



**University
of Manitoba**

**Rady Faculty of Health Sciences
Max Rady College of Medicine**

**DEPARTMENT OF PHYSIOLOGY &
PATHOPHYSIOLOGY**

2020 - 2021

**Graduate Student
Guide To
Success**



UNIVERSITY
OF MANITOBA

Faculty of
Health Sciences

To all Graduate Students.....

Welcome to the Department of Physiology & Pathophysiology!

On behalf of the Department I extend a warm welcome to all new and current graduate students. Starting a graduate program can be a huge undertaking and we hope this guide will make your transition into academia a smoother one. I recommend you utilize this guide in conjunction with the information on the Department of Physiology & Pathophysiology, Supplemental Regulations and University websites to help answer your questions.

At the Department of Physiology & Pathophysiology we strive to be the best, and continue to be proud of our earned reputation for research, education and service performance. We also strive to provide an environment in which we are happy to work, train and grow, and feel both valued for what we contribute and offer as partners. We hope studying in the Department will be both fruitful and enriching.

Study hard but don't forget to enjoy your time in the Department, University and Winnipeg!

Sincerely,

Peter A Cattini

Professor and Head, Department of Physiology & Pathophysiology

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INTRODUCTION TO THE DEPARTMENT OF PHYSIOLOGY & PATHOPHYSIOLOGY



The purpose of this guide is to provide useful information for new students to make their transition into the graduate program in the Department of Physiology & Pathophysiology as easy as possible. This guide includes information about our department, university, and city; as well as a list of resources that will be helpful to students in many aspects of their academic life.

COVID 19 updates available on the [Faculty of Graduate Studies](#) website. Please check often as information changes regularly. All Fall term 2020, and possibly Winter term, classes will be taught online please check with your instructors for more information.

DISCLAIMER

While we will endeavor to keep the information in this guide current, if any discrepancies exist between this document and official information on the University of Manitoba or non-university websites, the official information should be used.

THE DEPARTMENT OF PHYSIOLOGY & PATHOPHYSIOLOGY

OUR MISSION

To provide internationally competitive research and training programs in physiology and pathophysiology through the highest levels of scholarship of its members. Our mission includes discovery of new biomedical knowledge through rigorous scientific research methods, as well as translation and dissemination of this knowledge, whenever possible, as part of the medical research enterprise aimed at excellent student education and better health for Manitobans, Canadians and all peoples. These research and training endeavors are pursued in a respectful workplace that values participation, and supports partnerships.

LOCATION

While members of the Department of Physiology & Pathophysiology can be found at multiple locations, the Department Office is located in room 432 on the 4th floor of the Basic Medical Sciences Building (BMSB) on the Bannatyne Campus at the Health Sciences Centre (HSC) in Winnipeg. Our seminar room is room 431.

Principal investigators and graduate students in the Department (along with affiliated Professors) have laboratories located not only on the Bannatyne Campus but also the St. Boniface Hospital Research Centre (SBRC) on Tache Avenue.

Interactive maps:

Bannatyne and Fort Garry campuses maps can be found on: <https://umanitoba.ca/maps/>

Printable maps are available at the bottom of this guide or follow the links below:

- [Bannatyne Campus map](#)
- [Fort Garry Campus map](#)
- Department of Physiology & Pathophysiology (bottom of this guide)
- Basic Medical Sciences Building, 2nd floor, theatre/classroom (bottom of this guide)
- [Health Sciences Centre map](#)
- [St Boniface Hospital Research Centre map](#)

DEPARTMENTAL RESEARCH DIVISIONS

Research and graduate student training programs in the Department of Physiology & Pathophysiology are divided into **five major divisions**:

- Cardiovascular Science & Disease – located at St. Boniface Hospital Research Centre (SBRC)
- Cell Physiology & Pathophysiology – Division Head located in the Research Institute in Oncology & Hematology in CancerCare MB.
- Endocrinology & Metabolic Disease – 4th floor of the BMSB, Bannatyne Campus and at the SBRC
- Neurosciences & Spinal Cord Injury – 4th floor BMSB and 6th floor Regenerative Medicine
- Respiratory Physiology & Disease – located at the Children’s Hospital Research Institute of Manitoba (CHRIM), 5th floor John Buhler Research Centre (JBRC)

For more information on each division visit the Department of Physiology & Pathophysiology website <http://umanitoba.ca/faculties/medicine/units/physiology/research/index.html>

MEMBERS OF THE DEPARTMENT

The Department of Physiology & Pathophysiology website has a page dedicated to the [Faculty Members](#) (and affiliate members) belonging to the Department including their research fields and links to their web pages.

It is important for new students to familiarize themselves not only with their laboratory members, but also the main office and other research laboratory personnel. These are people who can provide a lot of support and knowledge about University policies and procedures and other techniques used that may be useful for your research project.

Please provide your student number on email correspondence with the main office.

At the student orientation in September you will meet the Department of Physiology & Pathophysiology Student Representatives. They are available to you if you have any questions during your first months as a student.

DEPARTMENTAL REQUIREMENTS FOR ADMISSION AND COURSE REGISTRATION

THE FOLLOWING IS A SUMMARY OF THE REQUIREMENTS PLEASE CONSULT THE [SUPPLEMENTAL REGULATIONS \(Physiology & Pathophysiology\)](#)

Note: The Department offers only a thesis route. See [section 4.4.1](#) of supplemental regulations for more details.

Admission to the Department's Graduate Program involves several stages:

- 1) The potential student should refer to the [Faculty of Graduate Studies](#) website and [supplemental regulations](#) for information on the minimum requirements and letters of recommendation needed for admission to the University of Manitoba and the Department. Once eligibility is determined the applicant should begin the [online process for admission](#).
- 2) The **advisor must be identified prior to admission** of the student to the Department's Graduate Program.

Note: Co-advisor's no longer need to be a member of the unit offering the program

- 3) A letter from the proposed advisor confirming the availability of financial support at a level of at least \$18,400 for a period of not less than two years for a M.Sc. (three years for a PhD) is required before the application is further considered.
- 4) The Graduate Program Committee will review the application and, if satisfactory, recommend admission of the student to the Faculty of Graduate Studies. The Graduate Program Committee will look for evidence of satisfactory academic qualifications as well as personal, intellectual and professional attributes, which would predict success as an independent investigator.
- 5) The advisory committee should be formed as soon as possible (preferably within one month) after admission to the M.Sc. program. The advisory committee must consist of at least three members (inclusive of advisor) of the Faculty of Graduate Studies. If the advisory committee includes a co-advisor, the advisor should let the Department Head know of the arrangement in writing so that Graduate Studies can be notified. It is expected that both advisor and student participate in the selection of the Advisory Committee members.
- 6) International students must have a study permit in order to study in Canada. To obtain a Study Permit application kit and detailed application instructions, visit the Citizenship and

Immigration Canada (CIC) web site (<http://www.cic.gc.ca>) or contact the visa office in the Canadian embassy, high commission, or consulate to which you will submit your Study Permit application.

No language-reading requirement is specified for the Master's degree in the Department, although prospective advisors are encouraged to independently assess sufficient proficiency with the English language of applicants to the program.

7) The Department deadline for application forms is one month prior to the dates listed for the Faculty of Graduate Studies ([see supplemental regulations](#)).

Graduate Studies registration information can be found at:
http://umanitoba.ca/faculties/graduate_studies/registration/index.html

Graduate Application Process

To apply for graduate studies, go to apply online using UMGradConnect
http://umanitoba.ca/faculties/graduate_studies/admissions/index.html

Minimum requirements for applicants to the Master's and PhD program can be found on the Department website at
http://umanitoba.ca/faculties/graduate_studies/admissions/min_requirements.html

Required documentation for applications to graduate studies can be found
http://umanitoba.ca/faculties/graduate_studies/admissions/required_docs.html

COURSE SELECTION

In the Department of Physiology & Pathophysiology, Judith Olfert (room 433, BMSB) will help you with your course selection and registration. A registration package will be sent out end of July for the upcoming academic year.

- course selection should be discussed with your advisor
- approved by your advisor and the Department Head
- submitted to the main office, room 432 BMSB, **by the end of August.**

It is **VERY** important that students register for **BOTH** terms (Fall and Winter) to maintain their full time status. The [Student Aurora Systems](#) provides all information on fee assessment, web transcripts, student histories, holds etc.

Students are encouraged to use the websites of other departments to identify other courses that may be of use to their program. If you are interested in taking a course outside the Department of Physiology & Pathophysiology you must obtain written consent (an email will suffice) from the Professor offering the course to be able to register for that course.

Graduate Students, and particularly those located off the Bannatyne Campus, are encouraged to take advantage of their attendance at Physiology & Pathophysiology courses on Tuesday and Thursday mornings, to make appointments with members of the Department Office, including the Department Head, for information/meetings either before or after their course. Every effort will be made to ensure the Office is staffed during these periods.

The [Graduate Course Calendar](#) gives details of the course offerings for a given academic year. It is important to verify the course offering for the fall and winter terms before finalizing your course selection as NOT all courses are offered every year.

A list of graduate courses offered by the Department of Physiology & Pathophysiology can be found on our website:

http://umanitoba.ca/faculties/health_sciences/medicine/units/physiology/

MANDATORY COURSES – GRAD7300 AND 7500

GRAD 7300 Research Integrity Online Course

All students, including those in a Pre-Master's program, are required to complete **GRAD 7300 Research Integrity** Online Course (0 credit hours) prior to applying to any ethics boards which are appropriate to the student's research or within the student's first year, whichever comes first.

Failure to complete this course will result in suspension of registration privileges and a grade of "F/NP" being assigned to the course which may lead to being "Required to withdraw" from the graduate program.

Notes: Students who successfully complete GRAD 7300 Research Integrity Online Course at the Master's level are not normally required to repeat the course at the Ph.D. level so long as no more than one (1) term separates one graduate degree program from another graduate degree program.

Students on an exceptional/parental/regular leave of absence must register in GRAD 7300 upon return from leave if it has not already been completed.

Visiting and Occasional students are not expected to complete GRAD 7300. For further information see http://umanitoba.ca/research/integrity/research_integrity.html.

GRAD 7500 Academic Integrity is a matter of paramount importance in academia. It is the foundation of scholarly work. Yet too many graduate students find themselves facing allegations of breach of Academic Integrity. To help graduate students better understand the issues surrounding Academic Integrity, the Senate of the University of Manitoba passed a motion requiring all graduate students to take a compulsory tutorial on Academic Integrity.

ALL new and continuing Masters and Doctoral Students are required to register for and successfully complete the online compulsory tutorial on [Academic Integrity - 17150 - GRAD 7500](#).

- You may take and complete this tutorial at your leisure and may take it as often as needed to pass
- This is a ZERO credit hour course and will not count towards your GPA
- Failure to successfully complete this tutorial will result in SUSPENSION of registration privileges
- Students on an exceptional/parental leave of absence must register in GRAD 7500 upon return from leave.
- Complete instructions for the tutorial are available at http://umanitoba.ca/graduate_studies/htmlmail/Academic_Integrity_Instructions.pdf

Accessing the tutorials

The tutorials are accessed through UM Learn using your JUMP login. To access the course,

- go to <https://universityofmanitoba.desire2learn.com/d2l/login>
- Enter your signUM username and password.
- Once you have logged in, click on the course.

DEPARTMENT PROGRAM REQUIREMENTS

More details available in the [Supplemental Regulations](#).

