COVID-19 Disclaimer

This handbook was created to share with incoming students what they may expect during their 2 years at SCARP. We realize due to the global pandemic that the past year was very different than normal and there may still be some uncertainty as we head into your first year at SCARP. With that said, the information in the handbook is based on both the experiences of the 2020 cohort and students of previous years and may therefore may not all apply to the ongoing changing circumstances we are in. In many instances, we as a cohort may be learning right alongside with you! Nevertheless, we hope you all have the opportunity to find connection and community within SCARP, even in these strange times. In addition to the SCARP Faculty and Administration, the PSA is here to answer your questions as you make the transition to start your new graduate program.
Land Acknowledgement

We acknowledge that SCARP and the UBC Vancouver campus are situated on the traditional, ancestral, and unceded territory of the xʷməθkʷəy̓əm (Musqueam) People. As you begin your journey at UBC SCARP, we would also like to invite you to take some time and learn about the history of this land. The land acknowledgment should not be seen as a formality, but as an opportunity to honour the original inhabitants and reflect upon our own identities and experiences as planning students studying on this traditional, ancestral and unceded land. If you would like to learn a little more about the Musqueam history, culture and people, check out their website: www.musqueam.bc.ca

If you are not already aware, we strongly suggest that you learn about the history of colonialism, indigenous displacement, and forced assimilation both in Canada and in British Columbia specifically. Most of us are uninvited guests and settlers on the traditional, ancestral and unceded land of Indigenous people, so please respect and honour their culture and history. Familiarizing yourself with current treaties and relations between Canadian government and First Nations is an important starting place for us all.
Hello incoming first-years and welcome to the SCARP community! The return to a new normal is almost here and we’re all excited to finally be in person and fill your time at SCARP with tons of exciting opportunities to connect, learn and grow together.

Now you may be wondering, what is the PSA and why should I get involved? If so, read on!

The PSA is your elected student council – elected by our peers to foster community and dialogue within SCARP. Through the PSA, we work academically, professionally and socially to promote the well-being of students, provide opportunities to grow your skills, organize networking events and act on behalf of students as issues arise. In support of these goals, we work collaboratively to put on a variety of social events, invite guest speakers and encourage the physical, mental and emotional wellbeing of students through a variety of initiatives. As we all figure out what this next year holds, we look forward to hearing from you to ensure you get the support you need to be successful during your time here at SCARP! The PSA is for you — so always feel free to reach out with your ideas, questions and be on the lookout for opportunities to get involved.

See you all soon!

Maren McBride, PSA President
On Behalf of the 2021 PSA
To MCRP Students

Six years ago, SCARP transitioned from a research-based degree (MA and MSc) to a professional degree, the Master of Community and Regional Planning (MCRP). While the research-based program had specific streams and required students to complete a thesis, the MCRP is more skills-based and allows students to tailor their concentration and coursework based on their interests. Currently, the MCRP program is undergoing a comprehensive curriculum review in consultation with SCARP faculty, students, and alumni to improve content and delivery of the program and maximum learning outcomes for students. Aspects of the program that are under review include changes to the content of the core classes, course scheduling, and sequencing of courses. In your time at SCARP, you may experience the output of some of this hard work, and may have the opportunity to voice your opinions and help continue to shape the program for the future.

Despite the ongoing changes to this fairly new program, the essence and core values of SCARP remain: generating and transforming knowledge into action by planning in partnership to improve lives and communities and the quality of built and natural environments. So, although we second-years think we know what’s happening when it comes to the MCRP, keep in mind that what we say next might change. Also remember that you can be the ones initiating some of the valuable changes!

Courses

Core courses will make up a large portion of your coursework during your first year (especially if you are in ICP), but you will have the opportunity to take elective courses to dive deeper into your planning interests. Although SCARP has tons of great classes to offer, many students look outside of SCARP for these elective courses in faculties such as Institute for Resources, Environment, and Sustainability (IRES), Global Public Policy (GPP), School of Architecture and Landscape Architecture (SALA), and Geography (GEOG), among many others! Don’t be afraid to speak to some of the second years about their experiences with certain courses. With that said, they’ll probably provide their unsolicited advice regardless.

