

International Student Semester Update



International Student Semester Update

Welcome!

Dear Canadore
International Students,

Welcome (back) to Canadore College! Here's the latest edition of our Semester Update, packed with valuable information to enrich your experience and keep you well-informed.

In this semester's update, we shine a spotlight on exciting events like Lunar New Year celebrations and English Conversation Clubs, along with helpful workshops to enhance your skills. Discover tips for staying warm in winter, explore fun activities in North Bay and Parry Sound, and stay updated on important announcements regarding IRCC and PGWP rules. Plus, learn about health insurance, wellness resources, and important guidelines for 911 calls.

Wishing you all the best for the remainder of the Winter 2024 semester!

Canadore International



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Happy Lunar New Year!

On February 21, Canadore International celebrated Lunar New Year with an engaging event in the Village Flex room. Participants explored the significance of the holiday, enjoyed solving riddles, and savored delicious Chinese cuisine symbolizing prosperity and good fortune. The festivities continued with activities like lantern making and traditional crafts, along with a lively dragon dance.

Lunar New Year is widely celebrated, not only in China but also in countries like Singapore, Indonesia, and the Philippines. It marks the beginning of a new calendar year based on lunar cycles and is a time to pay respects to deities and ancestors.

In 2024, we welcome the 'Wood Dragon' year, known for its creativity and vision. This year's celebration fell on Saturday, February 10th, 2024.



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Do the New IRCC Rules Affect You?

The new PGWP updates released on February 15 have caused much concern and confusion. Here's what you need to know:

This Announcement May **Not** Affect Your PGWP if:

- you are a current student at a Canadore North Bay or Parry Sound campus with a current study permit;
- you are a current student at a Canadore North Bay or Parry Sound campus who needs to extend your study permit;
- you are a current student at a Canadore North Bay or Parry Sound campus who is awaiting a study permit renewal;
- you are a current student at a Canadore North Bay or Parry Sound campus who wants to apply for another program at a North Bay or Parry Sound campus.

*Note that you still have to meet all other PGWP eligibility requirements.

For more information, please feel free to visit one of our International Student Advisors:

College Drive C210
Commerce Court E101

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Monday to Friday
8:30am to 4:30pm

You may stay up-to-date [here](#)

Need a Transcript or Grad Pack?

Request your transcript [here](#).

- This will automatically request your entire grad package if your program is complete.

***Please note processing time is 8-10 weeks. All cases are important and expediting is not possible.*

International Student Semester Update

Emotional Wellness

Life can get overwhelming, no matter where you are. But remember, there are services and resources here to support you. Your emotional well-being matters, and reaching out for help is a positive step.

The International Department, along with Canadore's **Student Success Services**, is here for you. We offer short-term, confidential emotional well-being services to support you academically, socially, and personally. Our goal is to help you develop skills to navigate challenges, overcome obstacles, and connect you with community resources.

Registered students at North Bay and Parry Sound campuses can reach out to our International Transition, Retention, & Support Coordinators **here**.

*****If you require immediate, in-person emergency care, go to your nearest emergency department, or dial your local emergency services telephone number for immediate help.***

Disclaimer: The information provided in this correspondence is not intended as a substitute for medical professional help or advice but is to be used only as an aid.



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.

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Health Insurance

All International Students at Canadore College benefit from enrolment in a mandatory health insurance plan. For the health and safety of our students and community this is international students' ancillary fees.

Health Insurance Resources

- A dedicated portal for Canadore College International students to access health insurance has been set-up and may be accessed [here](#).
- Guard.me International Student Health Insurance Orientation can be accessed [here](#).
- For more information, see the [Guard.me International Student Health Insurance Guide](#).

IMPORTANT: Everyone should have received their Health insurance information and registration via email several weeks ago along with details on how to access your online account.



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

International Student Semester Update

Calling 911: Responsible Dialing

In North America, 911 is a crucial emergency hotline for police, fire, or ambulance services. However, we've noticed that sometimes, unintentional calls or hang-ups tie up emergency resources.

