

# REGINA

## Saskatchewan

Discover Regina

Canada 



CÉCS  
CONSEIL  
ÉCONOMIQUE  
ET COOPÉRATIF  
DE LA  
SASKATCHEWAN

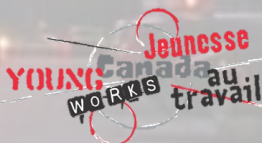


PHOTO CREDIT : VANESSA FORTIN

# WELCOME

Located between Calgary and Winnipeg, Regina is a sunny city with a continental climate. The weather varies between 25°C and 30°C in the summer to -20°C in the winter. Regina is the capital city of Saskatchewan with a population of 205 000, making it the 2nd largest city in the province. People in Saskatchewan are generally very courteous and welcoming. Making small talk with strangers is considered very normal.

Did you know that there are roughly 3000 French-speaking people in Regina?

The city receives roughly 2256 hours of sunlight out of a possible 4383.



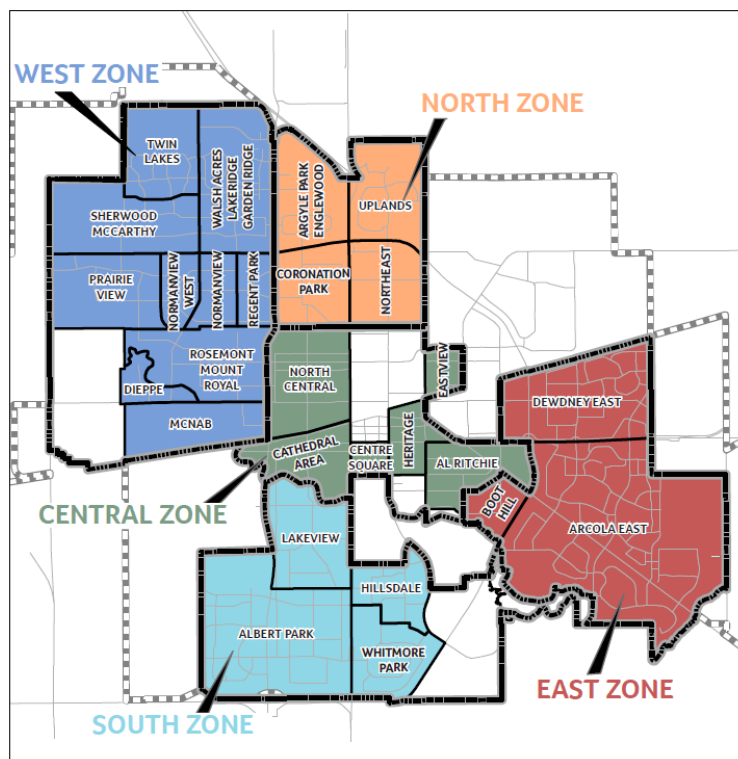
# LIVING ACCOMMODATIONS

Regina is made up of 5 zones, each separated in neighbourhoods, some of which are safer than others. Do not hesitate to contact your employer for help. They're familiar with their city, the prices, transportation and often have connections or contacts that have rooms for rent.

Living with roommates or a host family during your stay can contribute to avoid isolation and help you get familiar with your second language.

Past participants of the program have suggested that the distance between work and home can have a serious impact on the overall experience of the program. Be sure to know your work location before finding living accommodations in order to avoid having to travel excessively each day. Neighbourhoods in the south end of the city such as Cathedral and Lakeview are good areas to live, as well as near the University of Regina.





SOURCE: REGINA.CA

Finding living accommodations can take between 1-2 weeks depending on preferred location and budget. We recommend that you start your research as soon as possible following your acceptance. Most living accommodations or rooms are found in private houses, which is very common in Saskatchewan.

The cost of living is very high in western Canada especially for rent and food. Rent ranges between \$450 and \$700. In Saskatchewan, renters usually have to pay a security deposit which will be either returned to the renter upon departure or will substitute the last month of rent. The deposit is to cover any damage that could occur and represents about 1 month's rent.

For more information on housing and renting laws in Saskatchewan, click [HERE](#).

To help you with research...

[Kijiji](#) | [Craigslist](#) | [Easyroomate](#) | [Rentboard](#) | [URSU Housing Registry](#)

\*\*Note: [PADMAPPER](#) is a website that permits you to view different neighbourhoods and search for accommodation.



# TRANSPORTATION

Having your own vehicle is useful to be able to explore the region and activities outside of the city. Regina is easy to navigate and parking is easily accessible. Getting around on foot or by bicycle can also work well. Despite the small amount of bike paths, drivers are quite cautious and courteous. The airport is near downtown and is quickly accessible by taxi. The city buses pass every 30 minutes usually. Monthly passes are approximately \$92 or you can pay \$3.25 per ride.

