



International Students Services (ISS)

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Dear Student,

We're excited to announce that the [Welcome Centre](#) is now open! Are you a new-to-Calgary student? Visit the Welcome Centre in MSC 275 until Sept. 2. The Centre's operating hours are weekdays from 9 a.m. to 4 p.m. MST. Get advice from current students to help you transition to living and studying in Calgary. Learn about campus supports, hear about things you must do in Calgary, and join daily social events to meet your peers. You can also grab a free welcome bag while supplies last! If you have any questions or need support, please feel free to email our team at iss@ucalgary.ca.

Stay well!

International Student Services

Important dates and Information

- **Aug. 26:** End of spring/summer term
- **Aug. 29:** Start of fall term | block week starts
- **Sept. 2:** Block week ends
- **Sept. 5:** Labour Day (university closed)
- **Sept. 6:** Fall term classes begin

International Student Orientation

ISS is hosting in-person international student orientation events on Aug. 30 and 31.

Meet UCalgary advisors and staff, and get to know the student supports available to you. We'll discuss Canadian immigration, travel restrictions, employment regulations, Canadian classroom culture, living in Calgary, wellness supports, and social activities for students.

[Learn more and register to attend.](#)

Off-campus work: 20 hours/week, effective Aug. 29

The start of the fall 2022 term is Aug. 29, 2022. As a reminder, full-time students who have a study permit authorizing off-campus employment are limited to 20 hours a week of off-campus work during their regular academic term. The fall term is a regular academic term for degree programs. Block week is not a scheduled break in the academic calendar, and students are enrolled as full-time students during this period irrespective of course start dates.

Utility bills in Calgary explained in six languages

Ever wondered how the utility systems works? CBC Calgary has published a guide titled "Six things to know about your utility bill" in the following six languages: [English](#), [Tigrinya](#), [Arabic](#), [Spanish](#), [Mandarin](#), and [Cantonese](#).

Mount Royal University (MRU) residence accepting UCalgary students for fall 2022

MRU, a post-secondary institution in Calgary, currently has space in residence buildings for the fall 2022 term and is accepting UCalgary students. You can call or email MRU residence for more information.

Phone: 403.440.6275

Toll-free: 1.866.264.7875

Email: residence@mtroyal.ca

Information and opportunities

GPS Mentorship Program deadline extended

The deadline for GPS Mentorship Program applications has been extended. Join the program as a mentor to help guide new international students for the upcoming term and develop valuable mentorship skills. Applications close Aug. 31.

[Learn more and register.](#)

USpeak Global program

Are you interested in language learning and forming new friendships on

campus? USpeak Global - a language sharing program hosted by ISS - is returning for the fall 2022 semester! It promotes social connection between students interested in language learning and cultural exchange. Students are matched into small groups for weekly, self-directed language practice. Intake for USpeak is open until Sept. 11, and the program will run until the end of fall term.

[Learn more and apply.](#)

Residence move-in volunteers needed

Residence move-in is one of UCaglary's most exciting events. This year we'll move more than 2,800 students to their new home on Sunday, Aug. 28. Volunteers make move-in day welcoming and an event to remember. Would you like to volunteer your energy and enthusiasm?

[Learn more and register.](#)

Wellness & Health Awareness Team (W.H.A.T) volunteer application

The Wellness & Health Awareness Team (W.H.A.T.) is seeking Peer Helpers for fall 2022. This is a fun, flexible and meaningful opportunity to get involved on campus, and have an impact on the health and wellbeing of your peers. Applications close Sept. 6 at 3 p.m.

[Learn more and apply.](#)

Events and workshops



Coaster painting with Career Services

Join Career Services for an afternoon of coaster painting. Learn how Career Services can assist you during your studies while also getting crafty with your peers. [Register to attend.](#)

Location: MSC 275 (ISS office)

Date: Wednesday, Aug. 24

Time: 1–4 p.m. MDT



Wellness activities with the Faith & Spirituality Centre (FSC) and Women's Resource Centre (WRC)

Join the FSC and WRC for various wellness activities including board games and craft station. You'll also have a chance to win some swag! [Register to attend.](#)

Location: MSC 275 (ISS office)

Date: Thursday, Aug. 25

Time: 2–4 p.m. MDT



DiversiTEA with the Faith and Spirituality Centre (FSC)

Join the FSC in partnership with YYCampus Ministry to drink tea, eat snacks and talk about the university experience.

You can drop-in anytime, and everyone is welcome to listen or participate as much as they're comfortable. [Register to attend.](#)

Location: MSC 275 (ISS office)

Date: Friday, Aug. 26

Time: Noon–1 p.m. MDT



DIY bath products with the Women's Resource Centre (WRC)

Pampering yourself with some DIY spa products. Join the WRC as we create and customize calming bath bombs and sugar scrubs. Everyone is welcome and all materials will be provided. [Register to attend.](#)

Location: MSC 275 (ISS office)

Date: Monday, Aug. 29

Time: 2–4 p.m. MDT



Neurodiversity meet-up: Unwind event

Are you a first-year student who is interested in exploring what neurodiversity means?

Join the Student Success Centre for this summer unwind event to explore neurodiversity. No labels or diagnosis required. All neuro-types are welcome. [Register to attend.](#)

Location: MSC Room 450, in the NICE Lounge

Date: Wednesday, Aug. 24

Time: Noon–1 p.m. MDT

Academic success strategies for first-year students

Join the Student Success Centre (SSC) at this



online session to learn how they can help you work towards your academic goals. Gain a deeper understanding of the SSC's services, and get some tips to help you get a successful start to your semester. [Register to attend.](#)

Date: Thursday, Aug. 25

Time: Noon–1 p.m. MDT



National student exchange information session - USA partners

NSE colleges and universities welcome you for 2022/2023 collegiate student exchange. Join a virtual NSE information session to learn the basics of NSE such as tuition, financial aid, course options, housing, and research tips. [Register to attend.](#)

Date: Thursday, Aug. 25

Time: Noon–1 p.m. MDT



Planning your semester - time management tips for incoming students

Did you know there are three levels of time management to consider when structuring your semester? This online workshop will show you to use big-picture planning, weekly scheduling, and daily programming to keep track of your commitments and maximize your time. [Register to attend.](#)

Date: Friday, Aug. 26

Time: 2–3 p.m. MDT



Academic integrity: collaborating with peers

This online session will explore the principles of academic honesty in relation to group work. We'll also analyze collaborative- and collusion-based scenarios, and discuss how to benefit from collaborative learning. [Register to attend.](#)

Date: Tuesday, Aug. 30

Time: 10–11 a.m. MDT



Olympic Oval PRIDE SKATE

In celebration of Calgary PRIDE, the Olympic Oval is hosting its very first PRIDE SKATE. [Register to attend.](#)

Location: UCalgary Olympic Oval

Date: Wednesday, Aug. 31

Time: 6–7:30 p.m. MDT

Admission: \$7

Theme: Shoe Your Colours!

Do you want more events?

Check out our [ISS events calendar](#) for a list of events and workshops for international students.

Are you interested in events hosted by other offices? Visit the following:

- [Career Services](#)
- [Faith and Spirituality Centre](#)
- [Leadership and Student Engagement](#)
- [Money Smart](#)
- [Student Success Centre](#)
- [Student Wellness](#)
- [Women's Resource Centre](#)

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