

International Student Semester Update



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Fall into the Semester!

As the leaves change colour this fall, we are happy to share our Semester Update with you. Inside, you will find exciting events and helpful information to make your time at Canadore even better.

Join us for fun activities like Chai, Coffee and Connections and our weekly English Conversation Club. We also have resources to help you with culture shock, health insurance, and tips for enjoying the upcoming winter season.

Explore this newsletter, get involved, and make the most of your semester with us!





Great Things Happen Here...and THERE!

We're excited to share that our mobility program is taking students to Arequipa, Peru, known as the "White City" for its stunning white volcanic stone buildings. This trip is organized in partnership with Tecsup, one of our partner schools in Peru focused on building practical skills for in-demand jobs.

The trip will begin with an introduction to Peru, including lessons in Spanish and in using the Cajón percussion instrument. This will be followed by a visit to the Coca-Cola facilities, where students will gain insights into the industry.

Students will immerse themselves in a hands-on project using Lego Serious Play and augmented reality (AR) techniques. They will also have lessons in industrial electrotechnics and the maintenance and use of industrial equipment, preparing them for future careers. Finally, they'll have the opportunity to spend a day exploring the beauty of Colca Canyon.

This trip to Arequipa promises to be an unforgettable experience filled with skill-building, cultural discovery, and lasting memories!

Connecting and Having Fun!

Canadore College offers exciting events all year long! This fall, we kicked off with Orientation on August 30 and celebrated Panther Palooza on September 19. The innovation Challenge on October 22 and Diwali festivities are coming up on November 14. Our Holiday Hangout is planned for December. Stay tuned for free workshops on topics like PGWP, immigration, and settling in Canada, happening throughout the semester. Explore the diverse events at Canadore and make the most of your college experience!

Upcoming Events

OCTOBER 31 @ 3PM

*Immigration Workshop:
Extend your Study Permit*
Commerce Court—W148

NOVEMBER 7 @ 4PM

CRA Information Session
on ZOOM

NOVEMBER 14 @ 6:30PM

Diwali
College Drive Cafeteria

DECEMBER

Holiday Hang-Out

JANUARY

Lunar New Year

AND MANY MORE!

Download iCent Now!

Stay updated on **ALL** events by checking your **iCent app** regularly!

Day of Truth and Reconciliation

September 30 was the National Day for Truth and Reconciliation. This day honors Indigenous children who were taken from their families and sent to schools where their culture was taken away. Many children suffered, and the effects are still felt today.

We wear orange shirts to show that “Every Child Matters” and to remember those children. The orange shirt is a symbol of the loss of their culture and freedom.

This day helps us understand Canada’s history and reminds us to support healing and reconciliation.



The Canadore Innovation Challenge

On October 22, Canadore College hosted the Canadore Innovation Challenge, a special event where students work together to solve real-world problems in Northern Ontario. This year, participants focused on important issues like sustainability, housing, and food security.

Participants collaborated in teams, developing creative ideas that could help the community. There was an opportunity to win prizes and connect with industry leaders—it was a great chance to make a real impact!

Keep an eye out for the results of this exciting competition and the innovative solutions that were created!





HAPPY
Diwali

Celebrate Diwali with
Canadore!

November 14

6:30pm – 9pm

College Drive Cafeteria

Register by November 8

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 send an email to Ksenia by clicking [here](#).

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





International Paramedicine Check-in Clinic

Are you a Canadore international student
or new to Canada?

Join us for the Paramedicine Check-in Clinic

.....
Starts September 20
1 pm-3pm

Runs the third Friday of every month
Flex Room at the Village,
Canadore College, 100 College Drive
.....

Paramedic Tanya Bouchard will be on campus
to check vitals including blood pressure, pulse,
oxygen levels, blood sugars and 12-lead ECGS.

Wound care and point-of-care testing will also
be available and education on resources
within the community

Info.village@canadorecollege.ca
705.498.7662

COMMUNITY
PARAMEDICINE



Start or Join a Club!

Want to make new friends and share your interests? Starting a club at Canadore College is a great way to connect!

To launch a club, you need at least **five members**. Don't know five people yet? Team up with classmates who share your passions! Clubs can also receive up to \$100 in funding for events.

