



International Students Services (ISS)



Only one month to go!

Our [International Student Services \(ISS\)](#) team is excited to share updates and valuable information to help you prepare for the upcoming term. Please carefully review the information below and attend upcoming virtual webinars and events. If you missed our November welcome email, a copy can be viewed [here](#). After reviewing the information below, please contact our team if you have questions. Note that emails will not be monitored for the holiday closure from Dec. 24 to Jan. 2, 2022.

- Non-academic, non-immigration questions: iss@ucalgary.ca
- Canadian immigration questions: issimmigration@ucalgary.ca

Kind regards,

International Student Services

Important dates

- **Dec. 24 - Jan. 2:** University closed for the holidays
- **Jan. 3:** Winter term begins
- **Jan. 5:** Orientation
- **Jan. 6:** Student panel discussion
- **Jan. 10:** First day of classes

Travelling to Canada

Testing and quarantine requirements

The Government of Canada recently made an update regarding additional measures when entering Canada. Currently, travellers will be randomly selected to complete an Arrival COVID-19 test, and in the coming weeks, the policy will move towards **all** travellers to complete a COVID-19 test on arrival. If you are required to complete an arrival test, you must quarantine while waiting for your test result. Please anticipate upwards of three days for test results.

Unvaccinated travellers continue to complete on-arrival PCR testing, a 14-day quarantine period and day-8 PCR testing.

Quarantine plans - All travellers to Canada must have a quarantine plan

We recommend that you use [this assessment tool](#) to determine the suitability of your quarantine plan and review UCalgary's webpage on [Quarantine Information for Students](#). For questions about your plan, please get in touch with sphi@ucalgary.ca.

For information about travel restrictions and quarantine requirements in Canada, please review all the information in the links below before making any travel plans.

- [COVID-19: Travel, quarantine and borders](#)
- [Coronavirus disease \(COVID-19\): International students](#)
- [ISS COVID-19 FAQ page](#)
- [Alberta: Isolation and quarantine requirements](#)

Reminders

- Effective **Jan. 15, 2022**, to enter Canada, all international students who are 18 years of age and older will be required to be [fully vaccinated by a Canada-approved vaccine](#).
- Complete your vaccination attestation using the Thrive Health Portal found on UCalgary's [COVIDSafe Campus](#) webpage.
- Complete Student Wellness' [Incoming Student Survey](#).
- Review our [ISS COVID-19 FAQs](#) and [Immigration webpage](#).
- **Flying from India**
 - **Direct flights:** If travellers are taking a direct flight from India to Canada, then they need a negative COVID-19 molecular test from the Genestrings Laboratory at the Delhi airport. The test must be taken within 18 hours of the scheduled departure of the direct flight to Canada.
 - **Indirect flights:** If travellers are taking an indirect flight from India to Canada, then they still need proof of a negative COVID-19 molecular test within 72 hours of your final flight to Canada. The test must be taken in the country where your flight to Canada will depart.

Suspension of entry to Canada: Omicron variant

From Dec. 1, 2021, to Jan. 31, 2022, all foreign nationals who have been in **Botswana, Egypt, Eswatini, Lesotho, Malawi, Mozambique, Namibia, Nigeria, South Africa and Zimbabwe** within the previous 14 days before arriving in Canada will not be permitted entry to Canada.

If you must attend in-person courses in the winter 2022 term and are a resident of a country impacted by the suspension of entry, please connect with your program advisor to discuss your options for continued academic progression.

[Learn more on the temporary suspension of entry here »](#)

Our team understands how challenging it can be to plan when regulations change. We are here to help! Be sure to review our updated Welcome Webinar, **"How to prepare for your arrival in Calgary during the COVID-19 pandemic."**

Information

Proof of vaccination for UCalgary, and Alberta Restriction Exemption program

UCalgary COVIDSafe: Proof of full vaccination deadline

To be eligible to take in-person courses in winter 2022, you must have declared yourself fully vaccinated and uploaded your proof of vaccination **by Jan. 1, 2022**, using the [Thrive Health portal](#).

