



UNIVERSITY
OF MANITOBA

Pre-Arrival Guide for International Students

A Publication of the International Centre for Students, University of Manitoba

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This guide contains information you will need to prepare to come to Canada as an international student. Additional information about the topics in this guide can be found on the International Centre for Students (ICS) web site (<http://www.umanitoba.ca/student/ics>).

The following information provides a general overview of the Citizenship and Immigration Canada (CIC) regulations and procedures that relate to international students.

The information contained within this guide was produced to assist international students studying at the University of Manitoba and is offered for general informational purposes only. The International Centre for Students at the University of Manitoba has attempted to verify all information contained in this guide but is not responsible for any errors or omissions. CIC regulations and procedures are subject to change without notice.

DO NOT, UNDER ANY CIRCUMSTANCES, RELY ON INFORMATION FOUND IN OUR PRE-ARRIVAL GUIDE FOR INTERNATIONAL STUDENTS AS LEGAL OR IMMIGRATION ADVICE.

For detailed information about Citizenship and Immigration Canada regulations and application procedures, consult the Citizenship and Immigration Canada web site at: <http://www.cic.gc.ca/>.

It is your responsibility to be familiar with all Citizenship and Immigration Canada regulations while you are in Canada.

Please read the following information carefully and consult the Citizenship and Immigration Canada web site to ensure that you have the required documents to study in Canada.

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1. Becoming an International Student

The following information provides a general overview of the Citizenship and Immigration Canada (CIC) regulations and procedures that relate to international students as of the date of this publication. For detailed information about Immigration regulations and application procedures, consult the CIC web site: <http://www.cic.gc.ca>. It is your responsibility to confirm this information directly with CIC.

Applying For or Changing Your Study Permit

Most international students in long-term programs will need a Study Permit issued by Citizenship and Immigration Canada (CIC) to study in Canada.

Apply Early!

It can take several months to obtain your initial Study Permit. Apply for your Study Permit as soon as you receive your Certificate of Acceptance from the University of Manitoba. To get an idea of how long it could take to process your Study Permit application, visit the "Processing Times" page on the CIC web site:

<http://www.cic.gc.ca/english/information/times/temp.asp>

Where Can I Get a Study Permit Application Kit and Instructions?

To obtain a Study Permit application kit and detailed application instructions, visit the Citizenship and Immigration Canada (CIC) web site (**<http://www.cic.gc.ca>**) or contact the Visa Application Centre or the visa office in the Canadian embassy, high commission, or consulate to which you will submit your Study Permit application. To locate your nearest Visa Application Centre or visa office, visit the following page on the CIC web site:

<http://www.cic.gc.ca/english/information/offices/apply-where.asp>

How Can I Submit a Study Permit Application?

Your application can be submitted to the visa office in the Canadian embassy, high commission, or consulate responsible for your country of citizenship or the country in which are living. It may be possible to apply for your initial Study Permit online or through a Visa Application Centre. Consult the CIC website (**<http://www.cic.gc.ca>**) to determine if these options apply to you.

For complete information about Study Permits, Work Permits, and Temporary Resident Visas, visit the Citizenship and Immigration Canada web site at:

<http://www.cic.gc.ca>

Visiting the USA

Many international students want to travel to the USA while they are in Canada to visit friends or family, to attend conferences, or to attend an interview at a Canadian Consulate.

Typically, it is very difficult for international students to receive visitor visas to the USA while in Canada because their status in Canada is temporary. As well, international students living in Manitoba must travel (at their own expense) to a Consulate General of the United States located in Canada to apply for a USA visitor visa in person as it is not possible to send applications by mail. Therefore, if you think you may need to visit the USA while you are in Canada, we encourage you to apply for a USA visitor visa in your own country before coming to Canada.

For detailed information about USA visa application procedures and requirements, visit:

<http://www.travel.state.gov/>

2. Money and Finances

Tuition, School Fees, and Books/Supplies

Tuition, school fees, and books/supplies vary depending on your program of study and the number of courses you enroll in. For an estimate of the tuition and school fees for your program, refer to the links on the following page:

http://umanitoba.ca/student/records/fee_information_hub.html

Exchange Students: Students coming to the U of M through the ICS Exchange Program pay tuition to their home universities and not to the U of M. However, all Exchange students will be required to pay the following fees to the U of M: University of Manitoba Students' Union (UMSU) fees and field trip fees. Health Insurance fees will vary according to the length of study and the health insurance options chosen.

