Welcome to the Neighbourhood!

A Guide for AST Residents



Welcome to the Atlantic School of Theology community. We're delighted to have you join us!

AST is a small ecumenical theological school – our students study theology in preparation for some form of Christian ministry (ordained ministry, chaplaincy, religious education, etc.).

Many members of our community are far from home – our residents not only attend universities all over the city; they come from all over the world.

We hope you'll make yourself at home here and get to know the other members of your community.

AST staff are happy to help you settle in and feel comfortable here. You may contact our Residence Manager with any questions or concerns to help you get settled in the community.

If there's something you need that we can provide within the terms of your tenancy here, we're always pleased to assist!

AST Dons are fellow students, who are available to answer quick questions and provide fast assistance. Outside the Resident Manager's office (Rm 124), you can find a list of all your necessary contacts, including your Dons. This sheet is also found in other areas of the residence.

On Campus & the Immediate Neighbourhood

Your Personal Space

You may wish to receive postal mail at AST. Here's what you need to know! Your **postal address** is **your room number, 660 Francklyn Street, Halifax, N.S., B3H 3B5.** When you receive mail, you'll be assigned a mailbox on the first floor and given a key. Mail is processed on weekdays when the school is open (it is not processed on any holidays, nor is it processed after business hours). If you're expecting a package, check first in Nosh & Goods on the first floor to see if it's been placed there for you. If it isn't there, then it either hasn't arrived, or it's arrived after the mail was processed for the day.

Additionally, you should be aware that **we cannot sign for packages for students: if you expect something that requires acknowledgement of receipt,** you should plan to be here when it is delivered; otherwise, it will be delivered to a postal outlet, and Canada Post will advise where it can be collected.

You should note that when you leave the AST Residence, it is **your responsibility to contact Canada Post to arrange mail forwarding.** We do not provide this service, and you are best advised to arrange forwarding to begin in the week immediately before your departure. This is a paid service and may be arranged online.

AST offers typical university dorm-style living. Your room will have one (or two) closets, a bed, desk, chair, and desk lamp. We

don’t have air conditioning, but all our windows open, and it’s warm and snug here in the winter.

Residents provide their own bed and bath linens, as these are not provided by the school. You can purchase them inexpensively at department stores throughout the city. We encourage you to make your space your own; while you may not paint your room, you may hang posters or pictures (Blu-Tack, Command Strips, or other methods that don’t involve trying to put nails into walls made of concrete and plaster). If you wish to purchase small pieces of furniture for your room, you may but getting them into your room is entirely your responsibility, as we do not have the staff to assist with shifting furniture!

Residents are responsible for the trash bins in their rooms. Please do not dispose of your room’s trash by bringing it to either the bathroom or the kitchen. Rather, it must be brought to the bins outside the lower level of the south wing (in the parking lot opposite the library).

What’s that noise?! The Residence at AST is an old building. We have an old heating system! And when it comes on as the weather gets colder, you may be startled by the noise, which can sound like someone banging with a hammer. That’s the sound of air being forced through pipes from the basement to the top of the building, crisscrossing each floor. It’s why you’ll be warm in winter! And the sound exists everywhere in the building – the good news is that you won’t hear it all the time, only during the hours that the heating system is actively forcing heat during its cycle. There’s no way to turn it off, though.

While you certainly may have guests, **they may not stay past 11pm**. Additionally, the single-use public washroom space for

your guests is in the basement near the dining room. **Guests cannot use washrooms intended for residents.**

Laundry Facilities

There are heavy-duty washers and dryers located near the basement kitchen. In both the washer and dryer rooms, there are two machines that take 'tap' (either with your card or via the app; clear instructions are provided on how to set up the app) for $3 each and one machine that takes loonies ($1 coins) for $2 each. We don't supply laundry soap.

A Corner Store at Home?

Next to the mailboxes on the first floor, you'll see Room 130, where we offer boutique-style corner store supplies for residents. **Nosh & Goods** is designed to supply things that you need quickly when you're just not in the mood to go to the grocery store. Want something that Nosh & Goods doesn't offer? There is a slotted box near the pay station where you can put in your suggestions for items to stock! Payment of anything you purchase at Nosh & Goods is by card (credit or debit), so you won't need cash. To enter Nosh & Goods, simply enter code **1540** on the keypad on the door.

