REALIZE. YOU CAN ACHIEVE IT
Welcome to the University of Regina! The Survival Guide is designed to help you through each stage of your stay here. We believe that to be successful in your academic career, you will need support in navigating the University and the Canadian academic system. This guide will help you during your time here at the U of R and in Regina.

Bienvenidos   Welcome   Herzlich Willkommen

환영합니다   欢迎   ようこそ

Bienvenue   chào mừng   مرحبًا بكم
1. Visit the UR International office in College West, Room 109
   www.uregina.ca/international

2. Check out the Global Learning Centre
   www.uregina.ca/international/global-learning-centre/index.html

3. Check your U of R email and learn UR Self Service
   www.uregina.ca

4. Register and attend Orientation
   www.uregina.ca/orientation/new-student/index.html

5. Learn your academic responsibilities and rights
   www.uregina.ca/gencal/ugcal

6. Get your health card
   www.health.gov.sk.ca/health-card

7. Get your student ID card at the Registrar’s Office in AH 210
   www.uregina.ca/student/registrar

8. Update your address in Canada
   www.uregina.ca

9. Set up a bank account with help from UR International
   www.uregina.ca/international

10. Buy your text books
    www.uregina.ca/student/bookstore
As a new student at the University of Regina, you may experience difficulty in getting used to a new culture, new language, and a new home. UR International can support you to be more successful in your transition.

**STUDY Survival Tips:**
- Get English Coaching from the GLC.
- Join the Conversation Club.
- Attend UR International workshops.
- Meet with a Life Skills Advisor if you need help.
- Meet with your Academic Advisors.
Global Learning Centre (GLC)  
CW 115  
The GLC offers free coaching sessions, workshops and events that will help you navigate the U of R and be a successful student.

English Coaching  
Make an appointment with our coaches to get support in academic and English language development through one-on-one sessions with qualified instructors who will help you improve your English and produce school work that meets your professors' expectations in Canada. Come to UR International in CW 109 to make an appointment.
**Conversation Club**
Practice speaking and listening in English in a group setting with domestic and international students from the U of R. You can check our schedule online and drop in.

**Workshops**
UR International partners with various campus and community groups to offer free workshops to help you learn how to navigate the University and the Canadian education, immigration and support systems. You can find our workshop schedule on our website at www.uregina.ca/international/global-learning-centre/index.html
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 Undergraduate Calendar & Course Catalog. Here, you will also find important information on student Attendance, Evaluation, Discipline and Appeals. You can find a free online version here: www.uregina.ca/gencal/ugcal/
To maintain your study permit in Canada, you must maintain your studies. This means you must be registered as a “full-time” student and be in good academic standing. If you are on Academic Probation, have a Require to Discontinue (RTD), and/or a MustWithdraw status in your studies, come to UR International’s Life Skills Advisors for help on how to maintain your good academic standing.
Academic Advising
Most faculties require all new students to meet with their faculty Academic Advisors before registering for classes. Contact your faculty to make an appointment with your Academic Advisor as soon as possible.
In Canada, you are encouraged to get to know your professors, participate in class by asking questions, challenge ideas and even disagree with different ideas. Getting to know your professors is important in your success as a student.

**Plagiarism:** “...a form of academic dishonesty in which one person submits or presents the work of another person as his or her own, whether from intent to deceive, lack of understanding, or carelessness.” (2012-2013 Undergraduate Calendar & Course Catalog, Pg. 40)

**U of R Principle of Academic Integrity:** “... [students] are to do their own original, individual work, unless told otherwise by the course instructor, and are to give credit for other people's ideas or words.” (2012-2013 Undergraduate Calendar & Course Catalog, Pg. 40)
Survival Tips

• Check-in at UR International (CW 109).
• Check out the Global Learning Centre (CW 115).
• Get to know our Life Skills Advisors.
• Maintain your immigration status.
• Stay healthy in Canada!
UR International is your first point of contact. We provide personalised services and programs to help you successfully navigate the U of R from beginning to end. Visit our office in College West, Room 109, to access the services we provide. We offer:

- Global Learning Centre
- Life skills advising
- English coaching
- Workshops
- Study abroad services
Life Skills Advisors
Our Life Skills Advisors will guide and support you throughout your time as a student at the U of R. We offer academic and non-academic advising. If you have any questions or concerns, or need support, you can visit UR International (CW 109) to make an appointment.