Living Expenses

The following is an **estimate** of costs in Canadian dollars for a single student living off-campus in Winnipeg at a very modest level for **one calendar year (12 months)**.

Estimated Living Expenses for 1 Student for 12 Months at the U of M:

Books and Supplies	\$1,000 - \$5,000
Accommodation & Utilities	\$6,500 – \$16,000
Food	\$2,700
Health and Dental Insurance (single)	\$300 (family rates are also available)
Clothing	\$600
Winter Clothing (applies to new students only)	\$600 - \$1,000
Resettlement Costs	\$1,500
Telephone	\$720
Transportation (city bus pass)	\$840
Entertainment	\$750

An additional \$4,000 should be added for a spouse and an additional \$3,000 for each dependent to cover 12 months of living expenses.

Paying Fees in Advance

Citizenship and Immigration Canada sometimes requires students to forward payment for their tuition and living expenses to the University before issuing a Study Permit. If you are asked to pay fees in advance, contact the ICS office for information on the University of Manitoba's international payment options and policies. The ICS office can also provide you with a written estimate of tuition and living expenses if it is needed.

Payment Deadlines

Undergraduate and graduate student fees are assessed at the time of registration. Fees for the Fall Term are due by the September payment deadline. Fees for the Winter Term are due by the January payment deadline. Summer Term payment deadlines vary according to each course start date. Many compulsory and incidental fees must be paid in full by the Fall Term payment deadline in September. Exchange Program students follow the same payment deadlines as regular undergraduate and graduate degree program students.

You will not be sent a fee statement in the mail. A complete record of fees assessed for each term is available through the student registration system, Aurora Student. Students are responsible for being aware of their fee balances and for making payments prior to the deadline. Fees not paid by the fee payment deadline will be assessed a late payment fee. For additional information on fee payment deadlines and late fees, visit:

http://www.umanitoba.ca/admin/financial_services/revcap/fee_deadlines.htm.

Graduate students with Teaching and/or Research Assistantships may be eligible to pay tuition in monthly installments. Compulsory and incidental fees that cannot be paid in installments must be paid in full by the Fall Term payment deadline in September. For more information about international graduate student installment plans, visit:

http://umanitoba.ca/admin/financial_services/revcap/installmentplan.html.

Financial Aid

The U of M has award programs for new and continuing international students at the undergraduate and graduate levels. Graduate students may also inquire at their department of study about possible teaching and research assistantship positions.

U of M Undergraduate and Graduate Awards: **http://umanitoba.ca/student/fin_awards/**

U of M Graduate Awards: **http://umanitoba.ca/faculties/graduate_studies/**

Students interested in international scholarships can contact the Ministry of Education in their home country, any Canadian Embassy, or the Canadian Bureau for International Education (**<http://www.cbie.ca>**).

Health Insurance

Manitoba Health Coverage:

Many international students will be eligible for provincial health care coverage through Manitoba Health. For information about Manitoba Health eligibility, application procedures, coverage, and more visit gov.mb.ca/health. Eligible students should obtain their Manitoba Health cards as soon after their arrival as possible.

Exchange Students: Many Exchange program students coming from partner institutions will not qualify for Manitoba Health coverage. Contact your U of M Exchange Coordinator for more information.

University of Manitoba Students' Union (UMSU) Health and Dental Plan:

This plan provides extended health coverage (beyond the coverage provided by Manitoba Health) as well as coverage for some dental and eye exam expenses. This plan is available to Canadian, permanent resident, and international students at the U of M. To be eligible for this plan, you must also have Canadian provincial health care coverage (or equivalent). All full-time graduate students starting in September or January will be automatically enrolled in this plan. All undergraduate students starting in September will be enrolled in this plan if they are registered for 6 on-campus credit hours or more for the fall term. Undergraduate students starting their program in January will be enrolled in this plan if they are registered for 9 on-campus credit hours or more in the winter term.

Please Note: Students who begin classes in the Summer Term (May – August) will not be eligible for this plan until the following Fall Term that begins in September.

For detailed information about the UMSU Health and Dental plan, visit:

<http://umsu.ca/services/health-dental-insurance>.

