



## Student and Enrolment Services

# International Student Services (ISS)



Have you heard? There have been **recent announcements** from IRCC regarding **travel requirements to Canada**, exemptions for fully-vaccinated travellers, and updates to quarantine requirements, effective August 9, 2021.

To learn more and to stay updated on these recent announcements, as well as future updates, **please be sure to review our [ISS COVID-19 FAQ page](#)**. Our team regularly updates the page to help keep you informed and updated on any changes.

If you have any questions or need support, please don't hesitate to reach out to our team at [iss@ucalgary.ca](mailto:iss@ucalgary.ca).

Stay well!

International Student Services



## How to prepare for your arrival in Calgary during the COVID-19 pandemic

Have questions about planning your trip to Canada? We will provide an overview of helpful resources to use when planning your arrival in Calgary during the COVID-19 pandemic.

**Date:** Thursday, Aug. 5

**Time:** 10 – 11 a.m. MDT

[Register »](#)

## Important dates

- **August 2:** UCalgary closed - Alberta Heritage Day
- **August 11:** Summer classes end; Last day to withdraw
- **August 13, 16-17:** Final examinations
- **August 27:** Summer term ends

## Student information and resources

### Payment Plan

UCalgary is offering self-service payment plans for all students starting fall 2021.

Learn more [here](#).

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### COVID-19 vaccination

Want to book your vaccine appointment on campus? [Student Wellness Services'](#) medical clinic is now offering vaccinations by appointment. Learn more and book [here](#).

I.D.A. Pharmacy is also offering vaccinations. For more information and to book your appointment with them, please call +1 (403) 282-0100.

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### Free online multilingual counselling services

The Immigrant Education Society (TIES) is offering free online psychological counselling services in a variety of languages (English, Mandarin, Cantonese, Spanish, Hindi, Urdu, Russian, Ukrainian, and Arabic). Their team of professional counsellors are available to support you and guide you through any challenges you may be facing. All are welcome!

Learn more and book [here](#).

## Online events and workshops

### Online Unwind

[Leadership and Student Engagement](#) (LSE) is hosting events for students to meet and connect with others. Join them for fun icebreakers and activities to help you get to know other students before the school year. Bring a friend or meet new ones — all are welcome!



- **July 28:** Games Galore. [Register »](#)
- **Aug. 4:** Speed Friend-Making. [Register »](#)
- **Aug. 12:** Speed Friend-Making. [Register »](#)
- **Aug. 18:** Trivia Night. [Register »](#)
- **Aug. 23:** GeoGuessr. [Register »](#)



### **English Corner: summer program**

New to Canada? Do you want to improve your English speaking skills while making new friends? Join the [Faith and Spirituality Centre](#) as they host a weekly session to help you practice your English communication skills and to meet other students.

**Date:** Wednesday, July 28 (weekly until Aug. 11)

**Time:** 7:30 – 9 p.m. MDT

[Register »](#)



### **Yoga for everybody**

Want a chance to stretch, move and relax? Join the [Faith and Spirituality Centre](#) as they host a weekly yoga session.

**Date:** Tuesday, Aug. 3 (weekly until Aug. 31)

**Time:** 12 – 1 p.m. MDT

[Register »](#)



### **Permanent Residence Information Session**

Interested in staying and working in Canada after you graduate? A Regulated Canadian Immigration Consultant (RCIC) will present basic information on permanent residence (PR) pathways that may be available to you.

**Date:** Wednesday, Aug. 4

**Time:** 9 – 11 a.m. MDT

[Register »](#)



### **Finding off-campus accommodation**

Want to live off-campus but not sure where to start looking? We will provide you with an overview of resources and important considerations when looking for off-campus rental housing Calgary.

**Date:** Friday, Aug. 6

**Time:** 9 – 10 a.m. MDT

[Register »](#)



### **How to Adjust to Living in a New City**

Want to gain useful strategies that will help support your physical, mental and emotional health as you adjust to living in Calgary? Join our webinar to learn that and more!

**Date:** Tuesday, Aug. 10

**Time:** 9 – 10 a.m. MDT

[Register »](#)



### **Finances and planning for the year ahead**

Need guidance on how to start planning your expenses? We will provide an overview of resources and important considerations when planning for your expenses for the upcoming year.

**Date:** Wednesday, Aug. 11

**Time:** 9 – 10 a.m. MDT

[Register »](#)



### **Healthcare & Medical Insurance in Alberta**

Want more information about healthcare and medical insurance? We will provide an overview of the Alberta Healthcare system and medical insurance.

**Date:** Thursday, Aug. 12

**Time:** 9 – 10 a.m. MDT

[Register »](#)

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### Exploring Calgary

New to Calgary? We will share suggested tips, resources, and strategies for getting settled and becoming familiar with Calgary.

**Date:** Wednesday, Aug. 18

**Time:** 9 – 10 a.m. MDT

[Register »](#)

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### Career Services workshops

Interested in working in Canada? Want career advice and support with your interviews? Join [Career Services](#) as they host workshops specific to supporting the career needs of international students.

- **July 28, 2 – 3 p.m. MDT:** [Resume and cover letter \(undergraduate students\)](#)
- **Aug. 18, 10 – 11:30 a.m. MDT:** [Interested in working in Canada? - Live Q&A Group discussion](#)
- **Aug. 18, 1 – 2 p.m. MDT:** [Utilizing LinkedIn](#)

[Register on CareerLink »](#)

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### Get set for success in you second year

Are you entering your second year? These webinars, hosted by the [Student Success Centre \(SSC\)](#), will help you set goals for a fulfilling and successful year.

- July 30, 11 a.m. MDT - [Register »](#)
- Aug. 3, 11 a.m. MDT - [Register »](#)
- Aug. 4, 7 p.m. MDT - [Register »](#)

*Not in your second year? SSC has other learning resources available [here](#).*

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## ISS webinars and workshops

Did you miss an ISS webinar or want to see what's upcoming? Check out our [new webpage](#) to find webinars that answer your questions on immigration, getting settled, and much more!

## Want more events?

Check out our [events calendar](#) for a complete list of events and workshops for international students.

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## Participate in research

Want to be a part of some of the groundbreaking research at UCalgary? Check our [Get Involved](#) page to see what's available for international students.

Are you a study coordinator in need of research study participants? Submit a [research participant request](#).

## ucalgary.ca/iss

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