

International Student Semester Update



What's in this issue?

Click on the topics you want to view!

Welcome Letter

Sustainable Canadore: Increasing Tree Count

Canadore Sports Dome is Up!

Great Things Happen Here...and THERE!

...news about our outbound and partnership initiatives

Connecting and Having Fun

...details on our events and how to find out more

English Conversation Club

From Chennai to Canadore: A Journey of Enrichment

...spotlight on one of our own international students

Understanding Culture Shock

...details on getting the emotional help you need

Stay Covered, Stay Healthy

...our international student health insurance

guard.me—Emergency Health Insurance FAQs

Adventure Awaits

...things to do in Northern Ontario in the summer

Need a Quick Answer?

...the best ways to contact us

Join us!

...Multiculturalism Day on June 28

Spring into the Semester!

Welcome (back) to Canadore College!

As the flowers bloom and the sun shines, we're thrilled to bring you the latest edition of our Semester Update. Packed with valuable information and exciting events, it's your guide to making the most of this vibrant season.

From festive celebrations to enriching workshops, we've got it all. Dive into the diversity of our community and explore the beauty of North Bay and Parry Sound.

Your well-being is our priority, so we've included information on support services and health insurance coverage.

Stay connected, stay informed, and let's make this semester an unforgettable journey together!





Sustainable Canadore: Increasing Tree Count

[Sustainable Canadore](#) is ramping up its efforts to increase the tree count across campuses and in the community. Each year, students and staff come together to plant trees as part of our efforts to take care of the environment. These initiatives not only enhance campus landscapes but also combat climate change by purifying the air, absorbing water to prevent flooding, and supporting biodiversity.

Join us in nurturing a greener future at Canadore College.

Learn more about our [ImpAct-Climate Initiative](#) and [Forest Council Stewardship](#).

Canadore Sports Dome is Up!

We celebrated the official raising of the Sports Dome at our Commerce Court Campus this month! Over 50 dedicated Canadore employees joined forces to lift and secure the dome material. As of now, the structure is fully in place!

The Canadore College Sports Dome is a cutting-edge facility designed to enhance academic programs and provide a versatile space for sports and community events. This initiative highlights Canadore's ongoing commitment to promoting the health and wellness of our students and community, offering a year-round venue for sports, fitness, and recreation.



Great Things Happen Here...and THERE!

We're thrilled to share some exciting updates from our outbound mobility programs as we look forward to the 2024-2025 academic year!

Teaming up with the Global Skills Opportunity program, we're setting ambitious goals for our upcoming adventures, focusing on various academic areas and regions worldwide. One of the elements we're particularly excited about is the potential for a new bursary program for international students in 2024-25; more details to come!

Maximizing Outbound Mobility

Welcoming International

Our commitment to global collaboration extends to welcoming international scholars through several prestigious programs.

This fall, our WUSC Student Refugee Program will welcome a new student, joining bright, determined peers who've overcome challenges to pursue education. Their unique perspective will enrich our campus.

Welcoming Our Newest Member

We invite you to explore the exciting opportunities available through our outbound mobility programs. For more information or to express your interest, please contact Chris at Christopher.duncansonhales@canadorecollege.ca

Join the Adventure!





Connecting and Having Fun!

Canadore College hosts exciting events all year! We recently celebrated Eid al-Fitr, welcomed new students at orientation, and supported the Moose Hide Campaign to bring awareness about ending violence against women and children. Join us for Multiculturalism Day on June 28 to celebrate our diverse community. We also offer free webinars on taxes, study permits, and more.

To stay updated on upcoming events by check your iCent app regularly! Explore the diverse events at Canadore and make the most of your college experience!

English Conversation Club

Join us every Tuesday from 4:30pm to 5:30pm for fun and open conversations on topics that interest you! Improve your English skills in a friendly environment. All international and Canadian students, faculty, staff, and community members are welcome. Snacks and beverages are provided by the International Office.

For more information, stop by C106 College Drive or email kсения.gvozdikova@canadorecollege.ca.

