



University
of Regina
International 

MITACS GLOBALINK RESEARCH INTERNSHIP

WELCOME GUIDE



Experience Saskatchewan

Saskatchewan, which comes from Kisiskatchewanisipi, the Cree word meaning “swift-flowing river”, became a province in 1905 and is located in Western Canada. With prairie and boreal biomes, Saskatchewan has an area of 651,900 square kilometers, where nearly 10% of it is fresh water - composed mostly of rivers, reservoirs, and the province’s 100,000 lakes. Saskatchewan is nicknamed “The Land of the Living Skies” after its ever-changing, vast-reaching skies, and picture-perfect sunrises and sunsets.

It's the Queen City

Regina is the capital city of Saskatchewan, and is located in the southern part of the province. Named to honour Queen Victoria, it is home to approximately 230,000 people. Sunny Regina is offers the amenities of a larger city with the community feeling of a small urban centre. The winters here are very cold, but the summers are hot and dry.

Regina is situated on Treaty 4 Territory, the traditional lands of the Cree, Salteaux, Dakota, Nakota, Lakota, and the homeland for the Métis/ Michif nations. Found on flat, treeless plains, every tree in Regina was planted by hand. Regina has many unique toursit attractions including the Saskatchewan Legislative Building, Government House, the Royal Canadian Mounted Police (RCMP) Museum, and Wascana Lake, the jewel of Regina.



ON-CAMPUS WI-FI ACCESS

You will have access to the free campus wifi while you are here.

No username or password is needed. This is a free, public network: uofr guest

The University of Regina also has a secure network: **eduroam**

To access this network, log in with **yourusername@uregina.ca** and your password.

If you have trouble finding your U of R username, or if you have forgotten your username, please visit: <https://www.uregina.ca/is/accounts-logins-passwords.html>

WHERE TO EAT

There are a number of places to grab some food on campus, and more on the way!

IN THE RIDDELL CENTRE

ULTIMATE ROTISSERIE EXPERIENCE

Accepts credit cards, debit cards, cash

Monday to Friday: 11:00 am to 6:30 pm

Weekends: 10:00 am to 1:00 pm
4:30 pm to 7:00 pm

Open on holidays, same hours as weekends.

CHICK 'N' TENDEES EXPRESS

Accepts credit cards, debit cards, cash.

Monday to Friday: 7:00 am to 8:00 pm

CLOSED on weekends and holidays.

JAVA JUNCTION

Accepts credit cards, debit cards.

Monday to Friday: 7:00 am to 8:00 pm

CLOSED on weekends and holidays.

FRESH JUNCTION

Accepts credit cards, debit cards.

Monday to Friday: 11:00 am to 8:00 pm

CLOSED on weekends and holidays.

IN KIŠIK TOWER

ULTIMATE GRAB & GO

Accepts credit cards, debit cards

Monday to Friday: 7:00 am to 8:00 pm

Weekends: 10:00 am to 6:00 pm

Open on holidays, same hours as weekends.

AROUND CAMPUS

STARBUCKS

Located in the Dr. John Archer Library

Accepts credit cards, debit cards.

Monday to Friday: 8:00 am to 6:00 pm
Weekends: 10:00 am to 4:00 pm
CLOSED on holidays.

EXTREME PITA

Located in College West

Accepts credit cards, debit cards.

Monday to Friday: 10:00 am to 4:30 pm
CLOSED on weekends and holidays.

GONG CHA

Located in the Centre for Kinesiology, Health and Sport

Accepts credit cards, debit cards.

Monday to Friday: 11:00 am to 5:00 pm
CLOSED on weekends and holidays.

LUTHER CAFETERIA

Located in Luther College

Accepts credit cards, debit cards.

Monday to Friday: 7:30 am to 6:30 pm
Weekends: 12:00 pm to 6:30 pm
Open on holidays, same hours as weekends.

MOMENTUM CAFE

Located in Innovation Place.

Accepts credit cards, debit cards.

Monday to Friday: 7:30 am to 3:30 pm
CLOSED on weekends and holidays.

