

NEW INTERNATIONAL STUDENT GUIDE

for the Peterborough Campus



FALL 2022

TABLE OF CONTENTS



New International Student Guide

Welcome to Trent University	01
Trent International	02
Immigration Basics	03
Get Ready for Orientation	04
Student Life	05



Peer Support Programs	07
Understanding Your Academics	08
Finding Housing	10
Financial Facts	11
Understanding Health Insurance	12



Health and Wellness	13
Working in Canada	14
Your First Weeks at Trent	15
Daily Life	17
Explore Peterborough	19



WELCOME TO TRENT UNIVERSITY



WELCOME TO TRENT

Congratulations on your acceptance to Trent University! You are just a few months away from joining one of the top universities in Canada, and the #1 undergraduate University in Ontario!

Whether you have chosen Trent because of our vibrant international community, or because of our well-earned reputation as a leader in research and teaching excellence, the Trent community looks forward to welcoming you and assisting you in making Trent your home away from home. We are counting down the days to meet you in-person or virtually, and we want to help you to start your journey in the best way possible.

This guide has everything you need to prepare for Trent. You will find information about:

- Preparing for Canada
- Paying your fees
- Student life
- Academics
- Trent Services



ACCEPT YOUR OFFER

Your first step is accepting your offer at Trent by the date indicated on your Letter of Acceptance.

- If you used a “direct” application, you should email your response (accept or decline an offer) to our Admissions Office.
- If you applied through the OUAC (105 or 101 applications), you should post your decision on your OUAC account.

CLAIM TRENT ID

Once you have been forwarded your letter of acceptance, you can then [claim your Trent I.D.](#)

We will now begin communicating important updates through your Trent email!



YOUR HOME AWAY FROM HOME!

Trent International is the central support office for all international students at Trent. At Trent International it's our job to provide the additional support that international students may need, in order to be successful throughout their academic journeys. We know it is challenging to leave your family and the comforts of home and come to a new country to study, and we want you to know that TI is your family and part of your circle of care here in Canada. We offer the following services:

- Immigration and Academic Advising
- Health Insurance Administration (UHIP)
- Study Abroad Opportunities
- English as a Second Language (ESL)
- Scholarships, Awards, and Bursaries
- International Student-Specific workshops
- Pre-arrival, safe arrival, orientation and transition support

CONTACT US

Located in Champlain College 302 (CC302)

Email: international@trentu.ca

Phone: 1-(705)-748-1314

We are currently working both remotely and in-person, so contact us for support or [visit our website!](#)

Quarantine and Safe Arrival: safearrival@trentu.ca

Health Insurance: uhip@trentu.ca

Orientation: internationalorientation@trentu.ca

Study Abroad: studyabroad@trentu.ca

English as a Second Language: esl@trentu.ca

Immigration inquiries: internationaladvising@trentu.ca

Academic inquiries: internationaladvising@trentu.ca

Global Ambassador: globalambassador@trentu.ca

IMMIGRATION BASICS



OBTAINING A TEMPORARY RESIDENT VISA/ETA & STUDY PERMIT

Most international students require both a Temporary Resident Visa/electronic Travel Authorization (entry document) and a Study Permit (status document) to study at Trent.

WHEN TO APPLY

Apply for your study permit online as soon as you receive your letter of acceptance. Study permit processing times vary at different visa offices. In some countries, processing times can take up to 4 months or longer. You can learn more about the application process and processing times on the [Immigration, Refugees, and Citizenship Canada \(IRCC\) Website](#). Do note, you can begin your program online from outside Canada, even if your study permit, TRV, or eTA have not yet been processed. *Do note there is risk: if you start your studies online and are later denied your study permit, you will not be granted a refund past the refund deadline.

HOW DO I APPLY?

Applications can be submitted online or by paper. We highly recommend applying online. Visit the [IRCC guide on applying for a study permit](#).

WHEN SHOULD I ARRIVE?

You should plan to arrive no more than 60 days prior to the start of your studies.

WHICH DOCUMENTS DO I REQUIRE TO ENTER CANADA?

1. Official Acceptance Letter from Trent
2. Passport
3. Proof of Funds
4. Port of Entry (POE) Letter of Introduction
5. Temporary Resident Visa (TRV) or Electronic Travel Authorization (eTA) (if applicable)
6. Medical Examination (if applicable)
7. Your address in Canada
8. Immunization record
9. Other COVID-19 related requirements

SAFE ARRIVAL SUPPORT

Planning on arriving in Canada? Visit our [Safe Arrival webpage](#) for a comprehensive guide on Safe Arrival in Canada or email our team at safearrival@trentu.ca.

KNOW YOUR STUDY PERMIT CONDITIONS

As a study permit holder, [there are a number of conditions you need to meet](#). If you don't meet these conditions, you may lose your student status and study permit. You may also have to leave Canada. It's your responsibility to know and understand these conditions and meet them.

HAVE IMMIGRATION QUESTIONS?

