

# *International* **STUDENT GUIDE**



OPEN YOUR WORLD



University  
of **Regina**  
International 

# UR GUIDE TO *Success*

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

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

## Explore **UR UNIVERSITY**

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

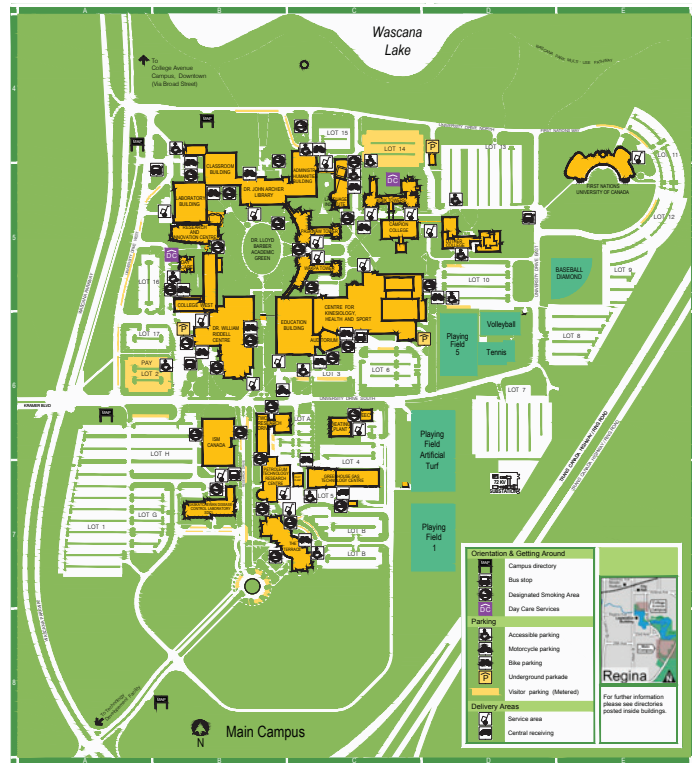
If you have any other questions, concerns, or comments, please visit UR International.

# U OF R MAIN CAMPUS

Code	Building Name	Location
AH	Administration-Humanities	C4
CM	Campion College	C5
CK	Centre for Kinesiology, Health and Sport	C5
CL	Classroom Building	B4
CW	College West	B5
DC	Day Care	B5
ED	Education Building	C5
FN	First Nations University of Canada	E4
GG	Greenhouse Gas Technology Centre (GGTC)	C7
HP	Heating Plant Building	C6
KT	Kīšik Towers (Hall "A")	C5
LB	Laboratory Building	B5
LC	Luther College	D5
LI	Language Institute	C5
LY	Dr. John Archer Library	B5
PT	Paskwāw Tower (North Residence)	C5
RI	Research and Innovation Centre	B5
RC	Dr. William Ridell Centre	B6
TD	Technology Development Facility	
WT	Wakpá Tower (South Residence)	C5

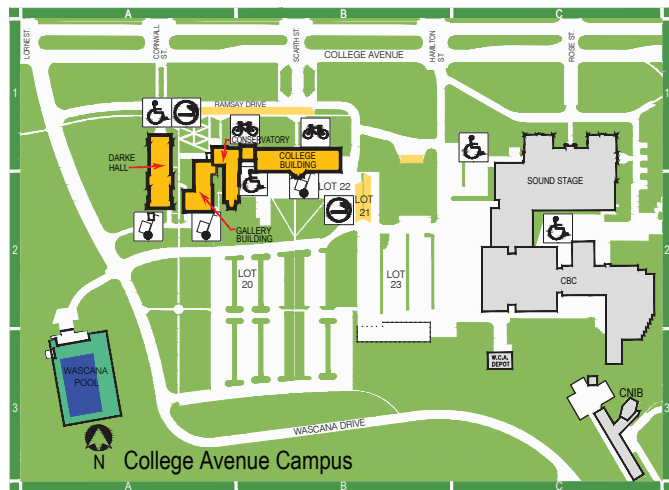
## INNOVATION PLACE

2R	Two Research Drive Building	C6
5R	Saskatchewan Disease Control Laboratory	B7
10R	The Terrace	C7
IS	ISM Canada	B6
6R	Petroleum Technology Research Centre (PTRC)	C7





# U OF R COLLEGE AVENUE CAMPUS



Code	Building Name	Location
CB	College Building	B1
CN	Conservatory	A1
DH	Darke Hall	A1
GA	Gallery Building	A2



# 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.



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](http://www.regina.ca)

