



WINTER 2022

PRE-ARRIVAL CHECKLIST

for ESL students



- | | |
|-----------------------------------|----------------------------------|
| (1) Activate your myTrent account | (8) Pay your fees |
| (2) Latest COVID-19 updates | (9) Prepare for orientation |
| (3) Safe Arrival in Canada | (10) Connect with our community |
| (4) Connect with Trent ESL | (11) Prepare for the climate |
| (5) Connect with an Ambassador | (12) Understand health insurance |
| (6) Explore new student webinars | (13) Pack your bags |
| (7) Explore housing options | (14) Arrive in Ontario |

1 ACTIVATE YOUR MYTRENT ACCOUNT

Your first step is to activate your myTrent Account. Your student account will give you access to your TrentU email account and other Trent University services. To activate your account, you will need your student number shown on your admissions letter as well as the email address you used to apply to Trent University. [Activate your myTrent account here.](#)

2 LEARN THE LATEST COVID-19 UPDATES



Given that information changes quickly, we recommend that you frequently consult the [Trent Forward Plan: Our Response to COVID-19](#). Also, please read the latest [COVID-19 updates from the Government of Ontario](#).

3 SAFE ARRIVAL IN CANADA



If you are fully-vaccinated by a vaccine approved in Canada at least 14 days prior to entry, you may be eligible for [quarantine exemption](#). [All other incoming travellers](#) are expected to quarantine for 14 days upon arrival. Visit our [Safe Arrival Webpage](#) to start planning your arrival in Canada. If you have any questions please email the Trent University Safe Arrival Support Team at safearrival@trentu.ca.

International students will be eligible for a COVID-19 vaccine in Canada should they require one. Find more information on [COVID-19 vaccinations in Canada here](#).

4 CONNECT WITH TRENT ESL

Welcome to Trent ESL! Our team of staff and instructors are here to support you throughout your program! [Visit our Trent ESL webpage](#) to learn more about the Trent ESL experience, term dates, and fees.

Have questions? Email us at esl@trentu.ca

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CONNECT WITH YOUR GLOBAL AMBASSADOR



Global Ambassadors begin reaching out to new international students in November. The Global Ambassador Program pairs you with an upper-year international student who will be your ambassador pre-arrival, and during your first year of university!

Have questions about the Global Ambassador Program? Email us at globalambassador@trentu.ca.

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EXPLORE NEW STUDENT RESOURCES & WEBINARS



Check out the following webpages that will provide you with some information that will be helpful to you as a new Trent student.

1. [New to Trent webpage](#)
2. [New International Student Resources webpage](#),
3. [New International Student Guides \(under step 5\)](#).

Next Steps for International Students Webinar

Fri, October 29 8:30AM ET [Register here](#)

Your International Student Health Insurance Webinar

Thurs, November 4 6:00-7:00PM ET [Register here](#)

Preparing for Winter Workshop

Thurs, November 18 10:00AM ET [Register here](#)

Trent International Welcome Session (Orientation Session)

Mon, December 13 8:00-11:00AM ET [Register here](#)

Mon, December 20 8:00-11:00AM ET [Register here](#)

- 8:00 Meet Trent International and Learn About Our Services
- 8:30 Immigration 101
- 9:00 International Student Health Insurance
- 9:30 Staying Scam Smart
- 10:00-11:00 Live Chat

Safe Arrival in Canada Webinars

Nov 18, Nov 25, Dec 2, Dec 8, Dec 16, Dec 23,

Want to learn more about making a plan to arrive safely in Canada?

[Register here](#)

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EXPLORE HOUSING OPTIONS



On-Campus:

Trent residences aren't just a convenient place to live. They're your home base: a supportive community that will quickly become your favourite spot on campus for making lifelong friendships and lasting memories. [Learn more about on-campus housing here](#). Move-in for the winter term is January 8, 2022. Note that prior to moving into your permanent accommodations, you may be required to complete a mandatory 14-day quarantine off-campus.

Off-campus:

Considering living off-campus? [Learn more about the off-campus housing options in Peterborough and Durham here](#). Also, [check out the off-campus living series](#) to learn more about starting your search, seeking roommates, and avoiding scams,

Safe Arrival and Quarantine:

Find out more about [safe arrival and quarantine and Canadian government requirements on our webpage](#). Email our safe arrival support team at safearrival@trentu.ca if you have any safe arrival questions.

