



UNIVERSITY OF  
CALGARY

# Welcome Webinar:

*Finances and Planning for the Year Ahead*

**International Student Services | GSA | MoneySmart**

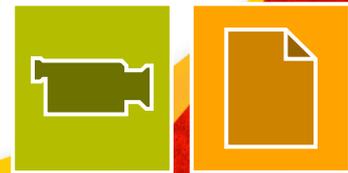
**July 21, 2021**

# ISS Welcome Webinar: *Finances and Planning for the Year Ahead*

## 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](http://ucalgary.ca/iss)), then email [iss@ucalgary.ca](mailto: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](http://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.

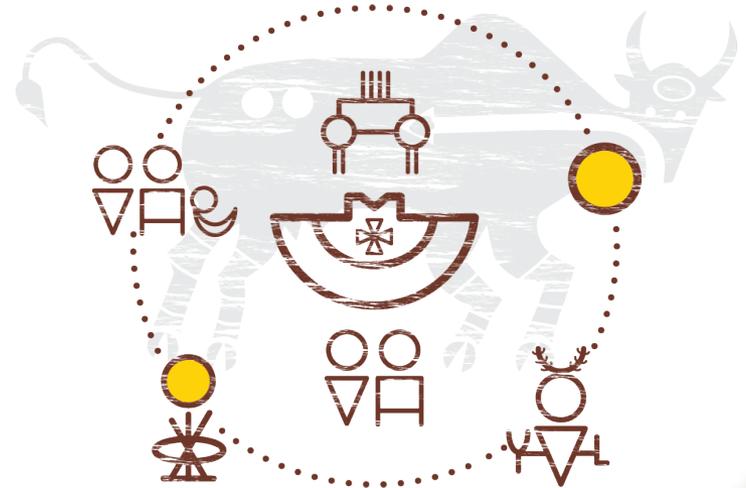


Image: The Cultural Model for the University of Calgary's Indigenous Strategy, ii' taa'poh'to'p

**Due to the evolving and unpredictable nature of the Covid-19 pandemic, rules and regulations may change without advanced notice.**

**This information is current as of **July 21, 2021**. While this is a helpful resource to get you started, please ensure that you are informed of updated regulations and policies prior to travel to Canada.**



# 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](https://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***

# Presenters

- Kirsty Gruber | Advisor, International Student Transition Support | UCalgry International Student Services
  - Advising to assist with getting settled in Calgary
  - Coordinate [International Student Mentorship Program](#)
  - Coordinate [New International Student Orientation](#)
  - Email: [Kirsty.gruber@ucalgary.ca](mailto:Kirsty.gruber@ucalgary.ca) Or (even better): [iss@ucalgary.ca](mailto:iss@ucalgary.ca)
- Dana | MoneySmart
  - [ucalgary.ca/registrar/finances/money-smart](http://ucalgary.ca/registrar/finances/money-smart)
  - [moneysmart@ucalgary.ca](mailto:moneysmart@ucalgary.ca)
- Kabita Baral | Vice President Student Life, Graduate Students' Association
  - Email: [vpsl.gsa@ucalgary.ca](mailto:vpsl.gsa@ucalgary.ca) Or [askgsa@ucalgary.ca](mailto:askgsa@ucalgary.ca)

