ISS Welcome Webinar:
How to Prepare for Your Arrival

Session Etiquette

• Please keep your microphone off.
• Questions asked in the chat during the presentation will not be answered. After the presentation, we will answer questions. Please wait to post a question until then.
• If your question is not answered at the end of the webinar, first review the ISS website for resources (ucalgary.ca/iss), then email iss@ucalgary.ca.
• This session will be recorded. The presentation slides will be posted within 2 business days.

ucalgary.ca/student-services/iss/advising/iss-webinars-workshops
Territorial Acknowledgement

We acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy comprising the Siksika, Piikani, and Kainai First Nations, the Tsuut’ina First Nation, and the Stoney Nakoda including the Chiniki, Bearspaw, and Wesley First Nations. The City of Calgary is also home to Métis Nation of Alberta, Region III.

The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River, and the traditional Blackfoot name of this place is “Moh’kins’tsis”, which we now call the City of Calgary.
How to Prepare for Your Arrival in Calgary

August 8, 2022

International Student Services
University of Calgary
Today’s Presenters

International Student Services:

- Diana Jamal-Samborski, RCIC
  International Student Specialist, Immigration

- Jaeeun Lee, RCIC-IRB
  Advisor, International Student Transition Support
International Student Services (ISS)
What do we do?

• Provide **advice and programs** to support all international students adjusting to life at the University of Calgary and to life in Canada.
  • Canadian Immigration Advising
  • Transitional Support (non-academic)

• **Social events** to help build connections with peers while exploring campus, Calgary, and Alberta.

• Contact us—we’re here to help!

https://ucalgary.ca/student-services/iss
International Student Services

International Student Services (ISS) provides advice and programs to support all international students adjusting to studies at the University of Calgary and to life in Canada.

- Non-immigration/non-academic: iss@ucalgary.ca
- Canadian immigration: issimmigration@ucalgary.ca
- FAQ page: ucalgary.ca/student-services/iss/covid-19-faqs

ucalgary.ca/student-services/iss
- Canadian Immigration Advising & Workshops
- Transitional Advising & Workshops
- Web Resources
- New International Student Orientation
- GPS (International Student Mentorship) Program
- USpeak Global Program
- Global Friendship Events
- Social Events
Connect with us on **social media**

@ucalgaryiiss on both Instagram and Facebook
Sign up for the ISS Newsletter

Keep up-to-date with the latest news and upcoming events at ISS, around campus and in the community.

First Name:

Last Name:

Email Address:

Submit

Collection of personal information
Your personal information is collected under the authority of section 33bd of the Freedom of Information and Protection of Privacy Act, and is required for updating your email subscription preferences. If you have any questions about the collection or use of this information, please contact the Office of Advancement at oadvis@ucalgary.ca

View past newsletters here.

ucalgary.ca/iss
Welcome to UCalgary!

Congratulations on your acceptance to UCalgary! International Student Services (ISS) team is excited to meet you!

This pre-arrival online program will provide you with all of the important information you need to know before and after your arrival. We are here help ease your transition and to support you to thrive at UCalgary.

Do you want to connect with UCalgary students after you've arrived in Calgary? Our Welcome Centre provides support and programming for incoming students as you prepare to make Calgary your home! Student advisors will be able to help you to navigate the campus and find the resources you need.

For Students

- Office of the Registrar
- Student Success Centre
- Strategies for Online Learning Success
- Find textbooks at the bookstore
- Complete your surveys
- Library
- Received an email from Thrive?
4. After your arrival: Important steps to get settled

1. Social Insurance Number
2. Alberta ID Card
3. AHCIP
4. Cellphone Plan
5. Canadian Bank Account

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100% 7 of 7 topics complete:

- a) Social Insurance Number (SIN)  
- b) Alberta Identification Card  
- c) Alberta Health Care Insurance Plan (AHCIP)  
- d) Choosing a cellphone plan  
- e) Opening a bank account  
- f) Finding off-campus long term housing  
- g) Visit Welcome Centre
Due to the evolving and unpredictable nature of the Covid-19 pandemic, rules and regulations may change without advanced notice.

This information is current as of August 8, 2022.

While this is a helpful resource to get you started, you are responsible for staying informed of updated regulations and policies prior to travel to Canada.

• [https://ucalgary.ca/student-services/iss/covid-19-faqs](https://ucalgary.ca/student-services/iss/covid-19-faqs)
Recent Government of Canada Announcement

• If aged **18 or older**, you must be fully vaccinated to enter Canada.

