

Welcome to the Neighbourhood!

A Guide for AST Residents



Welcome to the community of the Atlantic School of Theology. 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, Bobbi Zahra, at (902) 223-2974, with any questions or concerns. If there's something you need that we can provide within the terms of your tenancy here, we're always pleased to assist.

There are also 2 Resident Dons, fellow students, who are available to answer quick questions and provide fast assistance. You'll find their contact information under the heading, "I have some questions!"

How Covid Has Changed Us

Our obligations to each other

Effective 13 October 2021, AST adopted a policy requiring that all residents, students, faculty, and staff **must be fully vaccinated and must be prepared to provide proof of vaccination upon request.**

As noted on our website, residents are required to follow the usual protocols, including staying at home if feeling unwell or exhibiting symptoms of illness, including Covid 19. In the event of an exposure, you are **required to seek testing immediately, to notify the Residence Manager immediately, to isolate immediately, and to notify the Residence Manager as soon as results of Covid testing are available. Failure to follow all public health protocols and to notify the Residence Manager of test results as soon as they are available will be grounds for immediate expulsion from Residence, as we work together to keep our community safe.**

Exposure?

During any period in which we have been notified that any resident has been exposed to Covid 19 and is awaiting test results, **immediate increased restrictions in Residence will apply.** They include:

Masking at all times when you are not in your own room.

Restricting kitchen use in the food preparation area to one person at a time.

The Common Room will be closed in the event of an exposure or positive test.

Restricting laundry room use to one person at a time.

Maintaining a 2-metre (6 feet) distance from everybody at all times.

No gathering in hallways or at doorways.

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, NS, B3H 3B5**. When you receive mail, you'll be assigned a mailbox on the first floor and given a key. If a package arrives, you'll receive a text advising you and letting you know that you can collect it at the mail room (135) between noon and 4:45 p.m. daily, after which the room is locked. 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.

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-tac, Command Strips, or other methods that don't involve trying to put nails into walls made of concrete and covered with plaster – this never ends well for the walls!). If you wish to purchase small pieces of furniture for your room, you may, but you getting them into your room is entirely **your** responsibility, as we do not have the staff to assist with shifting furniture!

Residents **should also be sure to have personal hand sanitiser with them.** AST doesn't provide this, and you'll want to have it when you're moving through shared spaces, such as the Common Room, laundry rooms, and washrooms.

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 should 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, criss-crossing 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.

At present, our guest policy remains as it has been since the start of the global pandemic: you may not receive guests in the Residence, which is closed to anybody who doesn't actually live in the building.

Laundry Facilities

There are heavy-duty washers and dryers located in the south wing of the building, at basement level (below the first floor). All machines are \$1.00 each to operate, and it's a good idea to get a roll of \$1 coins (we call them loonies!) (\$25) so you're ready to wash! We don't supply laundry soap, but it is available at grocery stores, pharmacies/drugstores, or department stores (or in an emergency, in the vending machine in the laundry room!). The laundry room is open 7 days a week, 24 hours a day. There are lockers near the laundry room in which some residents leave laundry supplies – if you wish to use a locker, please purchase a lock for it to secure your belongings!

Community Kitchens

We're proud of the role our shared kitchens play in 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 so that we can take care of it! AST Maintenance Staff empty the large kitchen bins (trash, recycling, and organics), but the trash in the bin in your room is **must be brought to the large outside bins and not left in the kitchens.**

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, not doors). Each bathroom also has a cubicle with tub & shower and a door that locks for more privacy. Please be sure that you don't walk into the wrong bathroom – there are men's and women's bathrooms on each floor, clearly marked!

Common Room

Our large Common Room overlooks the Northwest Arm. This is the only room on campus wired for cable, and it's furnished with a number of very comfortable couches and a large flat-screen TV for resident use. (While it's easy enough to fall asleep watching tv, but the Common Room is not an extra bedroom, for residents or for guests.) There are tables here where students often work, and if you'd like to host an event here, 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, we want to help you do that!

Paying the Rent

You may speak with our Business Officer, who you'll find in the President's Lodge, just down the hill from the Library. 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 will result in the loss of WiFi, which won't be reinstated until the rent account is brought up-to-date.

Connecting to the Outside World!

Your access to AST WiFi is directly related to your Residence account. When that account has been created, you'll receive an email message advising you how to connect to our WiFi, which is dependent upon your institutional email account and password. Remember that if your rental account is in arrears, you'll lose WiFi access, and it won't be reinstated until the rental account is current again.

We're also active on social media – check out our Facebook group at https://www.facebook.com/groups/739723643145655/?epa=SEARCH_BOX, or search **AST Residents - Halifax, NS**. We'll use this group to let you know important information quickly, to update status in the event of a power outage, to run contests for residents, etc. And **you** should use it, too, to communicate with your neighbours! Have something to sell? Need to buy something? You might find your perfect match by posting it here.