Exchange Students: Exchange program students coming from partner institutions are not automatically enrolled in the UMSU Health and Dental plan, but may be able to opt into it. Contact your U of M Exchange Coordinator before coming to Canada for more information if you are interested in opting into the UMSU Health and Dental Plan.

International students at the University of Manitoba are encouraged to review the coverage provided by Manitoba Health and the University of Manitoba Students' Union (UMSU) Health and Dental Plan (if applicable) before coming to Canada and to purchase additional health, dental, and/or travel insurance from their home countries if they feel it is necessary.

The University of Manitoba has a health clinic, dental clinic, and pharmacy located on the Fort Garry campus (in the University Centre building).

If You Have Children

Day Care

The U of M has two day care services on the Fort Garry campus for students with young children. There is a waiting list for enrollment in both programs. Interested students are encouraged to contact their program of choice early to be added to the waiting list.

Campus Day Care Centre Inc.
15 Dysart Road
University of Manitoba
Winnipeg, Manitoba
Canada. R3T 2N2
Ph: 204-269-7773
URL: www.umanitoba.ca/campus/daycare

PlayCare
109 University College
University of Manitoba
Winnipeg, Manitoba
Canada, R3T 2N2
Ph: 204-474-6949
URL: www.umanitoba.ca/student/resource/playcare

Education

Your children may attend public schools in Canada. You will need to apply for a Study Permit for each of your children at the same time as you apply for your Study Permit.

For more information about public schools close to the Fort Garry campus, you may contact:

Pembina Trails School Division
181 Henlow Bay, Winnipeg, Manitoba
Canada, R3Y 1M7
Ph : 204-488-1757
URL : www.pembinatrails.ca

For more information about public schools close to the Bannatyne campus, you may contact:

Winnipeg School Division
1577 Wall Street, Winnipeg, Manitoba
Canada, R3E 2S5
Ph: 204-775-0231
URL: www.winnipeg.sd.ca

3. Travelling To Canada

Baggage

Airlines restrict the weight of the baggage and/or the number of bags that you may take with you on your flight. Not all airlines have the same baggage limits. To ensure that you do not exceed the baggage limits of any airline you will use on your trip to Winnipeg, check each airline's baggage limits before you pack. Some airlines charge additional fees for items of baggage that exceed the limits while other airlines may not allow the extra baggage on the flight. It may be less expensive to forward your non-essential belongings by sea or surface mail. Be sure to make an itemized list and retain all waybills of belongings sent in this manner.

Bringing Your Personal Items into Canada

The Canadian government does not charge duty or taxes when bringing a reasonable quantity of clothing, books, or other items with you for your personal use. However, only limited amounts of alcohol and tobacco are permitted. You should prepare two copies of a list of all personal/household goods (including make, model, serial number, and value) that you intend to bring into Canada. The list should be divided into goods you are bringing with you and goods that will arrive later. You can obtain detailed information about Canada's customs regulations from the Canada Border Services Agency (CBSA) web site at:

<http://www.cbsa-asfc.gc.ca>

Entering Canada

When you arrive in Canada, you will meet with a Canada Border Services Agency (CBSA) officer at your port of entry. You should indicate to the officer that you are coming to Canada to study. You will also need to inform the officer if you are entering Canada with \$10,000 CDN or more, or its equivalent in a foreign currency. The funds can be in the form of cash or other monetary instruments such as bonds, traveller's cheques, money orders, etc.

You will need to show the CBSA officer the following documents, so be sure that you carry them with you during your flight(s):

- Your valid passport or travel document (or proof of citizenship for USA citizens)
- Your valid Temporary Resident Visa (also referred to as a Canadian entry visa), if required
- A copy of your University of Manitoba Certificate of Acceptance / Letter of Acceptance
- Evidence of adequate funds for your stay in Canada
- The letter of introduction issued by the Canadian visa office that approved your Study Permit application
- Any other documents recommended by the Canadian visa office where you applied for your Study Permit
- Two copies of the list of personal/household goods you are bringing into Canada

If there are no problems at the port of entry, the CBSA officer will allow you to enter Canada and will give you your Study Permit.

Although you will probably be tired from your trip to Canada, be sure to read your Study Permit carefully and ask the officer to explain anything you do not understand. It is your responsibility to understand and comply with immigration regulations while you are in Canada.

