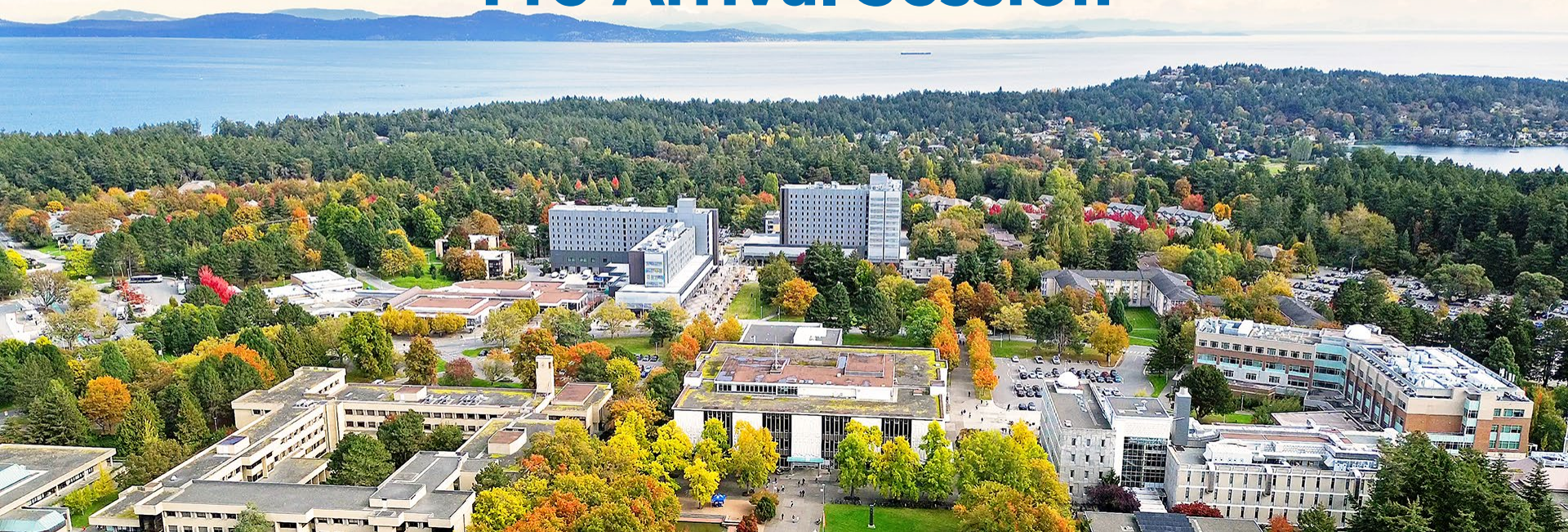


# UVic Ready: Pre-Arrival Session





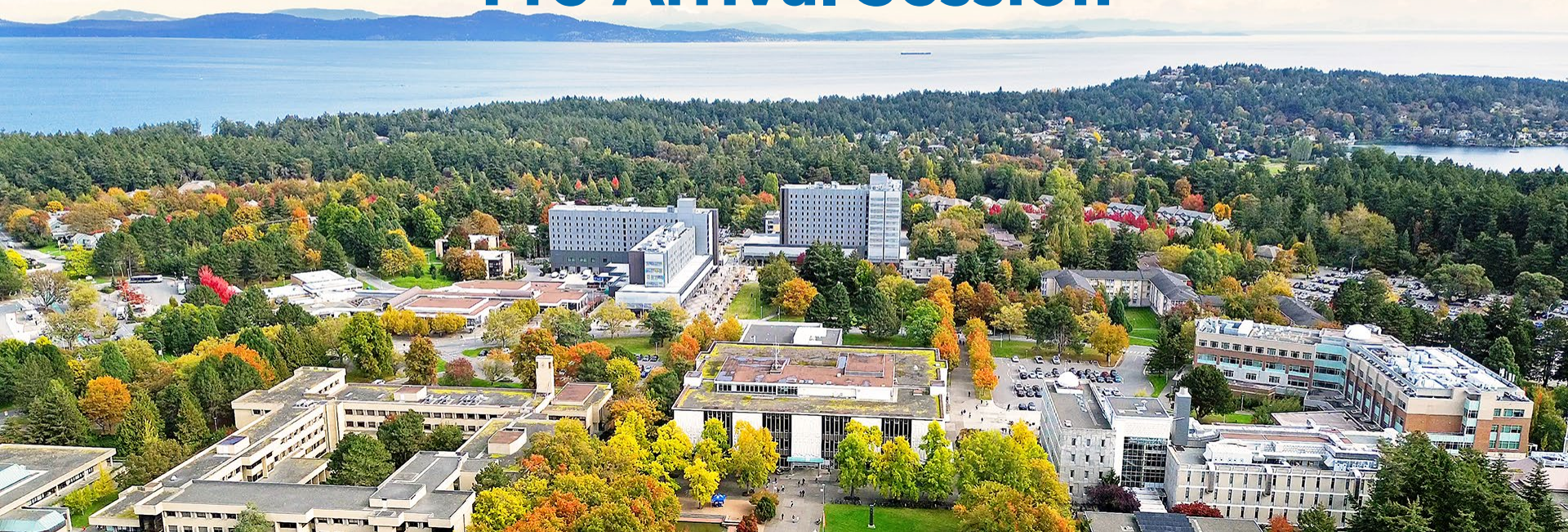
# Before we start...

