



# BACK TO OUR ROOTS

CONGRESS 2019  
WINNIPEG, MANITOBA

In just a few short days, you will be attending the 65th SUSK Congress in Winnipeg! The committee is excited to get the program underway and the city is looking forward to hosting an enthusiastic bunch. Here you'll find everything you need to know and what to expect. Any questions? Contact Hannah at 1.204.794.1354.

## Accommodations:

Alt Hotel  
310 Donald St.

## Main Congress Location:

Oseredok  
184 Alexander Ave.

## What we need from you...

Gather with your local USO pals and answer the following questions:

1. What was your most successful OR most innovative event your USO organized this year?
  - What made this event so successful OR set it apart from other events you have organized?
2. What was the biggest obstacle or frustration your USO experienced this year?
  - Were you able to overcome it? If so, how?

We hope to feature all clubs with delegates at this year's Congress! Please send your responses with a club photo to [h.picklyk@gmail.com](mailto:h.picklyk@gmail.com) by April 30<sup>th</sup>.

## What to wear...

Thursday evening: Casual

Friday daytime sessions: Business casual

Friday pub night: Rep your student club, university or college gear

Saturday daytime sessions: Business casual

Saturday ZABAVA: Ukrainian inspired anything & everything (vyshyvanky, blue & yellow, Adidas tracksuits etc.)

Sunday morning resolutions: Business casual

## What to bring...

1. Water bottle
2. Pen & notebook
3. Good mood & positive attitude



## How to get around Winnipeg...

**TappCar:** A ridesharing app like Uber, but not Uber, but basically Uber

**Cabs:** Unicity Taxi (204.925.3131), Duffy's Taxi (204.925.0101), Spring Taxi (204.774.8294)

**Winnipeg Transit:** Simply provide Google Maps with your whereabouts and where you wish to be. You will then be given transit bus number options. Bus fare is \$2.95. Winnipeg also has the handy-dandy Downtown Spirit, which has 3 bus routes **free of charge** to get you all around the downtown area.

Spirit routes 1 & 2: 11am-3:30pm on weekdays & 11am-5:30pm on weekends.

Spirit route 3: 7am-7pm on weekdays & 11am-7pm on weekends

**\*\*\* Route 3 can take you to and from Oseredok**

**Walking:** The Alt Hotel is approx. 15 minutes from Oseredok, 20 minutes from The Forks and under 20 minutes to many other downtown places to visit.

## How to make the best of your free time...

Here is a brief guide on neat-o stores, tasty restaurants and other odds & ends that Winnipeg has to offer, organized by location!

### The Exchange District

[exchangedistrict.org](http://exchangedistrict.org)

**Good Eats:** King + Bannatyne, Miss Brown's, Clementine, Bodegoes, Shawarma Khan, Cakeology, Smoke's Pouterie, Kevin's Bistro, La Carnita, Cordova Tapas & Wine, Alycia's, Parlour Coffee, Forth, Joe & Lily, Chosabi. Across the Board

**Shops:** Wildwoodrose Vintage, Generation Green, Lennard Taylor, Tiny Feast, The Haberdashery, Tara Davis Studio Boutique, Ordry Clothing, Boutique Anya

**Attractions:** Manitoba Museum, Planetarium

**Events:** First Fridays in the Exchange (May 3<sup>rd</sup>)

### The Forks

[theforks.com](http://theforks.com)

**Good Eats:** Fergie's Fish 'n Chips, Jenna Rae Cakes, KYU Grill, Fool & Horses Coffee, Red Ember Common, Nuburger, The Old Spaghetti Factory, Skinner's, Zorba's Greek+Italian, Bindy's Caribbean Delights

**Shops:** Coal and Canary Candle, Forks Trading Co., McNally Robinson Booksellers, White Pine Bicycle Co.

**Attractions:** Canadian Museum for Human Rights



## Osborne Village

[osbornevillage.com](http://osbornevillage.com)

**Good Eats:** Stella's, Carlos & Murphy's, Chocoberry, Little Sister Coffee Maker, Tea Story, Burrito Del Rio, Pinky's Bakeshop, Baked Expectations, Bangkok Thai Restaurant

**Shops:** Hush, Rooster, Silver Lotus, Into the Music, Out of the Blue, Shop Take Care, Vintage in the Village, Rings n Things

## St. Boniface

[tourismeriel.com](http://tourismeriel.com)

**Good Eats:** Le Garage Café, Café Postal, Mon Ami Louis, InFerno's Bistro, Jolly Friar Café, Le Resto Gare, Promenade Café and Wine

**Shops:** Chocolatier Constance Popp, La Boutique du livre, La Belle Baguette

**Attractions:** Esplanade Riel, St. Boniface Museum, St. Boniface Cathedral

## Thermea by Nordik Spa-Nature

A relaxation and healing centre based on techniques from Scandinavian countries. The spa features 4 outdoor baths, 4 saunas, exfoliation room, a variety of indoor/outdoor rest areas, restaurant & lounge. We recommend allowing a minimum of 4 hours to enjoy this experience, although most spend longer.

[thermea.ca](http://thermea.ca)

## Third + Bird Market

May 3, 4 + 5

A spring pop-up market, located in the basement of Hudson's Bay Downtown, featuring 150 local makers, good eats, tasty drinks and live DJ. We recommend purchasing tickets in advance.

[thirdandbirdevents.com/spring-market](http://thirdandbirdevents.com/spring-market)