To the Class of 2021,

Congratulations on being offered admission to the Schulich School of Medicine & Dentistry! We (Alysha, Lily, and Rigya) are the Learner Equity & Wellness (LEW) representatives for the Medicine Class of 2020 and we can safely say, on behalf of our entire class, we are so excited for you to be joining us at the end of the summer!

Although some of you will be from London or Windsor and won’t need to move (or need advice on the best places to live), many of you might need a few extra words of advice. With the help of our classmates who have provided us feedback on their living experiences this past year, we hope the 2017 Housing Guide will help you choose the best place to live in either London or Windsor. We have also included information about some of our classmates’ favourite places to eat, drink, and shop so you know what establishments you should be checking out once you get here! Additionally, there is an entire section of this guide designed specifically for students coming from out of province. We have a number of students in our class who made a big move here from outside of Ontario and they were kind enough to share their expertise.

We hope that this guide may make your transition to living in London or Windsor a bit smoother. Moving and settling into a new place can be stressful, and we want to help alleviate that so you can get excited about starting your medical studies here at Schulich Medicine.

We have packed as much information as possible into this guide in order to help you feel ready to move to and live in either London or Windsor, so it is lengthy, but scan the table of contents on the next page to help direct your focus. Feel free to contact any of us directly if you have further questions, we are more than happy to talk! Also, included in the out-of-province student guide is contact information for some of our out-of-province classmates, in case you wish to contact someone from your home province about specific questions you might have.

Kind regards,

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**Student Affairs Council Housing Guide 2017**: This document has been designed to provide you with pertinent information regarding your housing search, line of credit options, and main bus routes. Here you will learn about types of accommodations available to students, where medical students tend to live, words of wisdom from the upper years and much more.

**Schulich Medicine Class of 2021 Facebook Group**: Join the Facebook group we’ve created for your class! Here, you will find discussion threads on housing that can be used to find other 2021 classmates who are looking for roommates. In addition, upper year students will be posting houses and rooms that are available for rent – look for these updates soon! For those of you headed to Windsor, look for an additional Schulich Medicine Class 2021: Windsor group.

**Social Media**: The official School twitter account is @SchulichMedDent. Find the School page on Facebook under Schulich Medicine & Dentistry – Western University. Stay up to date with all the latest news and events.

**Ontario Landlord and Tenant Act Information**: It is a good idea to familiarize yourself with the Tenant Protection Act before signing a lease as it can protect you from some shady practices. [http://www.ontariotenants.ca/law/law.phtml](http://www.ontariotenants.ca/law/law.phtml)

**London Specific Housing Resources**

**Western Housing**: The Western Housing website provides detailed information about residences, on-campus apartments and off-campus housing. If you’ve decided on looking for something off campus, make sure you check out the active housing listings on the Off Campus Housing Service page. [http://www.has.uwo.ca/housing/](http://www.has.uwo.ca/housing/)

**Exclusive Rentals**: Exclusive Rentals is a London-based property management company. Their website contains a search function that can be used to look at currently available properties. Also, if you give them a call and let them know what you’re looking for, they will do their best to find a property that meets your needs. [http://www.exclusiverental.ca/](http://www.exclusiverental.ca/)

**Kijiji London**: Source for properties to rent. [http://london.kijiji.ca/](http://london.kijiji.ca/)

**Multiple Listing Service**: Source for properties to rent. [www.mls.ca/](http://www.mls.ca/)

**City of London**: The City of London website is a great source for city maps and information on public transit. [http://www.london.ca/](http://www.london.ca/)
Windsor Specific Housing Resources

University of Windsor Students’ Alliance: The UWSA hosts an extensive online property listing for student accommodations, including apartments, condominiums, and free bedrooms for rent at locations within walking distance to the University of Windsor campus. http://www.uwsa.ca/resources/housing-info/

Kijiji Windsor: Source for properties to rent. http://windsor.kijiji.ca/

Multiple Listing Service: Source for properties to rent. www.mls.ca/

City of Windsor: The City of Windsor website is a great source for city maps and information on public transit. http://www.citywindsor.ca/
London
Map of London Neighbourhoods

Masonville  Cherryhill & Proudfoot
Downtown    Sarnia & Wonderland
East of Richmond Gates
On-campus Housing
Class of 2020 - Housing Statistics

Distribution of 2020's (see map above):

Type of Accommodation:

Rent Cost:
Number of Roommates:

![Bar chart showing the number of roommates ranging from 0 to 5+.

Type of Roommate:

![Bar chart showing the types of roommates: Other medical students (36), Other non-medical students (19), Partner (11), Parents (3).]
Overview of London Neighbourhoods

The Short Version:
If you don’t mind a short bus or car ride to school, love being able to try out all the best bars and restaurants, love being close to parks and walking trails, and don’t mind paying a little bit extra, downtown is the place for you! The most heavily populated and most loved by members of the 2020 class!

If you want a home that is both affordable and within walking distance of campus, Masonville may be the place for you! Masonville has many things going for it, particularly its proximity to many amenities, including London’s biggest shopping mall, grocery stores, and much more. You’ll like Masonville even more if you don’t mind having to take a cab or Uber home at the end of a night out. It might be surrounded by some noisy streets, but Masonville offers good bang for your buck and gets plenty of convenience points.

If you want to be close to school and other medical students but don’t need to be near much of anything else go for on-campus housing. You’ll pay a little extra, but you’ll reap the benefits come early morning class. East of Richmond Gates also fits this bill for proximity to campus, and rentals are slightly less expensive.

If you’re most interested in a nice neighbourhood and want to be able to escape from campus, downtown, and all other students, check out Sarnia/Wonderland/West of Campus.

Finally, if what you’re after is a very quiet neighbourhood, and being roughly the same distance to campus or downtown, then check out Cherryhill/Proudfoot.

Overall, most members of the 2020 London class live in apartments by themselves or with one other roommate. More than half of all people with roommates are living with other medical students, but many others live with students and partners from other faculties. Multiple 2020 class members chose to live in housing with three-five other first-year medical students. This made for planning events and get-togethers somewhat easier, but you can manage either way and can imagine that group houses may not always want to take on the burden of hosting parties. Consider this when arranging your living situation! Within the entire class, rent varies greatly. Rent costs per month ranged from < $500 to >$950, with the greatest number of people paying between $500-$600. If you’re looking to cut costs or are simply interested in living with others, we will be circulating a spreadsheet for people interested in rooming with other medical students (current/incoming), so keep your eyes peeled for that! Best of luck with your search!
**Downtown**

**What's great:**
- There are lots of restaurants, coffee shops, stores, yoga studios, and bars within easy walking distance (which also means no cab fares!)
- Offers Victoria Park (festivals), Covent Garden market (fresh food), and the Thames river (with all its associated park space and bike paths)
- Close to St. Joseph’s Hospital and equidistant to University and Victoria hospitals

**Walk to campus:**
- The walk would take more than 25 minutes depending on how far south you live
- A number of the downtown students bike to class and that takes about 15 minutes

**Nearest bus stop:**
- There are three buses to take you to campus in the morning and they run so frequently that many students don’t know the bus schedules – they just walk out to Richmond
- Most students live within a 1 to 5 minute walk to the bus stop
- The closer you are to campus, the more full the buses will be
- It is also very easy to bus north to Masonville and south to Victoria Hospital

**Demographics:**
- A mix of families, professionals, students and elderly

**What’s not so great:**
- It’s not within walking distance to campus, major retail stores and many of the grocery stores
- Buses do not run as frequently late at night and buses can get very crowded in the morning
- If people have larger houses they tend to live north of campus so you will find yourself travelling north for class parties, only to return south to get to the bars
- If you live near the train tracks, the trains and traffic can be loud at night

**Cost:** Mainly $650+

**Popular apartment buildings for 2020’s (and previous classes):**
- 205 Oxford St (The MARQ)
- 75 Ann St (The MARQ)
- 155 Kent St
- 71 King St (The Renaissance)
- 500 Ridout St N (Harriston)
- 695 Richmond St
- 180 Mill St
Feedback from 2020’s Who Lived Downtown:

<table>
<thead>
<tr>
<th>Love</th>
<th>Dislike</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ideal location close to social events that take place downtown (close to home when leaving the bar at night)</td>
<td>• Noise associated with heavy traffic, emergency vehicles, bars at night, and the train tracks.</td>
</tr>
<tr>
<td>• Proximity to grocery store (Valu-mart)</td>
<td>• Limited number of grocery stores (only Valu-mart is nearby and its quite expensive)</td>
</tr>
<tr>
<td>• Many bus options to commute to campus (15 minute bus ride at most and buses come frequently)</td>
<td>• Of benefit to have a car in order to get elsewhere in London, but it’s difficult to park unless your building has designated parking</td>
</tr>
<tr>
<td>• Many good restaurants within convenient walking distance</td>
<td>• Rely on buses to get to campus (buses are often full by the time you’re ready to get on if you live at the North end of Downtown)</td>
</tr>
<tr>
<td>• Close living proximity to other classmates</td>
<td></td>
</tr>
<tr>
<td>• Physical separation between school and home</td>
<td></td>
</tr>
<tr>
<td>• Located conveniently between all hospital locations for clerkship</td>
<td></td>
</tr>
<tr>
<td>• Biking paths along the river that go from downtown all the way to campus</td>
<td></td>
</tr>
<tr>
<td>• Thames Park and Gibbons Park are close by</td>
<td></td>
</tr>
</tbody>
</table>