You should allow at least two hours for customs and immigration clearance procedures at your port of entry before catching your connecting flight to Winnipeg.

4. Arriving in Winnipeg

Getting to the U of M

If you don't have someone meeting you at the airport, you can get to the U of M or your accommodation by taking a taxi, making arrangements with a private airport pickup service, or by taking a public transit bus. Because there is limited space on public transit buses to carry luggage, many students choose to take a taxi or use an airport pickup service.

Taxi Information:

- You can take a taxi (also called a "cab") from the Winnipeg James Armstrong Richardson International Airport to the U of M Fort Garry campus for approximately \$30 to \$40 CDN.
- Taxi fares in Manitoba are regulated. You cannot negotiate a price.
- Most taxis accept cash or major credit cards for payment.
- If the service was good, it is acceptable to give the driver a tip (usually 10-15% of the total fare).
- The airport has an agreement with Unicity Taxi to provide taxi service from the airport. There are normally several taxis waiting outside of the terminal.

Personalized Airport Pickup:

- For just a little bit more than a taxi, you can reserve a car and driver to meet you at the airport and take you anywhere in the city. A driver will meet you in the arrivals area holding a sign with your name on it.
- This service costs approximately \$35 -\$45 CDN for a ride to the U of M Fort Garry campus, or less for most other areas of the city. Some companies may charge higher rates if providing enhanced services.
- To make a reservation with any of the transportation companies listed below, you will need to provide the following information:
 - Flight number
 - Arrival time
 - First name & family name
 - Contact information (e-mail address, phone number, etc.)
- Reservations should be made at least 2 days prior to your arrival in Winnipeg.

Airport Pickup Services

<i>Company</i>	<i>Website</i>	<i>Phone Number</i>
Five Star Limo	http://fivestarlimo.ca/	(204) 775-5466
London Limos	http://www.londonlimos.ca/	(204) 488-9590
Ambassador Limousine	http://limowinnipeg.com/	(204) 997-6284
AAA VIP Limousine Service	http://www.aaaviplimos.com/	(204) 990-7186
AA Empire Limousine Service	http://www.empirelimowpg.ca/	(204) 297-0423
Winnipeg Shuttle LimoXtra	http://wpgvan.com/	(204) 981-0981
Rainbow Limousine Service	http://rainbowlimo.webs.com/	(204) 960-6662

Public Transit Bus Information:

- Although the bus is more affordable, it may not be a convenient or practical way to get to the U of M or your accommodation when you first arrive.
- Buses do not run 24 hours/day and provide reduced service outside of the morning and afternoon 'rush hours' and on weekends and holidays.
- There is limited space on public transit buses to carry luggage and it will most likely be necessary to transfer to a second or third bus to complete your trip from the airport.
- If you would like to try this option, we recommend you plan your trip before you arrive in Winnipeg, using Winnipeg Transit's online search tool called Navigo: **<http://winnipegtransit.com/en/navigo>**. You can enter the name of the airport (James A. Richardson International Airport) and University of Manitoba (or wherever you are going) along with the time of day you will be travelling.
- You will likely take a #15 or 20 before connecting to another bus (or buses) that provide service to the U of M.
- Bus fare is \$2.65 per person if paying with cash – exact change is required. Once you register for classes and have a valid University of Manitoba student ID card, you will be eligible to purchase a monthly Post-Secondary Bus Pass which costs less than a regular-fare monthly bus pass.

Temporary Accommodation

Students who will arrive in Winnipeg prior to securing permanent accommodation or prior to residence move-in dates are encouraged to arrange temporary accommodation in advance.

U of M Residences: U of M Residences offer temporary accommodation on the Fort Garry campus from May to mid-August. For details, visit:
<http://umanitoba.ca/campus/housing/guests>

Additional Options: Additional temporary accommodation options can be found at:
<http://umanitoba.ca/housing/offcampus/temp.html>

5. Finding A Place To Live

Living On Campus

U of M Residences provide students with the convenience of living on campus. Residences offer furnished rooms, meal plans, study space, lounges, laundry facilities, storage space, reserved parking, and a variety of programming to meet the social and educational needs of its students. Married student housing is not available on the U of M campus.

You must be a U of M student to live in Residence. We recommend that you apply for residence early, as spaces fill quickly and priority is given to those who apply first. You do not have to wait until you receive your U of M Letter of Acceptance.

