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Hello International Students!

Welcome to the University of Guelph. A few people wanted to say hello and welcome you to campus.

Franco Vaccarino, President & Vice Chancellor

I am delighted to welcome you to the University of Guelph. This is a rich and diverse place of learning and discovery, and I hope that you will make the most of being on this campus and in this city, province and country. Please take advantage of the many programs and opportunities available to you. I expect that you will also bring a new perspective to share with us. Best wishes for your studies at Guelph.

experienceguelph.ca

EXPERIENCE GUELPH
The gateway to employability.
Meet the OIA Team

Stop by our office at the University Centre 3rd Floor, South and introduce yourself. We are looking forward to getting to know you during your time at the university.

Megan Sager
Manager
sagerm@uoguelph.ca
519-824-4120 x 53954

Yassin Sagnia
International Student Advisor
ysagnia@uoguelph.ca
519-824-4120 x 58686

Matt Keefe
International Student Advisor
mkeefe@uoguelph.ca
519-824-4120 x 58688

Pugaleni lynkaran
Coordinator, International Programs
lynkaran@uoguelph.ca
519-824-4120 x 53636

You Jia Lee
Coordinator, Mentorship & Engagement Programs
ylee05@uoguelph.ca
519-824-4120 x 54347

Amilah Baksh
Cultural Diversity Advisor
baksha@uoguelph.ca
519-824-4120 x 54680

Jared Sanchez-Cacnio
Sexual and Gender Diversity Student Advisor
cacnioj@uoguelph.ca
519-824-4120 x 54166

Cameron Litchmore
Coordinator, Cultural Diversity Programs
clitchmo@uoguelph.ca
519-824-4120 x 53681
The Office of Intercultural Affairs (OIA) in Student Experience is a hub for international students to seek support and advice during your studies here at Guelph, support your individual transition needs, and connect you to resources on and off campus. The OIA supports the development and learning needs of undergraduate and graduate international students, racially and ethnically diverse students, students who identify as being part of the LGBTQ+ community, and students from different faith perspectives and world views while fostering cultural competency, leadership and community development within an intercultural context.

Although you may be looking forward to studying at Guelph and living in Canada, it can be challenging to leave your home, family and friends for a new community. The climate, culture and learning environment may all be quite foreign to you. You may experience culture shock among other challenges. We are here to help you find your place on campus, manage the transition in a healthy way, and to make being away from home easier.

International Student Connection is a series of events and programs offered through OIA. This includes free skill-building and intercultural competency workshops, volunteer opportunities, cultural excursions, and social activities throughout the year to help you meet new friends, learn new skills, and explore Canadian culture. We also have mentorship and social programs for new international students to help with cultural, academic and language transition.

The International Student Advisors (ISAs) are available to meet 1-on-1 with full degree undergraduate and graduate international students, new immigrants, and refugees. Common topics of conversation include adaptation challenges, housing, academic concerns, immigration (study permit, visa, post-graduate work permit, etc.), financial difficulties, culture shock and particularly for graduate students, challenges associated with faculty-student relationships. Our ISAs can also help you get involved on campus, connect with other students, and talk through any personal concerns you may face. Regardless of the nature of your visit, our ISAs are always happy to see you and to provide guidance and support as needed. To better assist you, each International Student Advisor is also responsible for different programs (for your main contact, see below):

Yassin Sagnia
ysagnia@uoguelph.ca
→ College of Biological Sciences
→ College of Engineering and Physical Science
→ Ontario Veterinary College

Matt Keefe
mkeefe@uoguelph.ca
→ College of Arts
→ College of Business and Economics
→ College of Social and Applied Human Science
→ Ontario Agricultural College

To learn more about the programs offered by Student Experience, visit uoguelph.ca/studentexperience

Add International Student Connections as one of your organizations on gryphlife.ca to get updates about events for international students.

“The University does care about students in many aspects of life. The resources available has helped me develop to my fullest potential. Attending the University of Guelph is my best decision yet.”

PAMELA MOLINA, from Ecuador
Bachelor of Science: Molecular Biology and Genetics
In addition to our friendly and supportive OIA staff, OIA Ambassador will also be available to support you throughout your time here. They are upper year students who have experience navigating campus resources. They will provide tips and guidance to help make your first year successful and meaningful.

Go to gryphlife.uoguelph.ca/organization/OIA to learn about upcoming events, register for OIA activities and programs, and explore opportunities to get involved.

Welcome Week and START International (Orientation for International students)

Register for START International. This is a free three-day orientation program from August 28th to August 30th, 2019, specifically for new full-degree international undergraduate and graduate, exchange, & out-of-country Canadian students. Learn more about academic life at Guelph, the various resources that are available to you, and the many people who are here to help new students make a successful transition. This is an informative event that includes campus and city tours, sessions on what to expect in and out of the classroom, job seeking and healthcare information, ideas for financial management, opportunities to get involved, what to expect during Orientation Week, and more.

During this week, time will be scheduled for students to get their Social Insurance Number (SIN) on campus. (See page 36 for more information about SIN). Also, time will be allocated for volunteers to take you to the shopping mall to help with your cell phone and bank account set-ups, and other shopping needs.

Airport pickup will be available for students arriving at Pearson International Airport (YYZ) and traveling to the main Guelph campus on Tuesday, August 27th, 2019. Registration will be available in May 2019.

START International Orientation will be taking place on Wednesday, August 28th to Friday, August 30th, 2019. Register online at gryphlife.uoguelph.ca/organizations/OIA (see the section named forms).

Registering for START International allows students to move-in to their residence as early as Tuesday, August 27th. This is only for students who already have a guaranteed residence room. (see page 24 for more info)

STARTonline Visit STARTOnline.ca throughout the summer to connect with current U of G students who can answer questions you may have about life on campus.

STARTonTrack This program helps you to start university off on the right foot! You will be paired with one of our facilitators (upper year students) who are carefully selected and trained to prepare you for an amazing university experience. Join STARTonTrack by visiting STARTonTrack on the Student Experience webpage to learn more.

Mentorship, Engagement and Transition Programs

As a new student, there are several programs to receive guidance and mentorship throughout your first semester and first year in Guelph.

Get paired with an upper year student or a faculty member to help with your academic, cultural, and social transition. Take part in one of these programs, or all of them – it’s up to you. Later, as an upper year student, you can get involved as a volunteer in these programs:

- **International Student Connections**
  You will be assigned an OIA Ambassador who is a support person for you. They can help you with anything, from who to talk to about choosing classes to where all the best student discounts are available. Use them as a resource throughout your first year. There will be events tailored for international students such as career day, alumni panel speakers, and other skill-building workshops throughout the year.

- **Chroma Project**
  By signing up for this program, first year undergraduate students will be matched with a faculty or graduate student mentor to provide guidance throughout your first year regarding academics, strategies to deal with cultural transition in a new academic environment and building your network during university and beyond graduation.

- **Conversation Partners Program**
  Sign up for this program to be paired with another student to practice your spoken English for two hours a week or during weekly conversation cafés in the library.

- **STARTonTrack**
  This program helps you to start university off on the right foot! You will be paired with one of our facilitators (upper year students) who are carefully selected and trained to prepare you for an amazing university experience. Join STARTonTrack by visiting STARTonTrack on the Student Experience webpage to learn more.
Free Skill-Building Workshops, Info Sessions and Socials

Take advantage of free workshops on a variety of topics. These are free mini classes where you can get the skills you need to find a job and learn about specific topics and updates that are important for international students to know. Sample topics include:

- Health Insurance Info Sessions
- Study Permit, Visa, and Immigration Info Sessions
- Tax Info Sessions
- International Student Career Resources

The Office of Intercultural Affairs organizes community building and social events to help you explore Canadian culture and meet other peers. Some activities organized in the past include (Note: Events may vary each semester):

- International Student Welcome Back Mixer
- International Graduate Student Mixer
- Excursion to Niagara Falls
- Maple Syrup Trip
- Curling
- Rock Climbing
- Guelph Storm Games (Ice Hockey)
- Varsity Games
- Intramurals
- Winter Activities (Skating and Snow Tubing)
- International Student Holiday Dinner in December
- End of Semester Party

Follow International Student Connections on GryphLife and keep updated on our upcoming events.

