www.mun.ca/ancillary/UCenquiries/
**Writing Centre**

The Writing Centre is a free facility for all Memorial University students who want help with their writing. University students are trained as writing tutors help students become better writers and critical thinkers. The Writing Centre works on an appointment basis to reduce wait times and guarantee that tutors are available to work with you. Appointments can last up to 45 minutes. For more information, visit: [https://www.mun.ca/writingcentre/](https://www.mun.ca/writingcentre/)

**Bookstore**

The Bookstore provides a wide range of retail services either in direct support of the educational mission of the University or as a convenience to the students, faculty and staff of the University. Besides the Book department with required textbooks and recommend reading books, the Bookstore also carries clothing, gifts, and school supplies, such as notebooks, paper, writing instruments and other related items. Most importantly, it is also the place where you can get your Campus ID card and rent lockers.

**Recreation Centre**

The Works is Memorial University’s Recreation Centre, located next to the Queen Elizabeth II Library. The Works offers free fitness classes, access to MUN swimming pool for lane and recreation swimming and gym area. Students must bring their student ID to access facilities and may have to pre-register for fitness classes. Change rooms, showers and day lockers area available but you must bring their own lock. For more information about facility and classes offered, visit: [theworksonline.ca](http://theworksonline.ca)

**International Student Support**

The mission of the Internationalization Office (IO) at the Memorial University is to support international students during their stay. The IO provides a broad range of support in areas such as: immigration, income tax, housing, health insurance, career advice, and support to student families. The IO is also responsible for Memorial students wishing to travel abroad.

All new international students are required to register with the IO and attend one information session.

Each year, the IO prepares the International Student Handbook with useful information for new students like banking, transportation, health insurance, shopping, accommodation, Canadian tax system, internet and mobile service. The IO handbook is a must read guide for both international students and Canadians as well. For more information, please visit: [www.mun.ca/international/](http://www.mun.ca/international/)
**Sexual Harassment Office**

Memorial has an on campus Sexual Harassment Office and takes all harassment claims seriously. The office serves all students, faculty and staff on all MUN campuses and institutes. The Sexual Harassment Office is located in room E6039 of the Alexander Murray Building (Earth Sciences) on the St. John's campus and works to:

- prevent sexual harassment and sexual assault through education,
- mitigate the effects of sexual harassment and sexual assault, and
- identify methods for timely resolutions of complaints of sexual harassment and sexual assault which may arise at Memorial University.

While working towards a resolution of a complaint, the Sexual Harassment Office can coordinate interim accommodations as necessary for students. Referrals to other resources, both on campus and in the community, can also be facilitated through the Sexual Harassment Office. For more information visit [https://www.mun.ca/sexualharassment/](https://www.mun.ca/sexualharassment/) or speak to the Political Science Graduate Coordinator.

**Student Wellness and Counselling Centre**

Memorial University offers personal counselling and a wide range of group counselling to help students improve their mental health and wellbeing. The Student Wellness and Counselling Centre has a team of professionals staff and faculty that supports students with study problems to learn strategies for managing university level academic work more effectively.

The Student Wellness and Counselling Centre is open Monday-Friday, 9AM to 5PM.

Most students come for an initial consultation on a walk-in basis, but may also opt to schedule an appointment if they are comfortable waiting several weeks for the initial consultation. Appointments can be made in person or by calling 864-8500.

**Please note:** the Department of Political Science takes student health and wellbeing very seriously. Grad school can be incredibly stressful, and there are resources on campus to help you to manage stress and general health. If you feel as though you are struggling, please know that you are not the only one, and that we are here to help you. Make use of resources on campus—they are free, designed for you, and there to help. Faculty members in the department are also here to help if we can, but remember that we are not qualified or trained as medical doctors or counsellors. We can help direct you to the right place, though, so please ask us for help if you need it. If you find yourself struggling to keep up in a course, speak to your course instructor: we can’t help you if we don’t know you need help.
QEII Library

Individual Library Study Rooms

Students are eligible for a private library study room for the duration of their study. In order to get on the list and receive a room, you must complete the private library room form on the MUN library website, or get it in person at the Queen Elizabeth(QEII) Library. Your supervisor or Grad Coordinator must sign the completed form and must be returned to the library in order to get on the room wait list.