## DOWNTOWN

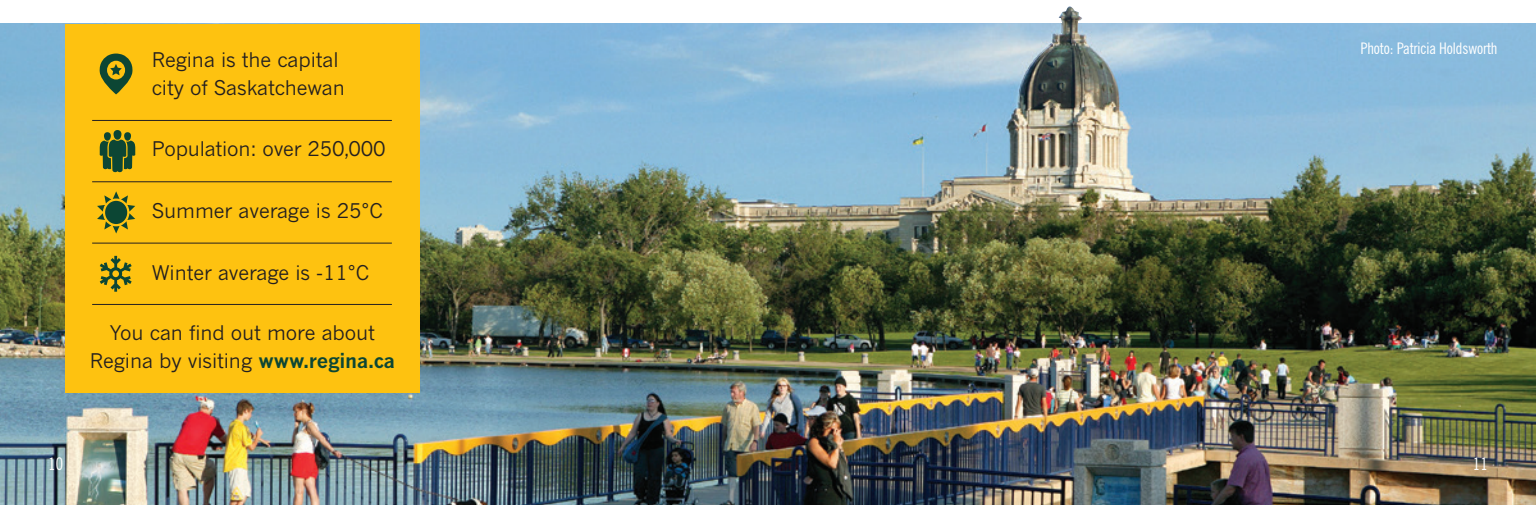
Downtown Regina is easily accessible by bus, bike, or car. There are over 200 shops and over 70 restaurants.

## 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.



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.**





# STUDY

---

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/](http://www.uregina.ca/student/registrar/resources-for-students/academic-calendars-and-schedule/)



# Find YOUR FACULTY

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



## 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](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/](http://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/](http://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/](http://www.uregina.ca/is/)) and select “Find Username & Password” in the column on the right.

# 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)



## PROFESSORS

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/)

## 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](mailto:international.studentservices@uregina.ca)



## 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.

# 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](http://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](http://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/](http://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/](http://www.uregina.ca/student/registrar/student-records/)

# UR Support QUICK GUIDE

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)
- Champion College Writing Centre & Math/Stats Help Centre (CM 412)
- Champion 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)

## LIVE

---

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





# 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/)

## BANKING AND FINANCES IN CANADA

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)	<a href="http://www.bmo.com">www.bmo.com</a>
Canadian Imperial Bank of Commerce (CIBC)	<a href="http://www.cibc.com">www.cibc.com</a>
Conexus Credit Union	<a href="http://www.conexus.ca">www.conexus.ca</a>
HSBC Bank Canada	<a href="http://www.hsbc.ca">www.hsbc.ca</a>
National Bank of Canada	<a href="http://www.nbc.ca">www.nbc.ca</a>
Royal Bank of Canada (RBC)	<a href="http://www.rbc.com">www.rbc.com</a>
Scotiabank	<a href="http://www.scotiabank.com">www.scotiabank.com</a>
TD Canada Trust	<a href="http://www.tdcanadatrust.com">www.tdcanadatrust.com</a>

### Easy Access!

The University of Regina has several automated banking machines (ATMs) on campus with partner banks.



## 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/](http://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

SaskTel Mobility	<a href="http://www.sasktel.com">www.sasktel.com</a>
Bell Mobility	<a href="http://www.bell.ca">www.bell.ca</a>
Fido	<a href="http://www.fido.ca">www.fido.ca</a>
Koodo Mobile	<a href="http://www.koodomobile.com">www.koodomobile.com</a>
Virgin Mobile	<a href="http://www.virginmobile.ca">www.virginmobile.ca</a>
Telus Mobility	<a href="http://www.telus.com">www.telus.com</a>
Rogers Wireless	<a href="http://www.rogers.com">www.rogers.com</a>

## 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

Superstore

Wal-Mart

Sherwood Co-op

Safeway

Save-On-Foods

Sobeys

### DINE ON CAMPUS

Luther College Cafeteria

Mia Fresco (Campion College)

Riddell Centre Food Court

Robin's Donuts (Campion College)

The Owl

## 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/](http://www.uregina.ca/fm/parking/)

### 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/](http://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/](http://ursu.ca/upass/)

### 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

## RECREATION & Leisure

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.







