

TRENT INTERNATIONAL PRE-ARRIVAL ORIENTATION



Agenda

9:10am	School of Graduate Studies
9:40am	Student Housing Services
10:00am	Health insurance
10:20am	Trent International



School of Graduate Studies



School of Graduate Studies

Preparing for your Studies as a Graduate Student

Monday, July 28, 2025



Land Acknowledgment



We respectfully acknowledge that Trent University is on the treaty and traditional territory of the Mississauga Anishnaabeg. At Trent University Durham, we recognize our close friendship with the Mississaugas of Scugog Island First Nation. We offer our gratitude to the First Nations for their care for, and teachings about, our earth and our relations. May we honour those teachings.



Pre-Arrival Check-List

Haven't started to prepare for the term ahead? Now is the time to start!

- ☐ Ensure your visa has been approved and you have obtained all required documentation
- ☐ Find housing accommodations
- ☐ Make travel arrangements so you are ready to begin your studies as of the first day of the term = September 1st
- ☐ Review the School of Graduate Studies' Welcome Guide
- ☐ Explore your myTrent portal and Trent University email account
- ☐ Review the Graduate Academic Calendar
- ☐ Complete your program and course registration for the Fall 2025 term
- ☐ Review the School of Graduate Studies' website for more information related to your graduate studies

Pre-Arrival Onboarding Sessions

The School of Graduate Studies will be hosting two pre-arrival onboarding sessions. All new students are strongly encouraged to attend at least one of the two online sessions.

Session 1: Friday, August 8; beginning at 10:00 am EST

Session 2: Monday, August 18; beginning at 2:00 pm EST

New Graduate Student Orientation

Join us at Orientation to connect with staff and fellow students who will be part of your graduate experience, and to receive fundamental information that will support your success as a graduate student.

When: Tuesday, September 2, 2025
Beginning at 9:45 am EST

Where: Lower Level, Enwayaang Building (Gzowski College)
Peterborough Symons Campus

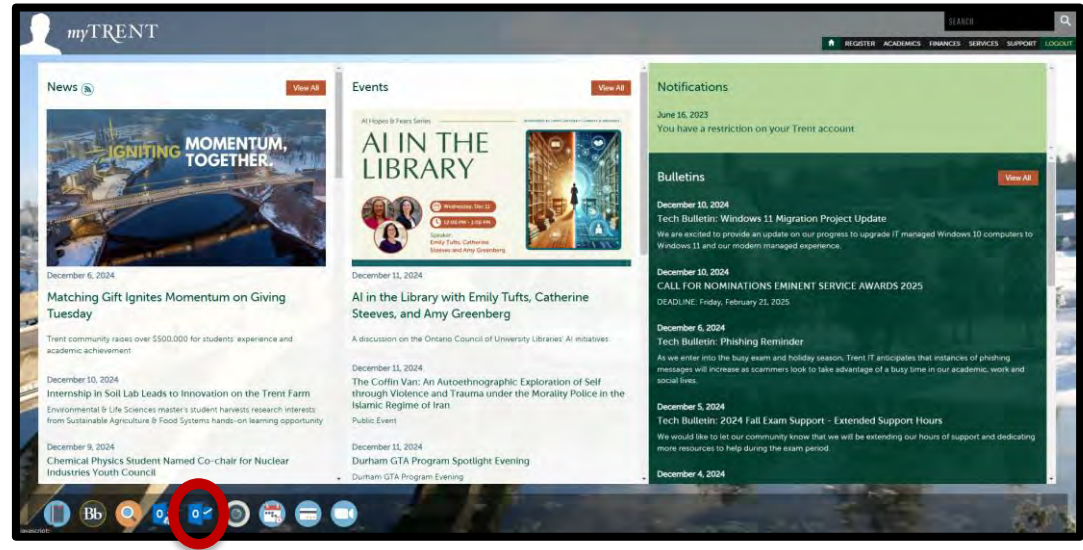
This event is to be attended by new graduate students, studying at the Peterborough and Durham campuses, only.

