



UBCO Workshops

Local Information for Participants

Location

- **Accommodations:** Check-in at Nechako Residence at 1255 International Mews
Additional information: <https://stayatubco.ca/accommodations/about-your-stay/>
- **Workshop:** Lectures will take place on the second floor of the **ART** Building. Please see the event schedule for the exact room numbers. <https://maps.ok.ubc.ca/>

Virtual Participation

Zoom links will be made available to virtual participants via email before the meeting. If you are interested in joining online, please email the workshop organizers.

Washrooms

Accessible washrooms information:

<https://equity.ok.ubc.ca/programs/accessiblewashrooms/>

Transportation

From the airport (YLW), it is a 5-minute cab or Uber to campus. Direct your driver to 1255 International Mews or to UBC Lot F for easy access to your accommodations. It is also a 40-minute walk, if your luggage permits.

- **Transit:**
 - Schedules and maps: <https://www.bctransit.com/kelowna/schedules-and-maps/>
 - Transit app: <https://transitapp.com/en/region/kelowna/bc-transit-kelowna>
 - The 97 bus runs between UBC and downtown Kelowna (weekdays: 6:30am–1:30am)
 - Fares can be paid with exact change in cash or with the Umo App
<https://www.bctransit.com/umo/>
- **Ride Share/Taxi:**
 - Uber is available (Lyft is not)
 - Taxi services: Kelowna Cabs (250-762-2222), Current Taxi (250-864-8294) — apps also available
- Parking is included with your accommodation if you register your license plate at check-in.
- **Biking:**



- Lime e-bikes and e-scooters are available on campus and in Kelowna:
<https://www.li.me/en-ca/locations/kelowna>,
www.kelowna.ca/roads-transportation/active-transportation/shared-bikes-and-e-scooters
- **Safety note:** The Rail Trail is a popular biking path, but a section near downtown has a large unhoused population facing drug and mental health challenges. Please take appropriate precautions if you choose to ride there.

Breastfeeding / Pumping Spots

Information on baby-friendly spots:

<https://equity.ok.ubc.ca/programs/okanagan-baby-friendly-initiative/>

Medical Information

- For life-threatening emergencies, dial **911**, or visit the Emergency Room at KGH (Kelowna General Hospital), 2268 Pandosy Street.
- Urgent care centers: Patient Information
Closest location: Rutland UPCC, 150 Highway 33 W, phone: 250-491-1100.
- For health advice or non-emergency info, call **811**: <https://www.healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services>

Campus Security

- Phone: 250-807-8111
- Website: <https://operations.ok.ubc.ca/security-and-emergencies/>

Food

During summer, there are limited options available on campus. You can find the vendors and hours on the food services website including a few places off-campus nearby.

<https://food.ok.ubc.ca/feed-me/>

- Breakfast, coffee breaks, lunch, are provided every day, and dinner will be provided according to your workshop schedule.
- Options for grocery and food delivery are available through: DoorDash, UberEats, Skip

Excursions

Please see your workshop schedule for any coordinated excursions. Some suggestions for popular local activities in your free time are below.

- *Hike*: you can find many options nearby, including some accessible by transit near downtown on Know Mountain
<https://www.tourismkelowna.com/experiences/active-outdoors/hiking/>



- *Wine Tasting:* There are many companies that run pre-arranged wine tours to some of the more than 200 wineries in the region.
<https://www.tourismkelowna.com/experiences/wineries/tours/>
- *Craft breweries:* If wine is not your style, you can check out one of the breweries or distilleries in town. Many also serve as excellent dinner options:
<https://www.tourismkelowna.com/experiences/food-drink/craft-beverages/>
- *Food:* Kelowna was recently named Canada's first UNESCO City of Gastronomy
<https://www.tourismkelowna.com/explore/city-of-gastronomy/>
- *Beaches and parks:* Depending on the weather, you might enjoy some time in or near the lake. You can swim, paddleboard, kayak, or just enjoy the beach:
<https://www.kelowna.ca/parks-recreation/parks-beaches/beaches-parks-map>
- *Golf:* There are several options that are a short distance from campus: <https://www.tourismkelowna.com/experiences/golf/>
- *Indigenous culture:* Check out some of the local indigenous art and history <https://www.tourismkelowna.com/explore/indigenous-heritage/>

Inclusive Spaces

If you are looking for local businesses owned by or supporting historically marginalized communities, check out the following resources:

- 2SLGBTQIA+: <https://www.kelownapride.com/local>
- BIPOC: <https://www.okanaganlifestyle.ca/pages/bipoc-owned-businesses>
- Women: <https://kwib.org/membership/membership-directory/#!directory>
<https://we-bc.ca/weroadtripbc-fills-thrills-in-kelowna/> (a bit out of date)
- Accessibility: <https://www.tourismkelowna.com/plan/accessibility/>
<https://sciguidelines.ubc.ca/sport-and-exercise-facilities/activities-and-facilities-in-k>