Summer Orientation

Student Experience Office.
430 Tory Building

Campus Services
Cookbook to Carleton

- Campus Card
- Equity Services
- Athletics
- CU Don’t Know
- Health and Dental Plan
- The Bookstore
- U-Pass
- Campus Safety
Campus Card

On-Campus Debit Card

Exam Entrance

Door Access Card

Meal Plan

Library Card

Photo ID Card
Campus Card

Available at over 500 locations on campus!

For location details please visit https://carleton.ca/campuscard/using-campus-card/on-campus-use/
Loading Money: Online
• Visa, MasterCard
• 4 Major Canadian Banks: BMO, TD, RBC or Scotiabank
• 50+ Banking Institutions
• Minimum deposit of $20.00

Loading Money: In Person
• 3 Staffed Locations:
• Minimum deposit of $5.00

Loading Money: Cash2Card
• 4 Machines around Campus
• Minimum deposit of $1.00
Meal Plans

**Ravens 500**
- $500 Deposit
- Save 5%

**Ravens 1000**
- $1000 Deposit
- Save 15%

**All Access**
- Unlimited access to The Caf
- $100 Dining dollars
E-Laundry

- Reserve a laundry machine
- Pay for laundry
- Send anonymous message to ask someone to claim their laundry!

<table>
<thead>
<tr>
<th>Room</th>
<th>Favorite?</th>
<th>Washers</th>
<th>Dryers</th>
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<tr>
<td></td>
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<td>Available / Total</td>
<td>People Waiting</td>
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CU on the Go

• Email your document!
• Find a **printer**, **swipe and print**!
• Over 30 locations to print
• Colour printing
• Scanned documents go right to your school email
Campus Card Web Centre

- CU Mobile App
- Online via [carleton.ca/campuscard/web-card-centre/](carleton.ca/campuscard/web-card-centre/)
The Bookstore

• One stop shop for textbooks and other course materials
• Carleton Ravens spirit wear
• Pencils, pens, binders
• Phone chargers, earphones, Ethernet cables
• Much more
The Bookstore

- Textbooks are organized by **Course, Number** and **Section**
- New, Used, Digital, Rental
- Price Match Program
- Get up to 50% of the original price from Buy Back program
Transportation

U-Pass

- OC Transpo, O-Train, STO
- Tap it!
- Recharge your card each semester
- Don’t damage your card
Athletics

- Pool
- Campus Recreation
- The Fitness Centre
Athletics

• Intramurals
• Personal Training
• CUfit Pass
• Fitness Classes
Athletics

• Carleton Varsity Sports:
• Basketball, Football, Hockey, Soccer
• Carleton Men’s Varsity basketball team held 7 continuous championships
• Bird Gang
Campus Safety

25 Special Constables
38 Student Safety Patrollers
50 CUSERT Members

Parking Services
24/7 Communication Centre
Parking Services

• Park Admin
  • Online system
• Parking Pass
• Locker rental
Health and Dental Plan

- Carleton student taking at least four courses
- New winter term students

- Health Care
- Vision
- Dental
- Travel
How much does it cost?
• Health and Dental Plan is $192.77

How do I Opt-Out?
• Show proof of alternative health and/or dental coverage
• Copy of benefits card
• Letter from your benefits card or a letter from your parent’s or spouse’s employer
10 RESPONSIBLE DRINKING STRATEGIES

1. Stay with the same group of friends the entire time drinking.
2. Use a designated driver.
3. Eat before and/or during drinking.
4. Keep track of how many drinks are being consumed.
5. Stick with only one kind of alcohol.
6. Avoid Drinking Games.
7. Determine in advance not to exceed a set number of drinks.
8. Have a friend let you know when you have had enough.
9. Alternate non-alcoholic with alcoholic beverages.
10. Pace drinks to one or fewer per hour.
Equity Services

- Centre for Indigenous Initiatives
- Human Rights Advice and Assistance
- Sexual Assault Support Services
- Accommodation
- Education and Training
- All Inclusive Washrooms
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<tr>
<th>Service</th>
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<td>UPASS</td>
<td>carleton.ca/UPASS</td>
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<td><a href="mailto:UPASS@Carleton.ca">UPASS@Carleton.ca</a></td>
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<td>Athletics</td>
<td>athletics.carleton.ca</td>
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<td>CUSA Health/Dental Plan</td>
<td><a href="http://www.ihaveaplan.ca">www.ihaveaplan.ca</a></td>
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<td>CU Dont Know</td>
<td>carleton.ca/CUDONTKNOW</td>
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<td>INFO Carleton</td>
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<td>Housing/Dining Services</td>
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<td>dining.carleton.ca</td>
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<td><a href="mailto:EQUITY@carleton.ca">EQUITY@carleton.ca</a></td>
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Questions?

SEO

Student Experience Office.
430 Tory Building

@CarletonSEO

carleton.ca/seo