Welcome to the University of Regina! As you embark on this new academic journey, UR International wants to ensure that you receive all of the support available to assist you during your transition to your new academic setting. This handbook is designed with you in mind and includes valuable information about navigating the University of Regina and the Canadian academic system. At UR International, your home away from home, we believe in enriching our students’ experiences abroad and always strive to provide services and programs that will assist you in achieving academic excellence.

Sincerely,
UR International

As one of Canada’s leading comprehensive universities, the University of Regina hosts over 15,000 students and offers over 70 programs in 10 faculties. The University of Regina also ranked first in international research collaboration in 2014 by Research Infosource Inc.

Open your world and begin to explore everything the University of Regina has to offer by completing UR Arrival Checklist within the first week of arriving in Canada.
UR ARRIVAL Checklist

IMMIGRATION
- Secure your immigration documents
  Make sure to place your immigration and travel documents in a safe place where you know they will not get lost or damaged
- Check in with UR International (CW 109)
  Within your first week, connect with our office and submit copies of your study permit and passport
- Meet our International Life Skills Advisors
  We are here to support you! Come and book an appointment with us to make sure you experience a smooth transition to your life in Canada

ACADEMIC
- Check in with your Academic Advisor
  Book an appointment through your faculty and make sure you are on the right academic path to success
- Confirm your class schedule
  Review important dates, your class syllabus, and locations for your classes
- Get your U of R student ID card
  Login to UR Self-Service and fill out the online application
- Check out Financial Services (AH 205)
  Learn about your student financial account and pay your tuition
- Activate your U of R email account (example@uregina.ca)
  Find out your login information and activate your university email through Information Services
- Purchase your textbooks
  Confirm which textbooks are required for your courses and purchase them through the bookstore
- Update your contact information in UR Self-Service
  Current address, email, phone numbers, etc.
- Explore academic support services across campus
  The University offers numerous support centres and services to ensure you have every opportunity to succeed

LIFESTYLE
- Register for and attend Orientation
  Make new friends, meet members of your faculty, and learn about the University of Regina
- Apply for your Saskatchewan Health Card
  Reach out to UR International for assistance on how to apply
- Open a Canadian bank account
  With several banking options in Canada, you can find out which bank will suit your needs while in Canada
- Set up personal telephone service
  Stay connected by setting up wireless and cell phone service
- Apply to the International Peer Advisor Program
  Our International Peer Advisors are here to support you while you transition to your life in Canada

If you have any other questions, concerns, or comments, please visit UR International.
U OF R COLLEGE AVENUE CAMPUS

<table>
<thead>
<tr>
<th>Code</th>
<th>Building Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CB</td>
<td>College Building</td>
<td>B1</td>
</tr>
<tr>
<td>CN</td>
<td>Conservatory</td>
<td>A1</td>
</tr>
<tr>
<td>DH</td>
<td>Darke Hall</td>
<td>A1</td>
</tr>
<tr>
<td>GA</td>
<td>Gallery Building</td>
<td>A2</td>
</tr>
</tbody>
</table>
REGINA: The Queen City

In 2017, MoneySense Magazine ranked Regina one of the top 3 cities in Canada to live in. Discover everything it has to offer!

WASCANA CENTRE
The University of Regina is nestled in Wascana Centre, one of the largest urban parks in North America! Take a break from school and walk, run, bike, swim, skate, ski, and play right in the park. There are plenty of activities, events and public facilities that you can explore.

DOWNTOWN
Downtown Regina is easily accessible by bus, bike, or car. There are over 200 shops and over 70 restaurants.

SHOPPING AND FOOD
The University of Regina is just across the street from a few restaurants and stores for your convenience. There is a coffee shop, convenience store, post office and restaurants. There are also grocery stores in the city where you can buy food and supplies from all over the world.

Regina is the capital city of Saskatchewan
Population: over 250,000
Summer average is 25°C
Winter average is -11°C
You can find out more about Regina by visiting www.regina.ca

Photo: Patricia Holdsworth
Who WE ARE

The University of Regina is comprised of academic and administrative staff who are dedicated to ensuring that all of our students receive the highest quality support throughout their entire stay as a student at the University of Regina.

