



# ARTS FROSH 2023



AUGUST  
24 - 27



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# GIMME GIMME GIMME FROSHA MIA!

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*Gimme gimme gimme a Frosh after midnight!  
Welcome to the most exciting event of the year!  
The Arts Undergraduate Society presents Frosha Mia!*

*Get ready to embark on a journey like no other as we transport you to a world of vibrant culture, camaraderie, and discovery. From the bustling streets of Montreal to the iconic campus of McGill University, you'll be immersed in the essence of adventure, excitement and celebration!*

*Through a series of engaging events, captivating performances, and fun in the Montreal sun, you'll connect with fellow students who are equally excited to welcome you into the vibrant university culture of McGill!*

*Dust off your curiosity, pack your enthusiasm, and join us for an orientation like no other. Get ready to create memories, forge lifelong friendships, and set the tone for a successful and fulfilling time at McGill University! Your adventure begins with Frosha Mia! where every moment is a chance to discover, connect, and thrive!  
Let the festivities commence!*



# WELCOME

TO  
THE



*Welcome to McGill's Arts Undergraduate Society (AUS)! The AUS is a student-run organization that represents the largest faculty on campus. The AUS offers services, resources, and events for the Arts undergrad community! Frosh is only one of the many opportunities offered throughout the school year.*

*A few notable events for students include Bar des Arts (BdA), The Arts Event Planning and Involvement Committee (EPIC), and Grad Ball.*

*The AUS also offers academic and professional programming, such as "Work Your BA" or the Grad School Fair. They also offer services for students including the AUS Essay Writing Centre, a Peer Tutoring Network, and much more!*

*If you want to learn more about AUS, check out their website at:*

*<https://ausmcgill.com/>*

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# A BIG THANK YOU TO OUR SPONSORS

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DEPUIS 1967  
**CAFÉ CAMPUS**

BOÎTE DE NUIT • SALLE DE SPECTACLE • COOP DE TRAVAIL

57 PRINCE-ARTHUR EST.MTL • SHERBROOKE • SAINT-LAURENT





# STAYING CONNECTED DURING FROSH



McGill Arts Frosh



@artsfrosh



[www.frosh.ausmcgill.com](http://www.frosh.ausmcgill.com)



## Follow Us on Instagram

Follow our Instagram for awesome pictures, videos and updates on all things Frosh, and stay updated on our events and any Frosh news.



## Like & Follow Us on Facebook

Follow this page for more Frosh updates, staying informed throughout the week, and more pictures and videos of all the excitement at Frosh.



## Check Out the Frosh Website

The Frosh Website is your one-stop shop for all information related to Frosh; including the schedule, list of resources, bursary applications and more!



## Add Your Leaders on Social Media

You will be placed in a "Frosh Group" at our first event on the first day. Your "Frosh Leaders" will guide you through the rest of week and your Frosh experience. They are McGill undergraduate students who were also once Froshies, so feel free to ask them about their Frosh/McGill experience!



# YOUR FROSH COORDINATORS



**Sarah Jiang**  
VP Social



**Reagan Coles**  
Frosh Chair



**Sal Cuthbertson**  
Equity, Inclusivity, Diversity



**Jacob Weldon**  
Inter-Faculty



**Louis Rose**  
Media & Communications



**Sam Reiken**  
Sponsorship



**Mailys Laprevotte**  
Sustainability



**Aileen Mithaiwalla**  
Chief of Staff



**Alisa Nosova**  
Head of O-Staff



**Lucille Applegate & Kyle Holland**  
Logistics



**Elyse Herman & India Sturgeon**  
Implementation



## 2023 Schedule

Time	Thurs, 24 August	Fri, 25 August	Sat, 26 August	Sun, 27 August
09:00 am	GimmeGimmeGimme Freshies Poaching @ Jeanne-Mance, 9am - 1030am	Sun, Ocean, Boat Cruise Splashes (SOS) 10am - 11am		
10:00 am				
11:00 am	GimmeGimmeGimme Freshies Poaching @ Jeanne Mance, 11am - 1230pm	Sun, Ocean, Boat Cruise Splashes (SOS) 12pm - 1pm		
12:00 pm				
01:00 pm				
02:00 pm				
03:00 pm				
04:00 pm				
05:00 pm				
06:00 pm				
07:00 pm				
08:00 pm				
09:00 pm				
10:00 pm				
11:00 pm				
12:00 am				
01:00 am				





