



Why You Should Attend the CUWFA Conference

By Sara-Jane Finlay and Rosie Parnass, Conference Co-Chairs

We're biased – that should be quite clear. We think Toronto and the University of Toronto are great places and we're excited to be able to introduce so many friends and colleagues to our city and our University. But that's not the only reason you should attend the 19th Annual CUWFA Conference – you should come because we have so many exciting and interesting things happening during the conference.

Our theme this year is Building Bridges: Sharing Pathways to Work/Life Progress. We wanted to capture the sense of the bridge between CUWFA and its international partners as well as to highlight a focus on the progress that can be made when we use collaborative and shared approaches to some of the issues that work/life/family professionals face. And boy, does our program do that!

Our opening keynote speaker is Professor Linda Duxbury from Carleton University in Ottawa,

Ontario. She'll be talking to us about the large-scale study she has done that examines work/life conflict in over 70,000 Canadian employees. On the other side of the bridge, in our closing keynote, Professor Lisa Wolf-Wendel from the University of Kansas will discuss two smaller studies looking at academic parenthood.



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Other presentations will bridge the age gap. Ian Reynolds from Johns Hopkins will be talking about their "baby shower" program which assists expecting parents, while Amy Strage of San Jose State University discusses how they help faculty to enter retirement and beyond. We'll bridge the spectrum of those who require the services of work/life/family professionals – from students in Mavis Braxton's roundtable discussion of economic, education and family influences on African-American college students to a presentation on the work/life balance experiences of administrators in the academy by Kelly Wilk from Seton Hall University, New Jersey.

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We'll be bridging the gender gap with roundtable discussions by Sharelle Arnold and Sue Sloop from Grand Valley State University, Michigan, on what dads do best and Andrea O'Reilly on the impact of relationships on mothers' success in academia. And there's much, much more. We encourage you to have a look at the program provided in this issue of NewsBriefs, which will provide further encouragement for you and your colleagues to attend.

And then there's the city itself! Toronto is considered one of the most ethnically diverse cities in the world. Organized into neighbourhoods you can travel from Little Lisbon to Little Saigon to Little India on the same streetcar! We're best known for the CN Tower – formerly the tallest free-standing structure in the world (*grrr, Dubai!*). We have an excellent theatre scene with many shows playing here before moving to Broadway or the West End. We have museums galore – everything from the Royal Ontario Museum (rated one of the top 10 in the world) to a museum devoted to shoes. We even have an Arthur Conan Doyle Collection housed at the Toronto Reference Library. But these are all part of the Toronto that the tourists know – come to visit and we'll share with you all of our secrets of the best parts of Toronto!

“Testimonials” by Previous Conference Attendees

By Audrey Adelson

Attending the CUWFA conference last year in Ann Arbor was so helpful to me! With so few work/life practitioners around and even fewer in higher education, it really is the best way to connect with others who really understand the unique challenges and nuances of strategic implementation and program promotion on a large college campus. Last year's conference offered a great balance of academic research and real-life application.



Each conference I have attended has allowed me the opportunity to connect with colleagues from all over the country, learn about what they are doing, and exchange ideas. CUWFA members are always so welcoming and willing to share their work/life experience with new members. Over the years, I have begun to develop a professional network outside of my own university that I can turn to for advice and feedback. The conferences are well-planned to allow for both work and play.

I know that I am not alone in saying this (and it may sound a bit hokey), but by being active in CUWFA and attending their conferences, you will not just be professionally networking, but you will be making friends.

Audrey Adelson, MSW, WLCP, is the Work/Life and Family Programs Consultant at Emory University.

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By Elizabeth Ancarana

The CUWFA conference always serves as a source of information and inspiration to me in my work in faculty development. The sessions cover a broad range of topics around work/life balance, which is helpful to a wide array of practitioners across the academy. The professional exchanges and relationships that are developed at the conference are also very enriching.

I find the CUWFA community to be a positive, helpful, high-energy group and the conference experience leaves me rejuvenated for another year!

Elizabeth Ancarana is Assistant Provost for Faculty Development and Diversity at Harvard University.