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 you might make friends with the dogs of Point Pleasant, who are there with their owners for their own 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 to this beautiful place.

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 away from a beach and open ocean here!) and from a number of internationally known tourist attractions, such as Peggy's Cove, Lunenburg, etc.

I have some questions!

Excellent! Your questions ensure that we can give more complete information to newer residents! Please contact your Residence Manager, Bobbi Zahra. If she doesn't already have the answer, she'll find it! You can reach Bobbi at (902) 223-2974, or at bzahra@astheology.ns.ca

You can also reach our Residence Co-Dons for quick assistance if the Residence Manager is unavailable. 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 Duty Don assignment alternates weekly, and you'll find it posted by the mailboxes and the kitchens.) This year, the Duty Dons are

Margaret Harvey (506) 650-4667

Rafal Gladych (902) 237-5995

Off Campus

Public Transit

Need a bus? If you're going downtown, to NSCAD, the train station, or anywhere along Barrington Street, walk up Pine Hill to the bus stop you'll see at the intersection of Tower Road and Harbourview Drive. The #29 bus brings you to the end of Tower Road, and then continues downtown via Inglis and Barrington Streets. Going to Dalhousie? Walk to Inglis Street and hop on a #14 bus that to go right to Dalhousie Campus.

If you are a full-time university or community college student, Halifax Transit's UPass Program is pretty sweet. 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 carry your valid Student ID card with you to show the bus driver! If you want to find out just when a bus will be leaving a given stop, call (902) 480-8000.

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. Below are a series of websites chosen based on their star rating on Yelp – we don't officially endorse them and encourage you to investigate them all before picking one!

https://www.besttaxi.ca/	http://halifaxairportcab.com/
http://www.eastshuttle.com/	https://halifaxairportcab.ca/
http://ladydriveher.com/	

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 at 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 \$4.25, and you must have 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 you ask the 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 below:

Halifax Infirmary, 1799 Robie Street, (902) 473-2700

IWK Women's & Children's Hospital, 5980 University Avenue, (902) 470-8888

If you need to seek 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/drugstore to AST is Shopper's Drugs, at 5595 Fenwick Street (near Sobey's on Queen). 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 Wal-Mart, which is located 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 much excellent coffee, and some of it is 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 Street

Halifax Public Gardens

(Hot & cold coffee and tea; sweets, light lunches – sandwiches, etc.)

Tim Hortons

Saint Mary's Campus and Dalhousie Campus

(Hot & cold coffee and tea; breakfast, sweets, light lunches, etc.)

Barrington Street (near SuperStore)

Coburg Coffee

6085 Coburg Road

(Hot & cold coffee and tea; sweets, light lunches – sandwiches, etc.)

David's Tea

5486 Spring Garden Road

(So much tea!!)

Pavia

Central Library, Spring Garden Road at Queen Street

World Tea House

1592 Argyle Street

Groceries

Sobey's, at 1120 Queen Street, is an easy walk – 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.)

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).

Both grocery stores have a fully-licensed pharmacy and offer frequent buyer programs. If you participate in Sobey's Air Miles 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% in addition to points that get you to free groceries! Participation in these programs is free. Both grocery stores also offer a decent selection of international foods, including Halal and Kosher products.

Finally, check out the Flashfood app (for Android or iPhone) – it's a nifty little app that tells you about food discounts of up to 50% on foods that are nearing their best before date. Read about the app here:

www.flashfood.com Best of all? It's entirely free to the user!

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

Book Mark

5686 Spring Garden Road (across from Park Lane)

Chapters

Bayer's Lake or Mic Mac Mall

Art Supplies

DeSerres

1546 Barrington Street (near Spring Garden Road)

Michael's

Bayer's Lake and Dartmouth Crossing

Places of Worship

Jewish

There are 3 synagogues in Halifax. Chabad House is at 1171 Waterloo Street (near Dalhousie Campus), <https://www.chabadmaritimes.com/>; Beth Israel (Orthodox), is at 1480 Oxford Street (near Dalhousie Campus), www.thebethisrael.com; and Shaar Shalom (Conservative) is at 1981 Oxford Street (near Quinpool Road), www.theshaar.ca.

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!

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/>)

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!

Besides university libraries, check out Halifax Central Library, at 5440 Spring Garden Road (at the intersection with Queen Street). Besides the usual library offerings, there's an excellent café, and 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. They show films 7 days a week. 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!

(www.symphonynovascotia.ca)

Economy Shoe Shop (<http://www.economyshoeshop.ca/>)

1663 Argyle Street

Not, in fact, a shoe shop! It's a decent restaurant with excellent live music!

Halifax also offers a number of 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