## 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/](http://www.uregina.ca/recservices/)

### Support UR Teams!

U of R Cougars Athletics:

[www.reginacougars.com](http://www.reginacougars.com)

University of Regina Rams:

[www.reginarams.com](http://www.reginarams.com)



## 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/](http://ursu.ca/campus-life/clubs-and-societies/)





URSU.CA

## University of Regina STUDENTS' UNION

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.

### SUPPORT



### SERVICES



### OPPORTUNITIES



... and more!

To learn more about the support, services, and opportunities provided by your Students' Union, please visit our website at [ursu.ca](http://ursu.ca) or find us on social media.



@theowlbar

/theowlbar

# WE GOT WHAT YOU CRAVE

## theowl.bar

Legal drinking age in Saskatchewan: 19+

ARE YOU A  
UoR STUDENT?

# SAVE MONEY HERE

[URSU.CA/STUDENTSavings](http://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/](http://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

The health of our students is of the utmost importance to us and we want to ensure you have access to all of the supports available. From nearby medical facilities, to emergency services, the University of Regina strives to keep our campus safe and our students healthy.



# 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/](http://www.alliancehealth.ca/)



## Health & Dental Plan

Up to \$750 in dental care.  
Up to 80% for prescription drugs.  
Travel health coverage.  
Eye exams, glasses/contact lenses support.  
Eye surgery coverage.  
Mental Health support, and more.

Visit [mystudentplan.ca](http://mystudentplan.ca) for complete details.

# URSU UniVerse

[UNIVERSE.URSUC.A](http://UNIVERSE.URSUC.A)

EXPLORE THE URSU UNIVERSE AND CONNECT WITH STUDENT-RUN CLUBS, ASSOCIATIONS, AND SOCIETIES! CHECK OUT THE PAGE FEEDS FOR EACH GROUP TO SEE WHAT IS GOING ON AND REGISTER FOR UPCOMING EVENTS TO GET HELPFUL REMINDERS. UNIVERSE KEEPS YOU CONNECTED ONLINE, OFF-CAMPUS, OR IRL!

## 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.



### 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**

## 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.



## Regina Police Service

Emergency: 911

Non-Emergency: 1.306.777.6500

[www.reginapolice.ca](http://www.reginapolice.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!*





# IMMIGRATION

---

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](http://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](http://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](http://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.

### NOTE!

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

## 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](http://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.



# 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.

## 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](http://www.cic.gc.ca/english/study/work.asp)

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/tb-sc-fsco/sc-dsp.jsp?rc=4317&lang=eng](http://www.servicecanada.gc.ca/tb-sc-fsco/sc-dsp.jsp?rc=4317&lang=eng)



## 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.

<https://www.canada.ca/en/immigration-refugees-citizenship/services/application/application-forms-guides/guide-5552-applying-change-conditions-extend-your-stay-canada-student.html>



### 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](http://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/intern.html)



# UNIVERSITY OF REGINA

## CAREER EDUCATION

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

Email: [Student.Employment@uregina.ca](mailto:Student.Employment@uregina.ca)

Telephone: 306.585.4600 | RC 163

### *Student Employment Services*

**Career Sessions** (jobs, resumes, interviews)

**Career Fairs | Employer Presentations**

**Job Board** (register to access)

### *Co-op Education & Internships*

**Paid work experience options in selected faculties & programs!**

Arts | Business Administration | La Cité Co-op | Science

Science | Indigenous Co-op | Engineering & Applied Science

### *Career Exploration & Counselling*

**Career Direction & Informed Decisions**

**Group Sessions | Individual Career Counselling**

### *Indigenous Career Education*

**Career Exploration | Indigenous Co-op**

**Summer & Permanent Work**

**Job Searching, Resume & Interview Skills**

*International Students & Career Success!*

## COMPLIANCE REPORTING

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).

[www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/educational-institutions/compliance-reporting.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/educational-institutions/compliance-reporting.html)

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.



### **REGULARLY SCHEDULED BREAKS**

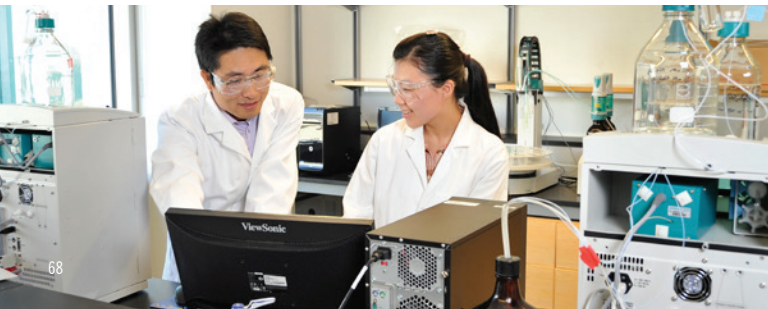
During specific times throughout the year (designated by the University of Regina), students may be eligible to take a break, study full-time, or study part-time. Regularly Scheduled Breaks may differ according to your level of study, so it is important that you consult the Academic Calendar appropriate for your level of study.

[www.uregina.ca/student/registrar/resources-for-students/academic-calendars-and-schedule/](http://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](http://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](mailto: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**



OPEN YOUR WORLD



University  
of Regina  
International 