UR INTERNATIONAL LIFE SKILLS ADVISORS

Life Skills Advisors are specially trained staff members at UR International who speak a variety of languages and are available to assist and support you throughout your time as a U of R student. Our wide range of services and programs will help you to transition to life in Canada with ease, including learning how to maintain your status in Canada, find housing, apply for a Saskatchewan Health Card, and provide support and assistance in emergency situations. Life Skills Advisors also provide academic support by connecting you with your faculty and Academic Advisor, and other academic support services on campus.

ACADEMIC ADVISORS

Academic Advisors are staff members in your faculty who are dedicated to assisting you with achieving academic success and helping you to decide which route to take for your specific program of study. They are available to provide valuable information about your academic program, in addition to supplying you with the building blocks for becoming confident in your studies. Academic Advisors are your connection to the University of Regina system.

YOU CAN CONTACT THE UR INTERNATIONAL TEAM ANYTIME GUARANTEED 24 HOURS/DAY, 7 DAYS/WEEK.
At the University of Regina, we understand that new academic systems can be tricky to navigate. Review the following information to see how we will support you through every step throughout your journey.
Study: SUCCESS TIPS

- Visit your faculty and meet with your Academic Advisor
- Visit UR International and meet with a Life Skills Advisor
- Register for classes and review your class schedule
- Learn about academic supports available across campus
- Obtain your U of R student ID card
- Check out Financial Services for information about your student financial account
THE CANADIAN ACADEMIC SYSTEM

In Canada, all students have responsibilities and rights when they are studying at a university. At the University of Regina, your student responsibilities and rights can be found in the Academic Calendar according to your level of study. You will also find important information on student Attendance, Evaluation, Discipline, and Appeals.

www.uregina.ca/student/registrar/resources-for-students/academic-calendars-and-schedule/
### Find YOUR FACULTY

<table>
<thead>
<tr>
<th>Faculty</th>
<th>Location</th>
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<tbody>
<tr>
<td>Arts</td>
<td>CL 411</td>
</tr>
<tr>
<td>Business Administration</td>
<td>ED 517</td>
</tr>
<tr>
<td>Centre for Continuing Education</td>
<td>CB 212 (Credit);</td>
</tr>
<tr>
<td></td>
<td>CB 118 (Non-credit)</td>
</tr>
<tr>
<td>Education</td>
<td>ED 355</td>
</tr>
<tr>
<td>Engineering &amp; Applied Science</td>
<td>ED 409</td>
</tr>
<tr>
<td>Graduate Studies &amp; Research</td>
<td>PA 110.2</td>
</tr>
<tr>
<td>Kinesiology &amp; Health Studies</td>
<td>CK 173</td>
</tr>
<tr>
<td>La Cité universitaire francophone</td>
<td>LI 220.4.1</td>
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<tr>
<td>Media, Art, and Performance</td>
<td>ED 243 (Film);</td>
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<td></td>
<td>RC 257 (Music);</td>
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<td></td>
<td>RC 271 (Theatre);</td>
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<td></td>
<td>RC 247 (Visual Arts)</td>
</tr>
<tr>
<td>Nursing</td>
<td>RI 508</td>
</tr>
<tr>
<td>Science</td>
<td>LB 238</td>
</tr>
<tr>
<td>Social Work</td>
<td>ED 456</td>
</tr>
<tr>
<td>Campion College</td>
<td>CM 307</td>
</tr>
<tr>
<td>Luther College</td>
<td>LC 200</td>
</tr>
<tr>
<td>First Nations University of Canada</td>
<td>FN, 2nd floor</td>
</tr>
</tbody>
</table>

**IMPORTANT!**

Within your first week of arriving in Canada, ensure to book an appointment with your Academic Advisor to make sure you are on the right track in your program of study, register for classes, and review your class schedule. Most faculties require all new students to meet with their faculty Academic Advisors before registering for classes.

