

WELCOME TO KINGSTON!

A handy guide to what's what and where in Limestone City.

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The "Welcome to Kingston" handbook is a new initiative undertaken by a small group of Queen's Law student ambassadors. Patricia Graham, David Faour, Olivia Crossman, Vanessa Wynn-Williams and Kristen Thomas wrote the handbook in summer 2013. We're very grateful for the contributions of those who replied to our survey from both the Queen's Law and local Kingston community.

Disclaimer: Although this handbook was created by Queen's law student ambassadors, we must mention here that neither the Faculty of Law, nor Queen's University, endorse any of the suggestions made in this handbook.

Welcome to Queen's and welcome to Kingston! This handbook was put together over the summer of 2013 (and edited in 2014) by some of your very own Queen's Law Student Ambassadors to make your adjustment to your new home easier. We have compiled a shortlist of THE places to go in Kingston for dining, shopping, recreation, fun times, etc. Kingston is a great city and since you reside here now, we thought you may want to actually *live* here and find ways to escape the law school bubble. Here are some of our recommendations for making the most of your time in Kingston.

THE LAY OF THE LAND

Queen's University's **main campus** is located next to the waterfront in the downtown area, north of King Street, east of Collingwood Street, west of Barrie and just south of Earl Street. Queen's **West Campus** is on the other side of Sir John. A. MacDonald Boulevard and is home to intramural fields, **Richardson Stadium** and the Faculty of Education.

Just east of main campus is **Sydenham Ward**; this area is close to campus and stocked with gorgeous limestone houses with ivy growing up them. This area extends from south of Princess, east of Barrie and north of Ontario Street. A number of graduate and professional students live in this area.

Immediately north of main campus, starting at Earl Street and extending north to Brock, west to Albert Street and east of Barrie is **the Student Ghetto** (also referred to as the University District). A lot of undergraduate students live here and we have been told stories of sketchy landlords, so it pays to be cautious. It has a reputation for being a loud, boisterous area and hosts parties of the same ilk come days like Homecoming and St. Patrick's Day.

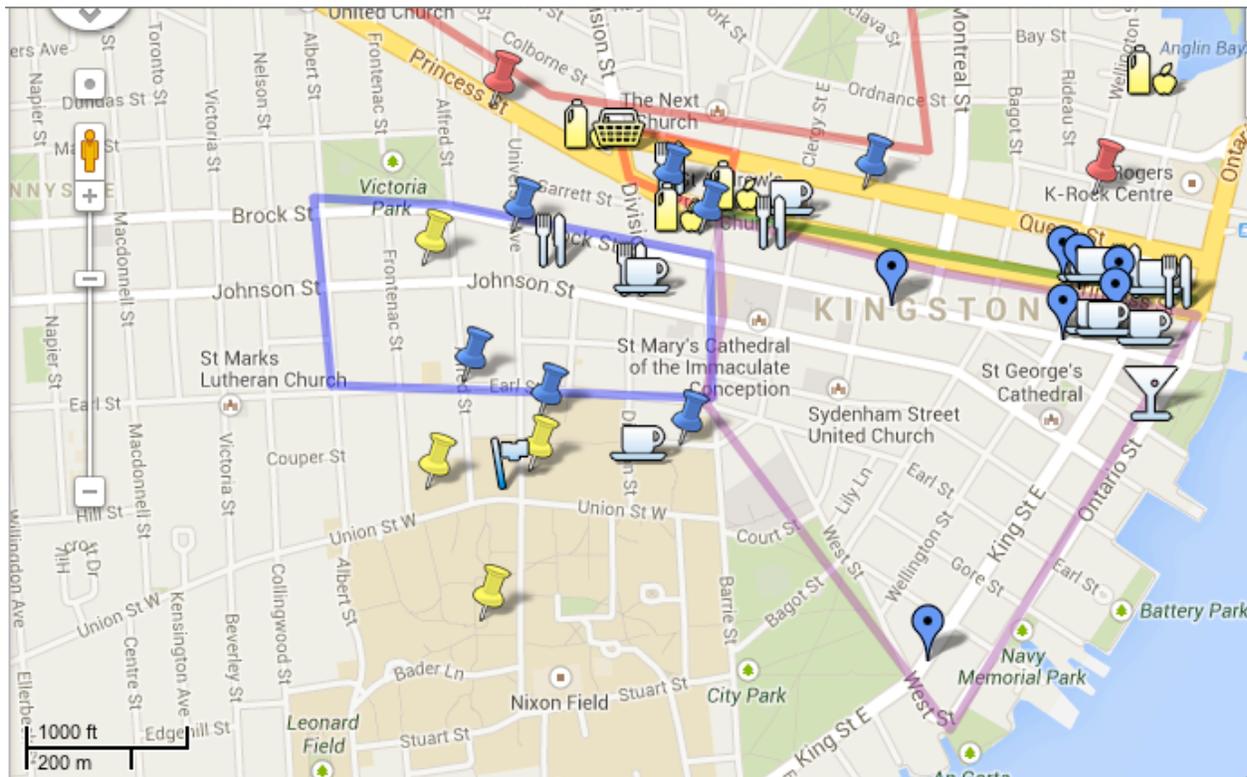
Downtown starts at **The Hub** located at Division and Princess and extends all the way to the waterfront at Ontario Street. Many law students live downtown, especially in the areas around Wellington Street, off Clergy or off Sydenham. **Market Square** is located behind City Hall off King Street and hosts many events year-round including a market, free concerts, "movies in the square" and it even becomes a skating rink when it's cold enough! **Brock Commons** is the area to the immediate north-west of Market Square on Brock Street extending up to Wellington Street and houses restaurants and shops.

North of Princess is the area that starts a couple streets north of Princess Street, and continues north to just south of John Counter Boulevard. It's infamously known as **N.O.P.** It has a reputation for being sketchy and not very safe. It's possible to find cheaper rent there than you would downtown, but be cautious. For anyone familiar with London, Ontario, it's the equivalent of E.O.A.

