NASAC · NORTH AMERICA STUDENT ADVISORY COUNCIL

Montréal

Student Guide

SETAC NORTH AMERICA 47TH ANNUAL MEETING

MONTRÉAL, CANADA - NOVEMBER 2-5, 2026

The **North America Student Advisory Council (NASAC)**, would like to welcome you to **Montréal, Canada**!

NASAC is an affinity group for the student members of **SETAC North America** (SNA). NASAC provides a voice for the students of SETAC North America, organizes student events at the SNA Annual Meeting, and provides opportunities to connect the future scientists of SETAC!

This guide was created to help improve the student experience by providing an overview on:

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6 Get involved with NASAC

Created by *Sofia Paciello* **with the** *NASAC Executive Board*

BY STUDENTS, FOR STUDENTS

Student *Events*

The NASAC line-up — made for you.

Already registered? Double-check these are in your registration before spots run out
Need to register? Log into SETAC → View My Events → View Booking → Get More Tickets

TUESDAY · NOVEMBER 3

09:15 – 10:15

Peer-to-Peer Resume Writing & Review

📍 Room 518ab · mini workshop

Bring your CV, leave with a better one — reviewed by your peers.

$10 pre-reg

12:30 – 13:30

NASAC General Meeting

📍 Room 518ab · board meeting

Who we are, what we do, and how you can get involved with the Student Advisory Council.

Free no reg needed

17:30 – 19:00

Student/Mentor Mix & Mingle

📍 524abc · networking event

A relaxed networking social with SETAC mentors — come with questions, leave with contacts. Appetizers included.

$10 pre-reg

WEDNESDAY · NOVEMBER 4

12:00 – 13:30

Student Lunchtime Seminar

📍 510bd · Jessica Head, McGill University

Eat, learn, connect — lunch talk with a leading researcher, informal Q&A encouraged.

$25 pre-reg

20:00 – 23:00

Student Trivia & Mixer

📍 3 Brasseurs · 105 rue Saint-Paul Est, Old Montréal

Trivia, poutine and new friends in the heart of Old Montréal..

$25 🍔 🍟 pre-reg

OPEN TO EVERYONE

More to *add-on*

Not student-only, still worth your time — a quick look at what else is on during the week.

17:30–18:00
MON · NOV 2

New Member Welcome
Free

first SETAC meeting? start here

📍 524abc · networking event

12:00 – 13:30
TUE · NOV 3

Women in SETAC Luncheon
$55

all ages, career ranks, races, genders, and abilities

📍 524abc · networking event

07:30 – 08:30
WED · NOV 4

Fun Run :)
Free

5K morning, run nalong the beautiful St Lawrence River

📍 St Lawrence River

17:30–19:30
WED · NOV 4

Early Career Social
$10

a peek at your next chapter

📍 519ab · networking event

19:30–22:00
WED · NOV 4

Night at the Museum
$25

evening social

📍 Pointe-à-Callière Museum of Archeology and History

12:00–13:00
THU · NOV 5

SETAC Community Cleanup
Free

give an hour back to Montréal

📍 Outside Palais des congrès de Montréal

Meeting *Tips*

Give a great presentation

📋 Be sure to **follow** the presentation **guidelines**.

📤 **Poster** or **virtual presenters** – upload by **10 November**!

🎯 Make it your goal for the audience to **take away one key message** from your presentation.

💬 If you don't know the answer to a question, **it's OK to say you don't know** but will look into it later.

👏 The **people** in the audience are **rooting for you**, not against you.

🎤 **Practice**, **practice**, **practice**! Need a **practice buddy?** Reach out in our WhatsApp group linked below on the Connect with Students page!

Make meaningful connections

👋 **Don't be afraid** to introduce yourself!

🗓️ **Plan ahead** which posters and presentations to attend; use the **meeting platform app** (Apple Store & Google Play)!

💬 **Talk to the people** next to you between presentations. You'll meet some cool people you wouldn't have otherwise!

🌆 **Take breaks! Take one session off to explore the city.**

🚀 Practice your **elevator pitch.**

🤝 **Follow up with new connections** after the conference.

Student Corner tip: feeling lost?
Come find a friendly face at the NASAC Student Corner.
We've all been first-timers.

Getting *there*

Inerative map of Montréal reccomendations & conference events

From YUL airport

Bus 747 ($11.25 CAD) runs 24/7 from YUL to downtown — the fare is a 24-hour pass valid on bus, métro and REM. On board it's cash only, exact change!

Ride share apps (Uber, Lyft) and taxis are available — Uber downtown is a ~50 CAD (depends on the demand).

Important addresses

Palais des congrès de Montréal (venue) — 1001 Place Jean-Paul-Riopelle, métro Place-d'Armes 🟠

3 Brasseurs (Student Trivia & Mixer) — 105 rue Saint-Paul Est, Old Montréal, ~10 min walk from the Palais

Registration desk — main entrance hall of the Palais (see meeting program)

💡 **Pro tip and fun experience:** Montréal gets cold in November - but did you know we have one of the largest underground pedestrian network in the world? Once arrived in the city, use the tunnels to move around downtown area. Just don't get lost down there! :)

Getting *around*

Downtown is compact and walkable — and the Palais des congrès sits directly above Place-d'Armes metro station 🟠, plugged into the Underground City (RESO).