The schedule on the next page is a rough outline of what to expect. In any semester, you might do slightly more or fewer credits, but on average students take between 12-15 credits per term. You will review your course selection and course-load with your faculty advisor at the beginning of each term to make sure it’s the right call for you and will support your overall planning concentration. Oftentimes it can be difficult to choose what to take because there are so many interesting electives to choose from. This is a good problem to have and a reassurance that you’ve come to the right place. While you may be drawn towards finding courses in your concentration, don’t be afraid to broaden your planning knowledge by taking courses that may seem out of your comfort zone. You may be surprised with what other interests you have. To say the least, you’ll be very busy over the next two years, but it’s going to be AWESOME!
Capstone & Studio

Students in MCRP (excluding ICP students) have two additional courses that require special attention: the studio course and capstone project. The studio course takes place over both terms 1 and 2 of your second year. Through the studio course, students work with organizations and community partners on real world projects. Partners will determine how, and if, projects will be implemented. Prior to the course starting, instructors will work with students to determine their interest and skills to create small teams who are assigned to work with different organizations. Past partners included BC municipalities, First Nation Bands, UBC Campus and Community Planning, and neighbourhood groups. Studio courses are intended to give students real-world planning experience and skills prior to graduation. These projects put all the skills you learn at SCARP to the test and help you build professional relationships with community partners.

You'll complete your capstone during your second year in the MCRP program. Currently, the capstone exists as one of three options:

- A professional research report, where you can delve deeply into a particular planning-related question or problem. The research report can be based on your research interests or it can be an extension of work you’ve completed as part of your internship or related to your studio project.
- A professional portfolio that encompasses work you’ve completed during your two years at SCARP and a reflection piece that ties this work together as a planning approach.
- An alternative form, such as film, other multi-media product, or website, that explores a planning-related topic.

Students will work closely with their Faculty Advisor as they develop and complete their capstone.
To ICP Students

Hello Indigenous Community Planning students welcome to SCARP! During your orientation week, Maggie Low will likely gather you together for a meet and greet. The second year ICP students are looking forward to meeting you and will be organizing a cross-year get-together within the first few weeks of September (so stay tuned). Getting to know one another across cohorts is a great way to have an idea of how your second year will shake out, and you’ll have a few formal opportunities to learn more about practicum in addition to chatting with second years! We look forward to meeting you, learning from each other, and continuing the incredible ICP specialization.

Courses

Logistically, the ICP specialization involves a lot of evening and weekend classes. In year one, ICP classes focus on practical skills like negotiation, facilitation, and community engagement. There is also an Indigenous Community Planning class that discusses the history of colonization of Indigenous peoples in Canada, as well as the role that planning has played in the colonial project and how planning by Indigenous communities is starting to repair some of this damage. ICP students highly recommend their classes for ALL students as it’s important for any planner working in Canada to understand the complex impacts of colonialism, the shifting Nation-to-Nation relationships and understanding of Indigenous rights in Canada, and the implications of these factors for planning today.

Practicum

In year two, ICP students are paired into teams to work with an Indigenous community for their practicum. The structure of the ICP specialization was actually used as a model for the MCRP when it was redesigned — think of the second year ICP practicum as the MCRP studio, although the practicum is worth 12 credits, versus the studio’s 6. Typically, ICP students have been able to make trips to visit the Indigenous communities they are working with for their practicum.

For All Students: Indigenous Communities

A big, important note for ALL SCARP students: (that if you do not yet understand the need for, you will soon): there are specific protocols associated with contacting Indigenous communities. If you would like to do work with or receive information about an Indigenous community, do not contact them without talking to Maggie Low first. She acts as the liaison between SCARP, ICP, and Indigenous communities as she has spent the time to build these relationships.
To MAP/MScP Students

Welcome SCARP MAP/MScP students! The Master of Arts and Science in Planning program is a more research-intensive program compared to our professional-oriented friends in the MCRP program. We are a small and relatively new (but fun!) program, and as such, the curriculum does change. Therefore, it is important to develop strong communication with your supervisor and instructors; and even though your research and thesis are yours alone, you will still be collaborating with others throughout your courses—a great deal more than most other research-based masters programs. It is also advised that you tailor your courses to your intended research, so you can meet course requirements (34 credits) and move your thesis along simultaneously. This includes your 10 core credits, 12 concentration credits, and your 12 thesis credits. Of course, you may take additional courses in and out of SCARP if they are related to your research, just talk it over with your supervisor. One of the great, and most challenging, aspects of the MAP/MScP program is its flexible and self-guided nature. Deadlines and deliverables are not concrete and at the discretion of yourself and your advisor. At times it may feel like things are up in the air, and a lot of times they are, so feel free to talk to the admin, faculty, and your supervisor. Don’t be afraid to ask questions! Of course, you can always reach out to your fellow MAP/MScP cohort. Also, don’t forget that the MCRP students are also very knowledgeable and enthusiastic. It can really help to talk things through with them, or just hang out and let their positivity seep in.