Email us at internationaladvising@trentu.ca

GET READY FOR ORIENTATION

Welcome to Trent!



TRENT INTERNATIONAL WELCOME SESSION - AUGUST 26

The Trent International Welcome Session is part of Trent International Orientation (TIO). Join us this August 26, 2022. We will cover the most important topics relevant to you as an international student at Trent:

- Trent international services
- Immigration
- Health insurance
- Staying scam smart
- A live chat to answer your questions

[Register for the TI Welcome Session here.](#)

PICK-UP FROM AIRPORT

We support our students with options to arrive safely and worry-free to our campuses!

Trent Airport Shuttle service will operate on September 3 only. You can register through MyTrent Portal > Services Tab > Campus Service Category > Airport Shuttle Form. The form has the shape of an airplane.



TRENT ORIENTATION - SEPT 5-10, 2022

Orientation is YOUR first introduction to Trent University! Orientation events and activities are designed to help you transition to your new campus at

Trent University. Within the Orientation events, you will have opportunities to connect with other incoming students, learn about campus services and facilities, meet your new faculty and staff, and experience what Trent has to offer. [Click here for more information.](#)

If you have any questions regarding orientation, please contact the Orientation Team at orientation@trentu.ca.



TRENT INTERNATIONAL ORIENTATION (TIO)

During Orientation, you will also have opportunities to meet with other international students, upper-year international students, and connect with our International Orientation Team. You can look forward

to sessions on your first steps in Ontario, transitioning to life in Canada, and various international social events! Watch your Trent email for registration in mid August.

[Learn more about international orientation on our website here.](#)



STUDENT LIFE



TRENT'S COLLEGE SYSTEM

A College is a smaller community within the larger Trent community. Trent has five Colleges: Traill College (TC), Champlain College (CC), Lady Eaton College (LEC), Otonabee College (OC), and Peter Gzowski College (GC), and they each offer students a unique experience. Every student at Trent is affiliated with a College which provides them with a close-knit and supportive community where they are given many opportunities to get involved. Each College provides you with a connection to a community that will last throughout your time at Trent and beyond.

WHAT DOES A COLLEGE OFFER?

The Colleges include Trent University's residences buildings, but also other services, events, academic space and programs as well. Colleges have classrooms, dining halls, study/student spaces, a College Office, Academic Advisors, Academic Skills instructors, and other services such as College Cabinets (student government). These services work together to put on social and academic events, foster connections between students and faculty, and uphold longstanding traditions that are open to all students. Each College has many strong traditions that both current students and alumni alike both enjoy.

OFF-CAMPUS COLLEGE AFFILIATION

Everyone at Trent is a member of a college. Students who are living in residence will become members of the college where they live while off-campus students get to choose which college they would like to affiliate with. [Learn more about colleges and how to choose your college.](#)

CONNECT WITH YOUR COLLEGE

Follow the Colleges on Instagram:

[@champlaincollege](#)

[@ladyeatoncollege](#)

[@otonabeecollege](#)

[@gzowskcollege](#)

[@traillcollege](#)

We are working remotely and in-person and are available to answer your questions about coming to Trent, learning about colleges, helping with course selection and registration and how to connect you to academic supports. Call us at 705-748-1011 ext 7333 to talk with our staff or [check out our websites to learn about each colleges contact info](#) and where to find them on campus. Watch the [Trent Colleges Webinar](#) for more information about what you can find in a college.

Champlain College



Collège Champlain



Lady Eaton College



Peter Gzowski College



Traill College

Click on the logo to learn about each College

STUDENT LIFE



TRENT CENTRAL STUDENT ASSOCIATION (TCSA)

The Trent Central Student Association is a union run for, and by, undergraduate students at Trent University. They are a non-profit organization that helps students share ideas, create change, gain new skills and access help and support while at university. The TCSA advocates on behalf of students, administers the supplemental health insurance plan for all students, supports clubs and groups at Trent and provides a variety of student services. [Learn more about the TCSA on their website.](#)

CLUBS AND GROUPS

The TCSA supports and sponsors over 70 student-run clubs and groups at Trent each year. All clubs and groups are open for all students to join. Meet new people, become part of a community, and add to your co-curricular record! [Check out the registered clubs and groups here.](#)

TI WEDNESDAYS

TI Wednesdays is be a weekly recurring event where TI and a regional group, club or department collaborates to host an informational and fun-filled event - music, food, art, you name it!

TRENT INTERNATIONAL STUDENTS' ASSOCIATION

TISA is an association committed to bringing diversity and inclusivity for people with international roots, people of colour and marginalized groups, to the Trent campus. TISA is the umbrella organization for 6 regional/sub groups >>>>

TISA and the Regional groups come together to create awareness, education and celebration of cultures from around the world.