MSc students - A minimum of **nine (9) credit hours** in 7000 level courses is required for the M.Sc. program. In most cases, a student will be required to complete the Biomedical Trainee Skills course IMED 7410 (1 x 3 credit hours). In addition, students will be required to complete PHGY 7252, PHGY 7254, PHGY 7256 and PHGY 7258 Respiratory, Cardiovascular, Endocrine and Neurophysiology and Pathophysiology courses (4x 1.5 credit hours), unless the student demonstrates they already are proficient in the discipline (i.e., an undergraduate degree in Physiology & Pathophysiology). In this case, a request for waiver must be made to the Graduate Program Committee and approved by the Department Head. Please note, specific requirements (e.g., course and or grade) may be identified by the Department Head as a condition of acceptance into the program.

PhD students – Consult section 5 of the Supplemental Regulations for complete details. A minimum of nine (9) credit hours is required where admission is directly from a Master's degree. In the case of a transfer following acceptance into our M.Sc. program, a minimum of six (6) credit hours beyond the requirements for the M.Sc. degree (9 credit hours) must be completed for a minimum total of fifteen (15) credit hours. Additional courses as deemed appropriate by the Student's Advisory Committee, may be taken with the approval of the Department's graduate program, up to a maximum of 24 credit hours.

TRANSFER FROM MASTER'S TO PH.D. PROGRAM

Consult **Section 5.1.3 of Supplemental Regulations**:

Students may apply for entry to the Ph.D. program after having completed 12 -18 months in the M.Sc. program upon the recommendation of the Department. The interested student should consult with his/her advisor and if they agree, then the request for entry to the Ph.D. Program will be considered provided the requirements in the supplemental regulations (Section 5.1.3) are met.

POST-BACCALAUREATE DIPLOMA IN MEDICAL PHYSIOLOGY AND PATHOPHYSIOLOGY PROGRAM To Start Fall 2021

The Department offers a one year, stand-alone, 27 credit hour Post-baccalaureate Diploma in Medical Physiology and Pathophysiology to students who hold either a three or four year Bachelor's degree.

This program includes six (6) required 5000 level courses; specifically PHGY 5002 Respiratory Physiology and Pathophysiology, PHGY 5004 Cardiovascular Physiology and Pathophysiology, PHGY 5006 Endocrine Physiology and Pathophysiology, PHGY 5008 Neurophysiology and

Pathophysiology, PHGY 5010 Cell Physiology and Pathophysiology and a laboratory experience through PHGY 5012 Laboratory Physiology and Pathophysiology.

The Department requires that all students hold the equivalent of a four-year Major Degree for entry into the Department's graduate program. A three year Bachelor's degree combined with a successfully completed Post-baccalaureate Diploma in Medical Physiology and Pathophysiology is considered "the equivalent of a four-year Major Degree for entry into the Department's graduate program" and may be applied as such.

For more information on the Post-baccalaureate program contact [Dr. Brent Fedirchuk](#)

STIPEND DOCUMENTATION REQUIREMENTS

Students are provided a yearly stipend but are expected to compete for major funding awards for which they are eligible (see Financial Support section for available awards). Once you have arrived, please see Judith Olfert, the Department's Executive Assistant (room 433, BMSB), so that she can prepare your hiring documents, which are required by the Human Resources and Payroll Office.

Documents required are a:

- Copy of your Study Permit (if you are an international student)
- Social Insurance Number* (all new students, Canadians included)
- A letter from the department is required to get a SIN # (see Judy in the main office)
- Completed **Personal Information form** for payroll (provided by the Department)
- Completed **Direct Deposit form** for payroll (provided by the Department)

*If you do not have a [Social Insurance Number](#) (S.I.N.), you must apply for one. A S.I.N. is necessary for you to get paid and apply for a Canadian bank account.

NOTE: Payroll processing time is approximately 4-6 weeks before the student receives his/her first pay cheque.

COMPUTER ACCESS

Information Services and Technology website: <http://umanitoba.ca/computing/ist/index.html>

As a student, you are assigned a University email account (via signUM) and are also entitled to a computer account for use of the computers on campus. You can set up these two accounts by going to: <https://pasweb.cc.umanitoba.ca/webapp/gu/claimid/>. This username and password will also give you access to the U of M secured (preferred) and unsecured wireless internet and the U of M online storage space. To access the online storage space for files see <http://ins.umanitoba.ca>. You can upload files here to download them on other computers provided they are linked to the internet. Make sure your email information is accurate and that the departmental administrative staff, HSGSA and GSA have your contact information. This way you won't miss out on useful information and events. Also, check early and check often!

Programs you will need to use:

[SignUM](#) is the U of M identity management system, used by students and staff to create and manage their U of M Computer accounts, and facilitate password synchronization

[JUMP](#) provides convenient access to U of M services such as email, calendar, pay stubs, campus services, message boards, Desire2learn (D2L) and Library resources and more.

UM Learn – is an online learning management database for all course material (notes etc.) and workshops

iThenticate is plagiarism detection software that is designed for use by trainees and researchers to ensure the originality of written work before publication. The Department recommends you use this free software to assist in writing your thesis or practicum. For more information visit the website:

http://umanitoba.ca/research/integrity/iThenticate%20.html#What_is_iThenticate

STUDENT PHOTO IDENTIFICATION CARD (ID)

Once registered you will be issued a student number. You are now set to get your student photo ID card! For Bannatyne students visit the Neil John MacLean Library to get your ID card.

Your student ID card is your library card, access key to all student services, Joe Doupe Recreation centre (should you purchase these services) and the Department after 5:30pm.

Carry your ID card with you at all times!

A fee payment receipt to indicate that you have registered is not required, but some form of current photo identification is.

ID Cards for Returning Students

If you have taken some time away from the U of M, your email and other accounts may have become inactive in your absence. Returning students should verify that they can access and use their U of M email account; if you encounter errors logging in, you may have to reactivate your account. In order to acquire a Student ID card you will need to be registered. Student ID cards are issued at both campuses.

ID Centre Locations and Hours

Bannatyne Campus - Neil John MacLean Library, 2nd floor, Brodie Building

Photo ID Fall/Winter Term Hours at Neil John MacLean Library

Monday to Friday: 8:00 a.m. to 12:00 p.m. and 1:00 p.m. - 6:00 p.m.

Photo ID Summer Hours at Neil John MacLean Library (May to August)

Monday to Thursday: 8:00 a.m. to 12:00 p.m. and 1:00 p.m. - 6:00 p.m.

Friday: 8:00 a.m. to 5:00 p.m.

Fort Garry Campus - Registrar's Office (400 University Centre) between the hours of 8:30 a.m. and 4:15 p.m.

The Department's Administrative office will assist you in activating your card for key pass entry to the department and other areas required.

PHOTOCOPIER ACCOUNT

All students may obtain a photocopier account number from their advisor and require **permission from their advisor** to use the copiers, as the professors pay for copying from their grant funding. Please restrict your copying to university business. Any abuse of the privilege is subject to cancellation of your account.

SAFETY AND ANIMAL USER TRAINING

During the first few months, you will have to register for some basic and more specific training regarding safety, using chemicals, radiation and animal handling. You will need to fill out the [general laboratory safety inspection checklist and laboratory safety checklist for new lab personnel](#) when you begin your studies in the lab.

For all information regarding safety training and safety in labs, talk to your advisor or visit the following links.

Students at St. Boniface will need to follow the safety guidelines in place there.

University's [Environmental Health and Safety Office](#) (EHSO)

Check out the Powerpoint presentation for information on [basic lab safety and the Workplace Hazardous Materials Information System](#) (WHMIS)

If your laboratory uses any radioactive material you will need to take [the Radiation Safety Training](#). Upcoming training sessions and information regarding registration well as the contact information can be found on that website.

Animal User Training

All personnel involved in the care and use of animals in research, teaching and testing at the University of Manitoba must be adequately trained in the principles of laboratory animal science and the ethical use of animals, and have the necessary practical skills required to conduct sound, humane research using animals. The program is divided into two components: didactic and hands-on wet labs. No student is allowed to take the animal wet lab training without first completing the animal user training as well as the animal allergens and zoonotics online training AND pass the tests (minimum 80%).

New personnel **must** complete the [animal user training course \(online\)](#) before they can begin their animal work. Wet lab attendance is dependent upon the work being conducted. Sessions are assigned on an individual basis.

These sessions are available at the Fort Garry and Bannatyne Campuses. For more information and upcoming training sessions go to the website or contact Denise Borowski, the Lab Animal Training Coordinator at (204) 789-3960.

DEPARTMENTAL SEMINARS, JOURNAL CLUBS AND EVENTS

Seminars

Each Division is in charge of their own seminars and lectures. It is very important for students to attend these seminars. Often speakers are brought in from outside the Department or University and students are invited to have an informal lunch with these speakers. Event announcements are emailed to graduate students and are also posted to the Departments website.

- Cardiovascular Science and Disease Seminar series, Wednesdays 3:00-4:00pm
- Endocrinology and Metabolic Disease Seminar series, Wednesdays 12:00-1:00pm

"Food for Thought" on Fridays 9:30-10:30am (CCARM, SBRC)

- Neurosciences and Spinal Cord Injury Visiting Scientist Series – dates announced on Spinal Cord Research Centre website
- Respiratory Physiology and Disease MICH seminar series, Thursdays, 12:00-1:00pm

Journal Clubs

Each division holds their own journal clubs. If you are interested in attending make sure you are on their email list.

- Cardiovascular Science and Disease, Mondays, 3:00-4:00pm, Samuel Cohen Auditorium, St. Boniface Research Centre
- Endocrinology Journal Club – Fridays, 9:30-11:00am, Physiology Seminar Room, BMSB
 - Diabetes Research Envisioned and Accomplished in Manitoba (DREAM), Wednesdays 11:00-12:00pm, MICH
- Neurosciences and Spinal Cord Injury – Fridays, 12:00-1:00pm, Physiology seminar room, BMSB
- Respiratory Physiology and Disease – Fridays, 12:00-1:00pm

Orientation

The Department holds an orientation event each year in late August /early September. This is organized by the Graduate Student Representatives with support from the Department Office and Graduate Program Committee, and is an excellent opportunity for our new students to meet current students.

Holiday Pot Luck

In December, the Department hosts a Holiday Pot Luck and Awards Extravaganza which includes a potluck lunch, distribution of Awards of Excellence and introduction of new Faculty, staff and students. Usually preceded by a Departmental meeting and student presentations in the Edge of Science Seminar Series.

LIFE ON THE



BANNATYNE

&



**ST. BONIFACE
CAMPUSES**

Bannatyne Campus Facilities

The following Facilities may be closed due to Covid-19. Please check their websites for more information.

The University of Manitoba, Faculty of Health Sciences, Bannatyne campus is home to the Colleges of Medicine, Dentistry, and Pharmacy, and Schools of Medical Rehabilitation and Dental Hygiene.



The **Brodie Centre** is a congregation place for students at the Bannatyne Campus. It houses the following facilities:

[Joe Doupe Recreation Centre](#)

The Joe Doupe Recreation Centre is the Bannatyne campus gymnasium located on the lower level of the Brodie Centre. Membership details can be found on their website

[Health Sciences Centre Bookstore](#)

The bookstore, located on the main floor, sells medical related textbooks, computer software and hardware, gifts and stationery materials.



The [Neil John Maclean Health Sciences \(NJMHS\) Library](#) occupies the 2nd and 3rd floors of the Brodie Centre. Some of the services offered at NJMHS Library include circulation, photocopying/printing service, document delivery and reference section. Through this library you can order printed copies of journal articles online and pick them up in person or have them delivered to you. Also, NJMHS Library offers seminars/training sessions on several topics

important for graduate students such as source referencing and how to use PubMed. Make sure to read emails from the library so you keep up to date. There are computers and study carrels in the library.

Medical Student Lounge

The lounge is located on the main floor of the Brodie Centre and has TVs, ping pong tables and a recreation area. You can access it with your student card once you've had it activated. Details on activating your student card are in the ***Introduction to the Department*** section of this guide.

Health Sciences Graduate Student's Association (HSGSA) is located in the medical student lounge, on the main floor of the Brodie Centre.