We understand that mistakes happen, but it's important to handle them responsibly. **If you've accidentally dialed 911, please stay on the line or answer the call-back to confirm that everything is okay.**

When 911 receives a call and someone hangs up, our emergency responders must ensure everyone's safety. It's a critical protocol that helps keep our community safe.

Rest assured, if you accidentally call 911, you're not in trouble. We simply need to confirm that it was an accidental call.

Let's work together to keep our community safe and ensure that emergency resources are available for those who truly need them!



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It's Tax Season!

Tax season is here and many of you are likely eager to do your taxes if you have not already! Please note your T2202A Tax Forms are available in your Self-Serve account as of March 1, 2024.

Please note this tax season is to assess the year 2023. Forms for 2023 and years previous (2020, 2019, etc) will be the only ones available at this time. 2024 forms will be available at next tax season (this time next year).

To retrieve your forms, please follow the instruction sent via email and iCent!

Want to know more?

- Educate yourself on taxes and find some lessons on Canada's website [here](#)
- For more information on taxes and being an international student, see [here](#)

International Student Semester Update

International Student Spotlight

Meet Israel, an international student from Trichy, a city in southern India. Trichy boasts a rich cultural heritage. Israel's journey from Trichy to Canada was his first long flight, a surprisingly enjoyable experience that marked the beginning of his adventure here in Canada and at Canadore.

Israel made the leap to Canada right after completing dental school. Now enrolled in the **Health Care Administration** program at Canadore, he is on track to graduate in April 2024.

Israel initially faced challenges adjusting to the cold Canadian weather and embracing a new culture. He quickly found his place, immersing himself in both the community and his studies. Passionate about music since high school, Israel joined the band at St. Brice's Church as a pianist, discovering a fulfilling musical community. Volunteering at One Kids Place, he shares his love for music with children, finding it profoundly rewarding. Also volunteering as an administrative assistant at the Canadian Red Cross, Israel gains valuable insights into the Canadian work environment.

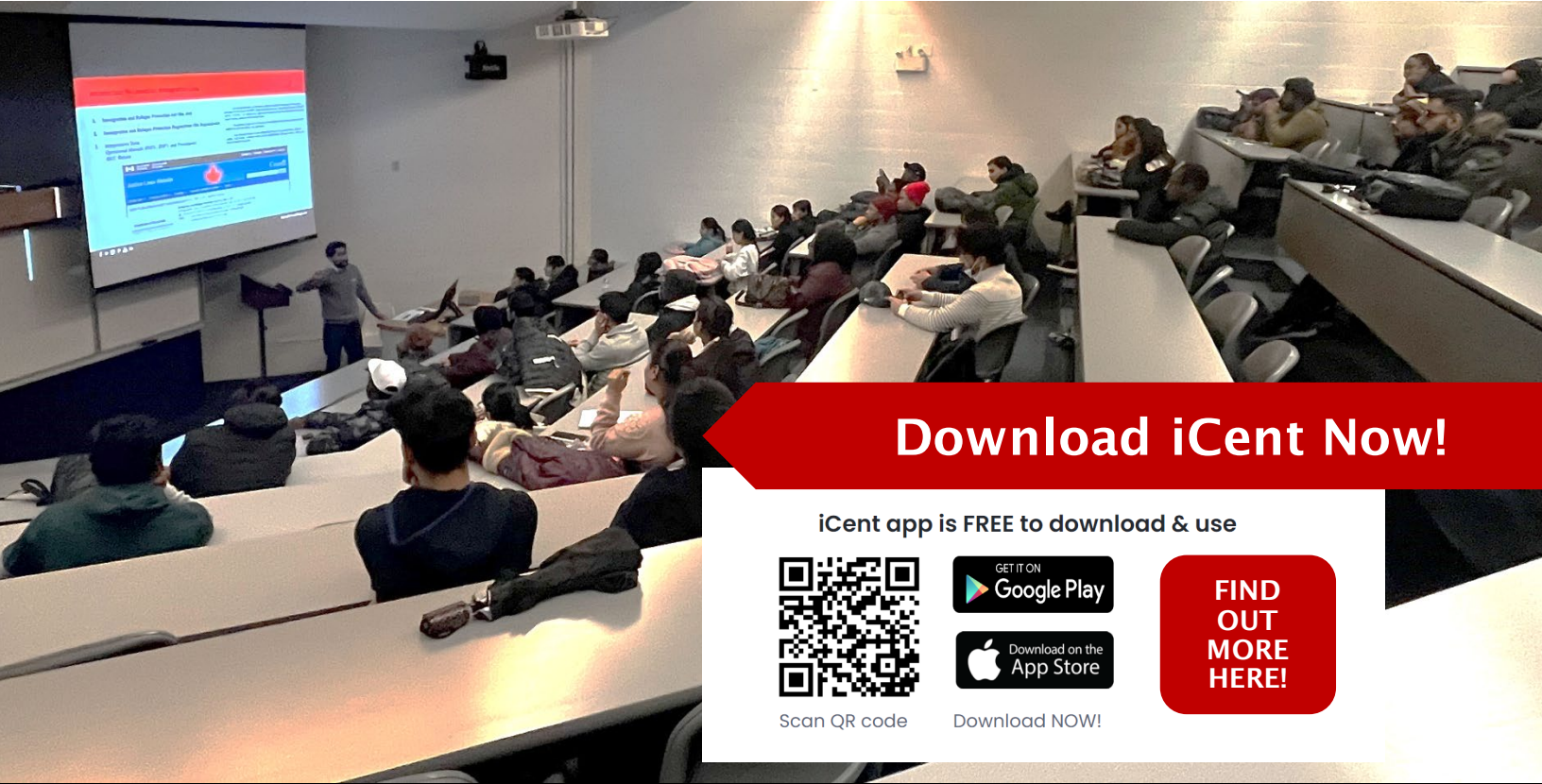
Choosing North Bay for his program was a deliberate decision because of the serene environment the city offers. The warmth of North Bay's citizens, from welcoming landlords to making friends through volunteering, has made Israel feel truly at home. For Israel, the most exciting part of North Bay is the lake and access to the ski hill. He embraces the adventurous and naturalistic side of our city.