Nosh & Goods is also the spot where you'll collect any packages waiting for you – when you receive a text, just head to Nosh & Goods, enter the door code, and grab your package (and perhaps

a treat)!

Shared Bathrooms

All shared bathrooms are identical: they contain a row of stalls with toilets, a row of sinks, and 2 gym-style showers (with curtains). There are men's and women's bathrooms on each floor, clearly marked, and a gender-neutral washroom on the 1st floor in the west wing. All bathrooms were renovated in 2024, and while facilities staff manage trash disposal, mopping, etc., they do not wipe out showers daily, nor do they rinse hair from the sinks daily – that's the responsibility of the folks using the facilities! Please remove any hair from showers or sinks every time you use the facilities.

Common Room & Basement Leisure Area

Our large Common Room overlooks the Northwest Arm. Our Basement Leisure Area is connected to the basement dining area, which also overlooks the Northwest Arm. Both the Common Room and the Basement Leisure Area are furnished with very comfortable couches and large flat-screen smart TVs for resident use. The TVs have been set up with a streaming service, so there's plenty of choice when you have some free time! (While it's easy enough to fall asleep watching tv, neither space is an extra bedroom, for residents nor for guests.)

There are tables in the Common Room where students often work. If you'd like to host an event in either space, please contact your Residence Manager to discuss and schedule something! We love things that make our community stronger, so if you want to offer a yoga class to residents, or host a movie night, we want to

help you do that!

Community Kitchens

We're proud of the role our shared kitchens play in the development of our diverse community. Students from many schools often prepare meals together and sit to eat together, but **you are responsible for cleaning up after yourself, every time**, so that those who come in behind you don't have to clean up before they can begin cooking!

You'll find dishes, pots, pans, and cutlery here; there are refrigerators, freezers, microwave ovens, kettles, and toasters as well. **You are responsible for keeping these assets clean and in good condition.** If you see that something has broken, please advise us vis the *Buildium App*! Facilities staff empty the large kitchen bins (trash, recycling, and organics), but the trash in the bin in your room **must be brought to the large outside bins and not left in the kitchens**.

Twice each year (at the end of the Spring semester and again before the Fall semester), facilities staff clean out fridges and remove old food items; several times each year an outside company deep cleans our kitchens; twice every week facilities

staff and Dons sweep and mop the kitchen; otherwise, keeping our kitchens clean is the responsibility of those who use them.

Each time you use the kitchen, be mindful that you share this space and that everyone prefers to work in a clean kitchen.

Cameras & Video Recording in Residence

The **only** cameras permitted in Residence are those installed by AST in certain common areas of the school. The presence of recording equipment in Residence was not permitted when faculty and staff still worked in this building, but in 2003, the policy was updated to permit the limited use of cameras in common areas. The people with authority to view/review anything captured by these cameras is strictly limited.

Students who live in Residence **may not place cameras or other recording devices in any common areas of the Residence Building.** If any recording is required as part of a school project, it would be permitted only under these conditions:

Permission must **first** be sought by email to the Residence Manager. The person requesting permission must provide a detailed explanation of the need to use the equipment in the Residence Building. Permission will not be unreasonably withheld.

If permission is granted, the **only possible locations for recording** will be the Common Room, either of the 2 laundry rooms, or Nosh & Goods, the boutique shop on the first floor.

If permission is granted, there must be sufficient notice in the request that all residents be advised, as they may wish to change their routines accordingly so as not to be in view of

cameras. Please request permission at least a week in advance.

If permission is granted, the student will be required to place a poster at the door of the room in which the camera is placed, on which their contact information is also provided.

Paying the Rent

You may speak with our Business Officer. The most effective way to reach her, however, is by email: businessoffice@astheology.ns.ca. It's important to pay your rent on the first day of each month, not just because that's when it's due but **also** because unpaid rent may affect your continued accommodation in Residence.

Our Facilities Staff

The Residence at AST has dedicated Facilities staff, who you will often see throughout the Residence. Their job is to keep the Residence clean, to make repairs as required, and to ensure that rooms are ready for students who are arriving at Residence. They also manage departure inspections. Once you're here, if you have an issue with the physical space – something has broken in your room, for instance, please submit a request via the *Buildium App*. When you're ready to move out of Residence, you'll also contact them directly to arrange your departure inspection (this is required for any or all of your security deposit to be returned to you).