Masonville

What’s great:

• Great housing at affordable prices
• The neighborhood is walking distance from Masonville Mall (5 minutes), groceries (10 minutes) and campus (15-25 minutes) and right on the main bus routes for heading downtown
• The Masonville Gardens apartments are spacious and very functional (albeit under construction)
• Lots of other medical students live nearby which is great for meeting up to study and sharing cab rides downtown ($15 usually)
• The Mustang Express takes UWO students from Richmond Row after midnight for free so getting home from the bars can be cheap and convenient

Walk to Campus:

• 15-25 minutes
• Biking is very easy to do down Western Road

Nearest Bus Stop:

• Two-five minute walk away
• Two buses run every half hour. In the early morning and weekends the bus comes every hour.
• #13 goes past the mall, University Hospital, campus, downtown and close to Victoria Hospital.
**Demographics:**
- Students, families, professionals

**What's not so great:**
- It’s far from downtown ($15 cab ride if the buses aren’t running)
- The only bus route that goes directly to Masonville from the southern areas is the #13 which only comes every 30 minutes

**Cost:** Mostly $500-$650

**Buildings Lived in by 2020’s:**
1,5,9,15 Jacksway Crescent (Masonville Gardens - see note below about construction in the “dislike” column)

**Also check out:**

1570 Richmond (The Gables - townhouse complex) and other similar complexes along Richmond
If you’re looking for a house, there’s lots of great rentals just west of Western Road, eg. on Ambleside Drive or other streets/cul de sacs that come off of it

112 N Centre Road (Woodland Village/Woodland Towns) - nice townhomes a bit farther from school (need to bus) but still walking distance to other Masonville amenities including Goodlife
Feedback from 2020’s Who Lived in Masonville:

<table>
<thead>
<tr>
<th>Love</th>
<th>Dislike</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Proximity to campus (15 minute walk)</td>
<td>• Far distance from downtown (difficult to commute given an irregular bus schedule)</td>
</tr>
<tr>
<td>• Groceries, running / walking paths and other amenities are all within close distance (LCBO, Loblaws, Bulk Barn, Farmboy, SilverCity etc.)</td>
<td>• Near a very busy road (Richmond and Fanshawe Park Road)</td>
</tr>
<tr>
<td>• Masonville Mall and numerous other shops are very close by</td>
<td>• Not very ‘pretty’</td>
</tr>
<tr>
<td>• Good access to bus routes that will take you either downtown or to campus</td>
<td>• Only nearby gym is GoodLife</td>
</tr>
<tr>
<td>• Live near many classmates (making ride coordination and gatherings easy)</td>
<td></td>
</tr>
<tr>
<td>• Depending on what specific part of the neighbourhood you live in it can be quite pleasant (quiet with mature trees)</td>
<td></td>
</tr>
<tr>
<td>• Nice diversity within the community (families, students etc.)</td>
<td></td>
</tr>
<tr>
<td>• Good amount of space for the price you pay</td>
<td></td>
</tr>
</tbody>
</table>

**Beware: Masonville Gardens** (1,5,9,15 Jacksway Crescent) has been under construction for close to two years, and shows no signs of stopping. They have recently switched contractors and are not providing an estimated end date (2020s received an estimated end date of November 2016). It is very noisy all the time, beginning at 7am, and is very dirty. The construction is both inside and outside, so workers are often coming into your apartment to do various things. Parking is a major problem, as many spots are blocked off due to construction vehicles and equipment. If you do not have a car, it is best to live in building 5 or 15, as they provide the most direct access to the street and mean you don’t have to walk through the muddy parking lot.

**On Campus Housing/Residence**

What’s great:

• You can live in an upper year residence (London Hall) or an apartment that is owned by the university. Check out their housing website for more information: [http://www.has.uwo.ca/housing/](http://www.has.uwo.ca/housing/)

• Incredibly close to Medical Sciences, University Hospital, and the gym

Walk to campus:

• Less than 5 minutes

Nearest bus stop:

• From Natural Sciences, you can catch any of the buses to take you to Masonville, Downtown, Victoria hospital, etc.
Demographics:
- All students (professional or otherwise)

What's not so great:
- It is too far to walk to grocery stores (besides the one on campus, which can be expensive). You will need to bus or drive
- There can be a feeling of being at school all the time

Cost: $800+

Popular buildings for 2020’s:
Bayfield Hall

Feedback from 2020’s Who Lived On-Campus:

<table>
<thead>
<tr>
<th>Love</th>
<th>Dislike</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very close to campus and campus gym (less than 10 minus from MSB)</td>
<td>Can feel like you’re constantly in the campus bubble</td>
</tr>
<tr>
<td>You can always go home for lunch or to grab something you forgot</td>
<td>Not walking distance to grocery stores, downtown, or Masonville</td>
</tr>
<tr>
<td>Lots of parking and you can get parking passes for visitors</td>
<td>Difficult &amp; expensive to get to and from downtown for late night events, and transit spotty at night</td>
</tr>
<tr>
<td>Many other medical students in Bayfield Hall</td>
<td>No washroom fan, weak shower head pressure, not aesthetically pleasing/looks cheap, no gym, small kitchen counter space, poor lighting (Bayfield Hall)</td>
</tr>
<tr>
<td></td>
<td>Expensive rental (i.e. could get something nicer downtown for similar cost)</td>
</tr>
</tbody>
</table>

Note: spaces fill up fast

Sarnia and Wonderland/West of Campus

What's great:
- There is a lot of housing available to the west of campus and rent is often cheaper than in downtown London
- Easy to get to school via convenient bus routes
- Close to various amenities
  - Cherryhill Mall: Metro, LCBO, Shoppers, Dollar Store
  - Costco, Angelo’s, M&M’s, Athletic Club, Kelsey’s, Fleetway, Fit4Less
- Unlike downtown, parking is often free or cheap

Walk to campus:
- It’s more than 25 minutes to walk to campus from this neighbourhood for most of the 2020’s. However, this is a large area and you could be anywhere from a 5-minute walk to driving distance.

Nearest bus stop:
• Many students said that the bus stop is right across the street from their place or within a 5 minute walk
• Buses run frequently, especially around school times. As always, the closer you get to campus, the more likely the buses will be full.
• The #33 Proudfoot will take you to Alumni Hall, the #9 will take you to Sarnia (West side of campus), and the #2 Dundas will take you all the way to Natural Sciences Building (right beside Medical Sciences Building)

Demographics:
• Students, families, elderly

What’s not so great:
• Not within walking distance to campus or grocery stores (besides Angelo’s – which is good but has limited selection and is more expensive)  
• In order to get to Victoria Hospital, downtown bars, Masonville, etc. you will need to transfer buses
• Limited with respect to restaurants, night-life and retail stores
• This doesn’t seem to be a popular area for med events, so be prepared to head closer to Richmond

Cost: $650+ (but not a large sample size)

Feedback from 2020’s Who Lived Around Sarnia & Wonderland:

<table>
<thead>
<tr>
<th>Love</th>
<th>Hate</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Quiet, calm, great neighbourhood</td>
<td>• Bus to campus may require a transfer</td>
</tr>
<tr>
<td>• Walkable to grocery store</td>
<td>• Can be difficult getting to social events / downtown</td>
</tr>
<tr>
<td>• Cheaper than downtown</td>
<td></td>
</tr>
<tr>
<td>• Close to bus stop with direct bus</td>
<td></td>
</tr>
<tr>
<td>• Good student apartments (or houses) in the area</td>
<td></td>
</tr>
<tr>
<td>• Orchard Park: calm, tennis courts, near sweet nature trail</td>
<td></td>
</tr>
<tr>
<td>• Those that live with parents don’t have to worry about cooking meals or cleaning as often</td>
<td></td>
</tr>
</tbody>
</table>
East of Richmond Gates

What’s great:
- From the gates, it is probably a 15-20 minute walk to class and a 15-30 minute walk downtown.

Walk to campus:
- As above, about 15-20 minutes to Medical Sciences.

Nearest bus stop:
- There is a bus stop just inside the gates with buses that will take you to Natural Sciences or the hospital.
- You can always catch buses heading north and south along Richmond.

Demographics
- A mix of families, professionals, students, and elderly.

What's not so great:
- The area is mainly residential. For stores and entertainment, you will either need to go to Masonville or Richmond Row.
- You will need to bus or drive to grocery stores.

Cost: Mainly $500-900+ (varies a great deal within the large sample size).