Alberta Restriction Exemption program

Students who arrive in Alberta with proof of vaccination from outside Canada will use their ArriveCAN receipt and government identification (passport) to enter businesses participating in the Alberta Restriction Exemption program. We also recommend having a digital copy of your original proof of vaccination (and translation, if relevant) with you when exploring Calgary.

- [Alberta Government: vaccine records accepted in Alberta](#)

Students who intend to live in Alberta for a year or longer may be eligible to upload their proof of vaccination from outside Canada and receive an Alberta Proof of Vaccination with a QR code. Once you live in Alberta, this option is available and can demonstrate your residency. These students should also apply for the Alberta Health Care Insurance Plan (free). Learn more:

- [Alberta immunization record submission](#)
- [ISS: medical insurance resource and webinar](#)

Programs



GPS mentorship program

Apply to be a “**Mentee**” by **Dec. 17** to connect with an upper-year UCalgary student mentor for the winter term. Your mentor can share experiences and answer questions before the term starts.

[Learn more and register here »](#)



USpeak Global program

Do you want to be more comfortable speaking English or another language? Sign up for USpeak, a language exchange experience to improve your language skills while teaching your own at the same time!

Stay tuned for more information. Applications will be **open from Jan. 3 to 14**.

[Learn more here »](#)

Webinars and events

International student orientation

Register now for orientation where you can learn more about Canadian immigration, UCalgary classroom culture, living in Calgary, on-campus resources, wellness supports, social events, and more! [Learn more and register here »](#)

Graduate international student orientation

- **Date:** Wednesday, Jan. 5, 2022
- **Time:** 9 - 10 a.m. MST
- [Register here »](#)

Virtual student panel

- **Date:** Thursday, Jan. 6, 2022
- **Time:** 11 a.m. - noon, MST
- [Register here »](#)

If you cannot attend these virtual events, recordings and slides will be shared on our [orientation](#) page.

ISS webinars and events

Welcome webinars

Do you have questions about student life, living in Calgary, housing or finances? Review our list of [welcome webinars](#) to help ensure a smooth start to your time in Calgary.

Campus tours

Join us on a tour of the UCalgary campus to learn about the different buildings, study and social spaces, and to find your classrooms. Attendees must pre-register, provide proof of vaccination, and wear a mask. [Learn more and register here »](#)

- **Date:** Jan. 4, 5, 6 and 10, 2 - 4 p.m. MST

ISS Unwind: colouring and puzzles

Drop by [International Student Services](#) (ISS) in MSC-275 for a fun afternoon of colouring, puzzles, and socializing. You will also be offered a chance to pick up your Unicard during the event. [Learn more here »](#)

- **Date:** Jan. 4, 2 - 4 p.m. MST

ISS Unwind: speed friend-making (Virtual)

Kick-off your new year with this exciting session of speed friend-making. Break the ice and make new friends from the comforts of home. [Learn more here »](#)

- **Date:** Jan. 6, 5 - 7 p.m. MST

Explore Calgary: East Village

Join us and [Leadership and Student Engagement](#) (LSE) as we make our way downtown on the CTrain to get treats from Sidewalk Citizen and warm up by the East Village firepits. [Learn more and register here »](#)

- **Date:** Jan. 7, 1:15 - 4 p.m. MST

Find additional webinars and events on our [ISS events calendar](#).

Get set for academic success

Are you interested in ways to succeed this year academically? The [Student Success Centre](#) (SSC) has many recordings and webinars to help you set goals for a fulfilling and successful year. Learn more and find additional learning resources [here](#).

Connect with us

Like us on [Facebook](#) and follow us on [Instagram](#) accounts, as we will be sharing important information and upcoming events via social media.

We also encourage you to [sign up for the ISS Newsletter](#) to get important updates and learn about exciting webinars and opportunities for students.

ucalgary.ca

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