UVic Bound:
Destination Victoria: Pre-departure Prep
We acknowledge and respect the Lək̓ʷəŋən (Songhees and Esquimalt) Peoples on whose territory the university stands, and the Lək̓ʷəŋən and W̱SÁNEĆ Peoples whose historical relationships with the land continue to this day.
UVic Bound Prizes

- Send your first and last name directly to Jeannine for a chance to win $50 to the UVic Bookstore.

- Attend every UVic Bound session and be entered to win a $100 UVic Bookstore gift card to buy your first UVic swag!

Gift cards will be handed out at the UVic Bound Breakfast Meet & Greet on August 27th.
Agenda

- Travel to Canada
- Getting ready
- Getting around
- Getting set up
- Break-out chats
- Wrap-up
Travelling to Canada

- Valid passport or other accepted travel document
- Valid study permit or letter of introduction
- Valid temporary resident visa or eTA (if required)
- Verification of enrolment ([Online Tools](#))
- Proof of funds
- Valid letter of acceptance or study permit information letter from UVic
- Proof of a valid immigration medical examination (if required)
- Advance Declaration confirmation email (Optional)

For more information, visit ICS website – [Travelling to Canada](#).
Letter of Introduction

Be sure to:

- review information and arrival deadline carefully
- follow the instructions to prepare your arrival to Canada
- consult with us if you have questions
Entry documents

- Electronic Travel Authorization (eTA)
- Temporary Resident Visa (TRV)
Study Permit

Be sure to:

• review all information carefully

• check the conditions placed on your study permit

• consult with us if you have questions
Immigration Tips

- Be patient
- Answer questions honestly, consistently and briefly
- Review your study permit at the border
Learn more

**Listen** to Bradley Dick (Songhees) and relatives share a welcome song and the histories of these territories

**Read** more on the histories of these territories as told by members of the Songhees Nation

**Watch** this lesson on the important of land to knowledge, culture, and healing in Lekwungen Territories

**Walk** around these territories, learning from artists who tell stories of the histories of these lands
Victoria - what to expect

Geography
• Small island on West Coast of Canada
• Beaches, mountains, and forests
• ~400,000 people in Greater Victoria

Climate
• Mild weather year-round
• Dry summers, rainy winters
• Snow is very rare

UVic
• Located 20 mins from Downtown Victoria
• Spacious, green campus
• ~20,000 students
Packing

What to pack:
• Medications: 3-month supply
• Weather appropriate clothes
• Specialty toiletries
• Reminder of home

What NOT to pack:
• Large amounts of cash
• Parkas, snow boots
• Agricultural food items (tip: check CBSA guidelines)
• General housewares
Important documents

In addition to your immigration docs, bring:
• Prescriptions
• Medical and vaccination records
• Payment methods
• Identity documents
• Driver’s license

Important: translating all medical documents in your home country will save you money and time
Arriving in Victoria

Most students will arrive to Victoria by:
- **Plane** (Victoria International Airport, YYJ)
- **Ferry** (Swartz Bay Terminal)

Services at the Victoria airport:
- Currency exchange
- Wifi
- Information

Transit options to where you are staying:
- **BC Transit Bus** ($5 for day pass)
- **BC Connector**
- Uber, Lyft
- Taxi (approx $75 )
First days in Victoria

First days:
• Open a bank account
• Connect a local phone line or eSIM
• Set up your new home
• Explore Victoria and meet new people!

First weeks:
• Apply for MSP
• Apply for SIN (if you plan to work)
• Get a BC ID
First days at UVic

• Get your ONECard
• Check out the Student Union Building
• Clubs and Course Union days
• Attend orientations and events:
  • Residence
  • UVSS
  • New student events
  • Departmental events
• Attend ISOP + ISW events!

Learn where to find the ICS!
2nd floor of the Jamie Cassels Centre
B 202d
Starting **September 1**, most UVic students are automatically enrolled in the **U-Pass**, a discounted student bus pass.

**To ride the bus**, set up your **Umo app** or card and activate your pass.

**Other useful tools for getting around:**
- BC Transit Trip Planner
- Google maps

**Other types of transport:**
- Biking: maps and bike loan program
- Driving: parking information
Where to find what?

Types of Purchases

Housewares, linens: supercenters, thrift stores, online

School supplies, electronics: dollar stores, supercenters, online

Medication, toiletries: pharmacies, supercenters, grocery stores

Food, cleaning supplies: pharmacies, supercenters, grocery stores

Clothing: supercenters, malls, thrift stores

Types of Stores

Supercenters: Walmart, Superstore

Grocery stores: Fairway, Thrifty Foods, Save On Foods, Country Grocer

Pharmacies: Shopper’s Drugmart, Pharmasave, Rexall

Dollar stores: Dollarama, Dollar Tree

Thrift stores: Value Village, Salvation Army

Online: FB Market Place, Used Victoria
Safety and emergencies

911: for ambulance, fire, police

Hospitals: Royal Jubilee and Victoria General

UVic Student Wellness Centre: medical care, counselling, mental health supports and spiritual care for UVic students

Virtual health

- Mobile Doctor: free virtual health w/ guard.me plan
- SupportConnect: free, confidential mental health support for UVic students, 24/7 by phone and online
- 811 to talk to a nurse for free

UVic Campus security

- Phone: 250 721 7599
- Resources: SafeWalk, Campus Alone, Uvic SafetyApp
Health insurance reminder

- You will be automatically enrolled in the Mandatory Temporary Medical Insurance plan – guard.me
- Coverage dates: August 18 – December 31, 2024
- If you are arriving early, apply online for extra coverage
- Mid-August you will receive an e-mail to set up your online account and view your policy information
- Apply for MSP when you arrive in BC

Join our ISOP Health Insurance session
August 21 from 9am-10am (PT)
Taking off – last tips!