• **If fully vaccinated**, regardless of age, you are exempt from:
  • pre-entry COVID-19 test
  • quarantine
  • providing quarantine plan

• If aged **12-17** and unvaccinated or partially vaccinated, you must complete:
  • 14-day quarantine
  • **Pre-entry COVID-19 test**
  • **Arrival** and Day-8 testing
  • Travel and quarantine plan on **ArriveCAN**
If you are aged 12-17 and not fully vaccinated,

Watch our June webinar recording or attend August webinar.

**Minor Students: Travelling & Studying in Canada**
- June 29, 2022 recording and slides.
- August 17, 2022, 7-8 a.m. MDT. Register [here](https://www.ucalgary.ca/student-services/iss/resources/self-isolation-support).

You are also required to register your travel and accommodation information with the University. The registration information will be available on our website on Wednesday, August 10.
[https://www.ucalgary.ca/student-services/iss/resources/self-isolation-support](https://www.ucalgary.ca/student-services/iss/resources/self-isolation-support)
Before You Travel

1. Confirm you can enter Canada and check provincial regulations.
2. Check eligibility for fully-vaccinated traveller exemption.
3. Check your airline’s boarding requirements.

Are you eligible to enter Canada?

• International students who have a valid study permit or study permit approval letter known as a port of entry (POE) letter of introduction (LOI) that are coming to study may enter Canada

• Find out if you can enter Canada - https://travel.gc.ca/travel-covid/travel-restrictions/wizard-start
To be eligible for fully vaccinated traveller exemption:

- You must be asymptomatic, be eligible to enter Canada, and have entered your information into ArriveCAN
  - Received **approved vaccine**; last dose at least 14 days before entering Canada
    - Pfizer-BioNTech Comirnaty, Moderna Spikevax, AstraZeneca Vaxzevria/Covishield, Janssen/Johnson & Johnson, Bharat Biotech Covaxin, Sinopharm BIBP, Sinovac/CoronaVac/PiCoVacc, Novavax/Nuvaxovid/COVOVAX, Medicago Covifenz
- You must use ArriveCAN to enter proof of vaccination, and travel information.
Planning your flight

Considerations you should factor in your travel plans:

1. *When are you arriving?*
   - Canada Border Services Agency (CBSA) will no longer restrict international student arrivals to four (4) weeks before their studies begin.

2. *Does your flight include travel/emergency medical insurance?*
   - If not, when are you purchasing medical insurance (more details to come...)

3. *Do you have enough time between connecting flights?*
   - Arrange at least 3 hours between your arrival in Canada and connecting flight to Calgary
Arriving By Land Border

- If arriving by the Canada-USA land border, the ArriveCan App is required
- Plan your route. Many ports of entry are not open 24/7.
- Plan for border wait times
  Check wait times: [travel.gc.ca/travelling/border-times-us](http://travel.gc.ca/travelling/border-times-us)
- The officer will refer you to the secondary inspection area. **Do not drive away from the port of entry!**
- Pull into the marked area and enter the building for an immigration secondary inspection.
Submit Information in ArriveCAN app

• **ArriveCAN is free and secure**
  • Download the ArriveCAN mobile app and submit your information
  • If you are eligible to enter Canada, you are required to provide mandatory traveler information within 72 hours before your arrival in Canada
  • You **must** submit your information electronically through **ArriveCAN** before you board your flight
  • You must check-in on ArriveCAN everyday during quarantine (if non-exempt)

Submit Information in ArriveCAN app

<table>
<thead>
<tr>
<th>Fully Vaccinated Travellers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Contact Information</td>
</tr>
<tr>
<td>Purpose of Travel</td>
</tr>
<tr>
<td>Date of arrival, port of entry, flight number, airport, airline</td>
</tr>
<tr>
<td>Vaccination information &amp; proof of vaccination*</td>
</tr>
</tbody>
</table>

*ArriveCAN app will not ask fully vaccinated travellers to submit a quarantine plan.
Submitting Proof of Vaccination

• Details of first dose (date, country, vaccine)
• Details of second dose if required (Pfizer, Moderna, AstraZeneca)
• A photo/PDF of the record of each dose such as receipts, cards, or confirmations
  • PDF is preferred
• Uploaded proof must be in English, French or certified translation
  • Do not upload your proof of vaccination if it is not in English or French; upload the certified translation

Bring original proof of vaccination with you while you travel.

