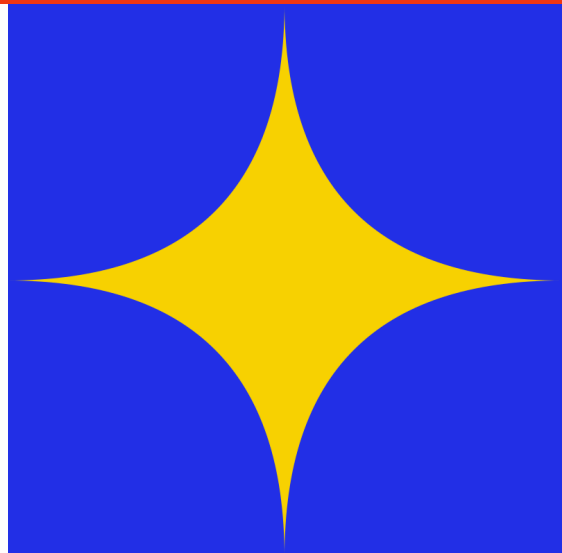


Welcome to the

INTEGRATED PROGRAM IN NEUROSCIENCE



An Onboarding Guide
for Graduate Students



GSAN



WELCOME

DEAR NEW IPN STUDENT,

Congratulations on your admission to McGill and welcome to the IPN!

We are the Graduate Students Association of Neuroscience (GSAN), an organization that represents Neuroscience graduate and post-graduate students at McGill. Our goal is to promote the integration of students and to provide a platform for social and educational interactions between IPN students across all research institutes in Montreal. We have compiled a few useful links and information that hopefully will help you with your new start in Montreal and McGill. Take a look at it and please do not hesitate to contact us if you have further questions and comments!

You can email GSAN's New and International Student officers if you have any questions, please contact us at any time at:

gsan.mcgill@gmail.com

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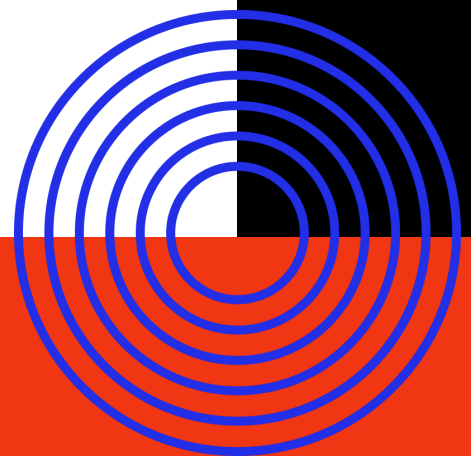


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What is the IPN?

IPN stands for Integrated Program in Neuroscience. It is a world-renowned neuroscience program proudly located at McGill University in Montreal, Canada

Comprising more than 450 graduate students and 230 supervisors, the IPN is the largest graduate neuroscience program in North America!

We take pride in the fact that IPN is an interdisciplinary and interdepartmental graduate program; our students and supervisors execute cutting-edge research in diverse fields of neuroscience, ranging from cellular and molecular, to behavioural and cognitive. By allowing our students to conduct research in multiple branches of neuroscience and to enrol in elective courses across disciplines, we ensure that IPN trainees are well-rounded in both the classroom and the lab.

We are affiliated to different world-class institutes in Montreal including the Montreal Neurological Institute (MNI), The Douglas Mental Health University Institute, McGill University Hospital (MUHC), Alan Edwards Center for Research on Pain, The Center for REsearch in Neuroscience, Center for Research on Brain, Language and Music, Montreal General Hospital, Douglas Hospital Research Centre, Jewish General Hospital, Lady Davis Institute, Montreal Neurological Institute, Montreal Clinical Research Institute (IRCM), School of Communication Sciences and Disorders among others.

In alignment with its high academic and research standards, the IPN offers various funding opportunities and hosts lectures, seminars, and symposia every year. We also value the graduate student experience by working closely with our student association, Graduate Students' Association for Neuroscience (GSAN), and our award-winning community outreach group, BrainReach.

For all up to date IPN information, check out our [official website](#)

For questions, please contact the IPN via: ipn@mcgill.ca

You can also follow the official IPN Social Media accounts:
[FB](#) @ ipn.neuroscience.mcgill
[Twitter](#) @IPNMcGill
[Instagram](#) @ipnmcgill



Program Director

Dr. Edward Ruthazer

Main Office

Room 302, Irving Ludmer Building
1033 Pine Ave. W.
Montreal, Quebec H3A 1A1

IPN Administrators

When contacting IPN administrators, please keep in mind that they are normally dealing with high volume inquiries so be patient and send a reminder email to follow up on issues if necessary

Student Affairs Administrator
administrator.ipn@mcgill.ca

- ✓ Office administration
- ✓ Student awards and fellowships
- ✓ Allocation finance
- ✓ Student and supervisor advising
- ✓ New supervision requests

Student Affairs coordinator
ipn@mcgill.ca

- ✓ Internal student affairs
- ✓ Program milestones: Meetings, candidacy exams, oral defences, student forms
- ✓ Courses: Registration, requirements, exemptions
- ✓ Graduate Enhancement Travel (GREAT) Award
- ✓ Your main person of contact for all information regarding administrative questions

Project Administrator
projects.ipn@mcgill.ca

- ✓ Events management
- ✓ Communications, website, and social media management
- ✓ Internal & external relations
- ✓ Student recruitment
- ✓ Office finance

Student Services
Administrator (China)
ipn.china@mcgill.ca

- ✓ Programs with University of Electronic Science and Technology of China

Important Dates & Holidays

You can find all important academic dates for the current semester [here](#)



LEGAL HOLIDAYS FALL SEMESTER

Labour Day: Monday, September 5

Thanksgiving: Monday, October 10

Holiday break: Friday, December 23, 2022 to
Monday, January 2, 2023 inclusive

LEGAL HOLIDAYS WINTER SEMESTER

Holiday break: Friday, December 23, 2022 to
Monday, January 2, 2023 inclusive

Good Friday: April 7, 2023

Easter Monday: April 10, 2023



All students are entitled to 2 weeks of paid vacation time per academic year.
The dates are to be discussed with your supervisor ahead of time.