Popular Buildings for 2020’s (and previous classes):
1265 Richmond St (Timbercreek Communities)
1231 Richmond St (The Dorchester)
1201 Richmond St (Parkdale Place)
1223 Richmond St (The Senate)
1209 Richmond St (Somerset Place)
1236 Richmond St (The Luxe)

Feedback from 2020’s Who Lived East of Richmond Gates:

<table>
<thead>
<tr>
<th>Love</th>
<th>Hate</th>
</tr>
</thead>
</table>
| • Very close to campus and campus gym – 10 to 20-minute walk  
• Relatively close to downtown and Masonville but may still need to bus/Uber  
• Bike and running paths nearby  
• Many med students in this area | • Can’t walk to shops (grocery store) – can be an issue if you don’t have a car  
• Richmond Street is loud if you have an apartment/bedroom facing it  
• Undergrad-heavy |
Cherryhill and Proudfoot

What’s great:
- Cherryhill Plaza is a very short walk and has banks, groceries, Shopper’s Drug Mart and other shopping. Most of what you need is within walking distance and it’s a quiet neighbourhood.

Walk to campus:
- Would be a fairly long walk, most people drive or bus. Driving takes less than 10 minutes.

Nearest bus stop:
- There are multiple bus stops near the plaza and in front of Eagle Heights elementary school as well as some in front of the Cherryhill apartment buildings.
- Oxford Road runs through this area and has many main routes.
- 10 – 15 minute bus ride to campus; rarely busy or full because you’re farther from campus

Demographics
- Mostly elderly with some young families, very few students.

What’s not so great:
- The area is mainly residential with lots of seniors. Most people enjoy this area, but the buses can be inconvenient on weekends.

Cost: Mainly $500-900+ (varies a lot)

Popular Buildings for 2020’s (and previous classes):
160,140,120 Cherryhill Place/ 105 Cherryhill Blvd (Minto Group Apartments)

Feedback from 2020’s Who Lived Around Cherryhill & Proudfoot:

<table>
<thead>
<tr>
<th>Love</th>
<th>Hate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reasonable walking distance to campus and downtown (depending on location)</td>
<td>Undergrad dense, which can make getting a spot on the bus difficult</td>
</tr>
<tr>
<td>Great bus service to campus (10min to campus, 8min to downtown)</td>
<td>Campus and downtown may not be walkable (depending on location)</td>
</tr>
<tr>
<td>Grocery store, LCBO, restaurants walkable</td>
<td>The mall is not as large or as popular as Masonville Mall</td>
</tr>
<tr>
<td>Close to Cherryhill Mall</td>
<td></td>
</tr>
<tr>
<td>Quiet</td>
<td></td>
</tr>
<tr>
<td>Not full of undergrads (no loud parties)</td>
<td></td>
</tr>
<tr>
<td>Can get a large room for a reasonable price</td>
<td></td>
</tr>
</tbody>
</table>
Words of Wisdom

“Med school is a great time to live alone if you’ve always lived with roommates! Although there is more responsibility involved you have a lot more freedom and privacy. Since the class is very social you don’t have to worry about missing out on events!”

“Your first year you will spend a lot of time on campus, so really consider how easy it is to get there! Having a really short walk to school has meant I never have to worry about buses or parking for late observerships at UH, or coming back for evening events.”

“Ask about bugs! Some of the buildings here have a bad cockroach problem...”

“Always go for convenience over anything else. You will be so glad that you don’t have to take two buses to campus/the grocery store on those snowy or rainy days. Also, don’t be afraid to live with other medical students. It gives the house a great sense of community, and instant friends in your class. I was worried about being too entrenched in school by living with classmates, but I haven’t found that to be a problem.”

“Always do your dishes.”

“Grocery stores are a bit hard to come by in London, so if you like to grocery shop often, make sure you check out where they are when looking for a place.”

"If you don't want to live the student life, don't. Personally, for me it's definitely worth living a little farther from campus to get away from student housing. If that's what you want, there is no rule saying you have to live right off campus.

“Contact the big property management companies directly. They'll have apartments around the city in all different price ranges, so it will save you time while looking.”

“Don't be afraid to spend a little more! School is stressful enough, it's important to love where you live.”

“Living in an apartment complex is great because you don't have to take out the garbage or do any yard maintenance or shovel snow or anything like that.”

“Living with classmates is really nice when it comes to studying and doing quizzes. I cannot tell you the number of times my roommates and I have been studying in our bedrooms and one of us has had a question, and we would just yell it out to get an answer. Also, we have the same work schedule so you don't run into issues with one person being loud or wanting to go out the night before an exam. That being said, if you're somebody who needs their space from people, I don't recommend it because you end up seeing your roommates all the time (at school, at home and at social events).”
“If water and electricity are not included, ask what the average costs are during the winter."

“Don’t be afraid to live alone - there are so many social opportunities available that you rarely need to spend time alone if you don’t want to do so. I was worried living alone would turn me into a hermit, but I find myself happily involved and busy whenever I want to be - and I find it nice to come home to my own space and my own company at the end of the night. It’s really nice to not need to worry about scheduling around housemates, or cleaning up their dishes!”

“Try to find a place as soon as possible (i.e. if you're travelling, figure it out before).”

“Proximity keeps me sane.”

“I think the first thing to do is come to London and get a feel for where everything is, if possible. Once you do, you'll hopefully be able to get an idea of where you want to live (in those main areas) and go from there. Identifying the location made actually picking a location and housing a lot easier.”

“If you are planning on living close to campus make sure you are a 5-10 min walk from MSB in order to actually get the benefit of living close! I think many people living "close" to campus end up having a 15-20 minute walk to MSB, in which case you may as well live downtown because the commute on the bus takes the same amount of time but you get all the benefits of being downtown! “

“Make sure you take into account how you like to study and what your social needs are. I really like to study at home and need quiet, so I got a one bedroom apartment. Some people are concerned about feeling isolated if they live alone, and that can happen especially if you watch all the lectures on VOD, but there are lots of ways to avoid that by playing on teams, joining clubs etc., if you value alone time at home!”

“From my experience as a medical student and in undergrad at Western, it is great to live close to either Richmond St. (with the number 6 and 13 bus lines) or Western Rd. (with the number 2 bus line). Both of these locations provide you with a location that is close to school and downtown, which is great for academic and social purposes.”

“Choose your location based on what you value most, know yourself! :) If you’d rather be near the action in town and are used to bussing everywhere then downtown is for you! If you're used to not having to commute to school being close would be best!”

“If you want roommates, do your homework on who you want to live with. My situation worked out really well, but only because my roommates and I did research on each other and skyped each other beforehand. Same advice goes for those who want to find housing with non-med students."
“If you plan on bussing to class don't worry about living too close to campus! The busses fill up in the mornings and you'll have a hard time getting on one if you live too close to campus.”

“I was already in debt coming in to medical school so I was a little worried about paying a little higher rent to live in a nice place but it was VERY worth it. At the end of the day try not to worry about the money and find somewhere you will be happy living!”

“Never leave your bike locked outside overnight.”

“Living downtown offers everything you need a short walk away. Bussing up to campus is really easy from anywhere close to Richmond St, and you can take the Thames River Parkway trail right to campus if you want to run/bike. Nowhere else near campus offers you everything in as close proximity.”

“Start looking early! I waited until the last minute and most of the apartments close to the school were taken. Also, if you can find a place that you can see yourself living in for the next 4 years, that would be great...saves you the hassle of moving later on.”

“Interact with Facebook group to find other med students to live with.”
London Food Guide

Hello Class of 2021,

I hope you enjoyed getting that well-deserved acceptance letter from the Schulich School of Medicine & Dentistry! With that in hand, you’ll never want for anything else. Except, of course, for the necessities of human existence which will ceaselessly plague us for the rest of our dreary lives. With that in mind, let’s talk about food.

Oxford Dictionary defines “food” as “Any nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth.” That sounds mostly correct to me, so with that said, let’s talk about some great restaurants in London that serve food that plants can absorb in order to maintain life and growth.

BREAKFAST

The Bag Lady – 474 Pall Mall St

The Bag Lady features an adorable setting with traditional breakfasts. By their own account, they have a “Bag”nificent Breakfast.

Campus Hi-Fi - 736 Richmond St

Campus Hi-Fi is the site of great breakfast and an engaging mystery: why is it called Campus Hi-Fi when it’s downtown? I’d love to tell you, but this is a secret I will take to my grave. This is one of those quintessential greasy spoons and it’s highly recommended by clerkship class of 2019.

The Early Bird - 355 Talbot St

If the Campus Hi-Fi isn’t quirky enough for you, the Early Bird might be the place for you. Word on the street is that the burgers here are bananas, man. But not actual bananas, because that’s a weird thing to put in a burger. No reservations, but historically massive portion sizes.

The Church Key - 476 Richmond St

Look, the word is that this is the best Sunday brunch in the city. Make of that what you will.

