A Survival Guide to the City
by Mammalian Diving Reflex
A Survival Guide to the City

A Survival Guide to the City is a neighbourhood intervention and integration project created in collaboration with youth from Sojourn House, home to young people who are seeking protection in Canada, many of whom have arrived in Toronto alone without family or social supports. Over the course of six months, Sojourn’s youth, Mammalian, the Young Mammals and friends toured GTA neighbourhoods together to get to know the lay of the land, the inhabitants, cuisine, and cultural institutions, documenting our experiences along the way.

Mammalian reached out to arts organizations, asking them to offer an experience to welcome the Sojourn youth to Toronto. So many responded generously, and we would like to thank: Aga Khan Museum, Art Gallery of Mississauga, Art Gallery of Ontario, Cedar Ridge Creative Centre, Jumblies Theatre, MABELLEarts, Making Room, North York Arts, SKETCH, Theatre Smith Gilmour, The Theatre Centre, The Power Plant and YYZ Artists’ Outlet. We’d also like to thank the Young Mammals and friends of Mammalian who joined us on this adventure.

Mammalian Diving Reflex views innovative artistic interventions as a way to trigger generosity and equity across the universe. Mammalian investigates the social sphere, always on the lookout for contradictions to whip into aesthetically scintillating experiences. Mammalian creates site and social-specific performances, theatre productions, participatory gallery installations, videos, art objects and theoretical texts that recognize the social responsibility of art, foster dialogue, and dismantle barriers between individuals of all ages, cultural, economic and social backgrounds. It is Mammalian’s mission to bring people together in new and unusual ways in Toronto, Canada, and around the world.

www.mammalian.ca
SURVIVAL GUIDE

TRIP #1

How to eat with chopsticks:
1. "Use them to just stab the food!"
2. Use training chopsticks!
3. Imagine holding the top chopstick like a pen!
4. If all else fails, ask for a fork...

How to order:
1) You get a sheet that looks like a grid.
2) Put down: number of orders of each food you want.
3) Ask: how many items are in each order.
   (Ex: 1 order of spring rolls comes with 2 spring rolls)
4) Ask: are the orders on one plate, or separate plates.
5) It'll still be confusing, but you can do it!

Don't like sushi? Other options:
1. Chicken dumplings (yum)
2. Beef short ribs
3. Edamame beans
4. Fun ice cream flavors (green tea, mango, red bean)

What is all-you-can-eat?
You pay a fixed price (we paid $70 each) for as much food as you want to eat, and you can keep eating for as long as you want. (But if you don't eat it all, you have to pay more, so careful!)
...and when you all-you-can-ate, take yourself to the movies for a nap!
SURVIVAL GUIDE

TRIP #2

WHAT IS SMUDGING?

Burning plants to purify a space and bring good energy.

In North American Indigenous cultures, smudging is part of a traditional ceremony for cleansing the soul of negative energy.

Tkadonto was Toronto's First Name. It is a word in Iroquois languages. It means a place where trees are in the water.

FOUR ELEMENTS IN A SMUDGE:

- FEET MADE FROM BURNING
- FIRE
- SMOKE
- WIND

Who Are The Original People of Toronto (Tkadonto):

- We are on the traditional lands of the Mississaugas of the New Credit First Nation, the Haudenosaunee, the Anishnaabe, and the Huron-Wendat.
- Toronto and its people are covered by the Dish with One Spoon Wampum Belt Covenant.
- It means we all eat out of the dish, all of us that share this land, with only one spoon. That means we have to share the responsibility of ensuring the dish is never empty, which includes taking care of the land and the creatures we share it with. Importantly, there are no knives at the table, representing that we keep the peace.

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Each culture has its own meanings and herbs. Scented smoke (or incense) is common in many places around the world. Does your culture use scented smoke?
History of Hip Hop

- First there was the Drum, and Hip Hop Beats grew out of those different Rhythms.
- Started in The Bronx, New York.
- DJ Kool Herc & Grandmaster Flash were the first Big DJs.
- Many Other DJs came after as Hip Hop became more and more popular.
- Some of our favourite Hip Hop Artists: Nas, Kayne West, Tupac, K'Naan.
- Manifesto is a group that organizes a Hip Hop Festival every summer (http://manifesto.com).
- There's Intersessions: Workshop for women by women to learn how to DJ.
- If you want to know more about Hip Hop, Watch the Get Down.