Program Requirements

This is the official list at time of publishing, however it is subject to change so please check the [official IPN website](#) for up to date information

MSc Student Requirements

45 credits total

9 credits from coursework

36 credits from research credits:

- NEUR 696 Master's Thesis Research (6 cred.)
- NEUR 697 Master's Thesis Proposal (9 cred.)
- NEUR 698 Master's Seminar Presentation (9 cred.)
- NEUR 699 Master's Thesis Submission (12 cred.)
- NEUR 705 Responsible Research Conduct

Program Milestones

- Select supervisor
- Meet mentor (within 2 weeks of obtaining)
- Select supervisory committee (end of first semester)
- Have first committee meeting AND submit your documentation by end of first year
- Write your thesis proposal (within 18 months of entry into program)
- Have your thesis seminar (3 months before thesis submission)
- Submit your thesis (within 3 yrs of program entry)

You can check your milestones and degree progression at myProgress

PhD Student Requirements

Course Requirements

- NEUR 630 Principles of Neuroscience 1 (3 credits)
- NEUR 631 Principles of Neuroscience 2 (3 credits)
- NEUR 700 Doctoral Candidacy Examination
- NEUR 705 Responsible Research Conduct
- 6 additional credits from coursework

Program Milestones

- Select supervisor
- Meet mentor (within 2 weeks of obtaining info)
- Select supervisory committee (end of 1st semester)
- Have first committee meeting AND SUBMIT your documentation by end of first year
- Write your thesis proposal (2 weeks before candidacy exam)
- Candidacy Examination (end of PhD yr 3)
- Have your thesis seminar
- Initial thesis submission
- Have your thesis defence and submit your thesis (By end of PhD yr 7 - MAXIMUM)

Mandatory Courses

This is the official list at time of publishing, however it is subject to change so please check the [official IPN website](#) for up to date information

NEUR 705 Research Ethics (0 Credits, but required for all students)

NEUR 705 is a research course worth zero credits. The objectives of NEUR 705 are to teach and familiarize students on the responsible conduct of research, so that they are able to identify and assess ethical issues that may arise in research, and handle research integrity conflicts that may arise in their own work/studies.

NEUR 630 Principles of Neuroscience 1 (3 Credits)

Neurology and Neurosurgery: An overview of cellular and molecular neuroscience at the graduate level. Topics include: synthesis, processing and intracellular transport of macromolecules; development of the nervous system including neurogenesis, axonal pathfinding, synaptogenesis and myelination; neuronal survival and response to injury; generation and propagation of action potentials; neurotransmitters and synaptic transmission.

NEUR 631 Principles of Neuroscience 2 (3 Credits)

Neurology and Neurosurgery: An overview of the structure, function and interaction of neuronal systems of vertebrates. Topics include basic neuroanatomy, coding and processing of sensory information (somatic sensory, visual and auditory systems), control of posture and voluntary movement, learning and memory, processing of language and speech, cerebral blood flow, the neuroendocrine system and neuroimmunology.

NOTE: NEUR 630 and/or NEUR 631 are foundation courses: MSc only requires one, PhD requires BOTH unless you are exempted.
All remaining course credits are electives.

Before each academic year, all students need to register for their degree program for both semesters

More information about courses and registration codes can be found in the official IPN page

You can add and drop courses in Minerva in the Student tab > Registration > Quick Add and Drop > Enter CRN Code

When registering you will use CRN numbers. These are NOT the same as course numbers and sections.

Elective Courses

Although this is not a comprehensive list and is subject to change, the following is a brief overview of a few popular courses taken by IPN students.

NEUR 602 Current Topics In Neuroscience (3 Credits)

Neurology and Neurosurgery: Seminar series from which you can select an area of topic to learn about in greater depth with leading researchers in the field.

NEUR 608 Neuroimaging Data Science (3 Credits)

Neurology and Neurosurgery: Cutting-edge analytics as applied to complex and multimodal neuroimaging datasets. Topics include statistics, associative techniques, graph theoretical analysis, causal models, nonparametric inference, and meta-analytical synthesis.

NEUR 610 Functional Neuroanatomy (3 Credits)

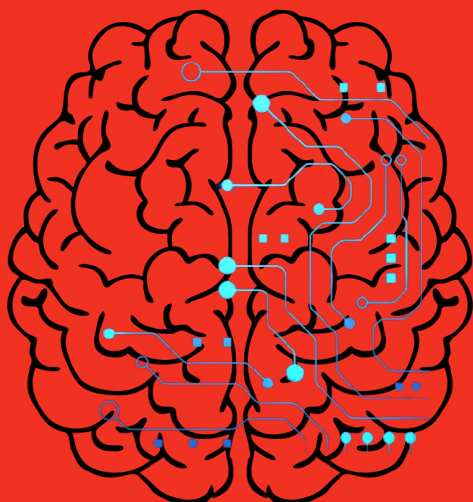
Neurology and Neurosurgery: This course will examine current topics in the functional anatomy of the human brain. The emphasis will be on how anatomical organization determines function. The course will comprise classroom sessions and dissection of human brains.

NEUR 560 History of Neuroscience (3 Credits)

Neurology and Neurosurgery: A historical survey of neuroscience, from antiquity to the major discoveries of the 20th century. Conceptual and technical advances having led to our current understanding of brain function and dysfunctions will be discussed. Particular attention will be given to sensory systems and cognitive processes.

NEUR 570 Human Brain Imaging (3 Credits)

Neurology and Neurosurgery: Current methods that are used to investigate human brain structure and function will be discussed with an emphasis on Magnetic Resonance-based techniques including functional Magnetic Resonance Imaging, Magnetic Resonance Spectroscopy, and Diffusion Tensor Imaging.



Remember to
ask/notify your
supervisor about your
desire to take classes
to see if it
complements your
project

Elective Courses

Although this is not a comprehensive list and is subject to change, the following is a brief overview of a few popular courses taken by IPN students.

MATH 682 Statistical Inference (4 Credits)

Conditional probability and Bayes' Theorem, discrete and continuous univariate and multivariate distributions, conditional distributions, moments, independence of random variables. Modes of convergence, weak law of large numbers, central limit theorem. Point and interval estimation. Likelihood inference. Bayesian estimation and inference. Hypothesis testing.

PSYT 630 Statistics for Neurosciences (3 Credits)

PLEASE NOTE THAT THIS COURSE ONLY COVERS STATISTICAL FUNDAMENTALS; for more advanced modelling, please look at other statistics courses. Statistics needed for analysing the types of data generated in a laboratory setting, with emphasis on the neurosciences, will be covered. Hypothesis testing, parametric and non-parametric statistics will be studied with a practical approach, using data generated by the students. Computer analysis will be introduced.

PSYC 650 Advanced Statistics 1 (3 credits) - PLEASE NOTE that while created for psychology students, covers more advanced regression models. The trick is to ask the professor early on if there might be space available. A course in advanced statistics with specialization in experimental design.

BIOL 580 Genet Approaches to Neur Syst (3 Credits)

This course will focus on recent research employing genetic-based methods to examine the functional and structural properties of the nervous system. The focus will be on approaches for studying neural circuits and behavior in a range of model organisms. Topics will include recent technological advances, such as optogenetics for modifying and controlling neuronal activity, and animal models of neurological diseases. Students will critically analyze the application of these methods to current research through in-class discussion of primary literature, student presentations, and written assignments.

As a general rule of thumb at McGill, please note that it's ALWAYS a better idea to sign up EARLY (that is, on the first day of course ADD/DROP) for MORE courses than needed; as there is a chance to see which courses you like and those you do not, you can then have the chance to make a balanced and fair schedule



GSAN

GRADUATE STUDENT ASSOCIATION FOR NEUROSCIENCE

GSAN is a student organization that represents all Neuroscience graduate and post-graduate students attending McGill University.