# Session Agenda



Covid-19 FAQs



Office of the Registrar/Enrolment Services



Expenses related to getting settled



Planning for change/emergency



Helpful recommendations



Resources to access along the way



Questions

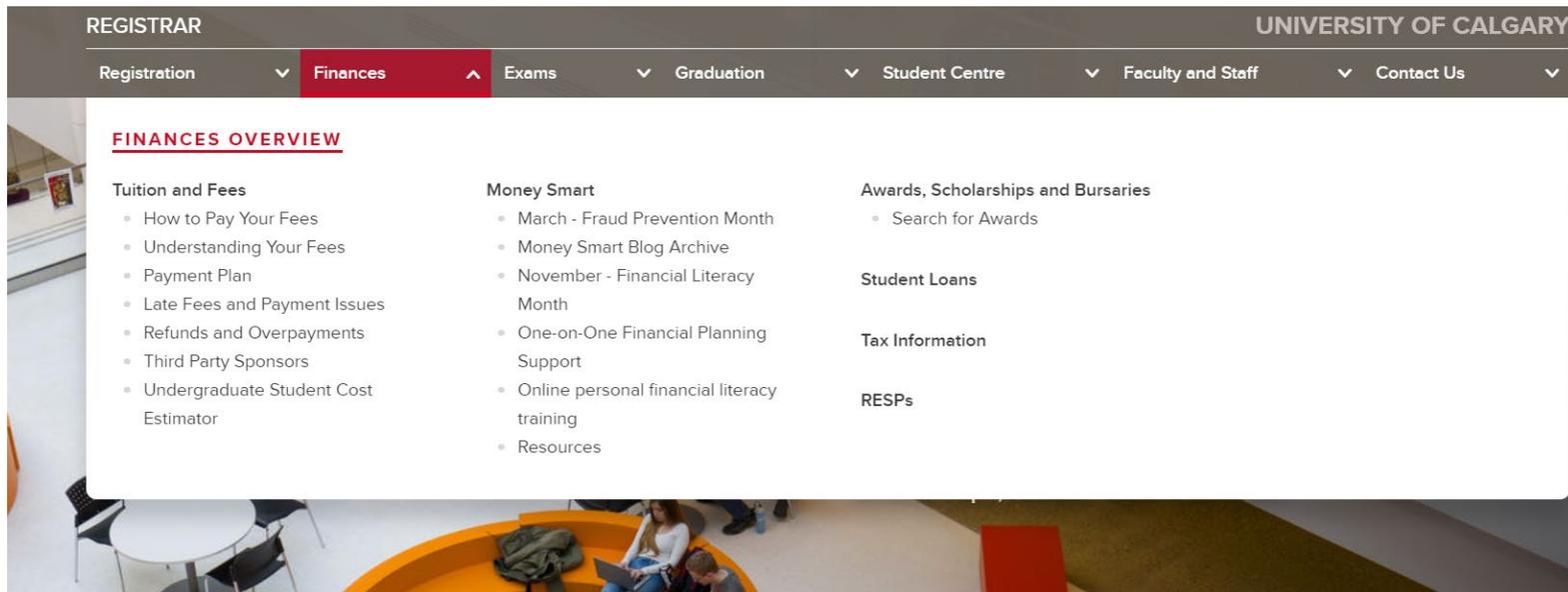
# Staying Informed: Covid-19 Updates

You are responsible  
for staying informed  
and checking your  
email for updates  
from UCalgary

- Key UCalgary websites:
  - [ISS Covid-19 FAQ](#)
  - [UCalgary COVID-19 page](#)
- External websites:
  - <https://travel.gc.ca/travel-covid>
- Checklist: <https://travel.gc.ca/travel-covid/travel-restrictions/entering-canada-checklist>

# Finances as an International Student

- ISS website > Resources > Finances
  - <https://ucalgary.ca/student-services/iss/resources/finances>
- UCalgary Office of the Registrar:
  - <https://www.ucalgary.ca/registrar/finances>
  - <https://www.ucalgary.ca/registrar/contact-us>



The screenshot shows the Registrar's website with a navigation menu. The 'Finances' tab is selected. The main content area is titled 'FINANCES OVERVIEW' and is divided into three columns of links:

- Tuition and Fees**
  - How to Pay Your Fees
  - Understanding Your Fees
  - Payment Plan
  - Late Fees and Payment Issues
  - Refunds and Overpayments
  - Third Party Sponsors
  - Undergraduate Student Cost Estimator
- Money Smart**
  - March - Fraud Prevention Month
  - Money Smart Blog Archive
  - November - Financial Literacy Month
  - One-on-One Financial Planning Support
  - Online personal financial literacy training
  - Resources
- Awards, Scholarships and Bursaries**
  - Search for Awards
- Student Loans**
- Tax Information**
- RESPs**

# Tuition & Fees: Registrar's Office

## Enrolment Services webinar series:

- Financial Aid 101: Wednesday, July 28
  - Fees 101: Wednesday, August 18
  - [ucalgary.ca/registrar/student-centre/webinars](https://ucalgary.ca/registrar/student-centre/webinars)
- 
- *What am I paying for?*
  - *When to pay?*
  - *How to pay?*
  - *Who to contact with questions?*



# Prepare for Expenses: Student life & a new city...

- UCalgary cost calculators:
  - Undergraduate Cost Calculator: <https://www.ucalgary.ca/registrar/cost-estimator>
  - Graduate Student Association's Cost Calculator: <https://gsa.ucalgary.ca/costoflivingcalculator/>
  - Get an idea of the cost of living in Calgary: <https://www.numbeo.com/cost-of-living/in/Calgary>
- Consider signing up for programs and events where you can talk to peers and learn from their experiences