TISA is also an advocacy group for student rights and providing a platform through which students can express themselves. TISA brings culture to campus, while supporting students and giving students a voice! Follow TISA on Instagram [@tisagram](#)

TACSU

Trent African Caribbean Student Union



TSEAO

Trent Southeast Asian Organization

TASA

Trent Arab Student Association

TASA

Trent Arab Student Association

HOLA

Organization for Hispanic and Latino Awareness

SAAT

South Asian Association at Trent

TISA CHOIR

Trent International Students' Association Choir

PEER SUPPORT PROGRAMS

GLOBAL AMBASSADOR PROGRAM

Our goal is to help you to have a smooth transition to life at Trent and in Canada. 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! Your ambassador will contact you once you have accepted your offer at Trent through your Trent email. Have questions about the Global Ambassador Program? Email us at globalambassador@trentu.ca.

PEER SUPPORT PROGRAM

A free, non-judgemental, confidential space for students to receive support from their peers.

REBOUND

Help for first or second year students wanting to start University off on the right foot.

ON TRACK

A 6-week interactive workshop series that will help you learn skills to boost your overall well-being. Topics include: time management, strengths, self-compassion and effective stress management strategies.

BLACK STUDENT SUPPORT PROGRAM

A safe space for current Trent Black students to come together for support and conversations around their Black experience at Trent, the Peterborough community and beyond. Email blackstudentsupport@trentu.ca to find out when and where they meet.

FPHL TUTORING

FPHL Tutoring: The First Peoples House of Learning provides tutoring to Indigenous students as well as students in Indigenous studies.

ISHKODEHWIN PEER MENTORING

Offered at the First Peoples House of Learning. Through peer assistance, advice and guidance, students are able to find lifelong growth and success both academically and personally.

OUT ON CAMPUS

Weekly confidential group discussions for Trent LGBTQ+ students questioning their sexuality, gender identity or are in the process of coming out. This group is led by two students who have been through the coming out process. Email outoncampus@trentu.ca to find out when and where they meet.

STUDENT HEALTH PROMOTERS

Is a program to inspire the Trent community to integrate health and wellness into both their culture and lifestyle through student-driven, peer-to-peer outreach.

TUTOR POSTING BOARD

A centralized online listing of tutors-for-hire and free departmental supports.

STUDY ABROAD PEER MENTORING

Connects exchange students at Trent! For more details contact the Trent study Abroad Program.

Click on the name of each program for more info



UNDERSTANDING YOUR ACADEMICS

Undergraduate



$$5 \times 4 = 20$$

Credits

Academic
Year

Total credits
(Honours)

HONOURS DEGREE [4 YEARS]

- 20 credits to complete
- 4 years of full-time study (Sept-April)
- Required for entrance into post-graduate studies

GENERAL DEGREE [3 YEARS]

- 15 credits to complete
- 3 years of full-time study (Sept-April)
- Professional or specialty programs are not offered as General Degrees

ACADEMIC YEAR/TERM

Academic Year: September to April

Term: Half of the Academic Year (Fall Term/Winter Term)

Mandatory Terms: Fall Term, Winter Term

Optional Term: Summer Term (scheduled break)

CREDIT

The academic value of a course. Courses are typically 0.5 credits (marked as H in a course code) or 1.0 credit (marked by Y in the course code)

Ex: ADMN1000H or IDST1000Y

>1.0 credit means one credit towards your total 15 or 20 credits required to complete your degree

COURSES

A class offered on a specific topic. Typically one course is worth 0.5 credits and is the length of a term.

HOW MANY COURSES DO I TAKE?

Students will typically take 10 courses per academic year, 5 per term. Typically, 5 courses in a term equates to 2.5 credits and 10 courses in an academic year equates to 5.0 credits. Do note in your upper year, some courses may have a higher credit value.

FULL-TIME ENROLLMENT AND INTERNATIONAL STUDENTS

Your immigration status indicates your primary reason for living in Canada is to study.

Being enrolled as a full-time student is a requirement for off-campus work eligibility.

You are automatically charged full-time fees; per term

Post-Graduation Work Permit eligibility based on full-time enrollment. Exception for final term of study.

Full-time enrollment is required during the fall and winter terms. The summer term is an optional term

Want to study part time? Meet with an Academic Advisor at Trent International

5 CREDITS

A maximum full-time course load per academic year (September – April).

4 CREDITS

A minimum full-time course load per Academic Year (September-April)

2.5 CREDITS

A maximum full-time course load in a single term (Fall or Winter)

2.0 CREDITS

A minimum full-time course load in a single term (Fall or Winter)

SUMMER COURSE LOAD (OPTIONAL)

up to a maximum of 2.0 credits; pay fees on a per course basis; scheduled break

UNDERSTANDING YOUR ACADEMICS



STEP 1: UNDERSTAND YOUR DEGREE REQUIREMENTS

First, review the [undergraduate academic calendar](#) to learn about your degree and program requirements.

STEP 2: CHOOSE YOUR COURSES

Visit the [first-year courses by major webpage](#) - this is your best friend for planning your first-year courses. If you have transfer credits, we highly recommend meeting with an academic advisor.