ArriveCAN Technical Support


- *Use the website or call 1-833-641-0343 daily during your quarantine period if encountering technical issues with mobile app.*
Arrange Your Accommodation

• On-campus Housing
  • Residence is full for the Fall 2022 term with 400+ waitlisted.
  • Still accepting Winter 2023 applications – apply on the Resident Portal: https://www.ucalgary.ca/ancillary/residence

• Off-campus Housing
  • Current Calgary rental market is experiencing a crunch.
  • Watch our webinar on Choosing Accommodation in Calgary and Finding Off-Campus Accommodation
Temporary Place to Stay

Book your temporary accommodations BEFORE you arrive in Calgary.

- Stay with friends/family
- Hotel or AirBnB*
- Youth hostel
- Homestay**
  *Check age restrictions, student discounts
  **Check minimum stay requirements

- View resources at
  ucalgary.ca/student-services/iss/resources/housing
  https://ucalgary.ca/current-students/housing
  https://www.ucalgary.ca/student-services/iss/resources/self-isolation-support#collapse1597924572%E2%80%8B

- You are responsible for arranging your own accommodations.
Questions Regarding Residence

Contact Residence Services at

campusservicecentre@ucalgary.ca

1-403-220-8300
Travel/Emergency Medical Insurance

• Arrange for **travel/emergency medical insurance** to cover you while you are travelling to Calgary

• Easiest to purchase from a company in your home country; sometimes in combination with your flight

• You will want to purchase a plan that at least covers doctor visits, hospitalization, prescription drugs, vision care, and dental care

• [Healthcare & Medical Insurance in Alberta](#) webinar

• [ISS Resources/Medical Insurance](#)
Emergency/Travel Medical Insurance

Short term exchange students (<12 months)

You are not typically eligible for the Alberta Health Care Insurance Plan (AHCIP)

You need to purchase a private plan

• Possible options:
  • Through your home institution
  • Typically, easier to purchase prior to travel/before leaving home country
  • Purchase together with your travel arrangements (like flight + travel insurance package)
  • ISS does have a list of Canadian options “visitor insurance”
What to pack

- Winter Clothing in Layers
- Credit cards
- Cash
- Universal Travel Adapter
- Prescribed medicine
Travelling with Medication or Planning if you have existing medical needs

• Talk to your doctor before you travel to plan ahead for your specific needs

• Canada Border Services Agency (CBSA)

• https://www.cbsa-asfc.gc.ca/menu-eng.html
  • Visitors to Canada and non-residents arriving from abroad are permitted to import a single course of treatment or a 90-day supply of a prescription drug hand-carried for their personal use or the use of a person under their care and with whom they are travelling.
After Your Arrival

1. Show your documents to border official for assessment & review your Study Permit for errors

2. Safely get to know Calgary & UCalgary campus

3. Complete settlement tasks

On Arrival Covid-19 Testing - Randomized

- Fully vaccinated:
  - As of July 19th, 2022, you may be randomly selected to complete arrival covid-19 testing if arriving in Canada by air to the four major Canadian airports: Calgary, Vancouver, Montreal and Toronto.
  - If selected, you will be instructed to complete your testing at a location other than the airport. Follow instructions provided.
  - You do not need to quarantine while you wait for your test results.
  - If your test results return positive, you start to have symptoms within 14 days after you arrive, or you are showing symptoms when you enter Canada, you will be instructed to isolate for 10 days.

- Travel checklist
- [https://www.ucalgary.ca/student-services/iss/resources/self-isolation-support](https://www.ucalgary.ca/student-services/iss/resources/self-isolation-support)
When you first arrive to Canada

• Please let the Border Services Officer know that you are coming here as a student where you FIRST enter into Canada (first airport or land border crossing)
  • Do not let them just move you through without receiving your study permit!

• Always answer all questions asked of you truthfully. If you do not know how to answer any questions, it is okay to say “I don’t know” just remember to remain calm and polite.

• Please review the [IRCC website](https://www.canada.ca) on preparing for your arrival to Canada for international students
Required Documents To Bring for Fully Vaccinated Exchange Students:

- Your passport
- Acceptance from UCalgary (Your Exchange Letter) and **updated enrolment letter**
- Proof of Financial support
- Valid visa or eTA
- ArriveCAN receipt
- Proof of Vaccination
- **Proof of Health Care Coverage**
- Valid immigration medical exam, if required
Exchange Students: Methods for Granting of Entry to Canada

Method 1: Entry as a Student
- Study Permit will be issued

Method 2: Entry as a Visitor
- Passport might be stamped
- Visitor Record may be issued
If you are vaccinated and entering as a "Visitor," an Officer may allow you into Canada without issuing a visitor record or study permit. If this happens, here's what you need to know:

- You've been admitted as a visitor
- You cannot work in Canada
- The Officer may stamp your passport and either:
  1. write under the stamp: "SX-----------------[Date]
     - The date marked is the date you must leave Canada by or apply for an extension of your status by.
   OR
  2. An Officer may only stamp your passport.
     - This means that you must leave Canada within 6 months or apply for an extension to your status
- If an officer does not stamp your passport, it is okay. Know that you have been granted entry as visitor and must leave Canada within 6 months from the date of entry.
Review your Visitor Record (if applicable)

If you are vaccinated and entering as a Visitor, an Officer may issue a document called a "visitor record" to document your exchange studies in Canada.