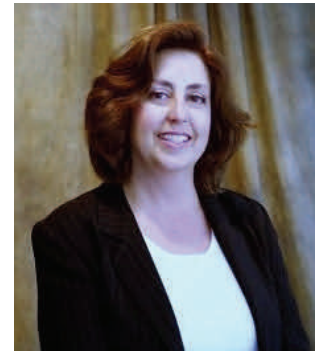
By Lori Anne Henderson

Every year I look forward to the CUWFA conference. It is an opportunity to connect with work/life professionals from schools across the country. Many of us are one-person departments, so it is invaluable to learn about what kinds of programs others are considering, what types of issues they are confronting, and how they are addressing them.

I attended my first CUWFA conference in Seattle in 2009, shortly after joining Northwestern University. I was very impressed with the caliber of professionals I met and with the quality and relevance of the sessions I attended. Everyone was so welcoming and there was a wonderful sense of positive, supportive energy that seemed present throughout the organization. I left feeling energized and with many good ideas to pursue upon my return to Chicago.

Since then, I have joined the conference planning committee and try to ensure that the annual CUWFA conference is always on my calendar.

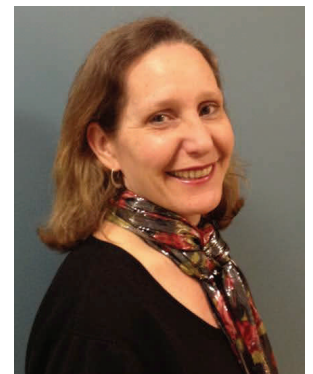
Lori Anne Henderson is Director of Work/Life Resources at Northwestern University.



By Sara-Jane Finlay

Unlike many professional organizations that rely heavily on ensuring standards across a sector or research organizations that focuses on inspection rather than application, CUWFA is that rare creature that brings together research, policy, programs, and best practice. In my role in the Provost's Office, building a synergy between these four components is key.

I am actively involved in the development of policy that has to be clearly supported by research and then articulated through both programs and best practice. CUWFA provides me with resources in all these areas – plus it's always fun!



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When a CUWFA conference is finished, I leave feeling energized, invigorated, and inspired.

Sara-Jane Finlay, Ph.D., is Director of the Office of the Vice Provost, Faculty, and Academic Life at the University of Toronto.

By Ian Reynolds

I attended my first CUWFA Conference in May 2011 just three weeks after officially beginning my career in the work/life field. Prior to starting, my new supervisor made me aware of this group called “CUWFA,” an assembly of work/life professionals from peer institutions across the country and beyond, all striving to assist faculty and staff achieve a healthy mix between personal priorities and professional demands.

My boss fully supported me going to the CUWFA conference that year, so I didn’t hesitate to register. What better way to orient myself to the world of work/life than to surround myself with experts in the field (despite the hardship of spending three days in sunny San Diego).

What I couldn’t know at the time, and have only been able to discover from attending the conference, is how openly and warmly members of CUWFA share their knowledge and experience. Even more striking than the collective wisdom of those gathered is the kindness of CUWFA members and their willingness to lend support and advice. For the past two years, I have left the CUWFA conference not just full of ideas and strategies for how to improve the quality of work/life programs at Johns Hopkins, but also invigorated from interaction with my CUWFA peers and more committed to the work I do.

It is now easy for me to understand why so many of our members return to the conference year after year. Plus, you never know when you might be treated to a performance by a stunning collection of Motown dancers clad in white silk gloves and sparkling evening wear. What could be better?

Ian Reynolds is the Director of Work/Life and Community Programs at Johns Hopkins University.



How CUWFA Inspired a New Career Direction

By Robynn Pease

Speaking of networking opportunities through CUWFA, do I have a story for you!

We all know how CUWFA membership provides us with opportunities for significant professional development in addition to ongoing education. I credit CUWFA for being the catalyst for my moving 2,000 miles across the country last fall, when I left my position as Work/Life Director at the University of Kentucky and decided to accept the position of Work/Life Coordinator at Oregon State University (OSU) and founding Director of the Greater Oregon Higher Education Recruitment Consortium (GO HERC).



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Here's how it happened: In a nutshell, this opportunity came about because of an enriching conference experience, networking through our association, and service on the CUWFA board of directors.