[www.uregina.ca/student/registrar/registration-withdrawal/academic-advising-offices.html](http://www.uregina.ca/student/registrar/registration-withdrawal/academic-advising-offices.html)
HOW TO REGISTER for Classes

✔️ Step 1: Login to UR Self-Service ➔ Student ➔ Registration
   UR Self-Service: https://banner.uregina.ca:17023/ssbprod/twbkwbis.P_WWWLogin

✔️ Step 2: Use the Visual Schedule Builder to determine your class schedule and avoid conflicting courses

✔️ Step 3: Go back to “Registration” in UR Self-Service and select “Add/Drop/Search for Classes”

✔️ Step 4: Input the CRNs into the “Add Classes Worksheet”

✔️ Step 5: Click “Submit Changes”

USING UR COURSES

UR Courses is an online system utilized by the majority of campus. When you log in, you can see a list of all of your courses, as well as other important information. When you click on a specific subject, you can find further information directly related to that course, including the syllabus, assignments, updates, and contact information for your professor(s).

Log in to UR Courses: www.uregina.ca/urcourses/

UNIVERSITY OF REGINA WEBMAIL

Every student at the University of Regina receives a university email when they are accepted. As many areas on campus only use this particular email, it is important that you activate your account and check it regularly. If you feel you may not check this email regularly, you can set email forwarding to a preferred account.

Webmail: webmail.uregina.ca/

DID YOU KNOW?

You can find out your login credentials for your U of R email account and UR Courses. Visit the Information Services website (www.uregina.ca/is/) and select “Find Username & Password” in the column on the right.
In Canada, you are encouraged to get to know your professors, participate in class by asking questions, and think about topics critically. Getting to know your professors is important in your success as a student.

**UR INTERNATIONAL: YOUR HOME AWAY FROM HOME**

UR International is your first point of contact as a student at the University of Regina. UR International Student Services assists all international students with building a strong foundation for academic success. From the moment you are accepted and throughout the entire duration of your program, we provide personalized support and guidance in your academic journey.

[www.uregina.ca/international/](http://www.uregina.ca/international/)

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**REMOTE & ONLINE Learning**

Technology is ever-changing and the University of Regina has adapted its educational model to welcome the many benefits that come with remote and online learning platforms. Some classes may be offered in person, self-directed through UR Courses, or through online meetings.

**BECOME TECH-SAVVY!**

Check out the Remote Learning Information Page for Students to discover the many resources you have access to, as well as general information pertaining to remote learning.

[www.uregina.ca/remote-learning/index.html](http://www.uregina.ca/remote-learning/index.html)

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**IMPORTANT!**

International students must meet the requirements of a full-time student and remain in good academic standing at the University of Regina. Please check in with UR International to learn more about policies at the U of R regarding how to maintain your good academic standing.

**CONTACT US!**

College West, room 109, University of Regina
3737 Wascana Parkway, Regina, SK S4S 0A2
Tel: 306.585.5082 • Fax: 306.585.4957
24/7 Emergency Line: 1.855.874.1700 (Only for immediate emergency use: fire, medical, evacuation, accident, etc.)

Email: international.studentservices@uregina.ca
Global LEARNING CENTRE

The Global Learning Centre (GLC) houses all free services and programs tailored to building the foundations for academic achievement. Through a wide variety of academic and non-academic programming, students have a multitude of opportunities (Monday through Sunday) to learn about university life, culture, and expectations, in addition to engaging in a positive social environment.

WHAT WE OFFER!

**English Coaching:** daily one-on-one English language support  
**Conversation 1-on-1:** individual support for English conversation  
**Conversation Corner:** a pathway for positive social interaction

**Tutoring/Study Assistance:** daily assistance for various subjects and classes  
**Workshops:** educational workshops tailored for student success  
**Series Programs & Sessions:** information sessions designed to support social integration  
**Remote/Online Programs:** social and educational programming through online platforms

REGISTRAR’S OFFICE

The Registrar’s Office provides an abundance of services for students across campus. Through this office, students have access to all Academic Calendars, Schedules, Course Catalogs, and other policy and procedural information. Students can also obtain their University of Regina student ID card here, as well as their official transcripts. The Registrar’s Office also offers information about course registration, including how to register for courses, holds on student accounts, appeals, and much more!