Computer Lab

There is a computer lab on the second floor of the Brodie centre (Rm 230/280) open 24/7 that you can enter with your student card once you have it activated.

FINDING A BITE TO EAT

On Campus

- Tim Horton's (1st floor, Brodie Centre; 2nd floor, Health Sciences Centre)
- Pita Pit and Aramark (1st floor, Brodie Centre)
- Starbucks (1st floor, Brodie Centre; main floor and CanadInns)
- Guildy's Eatery (main floor, Thorlakson Bldg, 820 Sherbrook St.)
- HSC 24 hour food court (2nd floor, Health Sciences Centre)
- L'Bistro (main floor, CanadInns)
- Aalto's (2nd floor, CanadInns)

Nearby Grocery Stores

- HSC mini mart (1st floor, Thorlakson Bldg)
- Dino's Grocery Mart (460 Notre Dame Avenue)
- Giant Tiger (345 Donald Street)
- Safeway (600 Sargent Avenue)
- Lucky Supermarket (1051 Winnipeg Avenue)
- Young's market (Two locations: McPhillips Street and William Ave)
- Dong Thai (459 Notre Dame)
- Bueno Bros supermarket (84 Isabel St)

For information on the University of Manitoba Fort Garry Campus building locations see the map section at the back of this guide.

HOUSING (BANNATYNE & FORT GARRY CAMPUSES)

Bannatyne Campus

The Health Sciences Center offers affordable rental accommodations, located on campus that is only available to students of HSC or University of Manitoba campus. Tenants can easily access both academic and professional areas of the Centre. Suite sizes range from bachelor suites to two bedroom apartments, depending on location and availability. There is a very long wait list (up to one year), and a high turnover rate from June-September. Information and application forms are available online <http://www.hsc.mb.ca/servicesPlacesToStay.html#Student>

Fort Garry Campus

There are six residences on the Fort Garry campus with the total capacity of 950 students. Residences offer furnished rooms, board (meal) plans, study space, lounges, laundry facilities, storage space and reserved parking. On campus residences are available for single students only. Married student housing is not available on the U of M campus. Listings and application forms for on and off campus housing can be found at <http://umanitoba.ca/campus/housing/index.html>

Homestay

The [Homestay program](#) is intended to help International students learn about Canadian culture, and allows Canadian families to learn about International students and their culture. Any University of Manitoba International student registered in an academic program can apply

Short Term Housing

For short stays or while you are looking for a more permanent place to live, temporary accommodation is available which provides convenient access to the University. Visit <http://umanitoba.ca/housing/summer-short-term-housing> for more details.

Apartments

Rent for off-campus accommodation ranges from \$275/month for a room in a house or a bachelor suite, to more than \$500 a month for 1, 2, or 3 bedroom apartments or houses. It is recommended that students review the list of Frequently Asked Questions prepared by the [Winnipeg Residential Tenancy Branch](#) before renting an apartment.

Students can find a place to live off-campus in local newspapers, the Winnipeg Renter's Guide (Free at 7 11 stores), billboard postings or online at:

[Winnipeg Internet Apartment Guide](#)

[Renting Spaces off-campus housing registry](#)

[Winnipeg Free Press Classified Ads](#)

[Winnipeg Sun Classified Ads](#)

Kijiji - <http://www.kijiji.ca/h-winnipeg/1700192>

[Craigslist](#)

Need Furniture?

Check out the University of Manitoba's Re-Shop

The mandate of the Re-Shop is to recycle furniture and office supplies donated by the University and the public. You may not find a sofa, but you may find a filing cabinet or bookcase.... FOR FREE!

GETTING TO AND FROM FORT GARRY CAMPUS

Transit

Should you need to travel between the campuses you will rely on [Winnipeg Transit](#). On the Winnipeg Transit web site you can find current bus fare rates, route maps, schedule information, travel tips, an interactive bus route planner, and much more!

- Buses #36, #29 and #60 travel between the Fort Garry and Bannatyne campuses
- Bus #19 between the Bannatyne Campus and the St. Boniface neighborhood.
- Rapid bus #160 and 161, Stop at Queen Elizabeth Way and Stradbrook Avenue travels between St. Boniface and Fort Garry Campus

Information (Navigo Trip Planner, Schedules and Maps, Transit System Map, Telebus, etc.): <http://www.winnipegtransit.com/>

Post-Secondary Student Monthly Pass

- A validation sticker will be affixed to your student Photo ID card when the pass is first purchased. (Tuition fees must be paid first.)
- Passes and validated ID are available only at Post-Secondary Institutions where students are enrolled.
- Student must show validated Student ID card when purchasing a new pass each month and when boarding a bus.
- Bus transfers are free with your cash or ticket fare. A transfer must be requested when you pay your fare. Transfers are valid on any regular bus route on the date of issue and allow travel in any direction until the expiry time shown. (One hour from time of request.)

-
- **Passes** are available at:
 - **Answers Information Booths** (1st floor University Centre – Fort Gary Campus and 1st floor Brodie Centre – Bannatyne Campus)
 - **U of M Bookstores** – one at lower level of the University Centre, Fort Garry Campus and the other on the main floor of the Brodie Centre at the Bannatyne Campus
 - Be sure to keep your receipts and old passes for tax time.
 - **Bus tickets** are available on campus at: Bannatyne Campus – Health Sciences Centre Volunteer Enterprises (The General Store) and the St. Boniface Hospital Campus – Shopper's Drug Mart (Hospital Atrium)

Biking

Bike racks are located on Bannatyne Campus in front of Brodie Centre with a tune up facility for bikes (tire pumps, key tools) located by the racks

Fenced and locked compound: next to the Dentistry building (adjacent to Parking Lot E.) Anyone with a University of Manitoba ID card can seek card access to the bike compound through U of M physical plant

By Car

[Manitoba Public Insurance](#) provides driving licensing and insurance information and applications

Parking - Bannatyne Campus

Approximately 475 parking spaces are available to staff and visitors on the Bannatyne Campus (see the map at the back of the guide)

Approximately 80 casual parking spaces are available in "H" Lot on McDermot Avenue by Tecumseh Street. Meters accept coin or major credit cards. You can apply for a parking pass online but make sure to look at posting boards on campus for other student/staff parking. For more information visit <http://www.umanitoba.ca/campus/parking/>

St. Boniface Campus Facilities

The St. Boniface campus, located at the St. Boniface Hospital Research Centre, 351 Tache Avenue, is home to the Institute of Cardiovascular Sciences, one of the four divisions of the Department of Physiology & Pathophysiology. A map of the St Boniface Campus can be found in the maps section at the back of this guide and <http://www.sbrc.ca/>

It is recommended that all staff and students carry their ID cards on them at all time as security is of utmost importance at the Centre.

Facilities

Due to Covid19 these facilities may be closed at this time.

St. Boniface Fitness Centre

The St. Boniface Fitness Centre is available for staff and students (204) 237-2907. Annual membership is around \$200-\$250, depending on which rooms you want access to.

Finding a Bite to Eat

- St Boniface Hospital Café Oasis (post their menu daily on their website; most meals are around \$10 to \$15)
- Honba Sushi, 66 Goulet St, (204) 237-0001. They do dine-in and take-out.
- Subway, McDonald's, Taco Time and Tim Horton's strip mall, 66 Goulet St.
- Santa Lucia Pizza, 4 St Mary's Rd, (204) 237-4134
- Norwood Hotel, 112 Marion St, (204) 233-4475

HOUSING

- Eiffel Tower Apartments (261 and 291 Goulet St)
- Grenoble Manor Apartments (415 St Jean Baptiste St)
- Royal Park Apartments (112 St Anne's Rd)
- Southgate Plaza Apartments (50 Alpine Ave)
- Niakwa Park Plaza (1310 Archibald St)

There are also some houses that are rental properties in and around St Boniface, but it would be best to look at the real estate listings, Kijiji etc for this information.

Transit

Some bus stops nearby are:

- Stop 50201, Southbound Tache at Goulet
- Stop 50200, Northbound Tache at Rinella
- Stop 50252, Westbound Goulet at Tache
- Stop 50199, Northbound Tache at Dollard
- Stop 50262, Northbound St Mary's at Marion
- Stop 10159, Southbound Queen Elizabeth at Stradbrook
- Bus #10 stop right in front of the Hospital/Research Centre
- Bus #19 goes from St B to HSC and back (this is the one students take to go to class).
- Bus #160, which stops at Stop #10159, can take students to the Fort Garry campus.

Parking

The waitlist for hospital/research centre employees is 2 years. You have to sign up at the parking office and they notify you when a spot is available. The cost for a dual parking pass that is valid for both St Boniface and Health Sciences Centre is around \$100 per month + GST.

UNIVERSITY STUDENT SUPPORT SERVICES



UNIVERSITY STUDENT SUPPORT SERVICES

Important Notice: Effective March 17, 2020, Student Services at Bannatyne Campus will be meeting with students and residents through phone and email only. No in-person appointments will be made at this time. To book an appointment with any of our services, please contact 204-272-3190 or email bcss@umanitoba.ca. The office is available for phone and email inquiries Monday-Friday between 8:30am - 4:30pm. Thank you for your understanding.

HEALTH SCIENCES GRADUATE STUDENT ASSOCIATION

The [HSG/SA](#) is an elected advocate for graduate students at the Bannatyne Campus. HSGSA organizes graduate student initiatives for its members, advocates for its members to the university administration and other bodies on and off campus and endeavors to discuss and resolve issues that impacts upon its members. In addition, the HSGSA acts as a platform for academic, cultural and social activities. One of the most important projects that the HSGSA participates in each year is the Canadian Student Health Research Forum held each year in the spring.

STUDENT AFFAIRS

Life as a university student can be very difficult as students can encounter adversity along the way. The Department office staff and Head are here to advise and direct you to the appropriate personnel to answer your questions. Speak with them first.

The University of Manitoba [Student Affairs](#) has instituted many offices that can aid students in many aspects of their lives; be it personal, academic, or social. In this section we list a few that can be helpful along the way.

ADVISOR STUDENT GUIDELINES (ASG)

ALL thesis based students and advisors must submit an "**ADVISOR STUDENT GUIDELINE**" (**ASG**). FGS no longer accepts paper copies of these forms. The online ASG application form is now found in your JUMP.

ASG instructions can be found at

https://umanitoba.ca/faculties/graduate_studies/media/ASG_Instructions.pdf

SERVICES FOR STUDENTS LOCATED AT BANNATYNE CAMPUS

<http://umanitoba.ca/student/bannatyne/>

Services specific to students located on the Bannatyne Campus

Location: 2nd floor, S211 Medical Services Building, Bannatyne Campus, 204-272-3190

STUDENT ADVOCACY

The [Student Advocacy](#) office provides confidential centralized services for receiving and resolving student complaints and grievances. This includes any type of conflict between staff and students, including grade appeals. In addition, student advocacy provides students with information on matters of academic integrity. Their office is located at room 520 University Centre, Fort Garry Campus. Tel: (204) 474-7423.

GRADE APPEALS

<http://umanitoba.ca/student/records/grades/691.html>

If a student has good reason to believe a mistake has been made in the assessment of the original grade, an appeal of the assigned grade may be made. A student should consult the section or course coordinator or Department Head first. If all else fails they may enter an appeal, through the Registrar's Office, for assessment of one or more final grades following the posting of grades by the faculty/ school/department. Final grades are released on Aurora, as they are received from faculties and schools.

ENGLISH LANGUAGE CENTRE

Located at 520 University Centre, the [English Language Centre](#) (ELC) is the academic English program for the University of Manitoba and provides students with the tools and resources needed to learn English as a second language. The ELC provides part-time and full-time programs for both undergraduate and graduate students. These courses range from oral conversation and pronunciation to academic writing and are offered throughout the year. In addition, the ELC is also an official testing site for the CanTEST© (Canadian Test of English Scholars and Trainees).