The **West End** of town isn't that far if you have a car, although it could take longer to get there using public transit. It's primarily a more residential area of Kingston but is also home to a large multiplex, a SmartCentre, some chain restaurants, Costco, Farm Boy, Reid's Dairy and the Cataraqui Town Centre.

We've got a map for you!

An unknown but helpful individual created “The Students’ Guide to Kingston, Ontario”, an interactive Google Map that tells you where coffee shops, groceries, laundromats, and some restaurants can be found in the downtown area. It also colour codes areas we talked about like “The Student Ghetto”, and “N.O.P”. The link to the complete map can be found here: <http://bit.ly/18fEN67>, but we’ve included a preview for you below. We didn’t create it, but we did stumble upon it and thought it may be a great resource for you in acquainting yourself with Kingston’s geography!



Key to map:

Red: North of Princess

Orange: The Hub

Lavender: Sydenham Ward

Violet: Student Ghetto

Green: Downtown

Housing

Adjusting your expectations of what you want out of your apartment – or adjusting your housing budget – is usually a requirement for moving to Kingston as a student. We assure you, though, Queen’s Law is worth it!

Good, affordable student housing is somewhat of a unicorn in Kingston. Although there are a number of great landlords and property management companies, it is difficult, although not impossible to find a bachelor apartment south of \$800 or a one bedroom south of \$1000 that is close to the law school. Average rent for law students in a one-bedroom apartment is between

\$800 – 1300 per month. Average rent for law students in a two-bedroom apartment is between \$1200-1600 per month. Graduate housing is available, but most law students opt to live off-campus.

Many law students live in **Sydenham Ward, downtown and just outside the student ghetto on Alfred Street, Albert Street, and the surrounding area**. A number of first year law students end up living in **Princess Towers** at Division and Princess, but usually move out when the opportunity presents itself. Finally, it's not uncommon for law students to live just **N.O.P**, mostly around Sydenham, north of Queen. At Queen's generally, it's unlikely to find students living more than a 20 minutes walk from campus. Popular property management companies include **Keystone, Springer, and Homestead**.

Most law students have a roommate to make housing more affordable. This definitely ends up cutting down on your living costs and other expenses like internet and utilities. Utilities in Kingston are distributed through **Utilities Kingston** and, like rent in Kingston, are a bit higher than you may have paid elsewhere. Be sure to check with the current tenants or your landlord to see if they can give you an accurate idea of what your bills may be, especially during peak periods for heat in the winter and air conditioning in the summer. You may also call Utilities Kingston and ask for the average bill over the last year at a specific address. **Cogeco** and **Bell** are usually the internet providers of choice. Sometimes they have student deals for 8 months and that's definitely something to look for. Make sure to book your internet hook-up early if you want to have service the day you move in and not five days later.

We have come to realize very few places in Kingston have laundry on site and a lot of the accommodations – and accompanying closets – are smaller than you're probably used to. Nonetheless, there are laundromats dotting the downtown landscape, so although it may be inconvenient to take your laundry out of your cozy abode, it is common practice in Kingston. Further, some places offer "wash and fold" service which some students have taken advantage of during exam time. There are ways to be creative with storage that can be found online and we recommend you take a peek at Pinterest for some easy DIY ideas that are simple and affordable. For recommendations on places that can help you get started on your new space-saving project see our "Shopping" section.

If you want to move from your current place, many students start looking for housing in January. Although this seems early, student rentals in Kingston are in high demand and go fast. Your first stop in finding a new apartment should be the **Queen's Community Housing Accommodations Listing Service** website. Next, the **Queen's Law Marketplace Listserv**. You may hate the listserv during your first few weeks at school, as your inbox is flooded with "Buying" or "Selling" emails for books or emails from profs about their classes, but the listserv becomes very helpful later on.

2Ls who have roommates going on exchange in 3L may start looking for roommates in second term. 3Ls who are leaving town may also start looking for someone to pass their place onto in second term. These are a few of the best ways to get good places.

Kingston rentals also usually have 12 month leases. If you didn't have to start paying rent the summer before you moved here, you will likely have to continue paying rent the summer after

graduation. If you want to sublet your apartment, you can do so through the **Queen's Community Housing Accommodations Listing Service, Kijiji** or on the **Queen's Free or For Sale Facebook Group**. The latter two are also excellent resources for finding, selling, and giving away anything from clothes to kitchen appliances to couches.

WHERE TO GET GOOD EATS!

Groceries & Speciality Foods

Grocery Stores

The closest grocery store to most students is the **Metro** at Brock and Division. It's often touted as the most expensive grocery store in town, because it has a lockdown on the student market, but it is conveniently open 24 hours a day and sometimes has good sales.

If you're thinking ahead, or just looking for a student break snack, **Grocery Checkout Fresh Market** is conveniently located in the the Queen's Centre on-campus. Prices are surprisingly reasonable so this can be the best place to pick up milk, a few items for dinner, or a bag of candy from the back. (Speaking of the Queen's Centre, there's also a pharmacy so you can pick your prescription, cold medication and ear plugs between class).

The **Loblaws** at the Kingston Centre (Princess/Sir John A MacDonald) has a great selection of the usual groceries, along with a pharmacy and a Joe Fresh. On Tuesdays they also offer a 10% student discount when you show your student card. To make it more accessible for students without a car, a free shuttle runs to this Loblaws from campus from 5:00pm - 8:30pm on Tuesday nights during the school year.

For those with a car who want a great selection of produce, meat and fish and less grocery store, check out **Farm Boy**, on Princess Street in the west end. Some of the produce is a bit pricier, but it tends to last longer than produce bought elsewhere. You can get there with the number 1 or number 4 bus.

The **Fresh Co.** on Princess in the west end, on the way to the mall, has a decent selection of international sauces and foods. It can also be reached by taking the number 1 or number 4 bus. **Asian Market** on Princess, just west of Clergy has a selection of foods and is highly rated for its broad selection of south and southeast Asian spices.