- This session provides information **for degree-seeking students**. Not all of it will be applicable to exchange or short-term students.
- This session is not intended for Continuing Studies students. Please contact [sscoord@uvic.ca](mailto:sscoord@uvic.ca) for information on your health insurance and contact [uvcsimmigration@uvic.ca](mailto:uvcsimmigration@uvic.ca) for immigration questions
- Gustavson School of Business students are welcome to stay. Please contact [gswelcome@uvic.ca](mailto:gswelcome@uvic.ca) for settlement and [gbsimmigration@uvic.ca](mailto:gbsimmigration@uvic.ca) for immigration support.
- This session will be recorded. Please turn off your audio and video during the session. You will be able to turn it on again during the Q&A period.





# UVic Ready: Pre-Arrival Session





# Disclaimer

- This session is intended to provide general information
- The information in this session is current as of November 25, 2025. Information may change without notice.
- If you have case-specific questions, please contact us at [icsinfo@uvic.ca](mailto:icsinfo@uvic.ca)





**We acknowledge and respect the Ləkʷəŋən (Songhees and Xwsepsəm/ Esquimalt) Peoples on whose territory the university stands, and the Ləkʷəŋən and WSÁNEĆ Peoples whose historical relationships with the land continue to this day.**





# Engage further

- Listen to Bradley Dick (Songhees Nation) 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





# International Students Advising

We provide **non-academic advising** on *immigration* and *settlement* information and resources.

Some topics include:

- Immigration documents
- Health insurance
- Housing
- On-/off-campus work eligibility
- SIN & income tax
- Connecting to community

## Virtual and in-person appointments

E-mail: [icsinfo@uvic.ca](mailto:icsinfo@uvic.ca)

Phone: 250-721-6361

## Drop-in hours:

Monday to Friday from 1:30-3:30 p.m.

*First-come, first served* basis







# Agenda

- Travelling to Victoria
- Housing
- Health insurance
- Immigration documents & considerations
- Travelling to Canada
- Work authorization



# Traveling to Victoria



# Victoria – what to expect

## Geography

- Small island on west coast of Canada
- Beaches, mountains, and forests
- About 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
- About 20,000 students





# Packing and Prep

## What to pack:

- Medications: [3-month supply](#)
- Medical and vaccination records
- Payment methods
- Identification documents
- Driver's license
- International Driver's Permit (optional)
- [Weather-appropriate clothes](#)
- Specialty toiletries
- Reminder of home



# Packing and Prep

## What not to pack:

- Parkas, snow boots
- [Large amounts of cash](#)
- [Agricultural food items](#)
- General housewares





# Centre for Accessible Learning (CAL)

CAL provides support and accommodations for students with disabilities and chronic health conditions to ensure equitable access to education.

Get prepared:

- Relevant medical history
- Diagnoses (if applicable)
- Accommodation history at your home school/university
- Registration deadline: February 28

Have questions? Reach out to [CAL](#)

**TIP:** translating important 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](#): Vancouver (Tsawwassen Terminal) to Victoria (Swartz Bay Terminal)

## Services at the Victoria airport:

Currency exchange, Wi-Fi, Visitor Information

## Transit options to where you are staying:

- [BC Transit Bus](#) (\$6 for day pass, cash)
- [BC Connector](#) (Vancouver airport to Victoria)
- Uber, Lyft (set up app before arriving)
- Taxi (~ \$75, cash/credit – airport or Ferry terminal)





# Getting Around

## Student bus pass (U-pass)

- Set up UMO app or card
- Activate your benefit code
- Pass starts January 1

## **Other useful tools for getting around:**

- BC Transit Trip Planner
- Google Maps

## **Other types of transport:**

- Biking: maps and bike loan program
- Driving: check car shares, parking information



# First Few Days: Get Set Up

- Get your [ONECard](#)
- Activate your [U-pass benefit code](#)
- Check your [UVic Online Tools](#) for handy links and resources
- Check out the [Student Union Building \(the SUB\)](#)
- Join [Clubs and Course Union](#) days
- Attend [International Student Orientation](#) events
- Explore Victoria!







