

University of Ottawa Survival Guide

**Guide de survie
de l'Université d'Ottawa**

ONE UMMAH.ONE BODY.

U O M S A

PRESIDENT FOREWORD AVANT-PROPOS DU PRÉSIDENT

In the name of the Most Compassionate, Most Merciful,

As the President of the uOttawa Muslim Student Association, I extend to you a heartfelt welcome to the University of Ottawa—a place of knowledge, growth, and endless possibilities. Our Survival Guide, carefully crafted for this journey, is a lantern to illuminate your path, enriching your experience as a Muslim student in this vibrant community.

Within these pages, you will find not only practical information on halal food and prayer spaces, but also the spiritual guidance to fortify your connection with Allah during this pivotal phase.

In a world buzzing with activity, it's crucial to anchor ourselves in the values that define us. As you navigate the corridors of academia, let this guide remind you that your faith isn't just a thread in the tapestry of your life—it's the very core that empowers your every step. Just as you nurture your mind with knowledge, tend to your soul with the remembrance of Allah. Seek moments of solitude for prayer and reflection, for in those moments, you'll discover a tranquility that emboldens you in the face of challenges.

U O M S A

FOREWORD FROM STUDENT SUPPORT AVANT-PROPOS DU SOUTIEN AUX ÉTUDIANTS

Hello, My name is Sedra Alsadi. I am a third year biomedical sciences student from Syria, and I will be this year's student support officer with the MSA. My job is to look after student integration in the university, so anything regarding student success, academics, and university life especially for international students is my responsibility. Fun fact about me: I am involved in 3 different clubs on campus (yes it is difficult to manage 😊). Inshallah I can serve all of you in the best way possible.

U O M S A

Table of Contents

1. Welcome
2. Services Provided
3. Academic Info
4. Prayer Spaces
5. Halal Food Places
6. Places to visit in ottawa
7. Mental Health Guide
8. Stay Connected
9. Sponsors
10. Foreword from the president
11. Foreword from student support exec

Welcome

As-salamu Alaykum Wa Rahmatullahi Wa Barakatuh, May peace be upon you, with God's mercy and His blessing,

Welcome to the UOMSA! It is our pleasure to have you on campus, and we hope to do our best in serving you. This Survival Guide aims to provide you with the necessary tools and resources to make sure you are well informed on services around campus and what we, as the University of Ottawa Muslim Student Association's, can do for you. Here is a small introduction into what the UOMSA stands for:

The **UOMSA** is a student club to serve Muslims at the University of Ottawa. Towards this end, the UOMSA promotes unity among Muslims and genial relations with the wider community, conducts Islamic activities and social events, holds congregational prayers, and works to educate Muslims and non-Muslims alike about the religion in accordance with the Qur'an and the teachings of our beloved Prophet ﷺ, as understood by the erudite scholars of our scholastic tradition.

UOMSA

Bienvenue

L'Association des étudiants musulmans de l'Université d'Ottawa (AÉMUO) est une organisation religieuse à but non lucratif qui cherche à servir l'islam et les musulmans à l'Université d'Ottawa. À cette fin, l'AÉMUO promeut l'unité entre les musulmans et les relations générales avec la communauté au sens large, organise des activités islamiques et sociales, travaille à éduquer les musulmans et les non-musulmans sur la foi islamique en accord avec le Coran et la Sunnah (Les enseignements du prophète Mahomet, La paix soit sur lui).

UOMSA

SERVICES PROVIDED

- **Prayer spaces across campus**
 - *for more info*
- **Chaplaincy services**
 - *for more info*
- **Executive team office hours**
 - *for more info*
- **Lectures and workshops**
- **Community volunteering**
- **Housing/roommate pairing services**
 - *for more info*
- **Social events and trips**

UOMSA

SERVICES FOURNIS

- **Espaces de prière sur le campus**
 - détails
- **Services d'aumônerie**
 - détails
- **Heures de bureau**
 - détails
- **Conférences et ateliers**
- **Bénévolat communautaire**
- **Services d'appariement logement**
 - détails
- **Événements sociaux et sorties**
- **Bibliothèque de l'AÉM**
 - *bientôt*

ACADEMIC INFO

Every student attending an undergraduate or postgraduate program at the University of Ottawa will be registered with a certain faculty. Each faculty has a different central location and can help you deal with any academic issues . This includes help with courses, tuition fees, scholarship & bursaries, etc.