STEP 3: CREATE A TIMETABLE

Refer to the [Academic Timetable](#) to see which courses are available this academic year to create your timetable for the academic year.

STEP 4: REGISTER IN COURSES

Then, it's time to [register in courses](#).

VIDEO TUTORIALS AND GUIDES

These [video tutorials and online resources](#) will help you through the entire process.

ACADEMIC HOW TO GUIDES

Check out our various [Academic How to Guides](#). Refine your skills in studying, time management, writing, math & science, referencing and editing.

HAVE QUESTIONS?

Email us at internationaladvising@trentu.ca.

ACADEMIC ADVISING

Undergraduate academic advising at Trent is an on-going educational partnership between advisor and advisee that is dedicated to student learning, development, and success. Through the advising experience, students develop educational plans for achieving their personal and academic goals and develop the skills and commitment to become engaged, self-directed learners and competent decision-makers. Need support in planning your degree? [Book an appointment with an Academic Advisor today](#). Before meeting with an advisor, be sure to review the [planning your degree resources](#). Be sure to follow [Academic Advising on Instagram](#) or [send them an email](#).

ACADEMIC SKILLS

Academic skills offers online resources, workshops, and individual appointments to support your efforts to improve and refine your skills for success at university. [Visit the Academic Skills webpage](#) for more information on how our Academic Skills Instructors can support you! Follow [Academic Skills on Instagram](#) or send them an email acdskills@trentu.ca.

STUDENT ACCESSIBILITY SERVICES (SAS)

Student Accessibility Services provides academic accommodations for students with permanent or temporary, visible or invisible disabilities while studying at Trent University. [Learn more about SAS here](#).

FINDING HOUSING



ON CAMPUS HOUSING

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.

Students at Trent participate in a room selection process and time slots are assigned on a first-come, first-served basis.

Move-in on Sept 3 and Sept 4. Contact Housing directly if you have any questions residence@trentu.ca.

[Check out the Peterborough Residences here.](#) Once you're ready to apply, [click here](#). Have questions about on-campus housing? Email residence@trentu.ca.

OFF-CAMPUS LIVING SERIES

Our [Off-Campus Living Webinar Series](#) is a great place to begin your off-campus planning. The series discusses topics ranging from finding housing as a newcomer to Ontario, roommates, where to start your search and what to look for, neighbours and neighbourhoods, and what you need to know prior to signing a lease.

[Resource Guide:](#)

[Check out the Off Campus Housing Guide](#) in partnership with the City of Peterborough and Fleming College.

OFF CAMPUS HOUSING

Living off-campus is a great way to enjoy the downtown area of Peterborough and gain some independence.

[Places4Students:](#)

Trent has partnered with Places4Students.com to provide off-campus housing service for Trent students. [Click here to get started!](#)

Some tips about off-campus housing in Canada:

- In Canada, you are expected to sign a contract called a "lease agreement" for off-campus accommodations and pay first and last month's rent
- Rent ranges from \$600-\$900 CAD/month
- Keep this in mind for your budgeting. Never provide payment before signing a lease agreement. Be cautious of scams!
- Off-campus housing supports: www.trentu.ca/housing/off-campus-housing

[Other Resources:](#)

- [Property Management Companies](#)
- [Pad Mapper](#)
- [Housing Resource Centre](#)
- [Airbnb](#)
- [Kijiji](#)

If you have further questions, email offcampushousing@trentu.ca.

FINANCIAL FACTS



CURRENCY

Canada's official currency is the Canadian dollar (\$). [Learn more about the currency here](#). You can learn more about opening a bank account on page 19.

SALES TAX

Prices quoted in stores, restaurants, hotels, etc. are base price, and 13% [Harmonized Sales Tax \(HST\)](#) will be added on when you pay for an item. For example, if you buy a beverage that costs \$2.50 it will come to \$2.82 with the tax.

TIPPING CULTURE

In Canada we tip for a variety of services: In restaurants it is customary to tip your server 10% to 20% for exceptional service. At hotels it is customary to tip any of the "extra services" you might receive; including valet service and to the staff who brings your baggage to your room. For taxi drivers, hairdressers, barbers, and aestheticians, it is customary to tip 10-15%. However, with this being said, tipping is the customer's choice, if you feel you have received poor service, then it is entirely up to you whether you decide to tip or not.

PLAN YOUR FINANCES

Visit our [international finances webpage](#) to learn more about tuition fees, scholarships, awards, and bursaries to help you plan your finances for your first year and the rest of your degree or program. [Click here to see the estimated average budget for an academic year for international students](#). Have questions about your student account? Email Student Accounts here studentaccounts@trentu.ca.

PAY YOUR FEES

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

Aug 26 is the payment deadline for Undergraduate & post-graduate certificates. [Learn more about different payment options on our website](#).

WHAT TO BRING

Try to have at least \$500.00 (Canadian or U.S.) in cash when you arrive for your immediate needs like food and transportation.