TTC Etiquette:

1. Don't block the doors!
2. Take off your backpack and hold it in front when the bus/train/streetcar is crowded.
3. Don't put your feet on the seat - it's not a footrest!
4. Always give your seat to an elderly or pregnant person.
5. Please don't clip your nails...
6. Don't forget to cover your mouth when sneezing & coughing.

TTC Way

- Respect One Another
- Value Each Other's Time
- Tell People What's Happening
- Stay Safe
- Mind Your Space
- Help Others Out
The Darién Gap is a break in the Pan-American Highway consisting of a large swath of undeveloped swampland and forest between Panama in Central America and Colombia in South America. The gap begins in Yaviza, Panama and ends in Turbo, Colombia, and is 108 km (66 miles) long. It is a 10,000-square-mile rectangle of swamp, mountains, and rainforest that spans both sides of the border between Colombia and Panama. Plenty of things here can kill you, from venomous snakes to outlaws who want your money and equipment. As traditional pathways to the U.S. become more difficult, Cubans, Somalis, Syrians, Bangladeshis, Nepalis, and many more have been heading to South American countries and traveling north, moving overland up the Central American isthmus. The worst part of this journey is through the Gap. The entire expanse, a roadless maze that travelers usually negotiate on foot and in boats, hundreds of migrants enter each year; many never emerge.
FOUR LANDS

LOST LAND

GOOD LAND

TRIP 4

BAD LAND

DREAM LAND

Drawings by Victor
Where do you need a transfer:
Whenever the bus or streetcar doesn’t enter a subway station
But you need to get off and switch directions/type of transport
If you have a Metropass or Presto Card
Those are used as transfers.

The Green Line (Line 2) goes East (to Scarborough)
or West (to Etobicoke)

How Metropasses Work - It's a card you buy each month
It lets you ride the whole month, unlimited, without needing to pay again.
There are: Adult, Senior, Student/Youth & post secondary passes
Senior, Student & Post-secondary passes are cheaper
If you get those you need ID from the TTC proving you're a student, etc
(but sometimes TTC staff don't ask for that extra piece of ID)

How Presto Works:
- Presto is kind of new in Toronto
- it took the TTC a long time to update things
- It's a card that you can fill up at the Presto machines
- And you can choose how much to put on there
- You can also have the card automatically reload
- When you get below a specific amount
- You can load an adult metropass on there
- (& soon hopefully a student or post-secondary student one)
If you add a metropass-you have unlimited travel that month
- You can buy the card at Shoppers or in some machines
- It costs $20 the First Time
($6 for the card, and then the rest is money you can start using right away)
- As soon as you get it: Register it! - that means if it gets lost, you get all your money moved to your new Presto card.
- You can use your Presto card not just in Toronto but all over Ontario:
In Mississauga, on the GO Bus & Even in Ottawa!

TRANSPORTATION

- Ontario has 3 driving steps to get a full license for a car
  - G1 (written, theory test) - if you pass you can drive with a more experienced friend
  - G2 (road test) - if you pass you can drive by yourself with certain rules
  - G - Once you get your G, by passing a final driving test you're a fully licensed driver
- *There are different license types for: motorcycles, buses, trucks, etc

The Blue Line (Line 3) is also called: SRT
& covers stops in Scarborough

Canada has a "reciprocal agreement"

then you bring in the right documents and they

If your country doesn't:
- You have to bring in official, written proof of your driving experience (a letter from the original licensing agency (such as the ministry of transportation in your country), or from the Embassy, Consulate for your country)
- If you have 12-24 months of driving exp: you can take the G1 test right away
- If you have 24+ months of driving exp: you can take the G1 or G2 test right away - if you pass the G2 test you get a G license and are all set!
SURVIVAL GUIDE
TRIP #5

THE NIGHTINGALE
AND OTHER SHORT FABLES
BY IGOR STRAVINSKY

New opera dazzles with puppets and water-filled orchestra pit

The Canadian Press
Published Sunday, October 16, 2009 12:10 PM EDT

TORONTO - Quebec director Robert Lepage celebrated the world premiere of his new opera over the weekend, an awe-inspiring production that features shadow puppets performing to the music of Igor Stravinsky, and intricate characters sailing miniature boats across an orchestra pit filled with 67,000 litres of water.

