Travelling to Canada Q&A

Note: this presentation is up-to-date as of December 12, 2022.

For the most up to date travel advice, visit: https://iesc.uwo.ca/new_students
or contact us directly at iesc@uwo.ca
Travelling to Canada
Q&A

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Andrew Metcalfe

December 12, 2022
We acknowledged that Western University is located on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapéewak and Chonnonton Nations.

These lands are connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum.
CONTACT US

Office Hours & Virtual Reception
Monday – Friday, 8:30 am to 4:30 pm
Phone: 519-661-2111 ext. 89309
Email: iesc@uwo.ca

International Student Advising Appointments
1. Students fill out advising intake form with availability: https://iesc.uwo.ca/remote/appointment.html
2. Reception will email to confirm appointment time with the Zoom link

Website: https://iesc.uwo.ca
Facebook: facebook.com/uwo.international
Instagram: @westernuinternational
AGENDA

• Current Immigration Regulations
• Western arrival support and IESC services
• Things to keep in mind while travelling
• Q & A
CURRENT TRAVEL RESTRICTIONS FOR INTERNATIONAL STUDENTS

• To travel to Canada as an international student, you must:
  • have a valid Study Permit or a Letter of Introduction that shows you were approved for a Study Permit.

A border services officer will make the final decision on whether you’re eligible to enter Canada when you arrive.
CURRENT TRAVEL RESTRICTIONS FOR INTERNATIONAL STUDENTS

• CBSA officers may look at several factors, including:
  • your reason for travelling to Canada
  • the timing of your arrival
    • If you arrive too early, you may be refused entry

• CBSA issues Study Permit at the border.
  • Make sure the study permit have working authorization conditions as follows:

https://travel.gc.ca/travel-covid/travel-restrictions/visitors-workers-students#students
DOCUMENTS TO TRAVEL WITH

Required documents to travel with:

- Valid Study Permit or a Letter of Introduction
- Letter of Acceptance or Verification of Enrollment from Western*
- Proof of financial support for yourself and accompanying family members
- Valid immigration medical examination results (if required)
- Proof of vaccination, if you qualify as a fully vaccinated traveller
- Any other documents you would have submitted with your Study Permit application

https://travel.gc.ca/travel-covid/travel-restrictions/visitors-workers-students#students
WHO NEEDS A MEDICAL EXAM?

If you plan to stay in Canada for more than 6 months

• You need a medical exam if at least one of these applies to you:
  • You lived in a designated country or territory for at least 6 months in a row within the last year, or
  • You are coming to Canada to work in a job in which public health must be protected, such as workers in health-care, primary or secondary schools

• Medical exams are valid for 1 year
  • If you are unsure whether your medical assessment is still valid, you need to submit an IRCC webform inquiry requesting that information and instructions on next steps if the medical assessment is no longer valid from the processing office.

https://www.canada.ca/en/immigration-refugees-citizenship/services/application/medical-police/medical-exams/requirements-temporary-residents.html#needs
ITEMS TO PACK

- Credit card
- Extra masks and hand sanitizers
- Emergency contacts and phone numbers
- Your medical and vaccine records
- Prescriptions and medications you may need
- Weather-appropriate clothing
BEWARE OF SCAMS!

Beware of scams – suspicious emails, text messages, letters or telephone calls that claim they are from the CBSA, Immigration or the Canadian Government but are not!

ALWAYS Ask yourself:
- Do I owe money to the Canadian government?
- Is the caller using threatening language (i.e., told you will be arrested, go to jail, lose your visa or status, be deported or have your account suspended)?
- Is the caller asking for personal information (date of birth, passport number, bank or credit card information, etc.) you already provided on a form?
- Is the caller asking me to pay by prepaid credit card, gift cards or bitcoin?
- Is the caller asking for information I know the IRCC already has on file for me?

Some TIPS:
- As for the name and number of the agent calling you
- Call that organization (CBSA, IRCC, etc.) directly and confirm the agent’s identity before giving any information
- Do not click on any links
- Call the police if you lost money and report the incident to the Canadian Anti-Fraud Centre. You can book an appointment with an International Student Advisor for further support if you have been a victim of a scam or fraud.

Attend the Scam Awareness session happening on January 25th from 5:30pm to 6:30pm at Chu Centre

https://iesc.uwo.ca/student_life/safety/scams_and_fraud.html
PREPARE FOR CANADIAN WINTER

Be prepared for the Canadian winter!

Winter temperatures can get as low as -30°C on the coldest days and wind can lower the temperature considerably!