*[www.uregina.ca/student/registrar/](http://www.uregina.ca/student/registrar/)*

FINANCIAL SERVICES

Financial Services is a very important office for students to become familiar with. Here, students can learn about their student financial account, paying tuition, methods of payment, financial holds, fee schedules, and income tax information. Financial Services staff will also assist you with answering general questions and provide guidance about your student-related finances.

*[www.uregina.ca/fs/](http://www.uregina.ca/fs/)*
LIBRARY
There are several libraries on campus and each offer different services to assist and support students throughout their academic journeys. From workshops, to specialized sessions, to research assistance, the library is a key resource for students studying at the University of Regina. The library also offers students full access to dozens of academic databases, journals, and research guides, as well as information regarding copyright, academic integrity, and how to avoid academic misconduct.

www.uregina.ca/library/index.html#page=page-1

WHAT IS “ACADEMIC INTEGRITY”?
According to the University of Regina, academic integrity is:

“the moral code or ethical policy of academia. This includes values such as avoidance of cheating or plagiarism; maintenance of academic standards; honesty, diligence, rigor and integrity in research and academic publishing.”

www.uregina.ca/policy/glossary/index.html?term=academicintegrity

For complete information and policies, please consult the Calendar and Course Catalog appropriate to your level of study.

INFORMATION SERVICES AND IT SUPPORT CENTRE
The IT Support Centre is your point of contact for all questions and issues related to Information Services, technology, and computing at the University of Regina. Our specialized team will be happy to assist you with ensuring you stay connected and have access to all of the technological resources on campus.

www.uregina.ca/is/

FUN FACT
Did you know that you have your own virtual credential wallet? Through the MyCreds™ | MesCertif™ network, you have complete access to a number of official documents, including your transcripts, confirmation of enrolment, and more!

www.uregina.ca/student/registrar/student-records/
The following locations on campus offer a variety of services to support you academically and non-academically while you study at the University of Regina.

- ta-tawâw Student Centre (RI 108)
- Centre for Student Accessibility (RC 229)
- Bookstore (CW 139)
- Campion College Writing Centre & Math/Stats Help Centre (CM 412)
- Campion Library (CM)
- Department of English (AH 313)
- Dr. John Archer Library (LY 107.18)
- Financial Services (AH 205)
- First Nations University Library (FN 1001)
- Global Learning Centre (CW 115)
- IT Support Centre (ED 137 and Archer Library)
- Luther Library (LC)
- Registrar’s Office (AH 210)
- Student Success Centre (RC 230)
- UR International (CW 109)

Fun, relaxed, and safe, the University of Regina campus is energized and inspired by its students, faculty, and staff and we want you to make the most of your experience at your university. In this section, you will find valuable information about life at the U of R and in the City of Regina.
Live:
SUCCESS TIPS

- Review your housing options
- Discover your banking and finance possibilities in Canada
- Set up internet and mobile phone service
- Explore a variety of food and shopping options available in Regina
- Enjoy recreational activities and gain volunteer experience
- Engage in your campus community
There are several banks in Canada to choose from and it is important to choose a bank that suits your lifestyle. Book an appointment or call ahead to find out the process and any documents you need to bring to the bank in order to open an account in Canada.

**Banking**

- Bank of Montreal (BMO) [www.bmo.com](http://www.bmo.com)
- Canadian Imperial Bank of Commerce (CIBC) [www.cibc.com](http://www.cibc.com)
- Conexus Credit Union [www.conexus.ca](http://www.conexus.ca)
- HSBC Bank Canada [www.hsbc.ca](http://www.hsbc.ca)
- National Bank of Canada [www.nbc.ca](http://www.nbc.ca)
- Royal Bank of Canada (RBC) [www.rbc.com](http://www.rbc.com)
- Scotiabank [www.scotiabank.com](http://www.scotiabank.com)
- TD Canada Trust [www.tdcanadatrust.com](http://www.tdcanadatrust.com)

**Easy Access!**
The University of Regina has several automated baking machines (ATMs) on campus with partner banks.

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**Housing**

It is important to live somewhere conducive to your learning style while studying. Housing Services at the University of Regina offers several on-campus options for housing across four beautiful residences. Our residence options include dorm-style, studio, and shared apartment-style accommodation.