# Housing

# On-Campus Housing

## Move in:

- Expect an email with information and notice of a special mid-year orientation to get you connected to your communities.
- **Fees and deadlines:**
- Check the [Important Dates Calendar](#) for residence fee deadlines.

**Questions:** [housing@uvic.ca](mailto:housing@uvic.ca) | phone: 250-721-8395

**Reminder:** your residence room will have no supplies or bed linens, so plan to go [shopping](#)!

If you have applied for residence, make sure to check your inbox regularly so you do not miss out on your room offer!





# Off-Campus Housing

Living outside of the campus can be a great part of your experience!

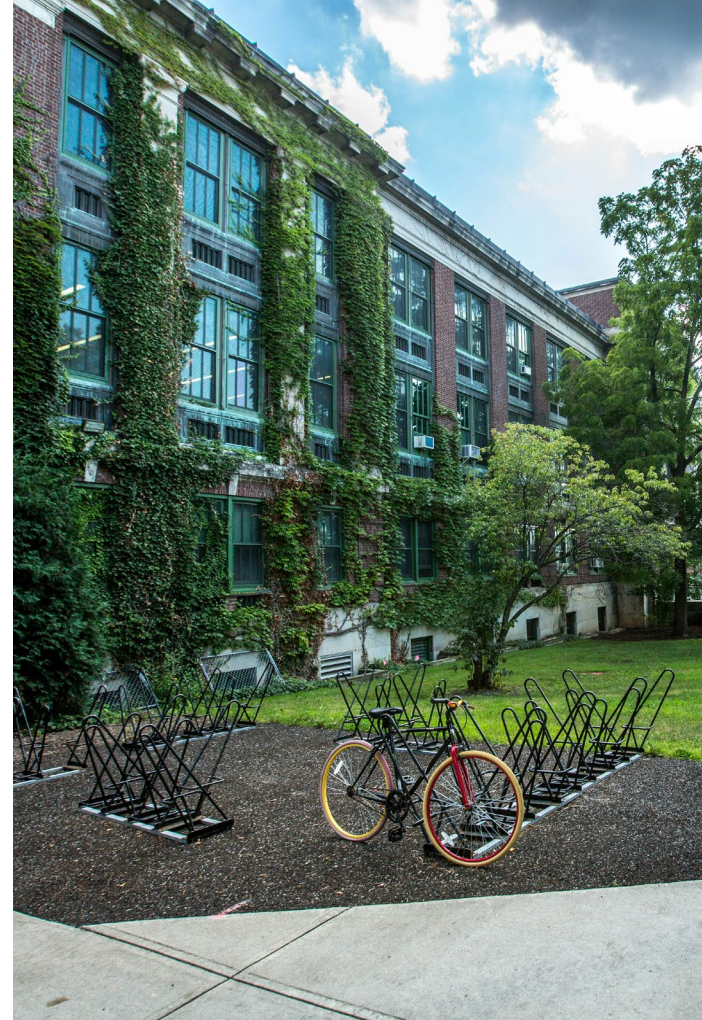
## Things to consider:

- Location/commute to UVic
- Rental prices
- Grocery stores, amenities, bills
- Access to bus routes

## Types of housing:

- Rent an apartment or house (tenant)
- Share with roommates (occupant)
- Rent a room in landlord's home (boarder)

Learn more about [off-campus housing](#)



# Short-term Accommodation

Consider securing short-term accommodations for your first few days in Victoria to leave time to find a place.

**Options include:** hotels, Airbnb, VRBO and hostels. Costs vary depending on location, room type and length of stay. Food is usually not included.

## Sub-leasing

Some students may prefer subleasing a unit, which is temporarily renting from someone who has a lease on a dwelling.

