Welcome Webinar:

Resources for Students with Families

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International Student Services
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ISS Welcome Webinar: Resources for Students with Families

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.
Mohak Maniar,
Program Assistant, International Student Transition Support

International Student Services
• Coordinate International Student transition support webinars
• Support Orientation events for international students
• Coordinate International Student Stories podcast series

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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

- 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
Session Agenda

COVID 19 FAQs

Immigration Information

Accommodation
- Quarantine Accommodation
- UCalgary Services – Partner Spouses
- Getting Settled and Housing
- Avoiding Scams
- Childcare & schooling for minor children
- Health Care
- Important Community Contacts

Questions
1. Before you Travel
2. Arriving in Canada
3. After Arriving
   a. While in Quarantine
   b. After Quarantine

Government of Canada Checklists:

Changes & Updates:
https://ucalgary.ca/student-services/iss/covid-19-faqs
Upcoming Changes: August 9, 2021

Announced Monday, July 19, 2021:

• As of August 9, 2021, new measures will be put in place for travellers to Canada, including international students. These changes include:

  • 3-night Hotel Stop Over:
    • Eliminating the 3-night government-authorised hotel stay requirement for all air travellers arriving after **12:01 a.m. EDT on August 9, 2021**.
    • Until that time, **travellers flying to Canada who are not fully vaccinated must complete their 3-night hotel stay while they wait for their on-arrival test results**.

  • Testing:
    • Implementing a surveillance randomized testing regime for fully vaccinated travellers who qualify for entry to Canada at select airports and land border crossings across Canada.
    • Unvaccinated travellers will continue to be subject to mandatory on-arrival and day 8 testing.
    • Allowing individuals who have recovered from COVID-19, but who continue to test positive, to present a positive COVID-19 molecular test result on a specimen taken **14 to 180 days prior to arrival in Canada** as part of the pre-entry test requirements.

How to Quarantine

• All travelers must have a 14-day quarantine plan
  • Even if you meet criteria for fully-vaccinated exemption, you still need a plan in case you are deemed ineligible at any point during travel

• You are responsible for the cost

• https://travel.gc.ca/travel-covid/travel-restrictions/isolation

• https://travel.gc.ca/travel-covid/travel-restrictions/isolation#how-to-quarantine

• Mandatory Quarantine Sheet (multiple languages)
  • albertahealthservices.ca/topics/Page17239.aspx
Information for Families

• ISS website > Resources > Information for Families
• https://ucalgary.ca/student-services/iss/resources/information-families
Accessing UCalgary services with your partner/spouse

• Student services are funded through student services fees; some supports available for partners/spouses

• Always ask if additional fee
  • Online Resources
  • Active Living (Recreation Services)
  • Career Development/Job Search
  • Faith and Spirituality Centre (FSC)
  • International Student Services (ISS) Immigration Advising
  • Student Legal Assistance (SLA)
  • Wellness Centre Physical Health Services
  • Women's Resource Centre (WRC)
Language Learning for partners/spouses

• Get connected—attending events, making acquaintances
• On-campus: limited offerings; always check
• Off-campus:
  • Calgary Public Library (childcare sometimes)
    • Online resources too—free for residents to get card!
  • Meet Up
  • Volunteering
  • Cultural Associations
  • Immigrant settlement organizations- active lists of programs
• [https://ucalgary.ca/student-services/iss/resources/language-learning-resources](https://ucalgary.ca/student-services/iss/resources/language-learning-resources)
Language Learning for partners/spouses

On-campus:
• limited offerings; always check
• Faith and Spirituality Centre’s English Corner
  • FSC Events Calendar
• Get connected—attending events, making acquaintances

Off-campus:
• Calgary Public Library (childcare sometimes)
  • Online resources too—free for residents to get card!
• Meet Up
• Volunteering
• Cultural Associations
• Immigrant settlement organizations- active lists of programs

https://ucalgary.ca/student-services/iss/resources/language-learning-resources
Getting Settled & Housing

**Housing:** on versus off-campus

- Community & convenience
- Distance to schools, work, public transit
- Private space—how much space needed vs. budget

- Talk to peers
- [https://ucalgary.ca/student-services/iss/resources/housing](https://ucalgary.ca/student-services/iss/resources/housing)

- Webinars:
  - Finding Off-Campus Accommodation
  - Choosing Accommodation in Calgary
Finding Off-Campus Accommodation

- Welcome Webinar:
  - Aug 6th, 9:00 a.m. 10:00 a.m. Zoom

- Overview of resources and important considerations when looking for rental housing in Calgary, including:
  - Online resources for searching for rentals in Calgary
  - Questions to ask when viewing a rental property
  - Rights and responsibilities as a tenant
  - Tips for avoiding rental scams
  - Information about self-isolating due to Covid-19

- [https://events.ucalgary.ca/international-student-services/#!view/event/event_id/358867](https://events.ucalgary.ca/international-student-services/#!view/event/event_id/358867)
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

[Resources]
canada.ca/en/employment-social-development/programs/sin/protect.html
canada.ca/en/immigration-refugees-citizenship/services/protect-fraud/newcomers.html
Examples: competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html
Kirsty Gruber
Advisor, International Student Transition Support
International Student Services

• Advising to assist with getting settled in Calgary
  • Kirsty.gruber@ucalgary.ca
  • iss@ucalgary.ca

• Coordinate International Student Mentorship Program

• Coordinate New International Student Orientation
Childcare & Schooling (for minors)

• Childcare options:
  • **Day care programs** serve infants, toddlers and pre-school aged children (two and a half to six years of age)
  • **Family day homes** offer care in a private residence. There are typically six or less children with one caregiver.
  • **Pre-schools** offer childcare for four or less hours a day.
  • **Out-of-school care programs** operate before and after school, during lunch hours and sometimes when schools are closed.

