



Master's of Public Health (MPH) & Master's in Epidemiology and Applied Health Research (EAHR)

Student Guide

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School of Epidemiology & Public Health
Graduate Student Association
of the University of Ottawa



University of Ottawa

Your SEPH Graduate Student Association

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Disclaimer: The views and opinions in this document do not reflect the University of Ottawa, the School of Epidemiology and Public Health, or the EAHR program itself.

Table of Contents

Welcome.....	4
Alta Vista Campus Overview.....	5
Transportation.....	6
Housing.....	8
Finances and Budgeting.....	9
International Student Checklist.....	12
Health and Wellness.....	13
Getting Involved	15
Mentorship.....	16
Seasonal Activities.....	17
Places to Shop.....	18
Fun Places to Visit in Ottawa.....	19
Important Resources.....	20

How to Use this Guide

This guide contains several embedded links and QR codes that will take you to external websites and other helpful resources.

Links appear as underlined text – click on them to go to the linked webpage. To use QR codes, simply scan them using your mobile device’s camera.

Welcome!

Congratulations to each and every one of you on starting yet another journey, graduate school!!!

Have fun!

Be proud of yourself, you have come a long way! Now it's time to learn, grow, and have lots of fun.

Enjoy every step of the process and take things day by day.

Sometimes it can get challenging, but remember - **YOU CAN DO THIS!**



Get to know your class!

Make extra effort to get to know your classmates. Our professors will design class engagement in such a way that by the year, you will know everyone

but make extra effort - **BE PROACTIVE!**



Make lots of friends!

Remember that graduate school is not just about academics, but also about personal growth and building relationships with your peers.

Take the time to get to know your classmates and make friends.

Remember, grad school friends go **A LONG WAY!**



Get to know your faculty!

The MPH and EAHR programs have some of the best faculty!

Get to know them, trust us when we say, "your heart will feel lighter."

They are always open to new ideas! Also, if you need any help or support, **REACH OUT!**

Alta Vista Campus Overview

Note: if you are taking electives outside of the MPH and EAHR programs or language courses (MPH+), those courses will most likely be held on Main Campus (75 Laurier Ave). See map on page 7.

Our Nest (850 PMD)

850 Peter Morand Crescent

- Many of our classes are held here!
- There is a full kitchen with a microwave and fridge
- Tim Hortons, Subway, and Second Cup are at a walking distance, but we recommend bringing food



School of Epidemiology and Public Health (600 PMD)

650 Peter Morand Crescent

- Most of the SEPH administration and professors' offices are here
- SEPH's main office is located here
- Great study spaces and a hangout room in the basement

Roger Guindon Hall (RGN)

451 Smyth Road

- May have classes or exams here
- Big classrooms, Health Sciences library, and a great cafeteria
- Faculty of Medicine Offices and Grad Studies Offices and Services



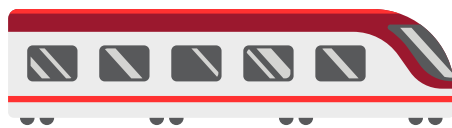
Public Transportation

Get to Know OC Transpo

OC Transpo is Ottawa's public transit system. All uOttawa students get access to transit during the Fall and Winter semesters through their U-PASS, which begins in September. If you want to continue using your U-PASS through the Spring/Summer semester, you will need to opt in for the U-PASS directly through your uoZone account at an extra charge.

The Alta Vista campus can be accessed by 2 bus routes, the **45 (Hospital)** and the **5 (Elmvale)**.

Use the travel planner to map your trip and download one of the many transit apps to view the full schedule of Ottawa transit with real-time tracking



Other Ways to get to Campus

uOttawa Shuttle: more info on the next page

Biking: the main and Alta Vista campuses are both accessible by bike

Driving: 2h free street parking around PMD or purchase a parking permit ASAP (limited supply). Can also purchase a permit through the Ottawa Hospital. Please reach out if you have any questions!