- Write important phone numbers and addresses down on paper
- Make copies of your important documents (such as study permit)
- Pre-load a translator app on your phone
- Bring some cash
- Reach out if you have questions or need any help!

Tip!
Pack your most important items in your carry on

medications | documents
technology and chargers
emergency change of clothes
Room 1: Packing and prep

Room 2: Getting oriented

Room 3: Getting ready! Last questions

Break-out Chats
International Student Advising
Immigration and Settlement

Jamie Cassels Building B202d
Hours: Monday-Friday, 9:00am-4:30pm (PT)

Immigration Advising Drop-in Hours:
Hours: Monday-Friday, 1:30 – 3:30 pm (PT)

Phone: +1 250 721 6361
Email contact: icsinfo@uvic.ca
Website: www.uvic.ca/ics

Stay connected!
Follow us on Instagram @uvicinternational.

Join the Global Community Facebook group, subscribe to our newsletter, and join our upcoming events!
Gift cards will be handed out at the UVic Bound Breakfast Meet & Greet on August 27th.
Stay Connected

STUDENT LEADER DROP IN
August 14th, 10:00 - 10:30 a.m.

EMAIL YOUR STUDENT LEADER
uvicbound@uvic.ca

FOLLOW OUR INSTAGRAM
@uvicinternational
# International Student Orientation Programs
**August 19th - September 7th**

Mark your calendars and register for each event you would like to attend!

**August 19 - August 23**  
Online only programs

**August 27 - September 7**  
In person programs

**September - December**  
Attend Global Community Events to make new friends and stay connected!

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<tr>
<th>Sunday</th>
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|        | Studying and Working in Canada  
9:00am to 10:00am | Academic Success in Canada  
9:00am to 10:30am | Health Insurance Information  
9:00am to 10:00am | Academic Advising Essentials for Undergraduate Students  
9:00am to 10:00am | Introduction to the UVic Library  
10:00am to 11:00am |        |
|        |        |        | Introduction to Grad Writing  
10:00am to 11:30am |        | Getting to know UVic tools and technology  
10:30am to 11:30am |        |

**Please note:**  
All information sessions during this week (August 19th - August 23rd) are hosted online!  
In person programs start on August 27th.

Register now!
# International Student Orientation Programs

**August 19th - September 7th**

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<td><strong>Register now!</strong></td>
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<td>Thriving at Uvic 11:00am to 1:00pm</td>
<td>Find Your Classroom Tours 9:30am and 11:00am</td>
<td>International Student Welcome Event 9:15am to 4:00pm</td>
<td>SIN Application Drop-In Session 9:30am to 3:30pm</td>
<td>Photo Scavenger Hunt 3:30pm to 7:30pm</td>
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<td>Lunch &amp; Lawn Games 1:00pm to 2:30pm</td>
<td>Grad Library Tour 1:00pm to 1:30pm</td>
<td>Undergraduate Library Tour 2:00pm to 2:30pm</td>
<td>Succeeding in Your Canadian Job Search 11:00am to 1:15pm</td>
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<td>Fisherman’s Wharf &amp; Ogden Point Walking Tour 4:00pm to 9:00pm</td>
<td>Bus Route Basics: Uptown 3:00pm to 7:00pm</td>
<td>Graduate Student Giant Game Night 5:00pm to 8:30pm</td>
<td>GC Beach Social 3:30pm to 6:00pm</td>
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<td><strong>Bus Route Basics: Choose Your Route</strong></td>
<td><strong>New Student Welcome 12:00pm to 1:30pm At the Quad</strong></td>
<td><strong>GC Welcome Tent 10:00am to 3:00pm At the Quad</strong></td>
<td><strong>GC Welcome Tent 10:00am to 3:00pm At the Quad</strong></td>
<td><strong>Thunderfest 11:00am to 3:00pm At the Quad</strong></td>
<td><strong>Thetis Lake Hike 10:30am to 3:00pm</strong></td>
<td><strong>Check out Global Community Events and join us to connect with others, have fun, and build your community!</strong></td>
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Don't forget to submit your photo online before August 25th and pick up your OneCard to use for check in at the International Student Welcome!
UVic Bound
Breakfast Meet & Greet

REGISTER NOW TO KICK OFF YOUR UVIC JOURNEY WITH THIS IN-PERSON EVENT!
August 27th, 9:30am - 10:30am
Follow us on Instagram @uvicinternational.
Join the Global Community Facebook group, subscribe to our newsletter, and join our upcoming events!

Thank you!

Welcome to the UVic Global Community.