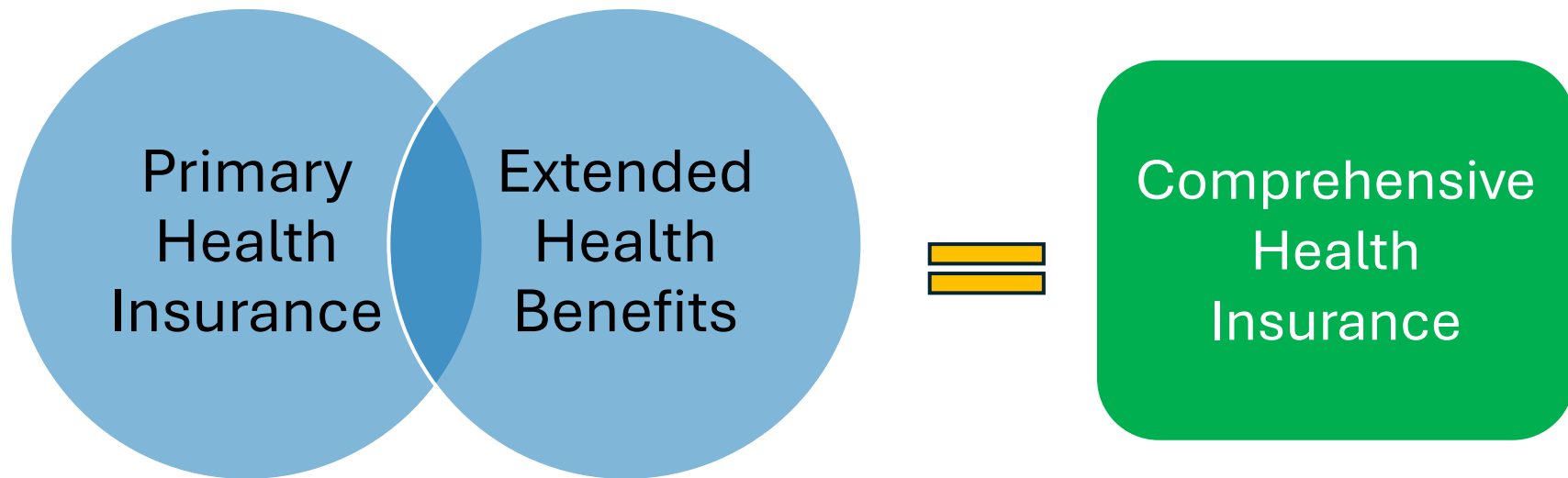






# Health Insurance

# Comprehensive Health Insurance





# Health Insurance Overview

	All students First 4 months	Rest of students' time in BC
Primary care (mandatory)	<b>GuardMe@UVic /Mandatory Temporary Medical Insurance</b> Basic medical and emergency coverage during <u>first term</u> at UVic <b>CAD\$ 265/term</b>	<b>BC Medical Services Plan (MSP)</b> Basic medical and emergency coverage for people living in BC for <u>more than 6 months</u> <b>CAD\$ 75/month</b>
Extended care	<b><u>UVSS</u> AND <u>GSS</u> EXTENDED HEALTH AND DENTAL BENEFIT PLANS</b> Dental, vision, and additional coverage to members of UVic undergraduate and graduate student societies via Alumo	

# Mandatory Temporary Medical Insurance (MTMI) / GuardMe

## What is GuardMe?

- Temporary primary health insurance for new international students
- Covers basic and emergency medical care, including dental emergencies
- Keeps you safe while you wait for MSP

## Official coverage dates for Spring:

January 1 through April 30

## Grace period:

December 18 - 31

**MTMI fee:** CAD \$265 paid with your tuition



*Look out for an  
email from  
GuardMe mid  
December to log in  
to your account!*



# BC Medical Service Plan (MSP)

- Mandatory health insurance for every person who resides in BC
- Students staying in BC for **6 months or longer** who hold a valid study permit must apply
- Primary health insurance for entire stay in BC
- Apply online with Health Insurance BC (HIBC) when you arrive in BC
- Wait period of approximately 3 months (GuardMe expires after 4 months)