Tim Hortons - Very hard to find

One of London’s unique Mom & Pop operations, “Tim Hortons” has donuts and coffee. Who knew!
RESTAURANTS

Black Trumpet - 523 Richmond St
Medical students possess many, many diverse qualities, and “rich” is not one of them. But if you want to impress a date and make them think you are the owner of a yacht or four, then Black Trumpet is the place to go. If you’d like to save money, wait for Londonlicious, when restaurants across London have discounted special menus.

Abruzzi - 119 King St
City’s best Italian, world’s best gnocchi? That’s what one hears. This is another one of the city’s great places for a date, especially if you’re not the one paying.

Congee Chan - 735 Wonderland Rd
This place is the place for authentic great Chinese food in London. You want Chinese food? Go to Congee Chan. (FYI: Yes, congee is rice porridge, but it tastes amazing if you’ve never had it, and they have other food there too.)

Sakata Bar and Grill – 644 Richmond St
Great sushi and Japanese food. There is also a nice upstairs location for big groups to sit.

Glassroots – 646 Richmond St
Glassroots is an amazing vegan restaurant (one of the only vegan restaurants in London). The menu changes every week and it features very creative and yummy food!

Thaifoon – 120 Dundas St
Hands down the best Thai food in London, and it’s up there with any Thai food one member of the 2020 class has ever had! The street style pad Thai is unreal and you won’t be disappointed!

Garlic’s of London – 481 Richmond St
Always serving amazing and diverse food. The service is great too. Classy and delicious while still being humble. One member of the 2020 class had garlic ice cream there, and it just doesn’t get any better than that! It can be a little expensive but makes for a very nice dining experience.
GROCERY STORES

- **Loblaws and Metro**: various locations (pricier but convenient and great selection; student discount on Tuesdays)
- **ValuMart**: on Richmond & Oxford (pricier but convenient)
- **No Frills**: (cheap but can be out of the way)
- **Farm Boy**: (great produce but limited selection and expensive)
- **Costco**: (need a membership)

Bars

*Toboggan - 585 Richmond St*

Boasting a pretty impressive beer selection with a lot of local choices, Toboggan is also a great restaurant to boot. Disappointingly few occasions to actually toboggan, but we’ll accept that as the price of admission. Oh: and the patio’s great.

*Poacher’s Arms - 171 Queens Ave*

A little more low-key, this bar has a huge projection to watch the game (whatever that is on any given day), and pool tables, in case the one in the lounge isn’t enough for you. Open-mic nights is the night to see some stand-up comedy, and also some people trying desperately to make comedy happen. But it just won’t. It just won’t.

*Molly Bloom’s/McCabe’s - (Molly Bloom’s: 700 Richmond St / McCabe’s - 739 Richmond St)*

Across the street from another, both Irish in pretty much name only, these competing Irish pubs have different strengths. McCabe’s is a little more bar/restaurant, and Molly Bloom’s is a little more bar/club – but both are great places to be, and common hangout staples for the class.

*Beertown Public House – 109 Fanshawe Park Rd E*

Unsurprisingly, Beertown has a huge selection of beer (domestic and imported). They also have fairly good food, a patio, and the perfect atmosphere for a laid back hangout.

*Barney’s – 671 Richmond Street*

Very busy patio with a great atmosphere. Right in the heart of downtown.
Clubs
Jacks/Ceeps/Taphouse - (Jack’s: 539 Richmond St/Ceeps: 671 Richmond St/Taphouse: 545 Richmond St)
These are the go-to party places for those who like to hit the clubs! The music is loud, and there will be dancing.

The Barking Frog - 209 John St
Do frogs bark? No, they don’t. Frankly, the name of this club is so upsetting that the fact that we go anyways is a testament to how great it is.

Lavish - 238 Dundas St
This is a great LGBTQ+ friendly club for community members (and allies) of all ages. This club has everything. Lavish is an all-inclusive lounge, and one of the few places in London that you can see a drag show.
Favourite Things to Do in London

“Walk along the parks by the river.”

“Victoria Park.”

“Budweiser Gardens. I was really surprised by the quality of performers we get here in London.”

“Rock climbing at the Junction! (Accessible by bus, but would recommend having a car or a friend with a car)”

“Mountain bike at Fanshawe Lake Conservation Area.”

“I love going for runs on the Thames Valley parkway - a paved multiuse trail network that follows the river all through London, and the Medway valley trails, a huge network of trails through the forest.”

“In the fall walking on the trail along the river Thames is a lovely way to pass the time and see some of the lesser known parts of London. Wortley Village (Google it) is another cool place to go and spend time.”

“London is called the forest city for a reason - there's a ton of good hiking, walking places in and around London. Killaly trails off Adelaide are good. Westminster Ponds by Victoria Hospital are beautiful. The Thames Valley Trails are cool and good for biking. Komoka Provincial Park is a good day trip. There's also lots of fishing and such to be done in and around London (you can find maps online with spots). The Pinery Provincial Park is amazing for camping.”

“I play lots of sports. Sign up for the Schulich rec teams!”

“Try out different restaurants!”

“Fleetway is a fun place and has lots of different stuff to do.”

“Go to the Western Fair Farmer’s Market on Saturday mornings.”

“Go to Hyland Cinema! A great old cinema, cheap ($8 if you have a membership which pays for itself after three movies), shows something different than all of the other cinemas, if you want to keep up with indie and foreign films. If that's not your jam, I cannot recommend Landmark cinemas enough for blockbusters and big releases, it's cheaper than Cineplex but it has these huge comfy reclining seats, so good.”
“Play sports! Just sign up for intramurals, Schulich will have a bunch of teams.

Biking! London is such a bike accessible city - there are bike lanes everywhere in Masonville and the Thames River trial is fantastic. “

“Yoga, student rates at either Yoga Shack or Moksha Yoga are well worth the physical and mental benefits of doing this type of exercise.”

“Swimming at the rec centre is great! The pool is under-utilized and is an Olympic size pool.”

“The Mustang Drive-In! Open during the summer until early fall, the drive-in is by far my favourite place for a date night. If you have a car I highly recommend it!”

“During the school year, The Palasad is also a great time for bowling, pizza, beer and arcade games.”
Windsor - Housing Guide

Greyhound Station  Medical Education Building (MEB)  Windsor Regional Hospital-Ouellette Site

Transit Windsor Bus Routes: Transway 1C, Crosstown 2

For more details: http://goo.gl/maps/rN9Eq
Class of 2020 - Housing Statistics

Distribution of 2020's (see map above):

- Campus: 10
- East of Campus: 8
- Downtown: 4
- Sandwich: 3
- Other: 4

Type of Accommodation:

- Apartment: 13
- House: 10
- Condo: 5
- Campus Residence: 1
Overview of Windsor Neighborhoods

Campus/East of Campus

What’s great:
- Close to campus
- Can find a variety of residences (e.g. apartments, full houses, single-bedroom houses/basements etc.) for reasonable prices
- Close to Detroit River, featuring a beautiful path for walking/biking/running
- Close to Wyandotte St., featuring cheap, delicious ethnic food, convenience stores, barbershops and pubs
- Can usually find many med students classmates in the area – easy to meet up with people, also houses are great places for hosting events
- Cheap cab ride (~$7) to get downtown

Walk to campus:
- Can be as close as a two-three minute walk to the MEB, but can take up to ~25 minutes if you’re at the eastern far edge.

Nearest bus stop:
- Three-five minutes away; won’t need it to reach campus, but the Transway 1C and Crosstown 2 will take you downtown and the 1C will take you to both hospitals

Demographics:
- UWindsor students and families

What’s not so great:
- Some houses and apartments in this area may be older, poorly maintained and expensive; there’s a large student population, so can usually find student-quality housing
- Nearest major grocery stores (Metro/FreshCo) require a car or bike to reach. Same for malls and department stores
- In clerkship, it may be easier to move closer to the hospitals if you don’t have a car

Streets/Apartments where Multiple Med Students Have Lived:
- Randolph Av (eg. 333 Randolph)
- Randolph Pl
- Partington Ave (eg. 306 Partington)
- Askin Ave
- Josephine Ave
On Campus Housing/Residence

What’s great:
- Can’t get any closer to campus
- Can meet lots of UWindsor students
- Campus cafeteria for days when you don’t want to cook!

