Welcome Webinar:

Resources for Students with Families

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International Student Services
September 16th, 2021
ISS Welcome Webinar: 
Resources for Students with Families

Session Etiquette

• Please keep your microphone off/muted
• Please note that questions asked during the presentation will not be answered. Once the Q&A portion begins, we will start answering questions 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 recording and 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.
Mohak Maniar, Program Assistant, International Student Transition Support

International Student Services

- Coordinate International Student transition support webinars
- Support Orientation events for international students
- Coordinate International Student Stories podcast series

• mohakhemantbhai.mani@ucalgary.ca
• iss@ucalgary.ca
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.

ucalgary.ca/student-services/iss

Canadian Immigration Advising & Workshops

Transitional Advising & Workshops

Web Resources

New International Student Orientation

International Student Mentorship Program

USpeak Global Program

Global Families Program

Social Events

International Student Services: currently providing remote advising only
Session Agenda

COVID 19 FAQs

Immigration Information

Accommodation
- Quarantine Accommodation
- UCalgary Services – Partner Spouses
- Getting Settled and Housing
- Avoiding Scams
- Childcare & schooling for minor children
- Health Care
- Important Community Contacts

Questions
1. Before you Travel
2. Arriving in Canada
3. After Arriving
   a. While in Quarantine
   b. After Quarantine

Government of Canada Checklists:

Changes & Updates:
https://ucalgary.ca/student-services/iss/covid-19-faqs
How to Quarantine

• All travelers must have a 14-day quarantine plan
  • Even if you meet criteria for fully-vaccinated exemption, you still need a plan in case you are deemed ineligible at any point during travel

• You are responsible for the cost

• https://travel.gc.ca/travel-covid/travel-restrictions/isolation

• https://travel.gc.ca/travel-covid/travel-restrictions/isolation#how-to-quarantine

• Mandatory Quarantine Sheet (multiple languages)
  • albertahealthservices.ca/topics/Page17239.aspx
Information for Families

- ISS website > Resources > Information for Families
- https://ucalgary.ca/student-services/iss/resources/information-families
Accessing UCalgary services with your partner/spouse

• Student services are funded through student services fees; some supports available for partners/spouses

• Always ask if additional fee
  • Online Resources
  • Active Living (Recreation Services)
  • Career Development/Job Search
  • Faith and Spirituality Centre (FSC)
  • International Student Services (ISS) Immigration Advising
  • Student Legal Assistance (SLA)
  • Wellness Centre Physical Health Services
  • Women's Resource Centre (WRC)
Language Learning for partners/spouses

• Get connected—attending events, making acquaintances
• On-campus: limited offerings; always check
• Off-campus:
  • Calgary Public Library (childcare sometimes)
    • Online resources too—free for residents to get card!
  • Meet Up
  • Volunteering
  • Cultural Associations
  • Immigrant settlement organizations- active lists of programs
• https://ucalgary.ca/student-services/iss/resources/language-learning-resources
Language Learning for partners/spouses

**On-campus:**
- limited offerings; always check
- Faith and Spirituality Centre’s English Corner
  - FSC Events Calendar
- Get connected—attending events, making acquaintances

**Off-campus:**
- Calgary Public Library (childcare sometimes)
  - Online resources too—free for residents to get card!
- Meet Up
- Volunteering
- Cultural Associations
- Immigrant settlement organizations- active lists of programs

https://ucalgary.ca/student-services/iss/resources/language-learning-resources
Getting Settled & Housing

Housing: on versus off-campus

• Community & convenience
• Distance to schools, work, public transit
• Private space—how much space needed vs. budget

• Talk to peers
• [https://ucalgary.ca/student-services/iss/resources/housing](https://ucalgary.ca/student-services/iss/resources/housing)

• Webinars:
  • Finding Off-Campus Accommodation
  • Choosing Accommodation in Calgary
Finding Off-Campus Accommodation

• Welcome Webinar: https://www.ucalgary.ca/student-services/iss/advising/iss-webinars-workshops

• Overview of resources and important considerations when looking for rental housing in Calgary, including:
  • Online resources for searching for rentals in Calgary
  • Questions to ask when viewing a rental property
  • Rights and responsibilities as a tenant
  • Tips for avoiding rental scams
  • Information about self-isolating due to Covid-19
Scams- Newcomers

• Suspicious phone calls from people posing as:
  • Canada Revenue Agency (CRA)
  • Immigration Officials
  • Alberta Health Services
  • Fake job postings
  • Fake apartment/house rental postings
  • Police

• Aggressive language to pressure you into a decision

• Demanding immediate payment
  • E-transfers, Bitcoin,
  • Prepaid credit cards or gift cards

• Protect yourself
  • Do not share SIN unless necessary
  • Keep banking information secure
  • Use caution before clicking links in texts, emails, or answering phone calls

[Links]
canada.ca/en/employment-social-development/programs/sin/protect.html
canada.ca/en/immigration-refugees-citizenship/services/protect-fraud/newcomers.html
Examples: competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html
Kirsty Gruber
Advisor, International Student Transition Support
International Student Services

• Advising to assist with getting settled in Calgary
  • Kirsty.gruber@ucalgary.ca
  • iss@ucalgary.ca

• Coordinate International Student Mentorship Program

• Coordinate New International Student Orientation
Childcare & Schooling (for minors)

- Childcare options:
  - **Day care programs** serve infants, toddlers and pre-school aged children (two and a half to six years of age)
  - **Family day homes** offer care in a private residence. There are typically six or less children with one caregiver.
  - **Pre-schools** offer childcare for four or less hours a day.
  - **Out-of-school care programs** operate before and after school, during lunch hours and sometimes when schools are closed.