Volunteer
UR International is always looking for student volunteers to help out. If you want to build your resume and gain work experience by volunteering with us, please come to our office and let us know!

UR International
CW 109, University of Regina
3737 Wascana Parkway
Regina, SK
S4S 0A2
Tel: (306) 585-5082
Fax: (306) 585-4957
Weekend Emergency Line: 1-855-874-1700
Email: international.studentservices@uregina.ca
Website: www.uregina.ca/international
**Health Aspen Medical Clinic**
This is an on-campus medical clinic that you can walk in to see a doctor and get your medication at the pharmacy. Remember, as a U of R student, you are covered under the Campus Health Plan. Contact the URSU Health & Dental Plan Office at (306) 522-0055, or 1-866-358-4432.

**Aspen Medical Clinic**
CKHS 2nd floor
337-2640
www.aspenmedicalcentre.ca

**Health & Dental Plan**
As a full-time student of the U of R, you are automatically covered under this plan. Many aspects of your health, dental, vision and travel costs are fully or partially covered under this plan, which means that you do not have to pay the full price of these costs. To learn more, contact:

**URSU Health & Dental Plan Office**
RC 228
Tel: (306) 522-0055
Call Centre: 1-866-358-4432
www.ursu.ca/services/ursu_health_plan
Health Card
You must apply for a Saskatchewan Health Card after you arrive. This card must be shown every time you see a doctor or get your medicine. Without this card, you must pay to see a doctor. UR International will help you learn how to apply online.
www.health.gov.sk.ca/health-card
Counselling Services
U of R Counselling Services provides confidential, professional and supportive counselling that may help you through your transition in Canada. If you are having troubles mentally adjusting to your new life, feel down, or just need someone to talk to in private about your concerns, contact:

Counselling Services - RC 251
Tel: (306) 585-4491
www.uregina.ca/student/counselling
**Regina Facts:**
Regina is the capital city of Saskatchewan
Population: 193,100 (2011 Statistics Canada Census)
Climate: Summer average is 26C; Winter average is -22C

**Wascana Centre**
Wascana Centre is one of the largest urban parks in North America, and it’s located right beside the campus! 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 U of R is just across the street from a few restaurants and stores for your convenience. There’s a coffee shop, convenience store, gas station, restaurants and a post office. There are also grocery stores in the city where you can buy foods and supplies from all over the world.
You can find out more about Regina at www.reginaroc.com

<table>
<thead>
<tr>
<th>Need help with:</th>
<th>Regina Services:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Banking</strong></td>
<td>Scotiabank</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.scotiabank.com">www.scotiabank.com</a></td>
</tr>
<tr>
<td></td>
<td>Bank of Montreal (BMO)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.bmo.com">www.bmo.com</a></td>
</tr>
<tr>
<td></td>
<td>Canadian Imperial Bank of Commerce (CIBC)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.cibc.com">www.cibc.com</a></td>
</tr>
<tr>
<td></td>
<td>HSBC Bank Canada</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.hsbc.ca">www.hsbc.ca</a></td>
</tr>
<tr>
<td></td>
<td>National Bank of Canada</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.nbc.ca">www.nbc.ca</a></td>
</tr>
<tr>
<td></td>
<td>Royal Bank of Canada (RBC)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.rbc.com">www.rbc.com</a></td>
</tr>
<tr>
<td></td>
<td>TD Canada Trust</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.tdcanadatrust.com">www.tdcanadatrust.com</a></td>
</tr>
<tr>
<td><strong>Hospitals</strong></td>
<td>Regina General Hospital</td>
</tr>
<tr>
<td></td>
<td>766-4444</td>
</tr>
<tr>
<td></td>
<td>Pasqua Hospital</td>
</tr>
<tr>
<td></td>
<td>766-2222</td>
</tr>
<tr>
<td></td>
<td>Wascana Rehabilitation Centre</td>
</tr>
<tr>
<td></td>
<td>766-5100</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.rqhealth.ca/index.shtml">www.rqhealth.ca/index.shtml</a></td>
</tr>
<tr>
<td><strong>Police Services</strong></td>
<td>Regina Police Service</td>
</tr>
<tr>
<td></td>
<td>777-6500 (non-emergency)</td>
</tr>
<tr>
<td></td>
<td>911 (emergency)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.reginapolice.ca">www.reginapolice.ca</a></td>
</tr>
<tr>
<td><strong>Bus and Transit</strong></td>
<td>Regina Transit Services</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.regina.ca/residents/transit-services">www.regina.ca/residents/transit-services</a></td>
</tr>
<tr>
<td><strong>Closest Grocery Store to our University</strong></td>
<td>Sobey’s (Lakeshore)</td>
</tr>
<tr>
<td></td>
<td>585-3476</td>
</tr>
<tr>
<td></td>
<td>1380 23rd Avenue</td>
</tr>
</tbody>
</table>
Survival Tips:

- Workout on campus in our beautiful Fitness Centre.
- Play a sport on an intramural sports team.
- Be a Cougars fan and cheer on our sports teams.
- Participate in a Student Association of your country.
- Check out the Owl.

Sports
The U of R provides support for you on campus to help you stay healthy and active.

The Centre for Kinesiology, Health, and Sport (CKHS)
Maintain your physical health on campus at one of our 5 gyms, the four-lane track, a swimming pool, and the Fitness and Lifestyle Centre. Bring your student ID card to work out, cheer on a U of R Cougars’ sporting event, or join an Intramural Sports Program.

CKHS
CK 170.7
Tel: (306) 585-4375
The U of R Cougars
The University of Regina has many sports teams that compete with other university teams from all over Canada. U of R teams include basketball, wrestling, volleyball, track and field, football (the “Rams”), soccer, and many more. Cheer on the Cougars!
www.reginacougars.com/index.aspx

Recreation Services
If you want to play a sport for fun with students on-campus, you can join an “intramural sports league.” You can play 3 on 3 basketball, soccer, volleyball, and much more.
www.uregina.ca/recservices/index.html
SOCIAL LIFE

University Clubs

Students at the U of R can join or start a student association, society, or club. This is a great way to meet other students who share in your interests. There are over 100 clubs on campus. To find out more, contact:

University of Regina Student Union (URSU)
RC 221
Tel: (306) 586-8811
www.ursu.ca/campus_life/club_registry

The Owl

In Canada, almost every university has a campus “pub,” which is a bar and restaurant that is open to everyone. The Owl is our campus pub, where you can eat, drink, watch TV, study, play pool, sing karaoke, dance and have fun.

The Owl
Riddell Centre, 1st floor
Tel: (306) 586-8811
www.ursu.ca/theowl
You must learn how to maintain your immigration status in Canada. It is your responsibility to stay up-to-date on your immigration documents and status. UR International will assist you with learning how to legally maintain your immigration documents.

Please visit the Citizenship and Immigration Canada (CIC) website for more information at: http://www.cic.gc.ca
Please visit UR International’s Current Students section of the website for more information at: http://www.uregina.ca/international/current/index.html
Study Permit
You must ensure that your passport and Study Permit remain valid throughout your stay in Canada. Read and remember the expiration dates, conditions and remarks on your immigration documents. You should renew and extend your Study Permit as soon as possible, at least 90 days before your Study Permit’s expiry date.
Note: if you have a Require to Discontinue (RTD), or Must Withdraw (MW) status in your academic program, your immigration status may be affected.
Work in Canada
Do not work without Work Authorization. International students in Canada are permitted to work off-campus only with a valid Off-Campus Work Permit (OCWP). Working without authorization is a deportable offence.

Before you seek employment, you must make sure that you meet all the legal requirements.
According to CIC, it is possible to work in Canada, while you are here as a student, under any CIC’s work programs for students. In most cases, you will need to apply for a student work permit. Please visit CIC’s website to learn how to apply to work off and on campus in Canada: www.cic.gc.ca/english/study/work.asp
Social Insurance Number (SIN)
You must have a SIN to work in Canada. But, to work off-campus, you must also have an Off-campus Work Permit. To apply for a SIN, you need a valid Study Permit, an on-campus job offer, or an Off-Campus Work Permit. To apply, go to the Service Canada Centre in Regina located downtown in the Alvin Hamilton Building, 1783 Hamilton Street, S4P 2B6. www.servicecanada.gc.ca/eng/sc/sin
What is **Full-Time Student Status**?