Academics & Counselling

Registration

Each semester, all undergraduate and exchange students must confirm their intent to register by paying the registration deposit, even if you have selected your courses ahead of time. If you miss the deadline you may be required to pay late fees and/or be removed from your courses.

WebAdvisor

Through a web-based program called WebAdvisor, Undergraduate and Graduate students have access to registration for courses. This is the fastest way to register for courses, seminars and labs. If you are in a Non-Degree Graduate Program, please consult the office of Graduate and Postdoctoral Studies for more information. You can access WebAdvisor at webadvisor.uoguelph.ca

Choosing Courses

Adding refers to the process of registering for your courses. You may only add courses during the designated period (normally the first week of each semester). Consult your academic calendar for these dates.

Undergraduate students who are unable to select courses before the deadline have an opportunity to make their selection during the extended add period at the start of each semester, but some courses may be full.

Dropping refers to the process of ending/cancelling your registration in a course. You may drop a course before the 40th class day of each semester (there are exceptions for two-semester and six-week long summer courses. Please refer to the calendar for details). This means, if you drop a course before the deadline, then the dropped course will not appear on your academic transcript.

If you are a graduate student, consult with your graduate coordinator, supervisor, and/or graduate program assistants before you make any decisions to add or drop courses.

For all international students, adding or dropping classes may affect your student status, ability to work, or finances, so make sure to speak to your International Student Advisor before you decide to make a change.

Keep track of important dates. They are outlined in the Undergraduate and Graduate Calendars here: uoguelph.ca/registrar/calendars

For graduate students, detailed instructions on how to register and choose courses using WebAdvisor are provided on the following page, uoguelph.ca/graduates studies/current/registration

Tutoring at Guelph is a database of paid student tutors. Visit uoguelph.ca/tutoring for more information.
Academic Calendar

The academic calendar helps students stay on track in their degree program. It includes registration dates, class start dates, add or drop dates, program policies, and more. Get familiar with this resource ahead of time to begin learning about your responsibilities as a university student.

Current undergraduate course calendar can be found here:
[link to the website page for undergraduate calendars](uoguelph.ca/registrar/calendars/undergraduate/current/)

Current graduate course calendar can be found here:
[link to the website page for graduate calendars](uoguelph.ca/registrar/calendars/graduate/current/)

Undergraduate Academic Information Centre

The Undergraduate Academic Information Centre (UAIC) provides academic information to undergraduate students. It functions as a first point of contact for information or referral for academic questions. UAIC student desk staff operate on an assessment and referral system, helping the student to identify the issue and then, as necessary, the appropriate person to speak to (i.e. academic advisor), resource to access (i.e. Writing Services) and/or process to follow (i.e. a Course Waiver Request form). They do this in person at the desk in UC Level 3, North End, as well as on the telephone, by email, and through a live chat function on [uoguelph.ca/uaic](uoguelph.ca/uaic)

Undergraduate Program Counsellors

Program counsellors have expertise in degree program requirements and regulations. They can assist undergraduate students with course selection, adding/dropping courses, balancing your course load, and more.

Graduate Program Coordinators and Program Assistants

For international graduate students, it is a good idea to get in touch with your Graduate Program Coordinator and Graduate Program Assistant before you arrive. They will be able to provide specific information on program requirements for your academic discipline, offer course selection support, and assist with any other program-related inquiries.

You can also learn about the policies and procedures that apply to all graduate students before you arrive by looking through the resources on the Office of Graduate & Postdoctoral Studies (OGPS) website and reviewing the Graduate Academic Calendar (refer to page 10 above). You should also get familiar with resources available from your department. Most graduate departments provide a handbook directed at students in their graduate programs. This will give you information about timelines, what to expect during your academic program, organizations in your field, office space and research resources, and the important people you need to know to help you navigate within your department.

The OGPS hosts a graduate student orientation session at the beginning of each semester, with a session specially for international students. There is also an International Graduate Day along with orientation. There are also orientations offered by your academic program that you can attend when you arrive to learn more and start meeting other graduate students. You should receive an invitation to these events from your Graduate Program Assistant, but do not hesitate to ask about these events to ensure you do not miss out.

Faculty Advisors

Faculty Advisors offer academic advising to students; however, their focus is within the program specialization (e.g. Psychology or Biomedical Science). They help you figure out your major, minor, area of concentration, area of emphasis and how it fits within the degree program. They will be able to assist you with questions about career or graduate program opportunities. For the full list of faculty advisors, visit [uoguelph.ca/uaic/facultyadvisors](uoguelph.ca/uaic/facultyadvisors)

Academic Integrity

Academic Integrity means honesty and responsibility in your school work. The academic system in Canada and at the University of Guelph may be very different from what you are familiar with. It’s important to familiarize yourself with the academic expectations of your instructors. The Library offers support in many areas including, but not limited to: academic citations, writing services, academic presentations, workshops and academic integrity, and more. Make use of these services to ensure your success in your coursework and assignments.

To understand how to avoid academic misconduct so that you feel more secure when completing your assignment, visit [academicintegrity.uoguelph.ca](academicintegrity.uoguelph.ca)

New graduate students are required to take Academic Integrity Course. For further information visit [uoguelph.ca/graduatestudies/current/academics/academic_integrity](uoguelph.ca/graduatestudies/current/academics/academic_integrity)
"Seeing snow for the first time in Guelph was wonderful. My friends and I had a snowball fight, built a snowman and went tobogganing. We made the most out of our Winter experience in Guelph."

SANJANA ANAN, from Bangladesh
Bachelor of Science: Animal Biology

“About University of Guelph

“You’ll never regret choosing this place to study. The country and city are very welcoming to international students and there is something for everyone here. I encourage you to explore the diversity this place offers and enjoy experiencing Canadian culture.”

PAYAL SERAJUM MONIRA from Qatar
(BSc Molecular Biology and Genetics)

Immigration Procedure/Get the Right Documentation to Study in Canada

Studying in Ontario

All full-degree international students are required to have a Study Permit to study in Canada.

APPLYING FOR A STUDY PERMIT (from country of residence)

You should apply as soon as you receive your letter of acceptance. The time needed to process an application to study in Canada may vary at different visa offices and may take several weeks.

Visit https://www.canada.ca/en/immigration-refugees-citizenship/corporate/contact-ircc/offices/international-visa-offices.html for a list of embassies. US students may apply for a study permit at the US/Canada point of entry.

APPLYING FOR A STUDY PERMIT (within Canada)

Only students who are already on a study permit can apply for another study permit or extend their permit inside of Canada. Details of the application processes can be found on the Immigration, Refugees and Citizenship Canada website.

Students studying at the high school level within Canada can now start to study at the Post-Secondary level with the same study permit. However, in order to be eligible to work while studying you would need to have your SP updated to include the proper conditions. For more information on how to do this please speak with your International Student Advisor.

Temporary Resident Visa (TRV)

A study permit is not a Visa. Citizens of certain countries require a Temporary Resident Visa (TRV) to enter Canada. The visa is placed in your passport to show that you have met the requirements for admission to Canada as a temporary resident. If you have been issued a study permit and are from a visa-required country, you will need to apply for a new TRV when the current TRV expires for future re-entry to Canada.

You should inquire at the Visa Office in your home country to determine whether you need a TRV or check the Immigration, Refugees and Citizenship Canada website at http://www.cic.gc.ca/english/visit/visas.asp. For students with families, you should ensure that your family members have the appropriate visas to enter and reside in Canada as well by inquiring at the Visa Office in your home country.
ELECTRONIC TRAVEL AUTHORIZATION (ETA)
Visa-exempt foreign nationals who fly to or transit through Canada are expected to have an Electronic Travel Authorization (eTA). Exceptions include U.S. citizens and travelers with a valid Canadian visa. Visit https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/eta/apply.html for more information.

Canadian Port of Entry
It is important that you show the Immigration Officer the following documents to complete the process at the Canadian Port of Entry:

→ Passport
→ Letter of introduction (from the High Commission, Embassy or Consulate) confirming approval or Study Permit or applicable visa document or letter from the institution where you will be attending your exchange program of study.
→ Original letter of Admission from the University of Guelph
→ A list of any items that you may be sending separately

These documents and any cash or traveler’s cheques that you may have, should be kept in your carry-on luggage or on your person.