Last Spring an announcement for a new position of Work/Life Coordinator and founding Director of GO HERC circulated over our CUWFA listserv. The announcement was from Dr. Rebecca Warner, Senior Vice Provost of Academic Affairs at OSU, who had facilitated the creation of the position after attending the 2010 CUWFA conference in San Diego.

At the conference, Dr. Warner learned about the practical ways institutions of higher education could improve recruitment and retention via work/life best practices and support for dual-career couples through organizations such as the national Higher Education Recruitment Consortium (HERC). The Office of the Provost then set about creating a work/life coordinator position to address some of the recruitment and retention issues OSU was facing, such as losing talented faculty because their partners could not find employment in the community.

Dr. Warner noted in a presentation to deans and department chairs, "In today's workforce, we recruit families, not individuals." The work/life coordinator position was also envisioned to encompass the directorship of a new regional HERC, so that institutions across the region could coordinate their recruitment efforts.

When I saw the job posting, I applied for the position as an opportunity to broaden my own professional development within work/life. Whereas my former position located in the University of Kentucky Human Resources Department afforded me the opportunity to develop numerous programs and assist staff, a position within Academic Affairs at OSU would allow opportunities to work with faculty and policies.

As a member of CUWFA, I realized that work/life offered a broad field of professional opportunities. The CUWFA membership is comprised of a colorful array of individuals placed within multiple layers of their respective organizations – academics, researchers, human resources directors, social workers, child care specialists, and ombudsman are just a sampling of the many faces of work/life practitioners.

Prior to my membership to CUWFA, I had not thought about work/life as a profession. While I was new to the field and didn't know anyone at my first CUWFA conference in 2008, I immediately felt "at home" with my CUWFA colleagues and with the issues of work/life practitioners.

As an academic trained in sociology and a practitioner in government and community aging services, I knew first-hand that the structure of the modern workforce was ultimately a dynamic, complex interplay of organizational structure, policy, and individual agency that cannot be isolated from outside forces such as the economy and social values. With more women in the workforce, for example, organizations can no longer pretend that child care isn't an issue; women and men bring their caregiving issues to work. As a CUWFA member, I feel I am among kindred spirits whose efforts are ultimately contributing to humanizing the workplace. Grateful for its purpose, I ran for and was elected to the CUWFA board of directors in 2011.



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Fortunately, serving on the board has helped me grow as a professional, giving me the leadership skills to build my own professional profile; service on the CUWFA board has made my resume more competitive. Opportunities to work closely with other CUWFA board members who are also focused on work/life within their organizations have expanded my professional networks and perspectives. Each of us positively contributes to making our workplaces better. We learn from each other the work/life issues at each level of organizations and we learn best practices for how best to navigate within them.

I am exceedingly grateful that CUWFA has been an instrumental part of my professional development and look forward to continued involvement within the organization.

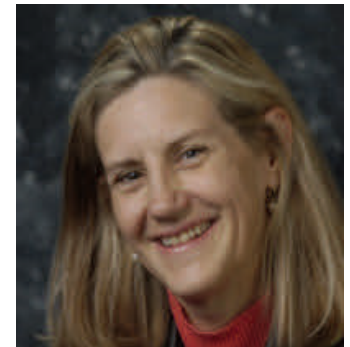
Summary of Presentations, Toronto, 2013

[Keynote address] Adding New Work/life Data to the Research Vault: The 2012 National Work-Caregiving Study *Linda Duxbury*, Carleton University, ON, Canada

In 2012 Professor Duxbury, along with Christopher Higgins, undertook a third national study of work/life balance in Canada, which focuses on the challenges employees face balancing work, family, and caregiving for an elderly dependent. Over 25,000 employed Canadians participated in this study. Her keynote address outlines the key findings from the 2012 study and discusses what has changed and what has stayed the same over time.

Using the data from this study Duxbury makes the business case for change with respect to work/life issues and identifies a number of organizational strategies to address the challenges identified in the talk.

Dr. Duxbury is a Professor at the Sprott School of Business, Carleton University, Ontario, Canada. She has published widely in both the academic and practitioner literatures in the area of work/family conflict, change management, supportive work environments, stress, telework, the use and impact of office technology, managing the new workforce, and supportive management. She has also given over 350 plenary talks on these issues to public, private, and not-for-profit sector audiences.