Transit Options

Red Bus: dozens of bus lines run throughout the city! Buses usually come every 15-30 minutes.

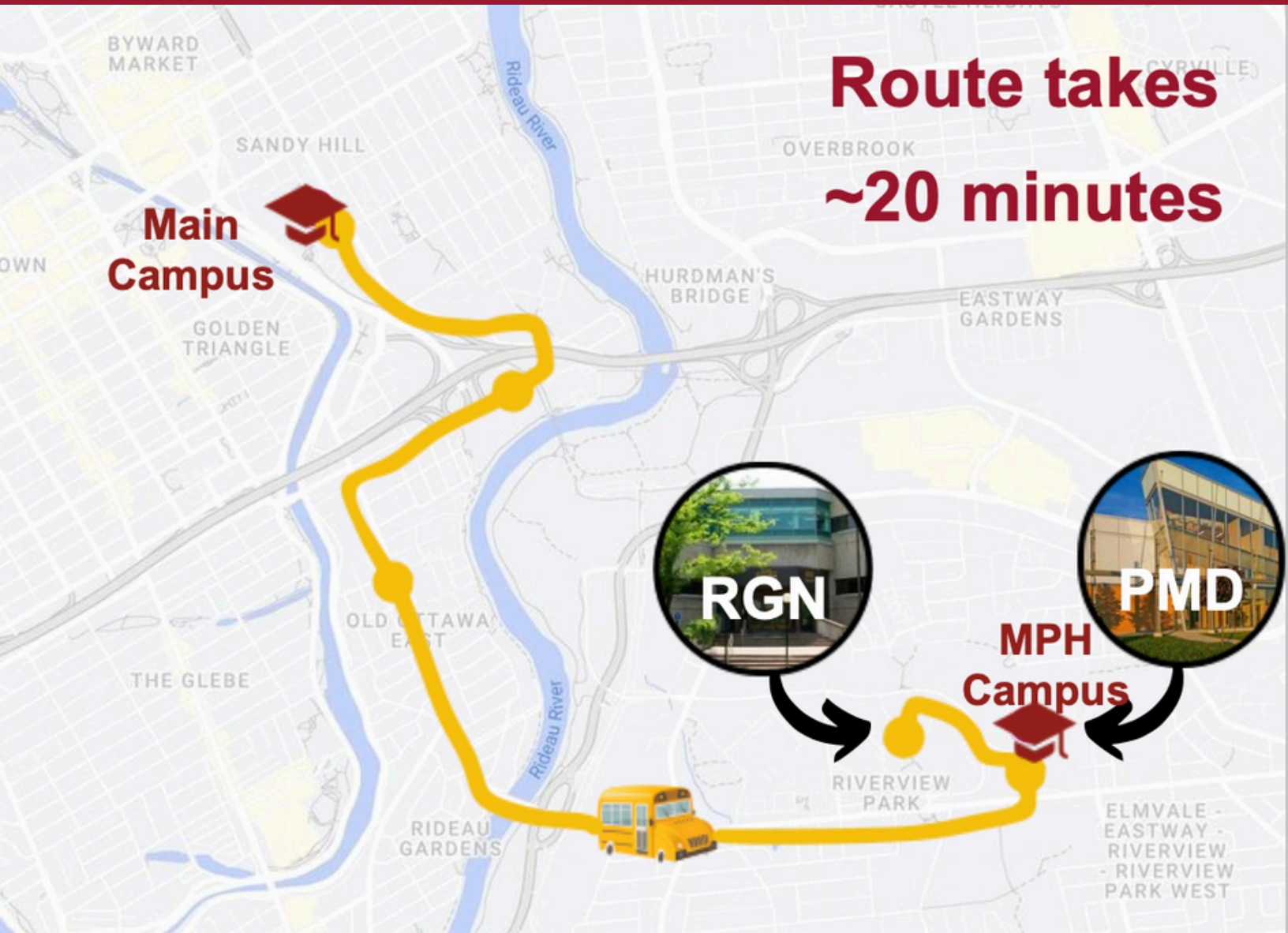
LRT/O-Train Line 1: runs east-west, passing through downtown Ottawa, usually coming every 5-10 minutes.



uOttawa Shuttle

The shuttle is a **free and reliable** way to make it to the Alta Vista Campus, where MPH and EAHR classes are held. It runs **every 30-60 minutes** between the Main and Alta Vista Campuses, making a few stops along the way.