Booking a Flight
Both the Toronto (YYZ) and Hamilton (YHM) airports are approximately one hour away from Guelph, but most flights land at Toronto Pearson International Airport (YYZ). If you plan to live off-campus, we recommend arriving by mid-August, so that you have time to find housing and get settled before classes begin.

If you plan to live on campus, we recommend arriving on or by Tuesday, August 27th, 2019, so that you can take advantage of the Airport pick-up service and attend the START International orientation.

If you are booking a flight to return home for vacation during winter school break, do not set the date until you know your final exam schedule.

Spouses and Children of International Students
If you are bringing family members to live with you in Canada while you study, make sure they have the correct immigration documentation.

Your spouse and children will apply for the Temporary Resident Visa to join you in Canada. Minor children who are accompanying you may study in Canada without a study permit at the pre-school, primary and secondary levels. Your spouse may be eligible to apply for an open work permit (SOWP) and can be employed both on and off campus. Information about obtaining a work-permit for your spouse or partner can be found on the Immigration, Refugees and Citizenship Canada website.

US Visa
Citizens of most countries require a visa to enter the United States. If you intend to travel to the US, it is recommended that you apply for this visa in your home country/country of residence. If you want to apply from Canada, you must be enrolled in school for at least six months and prove that you will be returning to school after your visit (you can prove this with a confirmation of enrolment letter from the University).

Immigration procedures change regularly. For the most up-to-date information, contact Immigration, Refugees and Citizenship Canada at +1 888-242-2100 or visit https://www.canada.ca/en/services/immigration-citizenship.html
We offer a shuttle service to the main Guelph campus for students arriving at Toronto Pearson International Airport (YYZ) on Tuesday, August 27th, 2019 for a small fee. New undergraduate, graduate, and exchange students and accompanying family members are welcome to register for the Airport Shuttle.

Register online at gryphlife.uoguelph.ca/organization/OIA (see the forms section). Registration will be available in May.

Other Ways of Getting to the U of G Main Campus

If you are unable to use the shuttle service we provide or are arriving on a different day, you can get to the University of Guelph main campus using public or private transit. It is advisable to plan your trip in advance and get all necessary maps and directions before you arrive. Below are instructions for getting to the university using various means of public and private transportation. Please note that accessibility, frequency and schedules will vary depending on the time of day.

Public Transportation
studentlife.uoguelph.ca/international/new-students/public-transportation

Private Transportation
studentlife.uoguelph.ca/international/new-students/private-transportation

“The University does care about incoming students and their transition into university. It offers various resources guiding international students to adapt to the new environment. My favourite is the O-Week!”

SHUK MAN NG, from Curacao
Bachelor of Arts: Economics
Getting Around in Guelph

Guelph Transit
The Guelph Transit buses operate throughout the week and weekends. The routes and times vary. To determine the best routes and departure times, visit the website https://www.guelph.ca/transit.

YOUR BUS PASS
All undergraduate and graduate students pay a set fee for unlimited use of the Guelph Transit buses as part of your student fees. Your student identification card is used as your bus pass — show the valid sticker on the front and you can ride anywhere in Guelph. Bus pass stickers for undergraduate students are distributed by the Central Student Association (CSA) and for graduate students are distributed by the Graduate Student Association (GSA). Look out for bus sticker distribution times and location at the start of each semester.

Driving in Canada

VISITORS
A visitor must be at least 16 years old and have a valid driver’s license from their own country to drive in Ontario. If you are here for more than three months, you need an International Driver’s Permit from your own country or you may have to apply for an Ontario driver’s license. This depends on your length of stay. You will also need automobile insurance coverage. If you plan to rent a car in Guelph, you must be over the age of 21 years old. For some rental companies, there is a surcharge for drivers aged 21 to 24 years old.

NEW RESIDENTS
You can use your current valid license for up to 60 days after you move to Ontario. If you want to keep driving in Ontario, you must get an Ontario driver’s license. You must use your Ontario license when you are issued one. New Ontario residents have 30 days before they must register their vehicles and get Ontario license plates and vehicle permit. More information on how to get an Ontario license, licensing your car or driving rules in Ontario can be found on the Ministry of Transportation website at https://www.ontario.ca/page/drive-ontario-visitors.

DRIVING SCHOOLS
You may choose to attend driving schools to learn the skills and attitudes you need to have to be a safe and responsible driver. Choose your preferred driving school carefully and consider if the school is Ministry-approved, and if they are recommended by your peers.

Visit the Ministry of Transportation website for the full list of ministry-approved course providers in Ontario: http://www.mto.gov.on.ca/english/driver/driving-schools.shtml

RENTING A CAR
There are several car rental companies in Guelph. Some of these include:

Alamo
450 Michener Road
519-763-0019
https://www.alamo.ca

Budget Car and Truck Rental
42 Gordon Street
519-821-6040
https://www.budget.ca

Enterprise Car Rental
56 Gordon Street
519-767-5337
https://www.enterprise.ca

Greyhound
You can call 1-877-463-6446. During business hours (7:00am to 7:30pm) call Greyhound at 519-836-7931. After hours, you can call 1-877-463-6446. The Greyhound website is https://www.greyhound.ca

Head out of town? Buses and trains are the most common ways of getting around Ontario, other provinces in Canada and the United States. If you have your International Student Identity Card (ISIC), you may be eligible for a discount on these services. ISIC cards can be obtained free of charge from the CSA office, 2nd floor of the UC.

→ Via Rail is the main passenger train service for getting around Canada and makes connections to Amtrak, the United States rail service.

→ Greyhound Canada offers cross-Canada and United States bus service.

→ GO Transit, the bus service out of the City of Toronto, runs from the University of Guelph bus loop to the greater Toronto area daily. There is also a GO Train service between Guelph and Toronto on weekdays.

Visit the Info Desk (located on 1st floor of the University Centre) to find out about helpful tips and student discounts, and to purchase tickets.
“Have the courage to ask questions, to embrace differences, and to be acceptance with new things in life! Most importantly, learn to take care of yourself mentally and physically while being away from your families and friends.”

XIAOTING (Viki) Ma, from China
Bachelor of Commerce: Accounting

Health and Dental Insurance

University Health Insurance Plan (UHIP)

For all international students except Norwegian students, UHIP is compulsory. Please do not buy your own medical plan.

The University Health Insurance Plan (UHIP) is a basic health coverage plan for international students, and it is a replacement for the provincial health care plan (OHIP). When you go to the doctor and they ask you for your health card, they are referring to your UHIP card. Even with your health card, healthcare in Canada can be expensive. The cost of seeking medical care varies depending on where you go.

For students and their families, Student Health Services on campus acts as your family physician by offering comprehensive health services with family physicians, a psychiatrist, nurses, a dietician, and a health educator on staff. If you visit a physician during regular office hours Monday to Friday (either with an appointment or in the walk-in clinic) then the cost of the visit to your health plan (and potentially to you) is considerably less than seeking care in an afterhours walk-in clinic or in the Emergency department of a hospital. Family physicians also provide referrals for diagnostic services (lab or x-rays) and to appropriate specialists when needed.

If you go to an afterhours walk-in clinic, you may have to pay for the visit initially, and then make a claim to UHIP to get reimbursed. There are also some times fees that cannot be reimbursed if you go to a provider that is outside of the UHIP Preferred Provider network. Student Health Services bills UHIP directly for all services that are covered on the plan so you can avoid any surprise fees.

Always get health and medical attention in a timely manner but give thought to where you obtain that care and use health care services as required by the nature of the problem. Emergencies should go to the Emergency Department at the nearest hospital. For other health care issues, use your family physician wherever possible. For more detailed information, visit https://www.uhip.ca.

For graduate and undergraduate students, your UHIP card will be sent to your U of G email by SunLife, the UHIP insurance company, during the first week of class. You will not be able to use medical services, even emergency services, without your UHIP card.

Health Insurance for Family Members

You must enroll your dependents (spouse and children) with UHIP within 30 days of their arrival in Canada. Contact the UHIP Administrator in Student Financial Services at accquest@uoguelph.ca, for more information or to enroll your dependents.