# Prepare for Expenses- Covid-19

- Consider expenses connected to:
  - Pre-departure covid-19 testing
  - Quarantine accommodation and needs during that time (food, medication, technology)
  - Use of international credit card or prepaid VISA card until you are able to set up Canadian bank account
  - Travel medical insurance
  - Emergency travel needs (eg. flight home)
- Check with your consulate or embassy to see if they provide any emergency or financial support
- <https://ucalgary.ca/student-services/iss/covid-19-faqs>

# Travel Medical Insurance

- Arrange for **travel/emergency medical insurance** to cover you while you are travelling to Calgary
- Easiest to purchase from a company in your home country; sometimes in combination with your flight
- You will want to purchase a plan that at least covers doctor visits, hospitalization, prescription drugs, vision care, and dental care
- Exchange and visiting—typically a part of the insurance package you would purchase anyways



# Travel Medical Insurance

- Length of time depends on:
  - **when** you are arriving in Calgary, (eg. is GSA/SU plan active yet?)
  - **how long** your travel route is
  - If you are **arriving in a different Canadian city** and plan to isolate there (eg. do not have a direct connection to Calgary)
  - Does your plan provide immediate reimbursement or does it take a long time to process a “claim”
- Typically recommend you purchase “buffer” coverage (eg. two weeks), to give you peace of mind while you are in transit and getting settled
- See [“Healthcare & Medical Insurance presenta](#)



# Money Smart Program Office of the Registrar

- **Financial Literacy Workshops:**

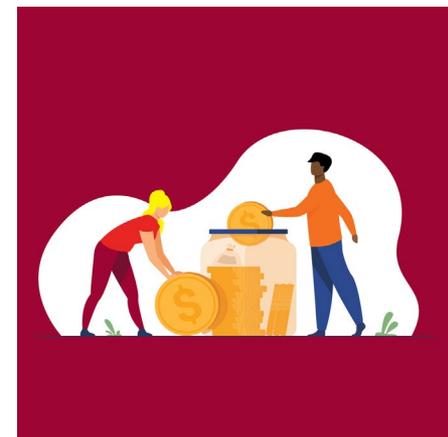
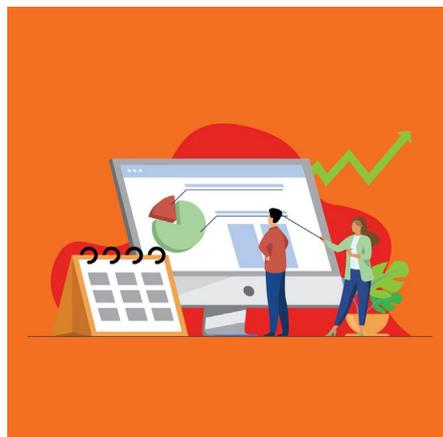
- Making Cents of Money: Budgeting 101
- Irregular Income: Budgeting 101
- Financing Basics: Borrowing 101
- Own Your Financial Future: Credit 101
- Food and Finances: Life Skills 101
- Easy Concept, Difficult Reality: Saving 101
- Investing Basics For Beginner Level Investors: Investment 101
- Investing For Intermediate to Advanced Level Investors: Investment 102
- Effective Tax Strategies: Taxes 101

Free

Supporting Materials

Door Prizes

- **Online Financial Literacy Training**



**Module 1:  
Budgeting and  
annual cash flow  
statement**

**Module 2: Saving  
and time value of  
money**

**Module 3: Basics  
of credit**

**Module 4: Debt  
management**

**The fall 2021 cohort starts on Oct. 4. Register to secure your spot!**

[ucalgary.ca/moneysmart](https://ucalgary.ca/moneysmart)  
[moneysmart@ucalgary.ca](mailto:moneysmart@ucalgary.ca)

- **One-On-One Support**

Students can apply for an appointment to receive one-on-one support about any financial literacy topic such budgeting, saving, establishing credit and how to use credit wisely, debt management and taxes.



### Meet your Advisor

**Toks Bakinson** is a project management lead with more than 12 years of experience. She has an MBA as well as an MA in economics. She is a registered chartered professional accountant and has been teaching CPA's financial literacy program for the last four years.