Other popular options with students include the **Food Basics** on Barrack Street by the K-Rock Centre downtown.

Local Markets and Grocery Stores

If you're looking for high end speciality foods and items you may only find in a British grocery, check out **Cooke's Fine Foods** in the Brock Commons. To add flavour to your appetizers or regular dishes check out **Kingston Olive Oil Co.**, also in the Brock Commons, for a large selection of olive oils and balsamic vinegars.

Old Farm Fine Foods, at Barrie and Clergy, is on the edge of campus. It has a basic selection of fresh, local fruits and veggies, but has a broad selection of locally sourced meats and ethically produced meats including brands like Seed to Sausage. The Faculty of Law tends to get a lot of its catering done here. Old Farm also sells Kawartha Dairy ice cream for any of you who need a taste of Ontario cottage country every so often.

John's Deli, on Princess east of Alfred, has a small produce and grocery section along with a great selection of meats in its deli. John's also has a broad selection of locally sourced and ethically produced meats from Seed to Sausage and Haanover Farms.

Tara's Natural Foods on Princess Street east of Wellington, has a variety of locally sourced meats and berries (during season), along with other speciality items you may have difficulty finding elsewhere, such as organic cocoa or xanthan gum. If you have special dietary needs, it's likely Tara's will have some of the items you require.

The **Memorial Centre Market** operates from 9am till 2pm on Sundays starting in the spring and runs until late October. It's located at the Memorial Centre on York Street, just north of Princess and west of The Hub. This is a producers' market, which means that when you buy items from any of the vendors here they have made the item or raised the animals themselves. This market has homemade honey and gluten-free baked goods to fresh fruits and veggies to local meats and homemade BBQ sauces. We highly recommend checking it out.

The **Kingston Public Market** happens downtown at Market Square and runs Tuesdays, Thursdays, and Saturdays from April until November. Not all the same vendors are there all three days, but some of them are. Some of these vendors are producers and there is a lot of variety of fruits and veggies at this market; however, you may also find jams, preserves, or jewellery.

The Common Market, on Ontario Street at William, provides customers with homemade baked goods, sandwiches and coffee or tea, and has a small section dedicated to local groceries.

Dining Out

The Usual Suspects

Kingston has numerous delicious places to eat at when you don't want to cook for yourself or when friends and family come visit and you want to show off how awesome the cuisine is in your new city! There are the usual chains in town such as **Jack Astor's** on King Street, **Milestones** on Princess, **The Keg** on King west of Brock, **Lonestar** on Ontario and **Boston Pizza**, **Kelsey's** and **Montana's** in the west end. However, Kingston has many unique, local restaurants; we encourage you to check them out while you live here. While we can't name all of them, we can highlight some that we love.

Pizza, Pasta & Burgers

Everyone loves pizza and, lucky for you, Kingston offers you an array of options. If you want the traditional chains **Pizza Pizza**, **Domino's**, **Papa John's**, and **241 Pizza** are on Princess Street downtown. If you're looking for some traditional pizza try **Godfatha's** on Concession at Division, or head further up Division to **Paradiso**. If you're looking for gourmet, thin crust pizza mosey over to **Woodenheads** on Ontario Street and be sure to try the Lumpia Diavolo to start and save room for some dessert. Alternately, head to **Atomica**, in the Brock Commons, who offers, arguably, the best gluten-free pizza in town and locally sources as much of their food as possible. Atomica also has a broad selection of pasta, including gluten-free options. **Casa Domenica** and **Olivea** are next to each other on Brock across from Market Square and offer a wide selection of Italian food, each with the option for gluten-free pasta. If you're a burger lover, **The Works** and **Harper's Burger Bar**, both on Princess downtown, offer an option for everyone! If you want a more scenic view with your burger, **The Wolfe Island Grill** has amazing choices.

Specialties

If you're a seafood fan, check out **Dianne's Fish Bar** on Ontario Street at Clarence. Those with wheels and a little time should go to **Mike Mundell's Surf and Turf** on Gore Road, on the other side of the causeway. If you're craving sushi we recommend **Sima** or **Sima Kitchen** and **Hwa Ki** on Princess Street downtown. For all you can eat sushi head to **Sakura** on Bath Road at Centennial Road or **Fuji Sushi** on Norwest Road (just south of Princess, past Gardiners Road).

For Indian, try **Saber's Taste of India** on Princess, between Gardiners and Bayridge, in the west end or stay downtown and meander over to **Taj Curry House** on Princess between Bagot and Wellington. Bring your visitors to **Curry Original** on Ontario Street. For some tasty take-out, call **Darbar's** or **Rahim's Cuisine**. If you're feeling like Chinese Food head to **East Side Village**, north on Division at Concession. To satisfy that pad thai craving, you have a number of options including **Wok In** on Montreal Street, off Princess downtown. Wok In gives you huge servings and they only take cash, so be prepared! **Royal Angkor** on Princess and **Thai House Cuisine** on Sydenham are other great Thai options.

Locally Sourced Food

Harper's Burger Bar, **Atomica**, **Dianne's Fish Bar**, and **Le Chien Noir** are owned by the same people, who try to source as much of their food locally as possible. **Olivea** and **The Iron Duke** also source locally. **Days on Front**, out on Front Road west of Days Road, and **Aquaterra** on Johnson Street are known for their fine dining and locally sourced ingredients. **Windmills** and **Pan Chancho** are also known for patronizing local vendors and farmers.