**Undergraduate:**
at least 9 credit hours per semester (except breaks). Please visit the UR International office to learn more about how to maintain your full-time student status.

**Graduate:**
Master’s: must take at least 6 credit hours in each Fall and Winter semesters, and at least part-time (minimum of 3 credit hours) in Spring/Summer semesters.

**Doctoral:**
must take at least 6 credit hours in each semester.
Please visit the Graduate Studies and Research website:
www.uregina.ca/gradstudies/future-students/international-students/registration-requirements.html
Travel Documents
If you travel outside of Canada after you arrive here, you must ensure your immigration documents are valid to re-enter Canada. To learn more about your immigration status, please visit CIC’s website: www.cic.gc.ca
**UR Quick Guide**

Use this guide to match your needs to the support office on-campus.

<table>
<thead>
<tr>
<th>Study:</th>
<th>UR Support:</th>
</tr>
</thead>
<tbody>
<tr>
<td>English Coaching, Conversation Club, Workshops</td>
<td>Global Learning Centre</td>
</tr>
<tr>
<td></td>
<td>CW 115</td>
</tr>
<tr>
<td></td>
<td>585-5082</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:Global.learningcentre@uregina.ca">Global.learningcentre@uregina.ca</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.uregina.ca/international/global-learning-centre/index.html">www.uregina.ca/international/global-learning-centre/index.html</a></td>
</tr>
<tr>
<td>Academic advising</td>
<td>Your Faculty or Department</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.uregina.ca/futurestudents/admitted/advising-office-contacts.html">www.uregina.ca/futurestudents/admitted/advising-office-contacts.html</a></td>
</tr>
<tr>
<td>Student ID card, Undergraduate official transcripts, Confirmation of Enrollment</td>
<td>The Registrar’s Office</td>
</tr>
<tr>
<td></td>
<td>AH 210</td>
</tr>
<tr>
<td></td>
<td>585-4127</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.uregina.ca/student/registrar">www.uregina.ca/student/registrar</a></td>
</tr>
<tr>
<td>Tuition, fees, financial support</td>
<td>Financial Services</td>
</tr>
<tr>
<td></td>
<td>AH 205</td>
</tr>
<tr>
<td></td>
<td>585-4123</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:Financial.services@uregina.ca">Financial.services@uregina.ca</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.uregina.ca/fs">www.uregina.ca/fs</a></td>
</tr>
<tr>
<td>Borrowing research materials, plagiarism information, computer labs</td>
<td>Library</td>
</tr>
<tr>
<td></td>
<td>LY 107</td>
</tr>
<tr>
<td></td>
<td>585-4133</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.uregina.ca/library">www.uregina.ca/library</a></td>
</tr>
</tbody>
</table>
Writing, math & stats, tutor support
Student Success Centre
RC 230
585-4076
student.success@uregina.ca
www.uregina.ca/student/ssc

Buy your textbooks
Bookstore
CW 139
585-4755
www.uregina.ca/student/bookstore

Live:
Life skills advising, immigration, health card
UR International
CW 109
585-5082
International.studentservices@uregina.ca
www.uregina.ca/international

Residence support
Residence Services
SR 110
585-5450
www.uregina.ca/student/residence/