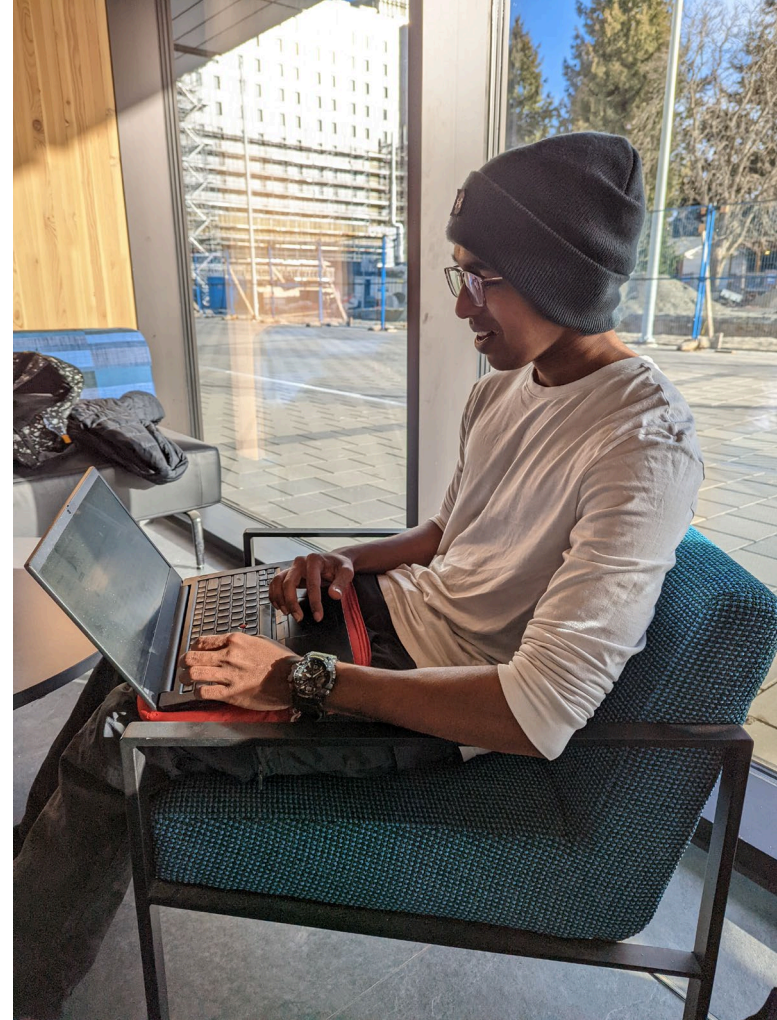
Join the BC MSP drop-in to get assistance with applying for BC MSP on **January 6, 2026** from 10 am – 3pm.



# BC MSP Timeline

- **As soon as you arrive** in BC: apply online
- **3 months after arriving:** wait period complete
- **1 month after applying:** receive a letter of confirmation stating coverage dates
- **When your coverage begins:** receive BC Services Card (non-photo) with Personal Health Number (PHN)
- **One month after coverage begins:** receive first invoice CAD \$75/month payable to BC government's Revenue Services.

**Important:** your MSP expires when your study permit expires. If you have applied for a new study permit, you must update MSP to ensure continuous coverage.



# Extended Health & Dental

## What are extended benefits?

- Partial coverage for medical services not included in primary health insurance
- Subsidized by student union membership
- Doesn't replace primary health insurance

## Coverage includes:

- Prescriptions
- Dental care
- Vision care
- Mental health: counselling, psychiatry, & more
- Physical health: chiropractic, acupuncture, physiotherapy, & more
- Gender affirming care

Dates: January 1-August 31

Renews automatically each year by Fall term





# Vaccinations

## Are there certain vaccination requirements at UVic?

Students are not required to provide vaccination records to register or start classes at UVic.

Before you arrive:

- Learn about immunization recommendations in BC
- Compile your vaccination records
- Consult a health practitioner if you have questions about getting vaccinated

When in Canada:

- Learn about and take measures to prevent the spread of any contagious virus, e.g. measles
- See a health practitioner or pharmacist if you have questions about immunization
- If you're worried about transmission, call 811 to get free medical guidance from a nurse



# Students with Dependents

All members of your family should have health insurance **while they are residing in Canada.**

## Health insurance:

- Apply for BC MSP as a family
- Option to enroll you family members in GuardMe and extended health benefits

## For more information:

- Visit our [Support for your family](#) web page
- Connect with the ICS advising team for immigration or settlement questions





# Immigration



# Your Immigration Documents

## While you study at UVic

- *Study permit (status document)*
- *Temporary resident visa (TRV) or Electronic travel authorization (ETA) (entry document)*
- *Co-op work permit (if applicable)*

## After graduation

- *Post-graduation work permit (PGWP)*



A photograph of a family of three walking away from the camera on a paved path. The father is on the left, wearing a plaid shirt and white pants. The mother is on the right, wearing a white dress. A young child is in the middle, holding both parents' hands. The path is lined with trees and greenery.

# Immigration Documents for Accompanying Family Members

## Spouse/common law partner

- [Spousal Open Work Permit \(SOWP\)](#) or Visitor Visa
  - SOWP is only available to spouses/partners of students in select programs such as master's, PhD and certain professional degree programs at the undergraduate level.
- eTA or TRV

## Dependent children

- Study permit or Visitor Visa
- eTA or TRV

Definition of accompanying family: [IRCC website](#)

# Travelling to Canada

- Valid passport or other accepted travel document
- Valid temporary resident visa or eTA (if required)
- Valid Letter of Acceptance from UVic
- Letter of introduction/port of entry letter or valid study permit
- UVic Verification of Enrolment ([Online tools](#))
- [Proof of funds](#)
- Proof of a valid [immigration medical examination](#) (if required)

Visit Travelling to Canada webpage





Date: September 22, 2023

UCI: [REDACTED]

Application: [REDACTED]



Bring this **letter of introduction** with you to Canada. It has information that may be used by the Canada Border Services Agency to issue your study permit.