Walk to campus:
- Five minute walk or less

Nearest bus stop:
- Those along Wyandotte St. W. and University Ave. W. for Crosstown 2 and Transway 1C

What’s not so great:
- Not many med students live in residence – may be difficult to meet people
- May be more expensive than sharing a house
- Will need a car/bike for the closest major grocery store (Metro or FreshCo)

Streets/Apartments where Multiple Med Students Have Lived:
- Canterbury College
- Patricia Rd

Feedback from Upper Years Who Lived on Campus/East of Campus:

<table>
<thead>
<tr>
<th>Like</th>
<th>Dislike</th>
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<tbody>
<tr>
<td>“Walking distance to campus and within distance to many restaurants along Wyandotte. Also many students end up living around this area.”</td>
<td>“Larger grocery chains around the area (eg. Superstore or Walmart) are not within walking distance and require a car”</td>
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<tr>
<td>“I like the location because it is convenient for classes and only a block south of the waterfront, a highlight of Windsor in my opinion”</td>
<td>“I dislike the general atmosphere of the neighborhood, especially at night as it feels a little deserted and unsafe at times; it is quite removed from the downtown crowd so nightlife is a bit of a nuisance at times, and there is not a lot of selection in terms of restaurants, shops, entertainment, etc.”</td>
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<tr>
<td>“Great for studying at the med building also most people are in the area which makes hanging out with people easy. Additionally, easy to split an Uber to downtown.”</td>
<td>“A little far from downtown, not the greatest food around aside from stuff on Wyandotte street”</td>
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<tr>
<td>“~7 min walk to school, close to Wyandotte restaurants, many classmates are close, don’t need to buy parking”</td>
<td>“I don’t have a car, so the closest large-ish grocery store (Multifoods) is a 20 min walk away, which can be inconvenient. It’s a good excuse to go with someone though, either walking together or getting ride in their car, so it can be a good way to get to know them better at the beginning of the year. Also, finding a good,”</td>
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### Sandwich/West of the Bridge

**What's great:**
- Relatively close to campus
- Can find a variety of residences
- There’s a welcoming feel along the main stretch of Sandwich St, where you can find lots of shops, pubs, a small grocery store, drug store, and restaurants
- Lots of green space and a nice view of the Bridge in the background
- Mic Mac Park and Malden Park are in the area. Great places to run, play sports etc. Malden Park also has the tallest hill in the area which is great for tobogganing in the winter
- Cabs downtown cost ~$10
- Rock Bottom, a pub which is great for get-togethers and post exam celebrations

**Walk to campus:**
- 10 to 15 minutes

**Nearest bus stop:**
- We’d recommend walking/riding a bike to campus
- Transway 1C and Crosstown 2 run through the area. College Avenue Community Centre is close by and is a major transit terminal

**Demographics:**
- Students, families

**What’s not so great:**
- Sandwich sometimes carries a poor reputation as being crime-ridden and dirty
- Nearest major grocery stores (Metro/FreshCo) require a car or bike to reach. Same for malls and department stores
- You will need a car for clerkship as busing will not be practical
Streets/Apartments where Multiple Med Students Have Lived:
- 3000 Sandwich St. (Harbourview Condominium)
- 220 Mill St.

Feedback from Upper Years Who Lived in Sandwich:

<table>
<thead>
<tr>
<th>Love</th>
<th>Dislike</th>
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<tbody>
<tr>
<td>“Close walk, close to the river”</td>
<td>“Not walking distance to grocery or any stores”</td>
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<tr>
<td>“I’m in Sandwich, just past the ambassador bridge – I have a</td>
<td>“Bit of a bummer to almost always go east of campus to meet with the</td>
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<tr>
<td>beautiful view out my window and can get to the riverside path really</td>
<td>rest of class for nights out, but it’s really a minor inconvenience.</td>
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<tr>
<td>easily for runs. 10 min walk to class, five min to Rock Bottom Bar</td>
<td>The 1C goes right by my place regularly and you’ll find half your class</td>
</tr>
<tr>
<td>(Best bar in Windsor, but the class only goes so often because most</td>
<td>drives cars – easy to hitch a ride/split uber with the other half”</td>
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<td>students live east of campus/downtown)”</td>
<td>“The area can seem a little seedy sometimes at night although I have</td>
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<tr>
<td>“The area is close to campus relatively speaking and there is a</td>
<td>never personally had any problems. Many students live either east of</td>
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<tr>
<td>grocery store within walking distance as well as multiple bars and</td>
<td>campus or downtown so it can be difficult to convince people to visit”</td>
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<td>restaurants. There is also a quaint charm to the area”</td>
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Downtown Windsor

What’s great:
- You’re at the heart of downtown! – Downtown nightlife, great restaurants and bars are within walking distance
- Apartments more upscale than the older student neighborhoods (generally)
- Great view of Detroit skyline and a beautiful riverfront with greenery, sculptures, biking and walking paths
- Location is good for all 4 years of medical school
- Caesars Windsor, the Adventure Bay Family Water Park, and the Art Gallery of Windsor are close by!
- Main bus terminal for the city which is also the Greyhound terminal is located here

Walk to campus:
- 15-30 minute walk
- 10-15 minute bus ride (although buses seem crowded at crucial moments)
- Five-10 minute car ride

Nearest bus stop:
- ~ Five minute walk. Several stops along University Ave and Wyandotte St. Transway 1C and Crosstown 2 will take you to campus
- Several bus lines run through the main terminal on Chatham St.
Demographics:
- Students, families, elderly, professionals

What's not so great:
- Can be far from school – a car helps to get to class and with shopping
- Can be more expensive than other student neighbourhoods
- Street/traffic noise, especially on weekends
- There’s no major grocery store or malls in the area. Just some small boutiques for shopping and mom-n-pop grocery stores

Streets/Apartments where Multiple Med Students Have Lived:
- 515 Riverside Dr. (Waterpark Place)
- 737 Ouellette Ave. (Skyline Apartments)
- 131 Park St.
- 150 Park St. (Victoria Park Place)
- 380 Pelissier St. (Royal Windsor Terrace)

Feedback from Upper Years Who Lived Downtown:

<table>
<thead>
<tr>
<th>Love</th>
<th>Dislike</th>
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<tr>
<td>“Nice being on the waterfront”</td>
<td>“Some have described that the neighborhood can feel sketchy, particularly at night.”</td>
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<tr>
<td>“Convenient for going out at night”</td>
<td>“Noisier at night”</td>
</tr>
<tr>
<td>“It’s convenient if you’re without a car since you can easily bus to school/mall. Close to all the bars as well”</td>
<td>“It’s a decent walk to closest grocery store, which can be inconvenient if you don’t have a car”</td>
</tr>
<tr>
<td>“I really like the proximity to restaurants, banks, clubs, and the bar. It’s a 5 min drive from campus as well and is within walking distance of LCBO and the riverside”</td>
<td>“There are merits living closer to campus because you spend a good amount of time there, it’s nice to be able to walk to and from home. On weekends it is really lively and that can be a little disturbing if you want to sleep.”</td>
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<tr>
<td>“It’s right by the water so it’s a nice drive to school everyday. The drive is also pretty manageable (not very long). It’s close to the downtown restaurants and bars and event venues. The building (515 riverside drive west) is quiet and well-managed”</td>
<td>“It’s not within walking distance to school so sometimes I don’t feel like moving once I get home, but it’s very manageable and generally there’s a university crew and a downtown crew so you will still have lots of classmates living around. This building (waterpark place) is pricey though. There are more affordable options around downtown but they are not as good as a house near university”</td>
</tr>
<tr>
<td>“I like how everything is within walking distance – grocery stores, entertainment, etc. The close distance to daily necessities is helpful when you don’t have a car. Downtown is also the only area in Windsor with condos as far as I know and the added amenities in condos are always nice”</td>
<td>“It takes a while to get to school is you don’t have a “</td>
</tr>
</tbody>
</table>
“Very nice neighbourhood. Easy to get food and groceries.”

South Windsor/LaSalle, East Windsor/Tecumseh, and Outside Windsor

What’s great:
- The majority of people living in these areas are Windsor locals living with their family
- Living at home saves money, you have a built in support system, home cooked meals and other perks of living at home
- Closer to a lot of grocery stores, malls, restaurants
- These are nice residential areas with newer housing, lots of park space and schools

Walk to campus:
- Not walk-able: South Windsor/LaSalle ~ 10-20 min drive. East Windsor/Tecumseh ~ 20-40 min drive. Amherstburg/Leamington ~ 30-50 min drive

Nearest bus stop:
- South Windsor/LaSalle: The South Windsor 7 will take you directly to campus while the Dominion 5 will drop you off about a 15 min walk from campus. Both options will probably take about 30 to 40 min total to get to campus.
- East Windsor, a likely bus route would be taking the Lauzon 10 and transferring to the Crosstown 2 or taking the Transway 1C to bring you to campus. Bus rides will be over an hour long. Note that there is no bus service from Tecumseh to Windsor.
- There is no bus service from Amherstburg/Leamington/county area to Windsor.

Demographics:
- Families, elderly, professionals

What’s not so great:
- You need a car
- Distance from campus may make it difficult to remain connected to classmates
- Lots of driving back-and-forth may be time consuming
Feedback from Upper Years Who Lived in “Other” Areas:

<table>
<thead>
<tr>
<th>Love</th>
<th>Dislike</th>
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<tbody>
<tr>
<td>• “I live in the Banwell area, in Tecumseh. It’s a quiet and peaceful community.”</td>
<td>• “The distance is quite far from campus and everyone else living around the area”</td>
</tr>
<tr>
<td>• “Walkerville – Beautiful neighborhood, lots of parks, wonderful restaurants, centrally located (close to the river, hospitals, not too far from campus)</td>
<td>• “Not walking distance to campus – ideal to have a vehicle unless okay with transportation”</td>
</tr>
<tr>
<td>• “I live in South Windsor and I have no complaints about the neighborhood. It is quiet and less than a 10 min drive in to campus”</td>
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Words of Wisdom Related to House Hunting From Your Windsor Big Sibs

“Check to see if there is electrical heating or gas heating because electrical heating is really expensive. Make sure the place you live in is well-insulated, ask previous tenants. It’s important to make sure you have a responsible landlord that will be available if you need anything fixed.”