All in all, SCARP is a very social and supportive school. The students are great, as well as the faculty and administration. People want to see you succeed, and (when not too busy themselves) are eager to give a helping hand. We hope you feel welcome as part of the SCARP family, and we look forward to getting to know you and your research!

For All Students: Faculty Advisor Roles

You’ll be assigned a faculty advisor shortly before you start your first year at SCARP. Your faculty advisor plays an important part in your degree. They will sign off on your course schedules, help you construct your concentration, and be there for professional and academic (and perhaps moral) support. Remember, it is your faculty advisor’s job and responsibility to be there for you, so don’t be hesitant to communicate with them! You’ll get a chance to chat at orientation, but we also recommend planning a longer one-on-one with your advisor.
Tips for Urban Design

Urban Design is one of the concentrations at SCARP with its own set of required courses. That said, if you decide to concentrate in Urban Design, you can still combine it with your other planning interests. Design, as a practice in general, is multi-faceted and requires a variety of soft and hard skills—from addressing ambiguous questions and building on the lessons of the past to developing drawing/representation and verbal presentation skills. Naturally, this also requires creativity and willingness to adapt and respond to new information. The urban design concentration seeks to develop these skills and provide a solid foundation for understanding and participating in the field. Expect that it will be an intense and rewarding experience!

Here are a few more tips if you are aiming to add Urban Design to your basket:

- It would be useful to start practicing drawing and sketching, and also getting familiar with the basics of design softwares (like Adobe Creative Suite) as soon as possible. So go get some pencils and a sketch book and start playing around on your laptops!
- To get the most out of each course, be fully invested in it. This may mean a greater time and energy commitment, but it’s the best way to develop your design mindset and skills.
- The ability to work with a team and collaborate with other students is likely your greatest asset — everyone has different strengths and skills, so you should do your best to learn from others. Although many resources are now online, some of the greatest sources of design inspiration are classic books.
- Lastly, even if you don’t plan to concentrate in Urban Design, you should still take the first urban design course (if possible) to get a good sense of graphic representation, urban design theory, learn site analysis techniques, and get to know your fellow SCARPies better! Have fun with it!

Tips for Creating a Customized Concentration

The great thing about SCARP is that it brings together students with a wide-range of planning interests. Through the MCRP program, you have the opportunity to shape your course schedule to align with your planning interests. This is known as your customized ‘concentration’. While the SCARP website has a list of suggested concentrations, it is totally up to you to decide what your concentration “concoction” will be! You will work with your faculty advisor to establish what your concentration will be, and review your selected courses to ensure they will support you and your area of interest.

- Don’t be afraid to look outside of SCARP for courses aligned with your area of interest. Many students have taken courses in Geography, School of Architecture and Landscape Architecture and the Institute for Resources, Environment and Sustainability.
- Please reach out to second years for suggestions as many of us have taken great courses all across campus in both Graduate and Undergraduate departments.

It’s important to take a variety of types of courses; including at least one or two broad knowledge courses, at least one skills course, and at least one in-depth knowledge course, and may include a field experience course.
To International Students

Canada is a multicultural country and Vancouver especially is home to many nationalities and ethnic groups; therefore we hope you feel at home at UBC and Vancouver! It is not a big city, but sometimes it can feel lonely. Just don’t forget that we are here for you and there will most likely be local communities that you connect deeply with. UBC provides a comprehensive guide for international students. In addition to this guide you can book an appointment online to talk to an International Student Advisor with International Student Advising. These Advisors are more knowledgeable about specific issues relating to being an international student than SCARP’s own administration because they deal with these issues on a daily basis. All you need to know about settling in at UBC is provided there. You’ll find information on campus housing, getting a UBC card, health insurance, and even finding child care services for your family.

Local Planning Knowledge

Although you will be taking core courses that will help you build up your local planning knowledge, it is helpful to familiarize yourself with Canadian government structures prior to arrival. For instance, it is important to understand the distribution of power between the federal, provincial, and municipal governments. It is also important to familiarize yourself with the history of colonialism in Canada, indigenous displacement, and current treaties and relations between Indigenous nations and the Federal and Provincial governments. The United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) also has important and current implications for planning work in British Columbia, and would be a good reference.

Study and Work Permit

It is very important to make sure your study permit allows you to work if you need to complete an internship or work during your time at SCARP. Some permits restrict the number of hours you can work per week and specify whether you can work on or off campus. For internships, you may be able to apply for a co-op or internship work permit once you’ve started your studies that allows for more flexibility than your study permit. Again, the SCARP Admin Team and International Student Advising will have the best guidance for your specific situation.