If you have any questions about your UHIP plan or what to do in terms of medical help, please contact the International Student Advisors, Yassin Sagnia at ysagnia@uoguelph.ca or Matt Keefe at mkeefe@uoguelph.ca.

Before you leave home, research medications that you take regularly to find out what their equivalent or English name is in Canada. Find out if they are covered by your Student Health Plan using the Prescription Search Tool on mystudentplan.ca.
Student Health Plan

In addition to UHIP, you have the Student Health and Dental Plan, paid for in your student fees. The Student Health Plan covers some medical costs that are not covered by UHIP, such as prescription drugs, physiotherapy, and vision care. The Dental Plan provides some coverage for routine dental care such as examination, consultation and cleanings. For up-to-date information on the coverage, visit the University of Guelph Student Health Plan page, mystudentplan.ca/uofguelph/en/mybenefits

Please Note: If you arrive in May, your enrollment and coverage may vary.

mystudentplan.ca/uofguelph/en/coverage-period

Health & Dental Insurance for Family Members

Students with families can also add their dependents to their Student Health and Dental Plans for a fee. Contact the Student Benefits Plan Office in the University Centre for more information and deadlines.

Your Family

While you are busy with your academic life, your spouse and family members may feel isolated and lonely. Family members of students are welcome to join OIA activities throughout the year. Activities in Family Housing and the City of Guelph are other great resources to help spouses and families build a sense of community during their time in Guelph.

Registering Your Children in School

In Canada, children from ages 6 to 18 are required by law to attend school. There are two major school boards in Guelph, Upper Grand District School Board and Wellington Catholic District School Board. If you would like to enrol your child/children in school, please contact the school boards directly to get more information on the nearest schools and registration requirements.

Per the Ministry of Education instructions, a parent must hold a valid study permit and be a full-time student and registered in a degree or certificate program of at least 2 or 3 semesters for their dependent children to qualify for international fee exemption. Please ask for more information when you speak with the school boards.

Upper Grand District
School Board
Donna Frey
donna.frey@ugdsb.on.ca
519-822-4420 x 748

Wellington Catholic District
School Board
Lynn Meihm
lynn.meihm@wellingtoncdsb.ca
519-821-4640 x 252

Child Care Services

In Canada, leaving a child alone at home, even for a few hours after school, could endanger the child and possibly result in legal charges against the parents. A responsible individual must supervise your children if you are not at home.

Formal childcare must be licensed by the provincial government under the Child Care and Early Years Act. Some of the listed regulations include safety standards, and a learning environment that promotes the child’s physical and social development. Formal childcare operators can be run out of private homes as well as child care centers. Daycare costs vary in Canada and can range between $30 and $60 dollars per day depending on the age of the child and the type of care required. International students are not eligible for a subsidy.

Informal child care is not licensed by the provincial government and can include friends, relatives or neighbours as the caregiver. It is the parent’s responsibility to ensure that the caregiver is suitable. If you are considering using a private individual for childcare, you are strongly encouraged to check references first.

Some international students and families may be eligible for Canada’s Child Benefit, a monthly payment made to eligible families to help them with the cost of raising children under the age of 18. Visit www.cra-arc.gc.ca/bnfts/ccb/menu-eng.html for more information.

There is one formal childcare service available on campus:

The University of Guelph Child Care and Learning Centre
125 Arboretum Rd
Guelph, ON N1G 2W1
cclc@uoguelph.ca
519-824-4120 x 52682
uoguelph.ca/childcare/

Another childcare service close to campus is:

The Campus Child Care Co-operative of Guelph
2 South Ring Road West
Guelph, ON N1G 4Y2
kathy@campuschildcare.org
519-822-1280
www.campuschildcare.org

Your Family

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Housing

Over 4,800 students live on-campus in non-family student residences. For more information visit housing.uoguelph.ca

Learn more about what is provided and not provided in residence. housing.uoguelph.ca/services/what-provided

Early Move-in requests are approved on a case-by-case basis. Consult with the Residence Desk staff for more information. resdesk@uoguelph.ca

Choosing where to live will be an important decision that can impact many aspects of your life while you’re a student. Living in residence on campus is a great way to meet new people and create a community for yourself here on campus. You will be minutes away from class and have access to many dining options on campus. Undergraduate and graduate students have different sets of requirements when it comes to living in on-campus residence.

Students can also rent rooms, houses or apartments in shared or single units off-campus, in the City of Guelph.

Living in Residence

The staff in residence includes both Residence Managers (RMs) and Residence Assistants (RAs). You will become most familiar with your RAs, who are responsible for helping residents establish and maintain community standards with social and educational programming and personal and academic support.

Visit housing.uoguelph.ca/future-residents/how-apply to learn more and how to apply for residence. If you have any questions or concerns please email resdesk@uoguelph.ca

Move-In Day takes place on the Saturday before the Labour Day holiday. All new students will move in on the same day unless special arrangements have been made. You will receive information about your move-in day from Student Housing Services.

International undergraduate students may be approved to move in early for free if they register and attend all three days of START International orientation.

Undergraduate students who are not attending START International and international graduate students can request to move in early. Permission will be granted on a case by case basis. If the request is approved, then students will be billed for every night from the night of their arrival until their assigned Move-In day.

Undergraduate Student Residence (On Campus)

Student Housing Services is made up of various service areas to provide support for students during their time living on-campus. Students will receive an online application link and information along with their offer of admission from the university. Visit the Student Housing Services website to explore residence options, learn more about the application process, fees, room assignments, life in residence, and much more. housing.uoguelph.ca

Graduate Student Residence

The University of Guelph reserves some three-person townhomes near campus for graduate students. In addition, the University operates five houses designated as Graduate Houses near campus. Each house accommodates four to six people and the majority are a short walk from campus. To view these houses and their availability, go to the Student Housing Services website at housing.uoguelph.ca/our-communities/graduate-houses

Family Housing

Student Housing Services operates two communities for student families with in walking distance of the main campus. Priority for housing is given to couples with or without children, and singles with children. If space allows, mature single students will be considered for accommodation. There are two sites available to choose from: College Avenue and Wellington Woods.

Off-Campus Housing

There are different kinds of off-campus housing available, ranging from single room with cooking facilities to shared houses and apartments.

→ Rooms in houses where the kitchen and bathrooms may be shared with other tenants: $500 – $650 per month

→ One-bedroom apartments with private kitchen and bathroom (studio, basement and upper apartments): $800 – $1000 per month

→ Two-bedroom apartments: $900 – $1200 per month

→ Three-bedroom apartments: $1500 – $1800 per month

**Prices will vary based on whether utilities are included in the rental amount or not.

If you have chosen to live off-campus, it is suggested that you begin searching for housing well in advance before arriving in Canada and arrive at least two weeks before the beginning of classes or more, so that you have enough time to search and secure a place to live before classes start.

Most off-campus housing in Guelph is rented on 8- or 12-month lease contracts that start either May 1st or September 1st. The lease is an agreement between the tenant and landlord outlining rights and responsibilities of each party for the term of the lease.

Get a virtual tour of the residences www.youtube.com/user/uofgstudenthousing/playlists or housing.uoguelph.ca/360

Bed linen is not automatically provided in residence. Contact residence desk staff to find out how you can obtain linen temporarily if you won’t be able to purchase it the same day you arrive. There are many stores in Guelph where you can purchase personal supplies when you arrive, but if you will be arriving late at night you should plan ahead to ensure you have the basic supplies you will need for your first night.

Canada uses 110 volt electrical systems at 60 hertz. You will need a voltage converter or adapter for your electronics if they operate on a different voltage. These can be found at electronic stores such as The Source in Stone Road Mall, or at department stores such as Walmart near campus.

The Off-Campus Living (OCL) office provides information about your rights and obligations as a tenant. It is your responsibility to find and secure a place to live. However, you need help finding off-campus housing, OCL may be able to assist you. ocl@uoguelph.ca
When students move out at the end of each year, the Off Campus Living team in Student Experience collect a lot of furniture and will give it away for free in the beginning of Fall semester. Furniture includes couches, tables, desks, bookshelves and more. Free delivery service is available in Guelph.