Luther Residence (LC)
585-5333
lutheru@luthercollege.edu
www.luthercollege.edu/university/students/residence
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergencies, safety, reporting crimes</td>
<td>Campus Security</td>
</tr>
<tr>
<td></td>
<td>RIC 120</td>
</tr>
<tr>
<td></td>
<td>585-4999</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.uregina.ca/fm/campus-security">www.uregina.ca/fm/campus-security</a></td>
</tr>
<tr>
<td>Health plan, bus pass, rent a house, carpool</td>
<td>University of Regina Students’ Union</td>
</tr>
<tr>
<td></td>
<td>RC 221</td>
</tr>
<tr>
<td></td>
<td>586-8811</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:contactus@ursu.ca">contactus@ursu.ca</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.ursu.ca">www.ursu.ca</a></td>
</tr>
<tr>
<td>Reduce stress, feel happier, need someone to listen, safe place</td>
<td>Counselling Services</td>
</tr>
<tr>
<td></td>
<td>RC 251</td>
</tr>
<tr>
<td></td>
<td>585-4491</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.uregina.ca/student/counselling">www.uregina.ca/student/counselling</a></td>
</tr>
<tr>
<td>Illness, walk-in medical clinic, need medicine</td>
<td>Aspen Medical Centre</td>
</tr>
<tr>
<td></td>
<td>CKHS 2nd floor</td>
</tr>
<tr>
<td></td>
<td>337-2640</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:info@aspenmedicalcentre.ca">info@aspenmedicalcentre.ca</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.aspenmedicalcentre.ca">www.aspenmedicalcentre.ca</a></td>
</tr>
<tr>
<td>Parking pass</td>
<td>Parking Services</td>
</tr>
<tr>
<td></td>
<td>CW 108</td>
</tr>
<tr>
<td></td>
<td>585-5555</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:uparking@uregina.ca">uparking@uregina.ca</a></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.uregina.ca/ancillaries/parking">www.uregina.ca/ancillaries/parking</a></td>
</tr>
</tbody>
</table>
### Play:
- Exercise, play sports

### UR Support:
- Centre for Kinesiology, Health, and Sport - Facilities
  - CK 170.7
  - 585-4854
  - Ckhs.book@uregina.ca

### Watch U of R sporting events
- University of Regina Cougars
  - www.reginacougars.com

### Join or start a student club/association
- University of Regina Students’ Union
  - RC 221
  - 586-8811
  - www.ursu.ca/campus_life/club_registry

### Eat, drink, dance, study, hangout, karaoke
- The Owl
  - Riddell Centre, 1st floor
  - 586-8811
  - www.ursu.ca/theowl

### Immigration Status:
- Immigration Advice

### UR Support:
- UR International
  - CW 109
  - 585-5082
  - international@uregina.ca
  - www.uregina.ca/international

### Find a job, Co-op internships, write a resume
- Career Centre
  - RC 163
  - 585-5161
  - student.employment@uregina.ca
  - www.uregina.ca/careercentre/ses
Useful Phone Numbers:

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police, Fire, Ambulance</td>
<td>911</td>
</tr>
<tr>
<td>Campus Security</td>
<td>585-4999</td>
</tr>
<tr>
<td>UR International</td>
<td>585-5082</td>
</tr>
<tr>
<td>UR International Weekend Emergency</td>
<td>1-855-874-1700</td>
</tr>
<tr>
<td>Residence Services</td>
<td>585-5450</td>
</tr>
<tr>
<td>Aspen Medical Centre</td>
<td>337-2640</td>
</tr>
<tr>
<td>URSU Student Advocate</td>
<td>586-8111</td>
</tr>
<tr>
<td>URSU Health and Dental Plan</td>
<td>522-0055</td>
</tr>
<tr>
<td>Counselling Services</td>
<td>585-4491</td>
</tr>
<tr>
<td>Canadian Immigration Centre</td>
<td>1-888-242-2100</td>
</tr>
<tr>
<td>English as a Second Language</td>
<td>585-4585</td>
</tr>
</tbody>
</table>

Taxis

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-op Taxi</td>
<td>525-2727</td>
</tr>
<tr>
<td>Capital Cabs</td>
<td>791-2222</td>
</tr>
<tr>
<td>Premier Taxi</td>
<td>525-9555</td>
</tr>
<tr>
<td>Regina Cabs</td>
<td>543-3333</td>
</tr>
</tbody>
</table>
Contacts:

**UR International – Student Services & Study Abroad**
University of Regina
3737 Wascana Parkway
Regina, SK
S4S 0A2
Tel: (306) 585-5082
Fax: (306) 585-4957
Email: international@uregina.ca
www.uregina.ca/international
Weekend Emergency Line:
1-855-874-1700