Information about U of M Residence rates, application procedures, payment methods and deadlines, move-in and move-out dates, what is included in your room, what you can and can't bring into your room, residence services, and much more is available on the Student Residences website: <http://umanitoba.ca/campus/housing/index.html>.

Students who will arrive before the published move-in dates should contact their Residence in advance to inquire about moving in early, setting up their meal plan, and receiving bed linens.

Living Off-Campus

Rent for off-campus accommodation ranges from approximately \$300 - \$500 per month for a room in a house to more than \$900 per month for 1, 2, or 3 bedroom apartments or houses.

Links to accommodation listings and information about what to consider when looking for off-campus housing, renter's rights and responsibilities, landlord rights and responsibilities, utility costs (i.e., heat, electricity, water, etc.), and more can be found on the Accommodation Resources page of the ICS website:

<http://umanitoba.ca/student/ics/accommodations/index.html>.

Please note that although the University lists available accommodations, it does not approve, license, or inspect them. Housing arrangements are your responsibility and must be made directly between you and the landlord.

Rental laws are different in each province. To learn about the process of renting accommodation and your rights and responsibilities as a tenant in Manitoba, visit the Residential Tenancies Branch web site at: <http://www.gov.mb.ca/cca/rtb>. The Residential Tenancies Branch is a department of the Government of Manitoba.

U of M Homestay Program

Homestay provides an opportunity for an international student to live in a Canadian home while studying at the U of M. Any U of M international student registered in an academic program or at the English Language Centre may apply for a Homestay.

While living in Homestay, students have full use of the household. Families will include their student in day-to-day activities as well as in cultural activities of interest to the student. Early application is encouraged. More information about the Homestay program, as well as application forms, are available at: <http://www.umanitoba.ca/student/elc/homestay>.

6. The University of Manitoba

Campus Information

The U of M is located on two sites in Winnipeg. The main Fort Garry campus is a 274-hectare complex of more than 50 buildings on the banks of the Red River in south Winnipeg. It is here where most undergraduate and graduate instruction is given. The second location is the Bannatyne Campus, a complex of 10 buildings in central Winnipeg where health sciences programs are offered.

Registration Information for Incoming Exchange Students

Registration procedures vary for incoming exchange students. Incoming exchange students should contact their University of Manitoba Exchange Coordinator for registration procedures as soon as they receive acceptance into the Exchange Program.

Registration Information for International Undergraduate and Graduate Degree Students

Many courses fill up quickly. International students admitted into undergraduate and graduate degree programs are encouraged to register early before courses are full. International students wishing to register before arriving in Winnipeg are encouraged to contact a student advisor in their department of study for assistance with course selection and registration.

Course Calendar:

The Course Calendar provides information about all courses offered in each faculty, university policies, important dates and deadlines, and much more. Students should read the Course Calendar prior to registering for classes.

Links to Course Calendars and academic planning resources can be found online at:
<http://www.umanitoba.ca/student/records/courses/723.html>

Registration:

Links to information about registration procedures and policies can be found at:
http://umanitoba.ca/student/records/how_to_register_hub.html.

Links to useful online registration tutorials can also be found on this page.

Students who do not have access to the internet should contact a student advisor in their department for registration assistance.

Transferring Credits to the U of M

Students who require assessment of prior coursework for admission or transfer credit are advised to submit detailed course descriptions or syllabi as early as possible. It is recommended that students who have studied at a university or college outside of Canada provide course information for all courses that appear on their final transcript.

Detailed information about the transfer credit evaluation process and requirements can be found at: **<http://umanitoba.ca/student/admissions/application/deadlines/transfer-credit.html>**.

7. The International Centre for Students

The International Centre for Students (ICS) is here to support you in your adjustment to life in Canada and to your studies at the University of Manitoba. Programs and services specifically designed to meet the needs and interests of international students are offered throughout the year. Additional orientation programs are offered at the start of each academic term. Detailed information about our programs and services can be found on the ICS web site at: <http://umanitoba.ca/student/ics/>.

ICS Orientation Programs

Our orientation programs are an effective and efficient way to get the information you need in a short amount of time. If you are interested in any of the orientation programs described below, please complete the appropriate Arrival Program Registration Form, indicating which programs you wish to participate in, and return it to the ICS office.