# Legend for the Following Pages



**OUTDOORS**  
\*WEAR SUNSCREEN



**WALKING  
REQUIRED**



**Stairs**



**Wheelchair  
Accessible**



**Physical  
Activity**



**Bathrooms**



**Food + Water  
Provided**



**Alcohol  
Present** \*Bring ID



**Loud Music**



**Flashing  
Lights**



**Seating/  
Chill Zones**





# Thurs 24 August



## Gimme Gimme Gimme *Froshies*

### Poaching (Group Formation) ☀



**Pink Bracelets: 9:00 am - 10:30 am**

21.5

20

FROSH MIA! 23

21.5



**Yellow & Black Bracelets: 11am - 1230pm**

21.5

20

FROSH MIA! 23

21.5

21.5

20

FROSH MIA! 23

21.5



### *Jeanne-Mance Park*


Gimme Gimme Gimme a Frosh after midnight! Come to Jeanne Mance Park to meet your fellow Froshies and get formed into groups with your Frosh leaders! Your Frosh leaders will be your go-to resources and guides through all things Frosha Mia!





# Super Trouper Tapas Trail

Montreal Crawl      

 1:00 pm - 8:00 pm\*







\*Crawl times will vary for each group. Please connect with your leaders for details.

 Various Locations

 Services Available: MSERT

Here's an opportunity to explore your new city that you'll call home for the duration of your undergrad! You will be exploring some of the best bars, clubs, restaurants and other venues Montreal has to offer. Check-in with your leaders to see when/where to meet with your group!


West Crawl: Bar des Arts   
Gerts   
Brutopia   
Mad Hatter's   
Lali's   
Brass Door Pub 

East Crawl: Chef on Call   
Alto's   
Tipsy Cow   
Ye Olde Orchard   
Cafe Campus   
Frappe 

## Sing-Along Movie Night

(w/ Science)



 8:15 pm - 10:00 pm

 Lower Field

 Services Available: MSERT



Come take a load off and relax after your first big day of Frosh, and enjoy the film that inspired it all, **Mamma Mia (2008)**! Enjoy some refreshments and sing your heart out to all the timeless ABBA songs as day 1 of Frosh comes to an end.



# Fri 25 August



## Sun, Ocean, Splashes (SOS)

Boat Cruise        

 10:00 am - 3:00 pm\*

\*Boat times will vary for each group. Please connect with your leaders for details.



Old Port Pier 6 - 200 De La Commune St, Montreal, QC, H2Y 4B2



Services Available: MSERT, Redfrogs

It's time to hit the high seas! Come on down to Montreal's famous Old Port for amazing views of the St. Lawrence River, Parc Jean-Drapeau and Montreal's beautiful skyline! There will be 3 boats, check-in with your leaders for when/where you're meeting and don't be late!

### Bus

715 Vieux-Montreal/Vieux-Port: Centre infotouriste de Montreal to Musée Pointe-à-Callière with 4 minute walk

35 Griffintown: De Maisonneuve/City-Councillors to McGill/William with 9 min walk

61 Wellington: Station McGill to McGill/William with 9 min walk

### Metro

Place-d'Armes (orange line) with 13 min walk

Walking Route  
from Place d'Armes to Boat Cuirse





# Dancing Queen!

Arts Concert



8:00 pm - 1:00 am

Rialto Theatre - 5723 Park Ave, Montreal, QC, H2V 4H2

Services Available: MSERT, Redfrogs, Drivesafe

Are you ready to party the night away and embrace being the Dancing Queen! It's concert time! Come experience Montreal's historic Rialto Theatre and mix with your fellow froshies with the help of some sensational tunes and immaculate vibes!

## Bus

80 Parc: Du Parc/Milton to Du Parc/Bernard

## Metro

Rosemont (orange line) with 16 min walk

Rialto Theatre



Bus Route from Milton Parc to Rialto





# Sat 26 August



## To The Break of Day Morning Yoga & Breakfast



11:00 am - 1:00 pm



*Belvédère Kondiaronk - 1196 Voie Camillien-Houde, Montreal,  
QC H3H 1A1*

Rise and shine! It's time for a little jaunt up Mont-Royal for some morning yoga overlooking Montreal's beautiful skyline and fuel up with a light breakfast afterwards. You'll have a chance to get some morning exercise, enjoy refreshments, and mingle with your fellow froshies all while enjoying an iconic Montreal landmark and one of the many gorgeous parks Montreal has to offer.