*For pricing and details, visit: [www.uregina.ca/housing/](http://www.uregina.ca/housing/)*

**LIVE OFF-CAMPUS!**

Off-campus options are also available! Visit local real estate sites or the URSU Classifieds website for more information.

**URSU Classifieds:** [classifieds.ursu.ca/](http://classifieds.ursu.ca/)
FOOD AND SHOPPING
With local shops and stores just 5 minutes away from campus, the University of Regina makes it easy to find places to eat, get groceries, and shop for various items. Ethnic food stores can also be found across the city for easy access to your favourite international cuisine. There are also several locations on campus to enjoy a meal with friends!

POPULAR GROCERY STORES

<table>
<thead>
<tr>
<th>Store</th>
</tr>
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<tbody>
<tr>
<td>Superstore</td>
</tr>
<tr>
<td>Wal-Mart</td>
</tr>
<tr>
<td>Sherwood Co-op</td>
</tr>
<tr>
<td>Safeway</td>
</tr>
<tr>
<td>Save-On-Foods</td>
</tr>
<tr>
<td>Sobeys</td>
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</tbody>
</table>

DINE ON CAMPUS

<table>
<thead>
<tr>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Luther College Cafeteria</td>
</tr>
<tr>
<td>Mia Fresco (Campion College)</td>
</tr>
<tr>
<td>Riddell Centre Food Court</td>
</tr>
<tr>
<td>Robin’s Donuts (Campion College)</td>
</tr>
<tr>
<td>The Owl</td>
</tr>
</tbody>
</table>

SCHOLARSHIPS
You may be eligible for scholarships! Scholarships are offered through Student Awards & Financial Aid, as well as through some faculties, and at the graduate level.

www.uregina.ca/safa/

INTERNET AND MOBILE PHONE SERVICE
Internet plans and cellular (mobile) phone services are available through many companies in Canada. If you plan to bring your own phone and purchase a SIM card once in Canada, ensure the phone is compatible with the service provider and/or network you choose. It is also important to review how you plan to use your phone (new or previously used) in Canada and choose a service provider with a plan that will suit your needs.

CHOOSE YOUR SERVICE PROVIDER

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>SaskTel Mobility</td>
<td><a href="http://www.sasktel.com">www.sasktel.com</a></td>
</tr>
<tr>
<td>Bell Mobility</td>
<td><a href="http://www.bell.ca">www.bell.ca</a></td>
</tr>
<tr>
<td>Fido</td>
<td><a href="http://www.fido.ca">www.fido.ca</a></td>
</tr>
<tr>
<td>Koodo Mobile</td>
<td><a href="http://www.koodomobile.com">www.koodomobile.com</a></td>
</tr>
<tr>
<td>Virgin Mobile</td>
<td><a href="http://www.virginmobile.ca">www.virginmobile.ca</a></td>
</tr>
<tr>
<td>Telus Mobility</td>
<td><a href="http://www.telus.com">www.telus.com</a></td>
</tr>
<tr>
<td>Rogers Wireless</td>
<td><a href="http://www.rogers.com">www.rogers.com</a></td>
</tr>
<tr>
<td>SaskTel Mobility</td>
<td><a href="http://www.sasktel.com">www.sasktel.com</a></td>
</tr>
<tr>
<td>Bell Mobility</td>
<td><a href="http://www.bell.ca">www.bell.ca</a></td>
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<tr>
<td>Fido</td>
<td><a href="http://www.fido.ca">www.fido.ca</a></td>
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<tr>
<td>Koodo Mobile</td>
<td><a href="http://www.koodomobile.com">www.koodomobile.com</a></td>
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<tr>
<td>Virgin Mobile</td>
<td><a href="http://www.virginmobile.ca">www.virginmobile.ca</a></td>
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<tr>
<td>Telus Mobility</td>
<td><a href="http://www.telus.com">www.telus.com</a></td>
</tr>
<tr>
<td>Rogers Wireless</td>
<td><a href="http://www.rogers.com">www.rogers.com</a></td>
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</tbody>
</table>
Regina Transit Services
- The U-Pass can be used for unlimited access to Regina Transit
- Buses stop at the University of Regina multiple times each day
- Bus schedules and updates are readily available