For further information on registering for courses, fees, CanTEST© dates and other inquiries, please visit the ELC's website or their office at 520 University Centre on the Fort Garry Campus.

INTERNATIONAL CENTRE FOR STUDENTS (ICS)

See [ICS](#) for COVID19 Updates:

The International Centre for Students offers help and services for both International and Canadian students of the University of Manitoba. ICS advisors can provide students with information about banking, finding accommodation, University rules and policies, dealing with professors and classmates, Driving in Manitoba, recreation activities, and more. They can also help students interpret immigration regulations and can provide assistance with study permit extensions and changes, Temporary Resident Visa applications, U.S. visitor's visas, and more. ICS orientations are held at the start of the fall, winter, and spring/summer terms. Students will get information about the city of Winnipeg, University of Manitoba, ICS programs, university policies and procedures, finding accommodation, study permits and visas, health insurance, etc.

NOTE: You will require a letter from the Department when applying for your study permit

The Faculty of Graduate Students has a website dedicated to International students as well http://umanitoba.ca/faculties/graduate_studies/admissions/international.html

Visit ICS orientation website for information on: <http://umanitoba.ca/international/>

- Orientation & Welcome Programs for New International Students
- Intercultural Retreat
- Workshops: Taking the Bus in Winnipeg and Your Money in Canada
- International Student Mentorship Program (ISMP)
- Summer Information Sessions
- Summer Buddy Program - is a great way to get a student's perspective of student life at U of M
- International Welcome Dinner – held annually in October

Study Permit

International students must have a study permit in order to study in Canada. To obtain a Study Permit application kit and detailed application instructions, visit the Citizenship and Immigration Canada (CIC) web site (<http://www.cic.gc.ca>) or contact the visa office in the Canadian embassy, high commission, or consulate to which you will submit your Study Permit application.

ICS Contact information: [ICS homepage](#)

Contact address: 541 UMSU University Centre

Phone: (204) 474 – 8501

To subscribe to the ICS Newsletter visit <http://lists.umanitoba.ca/mailman/listinfo/ics-newsletter>

CERTIFICATION IN HIGHER EDUCATION TEACHING (CHET) PROGRAM

The goal of the [CHET program](#) is to help Ph.D. students prepare for faculty responsibilities, particularly teaching. This program is geared towards students interested in jobs where communication skills are needed. This course is offered by the University Teaching Services to PhD students at the University of Manitoba. Depending on space availability, MSc and post-doctoral fellows might participate. Visit their website for more information.

ACADEMIC LEARNING CENTRE (LAC)

Located at 201 Tier building (Fort Garry campus), the [Academic Learning Centre](#) (ALC) provides academic support to all University of Manitoba students through accessible, adaptable programs that facilitates learning and enhance writing. Some of their services include:

- free one hour sessions on studying skills and writing topics.
- one to one tutoring on writing.
- on line writing tutor

STUDENT COUNSELING AND CAREER CENTRE

If you are experiencing a high degree of distress (especially due to Covid19), please call our reception desk at 204-474-8592 to discuss your situation. Students needing emergency/crisis support outside of business hours are encouraged to use one of the 24/7 crisis services listed [here](#).

The [Student Counseling and Career Centre](#) is staffed by professional counselors whose primary goal is to facilitate the personal, social, academic, and vocational development of university students.

Bannatyne Campus: S207 Medical Services Building, Phone: 204-474-8592

- noon to 7 pm, Monday through Thursdays and 8:30 am to 4:30 pm Fridays (excepting statutory holidays and July and August – please call us for availability during July and August)

Services available:

- Personal Counselling
- Career Counselling
- Daily intake (i.e., first time) appointments

Fort Garry Campus: 474 University Centre Building, Phone: 204-474-8592 & 204-474-9456

- Hours are 8:30 am to 4:30 pm weekdays (excepting statutory holidays)

Services available:

- Personal Counselling - this service is also available at Migizii Agamik (Aboriginal Student Centre). Please contact 204-474-8850 for information.
- Career Counselling

-
- Daily intake (i.e., first time) appointments
 - Groups and Workshops
 - Career Mentor Program and Information library
 - Employment Advising

STUDENT EVENTS

CANADIAN STUDENT HEALTH RESEARCH FORUM

Every year in June, the [Canadian Student Health Research Forum](#) (commonly referred to as Research Days) is held at the University of Manitoba Bannatyne campus. Every year has a different themed symposium with world-renowned speakers – sometimes Nobel Prize winners! This is a chance for Winnipeg graduate students to show Canada our best. As such there are tours of the National Microbiology Laboratory, great free lunches and dinners and the annual boat cruise on the Red River. This is coupled with the Manitoba Poster Competition in which all graduate students in health sciences can participate. This event is also coupled with the CIHR National Poster competition.

Students from across Canada come to Winnipeg to compete for the best poster presentation. Traditionally, Physiology & Pathophysiology students have placed very well in these competitions with almost half our students winning awards each year. Also at this time the College of Medicine and local sponsors like the Health Sciences Foundation award prizes for graduate research. Deadlines for these awards and the competition are at the beginning of April. Watch for emails from Dr. Ed Kroeger in the spring.

SCIENCE OUTREACH

If you enjoy sharing your love of science with the next generation, the University of Manitoba hosts a chapter of the national organization [Let's Talk Science](#) (LTS). LTS takes hands on science projects to kids in elementary and high schools. In addition, the Bannatyne campus is located a fifteen minute walk from the [Inner City Science Centre](#) (ICSC). The ICSC is devoted to engaging youth from the inner city and visible minorities in the sciences. They are always looking for volunteers and also host the Annual Summer Biomedical Youth Camp.

HEALTH SCIENCES GRADUATE STUDENT'S ASSOCIATION (HSGSA) EVENTS

The [HSGSA](#) is a branch of the Graduate Student's Association and organizes social events for all graduate students at the Bannatyne campus & St. Boniface Research Centre. The HSGSA organizes a multitude of events, academic programs, student socials, and team sport events throughout the year. We encourage all graduate students to visit our office in room 114 Brodie Centre (behind Tim Horton's) in the Bannatyne campus, and we look forward to working with you in the upcoming year. For more information please browse this website or call the office at 1 (204) 480-1313 and leave them a message!

ORIENTATION

Held every fall to welcome and inform all graduate students (new and returning). Free food, drinks and entertainment! Watch for emails and posters in September.

GRADUATE STUDENT WORKSHOPS AND SEMINARS

The HSGSA also hosts several very helpful seminars and workshops throughout the year. These range on topics from how to manage your money and make investments, panel discussions about career choices, how to be a good teaching assistant, how to write research papers, and many more. Watch for emails and posters around campus.

ACADEMIC REGULATIONS



ACADEMIC REGULATIONS

MSC GRADUATE STUDENT FIRST 18 MONTHS

Faculty of Graduate Studies Important Dates

(Entering program either September or January)

<u>Timeline (First 18 Months)</u>	<u>Links & Page #s</u>
September - November: <ul style="list-style-type: none">• Read Department of Physiology & Pathophysiology Graduate Program Supplemental Regulations• Decide on courses to be taken (mandatory courses on pg. 9 of guide)• Establish advisory committee membership preferably within one month after admission to program• Fall Evaluation – your Chair will have appropriate form	Regulations Pg. 7-9 Pg. 28 Pg. 29
December - April: <ul style="list-style-type: none">• Complete 9 credits of coursework, for mandatory courses see	Pg. 9
May - November: <ul style="list-style-type: none">• Progress Report meeting (held before May 31, mandatory for Graduate Studies)• Fall Evaluation (to discuss general knowledge with advisory committee and chairperson)	Pg. 28-29 Pg. 29-30
MSc and PhD Guidelines for distribution of thesis for examination	Pg. 31-34

For information on MSc **transfer to PhD program** please visit the Supplemental Regulations Section 5.1.3.

NOTE: GRADUATE STUDENTS ARE ALLOWED TO MAKE HOLIDAY/TRAVEL PLANS DURING THEIR TIME IN THE PROGRAM. THESE PLANS SHOULD NORMALLY BE MADE AFTER PRIOR CONSULTATION WITH YOUR ADVISOR(S) IF THEY ARE DURING TERM TIME, AND EVEN A COURSE COORDINATOR IF THERE IS THE POTENTIAL FOR A CONFLICT. IF YOU ARE TAKING COURSES, IT IS PARTICULARLY IMPORTANT TO KEEP IN MIND THAT COURSE SCHEDULES, INCLUDING THE EXAMINATION DATE, MAY CHANGE. THUS, THERE IS A RISK IF YOU PLAN TO LEAVE BEFORE THE END OF TERM. THEREFORE IT IS ADVISABLE TO MAKE PLANS FLEXIBLE (E.G., PERHAPS PURCHASE FLIGHT CANCELLATION INSURANCE IF APPROPRIATE). PLEASE REMEMBER THE UNIVERSITY OF MANITOBA REGISTRAR'S OFFICE POLICY: "STUDENTS MUST REMAIN AVAILABLE UNTIL ALL EXAMINATION AND TEST OBLIGATIONS HAVE BEEN FULFILLED. TRAVEL PLANS ARE NOT AN ACCEPTABLE REASON FOR MISSING EXAMINATIONS."

DEPARTMENT OF PHYSIOLOGY & PATHOPHYSIOLOGY SUPPLEMENTAL REGULATIONS

Individual departments may have additional regulations that supplement the general regulations. Students are advised to make themselves aware of all governing documents pertaining to the regulations. The Faculty of Graduate Studies regulations are on the left column and the [Department of Physiology & Pathophysiology Supplemental Regulations](#) are on the right. Read the regulations carefully.

All Graduate Studies forms can be found at:

http://umanitoba.ca/faculties/graduate_studies/forms/index.html

THESIS ADVISORY COMMITTEE

Note: The Department of Physiology & Pathophysiology has specific requirements for advisory committee composition. Please check the supplemental regulations for the details.

- Advisors must contact the Departmental Office within the first TWO months of a 'new' M.Sc. student entering the program with: (a) the names of the other two members of the advisory committee; and (b) a date scheduled for the M.Sc. Thesis Proposal no later than SIX months from the date of entering the program.
- Students are required to provide the Department with a completed Program of Study and Appointment of Advisory Committee form. **This form will be provided by the Departmental Office.**
- If the student has a co-advisor, the co-advisor no longer need to be a member of the unit offering the program

NOTE: There is no longer a requirement for an “internal-external” advisory committee member.

COMMITTEE MEETINGS

Students can (and are encouraged) to meet with their committee at any time throughout the year. At least one **Progress Report** meeting is required per year by the Faculty of Graduate Studies, and must be **completed by June 1st** for re-registration. For more requirements regarding the Department of Physiology & Pathophysiology and Graduate Studies committee meetings consult Section 2 of the Supplemental Regulations.

THESIS PROPOSAL AND PROGRESS REPORT OPTIONS (SUPPLEMENTAL REGULATIONS SECTION

4.8.1.1):

- The M.Sc. Thesis Proposal and a Progress Report meeting may be scheduled as a single (ONE hour) “M.Sc. Thesis Proposal/Progress Report” meeting if held within the first six months of the student entering the M.Sc. graduate program.
- In a further option, the M.Sc. Thesis Proposal and Fall Evaluation may be held in a back-to-back meeting (2x ONE hour = TWO hour) if held within the first six months of the student entering the M.Sc. graduate program.
- The option of scheduling each of these three meetings (M.Sc. Thesis Proposal, Progress Report and Fall Evaluation) separately still applies.

