International Graduate Student Orientation

Wednesday, Jan 5, 2022 (9-10 am MDT)

International Student Services & SES Colleagues
This session is recorded. The recording and slides will be available within 48 business hours:

Recording & Slides: ucalgary.ca/student-services/iss/resources/international-student-orientation
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.
Garrett Beatty, MA  
Intercultural Programs Advisor

- gsbeatty@ucalgary.ca
- Coordinates USpeak Global language-sharing program - applications now open!
- Coordinates ISS Peer Helper Volunteer Program
- Intercultural capacity building programs and workshops

Find out more about programs and supports: www.ucalgary.ca/iss
Lien Tran, MA, RCIC
Manager, International Student Services

• issimmigration@ucalgary.ca

• Manages ISS team members, programs, and advising support
• Regulated Canadian Immigration Consultant

• Learn about the ISS team here:
  • ucalgary.ca/student-services/iss/contact-us
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.

uccalgary.ca/student-services/iss
• Non-immigration: iss@ucalgary.ca
• Canadian immigration: issimmigration@ucalgary.ca

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

ISS Advising: currently providing remote advising only
• In-person advising may be available in Room MSC 275; check website!
Online videos, information, & resources:

After You’ve Received Your Letter of Acceptance

Before you Travel to Calgary

Landing at the Calgary International Airport

Getting Settled

Navigating a new culture

And more…

ucalgary.ca/student-services/iss/resources/new-international-student-checklist
Lee-Ann Penaluna
Specialist, Academic Integrity and Student Success Initiatives
Student Success Centre

- Providing student support for academic integrity.
  - leeann.penaluna@ucalgary.ca  askacademicintegrity@ucalgary.ca

- Key student resources:
  - [Academic Integrity Webpage](#)
  - [Academic Integrity Workshops](#) (select Student Success Centre, then Academic Integrity)
  - [Academic Integrity D2L](#) (complete self registration page for access)
  - [Academic Integrity Student Handbook](#)
Lucy K Amadala, Ph.D; Registered Psychologist

Counsellor- Instructor
Student Wellness Services
Rm 370 MacEwan Student Centre

Mental Health Services – Counselling
Email: lkamadal@ucalgary.ca

https://www.ucalgary.ca/wellness-services/services/mental-health-services
Counselling and the role of a counsellor

Counselling:
• Talk about different challenges/concerns
• Gain self-awareness + unique perspectives
• Collaborative and confidential

Counsellor role:
• Support in identifying goals and with overall wellness
• How to access:
  • Book quickly online
  • Call 403-210-9355
  • Email SWSMentalHealth@ucalgary.ca

For more information, check out University of Calgary's Student Wellness Services website, “Counselling Services”
The importance of physical and mental health on academics and student success for international students

• Current context of uncertainty and unknowns
• **Culture shock**: Reactions to adjusting to an unfamiliar place or culture
  • Impact on academic performance
  • Impact on sleep, physical activity, eating patterns
  • Feelings of sadness, stress, frustration
  • Difficulties with balancing multiple responsibilities
• Learning to take care of health can help to study successfully, make connections, and reach goals
• Get peer, group, and individual support from Student Wellness Services
Extra Questions

• Can student’s spouses and children access mental health services?

• Our mental health services team, including student support advisors and counsellors, will provide support, referral, and guidance to help student’s spouses and children access different mental health services within the community of Calgary that are low-cost, culturally sensitive, and available in multiple languages.

• ?
Medical Insurance: International Student Services
Medical Insurance: You Need It!

- You need adequate insurance to cover any medical care or accidents while you are in Canada.
- Without medical insurance, you will have to pay the full cost of medical treatment which is very expensive (thousands of dollars).
- With medical insurance, many of these possible expenses are covered.
Your Medical Insurance

- Do you have insurance coverage?
- Do you know what is covered and how to use it?
- Where can you go if you have questions?
Do You Have Insurance Coverage?

**Exchange/Visiting**
- Private insurance

**Degree-seeking**
- AHCIP +
- SU or GSA Health and Dental Plan

<table>
<thead>
<tr>
<th>Less than 12 months</th>
<th>12 months or more</th>
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Degree-Seeking Medical Insurance Summary

Before you Arrive

Travel/Emergency Health Insurance:
ISS encourages all students to purchase medical insurance for the period of time while you are travelling to Calgary, and for a buffer until the AHCIP & SU/GSA plans are active.