Cell Phone and Internet

Using a cell phone is a norm in Canada and it is very convenient when it comes to communications. You would want to get a cell phone when you arrive in Vancouver. Rogers, Fido, Telus, Virgin, Bell, Freedom, Koodo, and Chatr are some of the main cell carriers in Vancouver. They have packages for students so make sure to bring your student card when visiting their store to sign up. If you are living on campus you should have access to UBC’s high speed internet. However, if you live on campus you can contact companies such as Shaw and Telus to get high speed internet. They come to campus during the first 2 weeks of September to sign up new customers.

BC Identification Cards & Health Care Plan

Your International Driver’s License can act as your social ID once you also apply for a Canadian Driver’s License. If you do not have a driver license and don’t want to carry your passport around all the time, you can apply to get a BC Services Card from ICBC. In British Columbia you need 2 pieces of ID to purchase or consume alcohol and tobacco. You will also need to apply for a Medical Service Plan upon your arrival. The MSP is the health care plan provided by the BC government and required by law for everyone to have. UBC international students have access to a temporary 3-month healthcare plan that will provide you with coverage while you wait for your MSP application to be processed.
Student Development

Student Development provides programs, events, and initiatives to enhance your learning experience at SCARP. Whether you are looking for ways to get more out of your degree or connect with the planning profession, we’ve got many opportunities to help you build professional skills and enhance your leadership potential! Since we are part of the Faculty of Applied Science, many of our professional development opportunities are designed and delivered by them too.

Internships

The Internship Program is an essential and integral component of the MCRP program and is designed to connect you with experienced planning professionals in your field of interest, allowing you to gain valuable hands-on experience while also earning academic credit. Most students complete their internship between their first and second year, but it is not mandatory to do it during that time period. The Student Development Coordinator will provide students with guidance and advise regarding obtaining an internship.

Orientation

Orientation for incoming SCARP students takes place during the first week of classes. Orientation provides an opportunity to connect with both incoming and current students as well as SCARP faculty and staff. Orientation typically includes two days of on-campus activities followed by an overnight trip to Whistler for the incoming cohort. Specific details about Orientation 2021 will be shared once SCARP receives guidance regarding in-person activities. Nevertheless, the 2020 Cohort and SCARP faculty and staff are committed to creating a valuable orientation experience to welcome you to SCARP.

Professional Development

Professional development at SCARP provides various workshops, programming, and initiatives to enhance your learning experience and career development at UBC, offering you many opportunities to build your professional skills.

Mentoring

The SCARP mentoring program matches first-year students with planning professionals based on the student’s planning interest. It is an excellent opportunity for you to gain valuable insights into the planning profession and connect with community partners. The Student Development Coordinator will provide more information about the program during your first few months.

Symposium

Another important SCARP tradition that rests with the incoming cohort is the planning of the SCARP Student Symposium. The SCARP Student Symposium is an annual event that brings planning students and practitioners to UBC campus for a day of panel discussions and keynote addresses. The event is organized by the first year MCRP students and allows you to engage with the most pressing planning issues our communities face, typically around a particular theme that reflects your cohorts values as planners. Unfortunately, both the 2020 and 2021 conference was cancelled due to COVID-19. Second-year students who began the process of planning the 2021 symposium are more than willing to speak with the incoming cohort to decide how and if you want to carry forward the planning of this event.
On Campus

Learn & Study

West Mall Annex (WMAX): Your Home Away From Home

First Floor WMAX: It’s a mixture of quiet space, informal, meeting, and classroom spaces, as well as PhD student spaces. Pay attention to the signage for room guidelines. SCARP administration also has access and work part-time from here.

Second Floor WMAX: It’s only used for quiet study due to faculty offices and some classes in the 240 classroom. No group meetings are allowed upstairs. Please respect faculty space and keep the volume down. Extra washrooms are also upstairs if those downstairs are busy.

Lassere
Some faculty offices and the main SCARP administration office. Also houses the UBC School of Architecture and Landscape Architecture, our non-SCARP friends.

Grad Student Lounge
There's a lounge in the AMS Nest up on the 5th floor exclusive to grad students. It's tucked away in the back, but can be a great resource. It has non-bookable office spaces and group work rooms and is generally quite quiet. You’ll need your UBC student ID to access the space by scanning your card.

Libraries and Study Spaces

Informal Learning Space: A small computer lab in WMAX with Adobe Software.

Koerner Library: The main library close to SCARP has 2 computer labs in the basement that have ArcMap and a plotter. The GIS librarians are very nice and can help you with any GIS questions.