Dear [REDACTED]

Your application to study in Canada has been initially approved by Immigration, Refugees and Citizenship Canada. The final decision to **issue you a study permit and allow you to enter Canada** is made after examination by an officer in Canada. At that time, an officer will assess if you still meets the requirements of the Immigration and Refugee Protection Act, its Regulations and any other Canadian legislation.

Type: Permit - WP / Permis - PT

Document number:

[REDACTED]



Letter of Introduction validity (YYYY/MM/DD):

[REDACTED]

Medical Examination validity (YYYY/MM/DD):

[REDACTED]

Documents you must bring with you to get your study permit:

- a valid passport or travel document.
  - Your study permit won't be valid beyond your passport's expiry date.
- a valid temporary resident (visitor) visa (TRV) or Electronic Travel Authorization (eTA), if required.
  - Your eTA is valid for multiple visits to Canada, until [REDACTED]. Your eTA number is [REDACTED] and is linked to the passport you used when you applied to study in Canada. If you obtain a new passport before you will need to apply for a new eTA by visiting [www.canada.ca/eTA](https://www.canada.ca/eTA).

# Letter of Introduction / Port of Entry Letter

- Be sure to review all conditions carefully
- Review information and arrival deadline
- Follow the instructions to prepare your arrival
- Consult with us if you have question

- Electronic Travel Authorization (eTA)

- Temporary Resident Visa (TRV)




 Citizenship and Immigration Canada / Citoyenneté et Immigration Canada


 PROTECTED WHEN COMPLETED / PROTÉGÉ UNE FOIS REMPLI - B





TORONTO ON  
CANADA

Application/Demande:  
UCI/IUC:

**STUDY PERMIT/PERMIS D'ÉTUDES**

**CLIENT INFORMATION/INFORMATION DU CLIENT**

Family Name/Nom de Famille:  
 Given Name(s)/Prénom(s):  
 Date of Birth/Date de naissance: (yyyy/mm/dd - aa:aa/mm/yy)  
 Sex/Sexe: MALE  
 Country of Birth/Pays de naissance: RUSSIA  
 Country of Citizenship/Citoyen de: RUSSIA  
 Travel Doc No./N° du document de voyage: PASSPORT

**ADDITIONAL INFORMATION/INFORMATION SUPPLÉMENTAIRE**

Date Issued/Déjà: 2014/ (yyyy/mm/dd - aa:aa/mm/yy)  
 Expiry Date/Date d'expiration: 2015/ (yyyy/mm/dd - aa:aa/mm/yy)  
 Case Type/Genre de cas: OTHER SECONDARY  
 Institution Name/Nom de l'institution: ANY SECONDARY  
 Field of Study/Domaine d'études: ANY SECONDARY  
 In Force From/En vigueur le: 2014/ (yyyy/mm/dd - aa:aa/mm/yy)

**Conditions:**  
 1. UNLESS AUTHORIZED, PROHIBITED FROM ENGAGING IN EMPLOYMENT IN CANADA.  
 2. MUST LEAVE CANADA BY 2015/

Remarks/Observations:

\*\*\*THIS DOES NOT AUTHORIZE RE-ENTRY/CECI N'AUTORISE PAS LA RÉ-ENTRÉE\*\*\*

THIS FORM HAS BEEN ESTABLISHED BY THE MINISTER OF CITIZENSHIP AND IMMIGRATION - THIS DOCUMENT IS THE PROPERTY OF THE GOVERNMENT OF CANADA.  
 FORMULAIRE ÉTABLI PAR LE MINISTRE DE LA CITOYENNETÉ ET DE L'IMMIGRATION - LE PRÉSENT DOCUMENT EST LA PROPRIÉTÉ DU GOUVERNEMENT DU CANADA

9861 1433B (06-2012)  
 CRN



# Study Permit

## Be sure to:

- Review all conditions (including work conditions and institution name) carefully
- If there is an error, kindly request corrections before leaving the port of entry (POE)
- Consult with an Immigration Specialist if needed
- Plan to extend your document 6-8 months before it expires



# Study Permit Conditions

## As a study permit holder, you must:

- Be enrolled at the designated learning institution (DLI) named on your study permit, unless you're exempt
- Apply for a new study permit to change post-secondary schools
- End your studies if you no longer meet the requirements of being a student, **and**
- Leave Canada when your permit expires
- Show you're actively pursuing your studies, unless you're exempt, by
  - Being enrolled full-time or part-time during each academic semester (excluding scheduled breaks)
  - Making progress towards completing your program's courses, **and**
  - Not taking an authorized leaves longer than 150 days from your study program

Visit IRCC website

# Changing Designated Learning Institutions (DLIs)

As of November 8, 2024, you must be enrolled at the DLI named on your study permit.