Post-Bar Snacks

In many student towns, pizza is the go-to post-bar snack; however, in Kingston we like to indulge in poutine and we have a few options to do this. The most popular places are **Bubba's** in the Hub and **Smoke's Poutinerie** on Division immediately north of Princess. If you are still craving pizza, you can also pick that up at Bubba's, Pizza Pizza, Little Caesars or 241 Pizza. For

something a little different head to **Mltdwn** on Princess just east of Clergy. They have delicious gourmet grilled cheese: traditional, four cheese, pulled pork, or mac and cheese grilled cheese to name a few. Don't worry, you can get waffle fries with that or make it gluten-free, too! If you need a more exotic post-bar snack, try **Burrito Amigo** on Princess. Their burritos are huge and if you are still hurting the next morning, they deliver!

Breakfast

Kingston has tons of great breakfast options. **Windmills, The Brass, Megalos,** and **The Sleepless Goat**, all on Princess, are excellent breakfast choices. The Sleepless Goat has one of the largest selections of vegan and vegetarian food in Kingston and is also the city's only café co-op. If you are looking for a cool greasy spoon, try **Tommy's** on Princess or **Morrison's** on King. Tommy's has board games, is constantly playing retro cartoons, and have a magical little item called the breakfast poutine. If you're feeling like crepes, head to **Geneva Crêpe Bistro** at Clergy and Princess. **Pan Chancho** on Princess downtown is a Kingston favourite for breakfast and brunch. They have an amazing menu and you can't go wrong with anything you order! If you're thinking Sunday brunch, reservations will get you in faster. They also have a store upfront that sells sandwiches, baked goods, breads, and other delectable speciality items – delicious and easy options for a picnic by the lake! If **Pan Chancho** is full, head over to their sister resaturant, **Chez Piggy**, around the corner downtown, where brunch is just as delicious!

Treat Yo' Self!

When you're craving something sweet, you have a myriad of options. You can head to one of the many **Starbucks** downtown: across from Sir John A MacDonald hall in Goodes Hall (home of the School of Business), at Brock/Division, at Princess/Sydenham or Princess/Wellington. Alternately, you could head to **Limestone City Cupcakery** on Princess west of Clergy, **Spin Desserts** at Princess across from Sydenham, **Wolfe Island Bakery** on Queen Street, **Card's Bakery** on Bagot Street, or **Sipps** on Brock Street across from Market Square.

There's no shortage of options for frozen yogurt in Kingston: **Menchies** at Princess and Sydenham, **Mio Gelato, Marble Slab** or **Youth Diversion** – all on Ontario Street – or **Mio Yogi** on Division at Johnson.

Dining on Campus

Campus food doesn't generally have the best reputation but Queen's has some decent options! **Mac-Corry** is the closest food option to the law building so you will likely be visiting it a lot this year. It has a **Pita Pit, Pizza Pizza, The Great Canadian Grill**, and some campus services sandwiches and salads. The Great Canadian Grill is owned by celebrity Food Network Chef and Queen's alum Michael Smith! They have great burgers and salads but beware as the wait can be long during peak times. Keep in mind that most places on campus only accept cash including Mac-Corry and the main area of the Queen's Centre.

In the **Queen's Centre**, you will find another **Pita Pit, Made in Japan, Pizza Pizza, Booster Juice**, and **Tim Horton's**. Upstairs, you will find **Common Grounds** (aka "Co-gro"), a student favourite for food and as a study spot. Their "Top Secret" bagel is a campus favourite AND they

accept debit, making Cogro a busy spot throughout the week! **Co-gro Express** is located in the JDUC and is also an option for quick and easy take-out options. It may offer a few less options than its larger location, but is usually not as busy.

Queen's Pub in the JDUC takes debit and the **Grad Club** at Bagot Street accepts credit cards. Queen's Pub, usually called **QP**, is a fast option for pub grub and drinks. It's a great lunch spot and they make a mean sangria! The Grad Club is another awesome spot for pub food and drinks. Show your student card and get 10% off food. Another well kept secret is **The Lazy Scholar** located in Victoria Hall residence on Bader Lane in the middle of campus. They're a lounge-style café with TVs, fireplaces, ping-pong tables and a fooseball table. Word is their wraps are delicious; plus, they serve breakfast, fresh baked goods from their Ban Righ bakery and a variety of other delectable items.

If you feel like taking a walk to the edge of campus on Barrie Street, you may find **Farm Girl Food**, Kingston's very own locally sourced food truck named "Betty Lou" and painted to look like a barn. The gourmet options change daily and can be viewed at Farm Girl Food's website; the website also lets you know where Betty Lou will be located each day.

Need your caffeine fix before or in between classes? You can head to **Starbucks** across the street in Goodes Hall or one of the many options available to you at the **Queen's Centre**, **Co-Gro Express**, or in the **JDUC**. **The Lazy Scholar** in Victoria Hall has a full barista bar serving organic and fair trade coffee, cappuccinos and tea. If you're more of a tea person, **The Tea Room** in the I.L.C. (home to engineers) at the corner of Union and Division has you covered. They do serve coffee, but are well known for their selection of loose leaf teas and delicious baked goods. Bonus, they are 100% sustainable.

WHAT TO DO IN KINGSTON!

Recreation & Exercise

The Gyms

The **Athletics Recreation Centre (aka "the ARC")** is Queen's on-campus gym. Lucky for us, it was built only a few years ago, so it's an impressive facility with everything you need for a good workout. You likely won't have any trouble finding the ARC; it's a large building situated behind the JDUC (John Deutsch University Centre) north on Union St. on University St. You can gain access through the Queen's Centre from Clergy St. at University or from Earl St. at Aberdeen. Membership is included in your student fees. You'll need your student card to get in; the first time, you'll have to go to the front desk with your student card to have it validated.

When you first arrive, go down the stairs all the way to the basement (LL2) to access the **change rooms**. If you've forgotten your clothes or towel, or don't feel like carting around workout gear, you can try the ARC's laundry & towel service which provides ARC Workout Clothing (t-shirt, shorts & socks) at the equipment counter. Laundry is \$5.00 daily, a towel is \$2.00. You may also

borrow workout equipment (for free), such as skipping ropes. Lockers are free for day use but there's also the option of renting a locker for the year.