The student shall inform the Departmental Office of the date and time that the thesis proposal will be held. The Departmental Office will confirm that a Chair (a member of the Graduate Program Committee for the Department) is available. Once the arrangements have been finalized, including confirming the availability of his/her Advisory Committee Members and arranging a room booking, the student will provide a notice electronically or as a hard-copy indicating the day, date, time and place of the thesis proposal to the Departmental Office. The student will also provide the Departmental Office with a copy of the written proposal. Distribution of materials and/or posting of the notice on the Department’s notice boards must normally take place at least two weeks prior to the presentation.

The format of the written proposal will be a document of normally two-three pages (excluding references) that describes the background to the project, the methods to be employed in the project and its expected significance to the field. The proposal will be evaluated by the student's Advisory Committee in two stages. First, the Committee members will read and assess the document. Second, the Committee plus a member of the Graduate Program Committee, who will serve as Chair for the proceedings, will meet in an open forum with the student. The student will make a 20-30 minute presentation on the project and subsequently defend both the oral and written components. Agreement with no more than one dissenting vote is required for a pass, although a student may still be requested to revise the proposal document prior to its final submission to the Department. A student will be given a second opportunity if the first attempt was not successful.

The student will select the thesis format in consultation with the advisor. The Department requires completion of a thesis in order to graduate from the M.Sc. program.

FALL EVALUATION (SECTION 2 OF SUPPLEMENTAL REGULATIONS)

Purpose:

The Fall Evaluation is **usually held in November (first two weeks)**, and is **not an examination**. It is largely a tool to evaluate knowledge of the student in the area of their course work (related to physiology and pathophysiology) and research project that the advisor and advisory committee deem relevant. The student is given feedback on their level and use of knowledge, as well as communication skills. Shortcomings and areas of improvement may be identified. The advisor and student are encouraged to use the information gathered at the evaluation to review strengths and weaknesses and work on strategies to maintain or strengthen areas as appropriate. The format is similar to that of the Candidacy Examination (required for PhD students only), and thus serves as good practice sessions for the actual Candidacy Examination.

NOTE: The only students exempt from this are those who have completed BOTH the thesis proposal and candidacy exam or have submitted their thesis to Grad Studies.

Guidelines:

- There is no need for students to study for these evaluations.
- A Chair is required and assigned by the Department.
- The evaluation is in a face to face questions and answers format. The students are not expected to make a formal presentation, therefore, no projectors or overheads will be required. The student will be asked, however, to briefly (in less than two minutes, indicate what courses have been completed or are in progress, as well as the area of their research project and the overall approach being taken. (If you go over time the Chair will cut you off so you may want to prepare/practice your statement in advance). Each member of the committee (often starting with the external member and ending with the advisor) will be given 5-10 minutes each for questioning in rotation (a second round – shorter – may be offered). If there is a co-advisor they should share the single time allotted.
- IT IS THE STUDENT'S RESPONSIBILITY to make sure that **all** of his/her committee members are available for the evaluation. If any changes are required contact the main office (204-789-3764 or 204-789-3696) with the alternate date that you and your committee have tentatively agreed on.

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- Please notify main office of any error in names of the members of your Advisory Committee. If a change was made to your committee ensure that the appropriate form has been filled out and signed by your committee. MSc and PhD students require a minimum of: their advisor, one departmental member and one external member from outside the department who holds a position in another department which has a graduate program.

Time allowed for Evaluation: 45 minutes

PROGRESS REPORT MEETING

Purpose: This is not an exam

- Provide a detailed outline of academic/research goals and progress made to date
- Provide a detailed outline of short and long term objectives over the next academic year
- Opportunity for committee members to evaluate student's academic/research progress (including project specific and general knowledge)

Guidelines:

- The spring progress report is a Faculty of Graduate Studies **mandatory** requirement.
- **Should be held before May 31st**
- A **one paged progress report** must be submitted to committee members **one week** in advance of the meeting
- No Chair is required
- All students continuing beyond September must complete the Progress Report Form. Failure to do so will result in inability to reregister and ultimately removal from the Program.
- The Department office will send each student a package in March containing progress report forms required by the Faculty of Graduate Studies and the Department. Read the instructions carefully!
- A **one page** typed Progress Report must be submitted to committee members **one week in advance** of the spring meeting.
- Reports must be completed and submitted to **Graduate Studies by June 1**. A copy of this report is required in the Department of Physiology & Pathophysiology office by **May 31st**. (Note: The Department Head will not sign Annual Report forms for submission to Graduate Studies unless the summary of progress document is attached to it.)
- Failure to submit this report will result in the denial of registration access through Aurora Student.

Suggested time for meeting: 60-90min

Distribution of the Thesis for Examination

It is the responsibility of the Faculty of Graduate Studies to distribute the electronic version of the thesis to all examiners. The Faculty of Graduate Studies shall attempt to ensure that the thesis is distributed to examiners as soon as possible after the submission of all required documentation. The Academic Schedule in the Graduate Calendar should be consulted regarding dates by which theses must be submitted.

Once the thesis has been submitted to the Faculty of Graduate Studies, neither the candidate nor the advisor/co-advisor shall have any communication with the examining committee regarding the thesis. However should the need arise, the external examiner may contact the Dean of the Faculty of Graduate Studies to discuss any issues related to the thesis.

M.Sc., PH.D. THESIS GUIDELINES

Please refer to Supplemental Regulations section **4.8.1 Thesis** for more information.

- There is no oral examination for the M.Sc. in the Department. However, graduating M.Sc. students are encouraged to present their thesis findings to the department (Thesis seminar). This presentation is not required for graduation.
- [Thesis Guidelines](#) and information are available online from the Faculty of Graduate Studies and Supplemental Regulations (link found on the Department website).
- It is recommended that students review previous M.Sc. and Ph.D. theses for style. They are kept in the main office, and must be signed out. Also check with your advisor as they usually have copies of theses.
- The student must obtain written permission from an author to use copyrighted material (see below for more information).
- It is expected that the Department will be provided with a hard copy of the final approved thesis.

OBTAINING PERMISSION TO USE COPYRIGHTED MATERIAL

Obtaining written permission from an author to use copyrighted material is the student's responsibility. Images, photos, diagrams, graphics or "more than a reasonable extract" (see Copyright Act) of someone else's work must be accompanied by written permission from the author or copyright holder. For complete guideline on the use of copyrighted material go to **section 1.5.2 of the Supplemental Regulations** or visit

http://umanitoba.ca/faculties/graduate_studies/thesis/copyright_permission.html

The Faculty of Graduate Studies has developed a [form](#) that can be utilized when requesting the use of copyrighted material.

PH.D THESIS PROPOSAL

Purpose:

- To examine the student's understanding in their area of specialization, and to provide the student and advisor with a critical appraisal of the research proposed for the thesis.

Guidelines:

- The Thesis Proposal will normally be presented as soon as possible after preliminary studies are carried out, following approval of the research program by the student's advisory committee, and preceding the major portion of research toward the Ph.D. thesis.
- For most students, the Thesis Proposal will be **completed during the second year** of their Ph.D. program.
- The student shall prepare the proposal in written form. The Proposal should be of sufficient length to allow the Advisory Committee to understand the rationale for the study, the hypothesis, and the approach. There should be enough detail to evaluate the approach, the feasibility and a timeframe for the experiments (approximately five but not more than ten pages in length with relevant references).
- The student shall inform the Department Office (administrative staff) of the date and time that the thesis proposal will be held.
- The Department office will confirm that a Chair (a member of the Graduate Program Committee for the Department) is available.
- Once the arrangements have been finalized, including confirming the availability of his/her Advisory Committee Members and arranging a room booking, the student will post a notice indicating the day, date, time and place of the thesis proposal.
- The student will also provide the Department Office with a copy of the written proposal.
- Posting of the notice and distribution of the written proposal must take place at least two weeks prior to the presentation.
- The student will present the proposal publicly and defend it before both faculty and students.
- Immediately following its deliberations, the Advisory Committee shall advise the student of its findings.
- The Advisory Committee may 1) approve the proposal essentially as presented, or 2) request a subsequent meeting if major revisions or additional work is required before the proposal can be approved.

Format:

- Prepare the proposal in written form approximately five but not more than ten pages in length with relevant references.
- Proposal should be of sufficient length to allow the Advisory Committee to understand the rationale for the study, the hypothesis, and the approach.
- There should be enough detail to evaluate the approach, the feasibility and a timeframe for the experiments

Proposed time for presentation = 30 min.

Proposed time for examination = 1 hour

PH.D. CANDIDACY EXAMINATION

Purpose:

- Candidacy Examinations are viewed as the mechanism by which the faculty, especially the student's Advisory Committee and the Department Graduate Program Committee, will determine whether the student is a suitable candidate for the Ph.D. degree.
- It is a pass/fail oral examination with the objective of providing a multidisciplinary evaluation of:
 - 1) the student's in-depth knowledge in the particular research area, and
 - 2) knowledge at a general level, of related areas.

Guidelines:

- Must be completed no later than twelve months before the expected graduation date.
- The student shall inform the Departmental Office of the date and time that the Candidacy Exam will be held.
- The Departmental Office will confirm that a Chair (a member of the Graduate Program Committee for the Department) is available.
- Once the arrangements have been finalized, including confirming the availability of his/her Advisory Committee Members and arranging a room booking, the student will post a notice indicating the day, date, time and place of the Candidacy Examination.
- **Posting** of the notice must take place **at least two weeks prior** to the presentation.

Format:

- The Candidacy Examination will be closed to all except the Examining Committee, the Chair (a member of the Graduate Program Committee) and interested faculty members. The Examining Committee shall consist of members of the Student's Advisory Committee.
- The format is the same as for the fall evaluation, each member of the committee in turn asks the candidate questions. Questions are not provided beforehand and are intended to:
 - assess the students understanding of their specific research discipline within physiology as well as the candidate's understanding of the broader aspects of physiology research.
 - assess the candidate's ability to critically appraise research literature and design appropriate experimental strategies to examine hypothetical research questions.
- Typically, two rounds of questions are asked, and then the candidate is asked to leave the room while committee members discuss the outcome of the examination. The candidate is then invited back to meet with the committee at which time the result of the exam is relayed and feedback regarding their performance is provided.
- The area or areas of physiology to be covered in the exam will be determined by the student's Advisory Committee in consultation with the student at least 4 weeks in advance of the exam.
- Examination will be closed to all except the Examining Committee, the Chair (a member of the Graduate Program Committee) and interested faculty members.
- The Examining Committee shall consist of members of the Student's Advisory Committee.
- Other members of the Faculty may question the student as well but have no input regarding the outcome.

Assessment:

- The Examining Committee shall inform the student of its finding immediately following its deliberations.

-
- Successful completion requires all members of the committee to unanimously agree that the student has passed.
 - A student who fails to perform satisfactorily on the oral examination will be informed of this fact and will be allowed to make a second attempt at a time not less than two months and not more than four months following the first attempt.
 - The student may elect a written rather than an oral format during the second attempt. In this case, the student will receive two questions from each committee member.
 - The student will have one week to complete the questions, which will then be marked by the respective committee member.
 - The student must receive a pass for all questions to be successful. A student who fails on the second attempt will be required to withdraw from the program.

Proposed time for examination = 1 - 1½ hours

PH.D. THESIS AND EXAMINATION

The final examination for the Ph.D. degree proceeds in three stages:

1. Examination of the candidate's thesis by an internal examining committee.
2. Examination of the candidate's thesis by an external examiner.
3. Oral examination of the candidate by all examiners on the subject of the thesis and any matters relating thereto.

