

# PRE-ARRIVAL CHECKLIST

## for graduate students



- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| (1) Latest COVID-19 updates       | (10) Connect with our community       |
| (2) Get a Study Permit            | (11) Understand your health insurance |
| (3) Update immunizations          | (12) Register for Orientation         |
| (4) Connect with your program     | (13) Prepare for the climate          |
| (5) Plan your finances            | (14) Prepare to work in Canada        |
| (6) Explore new student resources | (15) Explore Blackboard Learn         |
| (7) Register for courses          | (16) Pack your bags                   |
| (8) Explore housing options       | (17) Arrive in Ontario                |
| (9) Pay your fees                 |                                       |

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## 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](#).

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## GET A STUDY PERMIT



We strongly recommend that you apply for your study permit online as soon as you receive your letter of acceptance. You can learn more about the application process on the [Immigration, Refugees, and Citizenship Canada 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](#).

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## ENSURE YOUR IMMUNIZATIONS ARE UP TO DATE



[The Public Health Agency of Canada recommends that you're 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 will be eligible for a COVID-19 vaccine in Canada should they require one. Find more information on [COVID-19 vaccinations in Canada here](#).

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## CONNECT WITH YOUR PROGRAM



Always feel free to reach out to your Administrative Assistant and/or your Supervisor if you have questions specific to your studies or program. Or if you have a general question, email us at [graduate@trentu.ca](mailto:graduate@trentu.ca).

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## PLAN YOUR FINANCES



[Visit our graduate finances page](#) to learn more about tuition fees, additional estimates fees, scholarships, awards, and bursaries to help you plan your finances for your first year and the rest of your degree or program.

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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 you begin your time as a Trent student:

1. [Newly Admitted Graduate Students](#)
2. [International Graduate Students](#)
3. [International Sessions and Events webpage](#)

### Safe Arrival in Canada Webinars

June 16, June 30, July 14, July 28, Aug 11 at 8:30AM EST

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

[Register here](#)

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## REGISTER FOR COURSES



Program and course registration begins on August 1, 2021. Students are encouraged to explore our [Graduate Student Registration page](#) for more information about class registration, important registration dates, graduate program, and degree completion, and registration forms.

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## EXPLORE HOUSING OPTIONS



### On-Campus:

Learn more about [on-campus housing here](#). The [application deadline is June 1](#). Note that prior to moving into your permanent accommodations, you may be required to complete a mandatory quarantine. Have questions? Email [residence@trentu.ca](mailto:residence@trentu.ca).

### 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 quarantine support team at [tionline@trentu.ca](mailto:tionline@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 tuition fees on our website](#).

[Learn more about different payment options on our website](#).

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## CONNECT WITH OUR COMMUNITY



[The Trent Graduate Student Association](#) (TGSA) a student-run organization that represents, promotes, and advocates on behalf of the over 700+ grad students. The TGSA publishes a monthly [Newsletter](#) and also [hosts a variety of events](#) throughout the academic year.

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 \(TISA\)](#). Explore the various clubs and groups: [Peterborough clubs and groups](#) or [Durham clubs and group](#)



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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](https://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. You are automatically enrolled on a 1.5-course credit enrollment. [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](mailto:benefits@trentcentral.ca). You can find more information at [www.studentvip.ca](http://www.studentvip.ca) or email [benefits@trentcentral.ca](mailto:benefits@trentcentral.ca)

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## REGISTER FOR ORIENTATION



[Orientation events are currently being planned for new graduate students](#) which will take place throughout August and possibly into early September. From GTA's, to Student Services to Finances to Library Services, you will be provided with everything you need to know to start your journey as a graduate student at Trent. Watch your email in the coming weeks for all the details including dates, times, topics, and registration details.

[International orientation](#) is supplemental to your graduate student orientation sessions and will cover topics such as:

- Trent international services
- Immigration
- International student health insurance

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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 lightweight waterproof coat.

Canadian students tend to dress casually for most occasions.

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## PREPARE TO WORK IN CANADA



### On-campus:

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:

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. [Read about the full conditions on the IRCC website.](#)

### Co-op/Internships:

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

### Trent Job Board:

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

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## EXPLORE BLACKBOARD LEARN



Blackboard Learn is the learning system you will use to access your courses. Your courses won't appear until several days prior to the start of classes, however, you can take some time to explore the platform. You can find the Blackboard Learn platform in the [MyTrent portal.](#)

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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.