Dear Student,

Planning to travel to Canada for your studies by January 2021? Visit the Government of Canada's website to learn more about the new mandatory requirements for travellers to Canada. This update, as well as other important information, can be found on our COVID-19 FAQ page.

When planning your return, please visit our self-isolation supports page for important resources and information for your quarantine period. Make sure you also continue to check for updates from IRCC regarding travel to Canada.

A pilot program was also recently announced that may reduce the length of self-isolation upon arrival in Calgary. For more information about this program, visit the Government of Alberta's website here. Please note that you’re still required to have a 14-day quarantine plan to enter Canada.

Need help understanding the planning process and requirements before you arrive in Calgary? Be sure to register for our upcoming webinar below.

Have a great week!

International Student Services

---

How to prepare for your arrival in Calgary during COVID-19
Need help planning your arrival? Join our team as we present an overview of helpful resources to use when planning your arrival in Calgary.

**Date:** Tuesday, Nov. 17  
**Time:** 9 – 11 a.m.  
Register [here](#).

---

**Important dates**

- **Nov. 8 – 14:** Term break, no classes

---

**Online events and workshops**

### Unwind: Speed Friend-Making

Leadership and Student Engagement (LSE) is hosting another event for students to meet and connect with others. Join them for fun icebreakers and activities to help you get to know other students. Bring friends or meet new ones – all are welcome!

**Date:** Thursday, Nov. 12  
**Time:** 1:30 – 3 p.m.

Register [here](#).

---

### Community Helpers Training

Looking for ways to give back and support others? Take advantage of the term break by taking this two-day Community Helpers Training session hosted by Student Wellness Services.

**Dates:** Thursday, Nov. 12 to Friday, Nov. 13

Learn more and register [here](#).

---

### UFlourish: Digital art exhibition

What does flourishing look like to you? Join Wellness Services' Health Promotion Team for a digital art exhibition, featuring pieces from UCalgary students. Learn what inspired the submissions and participate in a discussion about wellness.
**Global Café: Diwali**

Celebrate Diwali 2020 together with ISS and the Indian Students’ Association! Everyone is welcome! In addition to learning more about Diwali, you’ll practice an exciting Bollywood dance and participate in a live henna tutorial.

**Date:** Sunday, Nov. 15  
**Time:** 6 – 7 p.m.  
Join [here](#).

---

**Online international conversation group: TED talks and discussion**

Want to improve your English listening and speaking skills? Join the Student Success Centre as they show a short TED talk and lead a friendly and interesting group discussion.

**Date:** Tuesday, Nov. 17 (weekly until Nov. 24)  
**Time:** 11 a.m. – 12:30 p.m.  
Learn more and register [here](#).

---

**Question, Persuade, Refer**

Want to learn how to support others who are struggling? Join Wellness Services for a suicide prevention training session. We can all respond with care and concern when we see someone in distress.

**Date:** Tuesday, Nov. 17  
**Time:** 9:30 – 11:30 a.m.
Colouring and conversation

Need a break to de-stress and have some fun? Come join Wellness Services for colouring and conversation, and meet other students.

Date: Tuesday, Nov. 17  
Time: 4 – 6 p.m.

Register here.

Navigating culture shock

New to Canada? Experiencing culture shock? Come join us to learn how culture shock functions, how to identify some potential signs of culture shock, and useful strategies that will support your physical, mental and emotional health.

Date: Wednesday, Nov. 18  
Time: 10 – 11 a.m.

Learn more and register here.

Unwind: Paint and chat

Join LSE for a virtual painting and drawing tutorial. Bring friends or meet new ones — all are welcome!

Date: Wednesday, Nov. 18  
Time: 2 – 3:30 p.m.

Register here.

Coffee and connection: Happiness

Want to explore a new topic and learn from other UCalgary students? During these unprecedented times, learn tips from Student Wellness Services on how to balance your life and studies.
**Date:** Thursday, Nov. 19 (weekly until Dec. 3)  
**Time:** 11 a.m. – noon  
Learn more and register [here](#).

**Career development**

**Virtual networking event**

Put your networking skills and interview strategies to the test! Chat one-on-one with recruiters from Hitachi, TD Canada Trust, National Captioning Canada, Sherwin-Williams and more. They'll be sharing tips on how to be a competitive candidate, insight on their recruitment processes and career opportunities for students.

**Date:** Wednesday, Nov. 18  
**Time:** 4 – 6 p.m.

Register on [CareerLink](#). Spaces are limited, so register quickly.

**Support and resources**

**Medical appointments**

Need to book an urgent medical appointment? You can now book same-day appointments by contacting the Student Wellness Centre at 403.210.9355. A nurse can assess your concerns and either book you an appointment or direct you to the correct service.

[Learn more »](#)

**Brief Action Planning**

Are you looking for help with sleep, time management, physical activity or accessing resources? Book a 15-minute one-on-one appointment with a member of the Health Promotion team for support.

[Learn more »](#)

**UCalgary student club feature**

**Mental Health for South Asia (MHSA)**
MHSA is an organization that aims to help spread awareness for mental health, while decreasing stigma about it, in South Asian communities. This organization strives to give students a platform in which individuals may freely voice their opinions, be heard, and be supported.

Learn more here and follow MHSA on Instagram.

Interested in having your club featured? Complete the submission form here.