You can think of us as your main representatives! Our goal is to promote the integration of students and to provide a platform for social and educational interactions between IPN students across all research institutes in Montreal.

We serve as the official student organization representing graduate students enrolled in the IPN. We work towards developing and fostering graduate student participation in the Department and promote the interests and welfare of its members. We also provide a platform for social and educational interactions between students across all research institutes encompassed by the IPN. Finally we also promote involvement between GSAN and the larger graduate community represented by the PGSS (Post-Graduate Student Society) with regards to all social and educational activities.

To know more about us, you can visit our [official website](#).
For questions, please contact the GSAN via: gsan.mcgill@gmail.com



To know about all our planned events and programming, follow us on our social media channels:

[Facebook](#) @GSANeuro

[Instagram](#) @GSANMcGill

[Twitter](#) @GSANeuro

[GitHub](#) @GSAN-codes

[Slack](#) @GSAN-IPNstudents

What we offer

While GSAN committee might adapt the events and offerings based on the situation, these are just examples of programming/activities that has been offered previously! For an up-to-date list of events taken place please follow GSAN's website and social media accounts.



POINTS OF CONTACT

There are many questions that come up, specially when starting a new academic program. We highly encourage students to contact IPN with their questions, however, you can also ask us about any issues, questions or suggestions you might have and we can point you in the right direction!

LANGUAGE COURSES IN FRENCH

French language courses are open at varied levels of expertise. Whether you are a newcomer or already know some french, these are amazing places to practice or learn more of "la langue française".



TECHNICAL CODING AND STATISTICS WORKSHOPS

We provide ongoing courses for popular coding languages (particularly MatLab and R) as well as a space to troubleshoot code amongst peers. We also offer statistic workshops following code developed by our workshop leaders. All information and data can also be accessed through GSAN's GitHub for ease of use.

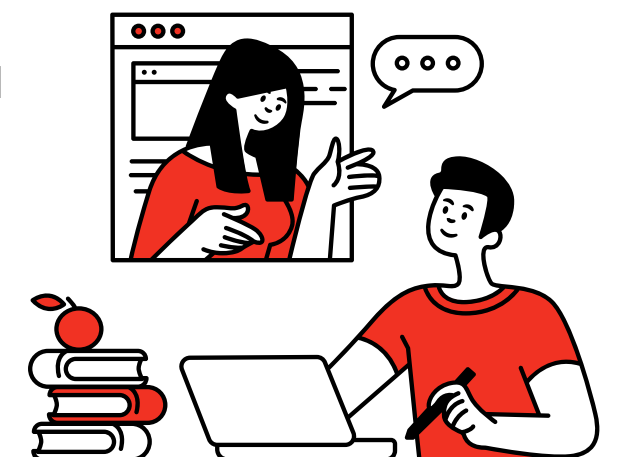


What we offer

Each GSAN board might adapt the events and offerings based on the situation. These are just examples of programming that has been offered previously, for an up-to-date list of events taken place please follow GSAN's social media accounts

PEER SUPPORT PROGRAM

The peer support program is a student run service with trained unbiased listeners from the IPN with whom you can share your thoughts. They will also be able to point you to different campus services regarding student wellness.



SOCIAL EVENTS

Social events are a big part of what makes the GSAN community special! Whether it be through formal events or informal get togethers, there are plenty of opportunities to make new friends in the IPN and join old ones at the different events the social committee organizes year after year. Our different events are based on a combination of GSAN tradition and student interest, so please let us know what you'd like to see, and we'll do our utmost to make some magic happen!

EXAMPLES OF PAST GSAN EVENTS

BBQ in Jeanne Mance Park
Winter Tubing and Ice Skating
Halloween Parties
Winter Break Movie Night
Formal Gala
3 Minute Thesis Competition
Mental Wellness Charity Cafe

Hoppy Hours (Bar Nights at Montreal Pubs!)
Personal Defence Training
Virtual Pet Show
Grant Writing Workshops
MatLab Workshops
R and Statistics Workshops



GSAN Executive Positions

GSAN is led by the Executive Team consisting of the President and all VPs. The President oversees the organization as a whole and is the official representative of the association.

VP Academic

Plans and executes academic events including speakers or workshops. Additionally responsible for any and all academic related events or activities hosted or held by GSAN. Finally, they coordinate communication and establish links with internal and external institutes pertaining to Neuroscience research.

VP Social

Plans and executes social events for IPN members to socialize including, but not limited to, orientation events, holiday parties, and the end of the year gala.

VP Communications & Outreach

Responsible for all official correspondence with all external entities as well as acting as a liaison between the Committee and external bodies. They also oversee the regular production and distribution of a newsletter to all GSAN members and the maintenance of social media accounts to pass on information about GSAN events to all IPN members

VP Wellness

Responsible for providing oversight for the the IPN Buddy Program, ensure the maintainance of the IPN peer support group, plan and organize wellness events and resources, and direct students to appropriate resources while making it clear that wellness does not constitute medical treatment

VP Finance & Operations

Responsible for ensuring all financial transactions for events and activities adhere to the approved Association budget and maintain official financial records. They are responsible for preparing the Association's yearly budget and final annual financial statement.

GSAN Officers

SOCIAL TEAM AND WELLNESS TEAM



Social

Social Officer(s) shall be responsible for: i. assisting the VP Social in planning and organizing major social events; ii. hosting and overseeing GSAN social events; iii. working with Institute Representatives to plan Hoppy Hour events and generally facilitate outreach; iv. arranging outdoor/physical activities throughout the academic year.

Wellness

Student Wellbeing Officers shall be responsible for: i. managing the Peer Support Program, including a. organising at least one active listening training session per semester; b. matching peer supporters with the Membership seeking help; ii. acting as a liaison to other McGill wellness resources; iii. organizing mental health awareness and wellness related events throughout the academic year.

New and International Student Officer shall be responsible for: i. assisting international students in getting acquainted with the system at McGill and the department; ii. acting as liaison between international students and the department, as well as the rest of the student body; iii. voicing students' concerns and problems; iv. helping students integrate into the city's lifestyle, culture, and winter through information sessions; v. organizing appropriate events for student integration. vi. promoting cultural exchange amongst a diverse community of the Membership with a long-term vision to minimize implicit bias and increase awareness and acceptance towards people from diverse backgrounds. 7

Student Advocacy shall be responsible for:

- i. maintaining confidentiality;
- ii. responding to emails from the Membership with resources relevant to their situations;
- iii. acting as a liaison with associated resources such as the Peer Support Program, the Committee for Member Support through PGSS, the Legal Information Clinic at McGill and others;
- iv. attending active listening training provided by the Peer Support Program, and a training on handling student cases provided by the Committee for Member Support;

GSAN Officers

ACADEMIC TEAM

Academic

Academic Officers shall be responsible for: i. assisting the VP Academic in planning and organizing academic-related events and activities; ii. hosting and overseeing GSAN academic events and activities.