- Regulated by government; learn more online and search options: [https://ucalgary.ca/student-services/iss/resources/information-families](https://ucalgary.ca/student-services/iss/resources/information-families)
Childcare & Schooling (for minors)

- Ages 3-4: pre-school
- Ages 4-6: kindergarten
- Ages 6-11: elementary or middle school
- Ages 11-14: junior high school
- Ages 14-17: senior high school

- Public (charter, public, Catholic) vs. private schools
- Designated public schools based on neighbourhood
  - Registration processes are different based on each system (see websites)
  - You pay general fees (if you do not meet requirements, may also be required to pay tuition)

- Learn more online and search options: https://ucalgary.ca/student-services/iss/resources/information-families
Healthcare & Insurance

• As a full-time UCalgary student working towards a degree, you have two components to your health insurance:
  1. Alberta Health Care Insurance Plan (AHCIP) which is the free provincial plan that all Alberta residents must register for (with your family)
  2. Supplemental Health & Dental coverage through either the Student Union (undergraduate) or Graduate Students Association (graduate). You can also choose to add your family members to your supplemental Health & Dental plans for additional fee

• https://ucalgary.ca/student-services/iss/resources/medical-insurance
Visiting Family Members (short-term)

Typically, not eligible for the Alberta Health Care Insurance Plan (AHCIP)

Need to purchase a private plan

*depending on current restrictions, you may be prevented from having family travel with you temporarily during relocation to Calgary

Contact: issimmigration@ucalgary.ca
Coverage for Family Members (long-term)

• For Alberta Health Care Insurance Plan, you must register together:
  • Spouses
  • Children under age of 21

• For GSA or SU Health Plan, you may add family members within your first month for additional fee
  • Deadline available on website
Coverage for Family Members (long-term)

- In some cases, an eligible resident’s spouse/partner or dependent from another country may be eligible with a stamp in the passport, but a Canada Travel Visa is not an accepted document. The Canada Border Services Agency may not automatically stamp passports; therefore, you may need to request the stamp.

https://www.alberta.ca/ahcip-eligibility.aspx#toc-0
Important Community Contacts

• **Emergency: 911**
  - Fire, Ambulance, & Police

• **Healthlink: 811**
  - 24 hour free phone line for non-emergency health concerns
  - Speak with a registered nurse
  - Service available in multiple languages
  - [https://www.albertahealthservices.ca/assets/healthinfo/link/index.html](https://www.albertahealthservices.ca/assets/healthinfo/link/index.html)
Events & Social Networks

- Newsletters & social media (ISS, GSA, SU, Writing Symbols lodge)
- Mentor programs, peers in programs/labs
- Leadership & Student Engagement Office
- Wellness Services
- Women’s Resource Centre
- Faith and Spirituality
- Global Families Program
  - Child-friendly events, low-cost
- Graduate Student Association events
  - Discount tickets, group events
- Family Housing (if living on-campus)
- Volunteering & Community events
Stay connected - before you arrive

• Consider how you will stay in touch remotely with family and friends after travel
  • Planned times for a phone/video call or shared remote activities (eg. video games, watch tv or videos together, stretches/yoga)

• Participate in UCalgary programs & events now:
  • Sign up for a peer UCalgary mentor
  • Attend remote events: UCalgary unwind
  • Check if your faculty or department has a program-specific mentorship program or events
  • Sign up for orientation & welcome events--& keep attending webinars (by ISS and other offices)

ucalgary.ca/student-services/iss/student-life/international-mentorship
Set Yourself up for Success!

Orientation & Events

- **Late Arrival & Returning Student Orientation**: September 28, 3 - 3:45 p.m. MDT
  - Any new and returning international students are welcome to attend!
- **Sept 23**: Calgary Weather (ISS)
- **Sept 24**: ISS Social Event: Song Association Challenge (ISS)
- **Sept 28**: Exploring Calgary (ISS)
- **Sept 28**: Library Orientation
- **Oct 6**: Connecting with other people in Canada/networking (Career Services)
- More information on event webpage: [events.ucalgary.ca/international-student-services/](http://events.ucalgary.ca/international-student-services/)

ISS virtual **drop-in advising services**

- **Virtual Front Desk**: Tuesday, Wednesday, Thursday. 1-4 p.m.
- **Virtual Transition Advising**: weekly on Monday 2-4 p.m.
- **Virtual Canadian Immigration Advising (not PR)**: weekly on Monday and Wednesday, 9 - noon

ISS virtual advising appointment

Book an advising appointment with ISS advisor through Elevate
Connecting with ISS

• Remotely:
  • Monday-Friday, 9:00-12:00 pm & 1-4:00 pm MDT (Calgary time)
  • No appointment necessary

• E-mail: iss@ucalgary.ca

• Immigration E-mail: issimmigration@ucalgary.ca

• Website: www.ucalgary.ca/iss

• ISS COVID FAQ: https://ucalgary.ca/student-services/iss/covid-19-faqs

• Newsletter: weekly updates www.ucalgary.ca/iss

• Events calendar: https://events.ucalgary.ca/international-student-services/

• Facebook: https://www.facebook.com/UCalgaryISS/

• Instagram: @ucalgaryiss
Questions?

*Please type them in the chat box.*