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.
Calgary has four seasons...

- Fall (Autumn)
- Winter
- Spring
- Summer
### “Average” Weather

<table>
<thead>
<tr>
<th></th>
<th>Fall (Autumn)</th>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calendar Dates</td>
<td>Starts ~Sept 22</td>
<td>Starts ~Dec 21</td>
<td>Starts ~Mar 20</td>
<td>Starts ~ June 20</td>
</tr>
</tbody>
</table>

- July/August is usually hottest
- September, we start to get colder mornings and beautiful sunny afternoons
- January & February are often coldest
- June tends to be rainiest

Rain is common usually between April-November
Snow is common October-April

- Adapted from: [https://weatherspark.com/y/2349/Average-Weather-in-Calgary-Canada-Year-Round](https://weatherspark.com/y/2349/Average-Weather-in-Calgary-Canada-Year-Round)
Adapting to Calgary Weather

If you don’t like the weather, wait five minutes
WEATHER IN CALGARY

According to the https://calgary.weatherstats.ca/
Winter Weather Clothing Terms to know!

Typical winter clothes:

- Winter or snow boots (not the same as rain boots, hiking boots)
- Winter Jacket
- Gloves vs. Mittens
- Winter Hat or “Toque” (rhymes with fluke)
- Scarf

Outdoor Activity Clothing (or extra-cold days)

- Long Johns/ long underwear/ thermal underwear/leggings
- Winter or snow pants
Where to buy your winter clothes?

Thrift stores or second-hand:
Value Village, Goodwill, The Salvation Army, and consignment

Department stores:
Walmart, Superstore, Winners, Hudson Bay

Buy off-season

Link up to your community

Take advantage of sales:
• Back to school (Aug-Sept)
• Black Friday & Cyber Monday (Nov)
• Boxing Day (Dec 26)
Where to buy your winter clothes?

• Malls & Shopping Centers near UCalgary
  • Market Mall (15-minute walk or bus)
    • Sport Chek
    • Sporting Life
    • Mountain Warehouse
  • North Hill Mall (2 train stops south; Lions Park Station)
    • Winners
  • The Core (downtown; 3rd street station)
    • Simons
    • Hudson's Bay
**Things to note while buying Winter Clothing:**

<table>
<thead>
<tr>
<th>Description</th>
<th>245 Reviews</th>
<th>Delivery &amp; Returns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warmth and comfort combined, the Henry II Down Padded Jacket is great for everyday wear during colder months. Lightweight, water-resistant with a pack-away bag for convenient storage. The Henry has down padding for premium insulation - helping you stay warm and dry when the temperatures drop.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Water-resistant** - Treated with Durable Water Repellent (DWR), droplets will bead and roll off the fabric. Light rain, or limited exposure to rain
- **Down Filling** - Down feathers are designed to trap heat and retain warmth, perfect for keeping you cosy in cold weather
- **Thermal Tested -30 °C** - Laboratory tested. Health & physical activity, exposure time & perspiration will affect performance & comfort
- **Warm & Cosy** - fabric feels soft on the skin and keeps you warm
- **Adjustable Hood** - Easily adjusted for the perfect fit
- **Zipped pockets** - for convenient and safe storage
Unique Calgary Weather Features

• High altitude (1045 meters above sea level) & Northern Location
  • Lots of sun, even on short, cold winter days
    • Dress warmly in winter, even if sunny
    • SPF protection/sunglasses recommended in warm months & when skiing (reflection off snow)
  • Longer days in summer, shorter days in winter (less sunlight)
    • Shortage of vitamin D (talk to a Student Wellness Services physician)

• Weather Changes
  • Dry climate and altitude can lead to dry noses/nose bleeds, dry skin
    • Humidifier, lotions and lip balms

• Chinook winds from Rocky Mountains (to the west)
Chinook Winds

• Dry warm winds that descend from mountain ranges
• Also known as foehn winds (Germany), ghibli (Libya), zonda (Argentina)
• Melt winter snow
• Distinctive cloud “chinook arch” in the sky
• Pressure changes can give some people headaches/migraines
Chinook Winds

The lovely effects of a Chinook wind...
TOP 5 TIPS FOR DRESSING DURING CALGARY’S WINTER

#1. Check the weather before you:
• start your day
• get dressed
• leave for school or an outdoor activity
TOP 5 TIPS FOR DRESSING DURING CALGARY’S WINTER

#2. “Layering”: wear adjustable layers (so that you can remove or take them on easily)
TOP 5 TIPS FOR DRESSING DURING CALGARY’S WINTER

#3. Don’t forget about your head, hands, and feet

- Toque
- Gloves
- Warm boots
- Scarf
- Earmuffs
- Other
#4. Walk carefully

Source: 3 tips to walk on ice: walk like a penguin (Vox, 2019)

Learn how to walk on ice as a penguin:

1. Extend arms to the side to keep balance
2. Keep your center of gravity on one leg
3. If you fall backwards, tuck your chin, so your head won’t hit the ground
TOP 5 TIPS FOR DRESSING DURING CALGARY’S WINTER

#5. Embrace winter weather and have fun!
TOP 5 TIPS FOR DRESSING DURING CALGARY’S WINTER

#5. Embrace winter weather and have fun!

Canada Olympic Park (Winsport)
Things to do in Calgary Winter

• Skating at the Olympic Oval (1988 Olympics):
Things to do in Calgary Winter

• Go Cross Country Skiing:
Things to do in Calgary Winter

• Ice Skating at Bowness Park or the Olympic Plaza (free if you have skates; can rent):
Things to do in Calgary Winter

• Accura Tube Park at Canada Olympic Park (COP):
Things to do in Calgary Winter

• Go to a Calgary Flames game (cost):
Things to do in Calgary Winter

• See the Zoo-lights at Calgary Zoo (cost):
Check the city's official website:

- [https://www.calgary.ca/csps/winter-city-calgary.html](https://www.calgary.ca/csps/winter-city-calgary.html)
- [https://www.calgary.ca/csps/free-activities.html](https://www.calgary.ca/csps/free-activities.html)
ISS Contact Information

• **Website:** [ucalgary.ca/iss/contact-us](ucalgary.ca/iss/contact-us)
  - ISS Newsletter: [ucalgary.ca/student-services/iss/student-life/iss-newsletter](ucalgary.ca/student-services/iss/student-life/iss-newsletter)
  - Social events: [events.ucalgary.ca/international-student-services/](events.ucalgary.ca/international-student-services/)

• **Advising:**
  - **Remote:** email us; M-F, 9am-noon & 1-4 pm Calgary Time (MDT/MST)
  - **In-person:** email for availability
  - **Group (Webinars):** [ucalgary.ca/student-services/iss/advising/iss-webinars-workshops](ucalgary.ca/student-services/iss/advising/iss-webinars-workshops)

• **Email:**
  - General & non-immigration: iss@ucalgary.ca
  - Canadian immigration: issimmigration@ucalgary.ca

• **Social Media:**
  - FaceBook: [facebook.com/UCalgaryISS/](facebook.com/UCalgaryISS/)
  - Instagram: @ucalgaryiss