- **Signature Events:**

March



November

[ucalgary.ca/moneysmart](http://ucalgary.ca/moneysmart)  
[moneysmart@ucalgary.ca](mailto:moneysmart@ucalgary.ca)

# Budgeting

- Make a budget or plan for your expenses and income (either from working, scholarships, or savings) to maintain your financial health.
  - It is important to consider the types of living expenses that you will encounter as a student, in addition to tuition and fees.
  - Reviewing your income and expenses is an important habit to build early—and there are many resources to access to help along the way.
- **Budgeting Apps:** free phone apps you can use to help keep track of your spending
  - Acorns, Every Dollar, Wally, and Mint
  - Talk to your bank

# Making the most of student services

- **Social & Wellness Events:** Check out the newsletters, social media, and websites for these offices to learn about free-events:
  - Campus Community Hub
  - Faith and Spirituality Centre
  - International Student Services
  - Leadership & Student Engagement (Unwind)
  - Residence Services (if living on campus)
  - Sustainability
  - Wellness Centre
  - Women's Resource Centre
  - Writing Symbols Lodge

# Making the most of student services

- **Student Union & Associations:** Learn about the services and events provided through the Students Union or Graduate Students' Association. Some student clubs arrange discounts for events or services around Calgary.
  - UCalgary Students Union: <https://www.su.ucalgary.ca/>
  - Graduate Students' Association: <https://gsa.ucalgary.ca/>

# Making the most of student services

- **UCalgary Services:** You pay student fees each term! Make sure you take advantage of the services and programs that are offered to you for no additional cost:
  - Active Living: access to fitness facilities (gymnasium, weight room, swimming pool, running track, racquet centre, climbing wall; students receive a \$25 credit each year)
  - Career Services: advising and workshops to support your job search & success
  - International Student Services: immigration advising
  - Library: research support and access to academic resources
  - Student Success Centre: free advising and workshops

# Living Expenses

- Use public transit *safely with* digital app: “UPASS”
- Consider purchasing household items second hand/used from Buy/Sell Calgary or Kijiji
- Explore options for borrowing or buying textbooks or ebooks
- <https://ucalgary.ca/student-services/iss/resources/food-and-shopping>

# Living Expenses: Student Discounts

- Carry your Student ID Card with you and ask about student discounts at stores and restaurants
  - If studying remotely, download an Enrolment Verification Letter from your student centre
- Student Price Card (SPC: <https://www.spccard.ca/>) is a student discount card that you can purchase that provides discounts at certain stores. It can be helpful if you are buying new clothing or household items.
- Friends of CJSW (<https://cjsw.com/friends/>) is a discount card in support of the UCalgary campus radio station.

# Sources of income: working while you study

- If you are eligible to work while you study, this is a great way to gain experience in a Canadian workplace and make money.
  - **International Student Services:** To learn about your eligibility to work and any restrictions, visit [ucalgary.ca/iss/immigration](https://ucalgary.ca/iss/immigration)
  - **Career Services:** attend a workshop or meet with an advisor for guidance on successfully finding a job and succeeding in the Canadian workplace. Visit <https://careerlink.ucalgary.ca/home.htm>
  - Learn about eligibility & Social Insurance Numbers (SINs): <https://ucalgary.ca/student-services/iss/immigration/working-canada-student>



# 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

[canada.ca/en/employment-social-development/programs/sin/protect.html](https://canada.ca/en/employment-social-development/programs/sin/protect.html)

[canada.ca/en/immigration-refugees-citizenship/services/protect-fraud/newcomers.html](https://canada.ca/en/immigration-refugees-citizenship/services/protect-fraud/newcomers.html)

Examples: [competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html](https://competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html)

# Sources of income: scholarships, awards, & bursaries

- UCalgary awards: Office of the Registrar & FGS:
  - Undergrad: <https://www.ucalgary.ca/registrar/finances/awards>
  - Grad: <https://grad.ucalgary.ca/awards>
- External awards:
  - Family employers,
  - community organizations,
  - sports associations,
  - volunteer groups,
  - academic or program areas,
  - government

