



International Students Services (ISS)



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Dear Student,

Whether you are studying in Canada or in your home country, it is important to prioritize your wellness. It can be hard to find motivation with the continued restrictions for many areas and the ever-changing environment. If you are looking for opportunities to stay active, check out a list of great resources offered by [Student Wellness Services](#) to help you improve your physical and mental health.

Stay well!

International Student Services

Important dates and information

- **Jan. 20:** Last day to drop a class without financial penalty
- **Jan. 20:** End of tuition refund period
- **Jan. 21:** Last day to add or swap a course
- **Jan. 28:** Tuition and fee payment deadline

Student vaccination requirement for travel

Effective **Jan. 15, 2022**, international students who are 18 years of age or older travelling to Canada must be fully vaccinated with a [vaccine approved by the Canadian government](#). Unvaccinated students under 18, at this time, will still be able to travel to Canada provided they still meet the [travel requirements](#).

If this travel requirement impacts you, please connect with your program advisor to discuss your academic progression and email issimmigration@ucalgary.ca for any potential impacts on your immigration status.

Processing delays

Study permit applications: As of Dec. 15, 2021, the current processing time is approximately 11 weeks. If you are enrolled for the winter 2022 term, currently outside of Canada, and processing delays have impacted your study permit application, we recommend you connect with issimmigration@ucalgary.ca to discuss your situation.

Information and opportunities

Are you looking for work? Hit up a career fair!

On Jan. 19, attend the online Winter Career Fair from [Career Services](#). Chat one-on-one with employers, build your network and learn what student opportunities are available. Over 70 employers will be in attendance! [Learn more »](#)

Events and workshops



Health insurance system in Alberta

This session will introduce Alberta Health Care Insurance Plan, Alberta Blue Cross Insurance, Alberta Child Health Benefits, Alberta Adult Health Benefits, and Low Income Eye and Dental Assistance Programs.

Date: Tuesday, Jan. 25

Time: 1 – 2:30 p.m. MST



Your health care choices

This session will provide an overview of the choices of key health care services available in Calgary. It will also discuss and highlight how to use Health Link Alberta and request health care interpretation services from Alberta Health Services.

Date: Tuesday, Feb. 1

Time: 1 – 2:30 p.m. MST

Choosing healthy foods in Canada



Choosing healthy foods in Canada could be very different from choosing healthy foods in many parts of the world. This health session highlights important food and nutrition choices to help diverse communities make healthy food choices for their families. The session is hosted by International Student Services (ISS) and presented by Sylvie Lebihan from Alberta Health Services.

Date: Tuesday, Feb. 8

Time: 1 – 2:30 p.m. MST



Investing basics: cryptocurrency 101

Join Money Smart on Jan. 27 to learn how cryptocurrencies have grown in popularity in the news, online and even in our social circles. We'll address the fundamentals of cryptocurrency, major considerations and scams.

Date: Thursday, Jan. 27

Time: 1 – 2:15 p.m. MST



Settling in Calgary

Join Graduate Students' Association (GSA) to learn more about and explore topics regarding accommodation (on and off-campus), part-time jobs, groceries and purchase of electronics, stationeries and winter clothing.

Date: Friday, Jan. 28

Time: 1 – 2 p.m. MST



Register to the Indigenous Relations Training Program!

Enhance your understanding of the Indigenous Peoples communities in Canada by registering for the February 2022 Indigenous Relations Training Program (IRTP) happening online. The program is open to everyone!

Date: Feb. 22 – 25

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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