ISS Welcome Webinar: Weather in Calgary

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.
Welcome Webinar on WEATHER in Calgary with ISS

Kirsty Gruber
Advisor, International Student Transition Support

Mohak Maniar
Program Assistant, International Student Transition Support
UCalgary International Student Services
Dec 02, 2021
Calgary has four seasons...

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

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

According to the [https://calgary.weatherstats.ca/](https://calgary.weatherstats.ca/)

Temperature - Monthly data (1 year)

- Maximum
- Hourly Mean
- Mean of Min/Max
- Minimum

month of the year preceding August 5, 2021

- August 2020
- October 2020
- December 2020
- February 2021
- April 2021
- June 2021
- August 2021

Temperature (°C)
Adapting to Calgary Weather

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

Weather Network

Your Phone’s Weather App
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 heads, 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!

Snow Ballet
1988 Calgary Olympics
Where to buy your winter clothes?

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

Department stores: Walmart, Superstore, Winners, Mountain Warehouse, 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, Mountain Warehouse, Old Navy, Atmosphere, Hudson's Bay
    • Sporting Life
  • North Hill Mall (2 train stops south; Lions Park Station)
    • Winners, Marks, Moores
  • The Core (downtown; 3rd street station)
    • Simons
    • Hudson's Bay
Things to note while buying Winter Clothing:

- **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 cozy 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

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.
Check the city's official website:

- https://www.calgary.ca/cps/city-calgary.html
- https://www.calgary.ca/cps/free-activities.html
Check the city's official website:

- Environment
  - Recycling information
  - Composting information
  - Garbage information
  - Water services
  - Environmental management
  - Climate change
  - Calgary's trees

- Building, planning and business
  - Business and local economy
  - myHome
  - myBusiness
  - myDevelopment
  - ourCommunity
  - Additional Information & Resource Library

- Parks and recreation
  - Children and youth
  - Parks
  - Recreation
  - Arts and culture

- Transportation
  - Traffic and driving
  - Road permits
  - Construction projects
  - Road maintenance
  - Cycling in Calgary
  - Calgary Transit

- Animal services
  - Responsible pet ownership
  - Lost cats and dogs
  - Adoption
  - Animal complaints
  - Programs and volunteering
  - Contact us

- Taxes and property assessment
  - Taxes
  - Assessment

- Social programs and services
  - Affordable housing
  - Youth programs
  - Community services
  - Fair entry low income assistance

- Bylaws and public safety
  - Bylaws
  - Public safety
  - Calgary Fire Department
  - Calgary Police Service
  - Land use bylaw
Commuting in Winter

- C-Train
- Buses
- Cabs
- Cars
- Bikes
- Walk

https://www.ucalgary.ca/student-services/iss/resources/getting-around
Things to do in Calgary Winter

• Skating at the Olympic Oval (1988 Olympics):
UCalgary Outdoor Center

Outdoor Centre

Include us when dreaming of future adventures.
#UCalgaryTogether #WhatWillYouTryNext #GreatOutdoors

- Newsletter Sign-Up
- Wilderness First Aid Courses
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):
More Events!

Welcome Webinars

• **Dec 9:** Discover Calgary (10 – 11 AM MST)

• [International Student Stories Podcast](https://www.ucalgary.ca/student-services/iss/student-life/international-student-stories)

• Recordings of ISS Webinars and Workshops: [https://ucalgary.ca/student-services/iss/advising/iss-webinars-workshops](https://ucalgary.ca/student-services/iss/advising/iss-webinars-workshops)

• Additional webinars through SSC, Wellness Services, and Career Services!

Programs & Events

• Sign up for an **International Student Mentor**!

• **Graduate International Student Orientation:** Jan. 5, 9-10 a.m.MST

• **Undergraduate & International Exchange Student Orientation:** Jan. 5, 11am-12pm MST

• International Student Panel: Jan. 6, 11am-12pm MST

• **Student panels, social events, and extended orientation workshops** throughout January!

[events.ucalgary.ca/international-student-services/](events.ucalgary.ca/international-student-services/)  
[ucalgary.ca/student-services/iss/resources/international-student-orientation](ucalgary.ca/student-services/iss/resources/international-student-orientation)
ISS Contact Information

• **Website:** [ucalgary.ca/iss/contact-us](https://ucalgary.ca/iss/contact-us)
  • ISS Newsletter: [ucalgary.ca/student-services/iss/student-life/iss-newsletter](https://ucalgary.ca/student-services/iss/student-life/iss-newsletter)
  • Social events: [events.ucalgary.ca/international-student-services/](https://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](https://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/](https://facebook.com/UCalgaryISS/)
  • Instagram: @ucalgaryiss
Questions?