From Surviving to Thriving: How To Promote Positive Mental Health in Your Organization

Tracey Hawthorn, Work Re-Integration and Accommodation Program Coordinator, University of British Columbia, Okanagan Campus

As our worlds are changing from work/life balance to work/life integration, how can we provide healthier workplace cultures for our employees? This presentation will introduce initiatives to promote positive mental health for staff, faculty and their families. It will be an interactive opportunity to help create healthier organizations and communities utilizing cost-effective resources based on credible research.



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Challenges of Flexible Work Arrangements in Academe: The “NOT one Size Fits All” Effect

Susan Abramson, Manager, Work/life and Child Care, Yale University

The academic workplace is constantly revisiting its flexible work arrangements for faculty and staff. The "NOT One Size Fits All" Effect Workshop will provide detailed case studies of three departments at a private research institution. Audience members will benefit from a clear understanding of the challenges and the opportunities for success in implementing flexible work arrangements. Best practices, quick tips, templates, tools, training outlines, and resources will be provided.

Handling Work And Life with Resilience

Marilyn K. Kraut, Human Resources Director, Quality of Work/life Programs, University of Pennsylvania

To avoid the problems associated with stress and burnout, such as absenteeism, lack of focus, lost professional opportunities, health problems, and relationship challenges, it behooves us to learn to be resilient in the face of high stress, high pressure, and constantly changing conditions. This session will be an interactive and hands-on opportunity for participants to experience a process to help build and practice resilience.

Faculty Retirement Panel: A US/Canadian Perspective

Ken J. Rea, Professor Emeritus, University of Toronto

Doug Creelman, Professor Emeritus, University of Toronto

[Third panelist from the USA TBA]

Moderator: *Jean McLaughlin*, Associate Director, Institutional Leadership Group, Division of Leadership and Lifelong Learning, American Council on Education

Both Canada and the US face a similar conundrum: how to support and transition senior faculty in an age when mandatory retirement doesn't exist. The goal of this panel discussion is to review successful programs that support the senior stages of a faculty member's career and help faculty remain productive and engaged in retirement. This session will also provide a unique opportunity to hear from faculty who were forced to retire, a perspective that is missing from many American-based discussions.

Overcoming Inequities: Models of Career Flexibility at Medical Schools

Jean McLaughlin, Associate Director, Institutional Leadership Group, American Council on Education

Are medical schools ahead of the curve or behind the eight ball when it comes to faculty career development? Four case studies highlighting policies and models from medical schools that won the 2012 Alfred P. Sloan Awards for Faculty Career Flexibility will be presented. These case studies will demonstrate how the staff and leaders of the schools overcame inequities in career flexibility.



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Being and Thinking as an Academic Mother in a Post-Second Wave Context: Framing the Discussion

Andrea O'Reilly, Professor, School of Women's Studies, York University, Toronto

Attend this stimulating seminar in which Prof. O'Reilly will explore, challenge and suggest change in the many ways that the masculinist culture of academe prevents women from being successful academic mothers.

Making the Most of Social Media

Erica Hayton, Director, Benefits and Wellness, The George Washington University, Washington, DC

This session will explore many of the popular social media sites, including Facebook, LinkedIn, Twitter, and Pinterest, and discuss how they can be incorporated into work/life programs. The power of social media dashboard and managers, QR codes, click tracking, and other tools that can enhance your social media success will be covered. All levels of social media experience are welcome!

Helping Faculty to Retirement and Beyond

Amy Strage, Interim Director, Center for Faculty Development and Professor, San Jose University, California

How do we make retirement easier, more meaningful and smoother for both our valued, long term employees and our organizations? This panel will identify the "tasks" associated with each stage of retirement, the importance of faculty agency, and the institutional variables that shape faculty experience of the process.

MoveU: Partnering to Increase Active Healthy Living Among Students

Michelle Brownrigg, Director of Physical Activity and Equity, University of Toronto

MoveU is focused on engaging the first year student, promoting and supporting wellness opportunities that will help them successfully transition to the post-secondary setting, and contributing to their growth, development, and success over the course of their post-secondary experience. This presentation describes and advocates a broad engagement strategy involving a unique collaboration of on- and off-campus partners.