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PAY YOUR FEES



Your account statement is available 24/7 online through your MyTrent portal. [You can find ESL fees on our website.](#)

Fees are due three weeks before start of classes. Late payment fee charges may be applied to student accounts. [Learn more about different payment options on our website.](#)

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PREPARE FOR ORIENTATION & PLACEMENT TESTING

As an ESL student, you will attend 3 types of orientation:

(1) International Orientation

Mon, December 13 8:00AM-11:00AM ET [Register here](#)

Mon, December 20 8:00AM-11:00AM ET [Register here](#)

- 8:00 Meet Trent International and Learn About Our Services
- 8:30 Immigration 101
- 9:00 International Student Health Insurance
- 9:30 Staying Scam Smart
- 10:00-11:00 Live Chat

(2) ESL Orientation

January 10-11, 2022

- ESL Team Introduction
- [Placement testing](#)
- Making the Most of ESL
- Check your Trent email for an invitation to ESL orientation

(3) University orientation

January 8-9, 2022

- Resources to support you throughout your degree
- Getting connected to the Trent community
- Getting acquainted with the Trent campus
- [Visit our website for registration](#)

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CONNECT WITH OUR COMMUNITY



At Trent, you can learn and grow as a student, and build an active social network through our many student clubs and groups, including the [Trent International Students' Association \(TISA\)](#).

Trent students have a proud history of students helping students. Peer support programs provide students with connections to resources, services, and supports to help you during your time at Trent.

Peterborough Connections:

[Peterborough clubs and groups](#)

[Peterborough peer support programs](#)

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PREPARE FOR THE CLIMATE



Central Ontario's climate ranges from up to 35° C in the summer, to 0 to -20° C in the winter. You will need different kinds of clothing to stay comfortable all year round.

- Winter (Dec.-Feb.): The key to loving winter is dressing appropriately. Layering, sweaters, long underwear, down jacket, hat, mittens, boots.
- Summer (June-Aug.): lightweight clothing
- Spring (March-May) and fall (Sept.-Nov.): sweaters and a lightweight waterproof coat.

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UNDERSTAND YOUR HEALTH INSURANCE



International students are enrolled in 2 health insurance plans.

(1) The University Health Insurance Plan (UHIP)

A mandatory primary healthcare plan that can help cover the costs of medical services. Everything you need to know about UHIP can be found at uhip.ca. You will be enrolled in UHIP automatically on the first day of the term based on course registration. After you arrive in Canada, follow these instructions to print your UHIP card.

If you are arriving in Canada prior to the start of the term, apply for early registration: [MyTrent Portal](#) > Support > Health and Wellness > UHIP E-card request

Won't be in Ontario to start your studies? Opt-out the first month of each term. [MyTrent Portal](#) > Support > Health and Wellness > UHIP Opt-out form

(2) Trent Student Benefits (Student VIP Plan)

A supplementary health-care plan provided through Trent's student union, which can help with additional medical costs (e.g. prescription medication, dental, vision, etc) not covered by UHIP. As an ESL student, you are automatically enrolled. [Download your card on the first day of your enrolled term here.](#)

Won't be in Ontario to start your studies? Opt-out the first month of each term by emailing benefits@trentcentral.ca.

You can find more information at www.studentvip.ca or email benefits@trentcentral.ca

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PACK YOUR BAGS



If you'll be living in residence, check out the "[what to bring to residence](#)" packing list. You can purchase big items near campus to avoid taking up space in your suitcase. For clothing, you'll want items for a wide range of temperatures. If you don't already own winter items, you may want to wait and buy them in Canada.

Be sure to make copies of your important documents and carry the originals with you in your carry-on luggage. Check IRCC and the Trent website for updated entry to Canada requirements before your departure.

- Passport
- TRV or eTA (if required)
- Port of Entry Letter of Introduction from IRCC (don't forget to show this to get your Study Permit at the airport)
- Letter of Acceptance from Trent
- Proof of funds
- Immunization record
- Quarantine plan

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ARRIVE IN ONTARIO



Welcome to your new home! Check out the [Orientation to Ontario app](#) for more support settling into your new home.