Back upstairs, on days you're looking for a **solo workout**, you'll find two cardio zones (with machines equipped with TVs and iPod docks), two stretching zones, a conditioning zone, a lifting zone and a spin zone. Ladies, the Marion Ross Room located on Level 3 offer dedicated hours "Just for Women". You may have to wait for equipment during the peak times (weekday evenings and weekend afternoons). If you're a night owl, take advantage – late at night, the ARC is virtually empty.

The ARC also offers a variety of **classes** for its patrons, generally taking place in one of the four dance studios on Levels 2 and 3: **fitness, spin, yoga, pilates, fencing, dance**, etc. You can register for the classes the ARC front desk. The ARC also offers free classes for members. Get a schedule at the beginning of the year, and you'll see the specially marked free classes. These work on a first-come, first-served basis and places are limited at 30 participants (21 for spin). Head to the equipment counter in the basement (LL2) 30 minutes prior to the start of the class to get your bracelet.

We can't forget **swimming**, which is great for your back and core; you can access Kingston's largest pool on LL1. Finally, if you're handy with a racket, the ARC has 8 **squash** courts (LL1), 2 **raquetball** courts (LL1) and 12 **badminton** courts.

Queen's also has an **intramurals** league with a variety of activities to choose from and Queen's Law usually has a couple teams in each sport. Popular sports include **dodgeball, soccer**, and **inner tube water polo**.

Kingston Fitness

Off-campus, the **GoodLife** on Barrack St. is open 24 hrs during 4 days of the week.

Yoga is very popular among students in Kingston. **Feel Yoga** on Princess between Wellington and King offers hot yoga and student pricing. You may also want to try **Samatva** on Princess at Division, which offers a wide variety of classes and student pricing as well. Finally, **studio 330** on Princess between Barrie and Clergy at offers 2 – 3 classes per day for which you pay what you can afford.

You can keep fit and meet new people in the Kingston community by joining the **Kingston Sport and Social Club**. The KSSC provides organized co-ed sports leagues, tournaments and classes and social events for adults. You can sign up alone, with friends or as a full team. They offer everything from floor hockey to dodgeball, from bowling to volleyball.

If you're looking for something different, Kingston has three boxes for you to choose from. For those unfamiliar with the Crossfit culture, it is a workout philosophy based on high intensity workouts focused on functional movements with individualized coaching at every class. Each Crossfit box is also a place where there is no place for ego and nothing gets in the way of making sure you are performing all movements and lifts safely with proper technique. If you're looking to broaden your horizons off-campus be sure to check out **Crossfit Limestone**, owned by Bob

Pain and located on John Counter Blvd; **Crossfit Tricolour** owned by Queen's students Callum Owen and Storm Patterson located at the corner of Queen and Clergy downtown; or **Foundry Athletics/Crossfit Kingston**, owned by Andrew Burns. Crossfit Kingston is Kingston's original and largest Crossfit facility located on Fortune Crescent off Gardiners Road and the 401.

Although it's located in the west end, the coaching and expertise are definitely worth the drive, especially if you're looking for a more strength focused approach to Crossfit. If after reading all this you haven't tried Crossfit, but are intrigued and want to try it, each of the above boxes has individualized training sessions that will teach the basic movements and get you started. Crossfit communities are very open and welcoming to new members regardless of entering skill level.

For the Summer

When you're in Kingston during the summer (whether for a weekend or full-time, we recommend either), you'll find a whole new host of options to keep you in shape. In particular, you'll soon find Kingston's waterfront is an incredible benefit to Queen's students, whether you're on the water or on the shore.

At **Ahoy Rentals**, located on Ontario St. and at Portsmouth Harbour, you can rent kayaks, sail boats, canoes, bikes and, keeping with the trends, paddleboards. They also offer **sailing, paddling, kayaking and canoe lessons**. Similarly, **1000 Islands Kayaking** provides kayak rentals, lessons and tours, including **weekend camping trips**. Looking to try something different? Feel free to the join the **Limestone City Dragon Boat Club** or the very popular **Kingston Rowing Club**. Last but not least, **Trailhead** on Princess St. offers **paddling, kayaking, trail running, and yoga**.

Entertainment & Playing Tourist

While a smaller city, Kingston is not short on things to do – if you can manage to pull yourself away from the riveting cases in your Contracts textbook long enough to check them out.

One of the biggest attractions in the city is the beautiful **waterfront**. Head down to **Ontario St.** for a walk and while you're there grab a frozen treat at **White Mountain, Mia Gelato, or Marble Slab**. Alternately, grab yourself a tea or coffee and a homemade baked good at **The Common Market**, also conveniently located on Ontario Street.

If you're feeling adventurous, you could check out the **Royal Military College Campus** or **Fort Henry**, open seasonally, across the causeway. If you're a fan of the undead, from the end of September until Halloween, Fort Henry turns into **Fort Fright**. For a cheesy night out, grab a few friends and check out the **Haunted Walk of Kingston**, also leaving from Ontario Street. Maybe you'll discover you share accommodations with a ghost!

Just across the way you will find **Wolfe Island**, accessible by ferry (for free!), where you can visit the **Corn Maze** in the fall, the **Wolfe Island Music Festival** in the summer, or grab a bite at the **Wolfe Island Grill**. If you're into water activities, check out a **Thousand Islands Cruise** or rent a **stand up paddleboard** or **kayak** (again, weather-dependant!).

The Grand Theatre on Princess offers you live theatre when the leaves start to turn. Once the weather gets chilly, check out a **Frontenacs Game**, Kingston's very own OHL team, at the K-Rock Centre or grab your skates (or rent them from City Hall or Trailhead) and head on down to **Market Square** for a skate.

For those looking for a school-related activity, the **Penitentiary Museum** is very interesting. Although the hours vary, the Criminal Law Club usually plans a visit.

Looking to go a bit further afield? Check out the Conservation Areas around the city, including **Lemoine Point** and **Little Cataraqui**. Kingston also has a number of local parks, including **City Park**, **Skeleton Park**, and **Barriefield Rock Garden**.