Peter Allard Law Library: (shhh...don’t tell the law students but this is great, QUIET, place to study)

Irving K Barber Library (or IKB): One of the oldest buildings on campus across from the Residential School History and Dialogue Center. Lots of neat study spaces, including the infamous “Harry Potter Library”!

Eat

- Koerner’s Pub ($$) – Close to WMAX and the 2nd years favourite place to grab beers after class!
- Blue Chip Cookie ($) - Located in the AMS Nest. The BEST cookies on campus (maybe even in Vancouver), for when you just need a sweet treat.
- Timmies (Tim Hortons) ($) - Canadian Staple. Cheap coffee & doughnuts with 2 locations on campus.
- International Food Court ($) - A food court in the basement at the UBC village place. Little far from WMAX, but has lots of international selections at a cheap price. Lunch time is always busy and crowded.
- The AMS NEST ($$) - The food court at the student's centre has sushi, pizza (PieR2!), all kinds of deli such as wraps, soups, cheap sandwiches, a small grocery store, etc. Pit Pub is also there on the basement floor.
- Triple Os ($$) - Opens late. Hamburgers, etc.
- Mercante ($$) – Pizza!
- The Loop Cafe at CIRS ($$) - Super sustainable. They always have one hot vegetarian and one meat entree with rice, plus a salad bar, sandwiches, pastries, organic fair-trade coffee, etc
- Harvest ($$) - A little bit expensive, but it’s a small convenience store with a deli on the ground floor. It’s the closest place from WMAX to get something quick.
- Great Dane Coffee ($) - Behind the Walter Gage Towers. Said to be the best coffee on campus. Serves really good sandwiches and soups. Great study space but can get busy since it’s close to UBC’s law school.
- Jam-jar ($) - Lebanese Canteen. Pretty good value for the amount of food you get.
- Loafe ($$$) - In the Alumni Centre and a little more on the expensive side. Little bougie but rumour has it the food is very good. They also serve Cartems donuts, a must eat in Vancouver. Good place for professional meetings/networking.
Explore

- Wreck Beach
- Museum of Anthropology*
- Nitobe Memorial Garden*
- UBC Farm
- UBC Botanical Gardens*

* Free admission with your UBC Student ID

GSS & AMS

As members of the Graduate Student Society (GSS), you have a health and dental plan through the Pacific Blue Cross. You also have access to many of the same resources as undergrad students through GSS agreements with the Alma Mater Society (AMS). The Koerner House is the Graduate Students Centre where Koerner’s Pub & Seedlings are located. Whereas AMS NEST is the student hub for all students on campus.

Printing

UBC Libraries - you need to create an online account in order to print or copy at UBC libraries. Copies Mart at the University Village is also a good and cheap option for all things printing.
Getting to Campus

Cycling

A bike is great to have in Vancouver, and there is an amazing network of cycling infrastructure and dedicated bike streets across the city! Many students cycle-commute to campus, but be prepared to bike in the rain (and up lots of hills)! Cyclists may take their bikes on buses, SkyTrain, Canada Line, SeaBus and the West Coast Express.

- UBC has lots of great resources for cyclists, including trip planners and safety tips. Visit their website.
- Check out the City of Vancouver’s Cycling Map here to plan your trip around the city

Buses/Transit/Compass Card

You need to have a Compass card in order to use the public transportation system. As a UBC student, you can get a Compass Card from the UBC bookstore. Or you can grab one at YVR Airport if you arrive in Vancouver by plane, at some Skytrain stations, London Drugs, Shoppers Drug Mart or other locations around Vancouver (check TransLink’s website for locations). A monthly student bus pass “U-Pass” (activated online through Compass card website) is included in your student fees already for the school term. You’ll need to tap your card each time you ride the bus, and when you enter and exit the skytrain and seabus station.

KEY BUS ROUTES:

- 99 B-line - Travels along Broadway, from Commercial skytrain station to UBC Campus. This is an extremely popular route (the busiest bus in North America!) for students, which means busses tend to fill up quickly. Many UBC students do try to live within walking distance to this route.
- 44 - A express bus that picks up our West-end and Kitsilano friends before heading to UBC. It’s important to know that this bus only runs on the weekdays!
- 84 - An express bus that leaves VCC Clark skytrain station, runs through olympic village, lower south false creek and Kitsilano.
- R-4 - An express bus that travels along 41st ave from Joyce-Collingwood station to UBC.
- Routes 33, 68, 480, 49, 25 all arrive at the UBC Exchange (Next to the aquatic center)
- Routes 9, 14, 4, N17, 258 all arrive at the UBC Exchange (On University Boulevard)
Some of you might have applied for campus housing already and got an offer. If so, that’s great! Living on campus is definitely extremely convenient, but sometimes you may feel trapped on the UBC peninsula. Living off campus is very common among UBC students since campus housing is always scarce and pricey. There’s lots of fun neighbourhoods in the city! That being said, a nice Vancouver rental may be expensive and hard to find. Although some neighbourhoods are pricier than others, there are still “relatively affordable” rental places in most neighbourhoods. Be prepared to make a decision quickly when you find a place you like. Sometimes luck plays a huge factor, but we’re sure you’ll find a home!