Stay connected with Off Campus Living on GryphLife for more information about this Fall semester.

Meal Plans

The On-Campus Meal Plans are mandatory meal plans for students living in a traditional residence, and optional for students living in East Residence, West Residence and the East Village Townhouses. Hospitality Services offers five different sizes of On-Campus Meal Plans at various prices. The meal plan you choose depends on your individual needs and how much you eat. Your student ID card is your payment method for your food purchases.

For more information and to learn more about meal plan options visit hospitality.uoguelph.ca/student-plans/campus-meal-plans

<table>
<thead>
<tr>
<th>PLAN SIZE</th>
<th>Minimum</th>
<th>Light</th>
<th>Full</th>
<th>Plus</th>
<th>Varsity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COST (CAD)</strong></td>
<td><strong>$2,000</strong></td>
<td><strong>$2,350</strong></td>
<td><strong>$2,600</strong></td>
<td><strong>$2,850</strong></td>
<td><strong>$3,000</strong></td>
</tr>
</tbody>
</table>

*per Semester
Getting a Cell Phone

Owning a cell phone can be expensive in Canada and it is challenging to find a plan that costs less than $30 per month. Cost will depend on the types of options that are included such as: messaging (most have unlimited in-Canada text), calling minutes (unlimited, or a certain number of minutes per month), voice mail, international texting, and internet data. You may be charged for making a call, getting a call and sending a text depending on the call type and where you send it to. When you are budgeting, remember to include tax into the price (an additional 13% of the listed cost in Ontario). Additional fees may be applicable, and you should ask the sales person if information is not clear before signing a contract or making a purchase.

Cellphone companies offer many different packages and plans for students. Most companies offer a pay-as-you-go service or a contract service. Some cellphone companies may not allow you to use an unlocked phone and you may have to buy a cellphone directly from the service provider. Some providers will give you a free phone with a contract but be careful because most of these contracts are a minimum of two years. If you don’t get a free phone with a contract, the cost of the phone is usually added for a higher monthly bill. If you do not want a cellphone contract, you can buy a cellphone upfront and use the pay-as-you-go or prepaid option. It’s really a personal choice depending on the features you want, your budget, and how much you’ll be using it when you make your decision.

The major mobile network operators available in Guelph include Rogers, Telus, Bell, Fido (Rogers’ subsidiary), Koodo (Telus’s subsidiary), Virgin Mobile (Bell’s subsidiary), and Freedom Mobile (previously known as WIND Mobile). Most international students choose Fido, Virgin Mobile, Freedom Mobile or Koodo, and have plans that cost between $30 and $60 per month.

When you are researching phone plans, keep in mind that free Wi-Fi is available on campus and in residence, and in many public spaces across the city, like libraries, coffee shops, and stores. You may not need a plan with a lot of data if you are on campus the majority of the time. When choosing your phone plan consider 1 – data usage needs, 2 – phone coverage, and 3 – International calling rate (if calling home is your primary communication).

You can also choose a plan with a decent price initially and change the plan later when there is a sale or promotion available. You may also download the app from the carrier to monitor your data usage. Ask about student promotions and sales when you are in the store.

WHAT DO I NEED TO SIGN UP FOR CELL PHONE SERVICE?

This may vary between mobile operators, but most students need:

- Two pieces of ID (you can bring a government-issued photo ID like your passport, and your student ID card)
- Bank account information, and
- Proof of Canadian address

Be prepared to encounter some challenges in arranging mobile plans due to lack of credit history in Canada. Some mobile operators require a credit check assessment. If you are not able to enroll in a mobile plan right away, it is okay. Most places have Wi-Fi available so you can still stay connected.

Purchasing calling cards or phone cards will make phoning long distance much cheaper. You can purchase phone cards at any grocery store or corner store.

During the first day of START International, volunteers will be able to take you to the mall to assist you with the setup of a cellphone and bank account.
Faith

Religious Accommodation
You may request an academic accommodation if there is a conflict between a academic and religious commitments. You have to submit your alternative request to your course instructors directly, or through your program counsellor within two weeks after the course outlines are distributed. The course instructors are responsible to arrange an alternative for you according to the nature of your request without putting you at an academic disadvantage. Visit the Academic Calendar for further information.

Faith Communities
The Multi-Faith Resource Team (MFRT) are representatives from diverse religious communities who work together to encourage spiritual growth and to help students meet their religious needs. Faiths represented include Buddhist, Christian Catholic, Christian Protestant, Hindu, Jewish, Sikh, and Spiritual but Not Religious. Visit the Faith Communities that you’re interested in to find out about their activities and prayer services.

The MFRT understands that not all faiths are currently represented on campus. If you are looking for something more specific, please email the MFRT at faith@uoguelph.ca or visit them at the Raithby House on campus.
“Getting involved in professional organizations on and off campus has widened my network with industry professionals, pushed myself out of my comfort zone, and built up my confidence. It also gave me the opportunity to build lasting friendship with the team.”

JINGYAO ZHAO, from China
Bachelor of Commerce: Hotel and Food Administration Co-op

MONEY & WORK

Finances

Banking in Canada

SETTING UP A BANK ACCOUNT
You’ll need to take the following documents with you in order to open a bank account:

1. Your passport or Birth Certificate
2. A second piece of identification
3. Some money to deposit
4. Guelph Student ID

The staff at the bank will direct you in applying for an account. Please ask them questions if there are details that you do not understand. We recommend making an appointment. Here is a list of banks close to the university:

- Bank of Montreal
  Stone Road Mall
  519-836-7400

- Scotiabank
  Stone Road Mall
  519-823-2744

- CIBC*
  374 Stone Road West
  519-824-6520

- TD
  496 Edinburgh Road South
  519-821-2200

- RBC
  987 Gordon Street
  519-821-5610

*This bank has an Automated Teller Machine (ATM) on campus.

Currency in Canada

The official currency in Canada is the Canadian dollar. There are different denominations from the coins (5, 10, 25 cents; $1 and $2), to the bills ($5, $10, $20, $50, $100). US money is the only foreign currency that is accepted in some Canadian stores, but this is not common and you will not receive the best exchange rate.

If you intend on traveling with Canadian dollars, you can change your money in your home country or at the airport. If you bring your foreign currency to Guelph, it is recommended that you change it at the Global Currency Services located at 1027 Gordon Street, Unit 8 (519-763-7330). Global Currency Services will change most currencies including coins, where some banks may not accept all currencies for exchange.

Money & Work

Banking in Canada

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Many of these branches have other locations in Guelph. You can check their website to find one that is closest to you.

Coins have different names for each denomination.

5 cent coin is called a nickel.
10 cent coin is called a dime.
25 cent coin is called a quarter.
One-dollar coin is called a loonie.
Two-dollar coin is called a toonie.
Estimated Costs in Canada

Here is a general guide of how much you can expect to spend during your first semester. The following estimate is based on the Fall 2018 tuition fee amount.

<table>
<thead>
<tr>
<th>Expenses Per Semester*</th>
<th>Estimated Minimum</th>
<th>Estimated Maximum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Room and Board</td>
<td>$3,200</td>
<td>$5,000</td>
</tr>
<tr>
<td>Minimum: Shared accommodation off campus starting at $550/month plus $250/month in food</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maximum: single accommodation at $750/month plus $500/month in food</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Textbooks and Supplies</td>
<td>$700</td>
<td>$850</td>
</tr>
<tr>
<td>Clothing</td>
<td>$350</td>
<td>$600</td>
</tr>
<tr>
<td>Transportation**</td>
<td>$200</td>
<td>$500</td>
</tr>
<tr>
<td>Lifestyle and Personal Costs</td>
<td>$300</td>
<td>$400</td>
</tr>
<tr>
<td>(entertainment, eye glasses, minor repairs, etc.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUBTOTAL (cost of living)</td>
<td>$4,750</td>
<td>$7,350</td>
</tr>
<tr>
<td>Tuition and Fees: Undergraduate – 1 semester</td>
<td>$11,750</td>
<td>$14,500</td>
</tr>
<tr>
<td>INTERNATIONAL UNDERGRADUATE STUDENT TOTAL</td>
<td>$16,500</td>
<td>$21,850</td>
</tr>
<tr>
<td>Tuition and Fees: Graduate – 1 semester</td>
<td>$7,500</td>
<td>$9,000</td>
</tr>
<tr>
<td>INTERNATIONAL GRADUATE STUDENT TOTAL***</td>
<td>$12,250</td>
<td>$16,350</td>
</tr>
</tbody>
</table>

* Per-semester estimation based on 2018 single, regular full-time international undergraduate (non-professional) and graduate students. Fees listed are listed per semester. Most undergraduate students attend Guelph for 2 (Fall & Winter) semesters per year while most graduate students attend Guelph for 3 (Fall, Winter & Summer) semesters per year. Estimate includes compulsory fees such as University Health Insurance Plan but excludes meal plans, residence and parking.