The shuttle is very convenient for those living in Sandy Hill, close to the Lees LRT Station, or in Old Ottawa East.



You can view the shuttle schedule [here!](#)

Click [here](#) to download the uOttawa BusWhere app for real-time tracking of the shuttle.



Housing

Looking for housing in Ottawa? We've got you covered!

Some General Tips:

Consider your commute. Look for housing close to major transit routes using Google Maps. For the quickest route to the Alta Vista campus, look near the O-Train Line 1, the 5 bus route or the uOttawa Shuttle route.



Use Google Maps to do some research on your neighbourhood. Are there grocery stores, pharmacies, or gyms around the area? Think about what amenities are most important to you.



Beware of scams. If possible, visit the property in person before signing a lease or ask the landlord to give you a live video tour.



Look for roommates to save money. Check out housing Facebook groups or reach out to your future classmates to look for an apartment together!



Still have questions or want to start looking? Check out [uOttawa's off-campus housing page](#), [student housing billboard](#), [Rentals.ca](#), [Kijiji](#), or Facebook (Marketplace & Rental Groups)



Some popular neighbourhoods for uOttawa students include:

- Sandy Hill/
- Downtown
- Centretown
- Old Ottawa East
- Alta Vista
- The Glebe
- Riverside Park
- South Keys



For a more **detailed neighbourhood breakdown**, scan the QR code above or shoot us an email!



Financing & Budgeting

Embarking on a master's program is an exciting and transformative journey, but it also may come with financial challenges. Unfortunately, **MPH students are not eligible for OSAP student loans nor OGS and QEII-GSST scholarships.** However, **EAHR students are eligible for OSAP student loans and CGS, OGS and QEII-GSST scholarships, so keep an eye out for those deadlines.** If your research supervisor has limited funding for conference attendance, travel grants are also offered by the [GSAED](#). Please contact our SEPH GSAED rep for more details on the GSAED grant.

Below, we have listed other suggestions for self-funding your way through the program.

Scholarships & Financial Aid



Students are eligible to apply to both internal and external scholarships. Once you have submitted your application to the University of Ottawa and obtained your [uoAccess ID](#), you are eligible to seek scholarships and bursaries. Discover available options by utilizing the [Online Scholarships and Bursaries search engine](#) through uoZone.

NOTE: It's never too early to start looking! Many of the internal uOttawa scholarship applications open up in August-September and are due by late October. However, external scholarships may have different timelines, so always be sure to double check!

Don't Forget: You may be eligible for a bursary!

Budgeting Tips & Resources

uOttawa has some tips to **create a realistic budget**.

Make sure to budget for utilities, groceries, entertainment/activities, et cetera on top of rent! One way to save on expenses is to **leverage student discounts** at grocery stores and **shop at consignment/thrift stores**.



Don't forget to **take a trip to uOttawa's Free Store** if you have the chance, especially during the first week of school!



Banking Locations + Links

Make sure to look for the location closest to you on Google Maps & book appointments through the links below!

- Toronto-Dominion (**TD**) **Bank**
- Royal Bank of Canada (**RBC**)
- Bank of Montreal (**BMO**).
- **Scotiabank**
- Canadian Imperial Bank of Commerce (**CIBC**).

Financing & Budgeting

Working During the MPH

Students generally work up to 20 hours/week in addition to school. This is dependent on course load and other personal factors however. The university policy is that each course gives up to 9 hours of work per week and recommend that students work 10 hours or less in addition to school.



Where to work

Students currently work in a number of areas including retail, restaurants, health care settings, government, and through the university as research/teaching assistants, exam proctors, or at the wellness centre.