www.regina.ca/transportation-roads-parking/transit/

University Bus Pass (U-Pass)
- One-time fee in each Fall and Winter semester
- U-Pass located on the back of your student ID card
- Activate your coverage each semester by visiting URSU

ursu.ca/upass/

PARKING AND TRANSPORTATION
There are multiple ways to get to and from the University of Regina, and several places on campus to park vehicles. Options are available for both commuter students and campus residents. All parking on campus is paid parking.

Parking on Campus
• Student parking permits are available for purchase
• Pay lots are also available for shorter term stays
• Consult the campus map to find out where parking is available!

www.uregina.ca/fm/parking/

CHECK IT OUT!
Throughout different parts of the year, local farmers markets set up in downtown Regina, as well as other areas in the city. Enjoy local, homegrown goods and handmade items while supporting your community!

Photo: Greg Huszar Photography
We know that your studies are your priority, but it is important to have fun and experience life at the University of Regina and everything our community has to offer. If you are interested in athletics, our Recreation Services office can guide you to programs that will fit your interests and lifestyle. You can also experience the pride our campus has in our athletics teams by attending a variety of U of R Cougars sports games and Rams football games as they compete with other university teams from all over Canada.
CULTURE & COMMUNITY
The University of Regina has many different avenues for you to become involved on campus and ensure that you feel connected with your campus community!

University Clubs and Societies
Consider joining one or more of the student associations on campus. These dedicated, student-led groups engage the university and community in exciting events and activities throughout the year.

ursu.ca/campus-life/clubs-and-societies/

ENJOY UR FACILITIES
Maintain your physical health on campus at one of our five gyms, the four-lane track, a swimming pool, and the Fitness and Lifestyle Centre. Just bring your student ID card and gain access to our facilities, as well as support our Cougars’ events, or join an intramural sports team.

www.uregina.ca/recservices/

Support UR Teams!
U of R Cougars Athletics:
www.reginacougars.com
University of Regina Rams:
www.reginarams.com
Everyone at URSU works to provide a caring community where every student can feel connected and thrive. We believe that our programs and partnerships form the basis of our community. We find strength through our connections and collaborations with others. Our pledge is to provide responsible, transparent, and honest management of the resources and people entrusted to us.

To learn more about the support, services, and opportunities provided by your Students’ Union, please visit our website at ursu.ca or find us on social media.

 ARE YOU A UofR STUDENT?

 SAVE MONEY HERE

 URSU.CA/STUDENTSAVINGS
EVENTS
Keep an eye out for different events across campus and celebrate with us! Faculties, departments, student groups, and community organizations put on tons of events every year and serve as a great way to engage with the community and experience the cultural and social diversity we are proud to have on campus.

VOLUNTEER OPPORTUNITIES
Looking to enhance your time as a University of Regina student? The U of R offers a number of volunteer programs through different offices on campus to help you gain valuable experience, knowledge about the campus, and connect with the community. Check out programs through UR International, the Student Success Centre, the Advising and Career Education (ACE) Office, and your faculty!

UR INTERNATIONAL PEER ADVISOR PROGRAM
Our International Peer Advisors are dedicated to offering a wide range of knowledge, perspective, and experience to ease your transition to a new academic system and living environment.

Benefits!
- Connecting with other students
- Developing leadership skills
- Practicing organizational skills
- Volunteer opportunities
- Sharing experiences
- Encouraging internationalization and community
- Engaging in cultural diversity

Visit our Website!
https://www.uregina.ca/international/global-learning-centre/peer-advisor.html
WORSHIP, FAITH, AND SPIRITUALITY
The University of Regina celebrates diversity and offers several locations for worship according to different religions and faiths.