Israel's academic journey at Canadore has been both challenging and rewarding. He's grateful for the insight and hands-on experience from professors actively working in their fields, making classes engaging and exciting. Israel particularly praises the outstanding facilities, notably the library, which has been an invaluable resource. He highly recommends Canadore, highlighting its tailored services for international students.

As Israel eagerly looks forward to completing his program and embarking on a rewarding career in healthcare administration, his time in Canada has been truly special, combining academic success, meaningful volunteering, and the enjoyment of what nature has to offer in North Bay. Both the college and Canada are indeed fortunate to have him as a valued member of our community!



International Student Semester Update



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**FIND
OUT
MORE
HERE!**

Special Events

Canadore College hosts various exciting events throughout the year.

Recently, the college came alive with our vibrant Lunar New Year celebration, where students immersed themselves in the rich traditions of this cultural festivity; and 'An Afternoon by the Pond' provided a serene escape, allowing participants to relax and enjoy nature's beauty. The college also provides valuable support through free webinars on taxes, study permit, PGWP, etc.

Despite the challenging weather conditions, our dedicated students braved the elements to attend our recent workshop where Paul delivered an engaging session on study permit extensions. Pictured above!

To stay updated on upcoming events, simply check your iCent app regularly!

It's your go-to platform for event details and registrations. Explore the diverse events at Canadore and make the most of your college experience!

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Canadore's Conversation Club

Join us for discussion and student-led solution brainstorming.

Cookies and tea are provided!

- Meet interesting new people from around the world.
- Make friends and share ideas.
- Practice your English conversation skills.
- Pronunciation support is available for all international students.

Every Tuesday – 4:30 to 5:30pm
College Drive C106

Everyone is welcome!



Sign up today!



We explored some exciting topics in our most recent English Conversation Circles: digital technologies and mental health, healthy relationships, and the future of genomics. Join us for engaging discussions and improve your English skills in our upcoming sessions. **Sign up today using the QR code above!**



International Student Semester Update

Canadore's Worldwide Impact: Our Exciting International Programs

We are thrilled to share the success of our recent international programs, offering transformative experiences for our students while fostering cross-cultural understanding.

