Dear Student,

A friendly reminder that the ISS student lounge in MSC 275 is closed and all in-person events have been cancelled. If you require support or advising from ISS, email international.advice@ucalgary.ca using your UCalgary email account. Our advisors will either reply to your questions by email or, if you prefer, set up an appointment with you via Zoom during advising hours (9 a.m. to noon and 1 to 4 p.m. MST.)

Please visit our COVID-19 FAQ page for international students for any updates and information pertaining to international students. This includes travel, permits, health insurance and access to online resources. To stay in touch with us, you can also follow us on Instagram and Facebook.

Stay well!

International Student Services

COVID-19 (Coronavirus) latest updates:

- The TFDL and computer labs on campus are now closed. If you have difficulty completing coursework due to the closures, you are asked discuss options with your course instructors.
- Once students complete their courses and receive their final grades for this semester, they will be able to choose, for each course, to either
accept their final grade or opt for Credit Received/Fail (CR/F). Not sure what this means for you? Visit the FAQ page to learn more.

You can find all the latest UCalgary COVID-19 updates for students on the UCalgary COVID-19 website. There are also online resources and webinars on UCalgary’s community support page.

You can also find helpful information about COVID-19 and the situation in Alberta on the Alberta Health Services (AHS) website.

Important reminders

Protect yourself from scams

This period of uncertainty can be stressful for many, especially those who are looking for work. Don’t get fooled by phishing attempts or fraudulent job postings. Career Services has an online resource and video that can help you identify a job scam and protect yourself in the job search.

Taxes

Please note that the Canada Revenue Agency (CRA) has extended the deadline for filing personal taxes to June 1, 2020.

The SU Tax Clinic is no longer accepting new clients. If you need to file taxes, consider:

- Contacting a free clinic in Calgary
- Using UFile Online (free student code is CFS1981. This may not be an option for international students filing for the first time.)
- Using a service like H&R Block or filing at your bank (these options usually require a small fee)

Learn more about taxes on the ISS website here.

Travel restrictions

Given the current situation surrounding COVID-19, policies and regulations are constantly changing. We will be working on updating you with any new immigration and travel news as we get more information regarding the new regulations.

The Government of Canada’s latest update for study permit holders can be found on their official website.

Online resources and events

Online Student and Enrolment Services support
Even though you are at home, you can still access academic or cultural support, advising and other services from UCalgary. Please visit this page for the full list of resources.

Health, wellness and safety

We understand that this can be a very stressful time for students. You can find mental health resources at UCalgary's COVID-19 mental health page. If you are concerned about coping with isolation, stress, or health advice, please call 811 for Healthlink or connect with Student Wellness Services. Please note that demand is high, so wait times are expected.

Practicing social distancing or isolation can also be risky for people living in abusive situations. If you are in need of support, please reach out to a Sexual Violence and Support advocate at svsa@ucalgary.ca.

Events

Looking for ways to stay connected while social distancing? Check out these online events from our colleagues around campus:

ISS events

Permanent Residence (PR) information session
April 15, 9 – 11 a.m.
Location: Zoom (Registration will open April 1. Visit the event page here.)

Please note: This session is only available to current UCalgary degree-seeking students and recent graduates. This session is not open to exchange students, visiting students, English language students (ESL and IFP Non-Degree) or foreign workers on campus.

Career Services workshops

Canadian interviews and how to prepare for one
March 26, 2 – 3:30 p.m.
Join URL: https://ucalgary.zoom.us/j/602201936

Career Services is also offering online drop-in hours and resume review, so you can continue your job search. Visit their website to learn more.

Worried about the job search during a pandemic? Review this PDF for helpful advice.
Faith and Spirituality Centre (FSC) events

Taste of Tuesday: Learn to make kombucha at home!
March 31, noon – 1 p.m.
Join URL: https://ucalgary.zoom.us/j/999304584

Wisdom Wednesday with Simon Bondoc
April 1, noon – 1 p.m.
Join URL: https://ucalgary.zoom.us/j/151244005

For more faith-based events, visit the FSC website.

Leadership and Student Engagement (LSE) events

Unwind online: Doodle zone
March 26, 1 – 3 p.m.
Join URL: https://ucalgary.zoom.us/j/8842948380

Webinar: Leadership in challenging times
April 2, 1 – 2 p.m.
Register for this Zoom webinar here.

Work with ISS — paid student positions available

Are you interested in supporting UCalgary international students? ISS is recruiting program assistants for the upcoming summer 2020 and fall 2020 terms! For more information about each of the positions, click here.

The deadline to apply has been extended to April 17. If you are out of the country in April and not able to attend an in-person interview, that’s okay — we encourage you to still submit an application as we will be offering online interviews.

If you have any questions about these positions or want more information on how you can get involved in ISS, please email international.advice@ucalgary.ca.

Student job opportunities

Staying positive while working from home

Working from home? Us too. If you are looking for a
break, here is what the ISS team is doing to stay positive during these times:

**Kirsty:** In the evenings, I like to take a break from the news by listening to podcasts that make me laugh—like Comedy Bang Bang, Threedom, or How Did This Get Made.

**Lien:** I try to stay positive by baking (pictured here) and playing superheroes with my son!