Working Smarter, Balancing Better: An Innovative Collaboration

Lori Anne Henderson, MSW, Director of Work/Life Resources, Northwestern University, and *Carly McLaughlin*, BA, Coordinator, Work/Life Resources, Northwestern University

Northwestern University's Office of Work/Life Resources joined forces with the Office of Learning and Organizational Development to offer a new version of time management training that outlines specific tools for stress free productivity. This session will showcase the results of this innovative program.

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The Johns Hopkins “Baby Shower:” A Collaborative Approach to Assisting Expecting Employees

Ian Reynolds, Director, Work/Life and Community Programs, Johns Hopkins University, Baltimore, Maryland

This event, which is offered to expectant parents and their partners, includes sessions on maternity leave, postpartum depression, returning to work, breastfeeding, and childcare. Learn about barriers faced when first launching such an event, the presentations included in the program, and the planning, promotion, and evaluation of the event.

Sharing Knowledge and Resources to Address the Needs of Employees with Adult/Elder Caregiving Responsibilities

Donna S. Lero, Professor and Jarislowsky Chair in Families and Work, University of Guelph, Ontario

Recent Canadian research indicates that few employers have taken a strategic approach that addresses the needs of employed caregivers. This session advocates strategic approaches utilizing expertise, relationships, and resources to address this issue

Working Families Adapting to the "New Normal": Changing Attitudes and Evolving Roles

Amy Richman, Senior Consultant, Work/Family Directions, Waltham, Massachusetts

Economic volatility, increased workplace demands, changing demographics, and ubiquitous technology have altered family life dramatically. This workshop presents data from a 2012 U.S. study of diverse working families, including a national survey and focus groups, to understand how life has changed for modern families and how they have adapted.

A Dialogue between Academic Mamas and Papas: Ideal Worker Norms, Gender Schemas, and What to Do about It

[Keynote address] *Lisa Wolf-Wendel*, President, Association for the Study of Higher Education and Professor, University of Kansas

In her closing keynote, Dr. Wolf-Wendel will highlight the results of her recent research on academic parenthood. She will bring together two large sets of qualitative data in conversation with one another to understand the different ways in which men and women navigate their roles as professors and parents. Dr. Wolf-Wendel will discuss findings from the literature but also focus on two studies of faculty parents, one on faculty mothers and the other on faculty fathers.

In particular, this talk puts the findings from each study in conversation with each other to examine the types of issues that academic mothers and fathers think about when navigating the faculty career. While women and men face some of the same issues, their experiences are also decidedly different. However, in all cases, these different experiences stem from gendered expectations about the roles that men and women are expected to assume in the academy and in the home.

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After providing an overview of the literature and the theoretical perspectives that guide the discussion, Dr. Wolf-Wendel will turn her attention to the findings and explore the similarities and differences between the experiences of academic mamas and papas.

Dr. Wolf-Wendel is a Professor of Higher Education and Coordinator of the Higher Education Master's Degree Program in the Department of Educational Leadership and Policy Studies at the University of Kansas. She serves as President of the Association for the Study of Higher Education. Her most recent book, *Academic Motherhood* (Rutgers Press) focuses on how tenure track women faculty balance work and family responsibilities.

Conference Schedule at a Glance

Note: Session schedule may change. Final schedule will be distributed at conference.

All conference sessions will be held at the Chestnut Conference Centre, opposite the Metropolitan Hotel unless otherwise indicated

Wednesday, June 5, 2013

- | | |
|------------|---|
| 8:30-4:00 | CUWFA Board of Directors' Meeting |
| 12:00-6:00 | Registration open |
| 4:00-5:00 | New Members' Meeting |
| 5:15 | Bus departs Chestnut Conference Centre for Leslie Dan Faculty of Pharmacy |
| 6:00-7:00 | <u>ROUNDTABLE DISCUSSIONS</u> (Leslie Dan Faculty of Pharmacy) |



Economic and Educational Family Influences on African-American College Students' Help-Seeking Behavior