FINANCIAL DEADLINES

AUGUST 26, 2022

Payment deadline for all fall 2022 term fees Undergraduate & Post-graduate certificates

SEPTEMBER 22, 2022

Final date to receive full tuition credit to student account for dropped Fall and full-year courses – no refund for dropped Fall or the Fall portion of full-year courses after this date

NOVEMBER 8, 2022

Final date for withdrawal from Fall-term courses—after this date students remain registered in Fall-term courses and receive final grades

UNDERSTANDING HEALTH INSURANCE



UNIVERSITY HEALTH INSURANCE PLAN (UHIP)

International Students are required to have a primary health provider. At Trent, International students are automatically enrolled and billed for the University Health Insurance Plan.

Insurance Provider: Cowan

Enrollment Administrator: Trent International

- Medical doctors
- Hospital services and emergencies
- Diagnostic testing
- Pregnancy
- [See coverage details & limits here.](#)

* Full policy coverage is limited to members living in Ontario and Hull/Gatineau, Quebec

ENROLLMENT DETAILS

International students (undergraduate, graduate, ESL, and certificate) are automatically billed and enrolled for UHIP on the first day of their starting term. UHIP is renewed every year on Sept 1st for returning students. Students will receive a new UHIP e-card each year after course registration is completed and the term's registration fee is billed. Students already living in UHIP coverage areas (i.e. Ontario or Hull/Gatineau, Quebec) may submit an UHIP e-card Request Form on MyTrent to receive their new UHIP e-card before course registration is completed. If arriving before May 1st, submit the UHIP e-card Request Form 2 weeks before arrival. Students studying 100% online with Trent but living outside of UHIP coverage areas may submit an UHIP Opt-out Form during the first month of the term. Both UHIP e-card Request Form and UHIP Opt-out Form is available on [MyTrent portal](#) > [Support](#) > [Health and Wellness](#).

CONTACT

Coverage, claims, coverage card inquiries:

uhip@trentu.ca

Enrollment and billing inquiries:

Trent International at uhip@trentu.ca

TRENT STUDENT BENEFITS (STUDENT VIP)

The Student VIP benefits are supplementary benefits that work in combination with UHIP to ensure students have coverage where UHIP does not.

Insurance Provider: Medavie Blue Cross

Enrollment Administrator: Trent Central Student Association (TCSA)

- Prescription drugs (medicine)
- Eye exams, eyeglasses & contacts
- Dentist visits
- Physiotherapy, chiropractor, etc.
- Accident & Travel
- [Home Country Coverage](#)
- [See coverage details & limits here.](#)

ENROLLMENT DETAILS

International Undergraduate students who are taking 1.5+ credits, and ESL Students and International Graduate students are automatically billed and enrolled for the Health and Dental Benefits on the first day of their starting term. Students must be registered in UHIP or comparable coverage. [Download your card on the first day of your enrolled term here.](#)

CONTACT

Coverage, claims, how to use, dependents:

[Contact Student VIP or Medavie Blue Cross](#)

Enrollment and billing inquiries:

TCSA at benefits@trentcentral.ca

HEALTH AND WELLNESS

STUDENT WELLNESS CENTRE

The mission of the Student Wellness Centre is to provide integrated services to address the holistic needs of students studying at Trent. The [Student Wellness Centre](#) consists of Counselling, Health & Accessibility Services. All services are strictly confidential and co-located in Blackburn Hall.

ENSURE YOUR IMMUNIZATIONS ARE UP TO DATE

The [Public Health Agency of Canada](#) recommends that you are vaccinated for specific illnesses as a visitor to Canada. If you can't receive these vaccinations before arriving in Canada, please visit the [Trent Student Wellness Centre](#). International students are eligible for a COVID-19 vaccine in Canada should they require one. Find more information on [COVID-19 vaccinations in Ontario here](#).

TAO (THERAPY ASSISTANCE ONLINE) - SELF-HELP

[TAO self-help](#) provides Trent students with a way to learn strategies for well-being online at your own pace. You can learn problem solving, relationships skills and mindfulness among other strategies.

GOOD2TALK

[Good2Talk](#) is a free, confidential service for post-secondary students in Ontario, available 24/7/365. By contacting Good2Talk, post-secondary students in Ontario can receive professional counselling, information and referrals for mental health, addictions and well-being in a confidential manner.

I.M. WELL

[I.M. Well](#) integrates campus and community services, mental health resources and wellness tools for students through the I.M. Well mobile app and Student Assistance Program.

CRISIS SERVICES CANADA

[Crisis Services Canada \(CSC\)](#) is a national network of existing distress, crisis and suicide prevention line services. They are committed to supporting any person living in Canada who is affected by suicide, in the most caring and least intrusive and confidential manner possible. If you're thinking about suicide, are worried about a friend or loved one, the Canada Suicide Prevention Service is available 24/7 for voice and 4pm to 12am ET for text. Call 1.833.456.4566 | Text 45645

ACCESSING HEALTH CARE

Many health care providers across Ontario are accessible via phone and video appointments -known as Virtual Care Clinics. You can access one of the many walk-in-clinics in Ontario. To book an appointment, call. Be sure to ask if they are a [UHIP preferred provider](#).