Don't miss out on this great opportunity to connect and learn!





From Chennai to Canadore: A Journey of Enrichment

Anne comes from Chennai, Tamil Nadu, India, a city known for its saying, “Vandharai Vazhavaikum Chennai,” meaning “Chennai offers life to anyone who seeks shelter”. Anne’s hometown has instilled in her a deep appreciation for diversity and inclusivity.

Her path to Canada was filled with challenges that tested her resilience and adjusting to life in Canada meant stepping out of her comfort zone, away from family, and learning to balance new responsibilities. Despite these hurdles, she embraced her new independence and found joy in her new experiences.

Currently enrolled in the [Entrepreneurship Management](#) program, Anne chose North Bay for its natural beauty and close-knit community. She especially finds value in her peers' unique perspectives and enjoys the teaching style of our supportive faculty.

Before moving to Canada, Anne worked at Amazon for over eight years. Leaving a stable career to pursue further studies was a tough decision, but it has opened new doors for personal and professional growth. In her spare time, she finds comfort in cleaning, reading fiction, and enjoying music while sipping on a cup of coffee.

Anne’s journey from Chennai to North Bay is a testament to resilience and the pursuit of growth. She highly recommends Canadore College, emphasizing that it has been an exciting and inspirational experience.

Understanding Culture Shock

Moving to a new country can be exciting but also challenging. Culture shock is a common experience where you might feel confused, overwhelmed, homesick, frustrated, or anxious in a new environment. These feelings are normal and can affect your emotional well-being. Remember, you don't have to face it alone.

The International Department and **Student Success Services** offer confidential emotional wellness services to help you manage culture shock, develop coping skills, and connect with resources. Your emotional well-being matters, and seeking help is a positive step. Registered students at North Bay and Parry Sound campuses can contact our International Transition, Retention, & Support Coordinators **here**.



Do You Need Support Now?

If you or someone you know is in crisis, please visit **More Feet on the Ground** in the **Are you in Crisis** section or call **911**



Contact Health Insurance

For all questions and concerns related to health insurance at North Bay and Parry Sound campuses, please contact:

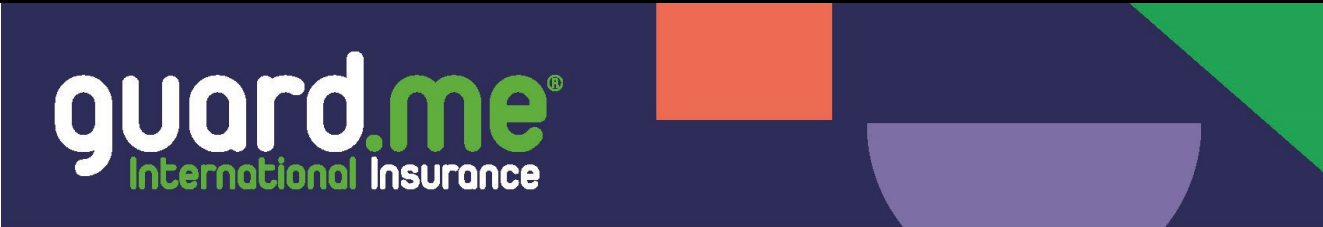
International.Insurance@canadorecollege.ca

Stay Covered, Stay Healthy

All international students at Canadore benefit from our mandatory health insurance plan.

- Access your health insurance portal [here](#).
- Watch the Guard.me International Student Health Insurance Orientation [here](#).
- For detailed information, check out the Guard.me International Student Health Insurance Guide [here](#).

IMPORTANT: You should have received your health insurance information and registration details via email several weeks ago. This email includes instructions on how to access your online account.



guard.me Emergency Health Insurance FAQs – Canadore College International Students



What is my guard.me Insurance?

guard.me International Insurance is the health insurance provider chosen for you by Canadore College. All international students at Canadore College are enrolled in the guard.me More Enhanced policy, which is a comprehensive emergency health insurance policy designed to support you if you become sick or injured during your studies in Canada. The plan covers 100% of reasonable and customary charges to treat an eligible emergency sickness or injury; including the cost of an ambulance, hospitalizations, clinic visits and medically necessary surgery and diagnostic testing. The plan includes many other benefits, and all students are encouraged to read the [benefit summary](#) to learn more about all the benefits included in the plan.