Regular International Undergraduate and Graduate Students:

Please complete the **Arrival Program Registration Form** and return it to the ICS Office by fax (204 474-7562) or by email (ics@ad.umanitoba.ca).

ICS Exchange Program Students:

Please complete the **Exchange Student Arrival Form** and return it to the ICS Exchange Program office by fax (204 474-7562) or by e-mail (Student_Exchange@umanitoba.ca).

Orientation for International Students: ICS schedules orientation sessions for new international students at the start of the Fall and Winter terms. The orientation is a great opportunity to meet the ICS staff and learn about our programs; meet new and returning students from around the world; become familiar with the university and the city of Winnipeg; and get the information you need about adjusting to a new country, university policies and procedures, finding accommodation, permits and visas, health matters, and more!

Summer Orientation Sessions: Our Summer Orientation Sessions are a great way to get the information you need in a format that accommodates busy summer schedules. Participants will learn about ICS programs, get information about U of M policies, become familiar with student services on campus, and more. Sessions are offered throughout the summer.

Intercultural Retreat: This is a unique one-day intercultural event held each Fall. It is an opportunity to meet new and returning international students, as well as U of M staff and professors. The day includes intercultural discussions and recreational activities such as rock wall climbing, canoeing/kayaking, swimming, and sports at a beautiful rural retreat. The Retreat is highly recommended by students who have participated in the past as a way to make friends at the start of the term, develop successful communication strategies in a multicultural context, become better prepared for the Canadian academic environment, and enjoy the beauty of rural Manitoba. This event is held at the start of the Fall term only.

Taking the Bus in Winnipeg Workshop: Winnipeg's bus transit system is an affordable and convenient transportation option, but it can be confusing when you first start to use it. This half-day session will teach you everything you need to know about taking the bus in Winnipeg. Join us to learn about transit fares and payment procedures, route planning, how to get on and off the bus, signaling your stop, bus etiquette, and more. The session ends with a private transit bus tour to help you practice what you've learned while seeing parts of our city.

Banking, Budgeting, and Taxes in Canada Workshop: A big part of getting settled in a new country is setting up an appropriate and realistic budget. This workshop will teach you about banking in Canada (including how to set up a bank account), using credit cards wisely, tracking your spending, establishing a personal budget, and managing your money effectively. Whether this is your first time managing money or simply your first time managing money in Canada, you're sure to find this workshop helpful.

International Student Mentorship Program (ISMP): Through the ISMP you can request to be partnered with an experienced U of M student who will serve as a point of contact and support during your transition to the U of M and Winnipeg. All Mentors in our program have been trained on how to provide peer-to-peer personal, academic, and intercultural support for new international students. You and your Mentor will arrange weekly meetings and your Mentor is also expected to communicate via e-mail or text as needed. You and your Mentor will be partnered for the entire academic term (September - December or January - April). The time commitment for this program is 18 hours throughout the term.

Summer Buddy Program: The Summer Buddy Program helps international students adjust to their new environment by matching them with experienced U of M students who can provide friendly support and an orientation to the campus.

International Welcome Dinner: This semi-formal event marks the arrival of new international and exchange students and celebrates the ideals of global citizenship and engagement at the University of Manitoba. This event is held annually in October.

ICS Programs and Services Throughout the Year

Student Advising: Our international student advisors are here to assist you with your adjustment to life in Canada and to your studies at the U of M. Our advisors can also assist you with personal matters during your stay in Winnipeg and can offer guidance on immigration regulations as they relate to your studies in Canada. Students may book an appointment to meet with an advisor in person at a specific time or they may come during 'drop-in' times to see an advisor without making an appointment in advance.

Volunteer Language Exchange Program (VLEP): The VLEP matches volunteers with complementary interests in language and culture. Students volunteering in the VLEP meet with their respective Conversation Partners every week to practice each other's languages and learn about each other's cultures. It is a great way to meet new people, practice conversation skills, and learn about other cultures in a relaxed environment.

Intercultural Development and Leadership Program: Open to all students, this dynamic and interactive program runs for 8 sessions each fall and winter term. Through a variety of group sessions and workshops delivered by ICS or guest speakers, you will enhance your own cultural awareness and develop intercultural skills that you can apply in diverse settings, both in and out of the classroom. You will also strengthen your leadership, public speaking, conflict resolution, communication, and facilitation skills. Participants will build a stronger sense of self-confidence that you can take beyond the classroom to your personal and professional lives.