AT THE CLINIC

At a clinic, you will be asked to provide:

- Your full name
- Your student #
- Your UHIP number
- Your phone number
- The reason for your visit

EMERGENCIES

In the event of an emergency, please visit your nearest hospital or call 911.



WORKING IN CANADA

ON-CAMPUS EMPLOYMENT

International students registered full-time at Trent may be permitted to work on-campus without a work permit. Students must possess a valid study permit with stated working conditions, and if they have not undergone a medical examination, students may be subject to specific terms and conditions. [Read about the full conditions on the IRCC website.](#)

OFF-CAMPUS EMPLOYMENT

You may qualify to work off-campus without a work permit if you have a valid study permit with working conditions, are full-time enrolled, and are studying in a program that leads to a degree, diploma, or certificate that is at least six months in duration. If you qualify, your study permit will allow you to work up to 20 hours per week during regular academic sessions and full-time during scheduled breaks, such as the winter and summer holidays or spring break. ESL students are typically not eligible to work during their ESL program, but may be eligible once they transition to degree studies and obtain a study permit with the working conditions noted. [Read about the full conditions on the IRCC website.](#)

CO-OP/INTERSHIPS

If you have been accepted into a co-op program, [you will require a co-op work permit](#)

SOCIAL INSURANCE NUMBER

[A Social Insurance Number \(SIN\)](#) is a 9 digit number that you need to work in Canada or to have access to government programs and benefits. If you receive a job offer, you must apply for a SIN before you can receive earnings and benefits. Apply for a SIN onsite by presenting your [original documents](#) at any Service Canada location. [You can also apply for your SIN online here.](#) We highly recommend applying from within Canada.

PROTECTING YOUR SIN

SINs are often targeted by scammers. If you think you have been targeted, report the incident to the [Canadian Anti-Fraud Centre](#) at 1-888-495-8501. You may also wish to inform your local police service. Only give SIN to your employer after you have been offered a contract. Do not give your SIN to landlord, cell phone or internet providers, the Canadian Revenue Agency, or anyone that calls you over the phone and requests this information.

FINDING EMPLOYMENT

TRENT JOB BOARD

Please visit the [Trent Job Board](#) for information on current job opportunities (login> left-hand side> Student Job board)

OFF-CAMPUS JOB BOARDS

Visit our [Careerspace website](#) for a list of off-campus job boards

POST-GRADUATION WORK PERMIT

The [Post Grad Work Permit Program \(PGWPP\)](#) allows students who have graduated from a participating Canadian post-secondary institution to gain valuable Canadian work experience. A work permit under the PGWP may be issued for the length of the study program, up to a maximum of three years.

YOUR FIRST WEEKS AT TRENT

YOUR TRENTU CARD

All current students at Trent are entitled to a TrentU Card. Your card serves as your official university ID and also acts as your library card, your gym access, your door access, and it is the easiest way to pay for everything you need, on and off-campus. Each TrentU Card has two accounts on it - one for your [dining plan](#), one for your [Trent Cash](#). Please [browse through the rest of our website](#) to learn more.

OBTAIN YOUR TRENTU CARD

Upload your photo ahead of time by submitting your portrait-style photo online through the [myTrent portal](#) > Services > TrentU Card Photo Submission. Students moving into Residence will receive their TrentU Card when they move in. Students who are not living in Residence will receive an email once their online photo submission form has been processed. You must be registered in at least one course to receive your TrentU Card. The Card office is located in [Blackburn Hall](#) and visit [our website](#) to see the card office hours.

GET YOUR TRANSIT PASS

Once you have obtained your TrentU Card, you will be able to download your transit pass. [Visit our website to learn how to obtain your transit pass.](#)

Once you have your transit pass, you will be able to take all [Peterborough transit buses](#)! You can use Google Maps to determine the schedule and what buses you need to take.

JOIN ORIENTATION

Don't forget to make the most of your first week at Trent University, and attend [orientation sessions and social events](#).

VISIT TRENT INTERNATIONAL

Come visit us in the TI office! We are excited to meet you and have you join our TI family. We are located in [Champlain College 302](#), the only office on the third floor of Champlain College.

VISIT YOUR COLLEGE OFFICE

Pop in to your [College office](#) and meet your College family! Think of Trent as the city and the colleges as the neighbourhoods. Get to know your neighbours! They are here to support you throughout your degree.

PURCHASE YOUR BOOKS

Visit the [Trent Bookstore](#) to purchase your books, school essentials, and Trent swag! The bookstore is located in [Champlain College](#).