The Resident Center by Buildium

The 'Resident Center by Buildium' (aka the Buildium App), as we have already covered, is the central way in which maintenance requests are made in Residence. Whether it be cleaning, repair, or any other concern or issue that involves our Facilities Staff. The app can be found in your chosen app store as 'Resident Center.' You will receive an email to help you register your account.

Connecting to the Outside World!

When you first arrive in Residence, use your own mobile device to search for the Residence network, 'AST-GUEST'. You'll be asked to input the password, which is 'AST2026!'. Should you need IT support, you can contact the SMU Helpdesk at 902-496-8111. They will first ask if you are a SMU student, so you'll have to explain to them that you're in Residence at Atlantic School of Theology, and that our IT support comes through SMU. If you don't receive the assistance, you need from SMU Helpdesk, please contact ithelpdesk@astheology.ns.ca,

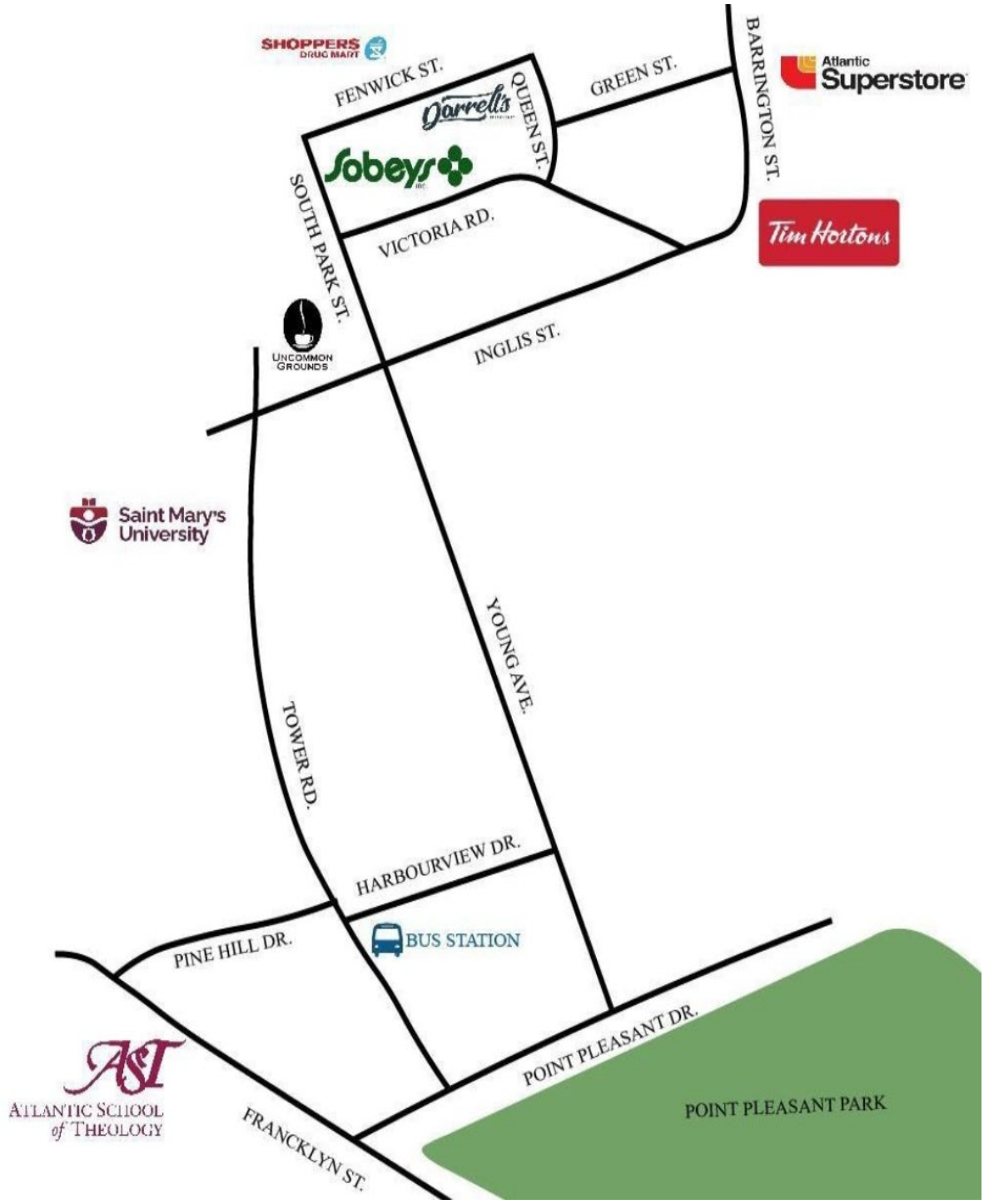
and a dedicated IT technician will contact you as soon as possible.