### Bus

711 Parc Du Mont-Royal: Station Mont-Royal to Remembrance/Du Chalet with 8 min walk

11 Parc du Mont-Royal & 80 Parc: Du Parc/Milton to Du Parc/Mont-Royal (80) & Du Parc/Mont-Royal to Remembrance/Du Chalet (11) with 8 min walk

**WARNING:** If you plan to walk up the mountain, there are a LOT of stairs to the top so be prepared and pace yourself!

Bus Stop to the Mont-Royal Lookout







# Vive La VPC

## Inter-Faculty Concert



 6:00 pm - 11:00 pm

 Village au Pied-du-Courant - 2380 Notre-Dame St, Montreal, QC H2K 4K3

 Services Available: MSERT, Redfrogs, Drivesafe, GRIP

Now is your opportunity to meet Froshies across all of McGill's faculties at the Inter-Faculty event! Taking place at Village au Pied-du-Courant, enjoy some enchanting tunes from our special guest DJ, take in the views of Montreal's La Ronde and St. Lawrence river, all while mingling with Froshies outside your faculty.

### Bus

358 Frontenac: Sainte-Catherine/Robert-Bourassa to Sainte-Catherine/Dufresne with 5 min walk

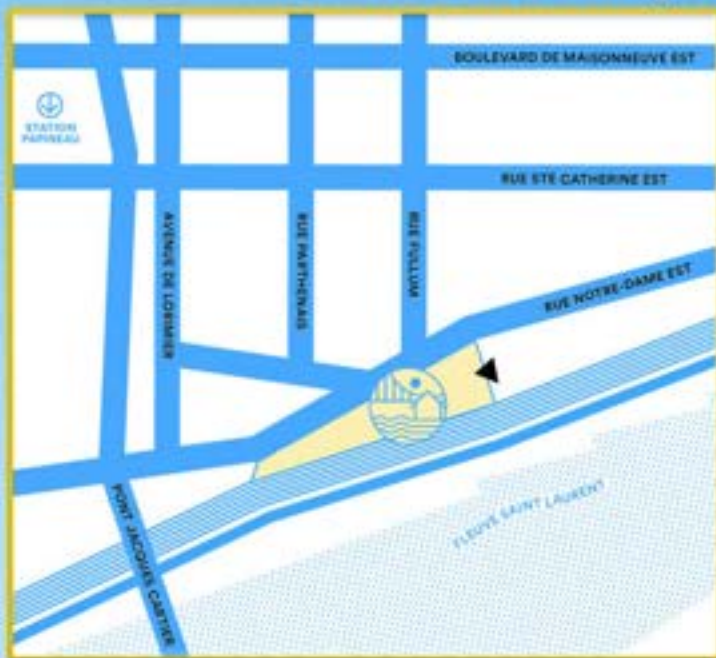
### Metro

Papineau (Green line) with 10 min walk

Papineau to Parc au Pied-du-Courant



Entrance to Village au Pied-du-Courant is on the **EAST** side of the park






# Sun 27 August





## The Name of The Game

Park Day       

 10:00 am - 5:00 pm\*

\*Event times will vary for each group. Please connect with your leaders for details.

 Jeanne-Mance Park & Forbes Field

 Services Available: MSERT, Redfrogs

It's time to get down and dirty with some volleyball and park games! There will be 2 sites set up, beach volleyball at Jeanne-Mance and park games at Forbes Field. Engage in some spirited games of volleyball in one of Montreal's most iconic parks or have some good old fashioned fun, trying out various games at McGill's classic Forbes Field.

### Volleyball @

### Jeanne-Mance

Beginning at  
10:00 am

### Park Games @

### Forbes Field

Beginning at  
11:00 am

(such as Bubble Soccer,  
Mechanical Bull, Bikes,  
Giant Basketball, Tennis,  
and much more!)





# Thank You For The Music

Marts Concert



 8:00 pm - 1:00 am

 L'Olympia - 1004 Sainte-Catherine St E, Montreal, QC, H2L 2G2

 Services Available: MSERT, Redfrogs, Drivesafe

It's time for one last celebration! Dance the night away with your fellow Management froshies to some funky music, good vibes and have an unforgettable night at one of Montreal's premiere concert venues!