Click [HERE](#) for city bus schedules and fees.

The [GREYHOUND](#) bus system permits you to travel to other provinces.

For rideshares, which are a very affordable alternative way of travel, within or out of province, students may contact the ACFR (Association canadienne-française de Regina). Simply [EMAIL](#) them information and details and they can post an announcement in their newsletter as well as on their Facebook page to help find people willing to offer rides.

Here are some websites that can help you find rideshares.

[SHARE YOUR RIDE](#)

[KIJIJI RIDESHARE](#)

[CARPOOL WORLD](#)

[AMIGOEXPRESS](#)



# LAWS IN SASKATCHEWAN

The legal drinking age in Saskatchewan is 19. Please note that alcohol can only be bought in liquor stores and off sales.

**SASKATCHEWAN HEALTH LAWS**  
**SASKATCHEWAN LAWS ON JOBS, WORKING AND TRAINING**

## HEALTH INSURANCE

For Quebecois students, please note that your Quebec health card will not cover fees in other provinces. If you have to see a doctor, you will be charged, in which case there is always a possibility of being reimbursed by your health insurance later on. However, we recommend that you get complementary coverage to cover your expenses during your stay.

For students from other provinces, your health cards will cover your health expenses in Saskatchewan.



# LEISURE ACTIVITIES

The city of Regina has many events and activities organised all year round. For information on all events, please visit: [EXPLORE REGINA](#) or [TOURISM REGINA](#).

## NEED IDEAS?

### **REGINA LASER QUEST**

Gather your friends for a game of laser tag!

### **BOOMERS AIR PARK**

Indoor trampoline park!

### **GOLDEN MILE BOWLING LANES**

Feel like bowling?

## THEATERS

### **CINEPLEX**

For new releases.

### **GALAXY**

For new releases.

### **RAINBOW CINEMA**

Well known and popular movies at affordable prices.

### **GLOBE THEATRE**

If you love live theatre productions on a unique stage, this is for you!

### **REGINA PUBLIC LIBRARY FILM THEATER**

For fans of contemporary, independent, alternative and Canadian movies.

### **IMAX**

Watch movies on the city's largest screen!

# FESTIVALS AND EVENTS

## MAY

**REGINA FARMER'S MARKET (May- October)** Find fresh and local products at this outdoor market downtown. Every Wednesday at noon and Saturdays until 1pm.

## JUNE

**MOSAIC FESTIVAL** An annual festival that celebrates the many cultures of Regina's inhabitants.

**BAZAART** The biggest outdoor arts and crafts show in the province showcasing handmade creations by local and Canadian artists.

## JULY

**CRAVEN COUNTRY JAMBOREE** You won't want to miss this if you're a country music fan. This festival has performances by today's greatest country artists.

**GATEWAY FESTIVAL** A folk music festival in the beautiful community of Bengough, SK. Experience the small community while enjoying great music!

## AUGUST

**QUEEN CITY EX** The Queen City Ex is one of Regina's most anticipated events. It includes rides, concerts and performances, carnival food and expositions.

**REGINA FOLK FESTIVAL** A huge festival of folk and indie music held annually in Victoria park.



# MUSEUMS, ART GALLERIES AND MORE

## **REGINA PUBLIC LIBRARY**

Take out free books and DVDs!

## **ART GALLERY OF REGINA**

Contemporary art expositions.

## **ASSINIBOIA GALLERY**

Contemporary and traditional Canadian art expositions.

## **MACKENZIE ART GALLERY**

Over 4000 historical and contemporary Canadian pieces. One of the best European paper collections from the 19<sup>th</sup> and 20<sup>th</sup> centuries in western Canada as well as photography, folk art and pieces by First Nations artists.

## **REGINA CIVIC MUSEUM**

Discover Regina's history!

## **SASKATCHEWAN SCIENCE CENTRE**

Have fun with over 180 interactive, scientific expositions for all ages! \$

## **SASKATCHEWAN SPORTS HALL OF FAME**

The history of sports and athletes in Saskatchewan. \$

## **SASKATCHEWAN LEGISLATIVE BUILDING**

Free tours in French and English!

## **ROYAL SASKATCHEWAN MUSEUM**

Expositions on different themes such as science and First Nations history.

## **RCMP HERITAGE CENTRE**

Bilingual expositions on the history of the RCMP as well as modern works of the force. \$

*For a complete list of museums in Saskatchewan, click [HERE](#).*



# PARKS

## WASCANA PARK

One of the largest urban parks in North America right Downtown along the river! Wascana park is a paradise for migrating birds, artists and athletes. You'll find BBQs, picnic tables, as well as a public swimming pool. Kayaks and canoes are also available for rent.