“My place was OK, but in retrospect I may have rather spent more on a nicer place. You’re (kind of) an adult now and might want something nicer than what you may have been used to in undergrad. If you have the room in your budget/LOC go for it.”

“It’s good to start early, but don’t despair if you are unable to or if your earlier arrangement didn’t come through. Be on the lookout for sketchy landlords. They exist in Windsor. If you are having any doubt about their character/abilities before signing the lease, chances are that landlord won’t become any better after you sign the lease. Why would they?”

“In your first year, almost everything happens at MEB. When school-related things that are not at MEB happen, there will always be carpools available. If you live close to campus, it’s not hard to get by without a car. There’s a good supermarket (Multifood) east of campus that should be easy to reach by bus or even walking, if you live east of campus. If you’re thinking of doing observerships, the hospitals are easy to reach by bus, but it may be harder to get to some private clinics without a car. Generally, all of the very nice apartments are downtown. East of campus/sandwich tends to have older houses and apartments owned by a monopoly (expensive rent). My personal recommendation is to live close to campus, especially if you don’t have a car.”

“At Windsor (and especially if you don’t have a car), it’s about balancing your needs. Being close to the school is more convenient and likely cheaper since there are more housing options, but they are usually older houses and grocery stores, downtown social events are farther. Places downtown are generally newer and you’ll have access to different daily necessities, but they are generally pricier and farther from school. Overall, consider your needs and check places out in person if you can! It’s been great living with a roommate who’s in the same class since you have the option of studying together and carpooling. Don’t be afraid to reach out to your future classmates during the summer since they’ll be looking for housing too!”

“A lot of apartments don’t become available until two months before. School starts a bit early (end of August) so if you want to move in before you go to London for o-week, you’ll probably need to start renting in August, which means start looking for available apartments in June. Waterpark only has 1+1 or two bedroom unit (no one-bedroom or bachelor) so it's more ideal if you have a roommate. Victoria park is another building in the region that’s quite popular among med student. Generally speaking, if you want to live downtown, condos and apartments are better options; the houses around downtown are pretty awful.”

“Have a chance to visit the place yourself. I recommend going through an agency/realtor rather than some random landlord.”

“I’m currently house-hunting for a place for next year, and some of the older apartments I’ve seen are a bit run down (paint is peeling, etc), so I encourage you to either see the house in person or ask for lots of
pictures of your prospective house before you sign the lease. Don’t hesitate to reach out to current med students if you have concerns about a particular area.”

“Ask the other classes if they rented from the place you are interested in. I heard some people had issues with landlords. Don’t be afraid to just rent a room in a house with other (non) med students.”

“DO NOT RENT FROM CAROLINECHEVALIER phone number is 529-256-1200.”

“Be wary of Caroline-the landlady of the apartment on university ave west and California.”

“Think about location (close to class or close to everything else i.e. downtown), whether or not you want roommates and price range - but be wary of sandwich and even the campus areas, especially when considering walking late at night.”

“I’d recommend not living too far from campus or downtown as it may make it difficult to socialize with your classmates.”

“Bus system works well, don’t be worried about finding something that's walking distance to campus.”

“ask 2020's about landlords, I have heard some are not very good”

“I would highly recommend avoiding renting from Caroline Chevalier – a number of previous students have had negative experiences with her. Try not to worry too much if you can’t find your ideal living space – with friends, any shortcomings will grow to be humorous added character.”

Avoid a lady called Caroline.. I went with cogeco internet, can't speak to what deals you'll find with providers this fall but get on the phone with your ISP and tell them you're a student. Leverage it into deals/student support packages.

“Windsor is an auto-town, and it was designed with the assumption that everyone has a car. Your experience of Windsor will be infinitely more rewarding and less stressful if you have a car.” Please note: this is an opinion and is not meant to discourage those who are unable to afford, or do not wish to own, a car.

“Windsor is pretty cheap and more fun than most people think, but you sort of have to pick between living downtown or living near the university... we have student 'colonies' at both places, but few in between.”

“Start looking as early as possible, beware of sketchy landlords who promise more than they can deliver.”

“Tecumseh, LaSalle, and South Windsor are nicer parts of town with newer houses and good neighbourhoods. You will need a car but these areas are very commutable!”

“Windsor is a great city where you get the perks of a big city, but it still has a nice small town feel, and with Detroit across the border you can never run out of things to do!”
“The experience you have in Windsor will more so come down to your time spent with other students in and out of the medical education building. The program and fellow students feel more like my home than the building I live in. So don’t get too worried about housing situations!”

**Favourite Things to Do in Windsor**

“The Windsor rock climbing gym is fairly new, but it's become really popular with med students. It's a great workout, that's not too far from campus (may still need to drive though).”

“River runs, cross to Detroit, Spitfires hockey games”

“Running or walking by the waterfront or at Malden Park, drinks with friends at a pub, House of Pong, trivia”

“Go for walks by the river”

“Foosball in the lounge, video games with classmates, sports at Atkinson Park or MEB basketball court”

“Walks along the riverfront, checking out parks like Willistead (Walkerville), Malden, Ojibway and Jackson”

“Tons of escape rooms, there’s a rock climbing gym, great food (especially pizza), Detroit is close by too!”

“There's lots of smaller cafes/lunch places that are worth checking out, and many options for bars as well. The basketball court by MEB is great in the warmer months.”

“Walk by the riverside”

“Hanging with people and then honestly school + gym every 2nd day. I do those things and I’m happy, the rest is gravy. That said you’ll find rock climbing, breweries to go tour, hockey beer leagues, etc.”

“Hang out with my classmates either at their places or at the bars downtown.”

“Rock Climbing, walking on Riverside, hanging out with friends, going to concerts in Detroit, working out, and school-related things.”

“The riverfront is a nice area to walk/run in the fall/spring seasons.”

“Honestly I haven’t found myself particularly wanting/needing to go anywhere aside from home, gym, groceries, food, and MEB on any regular basis. Since I live just east of campus, there isn't much more available without having to drive. That being said, I've enjoyed going for runs down the riverfront. Badminton at St. Denis and rock-climbing at Windsor Rock Gym are also fairly popular activities within our class.”

“There are some cool things to do in Detroit. Good shopping, cool restaurants, sports games. Go Leafs go.”
“Rock climbing at the Windsor Rock Gym - super friendly environment and reasonable price. Loads of bouldering fun. Cafe hopping - not too many options but there are some good ones running by riverside go plant shopping at Colasanti Play ping pong at house of pong Getting all you can eat chicken wings at the loose goose”

“The riverside is great for running when the weather is warm outside! I also enjoy playing intramurals with classmates since they're accessible and fun!”

“Go to a park, walk by the river, go thrifting”

“Windsor has great cafes where you can study & feed your caffeine addiction, the riverfront trail is also a great place to go for a walk or for a run, and Walkerville has some amazing restaurants. There's also a bunch of cool things to do in Windsor: I've been stand up paddleboarding on Lake St. Clair (~30 min drive), there's a trampoline park downtown, trivia night on Sundays at Rock Bottom, and if you really want that big city feel, you can take a day trip to Detroit.”
Windsor Food Guide

*Some pics of select “star” restaurants-all taken by a Windsor 2019 :)
1. East/Southeast Asian

Basil Court: Downtown, Ouellette Ave.
“Very cheap lunches. $10 including taxes for a huge pad Thai that would last me 2 days”
“Best Pad Thai ever!”

Bimbim to Go: East of Campus, Wyandotte St. W.
“Good quality healthy Korean food.”
“A Korean restaurant very close to campus, good healthy food, decently priced.”

Chanoso’s/Oishii: Downtown, Ouellette Ave.
“Great stirfry/Asian fusion cuisine. I love their chicken stirfry with the peanut sauce. They also have sushi and nice bar. There’s also a banquet room for larger parties.”

Dragon’s Inn: East of Campus, Wyandotte St. W.
“Close to campus for take-out if I am too lazy to make dinner. Decent, inexpensive Chinese food with huge portions. And open to 5 am!”

Eros Asian Eatery: East of Campus, Wyandotte St. W.
“Delicious Asian fare, they also offer authentic tasting ramen on Saturdays, follow their facebook for serving schedule”

Jade Chinese Cuisine: Downtown, Wyandotte St. W.
“My favourite place for dim sum!”

May Wah Inn: East of Campus, University Ave. W.
“The best Chinese restaurant.”
“My Chinese grandparents are super picky and this is the only restaurant they eat at.”
“Best one for dim sum in town for sure”

Pho Xic Lo: East of Campus, Wyandotte St. W.
“Fast and friendly service. Delicious Viet and Thai dishes that will leave you super satisfied. And it’s close to campus!”