## Bus

15 Papineau: Sainte-Catherine/Robert-Bourassa to Sainte-Catherine/Atateken with 1 min walk

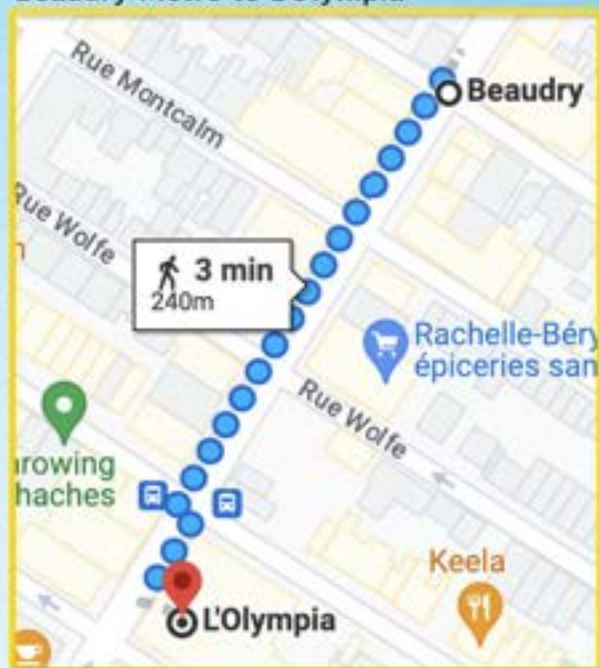
358 Frontenac: Sainte-Catherine/Robert-Bourassa to Sainte-Catherine/Atateken with 1 min walk

410 Notre-Dame: Rene-Levesque/Mansfield to Rene-Levesque/Atateken with 4 min walk

## Metro

Beaudry (Green line) with 4 min walk

Beaudry Metro to L'Olympia



Corner of L'Olympia  
at Saint-Timothee and Sainte-Catherines





# What is...

## What is a Frosh Coordinator?

Coordinators work over the entire summer to plan Frosh. Each coordinator has a different, specific role, such as talking to sponsors, hiring leaders & staff, ensuring Frosh is equitable and inclusive, and much more! Look for them in blue disco-inspired tank tops! They cannot wait to meet all of you!

## What is a Frosh Group?

A Frosh group is a group of Froshies (you!) led by around 4 Frosh leaders. Groups will be organized at our first event (poaching) on Day 1 of Frosh and you will experience all the events and activities of Frosh with your group!

## What is a Frosh Leader?

Frosh leaders are older McGill undergrad students who are involved throughout the McGill community. They will be your go-to reference points throughout Frosh (as well as after!) and lead you through all the Frosh events and activities. They are an amazing resource, so don't hesitate to ask any questions you have!

## What is an O-Staff?

O-Staff are also McGill undergrad students that help with all the logistical work of running Frosh! They are there to make sure things run smoothly so you can have the best Frosh possible!





## **What is the I-Team?**

The I-Team is a group of O-Staff that offer our coords an extra hand leading up to and during Frosh! They work with the Head of O-Staff and Implementation Coords to make sure everything and everyone is where they need to be so our events run as a success!

## **What is an Access Ally?**

Access Allies are Leaders and O-Staff who have gone through additional training in handling accessibility and inclusivity concerns. They receive training on topics such as accessibility, ableism, microaggressions, gender and sexuality, race and ethnicity, eating disorders, and sexual violence. They can be identified during Frosh by their big yellow wristbands. Don't hesitate to reach out to an Access Ally with any concerns you may have!

## **What is a Chill Zone?**

Chill zones are areas of safe spaces with different activities to take a break, hangout, and decompress from Frosh events if you are overwhelmed or want to just chill.





# Harm Reduction



## Safer Alcohol Consumption



### Drink Lots of Water

Alcohol dehydrates the body super quickly! Make sure to keep drinking plenty of water to avoid dehydration, especially when you're out being active during all Frosh events! Additionally, drinking water is an amazing way to take a break from all the action!



### Don't Drink on an Empty Stomach

Make sure you get some food in your stomach before consuming alcohol. Alcohol leads to an overall decrease in blood sugar. Make sure to eat before, during, or after consuming to maintain your normal blood sugar levels.



### Alcohol and Medication

Combining alcohol and prescription drugs can have serious consequences. If you are taking any medication, make sure to know of any side effects when mixing them with alcohol.



### Keep Count of your Drinks!

It's always a good idea to keep track and be aware of the number of alcoholic beverages you have consumed, so as to avoid overindulgence and any unwanted effects.



# Health & Consent

The Arts Undergraduate Society's Frosh Committee is committed to taking a proactive stance on sexual violence and misconduct.

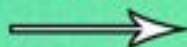
Arts Frosh supports a pro-survivor, non-judgemental approach, and we make it a priority to work closely with on-campus resources to ensure that consent is the norm.