Language Class Coordinator shall be responsible for: i. recruiting instructors for language classes; ii. creating schedule of weekly language classes and booking classrooms on behalf of instructors; iii. managing class registration and providing class lists to each instructor; iv. maintaining appropriate documentation. (please note that this is a paid position)

Technical Class coordinator: Responsible to overseeing, managing, and planning the academic workshops and sessions that will take place in the year! (please note this is a brand new paid position)

GSAN only functions by the hard work of its officers and volunteers! We are always looking for new ideas and extra hands willing to help and provide new ideas to implement.

GSAN Officers

COMMUNICATIONS AND OUTREACH TEAM

Communications & Outreach

Website Manager is responsible for maintaining an accurate and current website (gsaneuro.com)

The Designer is responsible for designing posters and other logos for events

The Photographer is responsible for documenting GSAN events through photography and videography and coordinating with the Communications Officers for publishing of material

The Neuroblog Coordinator shall be responsible for: i. contacting the Membership to write blog posts about Neuroscience, graduate student life, and mental health; ii. regularly checking the online sign-up form to ensure efficient posting of blog posts; iii. editing the articles submitted and formatting them for the host website (blog.gsaneuro.com).

Communications Officers shall be responsible for: i. maintaining activity on GSAN's social media accounts: Instagram and Facebook; ii. maintain a communications plan on the shared GSAN calendar; iii. publish a biweekly newsletter advertising GSAN events, fundraisers and general interest events hosted by outside groups; iv. attending GSAN events to promote them on social media through stories and photographs; v. coordinating with the Photographers to obtain photos of past events.

GSAN Officers

FINANCE AND OPERATIONS TEAM INSTITUTE REPRESENTATIVES

Finance & Operations

Sustainability Officer shall be responsible for: i. ensuring that GSAN events are sustainable and Certified by the McGill Office of Sustainability; ii. attending Green Labs Initiative ambassador meetings to maintain the lab waste reduction program; iii. providing a Montreal specific sustainable waste sorting guide for incoming students.

Equity Officers shall be responsible for: i. maintaining, revising, and publishing the GSAN Community Agreement ii. overseeing the implementation of the GSAN Community Agreement, which shall include: a. publishing and monitoring a reporting form that GSAN community members can use to report breaches of the Community Agreement b. taking appropriate action to investigate and remedy reported breaches of the Community Agreement iii. organizing annual equity, diversity, and inclusion workshops for the GSAN Committee iv. representing the GSAN Committee on the IPN EDI Committees

Representatives

Secretary shall be responsible for:

- i. maintaining transparency of the organization;
- ii. attending GSAN meetings regularly and recording meeting minutes;
- iii. publishing the meeting minutes on the website via the Website Manager.

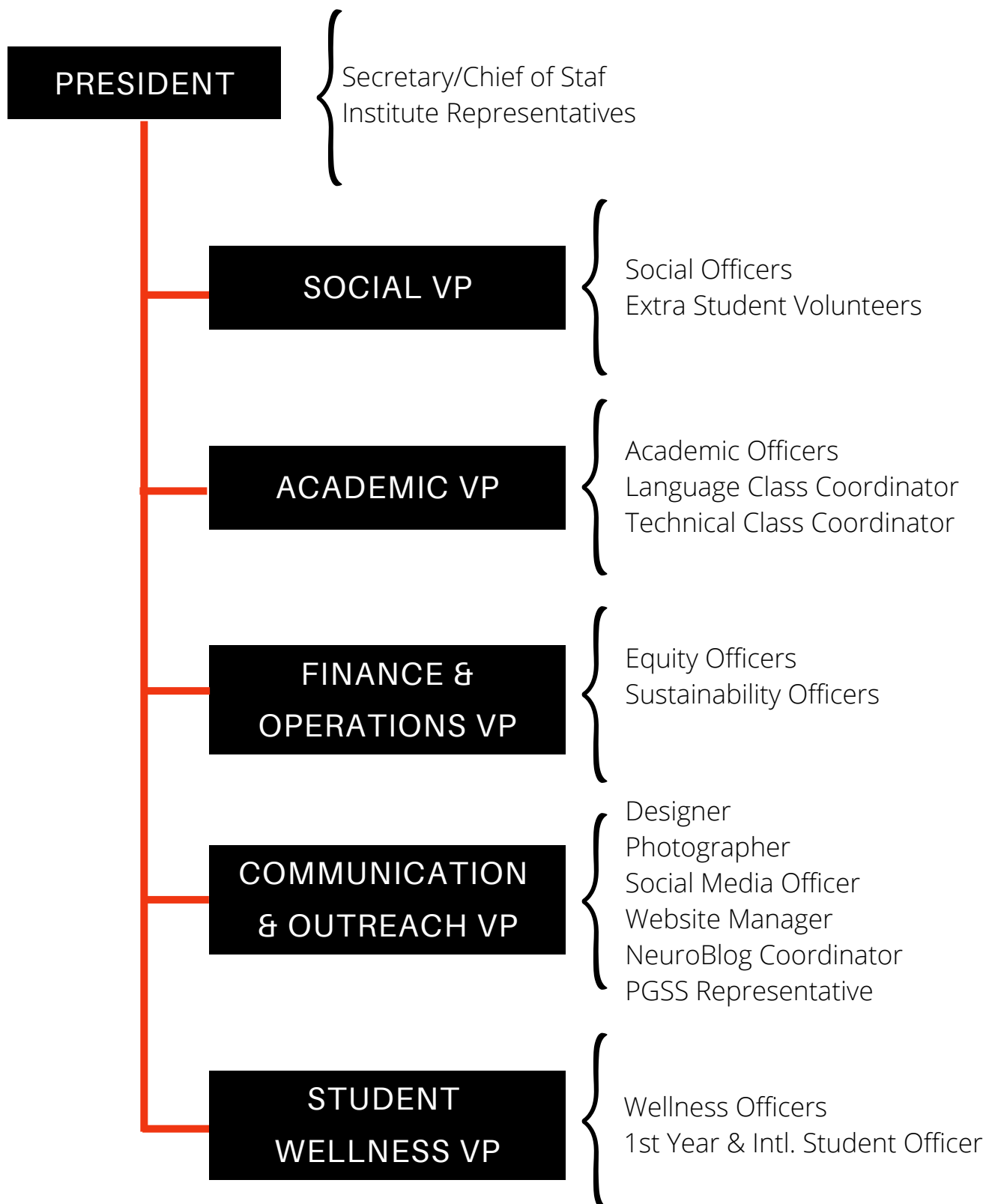
Institute Representatives represent the members of their respective Research Institutes at Committee Meetings, and are responsible for:

- a. relaying the Association's business to their constituents in a timely fashion;
- b. encouraging and soliciting the participation of their constituents in the Association's events and activities, and particularly General Assemblies,
- c. votes, and elections;
- d. relaying the concerns of their constituents with regards to their
- e. experiences with their Research Institute, the Department, and the
- f. University;
- g. keeping an open line of communication with the VP Communication and
- h. Outreach by Slack or email.

Note: The term for an IR is October 1st to the following September 31st, inclusive.