## SASKATCHEWAN PROVINCIAL PARKS

Discover Saskatchewan's beautiful provincial parks online!



# RESTAURANTS AND CAFÉS

*Regina has a variety of restaurants, cafes and bars that offer unique experiences you won't find anywhere else!*

## **THE SHYNOK**

Delicious and traditional Ukrainian cuisine.

## **FRESH AND SWEET**

For an unforgettable breakfast.

## **SIAM RESTAURANT**

Authentic Thai restaurant right downtown.

## **THE ARTFUL DODGER CAFÉ AND MUSIC EMPORIUM**

The perfect place to grab a bite to eat and discover new music.

## **BUSHWAKKERS**

One of the top 5 breweries in North America!

## **THE FRENCH PRESS CAFÉ**

A cool atmosphere with service in French on demand.

## **VICTORIA TAVERN**

Vic's has delicious bar food and over 20 beers in a historical building.

## **THE REBELLION**

Brewery with new selections on a regular basis.

## **LONDON JACKS**

Delicious fish and chips!

## **THE MILKY WAY**

THE PLACE for ice cream in Regina.

## **BREWED AWAKENING**

Locally owned and operated café with fair trade coffee that offers vegan and gluten-free options.

# SHOPPING

## MALLS

CORNWALL CENTER  
SOUTHLAND MALL  
NORTHGATE MALL  
VICTORIA SQUARE MALL

## BOUTIQUES

T & A VINYL AND FASHION  
NORWOOD  
UFORIA MUSE  
TATANKA BOUTIQUE

Take some time to stroll down 13th avenue and check out the boutiques and cafes!

## SHOPPING ON A BUDGET

VALUE VILLAGE  
SALVATION ARMY THRIFT STORE  
REGINA MCC THRIFT SHOP  
THE LOG HOUSE THRIFT STORE  
BLUE MANTLE THRIFT SHOP  
CASHOPOLIS

## GROCERY

For affordable groceries, shop at **EXTRA FOODS** and **SUPERSTORE**. There are also a variety of chain stores such as **SOBEYS**, **SAFEBWAY**, **CO-OP**, **COSTCO** and **REAL CANADIAN WHOLESALE CLUB**.

## VEGETARIAN OPTIONS

If you are vegetarian or prefer organic products, check out **DADS ORGANIC MARKET**, **BODY FUEL ORGANICS**, **NATURES BEST MARKET** and **OLD FASHIONED FOODS**. Here are some of the best cafés and restaurants with vegetarian menus:

THE GREENSPOT CAFÉ  
HUNTER GATHERER VEGETARIAN DINER  
13TH AVE FOOD AND COFFEE HOUSE



# SPORTS

**REGINA PATS** (Regina's western league hockey team)

**SASKATCHEWAN ROUGHRIDERS** (Saskatchewan's CFL's football team)  
Get on your rider pride and check out a game! Click **HERE** for game schedules.

If you want to get involved in sports leagues or other recreational activities, click **HERE** to register and see the programs offered in Regina, or check out the programs offered by the **YMCA**.

## FRANCOPHONE RESOURCES

### ASSOCIATION CANADIENNE-FRANÇAISE DE REGINA

There are many French organisations in Regina located in the *Carrefour horizons* building (1440 9<sup>th</sup> avenue North).





# TIPS FROM PAST YCW STUDENTS

‘Challenging myself to go outside of my comfort zone, that’s what I’m most proud of.’

‘The best advice I can give would be to get out and talk to people, be open to new experiences and opportunities. It’s the time to try new things, to see and visit new places! My experience made for one of the best summers filled with great memories and adventures!’

## FAVOURITES

- ◆ Walking down 13th avenue to shop in the boutiques and stopping for food at The Mercury.
- ◆ Going to bars like O’Hanlon’s and Gabbo’s downtown.
- ◆ Wascana Park
- ◆ Discovering new musicians at the Artful Dodger and the Artesian.



# HAVE FUN IN REGINA!

ROOKA RAMDIN

YCW COORDINATOR

[jct@cecs-sk.ca](mailto:jct@cecs-sk.ca)

TEL: 1 306 566 6002

TOLL FREE : 1 800 670- 0879  
EXTENSION 102

CHANTAL LAFORGE

YCW ASSISTANT COORDINATOR

[jct@cecs-sk.ca](mailto:jct@cecs-sk.ca)

TEL: 1 306 566 6002

TOLL FREE: 1 800 670-0879  
EXTENSION 108

Canada



CECS  
CONSEIL  
ÉCONOMIQUE  
ET COOPÉRATIF  
DE LA  
SASKATCHEWAN



PHOTO CREDIT : ÉMILIE DESSUREAULT- PAQUETTE

©All rights reserved Conseil économique et coopératif de la Saskatchewan (CECS)