While in Alberta

GSA or SU Health & Dental Plan:
Full-time students are automatically registered (see on your tuition & fees). If you start in Winter 2022, your coverage starts Jan 1, 2022.

Alberta Health Care Insurance Plan (AHCIP):
You must register after completing quarantine. If you are eligible, once you have your card, insured services are free.
Health Insurance (BA, Masters, PhD)

12 months or more

GSA or SU Health and Dental Plans

AHCIP
Alberta Health Care Insurance Plan

• AHCIP is free and covers **basic services:**
  • visits to the doctor
  • lab costs
  • hospital costs if you are admitted

• AHCIP **does not** cover:
  • Prescription drugs
  • Rehabilitation needs
  • Dental services
  • Ambulance transport

https://www.alberta.ca/ahcip-temporary-residents.aspx
https://www.alberta.ca/ahcip-what-is-covered.aspx
https://www.alberta.ca/ahcip-coverage-outside-alberta.aspx
Alberta Health Care Insurance Plan

• You are not automatically enrolled.
• Fastest to apply in-person at a registry office
• Bring:
  • Proof of Residency (e.g. your lease/rental agreement)
  • Government issued photo identification (passport)
  • Canada entry document (study permit)
• You will fill-out an application form at the registry
  • https://www.alberta.ca/ahcip-how-to-apply.aspx

The Registry Express in North Hill Mall is nearest campus.
@ Lions Park train station (2 south of campus)
www.registryexpressinc.ca/
Search for a registry near you: servicealberta.gov.ab.ca/find-a-registry-agent.cfm
Alberta Health Care Insurance Plan

• Your AHCIP card has an expiry date.
  • should be the same date as the "valid until" date noted on your Canada entry document.

• If you are waiting for an extension of your Canada entry document, you may be eligible for a one-time only temporary extension.

• Set reminders for expiry dates in advance.

• Contact AHCIP office before your study permit expires.

• https://www.alberta.ca/ahcip-temporary-residents.aspx
Important considerations:

• Under 18 years old— you cannot register alone
  • Need a guardian or arrange private insurance until able to register when 18

• If you have a spouse or children— you would register together if they are eligible for coverage

• If you have moved to Alberta directly from another Canadian province or territory—you have a 90-day waiting period

• [Website Link]
GSA Health & Dental Plan

This plan is managed by the Graduate Student Association and helps to cover things not covered through the AHCIP, like:

- Prescription medication
- Dental services
- Vision services
- Ambulance transport

- All full-time students are automatically enrolled
- Add family members (Opt In) or Opt out if you have private insurance
  - Change-of-Coverage Deadline: Jan. 28, 2022

studentcare.ca/rte/en/IHaveAPlan_UniversityofCalgary
graduatestudentsGSA_Home
Alberta Restriction Exemption Program (Vaccine Passport)

To enter spaces that are participating in REP, you must provide personal government issued identification that matches your vaccine record/proof of vaccination. If your proof of vaccination is from

- **Alberta**: use an Alberta vaccine record with QR code *after Nov 15, 2021, this is the only Alberta-issued proof of vaccination accepted*
- **Another Canadian province**: use proof of other provincial vaccine record that includes a QR code
- **Outside Canada**: use your ArriveCAN app proof of vaccination

More information:

- [Alberta Restriction Exemption Program](#)
Alberta Restriction Exemption Program: Alberta Proof of Vaccination with QR Code

Residents of Alberta with proof of vaccination from outside Alberta or Canada can:

1. upload your proof of approved vaccine to the Immunization Record Submission Online Portal
2. once it’s been approved, download an Alberta Vaccine Records QR Code

*This process makes the most sense if you are starting a degree program (intending to live in Alberta for a year or more) and registering for Alberta Health Care Insurance Plan. Call 811 if you have difficulties with the above steps.*
Health & Insurance Related Workshops

• GSA Health & Dental Question & Answer
  • Friday, Jan 7, 2022, 9-10 am (zoom)
  • gsa.ucalgary.ca/product/health-dental-qa-january-7th/

• Health Insurance System in Alberta with AHS
  • Tuesday, Jan 25, 2022, 1-2:30 pm (zoom)

• Your Health Care Choices with AHS
  • Tuesday, Feb 1, 2022, 1-2:30 pm (zoom)