Many who took in the Canadian Opera Company's world premiere of "The Nightingale and Other Short Fables" at the Four Seasons Centre on Saturday, afternoon went visibly dazzled.

"I was enchanted by it, absolutely," 72-year-old Burlington, Ont., resident Janet Brown said of the production, which was sung in Russian with English subtitles.
There are many places to get food in Toronto! In 2016, it was estimated that there are 16649 restaurants in this city... more places than you could visit in a lifetime.

But which are the best cheap spots, you ask?

Ethnic food by: Toronto neighbourhoods:
- Eglington West - Caribbean food
- Roncesvalles - Polish food
- Chinatown - Chinese and Vietnamese food
- Kensington Market - Latin American and many others

KABUL EXPRESS: 126 Dundas St. East

LASA by Lamesa: 634 St. Clair Ave. West (Filipino)

RASTA PASTA: 61 Kensington (Caribbean)

SOUTH: 671 Queen West at Euston (Syrian Manipur)

OTO'S BERLIN DONER: 256 Augusta Ave.

MONA'S ROTI: 4810 Sheppard Ave. East, Scarborough

Little Italy & Corso Italia - Italian food
- Gerrard India Bazaar & Rexdale - Indian, Punjabi, Pakistani
- Agincourt - Chinese, Korean, Japanese, Sri Lankan, others
- Koreatown - Korean food
- Little Portugal - Portuguese food

SUGO: 1281 Bloor Street West.
eat with your hands

1. Use all five fingers
2. Mix the food and gather into a ball
3. Scoop the ball up onto your fingers
4. Use your thumb to push the food into your mouth
SURVIVAL GUIDE
TRIP #7

CREATE WITH US

ART COURSES AT SKETCH

DISCOVER
creativity, collaboration, support,活力

DEVELOP SKILLS
Self, Ideas, Community

LAUNCH
Education, Enterprise, Leadership

Activism

We see a movement where young people are celebrated and engaged as culture makers, perception changers and collaborators in building creative community. SKETCH is a community arts enterprise in Toronto. For young people, ages 16-28, who are navigating poverty, living homeless or otherwise on the margins. The programming is all free. There are drop-ins, registered programs, free meals & other services. There is music, a recording studio, culinary arts program, a big painting studio, soap making & more. The programming changes every few months.
MORE ART SPACES

Other Places to do Art

Music
Gather Round Singers - all ages/all levels. The choir meets weekly. E: shifra@mabellears.ca
P: 416 230 4000 x 2 http://www.mabellears.ca/events/gatherroundsingers


Aqua Music - Indigenous Drumming www.aquamusic.ca, aqua@aquamusic.ca

Intersections - Learn To DJ - Free lessons for women
https://www.facebook.com/intersectionsinfo/

Dance: Lessons
Unity Charity Hip Hop Dance: http://unitycharity.com, contact: catherine.t@unitycharity.com

Places To Dance
For Fun
1. Dance Cave - popular/current music
2. Dovercourt House (classes & social latin dancing-like Merengue)
3. Clinton's - retro 70s/80s/90s
4. Lula Lounge - Live music from around the world, lots of Jazz

Specific Organizations
Arts 4 All - Davenport/Perth area, Performing, and all kids of visual/outdoor art
https://www.arts4all.ca/get-involved/ info@arts4all.ca

Artsstart - lots and lots of programs: Big paintings (murals), designing, clay, dance, music etc
416-565-9994, info@artsstart.com, julian@artsstart.com

Urban Arts - North York area, Programs in dance, food, yoga, music/dj, gardening, fashion
film/photography, spoken word/poetry. Email: info@urbanartsToronto.org, Phone: 416 241:5124

Arts Etobicoke - Free art programs in visual art, Coding, & more
http://www.arts.etobicoke.com/Art/Saturday-Art-Classes/Current-Classes.aspx

Making Room - Queen & Dufferin Area: art about ritual, fabric art, puppets, stories
https://making-room.org/ michael@making-room.org

Jumbles Theatre - Jumbles makes art in different places with, for and about the people and stories found there. All kinds of visual art, music, performance, and storytelling for everybody.
ruth@jumblesatheatre.org, http://www.jumblesatheatre.org (Bathurst & Fort York)

Mabelia Arts - Etobicoke Area: outdoor arts, fabric art, building, singing, acting, dancing
P: 416 230 4900, info@mabeliaarts.ca

These Places do All Kinds of Art: & Other Programs too!