Campion College Chapel
2nd Floor, Campion College

Luther College Chapel Space
2nd Floor, Luther College

Musalla Prayer Hall
Room 285 (2nd Floor), Riddell Centre

UR PRIDE
The UR Pride Centre is here “to set the foundation for a safer, healthier, and more vibrant community for sexually and gender diverse people in the City and University of Regina”. For more information, please visit www.urpride.ca/.

Room 225 (2nd Floor), Riddell Centre

WOMEN’S CENTRE
The Women’s Centre is here “to empower female students by providing a supportive, racially and gender-inclusive environment dedicated to the education of all students regarding women’s issues”.

Room 225 (2nd Floor), Riddell Centre

Find the Women’s Centre on Facebook!
 UNIVERSITY OF REGINA WOMEN’S CENTRE
Health & Wellness:
SUCCESS TIPS

- Apply for your Saskatchewan Health Card
- Learn about health insurance options and facilities in Saskatchewan
- Make sure to take care of your mental health
- Learn about emergency services on and off campus
- Review the Safety Resources Quick Guide
- Stay healthy while in Canada!
SASKATCHEWAN HEALTH CARD
International students who hold a valid study permit are eligible for the Saskatchewan Health Card. To avoid additional charges on most medical services, present your health card to the medical professional you are seeing, but remember that the Saskatchewan Health Card is not a form of medical insurance and additional insurance may be needed.

How to Apply!
Check in with UR International (CW 109) to learn about the application process for the Saskatchewan Health Card.

NEARBY MEDICAL FACILITIES
For ease and accessibility, there is a medical facility right across the street from the University of Regina that offers a wide range of services and programs, in addition to housing a pharmacy equipped with a variety of products that suit your medical needs.

Find out more!
www.alliancehealth.ca/
COUNSELLING SERVICES
Your mental health is just as important as your physical health. Counselling Services at the University of Regina provides confidential, professional, and supportive counselling that may help you through your transition in Canada.

EMERGENCY SERVICES
In our community, your safety is of the utmost importance to us and our emergency services are here to ensure you feel secure and supported during your time with us, on and off campus.

Campus Security
On campus 24 hours a day and 365 days throughout the year, you will see Campus Security patrolling the hallways to ensure you feel safe and secure. You can approach them anytime with any concern, as well as ask them about their Walk-Along and Lone Worker programs.

ACCESS HELP, ANYTIME:
If you need to talk to someone immediately outside of regular office hours, call the Mobile Crisis line:
1.306.525.5333

Regina Police Service
Emergency: 911
Non-Emergency: 1.306.777.6500
www.reginapolic ca

Hospitals
Pasqua Hospital: 1.306.766.2222
Regina General Hospital: 1.306.766.4444
Wascana Rehabilitation Centre: 1.306.766.5100

* Remember to present your Saskatchewan Health Card and additional medical insurance!
It is crucial that international students learn how to maintain their immigration status while studying in Canada. As a student, it is your responsibility to ensure your immigration documents remain valid during your entire stay at the University of Regina. UR International is here to help you every step of the way and will assist you with learning how to legally maintain your immigration documents.
Immigration: SUCCESS TIPS

- Memorize the expiry dates of your immigration documents!
- Learn about the eligibility criteria to work in Canada as a student
- Understand policies outlined by Immigration, Refugees and Citizenship Canada (IRCC)
- Understand and always maintain your full-time student status
- Learn about your immigration options after graduation
- Visit UR International for any questions regarding your status in Canada!
IMMIGRATION Information

Please visit the Immigration, Refugees and Citizenship Canada (IRCC) website for more information at: www.cic.gc.ca

IMPORTANT!
As an international student in Canada, you must actively pursue studies, must remain enrolled and make reasonable and timely progress towards completing your program. These regulations can be viewed at: www.canada.ca/en/immigration-refugees-citizenship/services/study-canada.html

Please visit the Current Students section of UR International’s website for more information: www.uregina.ca/international/current-students/index.html

STUDY PERMIT
Your study permit is your life in Canada! It is crucial that you ensure your study permit remains valid throughout the entire duration of your studies. Read and remember the expiration dates, conditions, and remarks on your immigration documents. You should review and extend your study permit as soon as possible, within 90 days before your study permit’s expiry date.