• Choosing Healthy Foods in Canada with AHS
  • Tuesday, Feb 8, 2022, 1-2:30 pm (zoom)
  events.ucalgary.ca/international-student-services/#!view/all/date/20220125/search/ISS
Important Contacts & Policies: International Student Services
Important Contacts

• Healthlink: 811
  • Speak with a registered nurse
  • Service available in multiple languages
  • 24 hour free phone line for non-emergency health concerns
  • Covid-19 testing, vaccination questions

• Student Wellness Services:
  • Confidential physical and mental health supports
  • ucalgary.ca/wellness-services

• Emergency: 911
  • Fire, Ambulance, & Police
Safety and Security on Campus

• Campus Security
  ▪ Emergency phones on campus
  ▪ Closed Circuit Television
  ▪ Patrols campus

• Safewalk
  ▪ Call Campus Security
  ▪ One female and one male volunteer

• UC Emergency App
  ▪ Receive alerts and updates
UCalgary Community Policies & Resources

• **UCalgary Policies:**
  • [ucalgary.ca/legal-services/university-policies-procedures](ucalgary.ca/legal-services/university-policies-procedures)
  • Student Academic Misconduct Policy
  • Student Non-Academic Misconduct Policy
  • Sexual and Gender-Based Violence Policy
  • University of Calgary Harassment Policy

• **Student Conduct Resources:**
  • [ucalgary.ca/student-services/student-conduct/resources](ucalgary.ca/student-services/student-conduct/resources)

• **Student Ombuds Office:**
  • Contact us should an issue arise which requires answers. We will listen to your concerns, give you information about the university's policies and procedures, help you evaluate and assess your situation, and assist you in making plans to resolve the conflict.
  • [ucalgary.ca/student-services/ombuds](ucalgary.ca/student-services/ombuds)
Identification Cards
International Student Services
UNICARD- Student Identification Card

• Official student identification when:
  • on-campus,
  • on public transit (with your proof of fare)
  • accessing student discounts

• Access Card:
  • Library
  • Labs
  • Active Living

• Debit Card:
  • Printing
  • Meal plans
  • Uni Dollars

• ucalgary.ca/ancillary/unicard
Alberta Identification Card (Optional)

- Official identification (not equal to a Driver’s License):
  - [ucalgary.ca/student-services/iss/resources/getting-around](ucalgary.ca/student-services/iss/resources/getting-around)

- Apply at a registry office:
  - Enrolment verification letter
  - Study permit & passport
  - Proof of Alberta residence
    - lease/rental agreement or
    - bill, bank, credit card statement
  - [alberta.ca/get-id-card.aspx](alberta.ca/get-id-card.aspx)

The Registry Express in North Hill Mall is nearest campus.
@ Lions Park train station (2 south of campus)
[www.registryexpressinc.ca/](www.registryexpressinc.ca/)
Search for a registry near you: [servicealberta.gov.ab.ca/find-a-registry-agent.cfm](servicealberta.gov.ab.ca/find-a-registry-agent.cfm)
Scam Awareness: International Student Services
Signs of a Scam

- 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

- Language to pressure you into a decision
- Language that is aggressive
- Demanding immediate payment
  - E-transfer
  - Bitcoin
  - Prepaid credit cards or gift cards

Examples of Fraudulent Texts & Calls

So in next **24 hours** we will be marking a **lien on your assets** and your bank accounts due to your **inability to settle your dues with the CRA**. A bill collection officer will **visit you soon** to complete the paper works. If you have any questions then call our tax default line. 888-745-0433, **I repeat it’s, 888-745-0433**. If you don’t call **immediately**, or if we don’t hear from your attorney either, then you will be **solely responsible for all legal consequences**. Goodbye.

Examples of current scams in Canada:
[competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html](http://competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html)
How to Avoid Scams

• Keep your personal information and documents safe
  • SIN keep protected
  • Credit or banking information
  • Use caution before clicking links in texts or emails


• Protect Yourself
  • Don’t answer calls from numbers you don’t recognize
  • Hang up—block phone numbers
  • Ask for a number to call back later
  • Research a potential rental property or job opportunity

If you are uncertain, please speak to ISS or someone you trust before taking any action or sharing any information
Know Your Rights & Responsibilities as a Tenant

- [www.landlordandtenant.org/](www.landlordandtenant.org/)
  - Examples of rental agreements
  - Resources for new renters in Alberta