In collaboration with the Instituto de Educación Superior en Perú (TECSUP) in Lima, Peru, our students embarked

on the "Summer in Lima" program. Meticulously designed by Maria Fernanda Moscoso and her team at TECSUP, students explored Peruvian culture, innovation, and entrepreneurship through lectures, workshops, and cultural explorations. A particularly poignant moment was the visit to St. Clare of Assisi's school, where our students connected with the local community and gained a profound understanding of the realities faced by many Peruvians.

Similarly, our Indigenous students from the First People's Centre participated in an exchange with their Indigenous sisters and brothers in Costa Rica, fostering cultural sharing and lasting connections.

We encourage all students to explore the exciting possibilities that lie ahead and invite you to visit the International Office to learn more about upcoming programs and partnerships. Together, we can continue to broaden our horizons and make a positive impact on the world.



International Student Semester Update

Is It Possible to Have Fun in Winter?

It might get a bit [very] chilly in Northern Ontario, but don't worry, we'll help you dress for the weather. Once you're all cozied up, the fun never ends! North Bay and Parry Sound are well known for the beauty of their outdoors and you should take advantage - being warm and comfortable is key to making sure that happens!

Wear Layers

Canada's weather can be unpredictable, so dress in layers. Whether it's +10 degrees or -25 degrees, you can easily adjust and stay comfy without getting too hot or cold.

Stay Dry & Bring Extras

Wear waterproof layers and boots made for Canadian winters; if you feel too warm, remove some layers, and always have extra socks and gloves in case they get wet - changing into dry clothes quickly helps keep you warmer!

Cover Up!

Be sure to cover any exposed skin, especially on extremely cold days. The more you cover up, the more comfortable and happier you will be!

For a more in-depth look at how to dress for the winter, take a look at [this article](#)

See next page for things to do in the winter!

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Things To Do in North Bay & Parry Sound

Tucked among snow-draped forests and frozen lakes, North Bay and Parry Sound are dreamlands for winter lovers (and wanna-be winter lovers alike).

- Engage in adventures like snowmobiling, snowboarding, fat-biking, fishing, and skiing.
- Warm up beside a bonfire (following the city or town's bylaws, of course!).
- If you're in the mood to stay warm inside, you can explore charming cafes, unique boutiques, and art galleries in each location's downtown core.

Whether you're seeking the thrill of outdoor activities, or a peaceful winter escape, North Bay and Parry Sound have everything you need to soak in the beauty of the season.



Find More Things to Do!

[Click for Things to do in North Bay](#)

[Click for Things to do in Parry Sound](#)

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Did You Know?

You can find important dates such as breaks, holidays, tuition fee due dates and drop/withdrawal deadlines here:

[Important Dates & Deadlines](#)

Communicating With Us

Do you want a quick answer?

Did you know that you will receive the quickest answer by reviewing the **[International Microsite](#)**, the **[FAQs](#)** or the **[iCent](#)** app first. You'll find information on admissions, enrolment, withdrawals, health insurance, travel to Canada, events, and much more! Check them out!

For inquiries that cannot be answered through the above resources, you can send an email to:

international@canadorecollege.ca

Note that due to high volume of emails, it may take us some time to respond to your inquiry. Don't forget to review the auto-response for an immediate answer!

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Ramadan Mubarak

Ramadan is a time of fasting, prayer, and reflection for Muslims worldwide. It encourages values like gratitude, generosity, and compassion.

During Ramadan, Muslims fast from sunrise to sunset, deepening their spirituality and empathy. The month concludes with Eid al-Fitr, a joyous celebration marked by gift-giving, charity, and communal feasting.

In 2024, Ramadan began on March 11th in North Bay, with Eid al-Fitr following on or near April 10th.

May the spirit of Ramadan continue to inspire peace, kindness, and gratitude in your heart throughout the year!

Stay tuned to your iCent app for upcoming celebrations!