🚇 Metro (STM) – Fast, safe and easy

4 color-coded lines: green 🟢, orange 🟠, yellow 🟡, blue 🔵.
Runs until ~12:30 a.m. and later on Saturdays.
Fares (Zone A): single ride $3.75 · 24 h pass $11–12 ·
3-day pass ~$22–24 — **best deal for the conference!**
Buy tickets or a rechargeable OPUS card at any station machine.

🚌 Bus – Same tickets as the metro

Free transfers within 2 hours. Night buses take over after the metro closes.
Useful lines:
55, running up Saint-Laurent from the Palais to Chinatown, the Plateau and Mile End.
80 follows Parc Avenue toward Place des Arts and Mile End
150 crosses downtown along René-Lévesque — handy for the Bell Centre.

🚗 Uber, Lyft & taxis

Uber and Lyft both operate in Montréal, plus plenty of taxis (flat rate between the airport and downtown). Handy late at night — but downtown traffic can be slow, the metro often wins!

💡 **Pro tip**: download the Transit app (proudly made in Montréal 🇨🇦) for real-time metro, bus and BIXI info in one place. Prices as of 2026 — double-check at stm.info and bixi.com.

Explore *Montréal*

🏙️ Must-sees (mostly free!)

Old Montréal & the Old Port — Cobblestone streets, **Notre-Dame Basilica** (catch the AURA light show inside, ~$35, student discount available), the giant **Ferris wheel**, and views of **Habitat 67** across the water. *5 min walk from the convention centre*

Mount Royal — The "mountain" the city is named after. Hike up to the Kondiaronk Belvedere for the classic **skyline view**. *Free, ~30–40 min walk up from downtown*

Plateau & Mile End — Montréal's coolest neighborhoods: colorful row houses with outdoor staircases, street art along Boulevard **Saint-Laurent**, **indie cafés**, **vintage shops**, **record stores**. *Metro*: Mont-Royal or Laurier 🟠

Jean-Talon Market — One of North America's largest open-air **markets** (but indoor in winter :( ). Perfect for local snacks and Québec cheese. *Metro*: Jean-Talon 🟠

🥯 Eat like a local

Poutine — fries + cheese curds + gravy.
Classic: **La Banquise** (open 24h, Plateau) or **Patati Patata**

Smoked meat — the legendary **Schwartz's Deli** on Saint-Laurent
(expect a line, worth it)

Bagels — Pick your side in the eternal rivalry:
St-Viateur vs **Fairmount** (Mile End, open late, ~$2 hot from the oven)

Chinatown — right next to the Palais des congrès:
cheap **dumplings**, **ramen** and bubble tea between sessions

Cafés — Montréal takes coffee seriously:
Café **Olimpico**, **Alphabet**, Cafè **Bravo** or any Mile End café

Survival *French* kit

The magic four

Bonjour - Hello, Works on everyone, always

Merci beaucoup - thank you very much. You'll say it 40 times a day.

S'il vous plaît — Thank you. Use generously

Pardon - Sorry / excuse me / oops. It also means "what did you just say?". You'll need both.

At the conference

Où est la salle 517 ? — "Where is room 517?" For when the program lies to you.

Enchanté ! — "Nice to meet you!" Your networking secret weapon.

Un café, s'il vous plaît — One coffee, please. You'll need several.

Bonne présentation ! — "Good luck with your talk!" Say it to someone nervous. Instant friend.

At the bar (priorities)

Une bière, s'il vous plaît — One beer, please. ⭐ The most useful sentence in this guide.

La facture svp — "The bill pls!" Nobody brings it unless you ask.

Est-ce qu'il y a un rabais étudiant ? — "Is there a student discount?" Worth asking. Everywhere. Always.

Santé ! — Cheers! 🍻

Talk like a Montrealer 🍁

Bonjour-Hi — The official greeting of this city. Answer in either language. Nobody's judging.

Une tuque (took) — A winter hat. In November: not optional.

Le dep — The corner store (dépanneur). Open late, sells beer. Your new best friend.

5 à 7 (sank-a-set) — Happy hour, 5 to 7 p.m. Yes, that's after the afternoon session. Coincidence?

C'est le fun ! — "It's fun!" They borrowed the word. They're not giving it back.

Kespasse [kesspäss] - is a butchering of the French words “Qu’est-ce qui se passe? = what’s going on? :)

💡 **The golden rule: start with Bonjour, then switch to English. It's not about being fluent — it's about trying. Montrealers love that (it’s called Frenglish!)** 😇

FIND YOUR PEOPLE

Connect with *Students*

Stop by the Student Corner

During Poster Socials | Exhibit Hall (see map)

Join NASAC's WhatsApp group for Communications!

Getting *involved*

Join NASAC

NASAC was created to provide **a voice for student** members of SETAC and to represent student interests within SETAC North America. We meet **monthly** to plan events for the Annual Meeting and to encourage student participation in the society.

All students are welcome — undergraduate, master's, or doctoral students interested in learning more about SETAC North America, as well as Regional Chapter Student Representatives.

How to join: come say hi at the NASAC General Meeting (Tuesday 12:30) or the Student Corner — or reach us on WhatsApp.

Join us at our next monthly meeting

The best way to stay up to date is to join the SETAC affinity group for NASAC in the SETAC website: https://www.setac.org/group/north-america-students.html