Visit out Weather in Canada webpage for information about what to bring (or buy) and more tips on staying warm this winter. Be sure you have (or are able to buy)

- A winter coat
- Insulated winter boots
- Long pants and sweaters
- Gloves or mittens
- Warm socks
- And lots of clothing to layer on top of each other to keep warm

https://iesc.uwo.ca/student_life/living_in_canada/weather.html
ARRIVING DURING THE HOLIDAY PERIOD

Many businesses in Canada are closed on December 24, 25, 31, and on January 1. Many have reduced hours between these days as well.

- Please plan your arrival accordingly so you have the food, medicine, and other necessities your need for your arrival.
- The university will be closed from December 23, 2022 to January 3, 2023 and during that time we will have limited ability to support students incoming.
- Our office will reopen to serve students beginning Wednesday, January 4 at 9 am.

Prepare a budget! Your first month in Canada will have additional expenses associated with setting up your housing in Canada, setting up utilities like electricity and water, and buying furnishings for your new home.

https://iesc.uwo.ca/new_students/money_and_banking.html
HEALTH CARE

- **UHIP** is MANDATORY for all International Students and their dependents (family members)
  - Register your dependents within 30 days of arrival to avoid a late fee
- Covers the cost of services such as: doctor’s services, hospital services, surgery, X-rays, etc. (for a full list visit uhip.ca)
- It does NOT cover dental services, prescriptions, eyeglasses, etc.
  - You may have extended health insurance through your student association (Society of Graduate Students, University Student Council)
- You will receive an email directing you to register online
  - (check your @uwo.ca email often!)
- You should receive your UHIP card via email within the first couple of weeks of September

Visit our Health Care In Canada Module online for more information on your health insurance in Canada
WESTERN INTERNATIONAL SUPPORTS

International Student Advising
• Ask questions and get support on life in Canada, your study permit or other immigration topics, and much more with our kind and knowledgeable International Student Advisors
• Appointments can be done virtually or in-person

International Peer Guide Program
• Connects new international students with an upper-year Western student who will be your mentor and help you navigate your social and academic transition to Western and Canada.
• Registrations open soon!
Global Café
• Looking for a fun way to meet people and connect with other undergraduate and graduate students? Come out to our first **Global Café of the winter term, January 12, 3-5 pm at the International & Graduate Affairs Building (IGAB) atrium** and enjoy coffee or tea and a snack with us!

English Conversation Program
• Enhance your spoken English skills and increase your confidence in using conversational English at the English Conversation Program
• Registration open now!

Tea and Information Sessions for Spouses of International Students
• Invite your spouse or partner to join our sessions to meet other spouses of international students and meet people at Western
PRE-ARRIVAL WELCOME MODULES

**Welcome from your International Office**
- What we do at Western International
- Supports and programs for international students

**Finding Housing and Living Off-Campus**
- Finding housing in London
- Off-Campus Housing Services
- What to know before signing a lease

**Immigration Regulations for International Students**
- Study permits and visas
- Working as an international student

**Health Care and Wellness in Canada**
- Your health Insurance (UHIP)
- Extended health care plans
- Places to access healthcare near campus

**Academics and Academic Culture in Canada**
- Academic integrity
- The Canadian classroom
- Tips from current students
INTERNATIONAL STUDENT ORIENTATION

Join us on January 6 and 7 for orientation and throughout the week of January 9, 2023

Opportunities to:
• Meet other new students
• Get to know what campus is like
• Learn important things about your time at Western
• Set up your Social Insurance Number (SIN)
• Have fun!
• Lunch and snacks will be provided

Register to join our orientation: https://iesc.uwo.ca/new_students/
YOUR WESTERN ONECARD

You can use your OneCard
1. As your bus pass
2. As your on-campus I.D.
3. For exams
4. To pick up a parking permit or keys.
5. As your library card
6. As your meal plan card and for vending machine and dining out purchases.
7. For door access to select buildings
8. To access Campus Recreation
9. To get discounts for travel, food & more!

If your card gets lost:
• REPORT IT
• REPLACE IT ($32 Student Central)
NEW STUDENTS WEBSITE

- Orientation Schedule of Events and Registration
- Checklists for new Undergraduate, Graduate, and Exchange Students
- Pre-Arrival Welcome Modules
- Helpful information to get settled in Canada
- And More!
NOTES FOR EXCHANGE STUDENTS

• Make sure to submit your course enrollment requests before December 23
• Review your Welcome email and log in to Course Picker to add courses
• Email goabroad@uwo.ca to notify us
LOOKING FOR MORE INFORMATION?

Visit our updated New Students Website: https://iesc.uwo.ca/new_students/
- Graduate and undergraduate/exchange checklists for your arrival
- International Student Orientation schedule and registration
- Pre-Arrival International Welcome Modules
- Information about health care, immigration, housing, and more
- Join our programs and meet new people

We are so excited to meet you in January! Wishing you safe travels and a wonderful holiday season.

- The Western International Team
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