



Student and Enrolment Services

International Student Services (ISS)



Dear Student,

The Government of Canada announced an update to [travel restriction exemptions](#), which took effect on **Oct. 20**. This update allows UCalgary international students with a **valid study permit** or a **study permit approval** to enter Canada. Before you make plans to travel to Canada, please ensure you meet [all requirements](#) and receive all the necessary authorizations.

Upon arriving in Canada, all international travellers must quarantine for 14 days. Our website has [self-isolation support information](#), including UCalgary's [quarantine process for students](#).

Have a great week!

International Student Services

Important dates

- **Nov. 8 – 14:** Fall break, no classes
- **Nov. 11:** Remembrance Day (university closed)

Updates

Influenza (flu) vaccine

This year, there will not be a flu vaccine clinic for students on campus. Vaccines will be distributed through pharmacies and family physicians. If you're enrolled in the [Alberta Health Care Insurance Plan](#) (AHCIP) you'll receive the vaccine for free.

If you don't have Alberta healthcare coverage, you can get a vaccine on campus at the Varsity Pharmacy in MacEwan Student Centre for a flat fee of \$25. [Student Wellness Services](#) can provide vaccines to international students without Alberta healthcare coverage on campus **by appointment only**. If you have an alternative insurance provider, please contact them to check if you can be reimbursed for the fee.

UCalgary is unable to provide flu vaccines to students' families. If you wish to have your family members vaccinated, please contact Public Health by calling 811 for more information.

ISS Mentorship Program: Instagram contest

Are you in the ISS Mentorship Program? Enter our contest to win items from the UCalgary bookstore!

To enter:

1. Share an image to your Instagram feed/story of you doing something together with your mentee/mentor virtually or in-person. Try to be creative — attend an ISS workshop or Global Café event, paint together over Zoom, or take a screenshot of your online game scoreboard!
2. Tag us (@issucalgary) in your post and use the hashtag **#issmentorship**

The contest closes on Oct. 31. One mentor/mentee pair will be randomly selected to win. Winners will be announced on our [Instagram account](#), so be sure to follow us. For questions, please contact issengagement@ucalgary.ca.

Online events and workshops



Academic Integrity Week

This week is Academic Integrity Week. Visit the [event page](#) to learn about the various workshops being held. Some of the workshops include:

- Writing academically
- What are the rules for online exams?
- Is academic integrity in online courses different?

Questions? Email askacademicintegrity@ucalgary.ca.

How do UFlourish?



Until Nov. 13, UFlourish is hosting a series of online and in-person workshops and events to help you foster positive mental health, resiliency and community connection at UCalgary.

Learn more [here](#).



Speed Friend-making

Join ISS and the PALgarians club as we host a fun, relaxed night where you can virtually meet others in our UCalgary community, regardless of where you are studying from. We will have fun icebreaker games and conversations so you can meet new friends.

Date: Friday, Oct. 23

Time: 5 – 6 p.m.

Register [here](#).



Preparing for midterm exams

Join the Student Success Centre's small group and learn about preparing for your midterms, including tips on taking tests and study strategies.

- **Oct. 22, 6 – 7 p.m.** | Register [here](#)
 - **Oct. 23, 11 a.m. – noon** | Register [here](#)
 - **Oct. 29, 6 – 7 p.m.** | Register [here](#)
 - **Oct. 30, 11 a.m. – noon** | Register [here](#)
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Virtual Board Game Café

Need a break? Join Wellness Services for a fun time of virtual games and activities. Meet other students and take some time to relax and de-stress.

Date: Tuesday, Oct. 27

Time: 4 – 6 p.m.

Register [here](#).

International Student Stories: Navigating my



transition to UCalgary

Are you a new or current international student looking to learn and connect with others remotely? Join us as we host a monthly event series where an upper-year student will share their experiences adapting to life at UCalgary and in Calgary.

Date: Thursday, Oct. 29

Time: Noon – 12:30 p.m.

Learn more [here](#).

Career development



Career Services workshops

Need help with your career search? These workshops are focused on supporting you.

- **Oct. 22, 2 – 3:30 p.m.** | [How to prepare for video and phone interviews](#)
- **Oct. 29, 10 – 11:30 a.m.** | [Professionalism in the Canadian workplace](#)



New Career Services drop-in hours

In a different time zone? Career Services has updated their drop-in advising hours to support students studying outside of Calgary.

[Visit their site](#) for more information and for other ways to access career advising.

Stay on top of your career development

Subscribe to [The Week Ahead](#) to get reminders for workshops, career fairs, new jobs and upcoming opportunities to meet and network with employers.

Support and resources



Get Money Smart: Financial planning support

Want financial planning help on topics such as budgeting, saving, credit, debt management or taxes? [Book here](#) for a one-on-one financial

planning appointment. Questions? Please contact moneysmart@ucalgary.ca.

International SOS services

UCalgary students studying remotely from international locations can now access **emotional support services**, including a **mental health counsellor**, for up to five sessions per incident, per year. This service is available 24 hours a day, 7 days a week, 365 days a year.

To access these services, please call +1 215-354-5000 (call collect) or download the **International SOS app** to your phone.

If you have issues accessing the services, please contact Campus Security at +1 403-220-5333 (call collect) for emergencies or contact **Risk Management and Insurance** by email at riskmgmt@ucalgary.ca.

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