** All full-time students get a bus pass for travel within Guelph. Fees for the bus pass are included in your tuition and incidental fees. This estimate is based on student’s travelling by other means outside of the city.

*** For students bringing family members, the costs for room and board, clothing, transportation and personal costs must be increased accordingly.

These costs are estimates and should be used only as a guideline. The costs incurred by a student may vary depending on many factors including, but not limited to, your lifestyle, whether you are supporting family members, and the program to which you are admitted. All costs are estimated in Canadian dollars. To budget for future years, anticipate a cost increase of 10% each year.

Transferring Funds to Canada

It’s a good idea to bring money for your first few days in Canada, before you set up a bank account. You are allowed to carry up to $10,000, however as soon as you arrive, you should try to set up an account. See Banking in Canada section on page 33 more information on how to open a bank account and for a list of banks close to the University.

Money can be wired from your home to your Canadian bank account at any time. The time it takes for a transfer of funds can vary from a few days to weeks. You should plan accordingly for your finances — do not wait until you run out of money to have money wired to you.

Paying Tuition

Student Financial Services accepts several different types of payment options for your deposit and tuition payments, including internet or telephone banking (both of which require a Canadian bank account), GlobalPay for Students, or in-person debit card payments (also requires a Canadian bank account). The preferred method of payment for international student to pay their student fees from outside of Canada is through Western Unions’ GlobalPay for Students. This option allows you to pay your student fees in the currency of your choice.

Note: This is not a payment through Western Union Agent locations (except in the case of some payments from India). You will simply be paying a Western Union Bank account, and then Western Union transfers the funds to University of Guelph in Canadian dollars. To learn more about GlobalPay for students, please visit uoguelph.ca/registrar/studentfinance/fees/payment_international

If you choose to pay in-person at Student Financial Services, you must use a Canadian debit card. Cash and credit cards are not accepted. Debit payments must be made at Student Financial Services, located on the 3rd level of the University Centre during office hours. A receipt will be provided, and the payment will show on WebAdvisor ‘Account View’ immediately. Please note – certain banks may have a $500.00 payment limit per day (check with your bank).

To learn more about other payment options or how to use telephone or online banking services, visit uoguelph.ca/registrar/studentfinance/fees/payments

To send money to the University of Guelph by wire transfer, the banking information is:

Canadian Imperial Bank of Commerce
St. George’s Square Box 578
Guelph, ON N1H 6K9
519-766-6400
Transit# 00052
Account# 8774315
Swift Code: CIBCCATT

Ensure that the student name and ID number is included.
Working in Canada

Social Insurance Number (SIN)

A SIN allows an employer to process payroll while informing the Canadian Revenue Agency of the amount of money a person earns. You apply for a SIN in person at Service Canada. To get a SIN, you will need a valid study permit that includes statements such as, “may accept employment”, and your passport. At the beginning of each semester, Service Canada officials will be available at the U of G main campus in Guelph to issue SIN on-campus. Check GryphLife or check in with the international student advisor for more information.

How to Find a Job

Job hunting is difficult, especially for international students. Employers may be hesitant to hire international students, so it is your responsibility to start the process early and market yourself. Take advantage of the resources available at the Experiential Learning Hub (North of Rozanski Hall), home of Career Advising.

- Improve your resume and cover letter. The best way to market your skills and experiences is by creating a good resume and cover letter. Drop by the Experiential Learning (EL) Hub for resume and cover letter critique by peer helpers. Attend the workshops organized by the Career team to learn more about marketing yourself to employers.
- Finding a job online. There are various opportunities advertised on Experience Guelph. You may find on-campus job opportunities with the Work Study Program, Hospitality Services, Physical Resources, Teaching Assistant (if you are upper year students and graduate students) and more. Other job searching platforms include the organization websites, Indeed, Workopolis, and more.
- Attending job fairs. Job and Career Fairs are organized by the EL Hub throughout the year. Attend the job fair and build connections with the industry professionals.
- Research your employers before submitting your cover letter and resume. Tailor your application to meet the employers' requirements. If you are not sure how to do it, drop by the EL Hub for advice.
- Increase your online presence. Your online presence on social media can help you to build a distinctive personal brand. Make sure that your content on your social media accounts are professional. You never know when your current/potential employers will search and see your profiles.
- If you get interview opportunities, you are one step closer to getting the job. Dress to impress. You can also book a mock interview with a peer helper by logging into Experience Guelph.

On Campus Work

Full time international students on a valid study permit can work on-campus throughout the year in various academic and administrative departments. For further information on employment opportunities, interview strategies and more, visit recruitguelph.ca

Work Study

There are a number of work study positions available for international students each semester. Applicants are approved on a first-come, first-served basis. You do not need a social insurance number (SIN) to apply for Work Study; however, you will need a valid SIN once you have gained employment.

The aim of the work study program is to help students with financial needs meet their education costs by working part-time on campus during the academic year. This program provides benefits to the students and the hiring departments as they work toward meeting operational objectives. Some of the terms and conditions for obtaining a work study position are: you must maintain a minimum semester credit weight of 1.50, you may work no more than 10–15 hours per week, and you are not permitted to hold two work study jobs at the same time. You are eligible to apply for work study after you complete your first academic year of studies.

Work Study applications are available at the beginning of each semester (September, January, or May). Students can print a copy of the application from the Student Financial Services website at uoguelph.ca/registrar/studentfinance.

Off Campus Work

International students with a valid study permit can work off-campus for up to 20 hours per week during a regular academic term, and full time during regularly scheduled breaks. You must continue to meet the conditions of your study permit in order to remain eligible for off-campus work. Please pay attention to visit the Immigration, Refugees and Citizenship Canada website for more specific information about working off campus. https://www.cic.gc.ca or visit with your International Student Advisor.

Co-op Admission

- Students who did not gain admission to co-op directly from high school have another opportunity to apply to co-op through University of Guelph’s in-course admission process.

For more information on working off-campus as a student or as a graduate, please contact the International Student Advisor or visit the Immigration, Refugees and Citizenship Canada website www.cic.gc.ca/english/study/work.asp

While working in Canada, you will have tax deducted from your earnings. In March, you can file your income tax with the Federal government, and you may receive some of this deducted tax back. The Office of Intercultural Affairs holds tax sessions every March, and if you are on the international student email list, you will be notified. For more information on income tax for international students, visit https://www.cra-arc.gc.ca/internationalsstudents
Students are admitted based on their academic achievement, space in the program and agreeing to the schedule of studies outlined in the Undergraduate Calendar.

Application deadlines are the last class day in the Fall and Winter semester, depending on the program. For more information about our in-course admission process visit: www.recruitguelph.ca/eecs/co-op/course-admission

Co-op Work Permit

International students who are eligible to continue in co-op following their first year of studies must apply for and secure a co-op work permit prior to being given access to the job search system.

Students will receive a verification letter to include in your co-op work permit application.

Working conditions listed on your study permit do not cover co-op work terms. Students must secure a co-op work permit. For more information visit: https://www.cic.gc.ca/english/study/work-coop.asp or speak with your International Student Advisor.

Post Graduation Work Permit (PGWP)

After graduation, international students may work for a period of up to three years in Canada under the Post-Graduation Work Permit Program. International students can receive an open work permit (no restrictions on type of employment and no job offer requirement). For information visit: https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/after-graduation.html

For questions regarding your PGWP please feel free to speak with your International Student Advisor

Scheduled and Unscheduled Breaks and Part-Time Status

In order to maintain PGWP eligibility international students are not authorized to take unscheduled breaks. This means taking additional semesters off outside of what the University deems your break (Summer, reading week, Christmas break).