FITNESS & LIFESTYLE CENTRE

Located in the Centre for Kinesiology, Health and Sport (CK), 2nd floor, Room 224

For information about the Fitness and Lifestyle Centre, please visit their homepage:

<https://www.uregina.ca/kinesiology-health-studies/facilities-recreation-health/fitness-centre.html>

For information about other programs offered through the Centre for Kinesiology, Health and Sport, please visit: <https://www.uregina.ca/kinesiology-health-studies/facilities-recreation-health/index.html>

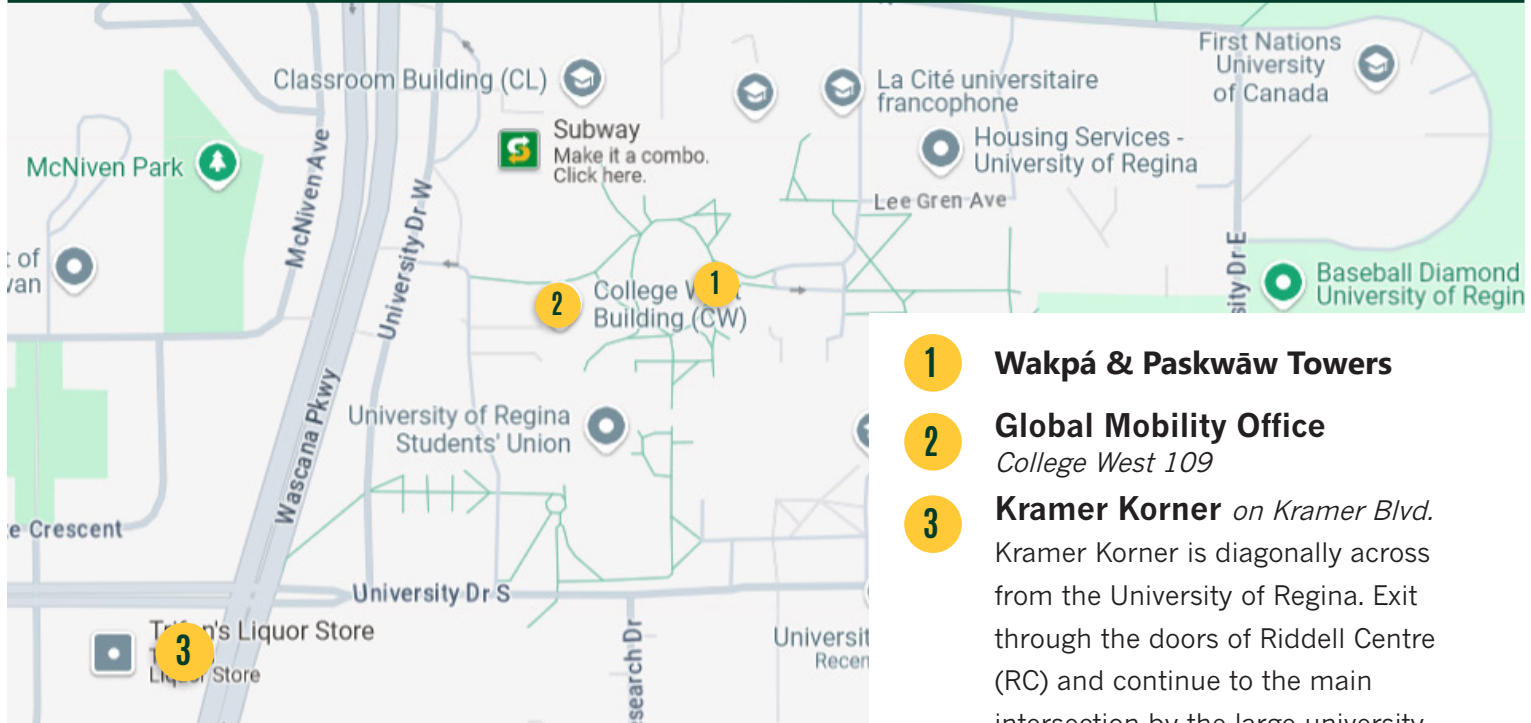
OPEN RECREATION HOURS

Located in the Centre of Kinesiology, Health and Sport (CK), close to Gym 1 and Gym 2.