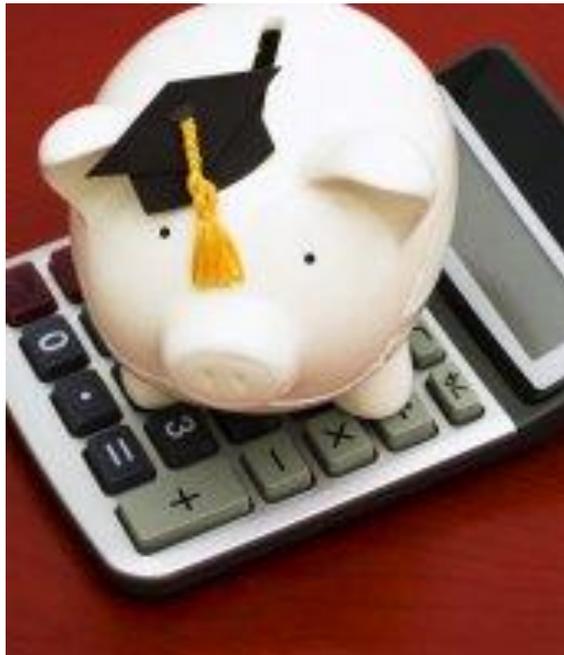
Guidelines:

- The final version of the thesis must be submitted by the candidate to the Faculty of Graduate Studies following the guidelines found at: http://umanitoba.ca/faculties/graduate_studies/thesis/guidelines.html
- The student will select the thesis format in consultation with the advisor. Inclusion of published or submitted papers within the thesis is allowed.
- An essential feature of Ph.D. study is the candidate's demonstration of competence to complete a research project and present the findings.
- The thesis must constitute a distinct contribution to knowledge in the major field of study, and the research must be of sufficient merit to be, in the judgment of the examiners, acceptable for publication.
- The thesis must be written according to a standard style acknowledged within the candidate's particular field of study and recommended by the unit, be lucid and well written, and be reasonably free from errors of style and grammar (including typographical errors).

GRADUATION DEADLINES AND REQUIREMENTS

Deadlines for graduands to submit their thesis for distribution to their committee members, and for submission of final reports is available under [Information for Graduands](#)

FINANCIAL SUPPORT



FINANCIAL SUPPORT

For general information about Financial awards for graduate students click [here](http://umanitoba.ca/student/fin_awards/scholarships/index.html).
http://umanitoba.ca/student/fin_awards/scholarships/index.html

Note: Students get funding information regularly through departmental emails. Check emails early and often and visit funding agency websites for deadlines. **The Departmental deadline is always two weeks prior to the funding agency deadline eg. CIHR, NSERC etc. The University requires a [FAAF](#) for all funding except UMGF.**

Because studentship programs change frequently, the department administrative staff can't always keep up to date with all of the funding opportunities available. Therefore, for the most current information students are advised to check directly with the funding agency.

Major National Awards

A). CANADIAN INSTITUTES OF HEALTH RESEARCH (CIHR)

[CIHR](#) is the major federal agency responsible for funding health research in Canada. It supports graduate students at both the Master's and Doctoral levels. Please visit the CIHR website for application deadline and eligibility criteria.

This program is for Canadian citizens and permanent residents at the time of application. Graduate students must visit the website for a complete list of required documents. The application process requires letters of recommendation, transcripts and consent from the advisor and Head of the Department so begin the application process **as early as possible**.

Application deadline:

Doctoral Award: October each year
Master Award: February each year.

Contact Information:

For questions regarding CIHR funding guidelines, how to apply, and the peer review process contact:

CIHR Doctoral Research Awards Program Delivery Coordinator
Research Capacity Development Branch
Phone: 613-941-0847
Fax: 613-954-1800
Email: DRA@cihr-irsc.gc.ca

If you are experiencing technical difficulties with your ResearchNet account or the eSubmission process contact:

CIHR ResearchNet Support
Canadian Institutes of Health Research
Telephone: 613-941-9080
Email: support@researchnet-recherchenet.ca

B). NATURAL SCIENCES AND ENGINEERING RESEARCH COUNCIL OF CANADA (NSERC)

Graduate students are advised to visit [NSERC](#) website for application deadlines and eligibility criteria.

PROVINCIAL AND LOCAL AWARDS

RESEARCH MANITOBA

All graduate students are eligible to apply for this funding. It is strongly recommended to visit this website <https://researchmanitoba.ca/funding-opportunities/health-research-2/> for updates and current information.

Preparation of the application involves your advisor and the Department Head, so students are advised to prepare funding application ahead of time and arrange for diplomas/transcripts and reference letters as required by the funding agency.

NOTE: if letters are required from Department Head please allow 2 weeks

The faculty of graduate studies arranges informative sessions for preparation of funding applications, it is highly recommended to visit their website for dates.

Contact Information:

Research Manitoba
A201 Chown Building
753 McDermot Avenue
Winnipeg, MB R3E 0T6
Telephone 204 775 1096 Fax 204 786 5401
Email info@researchmb.ca
Help Desk: helpdesk@researchmb.ca
General Inquiries: info@researchmb.ca

FINANCIAL AID AND AWARDS OFFICE

The mission of the [Financial Aid and Awards](#) office is to assist students by developing and administering financial aid programs, which help students to meet the cost of their education. Award programs recognize and reward students for their academic and other achievements. It is located at 422 University Centre, Fort Garry Campus, University of Manitoba.

AWARDS DATABASE

Most information and/or applications for academic awards is available at <https://wwwapps.cc.umanitoba.ca:8443/searchableAwards/searchForm/awardSearch>

University of Manitoba Graduate Fellowships (UMGF)

Valued for a 12 month period at \$18,000 for PhD students, or \$14,000 for Master's students. Please check with your department for details on how to be considered for a UMGF.

DEPARTMENT TRAVEL AWARDS

This award is based on available funding from the Deans office. Check with the Department main office.

UNIVERSITY OF MANITOBA BURSARY PROGRAM

The University of Manitoba subsidizes a [bursary program](#) for new and continuing full time and part time students with good academic marks who demonstrate a significant level of financial need. Bursaries are usually issued in amounts ranging from \$100 to \$1,000, with over \$3 million awarded annually. They also offer a number of special bursaries to target groups of students. Examples of these include bursaries for students who are in the military or have a spouse or parent serving in the military, single parents, aboriginal students, and students with disabilities or special needs.

Candidates require:

- Clearly demonstrated financial need (usually students will have already applied for government sponsored student aid).
- Application for bursary through the Financial Aid and Awards Office by **OCTOBER 1st**.

EMERGENCY LOANS

The University of Manitoba emergency loan program provides short-term assistance to students who experience unexpected and immediate financial expenses or constraints. This includes, but is not limited to, unanticipated personal living costs, and unexpected delays in government loans, and other award funding.

Emergency loan funds are not intended to act as a regular supplement or substitute for traditional forms of student financial aid, i.e. government loans, scholarships, and bursaries. Therefore, all students applying for emergency funding are expected to have a reasonable financial plan in place to cover normal school expenses, including tuition and living expenses, at the beginning of each academic session.

In order to be considered for an Emergency Loan a student must:

- Be enrolled as a full-time student in the current academic session to which you are applying for. **PART-TIME STUDENTS ARE NOT ELIGIBLE FOR EMERGENCY ASSISTANCE;**
- Have repaid all outstanding emergency aid from previous academic sessions;
- Have obtained a passing grade of "D" or better on all courses taken in the previous academic session;
- Provide documentation indicating that they will be receiving sufficient funding to meet tuition and living costs for the academic session (Government Loan Notice of Assistance, loan documents, sponsorship letter);
- Be able to explain clearly why emergency assistance is required and how the loan will be repaid.

To apply for an Emergency Loan:

Contact the Graduate Studies office for [Emergency Loan](#) information:
Graduate Studies Office 500 University Centre
Phone (204) 474-9836

TRAVEL AWARDS

Faculty of Graduate Studies

The Faculty of Graduate Studies allocates funds to assist M.Sc. and Ph.D. students with travel expenses and other related fees. Applications for travel funds are assessed and awarded three times a year. Funds are paid to recipients after original receipts for travel and proof of attendance at the event have been submitted to the Awards Assistant at the Faculty of Graduate Studies, 500 University Centre.

Details, eligibility and forms can be found [here](#)

If you need assistance with travel arrangements please contact the Department main office 789-3696.

NEED-BASED FUNDING

Canadian Federal, Provincial and Territorial Government Loans/Bursaries

Application for these need-based loans/bursaries is made to the province or territory where the student is considered a resident. Provincial rules vary, but, in general, students may use the loan to study at the university of their choice, in any province. These loans are guaranteed, interest free, and do not need to be repaid as long as the recipient is enrolled in a full-time course of study. They can be accumulated over several years and the repayment period may extend to ten years. Further information on federal and provincial loans is available at the **University of Manitoba's [Financial Aid and Awards Office](#)** (422 University Centre, phone: 204.474.9531).

LIVING IN WINNIPEG



LIVING IN WINNIPEG

Winnipeg is the capital and largest city of the Province of Manitoba. The city is located near the geographic centre of North America, at the confluence of the Red and Assiniboine Rivers, a point now commonly known as The Forks. It is by far Manitoba's largest city with a population of approximately 633,000 and is the eighth largest metropolitan area in Canada.

City of Winnipeg, [official website](#) (General Newcomers Information, Events Calendar, Destination Winnipeg)

Winnipeg in [Wikipedia](#)

WEATHER

Winnipeg is said to be the sunshine capital of Canada, with an abundance of sunny days throughout the year. The city is famous for its long, cold and snowy winters. If you are coming to Canada from another country, we recommend that you buy your winter clothing here. In contrast, Winnipeg summers are pleasantly warm to hot. Spring and autumn are short and highly variable seasons.

[Environment Canada](#) Weather office, Winnipeg

HEALTH SERVICES IN MANITOBA

For health services in Manitoba you will need a [Manitoba Health Card](#). The form is available at <http://www.gov.mb.ca/health/documents/mg1883.pdf>

Fill it out and mail to:
Manitoba Health Insured Benefits
Branch 300 Carlton St.
Winnipeg MB R3B2M9

If you qualify for a Manitoba health card, call 204-786-7101 or visit the website <http://www.gov.mb.ca/health/mhsip/mbcard.html>

University of Manitoba student insurance coverage visit <http://umanitoba.ca/student/health/>

International Students health coverage

Effective September 1, 2018 the Province of Manitoba will no longer cover health care for international students. For more information visit:

http://umanitoba.ca/research/international_centre/health_coverage_faq.html

HOW TO FIND A FAMILY PHYSICIAN

- [University Health Services](#)
- [The Family Doctor Connection](#)
Monday - Friday 8:30 a.m. to 4:30 p.m. Phone: (204) 786-7111. They can tell you of available doctors in your area. The Manitoba Clinic houses the offices of many types of doctors from general practitioners, to allergists, to gynecologists. The centre also houses a sample collection lab and an x-ray facility. The clinic is included in Manitoba Health coverage and is located on the Health Sciences Centre campus.
- [Family Doctor finder](#)
- [Manitoba College of Family Physicians](#)
- [Walk-in Clinics](#)

At times your regular physician will be unavailable or fully booked. At these times you can use a walk-in clinic where you do not need an appointment. Walk-in clinics are not for medical emergencies.

TRANSPORTATION

Winnipeg Transit

The [Winnipeg Transit](#) website provides public transportation information such as bus timetables, stops, trip planning for travelling by bus around Winnipeg. See page 15 for details on purchasing post-secondary student passes and the buses you will need to take between campuses.

On Foot

- Always be cautious when walking in the downtown area, especially at night.
- Avoid walking alone.

Biking

- Bike rack location on Bannatyne Campus
- “Come and Go” bike racks are located in front of Brodie Centre, as well as a tune up facility for bikes which offers use of tire pumps and key tools to ensure optimal bike safety.
- Fenced and locked compounds are available to all staff and students next to the Dentistry building (adjacent to Parking Lot E.) Anyone with a University of Manitoba ID card can seek card access to the bike compound through U of M physical plant.