Finding a Job

In the Community

- Online job boards (Indeed, Glassdoor, Charity Village)
- FSWEP (*very slow process so apply early if interested*)
- Pet sitting, dog walking (Rover)
- Ask around your local area in cafés, restaurants, and stores

With uOttawa

- uOttawa Research and Teaching Assistantships
- uOttawa Work Study

* there are limited positions with uOttawa and many require English and French so make sure to look early



Landing the Job

The Job market in Ottawa is relatively competitive so you'll want to check that your resume and cover letters are in good shape before applying.

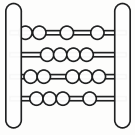
Here are some tips and resources:

Use the resources at uOttawa's careers corner to check your resume, learn how to write a cover letter, and practice your interview skills

Be careful of fancy resume templates, they are often not compatible with resume reading softwares. Keep it simple with a well edited Word doc!

Include keywords from the job posting in your resume and cover letter

INTERNATIONAL STUDENT CHECKLIST



SOCIAL INSURANCE NUMBER

Get your social insurance number (SIN) either at the airport, online, or in the nearest Service Canada office.



BANK ACCOUNT

- Book an appointment with your bank to open a student account (check for the available dates and reserve it as early as possible, waiting times may differ).
- Check out the finances & budgeting page!



DRIVER'S LICENSE

- If you have prior driving experience, get a DL extract from your country as proof (valid for 6 months).
- Apply for the driver's test at the nearest driving centre to get your license journey on track.



HAVE MORE TIME?

- **Look out for emails from uOttawa's International Student Office** offering webinars and more to help adjust to living and studying in Canada.
- Check out the uOttawa **free store** on main campus for items donated by previous students.

PHONE NUMBER



Do not miss out on your student discounts! Check out all the providers like Fido, Telus, Rogers, Virgin, and Bell. Choose the best offer that suits your needs.

Some providers will also mail you a SIM so you're set when you land!



HEALTH INSURANCE

As an international student, you need to:

- Get your **UHIP card**, for medical appointments; and
- Issue your **Greenshield supplementary plan**, for prescriptions, specialist visits, vision, etc.

For Greenshield, you will need to indicate your student email and your ID will be: **GSA your student number**.

LIBRARY



Get a library card at a nearby public library for free access to books, audiobooks, and videos. Some locations: Alta Vista, Bank St, Metcalfe St, Rideau St,



Health & Wellness

For full description of available mental health supports & wellness services check [uOttawa's health and wellness site!](#)

Wellness is a vital aspect of university life, as it can directly impact students' academic success, personal happiness, and overall well-being. There are several resources on campus that MPH students have access to:

1. **Faculty Wellness Program (RGN campus)**: specifically for members of the Faculty of Medicine (includes EAHR students). A variety of services are available, including emergency mental health services, mental health counselling, and more. **Shorter wait times than main campus services!** Email wellness@uottawa.ca for an appointment.
2. **Student Health and Wellness Office (Main campus)**: provides students with a range of services including scheduling appointments with physicians, personal health education sessions with a health promotion specialist, vaccinations and blood tests, and more.
3. **The Health Prevention and Education Corner** serves as a hub for providing information, educational materials, workshops, and initiatives focused on proactive health measures, enabling students to make informed decisions about their well-being and adopt healthy lifestyle choices.

Physical Health & Wellness

Student fees include access to uOttawa fitness facilities such as Montpetit and Minto centres. Sign up for **intramural sports**, free **drop-in** activities, **free group fitness classes**, or **registered activities** each term like soccer, volleyball, dance, martial arts, swimming and MORE! Engage with the uOttawa community through a variety of **Clubs and Activities**. Engage in workshops/activities on and off campus through **Campus Health and Wellness Events**



uOttawa Wellness & Accommodations

- Wellness Supports - Faculty of Medicine
- Frequently Used Services - Student Health, Wellness and Support
 - To complement/complete the Student Resources Index (includes things like Case Management for complex cases, etc.)
- Human Rights Office
- Office of the Ombudsperson
- uOWellness App

Connecting to Care Outside uOttawa

If uOttawa services are unavailable, there are external health services available such as walk-in clinics in your neighbourhood (click [here](#)) or assistance from pharmacists and other healthcare professionals.