Music & Movies

If live music is your thing, the big acts tend to hit up the **K-Rock Centre** downtown. Many great acts consider it a right of passage to play at **Ale House**, in the middle of the Hub. The Tragically Hip may play the K-Rock Centre now, but they used to play at Ale! Artists who have recently played at **Ale House** include Bedouin Soundclash, Wintersleep, Billy Talent, The Sheepdogs, The Arkells and The Weeknd. The **Grad Club**, **Ale House**, **the Mansion**, and **Sydenham Street United Church** also bring in great artists such as Matthew Barber and Craig Cardiff. Word on the street is that local cover artist **Smitty** at **The Brass** is not to be missed.

Want to see a movie, but bored with Netflix? If you feel like going to rent a movie, check out **Classic Video** on Clarence Street, next to Market Square. **The Screening Room** on Princess often has interesting selections (and cheap popcorn!), **Empire Theatres** just opened a new theatre near Division and the 401, and there is a **Cineplex** on Gardiners' Road in the west end. For those with a car (and who are around in the summer months), just north of the 401 near Division at **Kingston Family Fun World**, you will find a **Drive-In!** If you want to get in some exercise prior to that movie, Kingston Family Fun World also has a **mini putt** course!

Night Life

You are going to be introduced to many activities in a short period of time during your Queen's Law Orientation and some of these include Kingston's most infamous bars, like **Stages**, which is usually the destination for a night of *dancing* up a storm if it's not a smoker night. If you're into country music or just want a reason to take your red cowboy boots out on the town, **Ale House** has "Tumbleweed Tuesdays." However, we realize that not everyone wants to put their dancing shoes on when they go out, so we're going to provide you with some other options.

If you love *trivia*, you have to check out **Alibi** on Princess, just east of Clergy on Wednesdays. Trivia starts at 9, doors open at 8, and the line-up starts at 7:45 if you want a seat. This may seem excessive, but it's completely worth your time. Kingston trivia buffs know this is *the* place to go. Winning team gets drinks on the house! Alibi is also a great place to just chill with your friends while enjoying some craft brews. Although they don't serve food, you're more than welcome to bring in your own. However, they do provide you with a series of board games to choose from.

If *board games* are your thing, check out **Minotaur** downtown on Princess. Not only do they sell numerous games and novelty items, but they also host game nights, along with cribbage and euchre tournaments.

Do you like to sing in public or dare your friends to sing in public? If so, you want to check out **Tir Nan Og** on Ontario Street for Thursday night *karaoke*!

If you're looking to just go out for *drinks & appetizers*, **Tango** on King, next to Market Square specializes in just that! You can also check out **Red House** or the rooftop patio at **Jack Astor's**, both on King, or **Milestones** on Princess by the waterfront. **Kingston Brew Pub** on Clarence Street, adjacent to Market Square is another great option, along with **The Grizzly Grill** upstairs.

When the weather's nice and you want to enjoy a patio, most places in downtown Kingston have patios for you to enjoy. Patios of note include Jack Astor's **rooftop patio** at Brock and King.

Shopping

It's Thursday afternoon and you're still looking for your *smoker outfit*. **Phase II**, at Barrie and Princess, is probably your best bet; however it can be a bit pricey since it is so close to campus. **Dollarama** and **What'll I Wear**, both on Princess, are great options as well. If you've got a bit more time, **Value Village** or **The Salvation Army**, both on Bath Road, are worth checking out. (If you're reading this and thinking, "Outfit?! I don't dress up. Nobody else is going to be dressed up!", we'd like to kindly tell you that everyone else will be dressed up! As you'll learn during orientation, Queen's Law likes to get its costume on!)

If it's *interview attire* you are after, you may need to stray away from downtown. Although **Chris James** on Ontario Street has some beautiful clothing, little of it is student budget friendly. Nevertheless, they do have sales on occasion and come semi-formal time in February, there may be some great outfits available. **Heel Boy** and **Felicity and Fritz** have a great selection of shoes, and there is a **Gap** on Princess Street. Still, you may want to head to the west end to the **Cataraqui Town Centre**. Here you will find your standard selection of stores, including **H&M**, **RW&Co.**, and **The Bay**, which are good for the essentials. Those with particular taste may even wish to do their professional clothes shopping online or in Toronto or Ottawa.

Kingston is a student town and has many options for *furnishing your apartment*. **Kijiji**, **Craigslist**, **Queen's Free and For Sale Facebook Group**, **Value Village** or the **Law List-Serv** are the easiest ways to seek out a new bookshelf or desk. **Wal-Mart**, **Target**, **Costco**, **Homesense**, **JYSK**, and **Structube** in the west end are also handy. The **Sunday Antique Market** downtown at Market Square is also a good option.

If you're looking for *gift ideas*, Kingston is full of great shops. For the foodies in your life, treats from **Cooke's Fine Foods** or **Kingston Olive Oil Company** on Brock Street might suit their fancy. For something sweeter try **Wolfe Island Bakery** on Queen Street, **The Sleepless Goat** on Princess east of Wellington or **Limestone City Cupcakery** on Princess west of Clergy. For the jewellery lover, **Sterling** and **Modern Primitive** on Princess offer sparkling and interesting finds. For those who love board games – and who doesn't?! – you'll find their delight at

Minotaur on Princess. If you want to surprise them with a DVD, check out **Chumleigh's** on Princess downtown for a broad selection of previously loved DVDs and electronic accessories.

When stocking up on *school supplies*, **Staples** at Queen Street and Bagot is your best bet, but the **Campus Bookstore** or **TriColour Outlet**, both on campus, work in a pinch. **Dollarama** downtown, **Target** at the mall and **Wal-Mart** in the west end also provide budget-friendly options.