*Contact your registrar at the
email/number listed below:*



ACADÉMIQUE

Tous les étudiants qui suivent un programme de premier cycle ou de troisième cycle à l'Université d'Ottawa seront inscrits auprès d'une certaine faculté. Chaque faculté occupe un poste central différent et peut vous aider à résoudre des problèmes académiques tels que l'aide pour les cours, les frais de scolarité, les bourses d'études, etc.

*Contactez votre bureau d'enregistrement à
l'adresse électronique / numéro ci-dessous:*



Faculty of Civil Law

57 Louis-Pasteur Street Fauteux Hall

Ottawa, Ontario, Canada K1N 6N5
Undergraduate studies Room 201

Tel : 613-562-5162

1-877-967-5352

Fax : 613-562-5337

dcivileuOttawa.ca

Faculty of Common Law

Fauteux Hall

57 Louis Pasteur St Ottawa,
Ontario K1N 6N5 Room 237

clawgen@uOttawa.ca

Tel.: 613-562-5794

Fax:613-562-5124

U O M S A

Faculty of Education

Undergraduate Studies Lamoureux Hall (LMX)

145, Jean-Jacques-Lussier Private
room 143 Ottawa, Ontario
K1N 6N5 CANADA

educprog@uOttawa.ca

Tel.: 613-562-5804

Toll-free: 1-800-860-8577

Fax: 613-562-5963

Graduate Studies

Lamoureux Hall (LMX)

145, Jean-Jacques-Lussier Private,
room 143 Ottawa, Ontario
K1N 6N5 CANADA

Tel.: 613-562-5804

Toll-free: 1-800-860-8577

Fax: 613-562-5235



Faculty of Engineering

**Undergraduate Studies Office
STE 1020**

800 King Edward Ave. Ottawa ON
Canada K1N 6N5

Tel.: 613-562-5918

Fax.: 613-562-5187

bacinfo@engineering.uOttawa.ca

Graduate Studies Office

STE 1024

800 King Edward Ave.
Ottawa ON Canada K1N 6N5

Tel.: 613-562-5347

Fax.: 613-562-5129

engineering.grad@uOttawa.ca



Faculty of Health Sciences

Academic Office Montpetit Hall

125 University, room 232 Ottawa
ON K1N 6N5 Canada

Tel.: 613-562-5853

Toll free: 1-877-868-8292 ext. 5853

healthsce@uOttawa.ca

Faculty of Medicine

Roger Guindon Hall

451 Smyth Rd.
Ottawa, Ontario Canada K1H 8M5
Dean's Office

Tel.: 613-562-5800 ext. 8117

infomed@uottawa.ca

U O M S A

Faculty of Science

Office of Undergraduate Programs Gendron Hall

30 Marie Curie, room 172 Ottawa, ON,
Canada K1N 6N5

Tel.: 613-562-5727

Fax: 613-562-5274

infosci@uOttawa.ca

Office of Graduate Studies

Gendron Hall

30 Marie Curie, room 181 Ottawa, ON,
Canada K1N 6N5

Tel: 613-562-5800, ext. 3145

gradsci@uOttawa.ca



Faculty of Social Sciences

**120 University Private
Social Sciences Building
Ottawa, Ontario, Canada K1N 6N5**

Room 3010

Tel.: 613-562-5709

Fax: 613-562-5311

SocialSciences@uOttawa.ca

Faculty of Telfer

**School of Management Desmarais
Building Room DMS 1100**

Tel: 613-562-5805

Fax: 613-562-5167

info@telfer.uOttawa.ca



Faculty of Arts

Undergraduate Studies
Simard Hall, room 128

Tel.: 613-562-5134

Fax: 613-562-5973

arts@uOttawa.ca

Graduate Studies

Desmarais Building, 8th Floor
55 Laurier Ave. East

Tel.: 613-562-5439

Fax: 613-562-5340

artsgrad@uOttawa.ca

Other resources | Autre ressources:

- <https://www.ontario.ca/page/learn-about-osap>
- <https://www.uottawa.ca/university-fees/>
- <https://sass.uottawa.ca/en/personal/resources>
- <https://eip.uottawa.ca/en/student-services/accommodation>



ON CAMPUS PRAYER SPACES

University Centre Musallah (UCU 107)



Colonel By Musallah (CBY B506)



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OFF CAMPUS PRAYER SPACES

- **Ottawa Muslim Association**
 - 251 Northwestern Ave, Ottawa, ON K1Y 0M1
- **Islam Care Center**
 - 375 Somerset Street West
- **Masjid At-taqwa,**
 - Mann Ave, Ottawa, ON K1N 5A4
- **MAC Youth Center**
 - 1085 Grenon Ave, Ottawa, ON K2B 8N1
- **Jami Omar**
 - 3990 Old Richmond Rd, Nepean, ON K2H 8R5
- **SNMC Mosque**
 - 3020 Woodroffe Ave, Nepean, ON K2J 4G3
- **AMA Mosque of Mercy**
 - 1216 Hunt Club Road
- **Kanata Muslim Association**
 - 351 Sandhill Rd, Kanata, ON K2K 1X7
- **Outaouais Islamic Centre**
 - 4 Rue Lois, Gatineau, QC J8Y 3R1

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HALAL FOOD NOURRITURE HALAL

On Campus • Sur le campus

- **Chai Guys**
 - Address: 85 University Private, Ottawa, ON K1N 9A7
- **SITE Food Court (some halal options)**
 - Address: 800 King Edward Avenue, Ottawa, ON K1N 6N5
- **uOttawa Dining Hall (some halal options)**
 - Address: University Centre, 85 University Private, Ottawa, ON K1N 9A7
- **Paramount Middle Eastern Cuisine Learning Crossroads (CRX)**
 - Address: 100 Louis-Pasteur Private, Ottawa, ON K1N 6N5

UOMSA

Off Campus

- **Byward Market and Downtown Ottawa**

- Marché By et centre-ville d'Ottawa

- **3 Brothers Poutine & Shawarma**

- Address: 124 Osgoode St, Ottawa, ON K1N 6S1
- Website: 3brothersshawarma.ca
- Phone #: (613) 241-2220

- **Burger and Fries Forever (BFF)**

- Address: 329 Bank St, Ottawa, ON K2P 1X9
- Website: burgersnfriesforever.com
- Phone #: (613) 230-3456

- **Shawarma Palace**

- Address: 464 Rideau St, Ottawa, ON K1N 5Z3
- Website: shawarmapalace.ca

- **German Doner Kebab Doner**

- 272 Elgin St, Ottawa, ON K2P 1M2
- <https://www.germandonerkebab.com/gdk-canada-ottawa>

- **Lokma Dessert Shop**

- 1611 Bank St, Ottawa, ON K1V 7Y8
- <https://www.instagram.com/lokmapastry/?hl=en>

UOMSA

- **Ariana Kabab House**

- Address: 426 Rideau St, Ottawa, ON K1N 5Z1
- Website: restozone.ca
- Phone #: (613) 241-7666

- **Nando's**

- Address: 90 Elgin St, Ottawa, ON K1P 5E9
- Website: nandos.ca
- Phone #: (613) 230-7474

- **Ofrango**

- Address: 151 Laurier Ave E, Ottawa, ON K1N 6N8
- Website: <https://www.facebook.com/Ofrangottawa/>
- Phone #: (613) 413-1360