What date am I insured from?

Your guard.me Insurance policy will begin from the first day of the month that you begin your studies. For example, if you begin your studies in September, the policy will be active from September 1. If you arrive in Canada in the 14 days before your policy start date and experience a medical emergency, you will be covered under the terms and conditions of the policy.



When will I receive my policy information and Healthcare Access Card to use at healthcare providers?

Students will receive a Welcome Email from guard.me in the third week of their semester, after the deadline to drop courses without penalty. Within the email is a link to activate your guard.me “My Account” and download your Healthcare Access Card. Open the email and click the link when you receive it, the link expires! However, you can always log in by going to [My Account - Canadore College | guard.me](#) and resetting your password. Please download & print your Healthcare Access Card as this is your proof of insurance and you will present it anytime you are visiting a healthcare provider.



What if I need to see the doctor before I receive my policy information?

If you are experiencing a minor sickness or injury that requires medical attention before you receive your policy information, you can pay up front for the service, keep all receipts and invoices, and submit a claim online through “My Account” for reimbursement after you receive your policy information. Keep in mind that hospital emergency rooms are for major sickness and injuries only, and if you are visiting for a minor illness, the wait times can be several hours before seeing a doctor. Visiting a pharmacist for a consultation is a great alternative if you are unable to get into the campus clinic or walk-in clinic nearby.



What if I need to complete my Canadore Student Health Clearance Certificate?

Your policy includes coverage for course required immunizations up to \$150. Same as above, you can pay upfront for all required immunizations, keep receipts and invoices, and submit a claim online through “My Account” for reimbursement.



What if I have a medical emergency before receiving my policy information?

- (1) Please seek medical care as soon as possible
- (2) Call guard.me Customer Care at 905-752-6200 or 1-888-756-8428
- (3) Contact the international team at Canadore College by emailing international.insurance@canadorecollege.ca



80 Allstate Parkway
Markham, ON
L3R 6H3 Canada



Tel: 905-752-6200
Toll-free: 1-888-756-8428



customercare@guard.me

www.guard.me

Travel Healthcare Insurance Solutions Inc. o/a guard.me International Insurance.



Adventure Awaits!

Spring and summer are perfect for exploring North Bay and Parry Sound! Enjoy hiking the Canadore trails to Duchesnay Falls, kayaking, paddleboarding, camping at Ontario's Provincial Parks, or swimming at one of our many public beach accesses.

In Parry Sound, explore the Georgian Bay Biosphere, try water sports, and take a boat tour of the 30,000 Islands. For more info, visit [Explore North Bay](#) and [Discover Parry Sound](#).

For more info, visit [Explore North Bay](#) and [Discover Parry Sound](#).

Check out [The Seven](#) for even more fun in Northeastern Ontario!

Get out there and enjoy the season!

Need a Quick Answer?

Did you know you can get the fastest answers by checking the [International Microsite](#), [FAQs](#), or the [iCent app](#) first? You'll find info on admissions, enrolment, withdrawals, health insurance, travel to Canada, events, and more! Check them out!

If you still have questions, you can [email us](#).

Important: Responses may take some time due to high volumes.

Check the auto-response for immediate answers!



Join us!



Canadian Multiculturalism Day

Canadian Multiculturalism Day honors the many cultural communities that help build a strong and vibrant Canadian society. Take this opportunity to celebrate the cultural diversity that enriches us collectively and reaffirm your commitment to equity, inclusion, and mutual respect.

Join us for Music, Dance, Food, Prizes and more...

Friday, June 28, 2024

3pm – 6pm

Gymnasium, College Drive Campus

Don't forget: Wear your traditional back home clothing and show an artistic/creative representation of your home country.

REGISTER
NOW!

