

# Welcome to Western University

From the International and Exchange Student Centre



Dear International Student,

Greetings from Western University! Our faculty, students and staff, along with the City of London, are excited to meet and welcome you in September.

On behalf of Western International, we welcome you to London and Western University. As part of the Western International team, the International and Exchange Student Centre is here to help you prepare and transition to life in Canada and at Western.

We are committed to making your experience at Western as enriching, rewarding, and successful as possible. That commitment starts before you arrive by providing information and support as you prepare for your arrival at Western.

Should you have any questions, please contact us. We are here to help.

We look forward to meeting you upon your arrival at the university and wish you every success at Western!

Welcome from all of us at IESC,

Rose Aquino

Director

Earl Blaney

International Transitions Advisor

Francesca Mancuso

International Transitions Program Coordinator

Sandra Pehilj

International Student Advisor

Fabiana Tepedino

IESC Programs Coordinator

Melissa Walters

Internationalization Programming Coordinator

## International Student Orientation Day 2015

Monday, September 7, 2015

**Register online!**

[www.iesc.uwo.ca/orientation](http://www.iesc.uwo.ca/orientation)

**Join us for a full day of orientation.**

Orientation Day offers a great opportunity to meet new people and learn more about life at Western and in London.

Topics include:

- Tips for your first few weeks in Canada
- Canadian culture
- Government regulations and procedures
- Student life and navigating campus
- Housing tips and living with roommates
- IESC programs and services

We will also have Academic and Writing workshops in September!



# Preparing to Come

## Checklist of items to bring

Carry the following things with you when you travel to Canada and be prepared to show some of them to the Canadian Immigration officials when you enter Canada (e.g., at the airport). Do not pack these documents in your checked luggage.

- Valid Passport and Canadian Temporary Resident Visa (if applicable).
- Letter of Introduction issued by the Canadian Visa Office that approved your Study Permit application. Submit this letter to a Canadian Immigration Officer when you arrive at the border to obtain your actual Study Permit.
- Supporting documents (e.g., copy of acceptance letter, transcript, proof of funds, etc.).
- Medical and immunization (vaccination) records, medical prescriptions and medications.
- Money and a credit card. You should have access to at least enough money for your immediate needs (e.g., food and accommodation for your first week).
- List of important phone numbers.

To prepare for your arrival and for a complete list of things to bring with you to Canada, view our detailed online guide: [www.iesc.uwo.ca/prearrival](http://www.iesc.uwo.ca/prearrival)

**If you studied in high school in Canada** you must make sure you have a new Study Permit that allows you to study at a “**postsecondary**” institution.

### Toronto Airport Greeting

If you will be flying into the Toronto Pearson International Airport between **August 20 and September 15**, look for the Toronto Airport Welcome Booth. The booth will be located outside the baggage claim area at Terminal 1 and Terminal 3. Pick up a free gift bag and make a free international call home between 7 a.m. and 11 p.m.

Western Liaison Officer, **Betty Chang**, will be at Pearson International Airport between **12 and 8 p.m. on Thursday, September 3** to greet and assist you.



# When You First Arrive

## Checklist of things to do



- Visit the IESC to pick up your Orientation Package and International Student Handbook
- Pick up your WesternOne student card
- Pick up your bus pass
- Pick up your O-Pass (Orientation Week pass) and attend Orientation Week events
- Print your UHIP (health insurance) card
- Open a bank account
- Pay any outstanding tuition fees
- Set up your phone and internet

For a complete list of things you will need to do when you first arrive at Western, view our detailed online guide: [www.iesc.uwo.ca/prearrival](http://www.iesc.uwo.ca/prearrival)

# When You First Arrive

## International Student Reception Service

### What is it?

The **International and Exchange Student Centre (IESC)** provides a Reception Service especially for new international students. We are here to answer any questions you may have and to help you get organized and settled at Western and in London. The service includes individual assistance from our IESC Welcome Team & IESC staff. Please come and pick up your **FREE International Student Orientation Package and Handbook**.

