

We acknowledge that the land on which we gather is the traditional territory of the Huron-Wendat and Petun First Nations, the Seneca, and most recently, the Mississaugas of the Credit First Nation. The territory was the subject of the Dish With One Spoon Wampum Belt Covenant, an agreement between the Haudenosaunee Confederacy and the Ojibwe and allied nations to share peacefully and care for the resources around the Great Lakes. Today, the meeting place of Toronto is still the home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to work in the community, on this territory.



PHOTO CREDIT // (above) Mwangi Gatheca on Unsplash

## ABOUT TORONTO

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Toronto is the provincial capital of Ontario and the most populous city in Canada, with a population of 2,956,024 as of 2018. Toronto is an international centre of business, finance, arts, and culture, and is recognized as one of the most multicultural and cosmopolitan cities in the world. This major city resides along Lake Ontario's northwestern shore. It is a dynamic metropolis with a core of soaring skyscrapers, all dwarfed by the iconic, free-standing CN Tower. Toronto also has many green spaces, from the orderly oval of Queen's Park to 400-acre High Park and its trails, sports facilities and zoo.

The diverse population of Toronto reflects its current and historical role as an important destination for immigrants to Canada. More than 50 percent of residents belong to a racialized community, and over 200 distinct ethnic origins are represented among its inhabitants. While the majority of Torontonians speak English as their primary language, over 160 languages are spoken in the city.

Sources — Wikipedia: <https://en.wikipedia.org/wiki/Toronto#Cityscape> and Toronto at a Glance: <https://www.toronto.ca/city-government/data-research-maps/toronto-at-a-glance/>



## ABOUT YWCA TORONTO

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YWCA Toronto is dedicated to improving the lives of women, girls and gender diverse people.

We help women and girls flee violence, secure housing, find jobs, establish their voices, enhance skills and develop confidence. We offer a range of housing options, employment and training programs, community support programs, girls' programs and family programs; we also engage in systemic advocacy.

<https://www.ywca-toronto.org/about-us>

## FROM THE AIRPORT

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Airport Transfers from Toronto Pearson International Airport (YYZ):

### AIRPORT TRANSPORTATION

Parking

<http://torontopearson.com/en/transportation-and-parking>

UP Express

<http://torontopearson.com/en/transportation-and-parking/up-express>

Taxi/Limo

<http://torontopearson.com/en/transportation-and-parking>

Ride Sharing

<https://www.torontopearson.com/en/transportation-and-parking/ride-sharing>

☐ Train to City (UP Express): Union Pearson Express runs from Pearson Airport to Union Station in downtown Toronto in just 25 minutes. Adult one-way fare from Pearson to Union is \$12.35. Children under 12 years of age ride free.

The first departure from Union is at 4:55a.m., and from Pearson is at 5:40a.m. on weekdays and 6:40a.m. on weekends. Trains depart every 30 minutes until 10:40p.m. departing from Pearson every night.

☐ Taxis and Limos: Toronto airport taxis and limos are a fast and easy way to travel across the city, to the suburbs or wherever you want to go.

☐ Ride Sharing: If you use the ride sharing apps Uber or Lyft, you can request a pick-up from Pearson Airport.

☐ Where you meet your ride share at Pearson will depend on the service you order.

Uber and Lyft

- Terminal 1 – Ground Level – Door Q or P
- Terminal 3 – Arrivals Level – Door D, outer curb

Uber Black and Lyft Lux

- Terminal 1 – Door A
- Terminal 3 – Door A



PHOTO CREDIT // Scott Webb on Unsplash

## THINGS TO DO IN TORONTO

Toronto comes alive more than ever each summer. Whether you are taking a stroll along the waterfront, enjoying a meal on a patio or attending one of the many festivals throughout the city, your senses will thank you!

We hope you take in all the sights, sounds and tastes that Toronto has to offer during your time in this great city.

### OUR RECOMMENDATIONS

Toronto is full of so many fun bookstores, museums, restaurants and parks we couldn't possibly list them all! Here are a few close to the AMM we think you should definitely check out while you are in town.

### FOOD

The following options are located between the conference hotel and YWCA Toronto's head office:

- ☐ The Host // 87 Elm Street — fantastic Indian restaurant located next door to YWCA Toronto.
- ☐ Fran's Restaurant and Bar // 20 College Street — fun upper deck, good spot for brunch or burgers.
- ☐ Salad King // 340 Yonge Street — fast and delicious Thai food.
- ☐ Paramount Middle Eastern Kitchen // 253 Yonge Street — the warm pitas and dips are to die for!
- ☐ Kaka // 655 Bay Street #5 — all you can eat sushi and a-la-carte options.
- ☐ Bangkok Garden // 18 Elm Street — elevated Thai food.
- ☐ Matagali // 69 Elm Street — Indian and Thai with friendly service.
- ☐ Adega Restaurante // 33 Elm Street — Portuguese and Spanish tapas and seafood.
- ☐ Jimmy's Coffee // 84 Gerrard Street West — local coffee chain.