Walking Around

Living at AST means that you're an 8-minute walk from beautiful **Point Pleasant Park**, 190 acres of groomed trails in a beautiful, wooded area. You can walk or jog here and even make friends with the dogs of the park, who are there with their owners for exercise most days! From July through mid-September, 'Shakespeare by the Sea' performs plays in Point Pleasant Park, generally at the batteries (former military installations), which are unforgettable. You'll get superb views of the Northwest Arm and the mouth of Halifax Harbour, as the park has plenty of water frontage. On November 11th, Remembrance Day, services of remembrance are also held here.

As you go north from campus, towards Spring Garden Road area, you'll discover the **Halifax Public Gardens**, a beautiful Victorian garden and oasis of quiet in the middle of the city. Take your lunch with you and relax on a bench, get a coffee or an ice cream at the coffee shop in the middle of the Gardens. Like Point Pleasant Park, there is no admission here.

Halifax has many museums and art galleries, including both national and provincial exhibition centres. We are a short drive away from beaches that are beautiful in any season (you're never more than 26 km (about 16.16 mi) away from a beach and open ocean here!) And from many internationally known tourist attractions, such as Citadel Hill, George's Island, Peggy's Cove, Lunenburg, etc.


SHOPPERS DRUG MART
FENWICK ST.
Darrell's
QUEEN ST.
GREEN ST.
BARRINGTON ST.
Atlantic Superstore
Sobeys
SOUTH PARK ST.
VICTORIA RD.
Tim Hortons
UNCOMMON GROUNDS
INGLIS ST.
Saint Mary's University
YOUNG AVE.
TOWER RD.
HARBOURVIEW DR.
BUS STATION
PINE HILL DR.
POINT PLEASANT DR.
POINT PLEASANT PARK
AST
ATLANTIC SCHOOL of THEOLOGY
FRANCKLYN ST.

I have some questions!

Excellent! Questions ensure that we can give more complete information to newer residents! You should start with one of the Residence Dons, but you are always welcome to contact the Residence Manager. If they don't already have the answer, they'll find it! You can reach them via Residence@astheology.ns.ca.

After hours, holidays, and weekends, Residence Dons are there for assistance. Please note the Dons' contact information in your phone – if you forget your access card and find yourself locked out after hours, the Duty Don is your first point of contact! (the Dons' names will be posted in common areas on your floor) If a Don isn't able to assist you, you or them are always able to contact the Residence Manager.

Off Campus

Public Transit

Need a bus? The #29 bus brings you to the end of Tower Road and then continues downtown via Inglis and Barrington Streets. To catch the bus from AST, walk up Pine Hill to the bus stop you'll see at the intersection of Tower Road and Harbourview Drive, or at the entrance of Point Pleasant Park at Point Pleasant and Tower Road. The #29 bus brings you to the end of Tower Road and then continues downtown via Inglis and Barrington Street. You can connect to many other bus routes from the #29. Use your mobile phone map app, go to https://www.halifax.ca/transportation/halifax-transit/routes-schedules, or call (902) 480-8000 for specific route information.

If you are a full-time university or community college student, Halifax Transit's UPass Program is great! As part of the enrollment fee paid to Halifax educational institutions, service on any of Halifax Transit's regular bus routes and ferry service is included. Just contact your specific school's student association for info as to how you can use this benefit.