Workshops and Seminars: Adjusting to life in Canada and to the Canadian academic environment can be both exciting and challenging. To help students with these transitions, ICS offers workshops and seminars throughout the year to help international students learn more about academic skill-building, cultural adjustment, making friends and understanding relationships in Canada, finding employment, taxation, permits and visas, renter's rights and obligations, and much more.

Recreational and Cultural Programs: ICS organizes recreational and cultural events and activities throughout the year, including: sports nights, artistic and cultural outings, kayaking and canoeing events, winter skating and snowshoeing nights, and trips to various attractions in and around Winnipeg. There is always something going on at ICS! Stay up-to-date on what's happening through the ICS Calendar (umanitoba.ca/student/ics/calendar) and the ICS Newsletter.

ICS Newsletter: Each week, ICS produces an email newsletter to keep students informed about upcoming ICS and U of M events, changes to immigration regulations, employment opportunities, and other useful information. Email ics@ad.umanitoba.ca to sign up for our weekly e-Newsletter.

ICS Lounge: The ICS Lounge is a great place to relax, study, and meet people! Comfortable sofas and chairs and a relaxed atmosphere make our lounge a popular spot for students. During the summer, the outdoor patio (located beside our Lounge) is a favorite destination for both students and staff.

8. The City of Winnipeg Welcomes You

Winnipeg is the capital city of the province of Manitoba and the geographic centre of both Canada and North America. Its location gives it a continental climate with four distinct seasons and over 2,300 hours of sunlight each year.

Winnipeg boasts a diverse, multicultural population of over 700,000 people, giving the city an international, cosmopolitan atmosphere. Known across Canada for their friendliness, Winnipeggers enjoy a low cost of living and a feeling of community in a city with all of the amenities of a large, modern centre.

Winnipeg's 4 Seasons

Summer (June to September):	15 degrees Centigrade to 35 degrees Centigrade
Autumn (September to November):	5 degrees Centigrade to 20 degrees Centigrade
Winter (December to March):	0 degrees Centigrade to -35 degrees Centigrade
Spring (April to May):	0 degrees Centigrade to 15 degrees Centigrade

For More Information, Contact:

Tourism Winnipeg

Ph: 204-943-1970 / 1-855-734-2489 (Toll-free in North America)

Email: info@tourismwinnipeg.com

Visit Winnipeg on the Web: www.tourismwinnipeg.com

9. Before You Depart

Who is Meeting You When You Arrive?

- If possible, arrange in advance to have friends or family meet you at the airport. If you have arranged a U of M Homestay, your host family will meet you at the airport.
- Make sure that you inform those who are meeting you of all of your flight information, including your flight number and exact date and time of arrival.
- If no one is picking you up, please consult '4. Arriving in Winnipeg' to learn about your options.

Do You Have . . .

- A current passport or travel document (or proof of citizenship for USA citizens)
- A valid Temporary Resident Visa, if required
- Evidence of adequate funds for your stay in Canada
- Your letter of introduction issued by CIC (confirming that your Study Permit application was approved)
- A copy of your University of Manitoba Certificate of Acceptance / Letter of Acceptance
- 2 copies of your list of the personal/household items you are bringing with you to Canada
- Access to adequate funds during your travel to Canada and the first few days in Winnipeg (such as an internationally accepted credit card or travelers cheques)
- A record of the immunizations you have received
- A list of the names of all medications you require
- A driver's license

Have You . . .

- Sent your completed Arrival Program Registration Form to ICS?
- Contacted an Advisor in your faculty for registration information?
- Submitted full detailed course outlines to the transfer credit evaluation office? (for transfer students only).
- Confirmed your arrival date, time, and flight number with your Homestay family or with friends/family meeting you at the airport?
- Arranged for long-term accommodation with a Homestay Family, in campus Residence, or in off-campus housing?
- Arranged for temporary accommodation for your first few days in Winnipeg if your long-term accommodation has not been finalized?
- Packed warm clothing if you are arriving in Canada between October and April?
- Reviewed the health insurance coverage available through Manitoba Health and the U of M and determined if you will require additional coverage?
- Prepared a budget for your tuition and living expenses?
- Checked your fee payment options and deadlines?

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