It is not advised as an international student to drop to part-time status at any time unless you are registered into your last semester. There are some exceptions but before taking a semester off or dropping down to part-time status please consult with your international student advisor.
“I was able to grow personally and professionally, at the University of Guelph, where faculty members conduct leading edge research and provide personalized teaching method to graduate students.”

RONI MITTAL, from India
MEng: Engineering Systems and Computing

How Do I Know What’s Going On?

OIA and Student Experience
You will be overloaded with information during your first year, but here are some of the most important resources for you. It will be your responsibility to stay up to date by:

→ Reading and keeping a copy of the OIA weekly newsletter. This is where we will let you know about ongoing volunteer and job opportunities, events with campus partners, and announcements about study permits and visa regulation changes. Create a folder in your inbox and keep the newsletters to reference when you need them.

→ Adding “International Student Connections” on gryphlife.ca

→ Adding other organizations you’re interested in on gryphlife.ca

→ Adding upcoming events to your phone calendar

→ Following Student Experience (@UofGStudentExp on Facebook, Instagram, Twitter and Snapchat

On Campus News
Check your emails regularly, including communications within your department and program. They are not spam or junk mail. They provide information and opportunities to help you build a meaningful university experience.

→ Explore gryphlife.ca. There are over 300 organizations for you to join.

→ Grab a copy of The Ontarion when you are entering the University Centre or download the PDF. The Ontarion is the University of Guelph’s independent student newspaper. It provides information and resources regarding on campus events and issues related to students.

→ Check the Bullet in boards at the University Centre (UC). Browse the posters pasted at the UC to check out some upcoming events. Browse the University of Guelph Homepage to see the latest news on campus.
Meeting Other Students

One of the most memorable parts of university is the people you meet and the friendships you develop. However, it can be difficult to meet new people when you first arrive in a new place. Here are some tips on how to meet other students to develop memorable friendships:

CLUBS AND CAMPUS ORGANIZATIONS
The University of Guelph has lots of clubs and organizations for diverse interests, from language and arts club, to program related clubs. There is something for everyone. Most clubs meet regularly and provide a great opportunity to meet other students and develop friendships with students who share similar interest. Visit https://csaonline.ca/clubs for a list of clubs and organizations.

INTRAMURAL SPORTS
The university organizes sports competitions called ‘intramurals’ which aim to create a comfortable and fun atmosphere for students of all backgrounds and skill levels to get involved. Students make up their own teams and sign up to play, and exchange/international students have often formed teams together. Different residences also often form teams and play against each other. Sports teams provide a fun atmosphere to meet students and develop friendships. To find out how to join a team, just ask your Residence Manager, drop by the Athletic Centre, or ask your OIA Ambassador for more information.

ORIENTATION WEEK
Attend Orientation Week activities. During Orientation Week, or “O-Week”, there are lots of fun events run by various campus clubs, organizations and academic departments to help with your transition into university. Each event is a great opportunity to meet your new roommates, classmates, and fellow gryphons. Orientation week takes place in early September before classes start. You will receive information about O-Week dates and activates via email and within your residence upon arriving to campus.

OIA PROGRAMS
Participating in OIA programs such as International Student Connections, Chroma Project, Conversation Partners, and more provide great opportunities to meet other students, or be paired with mentors who can also provide suggestions on how to meet other students and develop meaningful relationships during your time here. Attend events offered by these programs and OIA to meet other international students! Keep up to date with OIA events through International Student Organizations on GryphLife.

GryphTips for Undergraduate Students

University life is quite different from high school, especially for international students. Unlike high school, information is not given directly, and it requires your own searching and taking initiative in asking for help a lot of time. Being independent and proactive are essential to be successful in your university life. Of course, we are here to help you along the way.

EMAIL COMMUNICATION
Check your U of G Email regularly (at least once per day). Most communication is carried out through email. Reply to emails within 24 to 48 hours if they require your response. Communicate with the professors and staff using your GryphMail account ONLY. Be professional and clear in writing your emails. Instead of emailing to get a quick answer, try to search for the answers first. A lot of questions can be answered if you google it.

ACADEMIC ENVIRONMENT
Critical thinking is important in the North American academic environment. You are encouraged to ask questions in classes or during office hours. Attend the office hours hosted by your professors and TAs. They are here to help you. Furthermore, the classroom environment is quite informal. In some cases, you are required to participate in the class to get marks. It is okay if you are shy at first and/or not fluent in English. It gets better if you practice.

ACADEMIC EXPECTATIONS
It is your responsibility to fully understand the course outline and complete the coursework before the deadlines. Stay organized and avoid procrastination. Do not complete your assignments last minute. If you are not sure what to do, join STARTonTrack to have a facilitator guiding you in your first semester. You can also book a studying appointment with the library.

GROUP WORK
You will have to complete a lot of group projects throughout your degree here, which help to prepare you for your future work environments which may require teamwork. Some challenges that you may anticipate include scheduling conflict, freeloading, ineffective communication, uneven job division, dominant personalities and so forth. Some group project experiences may be amazing, and you will remember it for years to come. This is also a great opportunity to learn how to work in a group setting effectively. If you are assigned a group project, be responsible in completing your tasks diligently. Be open-minded and speak up, if you need to do so. Again, it is okay if you are not confident with your English proficiency. It is an excellent platform for you to practice and improve.
NAVIGATE LIBRARY RESOURCES
Join the library tour in the beginning of the semester to see what the library offers. They are here to help you to be successful academically. For first year students, they have Supported Learning Groups (SLGs) held weekly to help those taking historically challenging courses. If you are not confident with your writing, drop in or book an appointment with Writing Services. They also offer various workshops for you throughout the semesters. Information regarding workshops can be found on the library website: lib@uoguelph.ca.

The Library supports students who want to enhance their skills and performance and achieve their intellectual potential. The Learning Commons offers assistance in learning, writing, and research for all students, as well as English language support for students who have English as an additional language (EAL).

EAL support includes one-on-one advising as well as many workshops related to fine-tuning your academic writing and presentations. Visit lib.uoguelph.ca/get-assistance for more information, or contact Lenore Latta, the Library’s Learning & Curriculum Support, at llatta@uoguelph.ca.

You can also check out the Supported Learning Groups (SLGs), which are peer-led academic support groups for undergraduate students, offered by the Learning Commons at the Library. More information visit lib.uoguelph.ca/get-assistance/studying/slgs.

GryphTips for Graduate Students

GSLI WORKSHOPS
The Graduate Student Learning Initiative (GSLI) is a collaborative platform that offers various workshops and consultations on academics and professional skills development such as writing, data information, citation, presentations and more. In addition to the regular workshops, there are non-credit courses offered to enhance professional skills.

GET INVOLVED OUTSIDE OF YOUR DEPARTMENT AND ACADEMICS
Although preparing for your thesis and dissertation is a major part of your experience, getting involved on campus can help you build important skills that will help you to get a job later. Join clubs and organizations that you find interesting on GryphLife. There are also involvement opportunities with the Work Study program, the Peer Helper program, Graduate Student Association, CUPE 3913, and more.

ADVISOR-STUDENT RELATIONSHIP
Some of you may already have an Advisor assigned. If you are looking for an advisor, it is important to consider if he/she can support you and if you can work well together. Book an appointment with your faculty members and discuss your research interests. Develop a list of criteria and rank their importance. If you have conflict with your Advisor, you may seek advice from the International Student Advisor, the Graduate Coordinator, or the Office of Graduate Studies.