Check out [this link](#) to find doctors, dentists, and more near you! Have a health-related question? To connect with a health care professional via Ontario Telehealth, call the toll free number: 1-866-797-0007

Need medication? Pharmacists in Ontario are now able to prescribe medications for select minor ailments! To find out more, [click here](#).



Getting Involved: SEPH and Beyond

There is no shortage of ways that you can get involved in your new community, from the SEPH all the way to the University of Ottawa level.

Here are a few opportunities that are open to you as a student:

**SEPH Graduate
Students Association
(SEPHGSA)**



Official graduate students association for the SEPH with funding from GSAED

Term: January-December, elections in Fall Term

Roles: x2 President, Vice President, VP Communications, x2 VP Academics (EAHR and MPH), VP Finance, x2 VP Events, x2 VP Wellness, VP EDI, 4x Program Representatives, GSAED Rep

Activities: SEPH Orientation events, SEPH-wide events (social and academic), Student Research Day, SEPH Gala

**University of Ottawa
Level**



- University of Ottawa Senate
- The Graduate Student's Association des étudiant(e)s diplômé(e)s (GSAÉD)
- Clubs, Associations and Groups

Mentorship Program

About the program:

- The mentorship program is a voluntary program where incoming students (peer mentees) are paired with upper-year students (peer mentors).

Program Goals:

- Help students feel supported and connected to peers, the SEPH program, and the University of Ottawa
- Foster the development of supportive and collaborative relationships within the SEPH community

How it works:

- Mentors may be matched with 1 or more students depending on availability
- Mentors and mentees are encouraged to meet at least 2-3 times per semester
- Communication methods can range depending on personal preference from email, texting, social media, and virtual or in-person meetings.

Sign up here :



Seasonal Activities

Autumn

Make your first fall semester in Ottawa one to remember!

- Just a short drive from downtown Ottawa, **Gatineau Park** offers miles of hiking and skiing trails, as well as beautiful lakes, waterfalls, and scenic lookouts. uOttawa also has some hiking clubs you can join!
- Take a trip to one of the many **museums** in Ottawa – Free admission on Thursday nights from 5pm to 8pm.
- **Panda Game** (Ottawa vs Carleton Football Game) is on October 1st.
- Check out **sports clubs and teams!** Registration opens in August.



Winter



Winter can be harsh in Ottawa, but if you're prepared and take advantage of the amazing outdoor activities it will fly by!

- Make sure you're ready to layer up with **winter gear**: a good winter jacket, mittens, scarf, warm waterproof boots, and a warm hat.
- **Check out Winterlude**, an annual winter festival featuring an international ice carving competition, food, exhibits, skating, and more!
- Try a **BeaverTail** – a fried pastry topped with sweet or savoury toppings. It's a Canadian delicacy!
- After a day of outdoor activities, warm up with a **cup of hot chocolate at one of Ottawa's many cafés and restaurants.**
- There is no shortage of outdoor skating rinks in Ottawa (and most are free)!
- Check out the famous **Rideau Canal** or the **Rink of Dreams at City Hall**. Or, try out something new like cross-country skiing or snowshoeing.

Spring & Summer

Ottawa is a fantastic place to be in the spring and summer, with an abundance of amazing outdoor activities available for you to enjoy!

- Look out for information about **festivals, farmers markets and night markets** that pop up from May-October. Check out the **Tulip Festival** in May - it's the largest and longest running event in Ottawa's History!