If you applied for your current study permit with a Letter of Acceptance from another institution and did not submit a DLI change to IRCC before November 8, you will need to apply for a new study permit to attend UVic.

As part of the application, you must include a letter explaining why you're changing schools. You should submit this application as soon as possible.

- If you do not receive your new study permit in time to start studies in January, you will need to change your entry point. Contact your Admission Officer (UG) or graduate secretary (GR) to discuss your options.
- If you are currently holding a study permit to attend secondary school in Canada, you need to get a new study permit by [applying to extend](#) your current one to attend a post-secondary school. You can continue your studies at the post-secondary level while waiting for a decision on your new study permit application. If your study permit application is refused, you must stop studying immediately.

Reach out to our team if you have questions regarding your study permit or your immigration status in Canada.

Visit IRCC website

# Full-Time Definition

## Considerations:

- Work eligibility
  - PGWP eligibility
- 
- [Undergraduate Calendar](#)
  - [Graduate Calendar](#)

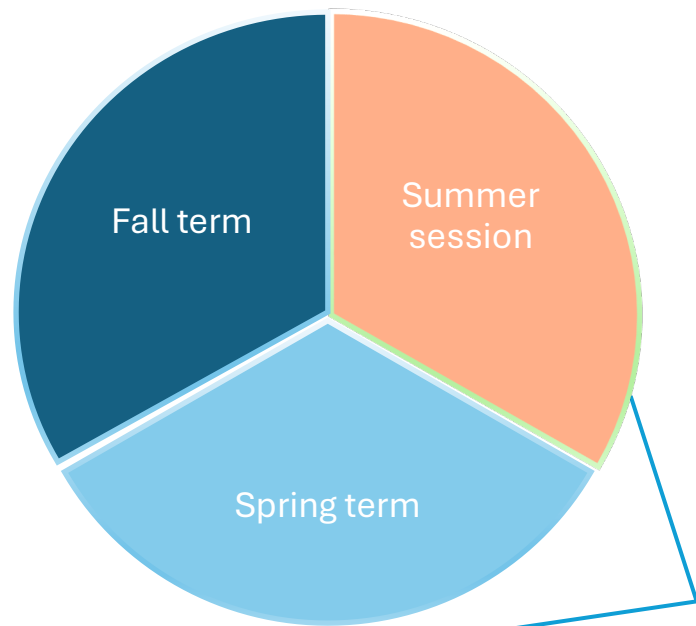
If you are registered with [Centre for Accessible Learning](#) (CAL), consult with your CAL adviser Adviser for your full-time definition.





# Full-Time Definition for Undergraduate Students

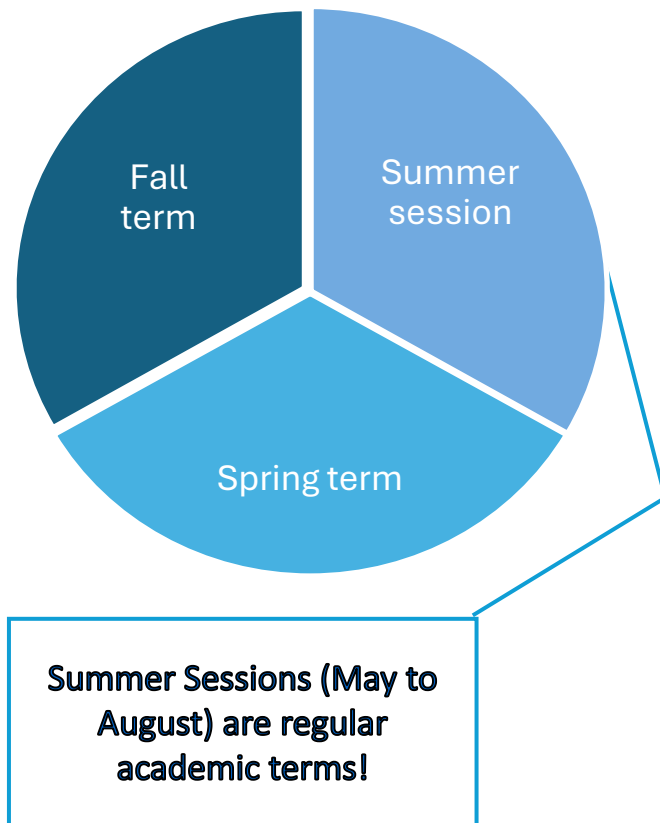
- Minimum 6 units in a 4-month term
- Minimum 12 units in fall term and spring term combined (Winter Session)
- Enrolment in a full-time Co-op term