By Car

Driving Licensing and Insurance at Manitoba Public Insurance (MPI)

- Applications for a driver’s licence, driver’s licence renewals and photos as well as insurance payments can be processed at any Autopac agent.

RESTAURANTS AROUND THE CITY

There are hundreds of places you can sit down and enjoy a great meal in Winnipeg. Ask around for recommendations. You can always search online for places to eat too.

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

<https://www.zomato.com/winnipeg-mb>

UTILITIES

Electricity and Natural Gas

[Manitoba Hydro](#)

For general enquiries and billing account information: Telephone: (204) 480-5900

Email: customerservice@hydro.mb.ca

Water, Garbage and Recycling

[Winnipeg Department of Water and Waste](#)

For general enquiries and billing account information: Telephone: (204) 986-5858

Telephone, Cell Phone, Television and Internet

[Shaw Communications Inc.](#)

[Bell MTS](#)

[Rogers](#)

Telus <http://www.telusmobility.com>

SECURITY

University of Manitoba Security Services

- Fort Garry Campus & Bannatyne Campus.
- Emergency Telephone: Dial 555 from any university phone, #555 if you have MTS or Rogers cellular, or 474-9341 from any other phone
- There are also red emergency phones and code blue stations located throughout campus
- Non-emergency Telephone: 474 9312 or 789 3330

Safewalk

- University of Manitoba Security Services will provide Safewalk services to your vehicle 24 hours a day, 7 days a week, all year round upon request. Please call 789 3330 Bannatyne or 474 9312 Fort Garry Campus.

Winnipeg Police Department

- Emergency Telephone: 911
- Non-emergency Telephone: 986 6222

TAXATION

All students who receive a stipend must submit an income tax form. Questions about filing your income tax can be addressed to the Registrar's Office at 204-474-9420 or 1-877-474-9420.

Canada Revenue Agency tax information for students

<http://www.cra-arc.gc.ca/formspubs/clntgrp/ndvdl/stdnts-eng.html>

Important Dates

- Tax packages are available at post offices as of early February.
- Your employer is required to give you a T4A slip by the last day of February. If you have not received your slip, contact your employer.
- The deadline for tax return filing (online or by mail) is midnight of April 30.

Filing by Mail

- Printable forms are available online.
- Alternatively, tax return forms can be picked up at local post offices until May.

Filing Online

- The Canadian Federation of Students and UFile.ca have joined together to provide free online tax preparation and filing for all Canadian post-secondary students.
- You must be a resident of Canada, have tuition fees and have attended at least one month at a postsecondary institution in the tax year.

Tax Assistance for International Students

- The International Centre for Students organizes tax information sessions and coordinates a group of volunteers to complete international students' tax returns.
- Information sessions begin in the fall.
- Volunteer appointments begin in April.

University Tax Credit Form

This printable T2202A Tax Credit Form is available on the University of Manitoba website University of Manitoba via AURORA system under the heading "Enrolment & Academic Records"

BANKING

Almost all major banks in Winnipeg offer student accounts. Students are advised to visit the websites below and get the required information. Most banks ask for the following documents at the time of opening a new account:

- Passport (original)
- Driver license
- Student card
- Letter from the department confirming student status and duration of stay (mandatory).
- Each bank has set up its own requirements. Bring as many proofs of identification as possible to be on the safe side. It is advisable to set up an appointment by calling the branch to avoid waiting times. Branch locations and relevant phone numbers can be found from the following websites.

[TD](#) (Toronto Dominion) Canada Trust

[CIBC](#) (Canadian Imperial Bank of Commerce)

[RBC](#) (Royal Bank of Canada) Royal Bank,

[BMO](#) (Bank of Montreal) Financial Group

Scotiabank has student no-fee banking

THINGS TO DO IN WINNIPEG

DUE TO COVID19 MANY OF THE FOLLOWING EVENTS MAY BE POSTPONED UNTIL 2021. CHECK WEBSITE FOR MORE DETAILS.

The Forks

One of the loveliest public spaces in Winnipeg and a "must see" for any visitor, [The Forks](#) is an expanse of riverside property in the heart of downtown Winnipeg. A meeting place for thousands of years, it is the city's most popular gathering place, attracting nearly four million visitors each year.

Festival du Voyageur (February)

[Festival du Voyageur](#) was founded in 1969 by a group of Saint-Boniface entrepreneurs, this once three-day event, held in Winnipeg's French Quarter, has evolved into a 10-day province-wide celebration of sights, sounds, snow and spirit. Dubbed "The World's Largest Kitchen Party", Festival du Voyageur celebrates the joie de vivre of the fur traders, who established the Red River Colony and the ever-growing French-Canadian community in Western Canada. The spirit and culture of the Voyageur is present in the vibrant community that comes together to celebrate, every February, their history through this event.

Winnipeg Comedy Festival (April)

The CBC Winnipeg Comedy Festival was the brainchild of Al Rae and CBC Radio's Tom Anniko, who worked in partnership with Osborne Village Cultural Centre to bring the first comedy festival to life. Eight years later, the festival remains the OVCC's flagship event and has come to include year-round outreach programs, rural tours, workshops and television broadcasts that attract over 2 million viewers annually thanks to the hard work of the CBC

team. The Winnipeg Comedy Festival is proud to be the highest rated comedy festival series on CBC Television.

Winnipeg International Jazz Festival (June/July)

Jazz Winnipeg is a non-profit organization promoting the art of jazz through concert presentations and community outreach. As producers of the annual jazz festival, as well as concerts and workshops throughout the year, Jazz Winnipeg is a vibrant and essential organization, dedicated to the enrichment of Winnipeg's cultural community.

Winnipeg Fringe Festival (July)

Presenting live theatre in an informal, accessible and inexpensive environment, the Fringe strives to break down traditional boundaries between audiences and artists, encouraging open dialogue between theatre-goers and theatre-creators. Please visit their website for ticket and show information.

Folklorama (August)

Folklorama began in 1970 as a one time multicultural event to celebrate Manitoba's Centennial. It was so successful it has returned every year since then. In 1970, the festival was only 7 days long with 21 pavilions participating. Since then the festival has grown to two full weeks with 20-plus pavilions open in week 1 and a second set of 20 pavilions running in week 2. Today, the festival typically draws about 425,000 pavilion visits plus 15,000 visitors to the Kick-Off event held the night before pavilions open. <http://www.folklorama.ca/>

Bison Recreational Services

Bison Recreation Services at the University of Manitoba is home to a wide range of excellent facilities for recreation, learning, teaching, and sport. With over 34 acres of green space and more than 350,000 square feet devoted to recreational pursuits, we have it all. Our facilities are open to students, U of M staff, U of M alumni and the community. A membership or day pass is valid for both the Fort Garry and Bannatyne Campus facilities. Memberships can be purchased for 1, 4, 8 or 12 months and vary in price by which category you fall into.

YMCA-YWCA

The Y is best known for its work with youth and in promoting health, but it also provides opportunities for people to develop leadership skills, philanthropic attitudes and a global perspective – many of the tools needed for value-based personal development. Membership allows access to all Y locations in Winnipeg and across North America, although restrictions on the use of some facilities and programs may apply. Membership is \$38/month for adults, \$28/month for fulltime students or \$58/month for families. Check their website for locations around Winnipeg.

City of Winnipeg Fitness and Leisure Centres

The city operates several fitness and [leisure centres](#), as well as swimming pools. The centre closest to the Bannatyne campus is the [Cindy Klassen](#) Recreation Complex. See links below for more details:

Indoor Swimming Pools

The City of Winnipeg Community Services Department - [Aquatics Branch](#) operates 13 indoor swimming pools. They are open year round. To find out locations, hours of operation and admission rates, check

Outdoor Swimming Pools

The City of Winnipeg, Community Services Department - Aquatics Branch operates 10 [outdoor](#) swimming pools. Outdoor Pools will be open daily - Friday June 26th to Friday September 4, 2009, weather permitting. To find out locations, hours of operation and admission rates visit their websites.

Shopping Centres

Winnipeg has numerous shopping centres located around the city with a variety of different stores located within each centre. To find out which stores are within each mall, and their business hours, follow the individual links.

[St. Vital Centre](#)

[Grant Park Shopping Centre](#)

[Cityplace Shopping Centre](#)

[Portage Place Shopping Centre](#)

[Polo Park Shopping Centre](#)

[Kildonan Place Shopping Centre](#)

[Outlet Collection Winnipeg](#)

Movie Theatres

Winnipeg has 11 movie theatres located around the city. They include:

- Cinema City McGillivray (2190 McGillivray Blvd) *cheap*
- Cinema City Northgate (1399 McPhillips St.) *cheap*
- Cinematheque (100 Arthur Street at Bannatyne)
- Empire Grant Park 8 Cinemas (Unit 127-1120 Grant Ave.)
- Garden City (2305 McPhillips Street)
- Kildonan Place (1555 Regent Avenue West)
- SilverCity Polo Park (817 St. James Street)
- Towne Cinema 8 (301 Notre Dame Ave.)