Ensure:

- Your Name is correct;
- Your Date of Birth is correct;
- Your Country of Citizenship is correct;
- Duration of the visitor record is correct.
  - Will be for a period less than 6 months.

Note: As a visitor, you cannot work in Canada.
As a result, your visitor record will state that you cannot work.

*IMPORTANT* An activity may be considered “work” even if it is unpaid. You can read more about what constitutes work [here](#) and [here](#).
Study Permit & POE LOI Holders
Required Documents To Bring for Fully Vaccinated Students:

- A valid study permit or A study permit approval (a port of entry (POE) letter of introduction (LOI))
- Your passport
- A copy of your UCalgary acceptance letter and updated enrolment letter
- Proof of Financial support
- Valid visa or eTA
- ArriveCAN receipt
- Valid immigration medical, if required
Review of your study permit

IMPORTANT - VERIFY THAT:

✓ Your Name is spelled correctly;
✓ Your Date of Birth is correct;
✓ Your Country of Citizenship is correct;
✓ Duration of the study permit is correct.
✓ Your Study Permit includes a printed condition authorizing you to work 20 hours a week:

Your study permit should state one of the following:

- "May work 20 hours per week off-campus or full-time during regular scheduled breaks if meeting criteria outlined in section 186(v) of IRPR"

OR

- "May accept employment on or off-campus if meeting eligibility criteria as per R186(f), (v) or (w). Must cease working if no longer meeting these criteria."
Review of your study permit

If there are any errors or mistakes, please bring them to the attention of the Border Services Officer before leaving the area.
Transitioning from the Airport to Your Accommodation
Masking When Travelling to Your Accommodation

During Your Flight
Masking is required while you travel aboard all flights and interprovincial trains in Canada.

From Airport to Your Accommodation
Methods of Transportation:
• Taxi
• Rideshare, such as Uber
• Calgary Transit (not available 24 hours)
You are not required to wear masks.

Learn more: [www.ucalgary.ca/student-services/iss/resources/getting-around](http://www.ucalgary.ca/student-services/iss/resources/getting-around)
Applying for Important Documents

• Apply for Social Insurance Number (SIN), if eligible*
• Apply for Alberta Health Care Insurance Plan (AHCIP), if eligible
• Pick up your UNICARD
• Open a Canadian bank account
• Get a Canadian cellphone plan
• Driver's Licence (optional)
• Alberta ID Card (optional)
• Look for long-term housing, if not living on-campus

*If address is confirmed & if holder of a study permit.
Finalize Accommodation

• UCalgary Residence – full this term
• Online websites/ Apps – the following websites have rental listing:
  RentFaster.ca
  RentSeeker.ca
  RentSpot
  Point2 Homes
• UCalgary Students' Union Off-campus Housing list: www.places4students.com
• Other resources – Facebook Marketplace & WhatsApp groups. But use your caution!
Do I need a Social Insurance Number (SIN)?

• A SIN is a confidential nine-digit number required in order to work and receive an income in Canada.

• You must have a permanent address in Canada and a study permit or work permit in order to apply for a SIN (eg. renting an apartment off-campus for the term)

• How to apply? – online, by mail or in person
Study Permit and SIN

These conditions must be printed on your study permit.
Health Insurance (BA, Masters, PhD)

GSA or SU
Health and Dental Plans

AHCIP

12 months or more
Part 1: Alberta Health Care Insurance Plan

• You must apply. You are not automatically added to this plan. Two ways to apply currently:

• in-person
  • processing takes up to 5 business days
  • cards will be mailed from AHCIP office

• by mail
  • processing is expected to take up to 6 weeks

https://www.alberta.ca/ahcip-how-to-apply.aspx
Part 2: SU Health & Dental Plan

This plan helps to cover things not covered through the AHCIP, like:

- Prescription medication
- Dental services
- Vision services

- Managed by the Students Union or Graduate Students' Association
- All full-time students are automatically enrolled
- Add family members (Opt In) or Opt out if you have private insurance

- Change-of-Coverage Deadline: check websites!
Health Insurance Components Summary

You must register after completing quarantine! Once you have your card, insured services are free. If you need to access services after arriving in Alberta, but before you are registered, you pay for them. Then you can apply for reimbursement/cancel expense if approved for AHCIP.