- **Insure your belongings** with “tenant insurance” or “contents insurance”
  - [landlordandtenant.org/leases-and-agreements/proof-of-insurance/](landlordandtenant.org/leases-and-agreements/proof-of-insurance/)
  - Residence Services: [www.ucalgary.ca/ancillary/residence/move-in/tenant-insurance](www.ucalgary.ca/ancillary/residence/move-in/tenant-insurance)

- ISS Resource: [ucalgary.ca/student-services/iss/resources/housing](ucalgary.ca/student-services/iss/resources/housing)

- ISS Webinars: [ucalgary.ca/student-services/iss/advising/iss-webinars-workshops](ucalgary.ca/student-services/iss/advising/iss-webinars-workshops)
  - Finding Off-Campus Accommodation
  - Choosing Accommodation in Calgary
Budgeting & Finances: International Student Services
## Plan for Upcoming Expenses

**Plan Ahead**
- Use resources to make a budget, estimate upcoming costs, and prepare for Calgary cost of living

**Track Spending**
- Track your spending: free budgeting apps & MoneySmart workshops

**Consider Living Expenses**
- Use student discounts, use your UPASS
- File Taxes (if eligible)

**Explore Income Options**
- Working while you study (if eligible)
- Awards, Scholarships, & Bursaries

**Use UCalgary resources**
- MoneySmart Financial Advising, Student Services, Facilities, advising, Student Wellness Services

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**Learn more:**
- [ucalgary.ca/student-services/iss/resources/finances](ucalgary.ca/student-services/iss/resources/finances)
- [ucalgary.ca/student-services/iss/resources/taxes-canada](ucalgary.ca/student-services/iss/resources/taxes-canada)
Ariane Guan
Career Development Specialist, International Students
Email: ariane.guan@ucalgary.ca

Career development and job search support:
Get one-on-one advice with a Career Development Specialist
• Appointments
• Drop-ins

Attend career workshops/webinars
Connect with employers

Book appointments: with any of the career specialists by going to elevate.ucalgary.ca

Website: www.ucalgary.ca/careers
Immigration – Student Orientation

Graduate Students

International Student Services

Diana Jamal-Samborski
Regulated Canadian Immigration Consultant (RCIC)
Immigration Advisor and Specialist

January 2022
Top Reasons To See an Immigration Advisor

1. Work Eligibility in Canada as a Student
2. Extending your Study Permit
3. Travel outside Canada
4. **Before** making changes to your academic status at UCalgary (i.e.: part-time studies, taking a gap year etc..)
Working in Canada – Graduate Students

- You MUST have a VALID STUDY PERMIT
- You MUST be registered FULL-TIME
- You may work ON-CAMPUS
  - No limitation on number of hours you may work on-campus
  - Can work as a research assistant (RA) and teaching assistant (TA) full-time on-campus.
- You may work OFF-CAMPUS
  - ONLY IF, your study permit authorizes you
    - If authorized, you cannot work more than 20 hours a week off campus.
- You may be eligible to obtain a work permit upon graduation (Degree seeking students only)

Note: Graduate students are often not eligible to participate in a full-time off-campus internship.
Social Insurance Number (SIN)

You need to apply for it.
- You can apply in-person at a Service Canada office, online, or by paper (mail).
  - Learn more by visiting [How to Apply](#).

What you’ll need to apply:
- Passport
- Study permit
- Enrolment Verification Letter showing you are enrolled full-time
- Proof of Canadian residence

Important Information:
- You **must** be in Canada with a Canadian address to apply for a SIN.
- Your SIN’s expiry date will match your study permit’s expiry date.
Employment Condition MUST be printed on your study permit in the Conditions and/or Remarks section(s).
You may need a valid temporary resident visa (TRV) or electronic travel authorization (eTA) for travel to Canada.

Every entry to Canada is a new examination. You must meet all entry requirements EVERY time you seek entry to Canada.
Temporary Resident Visa (TRV)
Entry Stamps & Electronic Travel Authorization (eTA)

LOOK AT THE DATE WRITTEN BY THE OFFICER
Extending your Study permit

• Apply to extend your study Permit 90 - 120 days before it expires

• Put your expiration date on your phone and set a notification/reminder for 3-4 months before the expiration date

• Visit the ISS website or connect with an immigration advisor by email, virtually or in-person to learn more on how to extend your study permit
  • International Student Services Advising | University of Calgary (ucalgary.ca)
  • E-mail: iss.immmmigration@ucalgary.ca
Maintaining your Status

You are responsible for maintaining legal status in Canada.