(Led by Mavis Braxton, California State University-East Bay)

The Work/Life Balance Experiences of Administrators in the Academy

Led by Kelly Wilk, Seton Hall University

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Work/Life Websites Best Practices

Led by Caryn Jung, University of Arizona; Carol Hoffman, Columbia University; and Gretchen Anderson, CUWFA

What Dads Do Best

Led by Sharelle Arnold and Sue Sloop, Grand Valley State University

Intimate Heterosexual Relationships and the Impact on Mothers' Success in Academia

Led by Andrea O'Reilly, York University

Strategies and Best Practices for Supporting Dual Career Partners

Led by Phyllis Brust, University of Chicago, and Robynn Pease, Oregon State University

Thursday, June 6, 2013

7:30-8:30 Breakfast

8:30-8:45 **Opening Welcome** by Dr. Angela Hildyard,
Vice President, Human Resources and Equity, University of Toronto

8:45-10:00 **Keynote Address: Adding New Work/Life Data to the Research Vault: The 2012 National Work-Caregiving Study**, Dr. Linda Duxbury, Carleton University

10:00-10:30 Break

10:30-12:00 **Breakout Sessions**

From Surviving to Thriving: How to Promote Positive Mental Health in Your Organization, Tracy Hawthorn, University of British Columbia, Okanagan



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Challenges of Flexible Work Arrangements in the Academy: The “NOT One Size Fits All” Effect,

Susan Abramson, Yale University

Handling Work and Life with Resilience

Marilyn Kraut, University of Pennsylvania

12:00-1:45

Lunch with Panel Discussion

Faculty Retirement: A Canadian/US Perspective

Ken J. Rea and Doug Creelman, University of Toronto

(Panelist from USA TBA)

Moderator: Jean McLaughlin, American Council on Education (ACE)

1:45-2:00

Break

2:00-3:00

Breakout Sessions

Overcoming Inequities: Models of Career Flexibility at Medical Schools

Jean McLaughlin, American Council on Education (ACE)

Being and Thinking as an Academic Mother in a Post-Second Wave Context

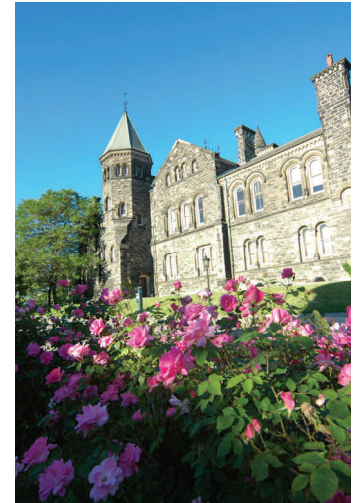
Andrea O’Reilly, York University

Making the Most of Social Media

Erica Hayton, George Washington University

3:00-3:30

Break



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3:30-4:30

Breakout Sessions

Helping Faculty to Retirement and Beyond

Amy Strage, San Jose State University

MOVE U

Michelle Brownrigg, University of Toronto



Working Smarter, Balancing Better: An Innovative Collaboration

Lori Anne Henderson, Northwestern University

5:00

Bus to the UT Faculty Club departs from Chestnut Conference Centre (includes brief campus tour)

5:45

Bus to the UT Faculty Club departs from Chestnut Conference Centre (no tour)

5:30-6:15

Reception, UT Faculty Club

6:15-9:00

Dinner, UT Faculty Club

9:15-9:30

Buses depart UT Faculty Club for Chestnut Conference Centre

Friday, June 7, 2013

8:00-10:15

Breakfast and Membership Meeting

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10:30-12:00 **Breakout Sessions**

The Johns Hopkins “Baby Shower:” A Collaborative Approach to Assisting Expecting Employees

Ian Reynolds, Johns Hopkins University

Sharing Knowledge and Resources to Address the Needs of Employees with Adult/ Elder Caregiving Responsibilities

Donna Lero, University of Guelph

Working Families Adapting to the “New Normal”

Amy Richman, WFD

12:15-2:00 Lunch and **Keynote Address:**

The Mamas and the Papas: Imagined Conversations Between Two Studies on Academic Parenthood, Lisa Wolf-Wendell, University of Kansas and the Association for Higher Education

3:00-4:30 Walking tours of campus, including visits to the Academic Retiree Centre and the Early Learning Centre



Positive Organizational Scholarship in Action: Thriving at Work

As Spring approaches, it's a perfect time to think about thriving!