Vancouver Neighbourhoods

Basicly, apartment costs tend to go down the farther you travel from campus as UBC is located at the edge of a wealthy neighbourhood. The “I-just-moved-here” classic is a basement suite, so be prepared to consider how much more you are willing to pay to live above ground. All the neighbourhoods listed in this map below are within the City of Vancouver boundary (approx. 15~45min commute). There are nice places to live in other nearby municipalities like Burnaby, Richmond, and North Vancouver depending on your price point and your preferred distance from campus.

Where to Look:

- Craigslist - this is the go to place to search for apartment rentals!
- Zumper
- Padmapper
- Facebook Marketplace

If it’s your first time looking for an apartment, be aware of scammers and NEVER give a deposit without reading the tenancy agreement.
UBC - University Endowment Lands
Living on campus means you can avoid driving or busing, but rent is very expensive (despite what UBC says). It’s basically a small town with grocery stores, restaurants, museums, banks, etc. so you’ll never need to leave campus. But, try to leave anyway to explore the rest of the city because the action is definitely off campus. If you want to travel back to campus after the buses stop running, you’re in for an expensive cab ride. Bike back instead - if you don’t mind the rain.

West Point Grey
The closest you can get to campus without living on campus. You’re about a 6-10 minute bus ride to campus, totaling 15 minutes to WMAX. Perfect if you like to roll out of bed 20 minutes before you have to be in class. There isn’t much going on in the neighbourhood, so you have to bus to downtown (30min) or walk over to your neighbour Kitsilano to find some fun and entertainment. Houses are huge so you can find a decent sized basement apartment, or a spot in a few of the above ground apartments. Very family oriented neighbourhood with only a 15 minute walk to Spanish and Jericho beach!

Dunbar-Southlands
If you hate early mornings but don’t want to live on campus, Dunbar might be the choice for you! It’s a fairly quiet area, with mostly single family homes with an active and vocal neighbourhood association. Dunbar village is along Dunbar street and you can find some nice little restaurants and shops here for daily needs. If you’re lucky you can find a gem of a basement suite or rent a whole home with a few other people. Some trade-offs? The neighbourhood itself is a bit sleepy and you’re a little far from other lively neighbourhoods in Vancouver (you will likely require 2 bus connections to get anywhere Downtown/East Vancouver).

Arbutus - Ridge & Shaughnessy
Welcome to one of the oldest yet most expensive neighbourhood in Vancouver! Some of the best houses and wealthiest people are in this area due to their prime geographical location. However, there are still plenty of people renting out their nice basement suite at a reasonable price, so don’t let the neighbourhood names scare you away. If you love biking and jogging, this could be one of the best neighbourhoods because they are adjacent to the Arbutus Greenway Corridor.

Kitsilano (South of 4th Ave)
Aka Kits. Lots of older single family homes and some low-rise apartments that aren’t too close, but not too far from campus, with access to the 99, 84, and the 4. There’s lots going on Broadway including some of UBC students’ favourite restaurants and bars. Basically it’s close to campus with lots of grocery and dining options.

Kitsilano (4th Ave and North Edition)
If you love lounging on tree-lined beaches (who wouldn’t), dining out at great restaurants, and poaking into cute (but expensive) shops - this laid back, trendy neighbourhood might be for you. Bonus: its home to the original Lululemon (and their current global headquarters), hence you’ll see lots of yoga pants around. Range of pricing from expensive nice places, to cheap basement suites. Some apartments are fairly old, but the beach is only a few steps away so who could complain!

Fairview
Kitsilano’s cheaper, less-yuppie-ish cousin, you’re probably pretty close to at least one 99 B-Line stop. It is the area east of Burrard, west of Cambie, and north of 16th. This area has almost certainly the highest number of 2-3 storey apartment buildings in the city. Bonus 3am ambulance noise if you live near VGH at Oak and 12th! Slightly cheaper than Kits, but still close to UBC. Also a short walk to False Creek and the Broadway-Cambie SkyTrain Station (Canada Line). A happy middle. Bars are a little scarce but it’s easy to hop on over to our ironically moustachioed friends to the east. South Granville is home to lots of shops, but is a well-known food desert. Probably a half hour transit ride to campus unless rush hour is especially bad.