For what's playing and show times, check <http://www.winnipegmovies.com/>

Sports

Winnipeg Blue Bombers – Investors Group Field - <http://www.bluebombers.com/>

Winnipeg Jets Hockey – MTS Centre, Downtown - <http://jets.nhl.com/>

Winnipeg Goldeyes Baseball – Shaw Park, The Forks - <http://www.goldeyes.com/>

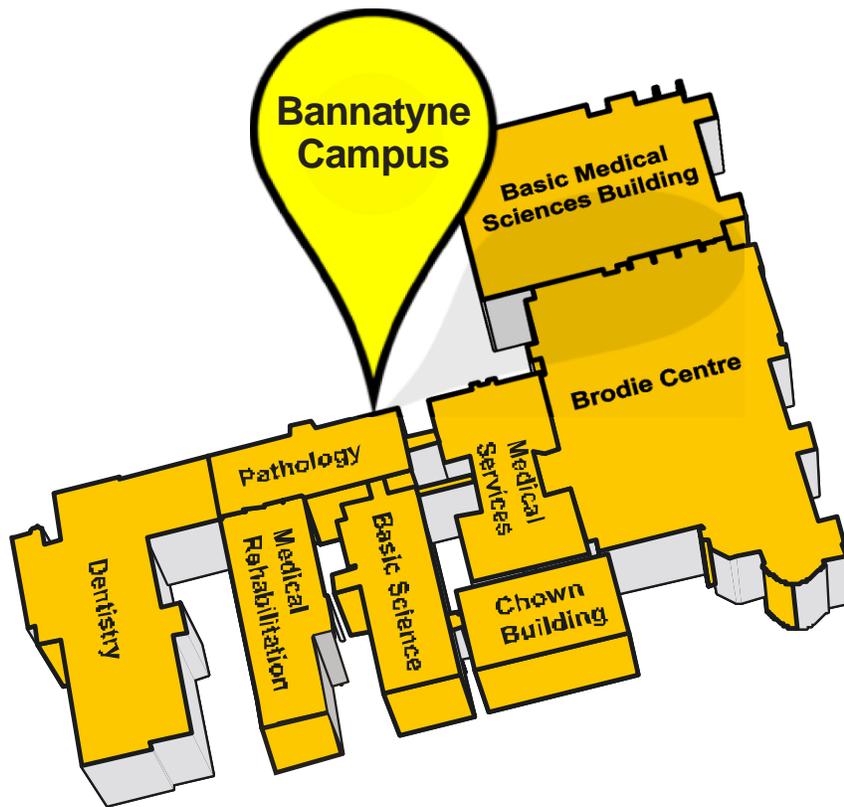
Other Sights of Interest

Museum of Human Rights – The Forks, <https://humanrights.ca/>

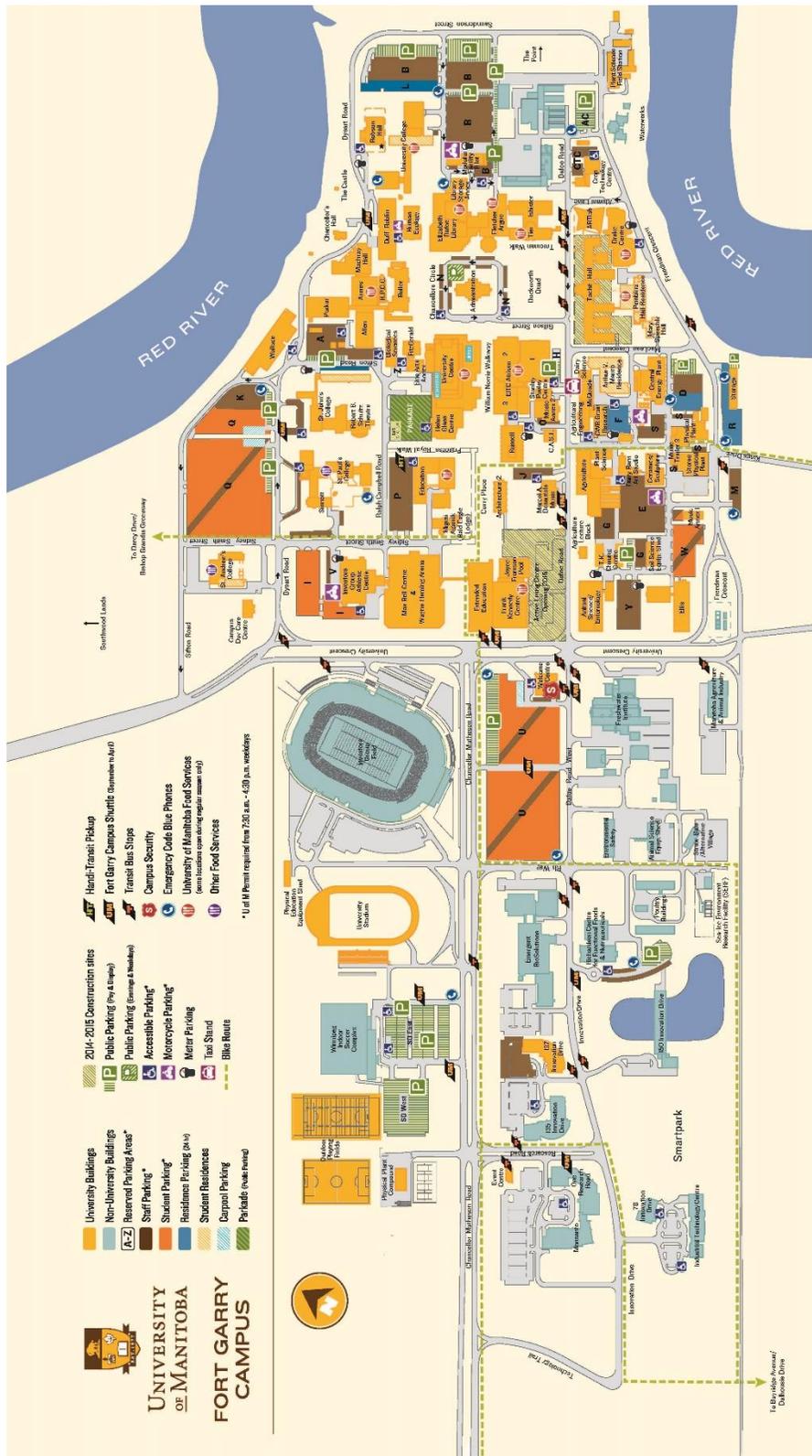
Winnipeg Art Gallery – Downtown, <http://wag.ca/>

The Manitoba Museum and Planetarium - <http://www.manitobamuseum.ca/>

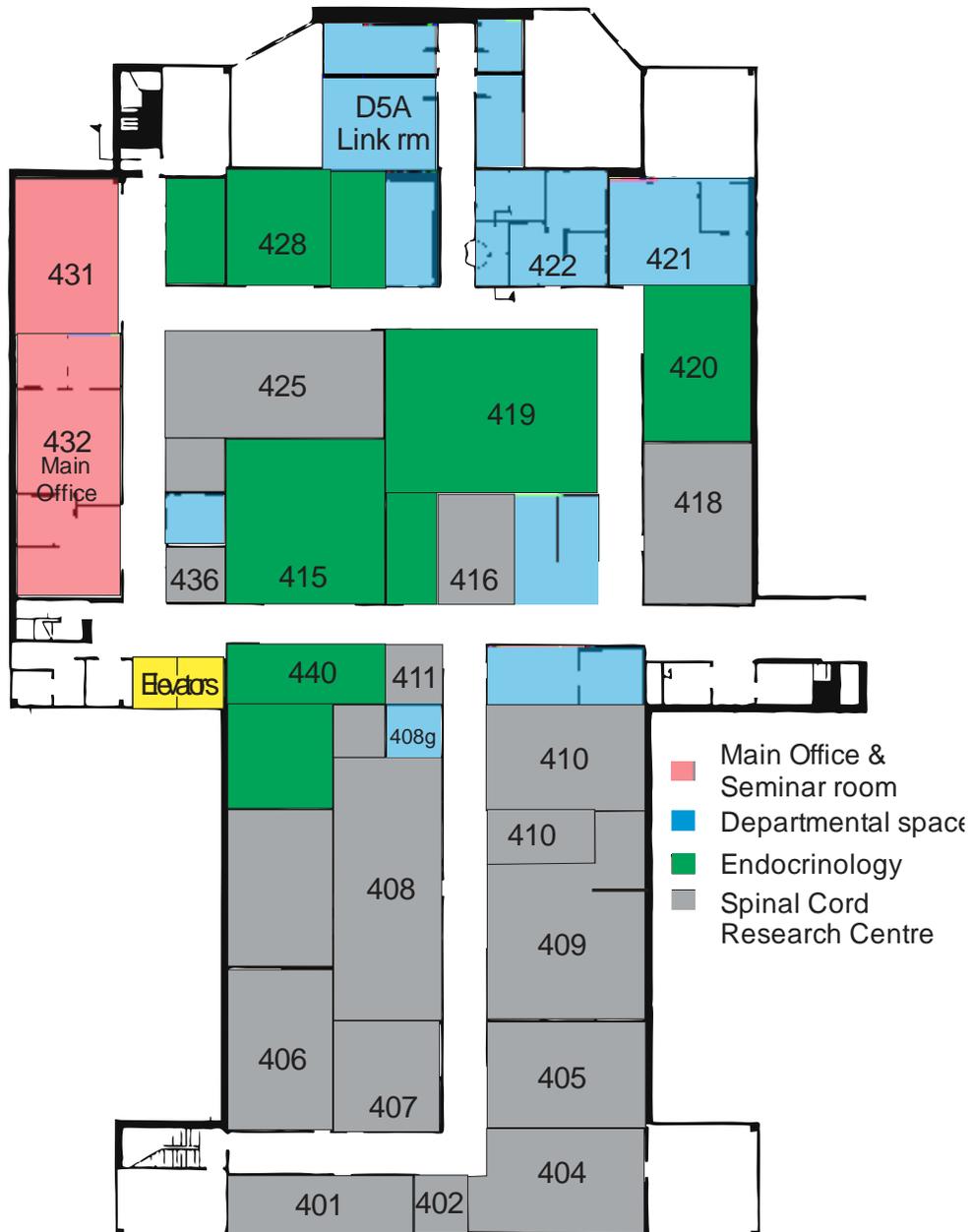
MAPS



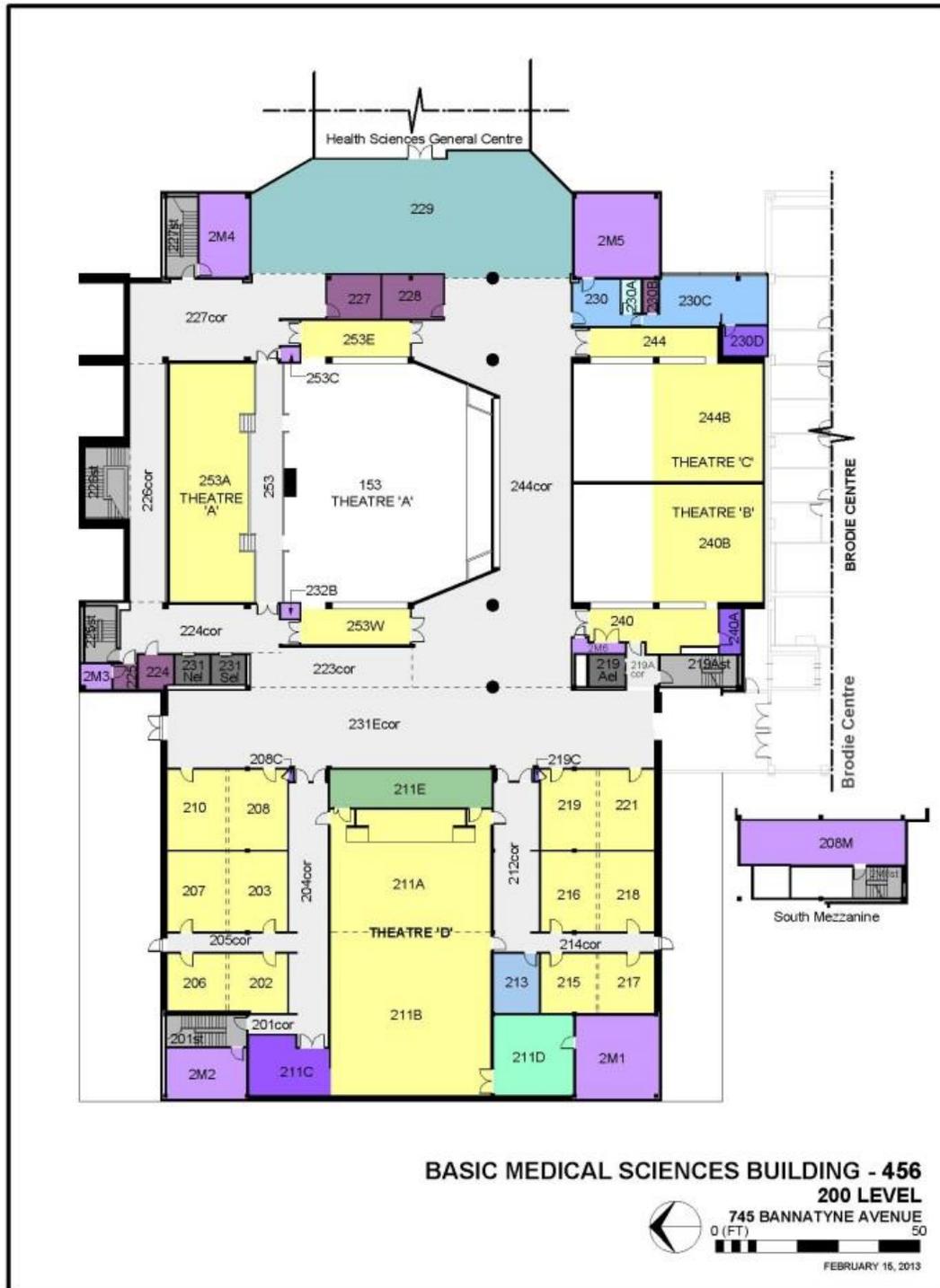
FORT GARRY CAMPUS



Department of Physiology & Pathophysiology
4th Floor Basic Medical Sciences Building



BASIC MEDICAL SCIENCES 2ND FLOOR THEATRES, CLASSROOMS



ST. BONIFACE HOSPITAL RESEARCH CENTRE