Getting started is easy! Just fill out the Clubs and Associations Start-Up Package [here](#) and submit it to Rebecca, the Student Government Coordinator at rebecca.morin@canadorecollege.ca

If starting a club feels like too much, consider joining one of the [existing clubs](#) on campus. There's something for everyone!



Chai, Coffee and Connections

Join us for Chai, Coffee, and Connections, where you can enhance your academic skills or simply unwind. Our sessions are open to all students—meet new friends, enjoy a hot beverage, and ask any questions you have about Canadore or college life!

Check your iCent for event dates!



Alumni Spotlight

Debie, from Ormoc City, Philippines, took a brave step when she moved to North Bay to study at Canadore. Our small city of North Bay reminded her of her hometown, but adjusting to a new country was still challenging. She felt nervous but also excited to learn new things and meet people from different cultures.

Debie graduated from the Business Accounting program in 2023 and was grateful for her professors' support. They not only taught the subject but shared real-life experiences, giving her a deeper understanding of how numbers truly tell a story.

During her time at Canadore, Debie also worked as an International Student Ambassador in the International department. This role allowed her to help other students like herself, making them feel welcome and supported; especially during the pandemic.

Before coming to Canadore, Debie worked in the insurance industry in the Philippines. Through her studies, she discovered a passion for accounting. Now, she's working in the finance department of a mining company and continuing her studies toward an accounting certification.

Debie's journey is one of courage and growth. Moving to a new country and embracing new challenges, she developed skills, built meaningful connections, and found her passions. Debie's story shows that with determination and an open heart, you can create success, no matter where you begin.



Understanding Culture Shock

Moving to a new country can be exciting *and* 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** offers support. Please 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](#)

Your Health Insurance

All international students at Canadore benefit from our 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](#).

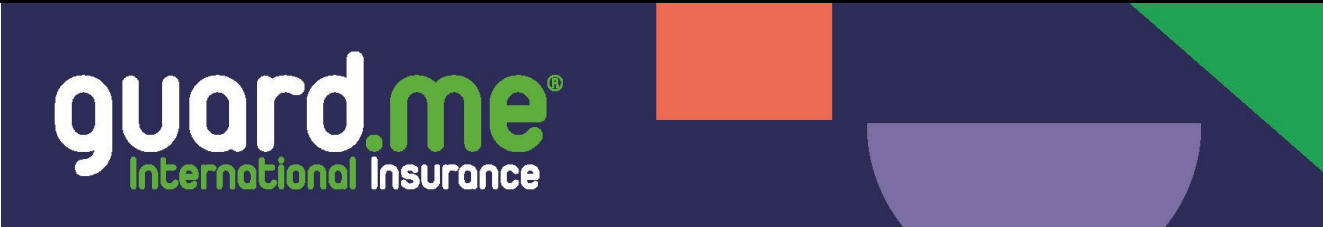
Contact Health Insurance

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

International.Insurance@canadorecollege.ca

NEW!
**Download the
guard.me
Mobile App!**

Click here for
more info!



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.

Embrace Canadian Winter!

Northern Ontario winters offer both outdoor and indoor fun. Try ice skating, snowshoeing, or skiing. You can take a walk in nature or enjoy a warm fire and hot chocolate. For warmer adventures in North Bay, visit [Northgate](#), the [Farmer's Market](#), catch a movie, or explore indoor recreation centers like the [YMCA](#) or [CFMWS](#). For more to do in Parry Sound, visit [downtown!](#)

Explore more here: [North Bay Winter Activities](#) and [Things to Do in Parry Sound](#).

There's no bad weather—only bad preparation! So [bundle up](#) and make the most of the Canadian winter!





Canadian Winter: Bundle Up!

Stay warm and enjoy the season by following these tips for dressing in Canadian winter weather:

- **Layer Up:** Start with a moisture-wicking base, add an insulating layer (fleece or wool), and finish with a waterproof winter coat. Dressing in layers lets you add or remove clothing depending on your needs!
- **Invest in Quality Boots:** Waterproof, insulated boots with good traction are a must.
- **Don't Forget Accessories:** A warm hat, scarf, thermal socks, and gloves or mittens are essential. On windy days, a face covering or balaclava helps shield your skin.
- **Carry extra:** Carry extra socks and gloves with you in case yours get wet. **Wet equals cold!**

Remember– there's no bad weather, only bad preparation!

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!