If you're up for exploring, we also recommend that you check out some of these great areas only a few kilometres away for wonderful food options:

- ☐ Chinatown (Spadina Avenue near Dundas Street West)
- ☐ Kensington Market (west of Spadina, between College and Dundas)
- ☐ Baldwin Village (North of Dundas Street West, west of University Avenue)

### CITY GUIDE

<http://seetorontonow.com/explore-toronto/a-city-for-all-seasons/toronto-in-the-summer>



PHOTO CREDIT // (top to bottom)  
Jenn Kosar; Tyler Nix on Unsplash



## CULTURE

### ☐ First Story Toronto App

<http://ncct.on.ca/programs/first-story-toronto-app-bus-tour>

While you're walking around the city, download the First Story Toronto App, which is an interactive map "accessing original stories, photographs, archival documents, audio and video clips that illuminate the evolving Indigenous history of the Toronto area. This grassroots community application was developed at the Native Canadian Centre of Toronto in partnership with Centre for Community Mapping."

### ☐ Art Gallery of Ontario (AGO) // 317 Dundas Street West — <http://ago.ca>

### ☐ Royal Ontario Museum (ROM) // 100 Queens Park — <http://rom.on.ca>

### ☐ Gardiner Museum // 111 Queens Park — <http://gardinermuseum.on.ca>

Home to unique and exquisite ceramics.

### ☐ Bata Shoe Museum // 327 Bloor Street West — <http://batashoemuseum.ca>

Learn about the history of shoes from around the world.

### ☐ Glad Day Bookshop // 499 Church St — <http://gladdaybookshop.com>

The world's oldest LGBTQ bookstore features a coffee shop and bar.

### ☐ A Different Booklist // 779 Bathurst Street — <http://adifferentbooklist.com>

A non-profit bookstore, destination and space dedicated to the intellectual and cultural experience of people of African and Caribbean ancestry.

### ☐ St. Lawrence Market // 93 Front Street East — <http://stlawrencemarket.com>

Yummy food vendors and a vintage market on Sundays.

### ☐ CN Tower // 290 Bremner Boulevard — <http://cntower.ca>

### ☐ Ripley's Aquarium // 288 Bremner Boulevard —

<http://ripleyaquariums.com/canada>

### ☐ TIFF Bell Lightbox // 350 King Street West — <http://tiff.net>

From Hollywood flicks, to documentaries, to independent cinema, TIFF Lightbox has it all.

Out of the AMM's area, but worth checking out:

### ☐ Aga Khan Museum // 77 Wynford Drive, North York — <http://agakhanmuseum.org>

Definitely worth the trek. The museum is home to ancient and contemporary Islamic art from around the world.

### ☐ Museum of Contemporary Art (MOCA) // 158 Sterling Road #100 —

<https://moca.ca/>

☐ Distillery District // Mill Street, from Parliament Street to Cherry Street — <http://thedistillerydistrict.com> Cafes, restaurants and shops all in a Victorian industrial setting.

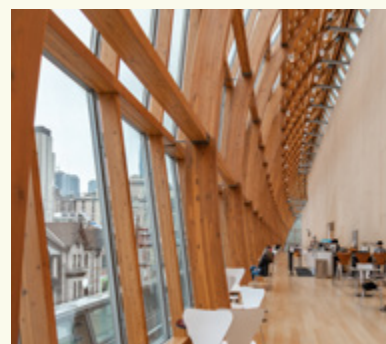


PHOTO CREDIT // (top to bottom) Patrick Baum (ROM); Donna Lay (AGO); Miltiadis-Fragkidis (Distillery District); Jeff Smithon (St. Lawrence Market) on Unsplash

## NATURE

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☐ Allan Gardens Conservatory // 160 Gerrard Street East  
<http://toronto.ca/explore-enjoy/parks-gardens-beaches/gardens-and-horticulture/conservatories/allan-gardens-conservatory>

Beautiful indoor greenhouse.

☐ Harbourfront Centre // 235 Queens Quay West — <http://harbourfrontcentre.com>  
Drop by the harbour for a stroll by the waterfront and visit the art gallery and cultural centre on site.

☐ High Park // 1873 Bloor Street West — <http://highparktoronto.com>  
Toronto's largest park is the perfect spot for a picnic, to go on a walk, and there's even a small zoo!

☐ Riverdale Farm // 201 Winchester Street — <http://riverdalefarmtoronto.ca>  
A working farm in the city with beautiful trails to explore.

☐ Evergreen Brick Works // 550 Bayview Avenue — <https://www.evergreen.ca/>  
Beautiful trails surround this environmentally sustainable hub. The Brickworks hosts various events throughout the year including farmers and vintage markets.



PHOTO CREDIT // (top to bottom)  
Kim Kay (Allan Gardens); Scott Webb  
(Harbourfront Centre) on Unsplash