Kingston winters are fairly cold and especially wet, so it is a good idea to invest in some *cold weather gear*, such as a solid pair of warm and waterproof boots, a cozy coat, a toque, and mittens. Yup, we suggested mittens. Trust us, this way your hands will stay toastier! Many of those surveyed also suggested buckling down and buying “real winter boots”; **Sorels** have come up as the most popular brand for these. Many of their boots are not only waterproof but guarantee to keep your toes toasty to minus 30! Locally, you can find such things at **Heel Boy**, **Trailhead**, or **A-One Clothing** - all on Princess. If you have access to a car, you can also find these things at the **Columbia Outlet** at the **King's Crossing Outlet Mall** off Division by the 401 or **The Bay** and **Sears**, both located at the **Cataract Town Centre** in the west end. If you desire to show your Queen's pride with your outerwear accessories the **Campus Bookstore** and **Tricolour Outlet** have you covered.

Goods & Services

Looking Good!

As cool as you thought that rainbow coloured mohawk was in undergrad, law firm recruiters are probably not going to agree, particularly when deciding who to hire for summer or articling positions. Not to worry! The **University Barber Shop** on Princess Street is a great, cheap place to get men's haircuts (and maybe an interesting story or two!). Other great options for women or men include **Luce**, **Envy** or the **James Brett Aveda** salon, on Princess Street, or **Franselly Hair Design** on Wellington Street.

If you feel like pampering yourself any of the above-named salons offer esthetic services for men and women. Some places downtown, like **Lush Nail & Beauty Lounge**, on Wellington, and **The Annex Spa**, on Princess, but accessed through Queen Street, cater specifically to esthetics. Envy, Luce, and Lush also offer student discounts!¹

Broke a shoe? Need a tailor?

If your favourite pair of shoes is worn down and you'd like to breathe new life into them, there are a few places you could go downtown like **Kingston Shoe Repair** on Montreal Street. Alternately, you can head to the west end to **Thanasis Shoe Store & Repair** on Bath Road, just west of Gardiners Road.

¹ Other salons mentioned could offer student discounts, but these are just the ones we know about.

If you need a button sewn back onto your coat or a suit tailored for a professional event check out **sew helpful!** at Princess and Bath (by appointment only), **Super Sew** on Montreal Street, or **Sewing's My Business** on Princess, west of Sir John A. MacDonald Boulevard.

Want to get involved in the Kingston Community? Volunteer!

There are plenty of places in the community where Queen's Law students donate their free time, outside of the opportunities offered to you by the law school and the many clubs we have.

The **Good Times Diner** on Queen Street is a soup kitchen, serving the homeless and mentally ill populations. **Big Brothers Big Sisters** has a Kingston chapter, on Princess Street in the west end, where students can help out disadvantaged children. **Youth Diversion**, located on Bagot north of Princess, runs great programs to keep at-risk youth out of trouble with the law. **United Way**, also on Bagot Street, runs programs year-round.

No matter what your passion is, rest assured you'll find an opportunity to contribute meaningfully to the Kingston community!

DON'T FORGET TO TAKE CARE OF YOURSELF!

Law school gets a little crazy between all the reading, the classes, and the late nights spent studying and at smokers. Given all that, it can be easy to forget to take care of yourself. We've compiled some resources to help you prevent that from happening and to help heal you if it does.

Stressed & not sure where to go? Meet Helen Connop.

Your first stop in this case should be **Helen Connop**, Queen's Law's very own **Education and Equity officer**. Helen is an amazing resource to the Faculty of Law. If you're not sure where to go or what you need, Helen will know. If you're stressed out about anything – be it law school related or something personal – Helen will help you sort it out, even if you don't know where to start explaining what it is that is stressing you out. Helen is non-judgmental, an amazing ally, and an incredible person to talk to.

So now maybe you're thinking, "Well, I'm not stressed. I'm okay. I don't need to see Helen." Helen does more than just help each of us when we're stressed out. Helen also runs the upper year tutoring service for 1Ls. This is a great resource you'll hear about during orientation and we highly recommend you take advantage. Your upper year tutor will help you get ready for your first law school exam (public law) and be a great resource for any questions you have about adjusting to law school and your classes.

Furthermore, if you need academic accommodations because you experience the passing away of a loved one while in school or you have depression, anxiety, or another mental health issue

Helen can help you with these things. Helen also started a partner initiative last year allowing students who self-identify with having mental health issues to be partnered, if they wish, with another student in the faculty who has also self-identified. This peer program offered confidential support to individuals and was found to be a great success in its inaugural year.

We are the only Faculty of Law in the country to have someone like Helen on staff. She understands our unique situation and needs as law students. Her office is located on the first floor of the law building, down the long hallway next to the lockers. She can also be reached at helen.connop@queensu.ca. Regardless of your needs or lack thereof, be sure to stop in or send her an email to say hello! Helen is always open to a chat and loves getting to know new students!

Healthcare Facilities

Whether you've got a tickle in your throat or more serious concerns, Kingston has a number of options. A convenient option is the **Campus Health Centre** in the LaSalle Building. Appointments often have to be scheduled somewhat far in advance, but they also run an urgent care centre daily during business hours. They also provide affordable birth control, by appointment. Counselling and accessibility services are also available at LaSalle. There is also **CDK Walk-In Clinic** on Princess Street, or **Urgent Care** at **Hotel Dieu Hospital** downtown, for more pressing concerns. In emergencies, **Kingston General Hospital** is right on campus. If you need eye care, check out **Pearle Vision** on Wellington Street downtown.

Massage and Athletic Therapy

If you're looking for some relaxation, the **Living Well Centre** on Bagot, as well as the **Annex Spa** on Princess and **Serenity Spa** on Brock are recommended for relaxing massage therapy. If you're looking for something a bit more sport-focused (because you've injured yourself dancing up a storm at a smoker or playing rugby for the Tortfeasors) check out **K-Town Physiotherapy**, or **Kingston Injury Management** located downtown. Alternately, **Kingston Athletic Therapy Centre (KATC)** in the west end is also recommended and their athletic and massage therapists have worked on elite athletes including Canada's men's national rugby team! Athletic Therapy, Physiotherapy, and Registered Massage Therapy are also conveniently available right on campus at the **Athletics and Recreation Centre**.