Group study rooms

While the grad room is available for all Political Science students to work, the library also offers group study rooms which you can book for up to three hours at a time, seven days in advance. Details for how to book the study rooms can be found here: https://www.library.mun.ca/qeii/studyspaces/studyrooms/

Document Delivery

If you are searching for a book or article on the MUN’s Library onsearch, and MUN does not either own a copy of the book or have it at the QEII library, you can request document delivery. You must complete a form and MUN will import the book from another nearby library. The library details how to complete this here: https://www.library.mun.ca/usingthelibraries/documentdelivery/

If you require a book that the MUN collection does not own and you expect that you will be requesting often throughout your masters, you can ask the library to purchase the book to add to their collection. Speak with the info desk in QEII if you need the library to purchase a book to their collection.

Research assistance

One-on-one reference appointments with a librarian are available to Memorial students. Appointments can help you with research and offer tips on how to complete thorough research if you are having trouble. Learn more: https://www.library.mun.ca/forms/help/

The Political Science researcher is Ryan Lewis, who you can email directly rmlewis@mun.ca
The Commons

The Commons is Memorial University’s student learning hub, located on the main floor of the Queen Elizabeth II Library. The main lab contains 87 computers, 9 collaborative stations, and 8 “express stations” (intended for 15 minutes or less of use). All of the computers are accessible during the library’s hours of operation. The Commons also has the Digital Media Centre, where you can make use of colour printing and scanning services, large format poster printing, free access to the Adobe Creative Suite, and audio/visual recording equipment and software.

Graduate Student Union (GSU)

The GSU is a member of the Canadian Federation of Students and acts as an advocate on Graduate Students’ behalf and provides a number of services to improve students’ lives while studying at MUN. All MUN students pay a membership fee to the GSU. Some services available to specifically to grad students through the GSU are:

- $250 for conference funding; additional $50 for travel funding
- $150 for in-province conferences, conferences students are not presenting at, research trips etc.
- $200 professional development grant - intended to assist graduate students to offset professional development, software or seminar costs that will further their graduate studies
- $50 towards a professional membership grant

Details on how to apply for these grants & reimbursement forms for these services are available here: [http://www.gsumun.ca/funding](http://www.gsumun.ca/funding)

For more information about the GSU and what it can do for you, please contact the GSU rep or visit the MUN GSU website: [http://www.gsumun.ca/](http://www.gsumun.ca/), or attend a general GSU meeting.

Bitters Graduate Student Pub

Bitters is the official GSU pub. Run by graduate students and located on campus, Bitters offers halal food, fair priced beer and students receive 10% off of all food orders when you show student ID. Graduate students can also apply to work at Bitters part time. For more info visit: [http://www.bitterspub.ca/](http://www.bitterspub.ca/)

Bitters hosts a popular trivia night on Thursdays (get there early if you want to attend!) as well as a variety of other events
Living in St. John's

The capital of Newfoundland and Labrador (and some say it is the oldest city in North America), St. John’s is home to approximately 190,000 residents. Replete with history, the city is renowned for its thriving arts, entertainment and cultural scene. Located on the rugged coast of Newfoundland’s Avalon Peninsula, the easternmost point of the Americas, St. John’s is surrounded by wilderness, fishing communities and breathtaking scenery. For people who love the outdoors, the area boasts excellent opportunities for hiking, kayaking, whale watching, iceberg sighting, and exploring along the ocean coastline.

Transportation

Bus
The city transportation system is called the Metrobus. It costs $2.50 per ride ($22.50 for a 10-ride pass) or you can purchase a monthly ($78) or semester pass ($275). You must pay exact cash fare (drivers do not give change) or use a bus pass called the M-card.

M-cards can be purchased for a $5 fee at:

- Copy Centre, 3rd floor University Centre
- Customer Service, Avalon Mall
- Marine Institute, Cashier’s Office
- College of the North Atlantic, Cashier’s Office
- St. John’s City Hall, Cashier’s Office, 10 New Gower Street
- Metrobus Transit Centre, 25 Messenger Drive
- Shoppers Drug Mart, Topsail Road and Torbay Road locations only

For information on bus routes, schedules and the mobile app, call 709-722-9400 or visit: www.metrobus.com

Car
If you have a car or would like to get a car, you are required to hold a valid driver’s licence. The Department of Government Services, Motor Registration Division, is the office responsible for issuing licences and registering vehicles. For more information about licensing and registration, contact the department by calling 729-6955 or visiting their website, www.gs.gov.nl.ca/drivers/

Taxis
There are several taxi companies in the city. The initial rate is $3.75 and goes up as you travel. You must call a taxi and with your location in order for them to come and pick you up. It is not
the cheapest way to get around town, but depending on the weather and the distance it can be the best option.