Community Centres - Toronto has lots and lots of Community Centres where all kinds of programs are free: from Swimming, to dance, acting, music, visual art, cooking, chess, & more.
Click the list below to the addresses of all the places that offer fully free programming:
https://www.toronto.ca/explore-enjoy/creation/free-low-cost-recreation-options/
Libraries - also offer lots of programming & English lessons. At the Parkdale Library, you can borrow instruments!

Run By The City!
What is a Momo:
Momo is a type of South Asian dumpling. It's common in Tibet, and in Parkdale because there are lots of Tibetans living there. It can be filled with veggies or filled with meat, it can be steamed or fried. Just remember: suck out the juices when you bite in, it's hot! & Delicious!

Parkdale:
From Queen & Dufferin
To Roncesvalles & King
Lots Of: Vintage Stores
Good Eats
Some Cheap Housing
& The Mammalian Office!
Top Tips to Sing/Speak out:
1) Take a big deep breath (try to make your stomach grow full of breath)
2) Stand up or Sit tall and straight
3) Relax your shoulders, and let them feel loose beside you
4) Sing softly at first, try to fit your voice into the other voices around you
5) Wrong and Strong, don't be afraid of your own voice!

What "Seeing" Someone Means (Instead of Dating):
It means you are looking into that person. They interest you
And you want to spend more time with them
But maybe you're not dating quite yet
It's still kind of a relaxed relationship
Or Maybe There's No Difference Between "Seeing" and Dating

What Song Do You Love To Sing:
**Survival Trip Guide #9**

How to make a Lantern:
- Get: White Glue, Water, tissue paper, small candle, glass jar, paintbrush
- Mix glue & water 50/50
- Tear or cut tissue paper into shapes you like
- Put thin layer of glue mix on the jar and put tissue paper piece on top
- Keep going and cover the entire jar for the best look
- Give it 1 hour to dry
- Put candle in the jar & enjoy the lantern light

What is Iftar?
- the meal to break the fast after sunset during Ramadan, typically, people enjoy dates, dried apricots, and is often done as a community.
Ramadan (Arabic: رمضان) also known as Ramazan is the ninth month of the Islamic calendar. The month lasts 29–30 days based on the visual sightings of the crescent moon, and the dates change based on the lunar calendar. The word Ramadan comes from the Arabic root ramada or ar-ramad, which means scorching heat or dryness. Muslims are instructed to refrain from fasting, such as sunnah, fasting behavior that may negate the reward of fasting. Pre-fast meals before dawn are referred to as suhoor. Fasting an increase of doing good deeds and charity.

Lantern Song:
Sun is Setting, Lanterns light
Magic Moment, Magic Night
Here we break our fast tonight
Survival Guide Trip #10

Art @ AGO: The Art Gallery of Ontario has over 90,000 works of visual ART! A lot of it is religious art from different cultures (we really enjoyed some of those pieces when we visited). The gallery has both collections that are permanently at the AGO and Exhibitions that are displayed on a temporary basis. You can see the collections anytime you pay a general ticket. The gallery is FREE price to see a temporary exhibition. You have to pay a special price. BUT: The gallery is FREE Wednesday Night & Mammalian hist membership part so if you want to borrow a just ask us.
AFRICAN INFO

54 countries in Africa

The African Collection @ Art Gallery of Ontario

Toronto

AGO

GENERAL ADMISSION

June 2, 2018

One Visit Per Ticket
On or Prior to Date Shown

GALLERY GUEST

$0.00

Ticket price includes HST

Ticket sales include GST

Operator 140 97
416 858 6600

Best Places for Coffee:
1. McCosh Coffee
2. Fusion
3. Rude's St. Clair
4. Ethiopian House
5. Sim's & Ema Co.

At the Gallery with a Map of Africa, you were to find out about different places.