Organizational Structure

While GSAN prides itself in being a collaborative effort, we also value keeping each other to high standards and accountable for all our duties. For this, we all answer to each other, our constituents, and a specific member in the executive board.



Graduate Studies and Funding



A complicated but important relationship

First and foremost, please note that all students in the IPN have a designated and guaranteed minimum stipend. This stipend provides the means to allow you to pay for tuition, rent, transportation, and food. It is your PIs responsibility to pay you your stipend and they have to comply with the minimum as per IPN regulation.

The main funding opportunity for students is applying to awards. There are awards available for different levels of study as well as different migratory status. To know where to apply we recommend you consistently check your email, the IPN website and the official GPS website.

Additionally, McGill provides resources for you to maximize your chances and improve your grant writing in the form of regular workshops. You can learn more about them in the [official GPS website](#). The workshops are led by the Graduate Funding team at McGill that explains the process step by step.



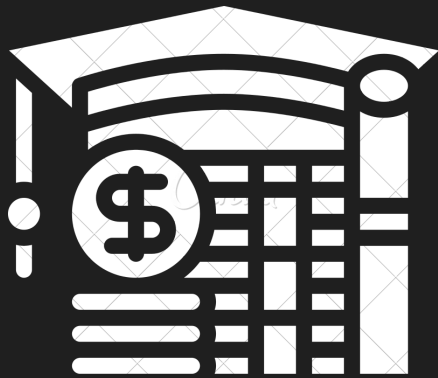
Thinking about money and finances can be headache inducing!

However, it is an important topic to think about and an essential conversation for you to have with your PI.

Graduate Funding Basics

This is just a brief and general overview of things you have to keep in mind while considering money matters. Since everyone's situation is different, we recommend you ask your supervisor or lab administrator if you have any specific question regarding your case.

TUITION & STUDENT FEES



These are the costs incurred by being a registered student at McGill. This includes registration, printing, library, and other student service fees. Costs differ between in-province, out-of-province and international students so be careful when reading them. You can find more information on your statements emailed to you or on the [Student Accounts Website](#).

STIPEND

Also called a living allowance. It is the "wage" you receive from your lab in exchange for your work. The minimum amount for IPN students is presented in the [official IPN website](#), it is your PIs responsibility to pay you accordingly.



ADDITIONAL CONSIDERATIONS

Each lab manages payments differently. Make sure you double check with your PI whether you need to pay tuition yourself or whether the lab will transfer the funds directly to McGill.

All aspects of funding should be discussed with your PI and sorted out in your letter of understanding (LOU). You can also revisit your conditions based on awards, commitments and grants obtained.

While it's ideal to pay tuition fees on time, please note that students can apply to defer their fees WITHOUT any charge through Minerva. For more information and instructions, please visit the [official McGill website](#).

Funding Opportunities

This is just a brief and general overview of funding sources and opportunities. For a more complete and thorough list please check out the [GPS website](#) as well as the [IPN website](#) or consult with your supervisor.



INTERNAL FUNDING

The opportunities are those only available and awarded within the IPN or McGill. These include internal student awards and studentships. Internal funding opportunities for IPN students are listed on [the official website](#).

EXTERNAL FUNDING

These are sources of funding outside McGill or the IPN. Usually from governmental sources but can also be from national or international organizations. Ask your supervisor which funding opportunities they have previously applied to or are familiar with. Additionally, opportunities are listed in the [GPS website](#) as well as the [IPN website](#).



CGS (Masters or Doctoral)
Vanier (Doctoral)

Fonds de Recherche
du Québec (FRQ)



OTHER SOURCES OF FUNDING

There are many other sources of funding besides those mentioned. There are travel awards offered by the different institutes as well as the IPN. Additionally, there can be travel awards for specific conferences or training awards for specific technique. There are also grants specific to diseases or social issues, so make sure to look those up. All funding, big or small, counts!



Tips for applying to funding opportunities

This is a subjective list based on our experiences and therefore is not exhaustive.

For a more complete and thorough list of resources please check out the [GPS website](#), take advantage of workshops and information sessions. You can also refer to the IPN website or consult with your supervisor.

Before you apply

Some awards have internal nomination periods (e.g. Vanier) and others don't (e.g. FRQ). If you want to apply to them, double check the timeline beforehand and start writing your application and gathering documents as soon as possible.

While applying

Read ALL the instructions and documentation for each grant you're applying to. This includes following the prompts, knowing who your readers will be as well as any formatting guidelines required.

Include all your details!
Draw on all your most meaningful activities, transcripts, any research experiences, leadership roles, and social/community involvement.
Pay attention to all activities that are complementary to Social mobilization/ the UN's Sustainability Development Goals!

Send your application number to GPS and the IPN. That way, if you win the grant/award, it will help speed up the process and ensure that you can safely get your money ASAP

Awarded funding will usually not go towards your stipend.
It is up to you to discuss with your PI if you want a stipend change based on the award.

After applying

Other Tips & Tricks

This is a subjective list based on our experiences and therefore is not exhaustive. For a more complete and thorough list of resources please check out the [GPS website](#) as well as the [IPN website](#) or consult with your supervisor.

ELIGIBILITY

Not all students are eligible for all awards. Please read the eligibility criteria carefully before applying.

In general:

- International students are only eligible to ONE major external award (FRQ) and are allowed to apply to all internal awards (e.g., HBHL, IPN Internal Awards).
- Canadian citizens are allowed to apply to all external awards and internal awards



COMMON IPN GRANTS

IPN students often apply to a variety of grants across but some of the most common ones are Vanier, Tri-Agency Awards (CGS), FRQ, and Healthy Brains Healthy Lives (HBHL). Please do apply to others if the opportunity arises or if you know an additional source of funding.