<table>
<thead>
<tr>
<th>Taxi Company</th>
<th>Number</th>
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<tbody>
<tr>
<td>City Wide Tax</td>
<td>722-7777</td>
</tr>
<tr>
<td>Jiffy Cabs</td>
<td>722-2222</td>
</tr>
<tr>
<td>Bugden's</td>
<td>722-4400</td>
</tr>
<tr>
<td>Coop Taxi</td>
<td>726-6666</td>
</tr>
<tr>
<td>Newfound Cab</td>
<td>744-4444</td>
</tr>
<tr>
<td>North West Taxi</td>
<td>745-5000</td>
</tr>
</tbody>
</table>

**Housing**

When choosing your accommodations, consider what are important priorities to you- whether its being close to campus, having onsite parking, being near a grocery store or downtown. While you gain convenience with campus housing, there is a trade-off in terms of amenities, so manage your expectations. Students should also consider their transportation options while determining housing and consider how close potential housing is to the university, downtown, and grocery stores. The winters can be long and if you do not have a car, commuting in the winter can be challenging.

MUN offers both on and off campus housing. While housing does their best, be prepared to be patient with the office and be organized to ensure a smooth arrival. If you have chosen to live in campus housing, confirm your arrival date with the housing office and send them a reminder of your arrival a few days beforehand if possible. There have been cases that rooms have not been cleaned and ready for students - so ensuring housing is aware of your intended move in date (and your expectation that the room will be clean) will hopefully help to avoid that case. Manage your expectations with the housing office, and if there is an issue with your accommodation, be proactive and email them early and often, and inform the Resident Coordinators until issues are resolved.

In the winter it is not unusual to have mice enter accommodation (this applies to both campus university housing and rentals). Campus housing does respond when this occurs, however your best chances of keeping critters out of your room is to keep your room clean and don’t keep dirty dishes in your room.
If you are moving into the off-campus Battery university housing be aware that construction is not complete and elevators do not work. It is unlikely they will be working by September 2018 so be aware of this if you are moving into the tower. The Battery Resident Coordinators provide incoming students with a detailed document on what life if like in the building and how-to’s.

**Heating**

One of the considerations when looking at housing is heating. Campus housing costs include heat, however if you choose to find your own accommodation be aware of heating costs in the winter. Some homes in St. John’s are quite old and are either not well-insulated, or their heating systems are outdated, making it all the more expensive to keep warm during winter months. St. John’s is generally powered by electricity and oil-heated furnaces which can be quite expensive. If you will be finding your own accommodation make sure you speak to landlords about this cost before signing a lease so you know what the general price will be in the winter.

**Weather**

St. John’s has a temperate climate. Winter temperatures range from -10 degrees Celsius to 0 degrees Celsius. On average, the annual rainfall is 1,191 millimetres and annual snowfall is 322 centimetres. During the summer months, the temperature can go from cool to hot with an average of 20 - 23 degrees Celsius. Even on the hottest day, it can be quite windy. Students should especially consider their clothing during the winter months since winter weather can be unforgiving.

Even if you already live in a place with cold winter, the season in St. John’s has some particularities. Winter weather means high wind chill, heavy snowfalls, blizzards, freezing rain and extremely cold temperatures. It is a very long and wet winter, be prepared to buy some appropriate waterproof shoes/boots and water resistant winter jackets. Snow can arrive in late October and usually sticks around until March or April. This can mean little sunshine which can certainly impact your mood and mental health. We find that getting outside and active every day, even in bad weather, will help you to feel good and do well.

**Food**

Keep in mind that almost all of the food consumed in St John’s is imported, making it more expensive than most other places in Canada. In the winter, it can be difficult to find a good selection of fresh vegetables, or fresh products in general. That said, St. John’s has developed an international cuisine like few other cities in Canada. While you are enjoying your time here, make sure you visit a few restaurants in downtown.

Some supermarkets like Sobeys or Dominion offer 10% student discounts on Tuesdays; Bulkbarn offers 10% off to students on Wednesdays. Lawtons (pharmacy) also offers 10% student discount daily. Make sure you have your student ID with you to take advantage of these offers.
## Follow: Social Media

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Maps
St. John's Campus Permit Area Parking Map