Saigon House: East of Campus, Wyandotte St. W.
“Delicious Viet and Thai food that is super close to campus. Essentially how I got through finals.”
“Close to campus, fast service, reasonable prices, and decent Vietnamese food.”
“Good food for reasonable prices and the perfect spot for a study break”

Windsor Seoul: East of Campus, Wyandotte St. W.
“Yummy Korean food with amazing lunch combos.”
2. Bar and Grill & Pubs

Bubi’s Awesome Eats: East of Campus, University Ave W.
“Garlicky, and delicious, as seen on Food Network”
“Greasy garlic heaven”

Bourbon Tap and Grill: Walkerville, Ottawa St.
“Good price, cool pub atmosphere, and awesome burgers”

Craftheads: Downtown, University Ave.
“Good environment, good local beer, board games”
“Has excellent craft beers, coffee, pizza and board games!”

Dominion House: Sandwich town, Sandwich St.
“Great atmosphere and menu/beers. A nice place to unwind after a long day of class.”

Kildare House: Walkerville, Wyandotte St. E.
“Simply the best fish and chips!”

Mamo Burger: Downtown, Ottawa St.
“The burgers are to die for! Essentially everything and anything you could ever want on a burger.
You must try the Daddy Mac and the Big Popper!”

Motor Burger: Downtown, Erie St. E.
“Amazing burgers! Great atmosphere! Very popular!”
“Great microbrewery with amazing burgers!”

Rock Bottom: Sandwich Town, Sandwich St.
“Lots of space, close to the university, good food and drinks, and they let us reserve the
upstairs for free for events.”
“Rock bottom is great for food and national sporting events (re IIHF, Stanley Cup, NBA Finals)
and things like trivia - best overall and west of campus.”

Smoke and Spice: East Windsor, Tecumseh Rd. E.
“Award winning pulled pork, ribs, and bbq sauce. Enough said. It’s far from campus but you must try
this place!”

The Manchester: East of Campus, Ouellette Ave.
“The closest approximation to an English pub with great food.”
3. Cafes and Sandwich Shops

Bean’s Ladle: Campus, Wyandotte St. W.
“Friendly service. Reasonably priced. Large portions. Good wraps and burgers and daily specials.”

The Carvery: Campus, Wyandotte St. E.
“Good sandwiches and reasonable price”

Giglio’s: East of Campus, Wyandotte St. W.
“I’m so upset I had to wait 2 months to learn about it, and hold a grudge against anyone from Windsor who didn't tell me about it. Best sandwich for $5 or a monster sub for $9”
“Giglio’s sandwiches, Giglio’s sandwiches, and did I mention Giglio’s sandwiches?”
“Close to campus, big sandwiches, fast, cheap”
“Giglio’s is an old standby lunch (large sandwiches with 4 picks of meat/cheese, + vegetable and sauce toppings to taste on fresh baguette), deli 2 minutes from MEB”

March 21: Downtown, Pelissier St.
“Good place to study. Many interesting drinks options. Has wifi”

Soup R Salads: East of Campus, Wyandotte St. W.
“Great place for wraps, salads, and soups. Fresh ingredients and huge portions. Super close to campus and they have a rewards program.”
“Best lunch spot in the entire city. Great and (probably) health wraps and salads. Close to campus and reasonably priced”

Taloola Cafe: Walkerville, Devonshire Rd.
“Cute little cafe off of Walker Rd near Riverside Dr., no Wi-Fi though.”
“Cute café/sandwich place in walkerville with a great ambiance and some wine options”

Teacups and Crowns: Downtown, Erie St. E.
“An amazing variety of teas and baked goods. The café is beautiful and also serves as a jewelry store. A group of us went for high tea and loved it! Highly recommend!”

The Green Bean Cafe: East of Campus, Wyandotte St. W.
“Green bean is a fantastic coffee shop/tea place. Has the perfect setting for relaxation or study, it’s quite the gem.”

The Squirrel Cage: Downtown, Maiden Lane W.
“A hidden treasure downtown. Housed in a beautiful loft and it serves delicious paninis and salads.”
“The portions are massive and the food is delicious”
4. **Italian**

Armando’s: South Windsor, Cabana Rd. W.

“Great pizza. Nice service. And you must try their candied walnut and goat cheese salad. Yum!”

Giovanni Caboto Club: South Windsor, Parent Ave.

“Best pizzeria that ever existed”

Koolini Italian Eatery: Walkerville, Tecumseh Rd. E.

“Great Italian food! Sadly it’s takeout only but it’s good for delivery during late study nights or catering campus events”

Mezzo: Downtown, Erie St. E.

“Great Italian food and ambiance. And George Clooney approved.”

Nico’s: Downtown, Erie St. E.

“Amazing Italian food.”

Sam’s Pizzeria: East of Campus, Wyandotte St. W.

“Yummy pizzas, pastas, and focaccia sandwiches. It’s super close to campus is always packed during lunch hour. Highly recommend the honey mustard chicken pizza!”

Spago’s: Downtown, Erie St. E.

“Great Italian food with amazing staff!”

“Spago’s serves the best Italian food in town for a very reasonable price.”

Vito’s: Walkerville, Wyandotte St. E.

“One of my favourite Italian restaurants! The restaurant itself is beautiful and serves amazing pastas and pizzas.”

Wineology: Walkerville, Wyandotte St. E.

“An amazing place! It recently opened and is always packed. They are known for their pizzas. You can also sample a huge variety of wines with their wine flights.”

4. **Mediterranean/Middle Eastern**

Diana’s Pizzeria & Restaurant: East of Campus, University Ave. W.

“Looks a little sketchy but it serves authentic Greek food and is close to campus. The best Greek salad and saganaki!”
Mazaar: Downtown, Ouellette Ave.
“Lebanese food, good hummus, and everything really.”

Shawarma Castle: East of Campus, Wyandotte St. W.
“$5 for a wrap and very good wrap. My favourite place to go for shawarmas in the whole city”

Shawarma Palace: Downtown, Ouellette Ave.
“A little pricier than other places but the best place to go for a late night snack after going out downtown.”

Steak and Shawarma: East of Campus, Wyandotte St. W.
“Great food, friendly service, clean venue, and always have a random show on their TV.”

Windsor Palace: Downtown, Wyandotte St. E.
“Arabic food, super yummy, good prices, and nice restaurant décor. And the best lentil soup ever! Ever!”
“Best Middle Eastern”

5. Sushi/Japanese

Hikari: Downtown, Victoria Ave.
“Great sushi. Restaurant is a beautifully renovated Victorian home and also offers traditional Japanese style seating.”
“If you’re a picky sushi eater like me, this is THE place in Windsor that will leave you satisfied. The atmosphere is truly amazing with nice traditional Japanese décor, the food is super fresh, the menu has both traditional and fusion selections, can be a bit overpriced but definitely worth. You can tell they do their best to create authentic sushi (not some substitute mediocrity produced by places like Hoi). Highly, highly recommend.”

Hoi Sushi: East of Campus, Wyandotte St. W.
“All you can eat sushi. Lots of variety, many students go there. Not the best sushi but it’s close to campus and super convenient.”

Koi Sushi: LaSalle, Malden Rd.
“My favourite sushi place! Food is delicious. You can do all you can eat or a la carte and they have a great lunch special. Also their sauce is amazing! It’s far from campus but worth the drive.”

Niko Sushi: East Windsor, Amy Croft Dr.
“If you ever find yourself in the East end, you must stop by! They have great sushi!”
The Sushi California: Downtown, University Ave. W.
“A cozy place downtown. Their sushi boats are amazing! They also have amazing desserts!”

Tenko Sushi: Windsor, Walker Rd.
“A sushi buffet with a wide variety of menu items besides sushi”

6. Miscellaneous

Acapulco Delight: Downtown, Pitt St. W.
“Acapulco delight, best Mexican food out of Mexico. The owner is a good guy and loves med students.”

Market Buffet at Caesars Windsor: Downtown, Riverside Dr. E.
“Prepare to stuff your face with a wide variety of delicious foods. It’s a bit pricey but totally worth it! And you can stay after to hang out in the casino.”

Route 42: South East Windsor, County Rd 42
“Go back in time to the 50s in this super cool diner. Great food, an ice cream parlour, and homemade doughnuts, oh my!”

Taste of India Tandori: East of Campus, University Ave. W.
“Genuinely did not expect such quality food. The restaurant itself doesn’t look impressive from the outside is very charming with good interior décor, had their butter chicken and beef vindaloo, both were well prepared with very good tasting sauce. They also offer a $9.99 lunch buffet on weekdays.”
“Close to campus, great takeout, offers deliveries”

The Lumberjack Restaurant: Central Windsor, Tecumseh Rd. E.
“Their breakfast food is the best! You get tons for a great price! The décor is on point. And they’re big enough to fit our whole class.”