Taxis

Local

Casino	(902) 429-6666
Yellow	(902) 420-0000

Airport

You can expect to pay anywhere from $60 to $80 for one-way transport to the airport. The huge variation has to do with the type of transport, and whether you share the ride with someone else. Uber is always a possibility, of course; and below are a series of websites chosen based on their star rating on Google – we don't officially endorse them and encourage you to investigate them all before picking one!

On Time Taxi - (902) 877-4378	**JAMALimo - (902) 580-1966**
Air Rider Taxi & Limo - (902) 488-7773	**Travel Time Taxi & Limo - (902) 580-1111**
Aerotime - (902) 225-8882	**Airlink Cab - (902) 222-4444**

Halifax Transit also goes to and from the airport, at either 30-minute or 60-minute intervals throughout the day, Monday through Friday, depending upon time of service. They operate **coming from the airport** from 5:45 a.m. until 12:15 a.m. You may **go to the airport** starting from 4:40 am until 11:20 p.m. The schedule is slightly different on weekends.

If you choose public transit to go to or from the airport, here's what you need to know. The fare is $4.75, and you must have an exact change, as drivers do not make change. If you have only a $5 bill and cannot find anywhere to get change, then your fare is going to cost $5! You should also be aware that the bus leaves from and arrives at Albermarle Street, near Scotia Square. If you're arriving, you may walk to Duke Street, just down the hill, to catch a bus coming to AST. If that's your plan, be sure to ask the airport bus driver for a transfer so that you can take the next bus. **City transit buses to and from AST do not operate as early or as late in the day as the airport bus.**

This could mean that you'll use a local taxi to get to or from Albermarle to connect with Route 320 to/from the airport.

Hospitals & Clinics

There are several hospitals and walk-in clinics (other than clinics that may be available on your school's campus) within a short distance of the AST campus. You may search Medimap for the location of a walk-in clinic close to the campus: https://medimap.ca/Location/Halifax. Specific hospital locations are:

Halifax Infirmary, 1799 Robie Street, (902) 473-2700
IWK Children's Hospital, 5980 University Avenue, (902) 470-8888

If you need medical attention, bring proof of student status and medical insurance. Nova Scotia students should bring their MSI card.

Emergency services are reached by dialing 911 from any telephone.

Pharmacies/Drugstores

Other than grocery stores, the closest pharmacy to AST is:

Shopper's Drugs, at 5595 Fenwick Street

You will also find Shopper's on Spring Garden Road, as well as Lawton's Drugs. Shopper's Drugs offers Optimum frequent flyer points and bargains; Lawton's offers Air Miles frequent flyer points and bargains.

Department Stores

For quick, inexpensive shopping for household items (cleaning supplies, dishes, bath linens, some food items), try the Dollar Store at Park Lane (at the intersection of South Park Street and Spring Garden Road).

For larger items and greater selection, hop on a bus to Halifax Shopping Centre on Mumford Road and check out Walmart, which is are in what's called the Halifax Shopping Centre Extension – on the opposite side of the road, there's a multi-level shopping mall.

Coffee & Tea

If you're a coffee (or tea) drinker, you'll feel right at home in Halifax because we have excellent hot beverage shops, and some are just a few minutes from your front door! With no endorsement intended or implied, here are your nearest coffee/tea options:

Uncommon Grounds
1030 South Park St

Tim Hortons
Saint Mary's Campus, Dalhousie Campus, or Barrington St

Glitter Bean Cafe Co-op
5896 Spring Garden Rd

World Tea House
1592 Argyle St

Groceries

Sobey's, at 1120 Queen Street. Just head up Pine Hill, left on Tower Road, right on Inglis Street, left on South Park Street, right on Victoria Road, and left again on Queen Street. (It's about a 15-minute walk.) Alternatively, you can take the #29 bus to Fenwick and South Park Street, and then a five-minute walk from the stop.

Superstore, at 1075 Barrington Street, is a little further than Sobey's – head up Pine Hill, left on Tower Road, right on Inglis, and walk down to the bottom of Inglis, where it intersects with Barrington (about a 20-minute walk). Alternatively, you can take the #29 bus almost directly to Superstore, stopping just shy of the parking lot.