BOOK A CAMPUS TOUR

Get to know our beautiful campus and book a campus tour! Become an expert at navigating our campus and discover what Trent has to offer. [Book a campus tour here.](#)

FIND YOUR CLASSES BEFORE THEY BEGIN

Once you know your classes, take note of the building and rooms for each. You can find the [building abbreviations here](#). A great tool for finding your classes is the [Trent Class Find website](#).

VISIT THE LIBRARY

Visit our beautiful [Bata Library](#) that overlooks the Otonabee River to find books, research materials, study spaces, and access computers and printers.

YOUR FIRST WEEKS AT TRENT

VISIT THE TCSA

Visit your student union, the Trent Central Student Association, to learn more about the services and support they provide for you as a Trent student! The TCSA has a Used Book Consignment program, student discount map, free student agenda, a student benefits plan, social events, campaigns, workshops, and more.

The TCSA also has [student funding available](#), including a grocery assistance program, a gender-affirming care grant, a pandemic emergency relief fund, and more. The TCSA is located in the [Trent Student Centre Room 2.15](#). [Visit their website to learn more.](#)

OBTAIN STUDENT BENEFITS CARD

You can obtain a physical student benefits card from the TCSA office when you arrive on campus. Or you can download your card on the [Student VIP Website](#).

ATTEND CLUBS AND GROUPS DAY

Clubs and Groups Day is hosted by the TCSA every fall and winter to connect students to the [70 student-run clubs and groups at Trent](#). Clubs and groups day is typically hosted in September/October. Stay tuned for more information.

VISIT THE ATHLETICS CENTRE

Visit our state of the art [Athletics Centre](#)! You have full access to fitness equipment, classes, courts, and recreational sports!

ATTEND COLLEGE SOCIAL EVENTS

Remember, your [College](#) is your Trent family! Check-out what social events they are hosting and attend! It's a great way to meet new people and get involved in campus life.

CONNECT WITH TISA

Looking to meet other international students? The [Trent International Students' Association](#) hosts a variety of different social and cultural events throughout the year, including their "Welcome Back BBQ" in September.

EXPLORE NATURE AREAS

[The Trent Nature Areas](#) are a vital part of the University's commitment to preserving and honouring the natural world around us. Appreciated for their marvellous aesthetic and natural qualities, the Nature Areas afford visitors the opportunity to view wildlife, study nature, and enjoy many recreational activities like hiking, bird watching and cross-country skiing.



BE SCAM SMART

All students can be victims of scams, but international students are more vulnerable because you are newcomers to Canada. Never give your personal information to a stranger. No employer, government agency, or police will ask you to send money over the phone or through email or threaten to deport you. Be suspicious of any communication which seems strange: THINK, TALK, REACT. [Phone scams are common in Canada](#) and the scammer may already have some of your basic information. Scammers often threaten deportation or insist there is a warrant for your arrest. If in doubt, hang up and ask someone in Trent International! [Learn more here.](#)

OPEN A BANK ACCOUNT

Popular banks such as TD, CIBC, RBC, and Scotiabank allow the option to start your application online with an in-person check for proof of identity. Be sure to check if the bank has a bank card affiliated with the account. [Find more information here](#). Whether you start the application online or not, you will need to book an in-person appointment to open /finish opening your bank account.

STEP 1: GATHER DOCUMENTS

You will require:

- Your Study Permit
- An additional piece of government photo ID such as passport.
- Proof of enrollment from Trent (Student ID, course timetable)
- Address in Canada

STEP 2: RESEARCH BANKS

Most of Canada's major banks have branches in the Peterborough area. Each bank offers a variety of accounts and services. Some banks in Canada have partnerships with banks in other countries. Most banks offer student accounts that offer lower service fees. Common fees that may apply for bank services include:

- Withdrawal and deposit fees
- Monthly administrative fees
- ATM fees at other institutions
- Online banking fees

When selecting a financial institution, it is important to consider these features and fees. Once you have chosen a financial institution, make an appointment to set up your account. Below are some of the major banks in the Peterborough area:

- [Bank of Montreal](#)
- [CIBC](#)
- [Kawartha Credit Union](#)
- [National Bank](#)
- [Rapport Credit Union](#)
- [Royal Bank of Canada \(RBC\)](#)
- [Scotiabank](#)
- [Toronto-Dominion \(TD\)](#)

Be sure to note location of the bank branch for ease of access from campus or your off-campus housing.

STEP 3: BOOK APPOINTMENT

To open a bank account, you will have to go to the bank in person. You must set up an appointment beforehand. Most banks have an online appointment booking system.

STEP 4: SELECT ACCOUNT TYPE

At your appointment, you'll set up one or more accounts. Most people have both a chequing and a savings account. Talk with the teller about what you need from an account, and ask questions!

Chequing Account: This everyday account earns little/no interest. You can regularly withdraw money, pay credit card bills, and write cheques from it.

Savings Account: This account type is useful for storing money over longer periods of time as your money earns more interest than in a chequing account.

