



Dundas St



Ryerson to the Core

# Commuter Program Guide

# Introduction

Ryerson to the Core, Ryerson's Commuter Program, is a really dope program dedicated to providing commuter students with a wicked sick experience connected to your identity as a commuter. RTTC does all these cool things while promoting inclusivity, and a sense of belonging amongst commuter students. So, basically, we want to help you make Ryerson your second home, cause Ryerson is really cool, and so are you.



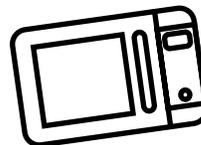
**TIP:** Don't ever lose this thing. (replacing it is a pain in the butt)

## Commuting Must-Knows

1. Post-Secondary TTC Metropass (\$116.75, valid only with \$5.25 TTC Student ID)
2. GO Transit (Full-Time students qualify for discounted GO Transit Presto Fares)
3. ZipCar (Sign-up rates are 20% off with valid Student ID)
4. Greyhound (Students receive 10% off with Student ID)
5. VIA Rail (Up to 20% off on economy fares, and up to 10% off on escape fares)

## Musa and Franci's Top 12 Hacks to Commuting

- 1 Peep the lit playlists available on Spotify, or keep it chill and laid back with Apple Music, both available (\$4.99/month for student memberships) to get you mad hype for Orientation Week and the weeks to come.
- 2 Imagine how dope it would be if you could be at Hogwarts or Narnia during your 2 hour commute to school. Kindle E-Readers and eBooks (available on iPhones) make this a reality. You can even download ebooks \*free\* from your local library.
- 3 If you're an old soul like (insert the name of a famous old soul, lmao), and prefer the physical copy of a novel, check out Ryerson's old school library and use your OneCard to borrow books.
- 4 Being an economics major, I have an excessive appreciation of numbers and words. So whenever I'm on the subway, I do the different Sudoku and Crossword puzzles available on the MetroNews newspaper.
- 5 You know those days when you're feeling kind of tired of your music, and wanna try something different that still gives you the emotions that music does? I use the free podcasts available to me via Apple's App Store, or Google Play. These podcasts can be used for when you're feeling a type of way, or when you need someone to scream motivational phrases to you before an exam. Hot tip: RU Student Life has a podcast, too, available on Soundcloud.
- 6 I like to think I'm a super productive student, and I also included on my resume that I have time management skills... so I try to make that statement true by using the Forest App. Whenever you want to focus, you plant a virtual tree, the tree grows while you're working, and it dies if you close the app. WHO IN THEIR RIGHT MIND WOULD KILL A TREE!? So basically, this app is holy.



**TIP:** There's a bunch of these around campus. First floor in POD, all over TRSM & by Tim Hortons in Kerr Hall.

- 7 I care so much about my Instagram. So much that I'm going to name my kid Pharaoh (my instagram username is PharaohMusa), JUST so that my kid's full name would be Pharaoh Musa Raveendran, hahahahaha. Anyway, I use the time I spend commuting to use VSCOCam, to edit my next FIRE picture. The app allows you to use different filters to make it look wicked sick, and you can edit the fundamentals of a picture, things like saturation, exposure, etc.
- 8 I tell myself that one day I'm going to be a world traveller.. and so I use my commute to learn a crapton of new languages just to prepare myself for my travels. I use an app called Duolingo, and the app takes you through different levels of languages. I OFFICIALLY KNOW HOW TO SAY I AM AMAZING IN SPANISH: yo soy ASOMBROSO FAM, hahaha it's lit (Travis Scott voice).
- 9 Download an episode of your favourite show from Netflix and stream it on the go! (or Buy yourself a 20 buck 1st gen iPod or Bunz it if your phone doesn't have room and can't hold a bunch of movies)
- 10 @ my makeup wearing folks, you can 100% do lipstick, concealer, mascara, highlighter on the bus/streetcar/subway in a rush. Unadvisable but things I have done - foundation, brows, eyeliner, nails. This thing - a makeup compact- is a life saver
- 11 Bring paper bags/napkins and some sort of tide-to-go stuff with you every day because changing is never an option unless you snag a locker, which saved my life. Deodorant, change of clothes, snacks, spare pens/pencils changed my life when I was an hour away from school.
- 12 When the subway starts coming, stand close to the yellow line (but not on it!) to ensure you're close to the doors before the rush of everybody who has been FOOLISHLY standing near the walls of the station. Why.... why would you begin at a disadvantage at rush hour?

## Food Hacks

### 1. Meal Prep.

> **Pick up 10 boxes of Tupperware from Walmart** (85¢ each) or however many you need based on your schedule

> **Bulk up on your groceries** (non-perishables from Costco, perishables from Food Basics, No Frills or whatever is close to you)

> **Make your food for the rest of the week** on the Sunday before

> **Freeze your food** and use one of many microwaves across campus to heat up your food!

### 2. Ryerson is a plastic water-bottle

**free campus**, so make sure you bring your own a re-usable water bottle to refuel(or grab a free one at a booth during Orientation Week).

### 3. Always have a back-up source of money

just in case something comes up and your friends want to grab dinner, or you have a coffee meeting with a professor!

### 4. Join Free Food Locator at Ryerson on

Facebook, aka the greatest group in the world. A group of over a thousand students who post ALL the free food available on campus. Usually extras from an event, or when free Hershey's Cookies and Cream bars are being handed out.

### 5. Get a Student Pricing Card (SPC) which

will provide you with 10-15% off different food items across downtown Toronto.



**TIP:** Get a good backpack to keep all your books in



**TIP:** Always have headphones

## Advice for Getting Involved

1. Don't pack all of your classes into one day. Just don't. It adds stress because you have to attend so many classes on the same day, and it becomes boring.
2. The commute can suck, but getting involved on campus has so many residual benefits such as work/volunteer experience, it provides you with the opportunity to make friends, and you get to have fun!
3. Use ConnectRU to see what kind of events are being offered that day, and attend the ones that work with your class schedule and your commute schedule (i.e. if you have a class from 9am-12pm, and you have work at 5pm, check ConnectRU to see if there is an event from 12pm-4pm that may catch your interest).
4. Use an organizer to allow you to keep track of everything (i.e. agendas, stickies, to-do lists, or apps like Momentum, Notes, Calendar). Keeping track of everything will allow you to be on top of all your work, but it will also tell you when you have available time to get involved.

## Ryerson to the Core (RTTC)

RTTC is programming dedicated to providing commuter students with experiences connected to your identity as a commuter. RTTC is designed to promote inclusivity and a sense of belonging amongst commuter students while offering strategies to enhance wellness, learning, community, personal development and professional development while also giving you the opportunity to share your story as a commuter student.