Both grocery stores have a fully licensed pharmacy and offer frequent buyer programs. If you participate in Sobey's Scene Points program or Superstore's

Optimum program, you'll earn points that can help you save money on groceries; additionally, if you present your valid student ID on Tuesday, you will receive a 10% discount at Sobey's and 10% back in additional points at Superstore! Participation in these programs is free. Both grocery stores also offer a decent selection of international foods, including Halal and Kosher products.

Shopping Centres

On the **Halifax** side of the harbour, you can visit

- Park Lane Mall, 5657 Spring Garden Road
- Halifax Shopping Centre, 7001 Mumford Road
- Scotia Square Mall, 5201 Duke Street
- Bayer's Lake Park

Or you might like to take the ferry and go to **Dartmouth**, where you can visit

- Mic Mac Mall, 21 Mic Mac Boulevard
- Dartmouth Crossing
- IKEA (in the Dartmouth Crossing shopping park)

Book Stores

Bookmark

5686 Spring Garden Rd (across from Park Lane)

Agricola Street Used Bookstore
2684 Agricola St

Art Supplies

DeSerres

1546 Barrington St (near Spring Garden Road)

Michael's

Bayer's Lake and Dartmouth Crossing

Places of Worship

Christian

You will find much more representation of Christian tradition in Halifax than any other. Christian churches include Roman Catholic, Anglican, United, Baptist, Presbyterian, and other Protestant traditions. Rather than create a listing of dozens of pages, we urge you to search your tradition of choice online to find the one that's most convenient for you!

Jewish

Chabad House, located at 1171 Waterloo Street, (https://www.chabadmaritimes.com/);

Beth Israel (Orthodox), located at 1480 Oxford Street, (https://www.thebethisrael.com);

Shaar Shalom (Conservative), located at 1981 Oxford Street, (https://www.theshaar.ca).

Muslim

Centre for Islamic Development, located at 2728 Robie Street (https://www.cidonline.ca/);

Masjid Al-Barakah Islamic Centre, located at 12 Hillcrest Street (http://unitedmuslimsofhalifax.ca/);

Ummah Masjid and Community Centre, located at 2150 St. Mathias Street (https://www.ummahmasjid.ca/).

Buddhist

Halifax Shambhala Centre, located at 1084 Tower Road (https://halifax.shambhala.org/);

Atlantic Chan Buddhist Association, located at 2145 Windsor Street (902-425-2228);

Karma Changchub Ling, located at 871 Young Avenue (https://www.kccl.ca/);

Atlantic Buddhist Meditation Center, located at 817 Herring Cove Road (https://atlanticbuddhist.com/).

Sikh

Maritime Sikh Society, located at 10 Parkhill Road (http://www.maritimesikhsociety.com/)

Hindu

Vedanta Ashram Society, located at 6241 Cork Street (http://hindutemple-halifax.org/)

Libraries

Did you know that because AST is part of the NovaNet library system, you may return books belonging to your school's library here at the AST library? It's true! And if you find a book on NovaNet that you'd like to use, you may request that it be delivered to the AST library, even when that book is at a university that's not actually in Halifax! The library is generally open on weekdays during business hours; if extended hours are offered for the summer, they will be posted on bulletin boards and the library's own front door.

Besides university libraries, check out Halifax Central Library, at 5440 Spring Garden Road (at the intersection with Queen Street). In addition to the usual library offerings, there are often cultural and musical events held in Paul O'Regan Hall at the library, many of which are free of charge.

Entertainment

Cineplex, a multi-screen complex, is located at Park Lane Shopping Centre, 5657 Spring Garden Road. There are other Cineplex cinemas in Halifax, but Park Lane will be the closest for you.

Did you know that Halifax has a professional orchestra? **Symphony Nova Scotia** performs at the Rebecca Cohn Auditorium, located on campus at Dalhousie University. Definitely check out their website, because they offer terrific deals on ticket subscriptions for students.

Darrell's Restaurant
(www.darrellsrestaurants.com)
5576 Fenwick St

A very nice burger place with a patio. Also offers pitas, poutine, milkshakes & other comfort food.

Halifax also offers several options for people who enjoy live theatre. Check out:

Neptune Theatre
(www.neptunetheatre.com)
1593 Argyle Street

Pond Playhouse
(www.tagtheatre.com)
6 Parkhill Road

Eastern Front Theatre
(www.easternfronttheatre.com)
1580 Barrington Street

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