The University swimming pool will have the following swim times available for Open Recreational Swimming. It is \$6.00 per visit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am to 9:00am		6:00am to 9:00am		6:00am to 9:00am	
3:00 pm to 6:00 pm	11:30 am to 1:00pm				11:30am to 1:30pm	1:40pm to 2:50pm Every week
	8:30pm to 10:30pm			8:30pm to 10:30pm		5:15pm to 6:50pm Every second week

FOUND NEAR CAMPUS @ KRAMER KORNER



- 1 Wakpá & Paskwāw Towers**
- 2 Global Mobility Office**
College West 109
- 3 Kramer Korner on Kramer Blvd.**
Kramer Korner is diagonally across from the University of Regina. Exit through the doors of Riddell Centre (RC) and continue to the main intersection by the large university sign. If you can see McDonald's, you're looking a Kramer Korner.

See what's at Kramer Korner. Hours may vary; please check before visiting.

ALLIANCE MEDICAL CENTRE

Medical clinic & pharmacy

Monday: 9:00 am to 5:00 pm
Tuesday to Saturday: 9:00 am to 4:00 pm

SUBWAY

Monday to Saturday: 7:00 am to 10:00 pm
Sunday: 7:00 am to 9:00 pm

STONE'S THROW

Coffee shop

Tuesday to Friday: 7:00 am to 7:00 pm
Weekends: 8:00 am to 5:00 pm
CLOSED on Mondays.

PRONTO

Sushi spot

Monday to Friday: 11:00 am to 7:15 pm
Saturday: 11:30 am to 7:00 pm
CLOSED on Sundays.

PITA PIT

Monday to Saturday: 11:00 am to 9:00pm
Sunday: 12:00 pm to 8:00 pm

TRIFON'S PIZZA

Tuesday to Thursday: 10:30 am to 1:00 am
Friday to Saturday: 10:30 am to 2:00 am
Sunday to Monday: 10:30 am to 12:00 am

BOBA TEA ROOM

Vietnamese food

Monday to Friday: 11:00 am to 9:00 pm
Weekends: 12:00 pm to 8:00 pm

CIRCLE K

Convenience Store

Open daily, 24 hours a day.

BUS INFORMATION



FARE & PASS INFORMATION

Cash fare\$3.25 per ride
10 rides\$29
20 rides\$55
Monthly pass (31 days)\$88

<https://www.regina.ca/transportation-roads-parking/transit/fares-passes/>

ROUTE & SCHEDULE INFORMATION

The following routes have stops at the University of Regina:

- 3 University — Sherwood Estates
- 4 Hillsdale — Walsh Acres
- 18 University — Harbour Landing
- 21 University — Glencairn
- 22 University — Arcola East
- 30 University — Rochdale Express

<https://www.regina.ca/transportation-roads-parking/transit/schedules-routes/>

UNIVERSITY OF REGINA TO DOWNTOWN

Stop No.: 0270 (Same side as Riddell Centre)

- Route 3 Sherwood Estates (3 University to return)
- Route 4 Walsh Acres (4 Hillsdale to return)
- Route 30 Rochdale Express (30 University to return)

UNIVERSITY OF REGINA TO HARBOUR LANDING

Stop No.: 1663 (Beside Riddell Centre, to the left)

- Route 18 Harbour Landing (18 University to return)

UNIVERSITY OF REGINA TO SUPERSTORE

Stop No.: 0249 (Opposite the Riddell Centre)

- Route 4 Hillsdale (4 Walsh Acres to return)

Stop No.: 1663 (Beside Riddell Centre, to the left)

- Route 18 Harbour Landing (18 University to return)

GET THE UMO APP

Umo is Regina Transit's new transit fare system. For more information about Umo, please scan the QR code.



Real-time transit info can be found at
<https://transitlive.com/mobile/>

REGINA TRANSIT INFORMATION CENTRE

2124-11th Avenue

Monday to Friday

8:30 am to 4:30 pm

Phone

306-777-7433



REGINA

ADDITIONAL TRANSPORTATION OPTIONS

REGINA CABS

Phone 306-543-3333

CAPITAL CABS

Phone 306-791-2222
<https://capitalcabs.ca/>

CO-OP TAXI

Phone 306-525-2727
<https://co-optaxiregina.ca/>

RIDERS CAB

Phone 306-924-2424
<https://riderscab.ca/>

ALSO AVAILABLE

Uber

REGINA INTERNATIONAL AIRPORT (YQR)

5201 Regina Ave

For airport arrival and departure information, visit www.yqr.ca.