The Twisted Apron: Walkerville, Wyandotte St. E.
“Awesome food for brunch/lunch, cool décor, good service. They use local ingredients and have seasonal menus“
“My favourite restaurant is The Twisted Apron - especially for brunch. The service is fantastic and the staff are extremely friendly. The restaurant is small but very nice on the inside.”
Out-Of-Province Student Guide

Section 1. Moving & Housing

Finding a place to live:

Finding a place to live can be a bit more challenging when it is not feasible to view the rentals in person. Here are some suggestions for navigating the rental market:

- Request videos from potential landlords of the apartment for rent
- If you know someone in the London/Windsor area, have them check the apartment out for you (if you stayed with a billet or met someone during interview weekend, feel free to reconnect and see if they would be willing to help you out!)
- If you are going to be rooming with classmates, see if one of them may be able to check out the rental in person
- Ask for recommendations from someone in London/Windsor

Making the move:

Most people flew out and just packed all that they could into two large suitcases. For some there were select items, such as a bicycle that got shipped from home. Some drove from our home province and packed everything that they could into the car. Shipping furniture is generally not more cost efficient than buying new furniture once you get out here. One classmate that came from Montreal took a train from Montreal and then was able to ship some things (TV and two small boxes).

One 2019 student drove his car from BC to London, through the USA, and it took between four and five days. He brought a lot of clothes, kitchen supplies and decorations but still had to purchase furniture once he arrived in London.

Furniture and more:

Wide range of options including Kijiji, Walmart, Jysk, Canadian Tire, Tepperman’s (clearance), Rona, Staples, Leon’s, the Brick, Ikea (online), Costco, garage sales.

Of course, some of these companies will provide shipping while others will require you to pick up your furniture. If you don’t have a car, you may need to rent or borrow a vehicle for picking up furniture.

Even though we don’t have an actual Ikea, London and Windsor both have an Ikea pickup and order point!

http://www.ikea.com/ms/en_CA/pickup_and_order_points/london_index.html
http://www.ikea.com/ms/en_CA/pickup_and_order_points/windsor_index.html
Costs:

Most people estimate that furnishing etc. cost around $1000-$2000. Flights were $500-$1000.

Section 2. Driving & Cars

We would like to make it clear that if you do not have a car, or are not interested in purchasing one yet, then you need not worry or feel at a disadvantage. There are almost always classmates that you can carpool with if need be, and both Windsor and London do have Uber.

Students from both London and Windsor have recommended eventually owning a car, but it is not necessary for everyone. Some Windsor students have said they preferred to get a car sooner as Windsor can be a very car-centric city, but others have said the bus system works well for them. Before electing to purchase a car, you may want to consider getting settled in, learning the lay of the land in whichever city you are in, and then evaluate whether or not you will need a car for transportation.

OOP Drivers License:

If you are coming from out of province and looking to purchase and register a car in Ontario, you will need to switch over your driver’s license. To change over your license, you will need to go to a Drive Test center (London: 4380 Wellington Rd S., Windsor: 2470 Dougall Ave) (Note: Do not go to the Service Ontario office to change over your license, they cannot do it there!) There is a fee to have your license changed over - it is around $80.

If you are bringing a car to Ontario from out of province (and will be registering it in Ontario), there are a number of things you will need to do:

1. Take your car to a shop for an emissions test and a safety test. You will need both of these certificates in order to register the car in Ontario. Try calling around to some garages in the area to find the best rate and best option for you. This cost me around $150 total.

2. Switch over your driver’s license. – see above.

3. Find insurance in Ontario. The OMA (Ontario Medical Association) offers a fairly reasonable insurance option through The Personal. This is reportedly the best of a number of different options. You can set that up over phone/email. You will need to have your OMA number if you want to go with this option. You may need to contact your previous insurer for a record of insurance/driving and have that forwarded to your new insurance company. (My insurance with The Personal is costing me around $180/month but I did have one accident within the last five years).

4. Finally, take your new insurance policy, your new driver’s license, and your Drive Clean (emissions) and safety certificates to a Service Ontario office and obtain license plates and registration for your car.
License and registration cost $200 total. To find your nearest location, and ensure they offer vehicle registration at that site, visit https://www.ontario.ca/page/serviceontario-locations-hours-and-contact

Bringing a Car or Buying a Car?

If you are bringing a car from out of province, and want to keep it insured in your home province, beware your insurance may increase in cost to have your car out of province. If you are from BC, they may require you to bring the car back to BC once a year. This may be more expensive than tolerable and not practical. Instead, you may choose to register your car in Ontario.

If you would like to purchase a car here, there are all the usual options – used from a private seller, used from a dealership, new from a dealership. Considering that they do have a line of credit, many students choose to invest a little bit more in a car that will last them longer, but still be reasonable.

Winter tips:
If you are driving a car from out-of-province, you may want to consider an undercoating for your car to prevent rust damage. Additionally, if you do not have them, you will need to invest in winter tires. People generally switch to winter tires by the beginning of November, and switch back to spring tires around March/April. Also make sure that your windshield wiper fluid is appropriate for low temperatures. Invest in a decent ice scraper, and maybe even a little shovel, and rubber mats aren’t a bad idea (although aren’t totally necessary).

Section 3. Health care
Switching Health Cards:

In past years, 8/9 out-of-province students who answered a survey had not switched over the health card from their home province to an Ontario health card. The individual who did switch was advised by the BC health card office to switch because they were getting an Ontario Driver’s License (although there are some of us with Ontario DL and our old health card).

The process of switching is quite easy: there is a one page form to fill out and then bring, along with ID and proof of residence, to any Service Ontario Office (again, make sure that it is one that offers this service before going in).

Family Doctor Offices:

Western Student Health Services is a great resource, and many people go there for any appointments they need. You can make same day appointments or book ahead by calling 519-661-3030. Note that for your immunization clearance, if you are missing anything, you can easily have it done there.

If you are interested in finding a family doctor in London/Windsor, the LEW office (Learner Equity and Wellness), has a list of family doctors willing to take on medical students as patients. You can contact
the LEW by email (equity.wellness@schulich.uwo.ca) or phone (London: 519-661-4234, Windsor: 519-353-3000ext4302).

A note about Polio Vaccine Requirements:
It seems that Ontario requires more doses of the Polio vaccine than some other provinces. Those who do not have enough polio vaccines end up getting a booster shot to meet our clearance requirements.

Section 4. Everything Else

Keep in touch with family and friends as best you can. It’s pretty easy these days with social media and Skype. Go home when you can. Everyone in the class is so welcoming that it makes the transition to London/Windsor pretty easy for most people. A lot of people in your class (and from previous classes) will likely be from Southwestern Ontario, so they can show you around and fill you in on anything you need to know to live here!

Be aware that going home for breaks is sometimes a bit more challenging if you have mandatory Friday afternoon sessions (PCCIA/PCCM) and you will have to work around that.

Contacts
Some of the out-of-province students who have filled out the survey for this guide have kindly offered to provide their name and contact info, in case you would like to ask them specific questions about anything that you didn’t find was sufficiently covered in this guide. We are happy to speak with you so please reach out!

London:

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Windsor:

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Appendix I: Housing Tips

Moving away from home for the first time or moving into your umpteenth student house? Here are some things to consider...

- Be sure to check out the bus routes nearby. How close is the nearest bus stop and how frequent is the service? Find more info at: http://www1.uwindsor.ca/isc/off Wescampus/Pages/GarbageCollection.aspx and http://thebusstopshere.ca/schedules/index.html
- Remember, medical school goes until the end of May. The standard May 1st to April 30th lease is something to be aware of.
- What is the parking situation? Could you accommodate guests? Keep in mind, a number of the apartment buildings downtown don’t have visitor parking.
- Is there a washer/dryer on the property? Is it coin-operated?
- Would you be able to lock your room when you head home for the break?
- If you are looking at a basement apartment or room, does it have legal windows?
- Don’t forget to check for present and working smoke alarms
- Would you be sharing a kitchen or a bathroom with your landlord? If so, you wouldn’t be covered under the Residential Tenancies Act. Learn more at: http://www.ltb.gov.on.ca/
- What’s your general impression of your landlord?
- Don’t be afraid to be nosy! You should be able to make sure the appliances work, chat with the current tenants, etc.
- Are utilities included? Internet/cable? If you are paying for heat, check out if it’s electric heating.
- Would you be responsible for cutting the lawn and shoveling the snow?
- Make sure to keep all your interactions with your landlord in writing, if possible

Resources:

Western’s Off Campus Housing service: www.offcampus.uwo.ca
http://www1.uwindsor.ca/isc/off-campus-housing

Off-Campus Advisors: www.has.uwo.ca/housing/oca

City garbage schedules: www.london.ca/d.aspx?s=/Garbage/zonemap_pdf.htm
www.citywindsor.ca/residents/waste-and-recycling/collection-schedule/Pages/Garbage-Collection.aspx

Fire safety: www.fire.london.ca
www.windsorfire.com