South Cambie
A lot of variation depending on where along Cambie you live. Cambie village is undergoing major development so the streetscape is constantly changing (but a lot more food options now!). Closer to False Creek, you’ll be close to many grocery stores, the Canada Line, and the 99 B-Line. City Hall is at Cambie and Broadway, so maybe you’ll spot planners walking around your neighbourhood.
Strathcona
A bit of a cocoon, and a few transfers to get to UBC, but an eclectic mix of housing and residents. Super charming heritage homes, boulevard gardens, and friendly community vibes. Around the corner from Chinatown and a hop, skip, and a jump to DT. You can get really cheap groceries from Chinatown but don’t expect supermarket chains (support the locals!). Rent on par with Commercial & Mount Pleasant.

Mount Pleasant
Close to a 99 stop. Easy to get around and located near other “cool” areas (Commercial Drive and Main Street). Diverse neighbourhood with a KFC nearby. Lots of cool bars, restaurants, and breweries around, and a mix of 2-3 story apartments and single family homes. The area has historically been home to industrial lands in Vancouver, and as such, is now quite a contentious neighbourhood from a planning perspective.

Riley Park
If making fun of hipsters that are just a little too behind the times to have moved to Fraser (so hot right now), Main Street is your place. Do you like coffee? There’s lots of that. Antique stores cling for dear life against ever-increasing rent pressures? Yup. Poodle on a Pole? You bet! Moderately priced, relatively, but is increasing due its popularity.

Kensington-Cedar Cottage
Aka the No-frills neighbourhood. You’ll find absolutely nothing trendy or hip in this neighbourhood, but that’s what makes it great. Cheap basement suites are readily available, as are low-cost Asian grocery stores and very affordable restaurants (lots of Vietnamese). Several options for getting to UBC, but it’s about a 45 to 50 minute commute by bus (no transfer!). You’re also well situated between the two skytrain lines which really opens up the whole region, and biking places is a breeze.

West End
Aka Best End. If you want small community living in the big city, the West End is the place for you. Perfect for foodies and anyone who wants the beach steps from their door. You can also get an express (the 44) bus to UBC, but it only runs weekdays with no late night service or weekends. Rents are pretty affordable *for a downtown location*. Davie Village is also home to many of our local LGBTQ2SI+ communities.

Fraserhood (Kingsway and Fraser)
Not designated on the map, but essentially the intersection of Mt. Pleasant and Riley Park. With the highest “Gluten Free Bakery” to person ratio, Fraserhood is the place to be - if that’s your thing. You can stop by Matchstick Coffee, where half months rent gets you a latte. Although the coffee is expensive, rent is relatively cheap. Depending on the buses that day, you are located between 40 and 90 minutes from UBC. The local business bureau will probably call Fraserhood “An up and coming Neighborhood,” but in reality, it has been a culturally rich area for a long time. Changing faster than UBC’s campus this info may be out of date by the time of publication, but there are a number of SCARP kids kicking around the neighborhood so it’ll feel like home in no time.

Commercial Drive
One of the last remaining eclectic areas in the city, but sadly going through some severe gentrification. The neighbourhoods surrounding “The Drive” are diverse in culture and socio-economic status, with an occasionally edgy feel where folks “let their freak flag fly”. Here, you are spoiled for choice with affordable restaurants, grocery stores and coffee shops, and rents in apartments and shared houses are reasonable. However, expect a 40-60 minute commute to SCARP, by bike or express bus. Commercial-Broadway Station is great to be near if you’re traveling anywhere east of Vancouver to other municipalities.

South Van
SCARPies don’t believe it exists, but it does! Covering most of Oakridge, Marpole and Sunset neighbourhood, this area is family oriented and ethnically diverse. The Punjabi Market is also in this area, with lots of other Asian grocery stores and restaurants too. Rent could range from fairly expensive to surprisingly cheap depending on which block you’re at. Marine Drive gateway is also developing with new cinemas and stores right beside the Canada Line skytrain station. Commuting to campus would range from 40 ~ 60 min depending on buses.
Social & Wellness

The PSA has a splendid Social and Wellness Committee that plans ongoing events for all of SCARP throughout the year. While our hangouts and games were mostly virtual this year, we’re looking forward to having some in-person bonding events this year when it is safe to do so!