OUT & ABOUT OFF CAMPUS

CORNWALL CENTRE

Shopping mall — 2102 11th Avenue

Sunday	12:00 pm to 5:00 pm
Monday to Wednesday	10:00 am to 6:00 pm
Thursday & Friday	10:00 am to 7:00 pm
Saturday	10:00 am to 6:00 pm

SOUTHLAND MALL

Shopping mall — 2965 Gordon Road

Sunday	12:00 pm to 5:00 pm
Monday to Wednesday	10:00 am to 6:00 pm
Thursday & Friday	10:00 am to 8:00 pm
Saturday	10:00 am to 6:00 pm

INDIGO!

Bookstore — 2625 Gordon Road

Sunday	10:00 am to 6:00 pm
Monday to Saturday	10:00 am to 7:00 pm

POPULAR PARKS



WASCANA CENTRE PARK

Enjoy walking paths around Wascana Lake, or grab a bite to eat at Bar Willow, the lakeside restaurant.

<https://wascana.ca/things-to-see-and-do/wascana-lake>

REAL CANADIAN SUPERSTORE

Grocery store — 3608 Albert Street

Open daily	7:00 am to 10:00 pm
<i>** Adjusted hours on holidays **</i>	

WALMART SUPERCENTRE

Grocery store — 4500 Gordon Road

Open daily	7:00 am to 10:00 pm
<i>** Adjusted hours on holidays **</i>	



KIWANIS WATERFALL PARK

Lush green grass beside a tranquil waterfall makes this park a perfect picnic location... if the weather is good.

<https://www.kiwanisreginawascana.org/projects/waterfall-park>

OTHER LOCAL ATTRACTIONS

MACKENZIE ART GALLERY

3475 Albert Street

Tuesday to Friday 10:00 am to 5:30 pm

Thursday 10:00 am to 9:00 pm

CLOSED Sundays and Mondays

General Admission: \$12

<https://mackenzie.art/>

RCMP HERITAGE CENTRE

5907 Dewdney Avenue

Open daily 10:00 am to 5:00 pm

General Admission: \$10

<https://rcmphc.com/>

REGINA FLORAL CONSERVATORY

1450B-4th Avenue

Open daily 1:00 pm to 4:30 pm

Friday 12:00 pm to 4:30 pm

CLOSED from June 9, 2025 to September 1, 2025

Free Admission (Donation encouraged)

<https://reginafloralconservatory.ca/>

SASKATCHEWAN SCIENCE CENTRE

2903 Powerhouse Drive

Monday to Friday 9:00 am to 5:00 pm

Thursday 9:00 am to 8:00 pm

Weekends 12:00 pm to 6:00 pm

Open on holidays, same hours as weekends.

General Admission: \$17

General Admission + IMAX Feature Film: \$29.99

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

ROYAL SASKATCHEWAN MUSEUM

2445 Albert Street

Open daily 9:30 am to 5:00 pm

Admission by donation

<https://royalsaskmuseum.ca/>



HELPFUL TIPS FOR STAYING SAFE

always
TRAVEL IN PAIRS
OR GROUPS WHEN
GOING OUT AT NIGHT

- Always be aware of your surroundings.
- **Do not leave your belongings unattended.**
- **Do not leave your food or drinks unattended.**
- Do not leave your belongings with people you do not know or trust.
- Do not look after, or accept, items from people you do not know or trust.
- Be cautious of interactions with strangers.

If you feel that something is not right or safe,
trust that feeling. You are probably right.

Trust your gut.

EMERGENCY NUMBERS

Protective Services (On-Campus)	Location	RI 120	Phone Number	306-585-4999
Housing Front Desk (On-Campus)	Location	Kišik Towers, 1st floor	Phone Number	306-585-5450
Emergency (Police, Fire, Ambulance)	911			
Saskatchewan Health Line	811			
Suicide Crisis Helpline	988			
Mobile Crisis Helpline	306-575-0127			
Regina Sexual Assault Centre	1-844-985-0434			

Respectful University (Governance): <https://www.uregina.ca/policy/browse-policy/policy-GOV-100-015.html>