When you pick up your International Student Orientation Package enter for a chance to win a Western prize.

### Where do I go?

Come to the International and Exchange Student Centre, 2nd floor, International & Graduate Affairs Building.



Monday, August 31 to Friday, September 11	September 3, 4 & 5	Monday, September 7
IESC Welcome Team volunteers are available to meet with you and assist you upon your arrival on campus from <b>10:00 a.m. to 4:30 p.m.</b>	September 3 & 4: International Student Move-In Days (Residence)  September 5: Residence Welcome Day and Shopping Trip	International Student Orientation Day <b>10:00 a.m. to 3:00 p.m.</b> Register ONLINE at <a href="http://www.iesc.uwo.ca">www.iesc.uwo.ca</a>

**\*NOTE:** Most Western offices will be closed on Monday, September 7 due to an official holiday (Labour Day). However, the IESC will host the International Student Orientation Day that day.

### Orientation Week

Orientation Week (O-Week) will take place during the first week of school (September 6 - 12). A variety of programs will be scheduled to help you meet other students, familiarize yourself with campus, prepare for your classes, and become comfortable in your new "home."

Every new student will be introduced to upper-year leaders (called Sophs) from your Residence and Faculty who will act as a resource and mentors for O-Week and the academic year.

Make sure to download the Guidebook app to get O-Week updates and event schedules. The name of the guide and redeem code can be found on the O-Week site.

For more information visit: [www.usc.uwo.ca/oweeek](http://www.usc.uwo.ca/oweeek)



### WesternU Mobile App



Download Western's mobile app to have on-the-go access to important information, such as campus maps, up-to-date transit information, upcoming campus event information, and much more!

[www.uwo.ca/its/mobile-doc/](http://www.uwo.ca/its/mobile-doc/)

# IESC Programs and Services

To help you succeed



## International Peer Connection Program (IPC)

Be matched with an upper-year Western student and receive assistance and friendly support all year! [iesc.uwo.ca/peer](http://iesc.uwo.ca/peer)



## English Conversation Program (ECP)

Practice conversational English, meet others & learn more about Canadian slang and popular culture in Canada. [iesc.uwo.ca/ecp](http://iesc.uwo.ca/ecp)



## IESC Transitions Programming

Participate in workshops, information sessions, and discussion groups that will help you learn more about Canadian cultural norms, traditions & opportunities for involvement. [iesc.uwo.ca/events](http://iesc.uwo.ca/events)



## IESC Events

Join us at our fall events including: Gathering in Gibbons Park, Niagara Falls Trip, Global Café, Thanksgiving Dinner, International Week, Holiday Networking Tea and more! [iesc.uwo.ca/events](http://iesc.uwo.ca/events)



## Porch Light Program

New international female students can meet and connect with women in the London community once per month. [iesc.uwo.ca/porchlight](http://iesc.uwo.ca/porchlight)



## International Student Advising

Meet with an International Student Advisor for individual assistance with personal, academic, immigration and other concerns. [iesc.uwo.ca/advising](http://iesc.uwo.ca/advising)



## International Student Network

Receive regular email reminders about upcoming events, IESC programs and opportunities on and off campus. [iesc.uwo.ca/network](http://iesc.uwo.ca/network)



## iWellness Website

The iWellness site provides information and advice regarding 7 important dimensions of health and wellness for international students. [iwellness.uwo.ca](http://iwellness.uwo.ca)



## INTERNATIONAL AND EXCHANGE STUDENT CENTRE

LOCATION: 2nd floor, International & Graduate Affairs Building

OFFICE HOURS: 9:00 a.m. to 4:00 p.m.

TELEPHONE: 519-661-2111 ext. 89309 OR ext. 85908

E-MAIL: [iesc@uwo.ca](mailto:iesc@uwo.ca)

WEBSITE: [www.iesc.uwo.ca](http://www.iesc.uwo.ca)



[www.facebook.com/uwo.international](http://www.facebook.com/uwo.international)



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