

UR ARRIVAL CHECKLIST

UNIVERSITY OF REGINA



International students have many responsibilities once they arrive in Canada. This new student arrival checklist will cover the key tasks you need to complete once you arrive in Regina!

IMMIGRATION



- ☐ **Secure your immigration / travel documents** in a safe place where they will not get lost or damaged
- ☐ Ensure to **check and take note of the expiry dates** of your immigration / travel documents
- ☐ **Submit electronic copies** of your immigration / travel documents to UR International
- ☐ **Check in with International Student Services** for transition support and guidance

ACADEMIC



- ☐ **Book an appointment with your Academic Advisor** to discuss your academic plan for success
- ☐ **Confirm your class schedule** and review important dates, deadlines, and class details
- ☐ **Get your University of Regina student ID card** by submitting a request through UR Self-Service
- ☐ **Visit Financial Services (AH 205)** to learn about your student financial account and pay your tuition
- ☐ **Activate your UofR email account** by visiting the **Information Services website**
- ☐ **Confirm your required textbooks** and purchase them through the **Campus Store**
- ☐ **Update your contact information** in UR Self-Service (address, email, phone number, emergency contact)
- ☐ **Explore academic support services** that are available to you as a student

TRANSITION & LIFESTYLE



- ☐ Register for and attend **Orientation**
- ☐ Apply for your **Saskatchewan Health Card**
- ☐ Learn about the **URSU Health & Dental Plan**
- ☐ Open a Canadian **bank account**
- ☐ Set up personal **telephone service**
- ☐ Connect with an **International Peer Advisor**
- ☐ Complete "International Student Guide" modules in **UR Courses**

Please contact our UR International Student Services team for support with the items in the Transition & Lifestyle checklist.



STAY UP TO DATE



Scan the code to **subscribe to UR Global Connection** - our monthly newsletter offering updates and highlights of exciting events, activities, and news!



VISIT OUR WEBSITE



View ways to contact our team, book appointments, and learn about all the **free transitional support** that is tailored to your international experience!