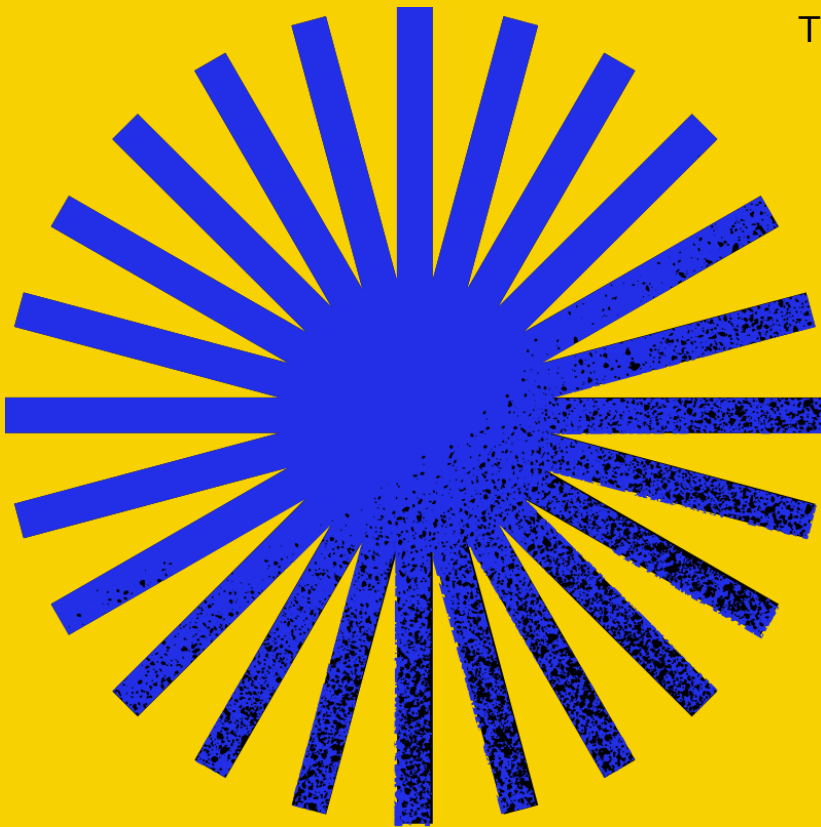
BUDGETING

Cost of living and record inflation are hard to keep up with using a graduate student stipend. For this, we recommend you budget and keep track of your finances to avoid overspending. McGill has created the [Frugal Scholar Program](#) which includes budgeting tips, toolkits and even a [Cheap Sheet](#) with tips, tricks and resources for tight budgets.





Living in Montreal



Things to Look Forward To
Cafes
Restaurants
Bars
Weather
Festivals and Events

Montreal Transport

This is just a brief and general overview of Montreal transport. For more information, please review the [official STM website](https://www.stm.info).



The Metro is the key way of getting around the city with ease. Montreal is well known for its easy to use metro system and it is one of the most practical ways of getting to and from the university.

To use public transport in Montreal you will need an OPUS card issued by the STM. You can get one in most stations or apply to a personal one (valid for reduced fare) through McGill.

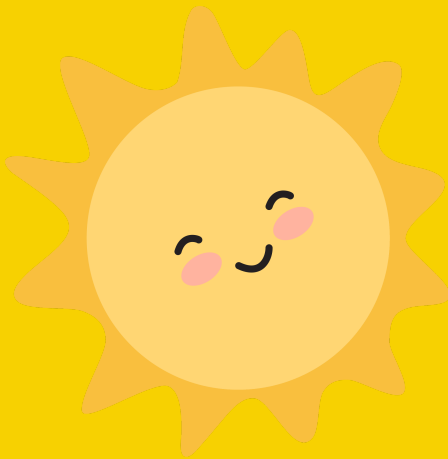
During traditionally non-snow months, Montreal also has a bicycle rental system called [BIXI](https://www.bixi.com). You can buy a monthly or a season pass and pick up a bike anywhere in the city and drive it to your destination.

Wherever a metro can't get you in the city, a bus CAN! We strongly encourage students download transit apps (e.g. Chrono, Google Maps) to help with exploring and finding their way in Montreal.

All McGill students with a Quebec mailing address can apply for a reduced fare OPUS Card. You can apply for one in Minerva, for full instructions please check the [official website](https://www.stm.info) here.

Montreal Weather

Montreal weather can be hard to deal with so here's some information that might help you better understand it and prepare for it.



Montreal weather is generally a tale of two extremes.



We have very hot and humid summers (June, July, and August) with temperatures ranging from 15C to 27C.

If there's a heat wave, temperatures can reach 40C.

During this time, lightweight breathable clothes are recommended.

We have **VERY** cold winters (December, January, February) with temperatures ranging from -15C to -2C.

If there's an arctic front (cold wave), temperatures can reach -32C.

During this time, you will be carrying an arsenal against the cold. Make sure you are ready with a really good pair of snow boots, thick socks, a warm winter jacket, mittens, leggings, and a snow hat.

Make sure you check the weather before leaving your home as it will help you decide what to bring along. A good source is [The Weather Network](#) and you can also download their app.

When reading the temperature, take into account the real feel or wind chill. This will also take into account the amount of wind and time of day for a more accurate measure of the temperature you need to prep for.

McGill and the ISS have workshops regarding how to survive winter. Please check [their website](#) to learn more.

Seasons in Montreal

Montreal is a fun, vibrant, quirky, and unique city that is known for its Fall and Winter activities! Here, please find a bunch of year long activities and events that you can explore and enjoy while you're studying neuroscience at McGill University!



FALL

From eating at a restaurant in one of Montreal's famous terraces in the Mile End and browsing books at Paragraphe Bookstore near McGill, to exploring a wonderful café in the Old Port, walking around the hustle and bustle along Mont-Royal Ave., or checking out St. Helen's Island (home of the Biosphere) there's tons to explore!

For those biking enthusiasts among you, as a green and bike-friendly city, Montreal has a variety of Bixi bikes that can be easily loaned at one bike station and returned to another Bixi bike station! For more information about Bixi bikes, check out [their website here](#). Biking around the city is affordable and is a great way to get some exercise and experience some of the natural beauty of Montreal!

WINTER

Despite the cold, Montreal becomes alive during winter! From skating in Beaver Lake, to going on a gentle walk in the Old Port or along Parc Lafontaine, enjoying a warm cup of coffee or London fog on a cold winter's day, trying tire d'erable, or experiencing Nuit Blanche, you are in for a treat!



Montreal To-Dos

Montreal is a fun, vibrant, quirky, and unique city that is known for its Fall and Winter activities! Here, please find a bunch of year long activities and events that you can explore and enjoy while you're studying neuroscience at McGill University!



FALL

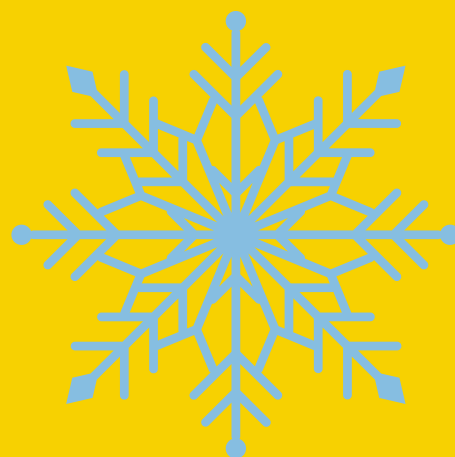
During fall you can look forward to:

- Having a BBQ
- Applying for FRQ and/or NSERC for funding
- Hanging out in Thompson House/Douglas
- Apple and Pumpkin picking
- Going a Halloween Party
- Strolling Montreal's Neighborhoods
- Visiting one of Montreal's Microbreweries
- Walking in Mount Royal and other green oases
- Taking in the colors of Fall throughout the city
- Shopping at local markets
- Visiting the Botanical gardens and their Gardens of Light Exhibit
- Finding cafes with pumpkin spice drinks
- Enjoy a concert, comedy show or theatre

WINTER TERM

During Winter you can look forward to:

- Trying out skating and tubing on Beaver Lake
- Visiting a Cabane de sucre for seasonal foods
- Eating some Tire D'Erable
- Getting some GSAN Merch to stay warm
- Enjoying a game night at Thompson House
- Hanging out with friends to celebrate Nuit Blanche
- Drinking hot chocolate with extra chocolate on Valentine's day
- Grabbing a drink and joining the parade to celebrate St. Patrick's Day
- Dressing up and joining us for the GSAN Formal Gala



Montreal Festivals

Montreal loves its festivals. They are related to various interests and will give you a good break from research. Most of them take place over summer, but there are a couple big ones in the middle of winter and throughout the year. Here's a bunch that might be of interest, this is not an endorsement nor are we being sponsored by them.