WORK-LIFE BALANCE
Take time for your social life. You may feel isolated when you are focused on conducting research in the office or in your labs. It is important to maintain your well-being by balancing your academic life and social life. Build your network and make friends by participating in OIA programs, join the Graduate Student Support Circle, go to trivia night in the Grad Lounge and events organized by the GSA, and so on.
Please Remember

**Before You Arrive**
Things to do a few weeks before you leave home:

- Ensure you have a valid passport issued by your government.
- When you obtain your acceptance letter from Guelph, apply for your study permit and temporary resident visa as soon as possible.
- Find a place to live (Residence/Temporary Accommodation).
- If you need to find off-campus housing, visit the Off Campus Living Housing Office website for accommodation listings and advice, studentlife.uoguelph.ca/information/rental-living.
- Purchase travel insurance for your flight to Canada.
- Set up your GryphLife.ca account and add International Student Connections as one of your organizations.
- Register for START International orientation.
- Book your flight.
- If applicable, pack a transformer (electrical outlet adaptor) for appliances — you can also purchase this in Canada.
- Pack warm clothes. If you do not have any yet, you can purchase when you get here.
- Exchange currency — it’s a good idea to have some Canadian money when you arrive here.
- If applicable, research any medications that you take regularly to find out what their equivalent or English name is in Canada.
- If you are a new student with a disability and require accommodation, make sure to register with Student Accessibility Services by mid-June. wellness.uoguelph.ca/accessibility/
Before you leave home for the airport, be sure to do/bring the following items with you.

▫ Passport & if applicable, Temporary Resident Visa.
▫ Birth certificate.
▫ Letter from Canadian visa office confirming that you have been approved for a Study Permit.
▫ Original letter of Admission from the University of Guelph.
▫ Proof of financial support.
▫ Information about your guardian(s) (if you are under 18 years old).
▫ A list of any items that you are sending separately i.e. not declared on your date of arrival.
▫ Travel insurance.
▫ Know the address of the place you are planning to arrive at (residence office or temporary accommodation).
▫ Depending on your arrival time, looking into how you are going to get to your place of residence.
▫ Money for the bus or shuttle from the airport to Guelph. You may use a credit card for Red Car Service.
▫ It’s going to be a long trip. Pack snacks.

Upon Arrival – Undergraduate (Full Degree and Exchange Students)

Personal
▫ Open a bank account and apply for a debit and/or credit card.
▫ Set up a local phone number.
▫ Settle into your residence.
▫ Get an Ontario Photo ID from Service Ontario.

University Centre Third Floor
▫ Pay your tuition fees online or at Student Financial Services.
▫ Get your Student ID card from Enrolment Services. Bring your passport and study permit with you.

Health Insurance
▫ Print your University Health Insurance Plan (UHIP) card online. It will be emailed to your U of G email during the first week of class from SunLife, the UHIP insurance company.
▫ Pick up your myBenefit Card from the Student Benefits Plan Office (University Centre main floor). You should also come here if you wish to opt-out (not participate in) the Student Dental Insurance Plan.
▫ If you have family members accompanying you in Canada, enroll them within 30 days of their arrival in Canada, in health insurance (UHIP with the Student Financial Services and in Student Health and Dental Plans at their office.)

University Center Fifth Floor (North Elevator)
▫ Check out the International Student Lounge (UC535).

Working in Canada
▫ Get a SIN number from Service Canada.
▫ Apply for jobs if you plan to work.
STUDENT EXPERIENCE PROGRAMS

☐ Sign up for LINK program if you wish to connect with other students.
☐ Sign up for Conversation Partners if you need help with conversational English.
☐ Sign up for Chroma project if you wish to have a mentor (professor or graduate student) during your first year.
☐ Sign up for STARTonTrack if you need it.
☐ Add International Student Connections on GryphLife.
☐ Add U of G Student Experience on Facebook, Instagram, Twitter or SnapChat.

ACADEMIC MISCELLANEOUS

☐ Select your courses on WebAdvisor and make changes to your Academic Schedule if you still need to.
☐ Meet your program counsellor if you need to discuss any academic issues or determine what courses you should take.
☐ Attend classes (plan to leave early to find your classroom location) and understand your professors’ expectations.
☐ Buy your textbooks.

NAVIGATING CAMPUS RESOURCES & STAYING CONNECTED

☐ Check your University of Guelph webmail account regularly.
☐ Respond to emails from your peers and/or staff.
☐ Check with the library to activate your student card for library use and find out when you can take a tour and learn the library system.
☐ Experiential Learning Hub- check out where is it. This is where you can get your cover letter/ resume critique and career advice.

Upon Arrival – Graduate Students

PERSONAL

☐ Open a bank account and apply for a credit card.
☐ Set up a local phone number.
☐ Settle into your own residence.
☐ Get an Ontario Photo ID from Service Ontario.

UNIVERSITY CENTRE THIRD FLOOR

☐ Pay your tuition fees online or at the Student Financial Services.
☐ Get your Student ID card from the Enrolment Services or your department. Remember to bring your passport and study permit to pick up your ID.
☐ Submit a copy of your passport and study permit to the Student Enrolment Services.

HEALTH INSURANCE

☐ Print your University Health Insurance Plan (UHIP) card online. It will be emailed to your U of G email during the first week of class from SunLife, the UHIP insurance company.
☐ Pick up your myBenefit Card from the Student Benefits Plan Office (University Centre main floor). You should also come here if you wish to opt-out (not participate in) the Student Dental Insurance Plan.
☐ If you have family members accompanying you to Canada, make sure to enroll them in health insurance plan within 30 days of their arrival. (UHIP with Student Financial Services & Student Health and Dental Plan at their office.)

UNIVERSITY CENTER FIFTH FLOOR (NORTH ELEVATOR)

☐ Pick up your Guelph Transit bus pass from the GSA Office.
☐ Check out the Graduate Student Lounge (The Fifth) and the International Student Lounge (UC535).
ATTEND ORIENTATIONS AND SOCIAL EVENTS

- Graduate Student Orientations
- Orientation within your department
- OIA welcome events and socials

WORKING IN CANADA

- Get a SIN number from Service Canada.
- Submit payroll information.
- If you are a TA, set up a meeting with the course instructor to introduce yourself and understand your role.
- Apply for jobs or Work Study Program if you need it.

STUDENT EXPERIENCE PROGRAMS

- Sign up for LINK program if you wish to connect with other students.
- Sign up for Conversation Partners if you need help with conversational English.
- Add International Student Connections on GryphLife.
- Add U of G Student Experience on Facebook, Instagram, Twitter or Snapchat.

WITHIN YOUR DEPARTMENT

- Meet your Graduate Program Assistant in your department and your academic advisor.
- Register for your classes (if you haven’t done so).
- Get keys and card access to your buildings and office.

NAVIGATING CAMPUS RESOURCES & STAYING CONNECTED

- Check your University of Guelph webmail account regularly.
- Check with the library to activate your student card for library use and find out when you can take a tour and learn the library system.
- Experiential Learning Hub – check out where is it. This is where you can get your cover letter/resume critique and career advice.
Important Contact Information

The following is a list of some of the services both on and off campus, which may be of use to you during your time here. However, this is by no means an exhaustive list of services and resources available to you as a University of Guelph student. If there is a service you cannot locate on this list, we encourage you to use the directory on the University of Guelph homepage at uoguelph.ca/directory.

**Student Experience**

Chroma Project  
chroma@uoguelph.ca  
x 54347

Conversation Partners  
convpart@uoguelph.ca  
x 54347

International Student Advisor  
Yassine Sagnia  
ysagnia@uoguelph.ca  
x 58686

Matt Keefe  
mkeefe@uoguelph.ca  
x 58686

**Other Resources**

Experiential Learning  
recruit@uoguelph.ca  
x 52323

Counselling (personal)  
counsell@uoguelph.ca  
x 53244

Express Centre (meal cards)  
express@uoguelph.ca  
x 52822

Family Housing  
housing.uoguelph.ca/fh  
x 58700

International Student Organization  
iso@uoguelph.ca

Office of Graduate and Postdoctoral Studies (OGPS)  
gradonln@uoguelph.ca  
x 56737

Multi-Faith Resource Team  
faith@uoguelph.ca  
x 58909

Off Campus Living  
ocl@uoguelph.ca  
x 52214

Student Transition Office  
owntrack@uoguelph.ca  
x 52498

Student Accessibility Services  
accessibility@uoguelph.ca  
x 56208 / x 58502

Student Financial Services  
accquest@uoguelph.ca  
x 58715

Student Health Services  
wellness.uoguelph.ca/sws  
x 52131

Student Housing Services  
housing@uoguelph.ca  
x 58701

Undergraduate Program Services  
ups@uoguelph.ca  
x 58731

University Police  
uoguelph.ca/police  
x 52245