Facebook Groups

There are a few Facebook groups you can join to start getting connected with other students and alum. The SCARP group has hundreds of SCARP students from over the years. Posts range from letting others know about job openings to general planning topics. WMAX crew is for all current students including first years, second years, PhD candidates or any student attending SCARP. Posts center on the goings-on at SCARP. Lastly, there is a Facebook group created for the incoming 2021 cohort here.

Where to Play

Traditionally, SCARP students head to Portland during the February “spring” break for 3 or 4 days. This trip is usually planned by two (or more) people in the year one for the year one cohort. A group of planning students from Portland will also help you with your planning and local itinerary. An excel document with details can be shared with anyone interested in organizing.

Although some of the 2020 cohort have yet to experience these fun adventures, some of the favourite social activities from previous years include:

- Post-class beers at Koerner’s!!
- Going to see live music + shows (Vancouver has a great music scene)
- Study breaks at Wreck Beach (especially during sunset!)
- The Fringe Cafe in Kitsilano (cheap beer!)
- Funky Winkerbeans (frequent karaoke!!)
- Hikes accessible by transit (Deep Cove, Lynn Canyon!)
- Friday ski trips to Whistler (the student pass rates are pretty great)!
- Cheers with Peers!
- Metro Vancouver Brewery Tours (especially Yellow Dog in Port Moody!)
- Whitecaps and Canadians games!
- Making memes!
- Attending Urbanarium talks!
Health Resources

While we hope that all students have a seamless experience here at SCARP, we also recognize the challenges of navigating grad school and moving to a new city. We also recognize that some students may have pre-existing health concerns that require accommodations throughout the school year. Below are a number of services available to you as a registered UBC student.

Mental Health Resources

UBC Counselling Services
Students can contact UBC Counselling Services at 604-822-3811 to schedule an appointment, available from Monday to Friday. First time appointments are booked for the same day.

AMS/GSS Student Health Benefits for Counselling
As a registered UBC student, your AMS/GSS Health and Dental plan covers up to 100% of the cost towards psychotherapy services from a licensed psychologist, registered clinical counsellor, or a therapist with a Master’s degree in Social Work. Submit your receipts to claim up to $1000 per policy year. Review the health benefit details and use the Pacific Blue Cross mobile app to enter your claims. A list of reduced-cost counselling options in Vancouver (as of April 2021) can be found here.

Student Assistance Program
Offered by Aspiria, the UBC Student Assistance Program (SAP) is a free, 24/7 wellness resource for students. Services include personal counselling, life coaching, group programs and more based on your needs. Access SAP by phone at 1-833-590-1328 (within North America) or 1-604-757-9734 (outside of North America), or through the Aspiria website by using UBCV for both the student code and password.

UBC Psychology Clinic
The UBC Psychology Clinic offers comprehensive psychological services for adults. Their clinical services are provided by graduate students from UBC’s doctoral programme in clinical psychology. Student clinicians are closely supervised by Registered Psychologists from our faculty and the community. Most services are offered in the form of individual therapy, however, group treatment may also be offered depending on the frequency of referrals for particular problems.
Website: clinic.psych.ubc.ca
Phone: 604-822-3005
Email: clinic@psych.ubc.ca

Here2Talk
Here2Talk connects students with mental health support when they need it. Through this program, all students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, conveniently available 24/7 via app, phone and web. To get started, visit https://here2talk.ca/home

Access and Assessment Centre
The Access and Assessment Centre (AAC) located at Vancouver General Hospital (VGH) provides a pathway for individuals and families to access mental health and/or substance use services in Vancouver and offer an alternative to the Emergency department for people having a non-life threatening mental health and/or substance use issue.
Call 604-675-3700 or walk in between 7:30 a.m. - 11 p.m.
Joseph & Rosalie Segal & Family Health Centre
803 West 12th Avenue Vancouver, BC
Level 1 East Entrance, located at the back of health centre building
Access through laneway/service road
Other Health Resources

**UBC Centre for Accessibility**
Have a pre-existing condition and/or disability? The Centre for Accessibility facilitates disability-related accommodations and programming initiatives designed to remove barriers for students with disabilities and ongoing medical conditions.
To request an accommodation, follow these steps for registering with the Centre for Accessibility.

**UBC Student Health Services**
Student Health Service offers a wide range of health assessments and treatments provided by doctors, nurse practitioners, nurses.
Appointments are being offered to students within BC, primarily by phone and video during this time. Call 604-822-7011 from 8am-4pm, Monday to Friday.
In-person services are available when needed at UBC Hospital
Room M334
2211 Wesbrook Mall
Vancouver, BC