Osheaga

<https://www.osheaga.com/en/artists#/artists/headliners>

International Jazz Festival

<https://montrealjazzfest.com/en-CA>

MURAL Festival

<https://murfestival.com/>



You can also check out any concerts, comedy or theatre performances taking place in the different venues in the city. There's always something for every budget.

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Bach Festival

<https://festivalbachmontreal.com/en/>

Picnik Electronik

<https://piknicelectronik.com/en>

Le Premiers Vendredis Food Festival

<https://www.lespremiersvendredis.ca/>



Other festivals

Metro Metro
Lasso Montreal
POP Montreal
Fuego Guego
Montreal Comicon
YATAI MTL Japanese Festival
Saint-Henri Jazz Festival
International Festival Nuit D'Afrique
Montreal's First Peoples Festival

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Just For Laughs Festival

<https://www.hahaha.com/en>

Fireworks Festival Loto-Quebec

<https://lesgrandsfeux.com/en/>

Nuit Blanche

<https://www.nuitblanchemtl.com/>

Other festivals

Folk Fest On The Canal

Festival Orientalys

Zoofest

Franco de Montreal

St-Denis Comic's Festival

PoutineFest

ItalFest

Montreal Cafes & Brunch



Montreal is one of the culinary capitals of North America. Feel free to take advantage of this through the different cafes, bars and restaurants in the city. Here we suggest a few.

These are not endorsed by us nor are they sponsoring us in any way.

- **Second Cup** on McGill College and President Kennedy 2020 Boulevard Robert-Bourassa #309, Montreal, Quebec H3A 2A5: Say what you will about college cafes, but this one definitely takes the cake in Montreal. A quiet, but still energetic spot, with great (and affordable) food that leads into a spacious eating/meeting space for students from McGill and Concordia. HIGHLY recommend their frozen hot chocolates.
- **Cafe Aunja** 1448 Sherbrooke St W, Montreal, Quebec H3G 1K4 — Student-beloved Persian café.
- **Breizh Café** 3991 St Laurent Blvd, Montreal, Quebec H2W 1Y4 — Amazing French creperie!
- **Cha Do Raku** 750 Rue de Bienville, Montréal, QC H2J 1T7 — Hidden gem of a tea cafe in Montreal!
- **L'Oeufrier** 1231 Rue de la Montagne, Montréal, QC H3G 1Z2 — Really nice brunch spot in Montreal!
- **Café Chat L'Heureux** 172 Duluth Ave E, Montreal, Quebec H2W 1H3 — Well-respected cat cafe!!!
- **Allô! Mon Coco** (several locations: 4448 St Laurent Blvd, Saint-Laurent, Quebec H2W 1Z5, 1684 Boul. de Maisonneuve Ouest, Montréal, QC H3H 1J7, 70 St Catherine St E, Montreal, Quebec H2X 1K6)
- **Beauty's** 93 Mont-Royal Ave W, Montreal, Quebec H2T 2S5 — This place is a genuine Montreal landmark and a much-beloved brunch place since 1942!
- **Fabergé** 25 Av. Fairmount O, Montréal, QC H2T 2L9 — Looking for a place with great food and atmosphere for a special brunch? Look no further! AMAZING FOOD ALL AROUND!
- **Sparrow's** 5322 St Laurent Blvd, Montreal, Quebec H2T 1S1 — Another great Montreal brunch place (perhaps a bit niche); also functions as an awesome bar during the afternoon
- **St. Viateur's Bagels** 263 Rue Saint- Viateur O, Montréal, QC H2V 1Y1. One of two genuine Montreal staples ; you've got to check this place out for an authentic Montreal Bagel!
- **Fairmont Bagels** 74 Avenue Fairmount O, Montréal, QC H2T 2M2. The second staple for bagels; have been the rival of St. Viateur's since the 50s!
- **Bagels on Greene** 4160 Saint-Catherine St, Westmount, Quebec H3Z 1P4. Frankly, some think that these guys make the best Montreal breakfasts of all; TONS of variety in more of a "deli" setting. Be sure to check out their samosas in addition to the bagels!



Montreal Restaurants



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- **Noren** 77 Rachel St W, Montreal, Quebec H2W 1G2 - Excellent Japanese restaurant
- **Les 3 Brasseurs** 1356 Saint-Catherine St W, Montreal, Quebec H3G 1P6 — While there are several of these guys, some would argue that the food at this gastropub is the BEST in the city at this location.
- **Ma Poule Mouillée** (aka My Wet Chicken) 969 Rachel St E, Montreal, Quebec H2J 2J2 — known as an EXCELLENT Portuguese place!
- **Restaurant Jako** 1862 Boulevard de Maisonneuve O, Montréal, QC H3H 1J8 — Popular southeast Asian restaurant in Montreal
- **Dirty Dogs** 2010 Crescent St, Montreal, Quebec H3G 2B8 or 3685 St Laurent Blvd, Montreal, Quebec H2X 2V5 — No frills, “newer” Montreal foodie hotspot
- **Burger Bar** 1465 Crescent St, Montreal, Quebec H3G 2B2 — Excellent low key burger place perfect for a casual dinner
- **Notre Boeuf de Grace** 1388 Boulevard de Maisonneuve O, Montréal, QC H3G 1M6 — No Frills, awesome food kind of a place
- **Woodland Restaurant** 5443 Wellington St, Verdun, Quebec H4H 1N4 — If you ever get to Verdun, you can rely on the pizza here



Montreal Classics



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- **Il Foccalao** 1223 Place Phillips, Montréal, QC H3B 3E9 — Makes one of the best pizzas in the city!
 - **Qing Hua Dumpling** 1019 St Laurent Blvd, Montreal, Quebec H2Z 1J4 — One of the BEST dumpling places in town
 - **Sammi & Soupe Dumpling** (68 Rue De La Gauchetière O, Montréal, QC H2Z 1C1 AND 1909 Saint-Catherine St W, Montreal, Quebec H3H 2E8) — Another amazing dumpling option!
 - **Sushi Momo** (Vegetarian!) 3609 Saint Denis St, Montreal, Quebec H2X 3L6
 - **Restaurant Kiku** 5515 Av de Monkland, Montréal, QC H4A 1C8 — Amazing sushi place, but a bit pricy!
 - **Lester's Deli** 1057 Bernard Ave, Outremont, Quebec H2V 1V1 — Quite frankly the BEST deli in the city
 - **La Banquise** 994 Rue Rachel E, Montréal, QC H2J 2J3 — YOU'VE JUST GOT TO CHECK THIS PLACE OUT! The birthplace of POUTINE!
 - **Poutineville** 1365 Ontario St E, Montreal, Quebec H2L 1S1 — Sometimes when the Banquise gets too busy this place is just the thing you're looking for (awesome grub, just a bit more spacious than the Banquise)
 - **Quartier-Perse** 4241 Decarie Blvd, Montreal, Quebec H4A 3K4 — Amongst the best Persian restaurants in Montreal
 - **Tacos Frida** 4350 Notre-Dame St W, Montreal, Quebec H4C 2W6 — The BEST taco place in the city.
 - **The Greenspot** 3041 Notre-Dame St W, Montreal, Quebec H4C 1N9 — A true local's place for food of all kinds