Places to Shop

New to Ottawa? Here are some essential stores you should know:

Grocery chains:

- Loblaws (\$\$)
- Independent Grocer (\$)
- Metro (\$\$)
- Farmboy (\$\$\$)
- Sobeys (\$\$)
- Walmart (\$)
- No Frills (\$)
- FreshCo (\$)
- Food Basics (\$)
- Instacart (online)

***Don't forget to ask about a student discount!**



International grocery stores:



- Kowloon Market – Asian
- T&T – Asian
- La Bottega Nicastros – Italian
- Thana Market – Sri Lankan/South Asian
- The Indian Supermarket – Indian
- Bombay spices – Indian
- Shiraz Food Market – Middle Eastern

Pharmacies:



- Shoppers Drug Mart
- Rexal Campus

Pharmacy

TIP: look for deals and ways to save using these apps:

- Flipp PC
- Optimum

Fun Places to Visit in Ottawa!

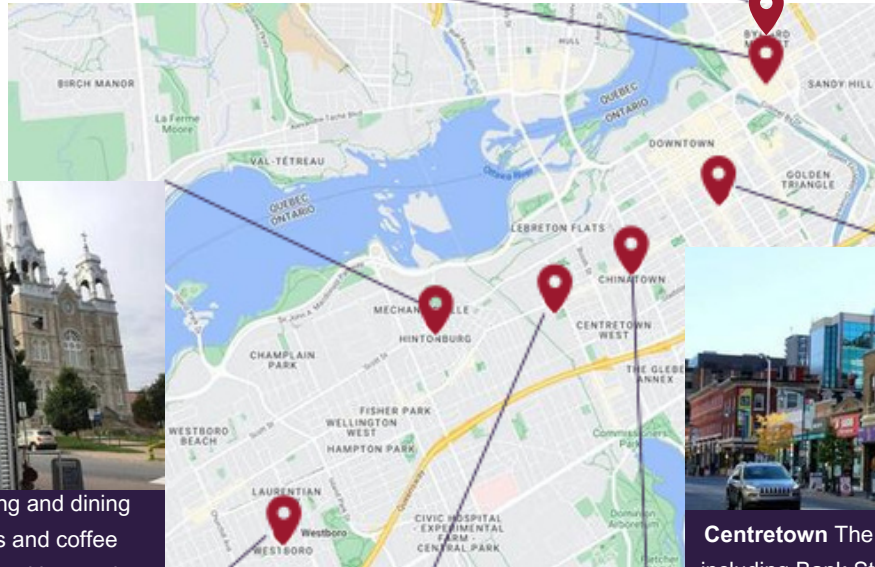


Rideau Centre Shopping destination with luxury brands and everyday essentials! Rideau Centre Stores & Dining



Byward Market A lively and diverse tourist attraction with lots of shopping, dining, arts, entertainment, and attractions all year round!

Byward Market Events



Hintonburg A shopping and dining centre with boutiques and coffee shops during the day, and brewpubs to enjoy at night!



Centretown The core of downtown Ottawa, including Bank St and Elgin St - both with an abundance of shopping, dining, and activities



Westboro Village A neighbourhood with a variety of boutique shops and dining options, and outdoor activities and events throughout the year!



Little Italy The cultural hub of Ottawa's Italian community, and a food destination to enjoy authentic Italian food. It also includes other unique culinary specialities such as Green, Indian, and Asian flavours!



China Town A vibrant and culturally rich community, showcasing traditions, cuisine and Chinese heritage through endless restaurant choices, shops, and festivities! China Town Restaurants & Shopping/Entertainment

Important Contacts

- **EAHR Program Director:** Dr. Beth Potter, PhD
(epidir@uOttawa.ca)
- **EAHR Senior Officer, Administrative Support:** Samantha Bennett (eahrseph@uottawa.ca)
- **MPH Program Director:** Dr. Tara Elton-Marshall, PhD
(mphdir@uOttawa.ca)
- **MPH Intermediate Specialist, Academic Administration:**
Annick Evrarie (mphseph@uottawa.ca)

- **General SEPH Inquiries:** seph@uottawa.ca
- **Faculty of Medicine Graduate Studies Office:**
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University of Ottawa