• Regulated by government; learn more online and search options: [https://ucalgary.ca/student-services/iss/resources/information-families](https://ucalgary.ca/student-services/iss/resources/information-families)
Childcare & Schooling (for minors)

- Ages 3-4: pre-school
- Ages 4-6: kindergarten
- Ages 6-11: elementary or middle school
- Ages 11-14: junior high school
- Ages 14-17: senior high school

- Public (charter, public, Catholic) vs. private schools
- Designated public schools based on neighbourhood
  - Registration processes are different based on each system (see websites)
  - You pay general fees (if you do not meet requirements, may also be required to pay tuition)

- Learn more online and search options: https://ucalgary.ca/student-services/iss/resources/information-families
Healthcare & Insurance

• As a full-time UCalgary student working towards a degree, you have two components to your health insurance:
  1. Alberta Health Care Insurance Plan (AHCIP) which is the free provincial plan that all Alberta residents must register for (with your family)
  2. Supplemental Health & Dental coverage through either the Student Union (undergraduate) or Graduate Students Association (graduate). You can also choose to add your family members to your supplemental Health & Dental plans for additional fee

• [https://ucalgary.ca/student-services/iss/resources/medical-insurance](https://ucalgary.ca/student-services/iss/resources/medical-insurance)
Visiting Family Members (short-term)

Typically, not eligible for the Alberta Health Care Insurance Plan (AHCIP)

Need to purchase a private plan

*depending on current restrictions, you may be prevented from having family travel with you temporarily during relocation to Calgary

Contact: issimmigration@ucalgary.ca
Coverage for Family Members (long-term)

- For **Alberta Health Care Insurance Plan**, you must register together:
  - Spouses
  - Children under age of 21

- For **GSA or SU Health Plan**, you may add family members within your first month for additional fee:
  - Deadline available on website
Coverage for Family Members (long-term)

- In some cases, an eligible resident’s spouse/partner or dependent from another country may be eligible with a stamp in the passport, but a Canada Travel Visa is not an accepted document. The Canada Border Services Agency may not automatically stamp passports; therefore, you may need to request the stamp.

https://www.alberta.ca/ahcip-eligibility.aspx#toc-0
Important Community Contacts

• **Emergency: 911**
  - Fire, Ambulance, & Police

• **Healthlink: 811**
  - 24 hour free phone line for non-emergency health concerns
  - Speak with a registered nurse
  - Service available in multiple languages
  - [https://www.albertahealthservices.ca/assets/healthinfo/link/index.html](https://www.albertahealthservices.ca/assets/healthinfo/link/index.html)
Events & Social Networks

- Newsletters & social media (ISS, GSA, SU, Writing Symbols lodge)
- Mentor programs, peers in programs/labs
- Leadership & Student Engagement Office
- Wellness Services
- Women’s Resource Centre
- Faith and Spirituality
- Global Families Program
  - Child-friendly events, low-cost
- Graduate Student Association events
  - Discount tickets, group events
- Family Housing (if living on-campus)
- Volunteering & Community events
Stay connected - before you arrive

• Consider how you will stay in touch remotely with family and friends after travel
  • Planned times for a phone/video call or shared remote activities (eg. video games, watch tv or videos together, stretches/yoga)

• Participate in UCalgary programs & events now:
  • Sign up for a peer UCalgary mentor (open now—it’s free)
  • Attend remote events: UCalgary unwind
  • Check if your faculty or department has a program-specific mentorship program or events
  • Sign up for orientation & welcome events--& keep attending webinars (by ISS and other offices)

ucalgary.ca/student-services/iss/student-life/international-mentorship
Set Yourself up for Success!

Welcome Webinars

• **Aug 5:** How to Prepare for Your Arrival in Calgary during the Covid-19 Pandemic
• **Aug 6:** Finding Off-campus accommodation

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

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!

[Website](https://ucalgary.ca/student-services/iss/advising/iss-webinars-workshops)
Connecting with ISS

• Remotely:
  • Monday-Friday, 9:00-12:00 pm & 1-4:00 pm MDT (Calgary time)
  • No appointment necessary
• E-mail: iss@ucalgary.ca
• Immigration E-mail: issimmigration@ucalgary.ca
• Website: www.ucalgary.ca/iss
• ISS COVID FAQ: https://ucalgary.ca/student-services/iss/covid-19-faqs
• Newsletter: weekly updates www.ucalgary.ca/iss
• Events calendar: https://events.ucalgary.ca/international-student-services/
• Facebook: https://www.facebook.com/UCalgaryISS/
• Instagram: @ucalgaryiss
Questions?

*Please type them in the chat box.*