# Sources of income: Undergraduate scholarships, awards, & bursaries

- Students Union (Undergraduate)
  - **Bursaries**
    - SU Student Hardship Assistance Fund
  - **Funding:**
    - Sustainability Fund
    - Bright Ideas
    - SUPER Work
    - Travel and Conference Funding
    - Quality Money
  - **Awards**
    - Violet King Engaged Scholar Award
    - Eric Lahoda Memorial SU Club Scholarship
    - Laurance Decore Award for Student Leadership
    - SU Pride Scholarship
    - SU Mental Health Award
    - Additional awards administered through the Student Awards and Financial Aid office (and applied for through the Student Centre)

# Ricky Ramdhaney Memorial Award for International Students



- For over a decade, Ricky was a tireless champion for our international students at UCalgary. Ricky joined UCalgary in 2009 and dedicated his professional life to mentorship, advising, and service to community. He was known for his warmth, generosity, and unwavering commitment to supporting the success of our international students.
- This award provides up to \$1,000 to international students who have displayed a commitment to leadership, service and community building within UCalgary and beyond.
- To be eligible for this award a student must be:
  - A continuing **international undergraduate student** enrolled any faculty at the University of Calgary
  - In good academic standing
  - Demonstrate leadership and/or commitment to volunteering in our community
  - Demonstrate impact on our community
- <https://ucalgary.ca/student-services/leadership/leadership-development/awards>

# Student Services Awards: Leadership and Student Engagement Office Awards



- Eligible Undergraduate students
  - Alyson Woloshyn Legacy of Leadership Award
  - Alison Heal Memorial Award
- <https://ucalgary.ca/student-services/leadership/leadership-development/awards>

# Sources of income: Graduate scholarships, awards, & bursaries

- Graduate Students' Association
  - **Bursaries**
    - GSA Bursary (Fall Intake Deadline: October )
    - GSA Support Bursary (Open year-round)
    - GSA Emergency Bursary (Open year-round)
  - **Awards**
    - GSA Sustainability Award (Intake Deadline: Feb 3)
    - Excellence Awards (Feb 1)
    - Emerging Leader Award (Feb 1)
    - Leadership Award (Feb 1)
    - Graduate Representative Council Initiative Award (Feb 1)
    - GSA Graduate Citizenship Award (Sept 25)
    - Overcoming Adversity Graduate Scholarship
  - **Professional Development Grants**
  - **Quality Money**

<https://gsa.ucalgary.ca/financial-support/awards/>

# Canadian Taxes—Paying Income Tax

<https://ucalgary.ca/student-services/iss/resources/taxes-canada>

- Residents of Canada who earn income in Canada must file an income tax return each year. If you have not earned income, we strongly recommend you still file a return in order to
  - potentially get money back, become eligible for tax credits, or receive childcare benefits if you have any dependent children
  - practice filing taxes before your income sources become more complex (eg. having multiple employers in the future)
  - receive a notice of assessment which is the document you receive after filing taxes that shows the result (whether you have a refund, an amount owing, or there is further action you must take).



# Emergency Support & Taking care of yourself

- Planning and managing expenses may be a new experience for you—and can be a challenge for anyone!
  - Make sure you access the resources on-campus to help along the way.
  - It is also important that you take care of your overall well-being—offices like the Student Wellness Services & Office of the Registrar have many opportunities for individual, peer, online, or group supports.
- Try to be proactive in your plans, acknowledging the uncertainty that comes studying and relocating during the Covid-19 pandemic
- Recommend to identify *at least* one resource you will access in the next few days
- <https://ucalgary.ca/student-services/iss/resources/finances>

# Set Yourself up for Success!

## Welcome Webinars

- **July 27:** Resources for students with families
- **Aug 5:** How to Prepare for your Arrival...
- <https://ucalgary.ca/student-services/iss/advising/iss-webinars-workshops>
- Additional webinars through SSC, Wellness Services, and Career Services!

[events.ucalgary.ca/international-student-services/ucalgary.ca/student-services/iss/resources/international-student-orientation](https://events.ucalgary.ca/international-student-services/ucalgary.ca/student-services/iss/resources/international-student-orientation)

## Programs & Events

- Sign up for an **International Student Mentor!**
- **Graduate International Student Orientation:** Sept. 1, 9-10 a.m.MDT
- **Undergraduate & International Exchange Student Orientation:** Sept. 1, 10:30-11:30 a.m. MDT
- **Student panels, social events, and extended orientation workshops** throughout September!
- GSA execs meet & greet: Sept 2, 10-12
- GSA H&D: Sept 3: 9-10am



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# Questions?

*Please type them in the chat box.*