Chiropractic, and other Alternative Care Options

For Chiropractic Care, check out **Dr. Peter Pain** or **Dr. Laura Gifford**, both at the Living Well Centre, or Mike Watson at **Albert St. Chiropractic Clinic**. For other alternative therapies including osteopathic or naturopathic care visit **Kingston Integrated Healthcare Clinic** on Palace Road, across from Canadian Tire on Bath Road.

Foster or Adopt a Pet

A pet can be a great way to relieve the stress of law school. The **Kingston Humane Society** is always looking for new people to foster or adopt cats and dogs (as well as for volunteers), and it can be a great way to make those late nights of reading a little less lonely. Many Queen's Law students foster or adopt a cat or a dog while attending school, but they also caution that they can be a lot of work! Be sure to have a plan for all the contingencies of student life – where your pet will be when you're out of town or studying all day in the library during exams, and making sure that your pet can get enough exercise.

TRANSPORTATION

Getting Around Kingston

One of the great things about Kingston is its walkability. You can probably get everything you need from groceries, clothes, and school supplies to bars, video games and clothes not more than a 15-20 minute walk from your house – and often with a nice view to boot! A lot of students also love getting around on their bikes. Be sure you have a good lock for your bike, as, sadly, bike theft is common.

That being said, sometimes it's nice to get a little further away from home. Kingston's bus service, Kingston Transit, lets you get anywhere in town just by flashing your student card (no need to fumble with change!). Planning your route is easy too. You can use the Kingston Transit Planner (just Google it), or Google Maps – but be careful, the Google Maps version doesn't always take into account construction, holidays, or weekends.

While students' bus passes are included in our fees, buses aren't known for being right on time; usually they'll be a few minutes late or early. Since they can be unpredictable, it's a good idea to get to your stop 5-10 minutes ahead of schedule. This goes double in the winter – buses can get clogged up with chilly would-be pedestrians, and if the bus is full when it gets to your stop, you could be left stranded!

Getting to and from Kingston

If you're looking to get outside the city for a bit, you've got plenty of options. A Queen's Law favourite is sending a message to the **Marketplace Listserv** asking for a ride, particularly if you're headed to Toronto or another common destination. When you're headed out of town in your own car for the weekend, why not offer your passenger seat up and get a bit of gas money and company while you're at it?

If you'd rather travel by yourself and save a few bucks, then check out the intercity buses. **Greyhound**, **Megabus**, and **Coach Canada** service Kingston daily. Plus the **Tricolour Express** – a Queen's University operated shuttle – heads to and from Toronto, Ottawa and Montreal every weekend. Tickets can be purchased at TriCoulour Outlets on the upper-level of the JDUC. **Via Rail**, although a fair bit pricier, is another favourite. With lots of legroom, free Wi-fi, an included shuttle to the Toronto airport, and no traffic to worry about, VIA's service is student-friendly and reliable! If you're going to be travelling back and forth a lot on the train, consider checking out VIA's six-packs for individuals under 25 years of age. Since the Kingston station is

about a \$15 cab ride from downtown, don't waste money on a cab - bus route 18 will take you right from the station to Queen's campus (and vice versa). Don't be surprised if someone offers to share a cab with your downtown from the station. Queen's students love to share!

Finally, Kingston's airport has a few **Air Canada** flights to Toronto daily. While you'll get to Toronto in half an hour, paying full fare for a flight will cost you way more than most students have to spare. However, keep it in mind when you're flying on points. Many major points companies (such as Air Miles) calculate the number of points per flight based on how many provinces you cross, so a flight from Vancouver to Kingston would be no less points than a flight from Vancouver to Toronto, plus you'll save the cost of a bus or train ticket!

COMPUTERS & ELECTRONICS

Repairs

Spilled water all over your nice new Sony Vaio? Your Macbook Pro just isn't quite as speedy as it used to be? No problem – you have plenty of options for getting your computer serviced or buying a new computer in Kingston.

If you're on campus, your first stop should be the **IT Support Centre** in Stauffer Library. They'll be able to help you with minor problems or if you're not sure how to connect to that sometimes infuriating campus Wifi. If you're having a more serious issue with your computer, or need to pick up some hardware or software, you might want to stop by the **Campus Computer Store** in Dupuis Hall (across Division St from the Kinesiology Building, which is right next to the JDUC).

When you're not on campus, you've still got plenty of choice. **Canada Computers**, across from Phase 2 on Princess St, is a great spot for getting your computer repaired, purchasing peripherals, or buying that sweet new graphics card you've had your eye on. If you're more of a Mac kind of person, the **Jump+** on Princess St, next to American Apparel, is the Apple licensed one-stop shop for everything you'll need for your Macbook, iPhone, or iPad. Catering specifically to everything Apple is **iService** on Albert Street just north of Princess Street. Finally, the **Staples** on the corner of Bagot and Queen St (one block north of Princess) and the **Best Buy** in the west end are great spots to check out the newest computers on the market, as well as getting any other school supplies you might need.

PC or Mac?

The eternal debate between the two most popular computer systems doesn't end in law school! Fortunately, Queen's Law doesn't take sides. You can write your exams and do all your assignments on whichever platform you prefer – in class you'll see a pretty near even split between PCs and Macs. You can also get full tech support from the University and from vendors (as mentioned above) for both platforms. Ultimately, the system you should purchase is whichever system best suits your needs, desires, and budget.

LAST WORDS

That's it for us! We hope this will be a helpful tool for you as you navigate Kingston - your new home. It has a lot to offer and you're likely here for just a short time, so take advantage and discover all its nooks and crannies. You'll soon to learn to love Kingston as much as we do.
We'll see you around MacDonald Hall!