VISAS AND ETAs
Depending on which country you are from, you will need either a Temporary Resident Visa (TRV) or an Electronic Travel Authorization (eTA) to enter and/or re-enter Canada. Along with your other immigration documents, it is important to ensure this document remains valid.

To learn more, visit the IRCC website: www.cic.gc.ca

PASSPORT
All of your immigration documents rely on the validity of your passport! Make sure to memorize the expiry date of your passport and contact the nearest consulate of your home country in Canada for guidelines on how and when to renew your passport.

NOTE!
If you are Required to Discontinue (RTD) or Must Withdraw (MW) from your studies, your immigration status may be affected.
Working IN CANADA

It is possible to work in Canada when you are here as a student. In some cases, you will need to apply for a student work permit.

SOCIAL INSURANCE NUMBER (SIN)
In order to work in Canada, you must meet the eligibility criteria and have a Social Insurance Number (SIN). A SIN is a nine-digit number that is issued to those who hold employment in Canada. It also allows workers to have access to government programs and benefits.

If you did not receive a SIN at the Port of Entry, you can apply for one in person or online.

Apply in Person (bring your valid study permit and passport)
Alvin Hamilton Building
1783 Hamilton Street
Regina, SK S4P 2B6

Apply Online
www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?rc=4317&lang=eng

REMEMBER!
Before you seek employment, you must make sure you meet all of the legal requirements of working in Canada. Learn more about the rules and regulations by visiting the Immigration, Refugees and Citizenship Canada website: www.cic.gc.ca/english/study/work.asp

NOTICE:
• It is illegal to remain in Canada beyond the validity of your status in Canada.
• It is illegal to work without a required work permit.
• It is illegal to study without a required study permit.

PROTECT YOUR SIN!
A SIN is only issued to one person. Keep your number safe and secure as it is attached to your personal identity and information!

CO-OP WORK PERMIT
As a student, you may be eligible to gain work experience by participating in a work term that is an integral part of your studies. Talk to your faculty to see what options are available to you.

www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/intern.html
Every Fall and Winter semester, post-secondary institutions which are classified as Designated Learning Institutions (DLI) are required to report on the academic status of students to Immigration, Refugees and Citizenship Canada (IRCC).

To comply with the conditions of your study permit, it is crucial that you maintain your full-time enrolment according to your level of study throughout your entire program.

Undergraduate:
At least 9 credit hours in Fall and Winter semesters (Spring/Summer may be considered a Regularly Scheduled Break).

Graduate (Masters):
At least 6 credit hours in Fall and Winter semesters and at least part-time (minimum of 3 credit hours) in the Spring/Summer semester.

Graduate (Doctoral and Master of Public Policy students):
Must enroll full-time (at least 6 credit hours) in each semester.

www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/educational-institutions/compliance-reporting.html
REGULARLY SCHEDULED BREAKS
During specific times throughout the year (designated by the University of Regina), students may be eligible to take a break, study full-time, or study part-time. Regularly Scheduled Breaks may differ according to your level of study, so it is important that you consult the Academic Calendar appropriate for your level of study.

www.uregina.ca/student/registrar/resources-for-students/academic-calendars-and-schedule/

POST-GRADUATION WORK PERMIT
Interested in remaining in Canada after graduation? You may be eligible to apply for a Post-Graduation Work Permit (PGWP). Check in with UR International (CW 109) for more information and consult the IRCC website.

www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/after-graduation.html
UR INTERNATIONAL STUDENT SERVICES
College West, Room 109
University of Regina
3737 Wascana Parkway
Regina, Saskatchewan S4S 0A2
Tel: (306) 585-5082
Fax: (306) 585-4957
Email: international.studentservices@uregina.ca

We are ALWAYS available – 24 hours a day,
7 days a week, 365 days a year. Just call:
1-855-874-1700