For about ten years, Gretchen Spreitzer, a Professor of Management and Organization at the University of Michigan, has been studying what enables people to thrive at work. Her work has yielded an important insight: *In order to feel they are thriving, people need to have a sense of learning and growing, or improving at what they are doing, and they need to feel energized and vital about what they are doing.* It is the juxtaposition of these two things that promotes a sense of thriving.



How can you thrive at work? Cultivate these four sets of resources:

Meaning - Work that has purpose for you

High Quality Connections - Deeper relationships that can be created in doing the work

Positive Affect - More laughter and fun in the doing of work

Knowledge - Learning new things, taking more risks

It is important both to enable these resources as an individual and to work in an environment that encourages them.

So what better reason to attend the CUWFA conference, where you are guaranteed to find knowledge, meaning, and positive affect, and where you will leave with a renewed sense of energy and vitality!

For more information, see Spreizer, G.M., & Porath, C., "Creating Sustainable Performance", *Harvard Business Review*, January-February, 2012.

Kudos!

The University of Toronto (UT) has been awarded several national awards, among them Canada's Top 100 Employers and Canada's Top Family-Friendly Employers, recognizing their preeminence in "progressive and forward-thinking programs for employees with family obligations." UT has also been recognized for being a Top Diversity employer, a Top 40 Employer for Over 40, and recognition for being a Green employer.



(All great reasons to come and see how they do it at the Conference in Toronto in June!)

Now, a Word from Our Sponsors!

We are very grateful to our “Gold” conference sponsors, who provide many of our meals and break food. They make it possible to keep our costs down as well as spread the word about our organization. Please remember to thank them and spend a little time with them during the conference. We like to show how inclusive and friendly we are, and we consider our sponsors to be an integral part of our conference! Bright Horizons and Sittercity are the top two sponsors. Our other sponsors will be highlighted at the conference.

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Travel Options to/from Toronto

Porter Airlines (www.porterairlines.com) is a great little Toronto-based airline that flies to most major cities in the Northern and Northeastern US. Prices are competitive, but the best advantage is that the airport is in downtown Toronto so you save the cost of a \$60 taxi ride from the main international airport (Pearson). Those flying from Boston, Chicago, New York, or Washington, D.C., might want to check it out.



Here is some information on using the **Buffalo Niagara International Airport**:

<http://buffaloairport.com/Canadian.asp>

And some information on Ground Transport between Buffalo Niagara Airport and Toronto:

<http://buffaloairport.com/GroundTransportation.asp?sec=5#Canadian>

One of the least expensive ways is to travel by **Megabus** (megabus.com) - \$23. It leaves from the Buffalo Downtown Terminal and takes 2.5 hours. The Buffalo Bus Terminal is downtown, and there is local ground transport from the airport to the terminal. The Toronto Coach Terminal is walking distance to the conference hotel (2 blocks).



If a group is travelling together, companies such as www.taxiniagara.com offer a van that will drive directly from the Buffalo airport to Toronto.

If **Detroit** is easier, you can take a taxi (or drive and park) from the Detroit airport to the **Windsor Via Rail** station. The train trip From Windsor to Toronto is about 4 hours and costs about \$55-75 one way. The Via Rail Canada train station is in downtown Toronto, so here too you can save on your costs.



Taxis from **Pearson International Airport** (the main airport in Toronto) to downtown cost about \$60. Limousines offer set rates and are sometimes more convenient. They are a similar price. You can also take ground transportation from the airport to downtown hotels. The **Toronto Airport Express** (www.torontoairportexpress.com) stops at hotels throughout the downtown, including the Metropolitan Hotel/Bus Terminal. This costs about \$40 roundtrip.

Hotel Information: The Metropolitan Hotel is located conveniently near the Conference Centre. Reservations: 800-668-6600, mention CUWFA for group rates.

<http://www.metropolitan.com/toronto/>



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