Foreign Currency Account: If you want to keep some money in a different currency, you may want to open this type of account.

OBTAINING A SIM CARD/PHONE PLAN

You can either obtain a pre-paid SIM and pay-as-you-go or post-paid and pay monthly. Compare prices from different providers to find the best deal for your setup. Depending on your data and services, the average phone bill in Canada is from \$45.00 to \$100.00 per month. Some popular providers are [Koodo mobile](#), [Freedom mobile](#), [Fido mobile](#), [Chatr mobile](#) (available at Pearson Airport during business hours), [Bell mobile](#), [Telus mobile](#), [Rogers mobile](#). Most providers require a photo ID/passport and credit card or banking information to get a post-paid SIM card in Canada. You can purchase a pre-paid/pay-as-you-go sim online at any of the major service providers, on Amazon, or at most large department stores like Walmart or Best Buy.

INTERNET

Packages and rates for internet across Canada are often updated and may even vary depending on your location. Depending on your speed and services, the average internet bill in Canada is \$55.00 to \$100.00 per month. Compare prices from different providers to find the best deal for your setup. Some popular providers are: [Bell](#), [Cogeco](#), [Rogers](#), [Nexicom](#), [Teksavvy](#), [Xplornet](#), [Acanac](#). Most providers require photo ID/passport, and credit card or banking information to set up home internet in Canada.

INTERNET PHONE APPS

[TextMe](#) and [TextNow](#) are a few popular internet phone apps that you can use upon arrival in Canada. Internet connection is required to access these app services.

ONTARIO PHOTO CARD

You may want to apply for Ontario photo identification. When setting up accounts and services (banking, phone, internet, etc) you will be required to provide photo identification. When you first arrive in Canada, you can use your passport and student I.D. for these applications. However, we do not advise to carry around your passport as identification once those initial accounts have been opened. Apply for an [Ontario Photo Card](#).

INTERCITY TRAVEL

For inter-city travels, the [GO Transit](#) is available which connects to Peterborough to other cities in Ontario. Purchase your ticket online. You can take the Go Transit bus from Gzowski College or beside the Peterborough bus terminal. You will transfer to a Go Transit train in Oshawa if you are going to the Greater Toronto Area. GO transit is not covered by the Trent Transit pass. However, you do get a student discount!

GETTING THE THINGS YOU NEED

Here are some popular grocery stores, markets, malls and pharmacies that you can obtain some of the items you need.

Grocery Stores:

- [FreshCo](#)
- [No Frills](#)
- [Walmart](#)
- [Real Canadian Superstore](#)

Markets/Pharmacy:

- [Goodies on George](#)
- [Minh's Chinese Grocery](#)
- [Indian Peacock Inc.](#)
- [Shoppers Drug Mart](#)

Malls:

[Landsdowne Place](#)

[Food Programs](#)

EXPLORE

PETERBOROUGH

Welcome home!

WELCOME TO PETERBOROUGH

Blends a thriving arts, culture, and entertainment scene with the breathtaking natural landscape in a relaxed and friendly community. Whether you're a nature lover, adventure seeker, foodie, or all of the above, Peterborough is a wonderful place to live, study, and gain valuable work experience

PETERBOROUGH FACTS

- Located in South-eastern Ontario, 1.5 hours North of Toronto
- Population of 81,084
- Over 151 lakes in the Peterborough region
- Over 300 festivals and events in the summer months alone!
- Lovingly called The Patch, P-Dot, and Peterpatch
- Home to Trent University and Sir Sanford Fleming College

WHAT TO DO IN PETERBOROUGH

- Bike/Walking Trails
- Kayaking/ Canoeing in Downtown
- Tour of [Lift-Locks](#)
- [Millennium Park](#), [Del Crary Park](#)
- Festivals: [Peterborough Music Fest](#), [Hootananny](#), Rib Fest
- Skiing
- Skating
- Sledding
- Hockey games

SOCIAL LIFE

- Various cafes in downtown: Dreams of Beans, Blackhoney, SilverBean, Kit Coffee, etc.
- Clubs with themed music and karaoke bars
- Trent's vivid year-round agenda of social engagements!
- Hockey games at Memorial Centre
- [First Friday Art Crawl](#)

THE BEST...

- Coffee: Dreams of Beans
- Outdoor Patio: The Only
- Club: The Social
- Poutine: The Whistle Stop
- Halal Options: Ariyana, Osmows, Levantine Grill, OMG (Oasis Mediterranean Grill)
- Vegetarian Options: Tacheena, La Mesita, La Hacienda, Food Forest, Revelstoke Café

NEW CANADIANS CENTRE

We strive to empower immigrants and refugees to become full and equal members of Canadian society and to provide community leadership to ensure cultural integration in a welcoming community.

ORIENTATION TO ONTARIO CHATBOT

[Orientation to Ontario](#) can smooth the transition. Our resources and the settlement organizer will guide you through the settlement process and connect you with your local community.