- **Kothu Rotti Restaurant**

- Address: 408 Dalhousie St, Ottawa,
- ON K1N 9J9
- Phone #: (613) 680-7812

- **Mary Browns**

- 3098 Carling Ave, Nepean, ON K2B 7K2
- <https://marybrowns.com/locations/>

- **Dal Moro's Fresh Pasta**

- 8 Byward Market Square, Ottawa, ON K1N 9B8
- <https://dalmoros.ca>

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- **Kara Mia Italian Inspired cuisine**

- 1910 St. Laurent Blvd Unit 7, Ottawa, ON K1G 1A4
- <https://www.karamia.ca>

- **Mazarine Restaurant**

- 282 Kent St, Ottawa, ON K2P 2A4
- <https://www.mazarinebrunch.com>

- **Mont Tacos**

- 3059 Carling Ave, Ottawa, ON K2B 7K4
- <https://mont-tacos.com/en/>

- **Moes BBQ**

- 2446 Bank St, Ottawa, ON K1V 1A4
- <https://moesbbq.ca>

- **Poulet rouge**

- In Rideau centre

- **Mojo's Halal chinese restaurant**

- 105 Shuttleworth Dr. Unit 3, Gloucester, ON K1T 0W7
- <https://www.instagram.com/mojoschinesefood/?hl=en>

- **Euro Mex Resto**

- 252 Bank St, Ottawa, ON K2P 1X4
- <https://euromexottawa.ca>

UOMSA

PLACES TO VISIT IN OTTAWA

- **Rideau Canal National Historic Site**
- **Major's Hill Park**
- **Sir John A. MacDonald Parkway**
- **Hog's Back Falls**
- **Arboretum (Experimental Farm)**
- **Rideau Falls**
- **National Capital Greenbelt**
- **Confederation Park**
- **Gatineau Park**

Museums in Ottawa:

- **Canadian Museum of Nature**
- **Canada Aviation and Space Museum**
- **Bank of Canada Museum**
- **Canada Science and Technology Museum**

UOMSA

MENTAL HEALTH

UOttawa Campus Services

There are many services available on campus that can be helpful to your mental health, community involvement, and academic success, and can be found through UOSU and the Student Academic Success Service (SASS).

UOSU

- [Peer Help Centre](#)
- [Food Bank](#)
- [Foot Patrol](#)
- [International House](#)
- [Racialized and Indigenous Students](#)
- [Experience Centre](#)
- [Centre for Students with Disabilities](#)
- [Students Rights Centre](#)
- More services at: seuo-uosu.com

SASS

- [Therapy-Assisted Online \(TAO\)](#)
- [Walk-in Clinic](#)
- [Wellness Resources](#)
- [Academic Accomodations](#)
- [Mentoring Centers](#)
- [Academic Writing Help](#)
- [Community Engagement Navigator](#)
- More services at: [SASS](#)

As per University policy, there is also the **Undergraduate Academic Reset** program available for anyone who may be experiencing academic difficulties seeking a second chance to succeed at their studies.

The University of Ottawa Muslim Student Association (UOMSA) also provides a **Mentorship Program** for anyone who may be struggling in the transition to university. Every mentee will have a mentor according to their needs. Please feel free to contact vpinternaleuomsa.ca for any questions about this.

for more information:
Mental Health Guide

UOMSA

OUR SPONSORS NOS SPONSORS



**HUMAN CONCERN
INTERNATIONAL**

Human Concern International

Human Concern International (HCI) is a Canadian federally registered charitable non-governmental organization (NGO) working in international development and emergency relief assistance since 1980.



Islamic Relief Canada International

Islamic Relief Canada is a faith-inspired humanitarian and development agency which is working to support and empower the world's most vulnerable people.

U O M S A

OUR SPONSORS NOS SPONSORS



Halal Meals

Your premier Halal meal prep service committed to bringing convenience, health, and culinary excellence to your table.

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STAY CONNECTED



Facebook



Instagram



Linkedin



YouTube



Email



Newsletter

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