**Summer sessions are considered scheduled breaks for many (but not all) UG programs. Consult with your Academic Adviser if not sure.**

# Full-Time Definition for Graduate Students

- Continuous enrolment required
- Minimum 3 units in a single term
- Enrolment in a Co-op term



# Study Permit Work Authorization

- Have a valid study permit with on/off campus remarks
- Have a Social Insurance Number (SIN)
- Be registered in full-time studies at UVic during regular academic sessions except for final term
- Have started your program

Visit IRCC website



# Co-op Work Permit

- If your program at UVic includes a work component such as co-op, internship, or practicum, **even if it is unpaid**, you will need a co-op work permit
- The co-op work permit can only be used for work that is an integral component of your studies at UVic
- To apply for a co-op work permit, you will need a letter from your UVic Co-op, internship, or practicum program confirming that work is required for your program

Learn about applying for a co-op work permit



# Immigration Medical Exam (IME)

An immigration medical exam is required to work in certain jobs or settings in Canada. This applies even if the work is unpaid, and regardless of the type of work authorization you are using (on campus, off campus, co-op/internship/practicum work permit, post-graduate work permit, etc.)

A few examples of jobs/settings for which you will require a medical exam include:

- Workers in health-care settings
- Workers in primary or secondary school settings
- Workers in childcare settings

Visit IRCC website – Medical exams

# Social Insurance Number (SIN)

## What is a SIN? How do I apply?

- Used for tax purposes, and required in order to be paid for work that you do in Canada
- [Register](#) for the SIN Application Drop-in on **January 6, 2026**

Visit Employment and Social Development Canada (ESDC)  
website





# Considerations – Outside Canada

- Study permit processing timelines and options
- Online studies and post-graduation work permit (PGWP)

## Deadlines:

- Lasts day for 100% reduction of second term fees – January 18, 2026
- Last day for adding courses in the second term (except for Faculty of Law) – January 21, 2026
- Last day for 50% reduction of tuition fees – February 8, 2026

# Immigration Tips

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



# Contact Information

## Admission (including entry point change / deferral)

- Undergraduate students: [Admission Assistant](#)
- Graduate students: Supervisor or Graduate Secretary

## Scholarships

- [Student Awards and Financial Aid](#)
- Graduate students: Department or [Faculty of Graduate Studies](#)

## Academic and program planning

- Undergraduate students: [Academic Adviser](#)
- Graduate students: [Graduate Adviser / Graduate Secretary](#)

## Residence

- [Residence Services](#)

# Contact the ICS

**Website:** [www.uvic.ca/ics](http://www.uvic.ca/ics)

**Email:** [icsinfo@uvic.ca](mailto:icsinfo@uvic.ca)

**Phone:** +1 250 721 6361

**Office:** Jamie Cassels Centre, B202d Monday – Friday, 9am-4:30pm PT

## Daily drop-ins:

virtual, phone, and in-person

Monday – Friday

1:30pm to 3:30pm (PT)





# Stay Connected!

**ICS Advising:** [icsinfo@uvic.ca](mailto:icsinfo@uvic.ca)

**ICS Website:** <https://www.uvic.ca/ics>

**Follow us on Instagram** [@uvicinternational](https://www.instagram.com/uvicinternational)

**Join the Global Community** [Facebook group](#)

Subscribe to our [newsletter](#)

And join our [upcoming events](#)!



A scenic coastal landscape featuring a rocky shoreline with numerous pieces of driftwood. In the background, a forested hillside rises, and distant mountains are visible under a hazy sky. The text "Safe Travels!" is overlaid in the center.

**Safe Travels!**



A coastal landscape featuring a rocky shoreline with dark, jagged rocks meeting the water. In the foreground, a pebbly beach is covered with numerous pieces of weathered driftwood. To the right, a steep hillside rises, covered in dry grass and small purple flowers. The background shows a calm sea and distant, hazy mountains under a grey sky. A small white boat is visible on the far left. The word "Questions?" is overlaid in white text in the center of the image.

# Questions?