If you are uncomfortable with something that happened during Frosh, you are strongly encouraged to contact our Inclusivity Coord, or any other Frosh coordinators for direct support, or use our Anonymous Disclosure Form.



## What is Consent?

*"Tea is Consent"*  
Video



Consent is a continuous agreement between all parties about what is happening. Consent cannot be assumed and cannot be given if someone is incapacitated by drugs or alcohol. Consent applies to not only sexual acts, it is about making sure people are willingly participating in dancing, drinking, hanging out, etc... In other words, you should be asking for consent for anything that may happen during Frosh, and through your McGill career and beyond!

## Drug Use at Frosh

Any kind of drug use at Frosh is **STRICTLY FORBIDDEN!** Engaging in drug use will result in a bracelet cut and further potential consequences. The same rules apply for Marijuana use, regardless of legal age or not.



# FROSH & McGill RESOURCES



## MSERT (*McGill Student Emergency Response Team*)

- Student-run volunteer service providing free and accessible first aid, administered by certified First Responders and Emergency Medical Responders under the Canadian Red Cross.



## SSMU Walksafe & Drivesafe

- Student-run services offering walking buddies to safely escort you home or drivers to bring you anywhere on the Island of Montreal.



## Red Frogs

- Support program aiming to provide a positive peer presence in alcohol-fueled environments and educate young people on safe partying behaviours.



## GRIP (*groupe de recherche et d'intervention psychosociale*)

- Community-based organization seeking to reduce the risks associated with drug use and promote a positive experience when using drugs.



## McGill Peer Support Centre (PSC)

- Student-run volunteer organization offering free and confidential drop-in spaces for non-judgemental peer support, information and referrals for all McGill members.



## McGill Students' Nightline (514-398-6246)

- Student-run service offering confidential, anonymous and non-judgemental active listening services for non-professional support in all kinds of situations.



## OSVRSE *Office for Sexual Violence Response Support & Education*

- Provides support, crisis intervention, information and referrals. Can help with academic and living accommodations and facilitate reporting within McGill or to the Montreal Police

<https://www.mcgill.ca/osvrse/>



## Student Wellness Hub

- Brown building located on McTavish. The consolidated location of health and wellness resources on McGill campuses to support students' physical and mental wellbeing. Offering expanded health, counselling, and psychiatric services.

<https://www.mcgill.ca/wellness-hub/>

## SACOMSS

Sexual Assault Centre of the McGill Students' Society

- Student-run service offering support to survivors of sexual assault and their allies. They provide non-directional support either by phone or at their drop-in centre; helping through support groups or advocacy services

<https://www.sacomss.org/wp/>

## Anonymous Disclosure Form





# FREQUENTLY ASKED QUESTIONS

## What Should I Bring?

- Frosh bracelet and t-shirt
- McGill ID and Government ID
- A cellphone or way to contact your leaders and Frosh group
- Comfortable walking shoes
- Sunglasses, sunscreen, and water bottle

## Do I Have to Go to Every Event?

We want you to feel as comfortable as possible during Frosh, which means there is no pressure to show up at every event! If you don't feel like attending an event, just make sure to let your leaders know so they don't worry!

## What is the Drinking Age & What If I'm Not of Age?

The legal drinking age in Quebec is 18 years old, as such if you are of age, you are permitted to drink during Frosh. If you are not age, that's okay! Frosh is not about drinking, drinking is an opt-in activity, and you are still able to fully participate in all of our events without the consumption of alcohol.

## What if I Don't Drink or Can't Drink Alcohol?

If you don't or can't drink alcohol, you can still have just as much fun at Frosh! People of legal age are able to drink if they would like to, but the purpose of Frosh is to get to know your peers, so don't ever feel pressured to drink at any point. Each group will also have a non-drinking leader each day! You are still able to fully participate and have fun at all of our events without the need of alcohol.



# SUSTAINABILITY

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2023 Arts Frosh is very proud to announce we've received Gold Certification for our events by the McGill Office of Sustainability.



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Some ways we strive to make Arts Frosh more sustainable include...

- Including reusable bamboo straws in Frosh bags to reduce waste
- Providing compostable dishware for food stops on the Montreal Crawl and implementing compost disposal at food stops as well
- Frosh mugs are made out of recycled plastic
- Arts Frosh informational material being provided online, to reduce paper waste

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To get more involved with sustainability at McGill, make sure to check out the McGill Office of Sustainability via their website:

<https://www.mcgill.ca/sustainability/>



# CAFÉ CAMPUS

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Come party with us, 4 days a week!