Questions and/or doubts? We are here to help you! Visit our office in MSC 275 or send us an email or drop-in for virtual advising.

ISS.immigration@ucalgary.ca
Study Permit

Know your expiry date!!
Study Permit

Document number (F)

UCI (Unique Client ID)
Upcoming Immigration Sessions

• 11JAN2022: Permanent Residence Information Session
  • Register for the event: University of Calgary (ucalgary.ca)
Upcoming ISS events

Welcome Social Events with ISS: Eat n’ Chill
From Afrobeats to K-pop music, join International Student Services for our eat and chill event!

Welcome Social Events with ISS: Guess the ...
Want a fun way to meet your fellow students, while playing an entertaining game to test your memory? Join International Student Services for a fun...

Welcome Social Events with ISS: Virtual Bin...
Do you have any interesting experiences you would like to share? Join International Student Services...

International student support and workshops

Sep 8
11:00 am to 12:00 pm | REMOTE: Offer...
Transitioning to first year as an Int...
Join Jennifer from the Student Success Centre for a small group session with other first year international students...

Sep 9
9:00 am to 10:00 am | Zoom
Resources for Students with Famili...
This session is for any international student (undergraduate, graduate, exchange, visiting) who is planning to...

Sep 9
6:30 pm to 7:30 pm | REMOTE: Offered...
Transitioning to first year as an Int...
Join Jennifer from the Student Success Centre for a small group session with other first year international students...

Sep 15
9:00 am to 10:00 am | Zoom
Healthcare & Medical Insurance i...
This session is for any international student (undergraduate, graduate, exchange, visiting) who is planning to ...

Sep 16
2:00 pm to 3:30 pm | Online
Networking for introverts (and ext...

Sep 16
10:00 am to 11:30 am | Zoom
How to write a Canadian resume ...
This is a specialized webinar created specifically to meet the unique needs of international students.
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 33(q) 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 digital@ucalgary.ca

View past newsletters here.
CAMP LEAD
2022 Winter Session

From February 18 - 20, join us at Alberta Pioneer Lodge for two days of leadership workshops, horseback riding, snowshoeing, camp fires and more. Food, lodging and transport is included in the $130 fee.

Register today at ucalgary.ca/leadership
Connect with us on social media

@ucalgaryiss on both Instagram and Facebook
More Events for You

Graduate Student Orientation...right after this!

- Wed, Jan 5, 10:30 am

International Student Orientation Panel

- Thurs, Jan 6, 11 am- noon, Calgary time
- [https://events.ucalgary.ca/international-student-services/#!view/event/event_id/393904](https://events.ucalgary.ca/international-student-services/#!view/event/event_id/393904)

Online Unwind: Speed Friend-Making

- Thurs, Jan 6, 5-7 pm, Calgary time
- [https://events.ucalgary.ca/leadership-student-engagement/#!view/event/event_id/396559](https://events.ucalgary.ca/leadership-student-engagement/#!view/event/event_id/396559)
I have questions about…

• UCalgary Thrive App/Vaccination Proof:
  • covidsafe@ucalgary.ca
  • ucalgary.ca/risk/emergency-management/covid-19-response/covidsafe-campus

• Course enrolment, winter course delivery/format, course outlines, program progression:
  • Undergraduate advisors: www.ucalgary.ca/registrar/registration/advising
  • Graduate: https://grad.ucalgary.ca/current-students/important-dates-and-resources/find-your-graduate-program-administrator

• Tuition, payment plans, program funding:
  • Undergraduate students Enrolment Services: ucalgary.ca/registrar/contact-us/enrolment-services-advising
  • Graduate students Faculty of Graduate Studies https://grad.ucalgary.ca/about-us/contacts
  • Financial Need Based Bursaries: ucalgary.ca/registrar/finances/awards-scholarships-and-bursaries/bursaries
JOIN US!

For **GradO** Winter 2022
Welcome to Graduate Studies at the University of Calgary

Wednesday January 5, 2022
10:30 am - 1:00 pm (MST)

Zoom Webinar ID: 95734094056

grad.ucalgary.ca/current-students/newly-admitted/graduate-orientation