Alberta Health Care Insurance Plan (AHCIP)

GSA or SU Health & Dental Plan

Travel/Emergency Health Insurance

Full-time students are automatically registered (see on your tuition & fees). If you start in Fall 2022, your coverage starts Sept 1, 2022.

Strongly encourage all students to purchase coverage to provide insurance for period of time while you are travelling to Calgary, Alberta, and for a buffer until the above two plans are active.
Making the most of student services

• **Social & Wellness Events:** Check out the newsletters, social media, and websites for these offices to learn about free-events:
  - Campus Community Hub
  - Faith and Spirituality Centre
  - International Student Services
  - Leadership & Student Engagement (Unwind)
  - Residence Services (if living on campus)
  - Sustainability
  - Wellness Centre
  - Women’s Resource Centre
  - Writing Symbols Lodge
Making the most of student services

- **Students Union & Associations:** Learn about the services and events provided through the Students Union or Graduate Students' Association. Some student clubs arrange discounts for events or services around Calgary.
  - UCalgary Students Union: [https://www.su.ucalgary.ca/](https://www.su.ucalgary.ca/)
  - Graduate Students' Association: [https://gsa.ucalgary.ca/](https://gsa.ucalgary.ca/)
Making the most of student services

• UCalgary Services: You pay student fees each term! Make sure you take advantage of the services and programs that are offered to you for no additional cost:
  • Active Living: access to fitness facilities (gymnasium, weight room, swimming pool, running track, racquet centre, climbing wall; students receive a $25 credit each year)
  • Career Services: advising and workshops to support your job search & success
  • International Student Services: immigration advising
  • Library: research support and access to academic resources
  • Student Success Centre: free advising and workshops
UCalgary Protocols: masking & isolation guidance

**Isolation** is not a legislated requirement, but isolation when ill is still a UCalgary requirement.

**Masks** are no longer required on UCalgary campuses, but masks are still strongly recommended for use on campus.

If you are not fully vaccinated, **vaccination** is encouraged, but not required. You do not need to provide your COVID-19 vaccine certificate to UCalgary.

COVID-19 Vaccinations in Calgary

• If you have not yet registered for Alberta Health Care Insurance Plan, you can book a vaccination by calling **Healthlink (811)**; you do not need insurance to get vaccinated.

• If you already have an Alberta Health Care card, you can book a vaccine online, with a pharmacy, or on-campus:  
  • [www.ahs.ca/covidvaccine](http://www.ahs.ca/covidvaccine)  
  • [https://www.ucalgary.ca/wellness-services/services/medical-services/COVID-19-vaccine](https://www.ucalgary.ca/wellness-services/services/medical-services/COVID-19-vaccine)  

• **There is no cost**

• Talk to a physician if you partially vaccinated and the same vaccine is not available in Canada
  • Once you are in Alberta, book an appointment with Student Wellness Services physician for questions/concerns about vaccines [ucalgary.ca/wellness-services](http://ucalgary.ca/wellness-services)
Staying Informed

• Key UCalgary websites:
  • ISS COVID-19 FAQ
  • UCalgary COVID-19 page
  • New International Students Checklist

• External websites:
  • Canada: https://travel.gc.ca/travel-covid
  • Alberta: https://www.alberta.ca/isolation.aspx


You are responsible for staying informed and checking your email for updates from UCalgary.
Upcoming Webinars/Events

Pre-arrival Program for International Students on D2L
https://d2l.ucalgary.ca/d2l/home/467002

Minor Students: Travelling & Studying in Canada
• August 17, 2022, 7-8 a.m. MDT
   Register here.

International Student Orientation
• Undergraduate: August 30, 2022, 9:30-11 a.m. MDT, Register here.
• Graduate: August 31, 2022, 10:00-11:30 a.m. MDT, Register here.

Welcome Centre
• August 18-September 2, 2022, MSC 275 (ISS office)

ISS Webinars & Workshops
https://ucalgary.ca/student-services/iss/advising/iss-webinars-workshops
Thank you!

Questions?

Non-immigration questions
iss@ucalgary.ca

Canadian immigration questions
issimmigration@ucalgary.ca

ucalgary.ca/student-services/iss/contact-us