Ice Cream Shops in Toronto:
1. Greg's Ice Cream (Tina's Favourite): right near Spadina station
2. Put a Cone on it - Cafe & Ice Cream Shop, 833 Bloor St W
3. Marble Slab: you can mix the flavours yourself! (70 weston rd, unit 109)
4. Arctic Ice - Thai Ice Cream Rolls, 21 Baldwin St (Kensington market)

Good Ice Cream Shops in Toronto:

Left the flaps to see what we found out.
SURVIVAL GUIDE
TRIP #11

Toronto Islands

Things to do on the Islands:
- Visit Centre Island and ride on the rides there
- Rent a bike and go biking
- Go see the Fire Parade; they have every year in August (and help build puppets in July)
- Build a fire and roast marshmallows & sausages

Tips to De-stress/Have more Fun:
- Go somewhere green, even if it's only for a few minutes
- Close your eyes. Focus on your breath, feel your feet on the floor
- If you’re going to study/work for a long time, make sure you take short breaks every few hours; it actually makes you more productive.
- https://stolliesplace.ca/ - a place with lots of peer support groups (young people chatting with other young people) and free counseling.

Sometimes it rains when you go to the islands, but as long as you have an umbrella and some buddies, it can still be a good picnic! Sojourn Youth showed us that.
Volunteer

Places to Volunteer:
1. Fieldworks: They love volunteers (Some that are coming up: Summerworks, TIFF, CNE.)
2. A smaller organization just reach out on somebody that works there and ask if they could use a volunteer, explain that you're trying to learn about the job/ask if they can find you somewhere Arty.
3. Some of the Arts orgs we met could use some volunteers, talk to Tijana and she can find you somewhere Arty.

A Big database of time of Volunteer Opportunities:
https://www.volunteerwindsor.ca/volunteer/booking_search.asp

Tips

Ask Tijana, the mermaid

Rules for President:
For a 5-player game, the youngest player starts the game.
- Deal out the whole deck of cards, dealer goes left and gives each person one card at a time.
- Deal out the whole deck of cards, dealer goes left and gives each person one card at a time until no more are left in the deck.
- The first player plays down a card or a set of the same cards (i.e., 3 times)
- If the previous player played two cards and you can beat this with two cards, or two sevens, but not with a single king, and not with three sevens, you can always choose to pass, even if you have the card. It doesn't mean you skip a turn.
- You play by picking up a card and adding it to your hand.
- You can always choose to pass, even if you have the card. It doesn't mean you skip a turn.
- If every player has to pass, and can't play any card, the card piles are put aside and the player who played last gets to pick a new card(s).
- The first person to get rid of ALL their cards becomes President, and so on until the last person is left.

How to Organize Yourself:
1. Download an app that helps you make and manage lists (some we like:
2. Take some time at the end or beginning of your day to plan out what you want to do that day.
3. Start with small goals/tasks then build up to a bigger picture.

Tips

Places to look for work/tips:
1. YES - youth employment services: they have a paid training program, and after that they will set you up with a placement at a job. You can tell them what interests you and they'll try to match you with the right job.
2. Canada Summer Jobs: for students that are going back to school next fall
3. Go talk to smaller shops/restaurants in person, or email people in careers you're interested in, to see if they have internships available or might be willing to chat with you about how to get into the field.

Rules for Connect 4
1. There are 21 black pieces & 21 red pieces, it's a game for two players
2. The goal is to get 4 tokens in a row of the same colour
3. Players take turns, they can drop 1 token of their colour in each turn.
4. The first player with 4 in a row has to call out: Connect 4 to win!
SURVIVAL GUIDE
TRIP #12

Where and When to see Fireworks:
- Victoria Day (May 20th, last Monday before May 25th)
- Canada Day (July 1st)
- New Year's (January 31st)

Where to watch:
- Toronto Islands (downtown)
- Ashbridges Bay (East End, near Woodbine station)
- Ontario Place (downtown, it's a longish walk)
- Harbourfront Centre (downtown)
- Boardwalk Place or Stan Wadow Park - East End (but less busy)
- Mel Lastman Square (North York) or Downsview Park (North York)
- Nathan Phillips Square (downtown)

We watched fireworks at Woodbine Beach

What is Canada Day: A federal holiday, it celebrates the anniversary of July 1, 1867, the date of the Constitution Act, 1867 which united the three separate colonies of the Province of Canada, Nova Scotia and New Brunswick into a single Dominion within the British Empire called Canada. But: First Nations people existed on this land long before the British and French arrived, so there's also a complexity to the celebration of this date.
North York Arts, Myseum Intersections: Drum to DJ Workshop.
All photos taken by Mohit Rai, 2018
A Survival Guide to the City would not have been possible without the support of the dedicated staff of Sojourn House, Stephen Conroy and Jinow Dualeh, and the rest of the Mammalian team:

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