Montreal Ice Cream and Desserts



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- **Ca Lem!** Two locations: 4223 St Dominique St, Montreal, Quebec H2W 2T6 and 6926 Sherbrooke St W, Montreal, Quebec H4B 1P9 — Amazing Filipino ice cream!
- **KemCoBa** 60 Avenue Fairmount O, Montréal, QC H2T 2M2 - Another amazing ice cream place!
- **Gaufres & Glaces Plateau** 4376 St Laurent Blvd, Montreal, Quebec H2W 1Z5 — Yet another amazing ice cream place!
- **Le Blueboy Artisan Glacier** 150 Mont-Royal Ave E, Montreal, Quebec H2T 1P1 — Another amazing ice cream place!
- **Juliette et Chocolate** 1626 Saint-Catherine St W, Montreal, Quebec H3H 1L7. Well-loved desert place in the city (not my favourite, but that's ok!)
- **Holychoco** 366 Sherbrooke St E, Montreal, Quebec H2X 1E6. THIS is the place I have been told legends of chocolate excellence!
- **Uncle Tetsu** 1408 Rue Pierce, Montréal, QC H3H 2K2— Makes amazing Japanese cheesecake!



Montreal Bars & Pubs



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- **McKibbons Irish Pub** 1426 Bishop St, Montreal, Quebec H3G 2E6
 - **Ye Old Orchard Pub** 1189 Rue de la Montagne, Montréal, QC H3G 1Z2
 - **Hurleys Pub** 1225 Crescent St, Montreal, Quebec H3G 2B1 — Truly authentic Irish pub that makes incredible cocktails
 - **Club Pelicano** (more of a cocktail bar) 1076 Rue de Bleury #001, Montreal, Quebec H2Z 1N2
 - **Le Mal Necessaire** 1106B St Laurent Blvd, Montreal, Quebec H2Z 1J5 — LOOK FOR THE PINEAPPLE! (Small but really nice cocktail bar)
 - **La Distillerie** (think 'distillery') 300 Ontario St E, Montreal, Quebec H2X 1H6 OR 2047 Mont-Royal Ave E, Montreal, Quebec H2H 1J7
 - **Casa del Popolo** 4873 St Laurent Blvd, Montreal, Quebec H2T 1R6 — Major hipster location and live music bar
 - **Warehouse** 1446 Crescent St, Montreal, Quebec H3G 2B6
 - **Brutopia** 1219 Crescent St, Montreal, Quebec H3G 2B1
 - **Mad Hatter's** 1240 Crescent St, Montreal, Quebec H3G 2A9 — Amazing student bar!
 - **Randolph's** 2041 Saint Denis St, Montreal, Quebec H2X 3K8 — So many friends are obsessed with this boardgame pub!
 - **Le Sainte-Elisabeth** 1412 Rue Sainte-Elisabeth, Montréal, QC H2X 1L4
 - **Le Darling** 4328 St Laurent Blvd, Montreal, Quebec H2W 1Z3
 - **Bily Kun** 354 Mont-Royal Ave E, Montreal, Quebec H2T 1P9
 - **Pub Bishop & Bagg** 52 Rue Saint- Viateur O, Montréal, QC H2T 2K8
 - **BAR - Big in Japan** 4175 St Laurent Blvd, Montreal, Quebec H2W 1Y7
 - **Else's** 156 Rue Roy E, Montréal, QC H2W 1M2
 - **Bar Le Lab** 279 St Catherine St E, Montreal, Quebec H2X 1L5
 - **Cloakroom** 2175 Rue de la Montagne #100, Montréal, QC H3G 1Z8 — small speakeasy that consistently makes it into one of Canada's best bars
 - **Atwater Cocktail Club** 512 Atwater Ave, Montreal, Quebec H4C 2G5- Hidden speakeasy cocktail bar, one of the best in town 512 Atwater Ave, Montreal, Quebec
 - **Milky Way Bar** 1886 Centre St, Montreal, Quebec H3K 1H9 - delightful cocktail bar off the major party areas
 - **Burgundy Lion** 2496 Notre-Dame St W, Montreal, Quebec H3J 1N5- Amazing British pub with delicious food and delightful cocktails!
 - **Bar George** 1440 Drummond St, Montreal, Quebec H3G 1V9 -Located inside a heritage house (The Mount Stephen), it is stunning and regal. Also has good food, but can be expensive.





Official Platforms

McGill offers a variety of resources and platforms that you can and often times will need to access for different things. Below is a short list of the most relevant ones, this is not an exhaustive list so feel free to use all the other platforms as well if you see fit.

Minerva: User-friendly web interface to McGill University's central information system

MyCourses: McGill University's learning management system

MyFuture: Portal for promoting job opportunities and career development information at McGill University

MyProgress: Resource that provides guidance regarding the steps that they have undertaken and need to take to completing their graduate degree.

myPath: Resource/toolkit that seeks to help students develop an individual development plan (IDP) to assist with holistic student development over the course of their graduate studies

myInvolvement: McGill University platform that provides information about workshops, university events, and volunteering opportunities. myInvolvement is also where students can see how they can obtain their personalized CCR (a co-curricular record) that reflects their participation in any and all workshops, events, and volunteering activities that they took part in while attending McGill University.

myWellness: McGill platform for all wellness hub events and services. You will be able to access their programming and resources as well as schedule appointments with their staff.



Official Student Support

McGill offers a variety of resources and platforms that you can and often times will need to access for different things. Below is a short list of the most relevant ones, this is not an exhaustive list so feel free to use all the other platforms as well if you see fit.

GPS: McGill's Graduate and Postdoctoral studies website. Useful for finding program, thesis, and funding information

Graphos: Learning resource that teaches students how to become stronger writers and communicators

TLS: Provides resources and skillset developments to assist with student learning, development, accessibility, and supervisee-supervisor relationships

PGSS: Representative body for all graduate students and post-doctoral fellows at McGill University. Serve as resource to handle life at McGill and/or Montreal, advocates for student rights in meetings with administration, plans interdepartmental social activities, and administers the graduate student hangout spot and pub, Thompson House.

CaPS: Career Planning Services is the McGill hub for all career and leadership development. They offer individual appointments with students and also hold workshops and information sessions throughout the year.

ISS/International Student Services: Support network for international students of all levels at McGill University. Provides immigration workshops and information resources, in addition to information about traveling to Canada, finding work, as well as International Health Insurance Plan (IHI).



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