## Mardi Rétro

Le meilleur des throwback hits

## Jeudi 2000

Les hits des années 50-90



## Les Week-Ends X-Larges

Top 40

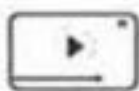
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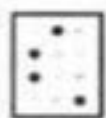




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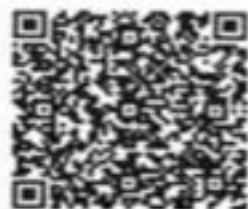


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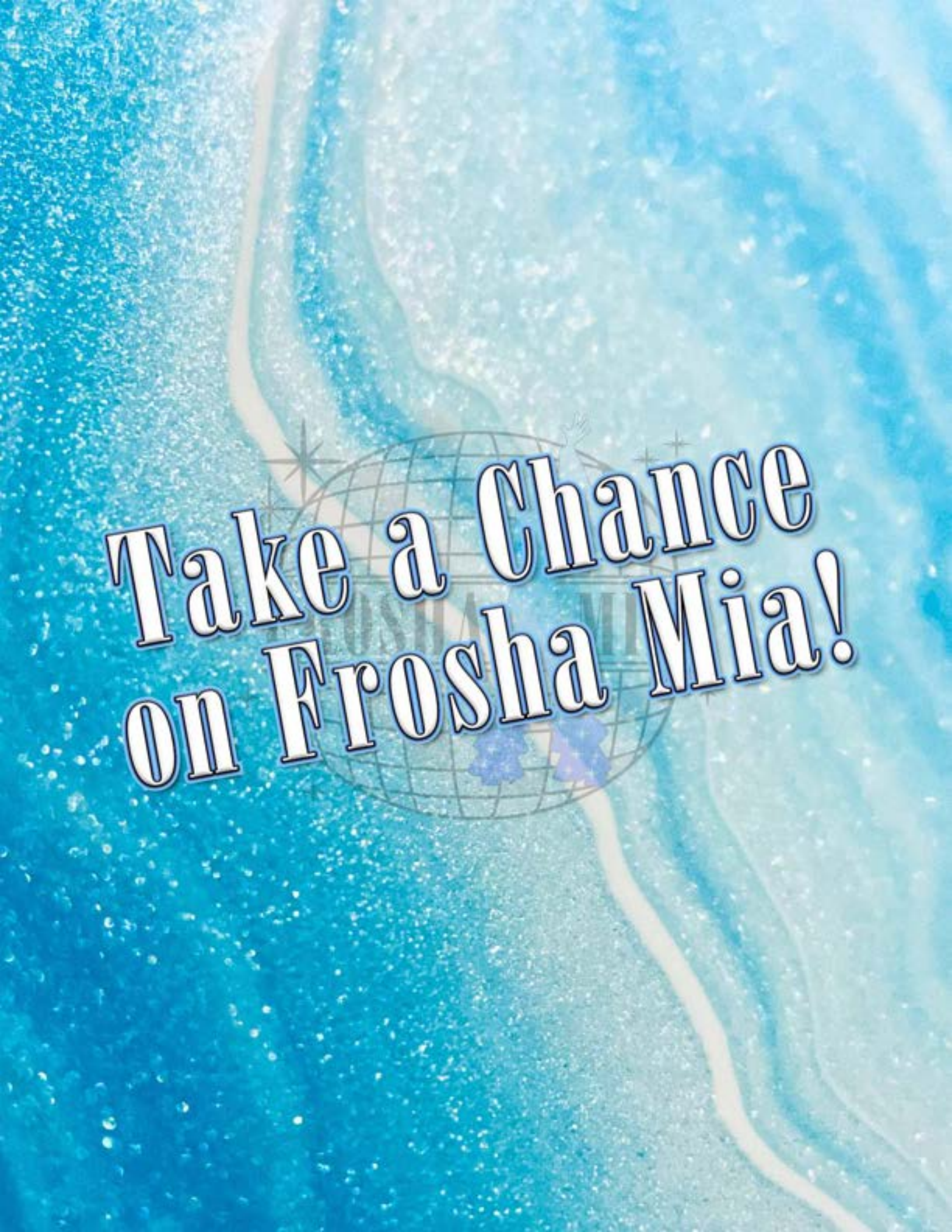
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The background is a vibrant blue with a fine, grainy texture. A faint, light-colored globe with a grid pattern is centered behind the text. A winding, light-colored path or river flows from the top left towards the bottom right, passing behind the globe. Several small, white, star-like sparkles are scattered around the globe and the text.

Take a Chance  
on Frosha Mia!