myTrent Portal and Trent Email Account

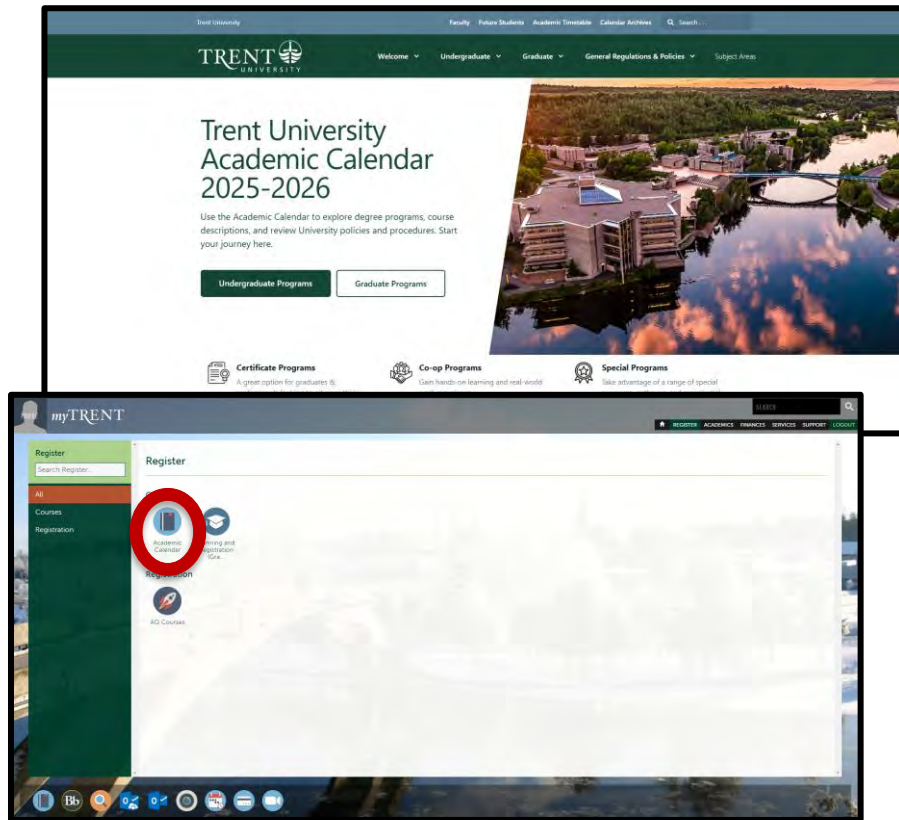
Your myTrent portal gives you direct access to your academic record, student account information, Blackboard courses, request forms and much more!

All communication related to your studies at Trent University must be through your Trent email account(s).

Monitor your Trent email account(s) regularly to ensure you do not miss any updates that could impact you.



Graduate Academic Calendar



All academic regulations and policies, important dates and degree requirements are provided in the Academic Calendar. It is a student's responsibility to familiarize themselves with the information provided in the Academic Calendar.

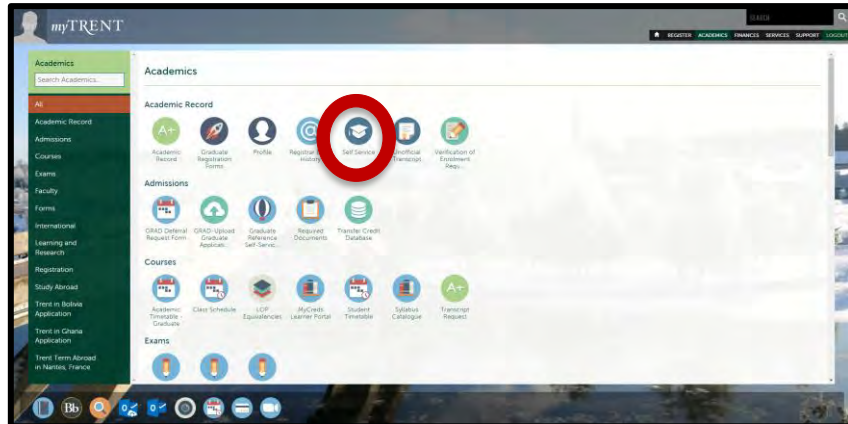
Have questions about the Academic Calendar?
Reach out to graduaterecords@trentu.ca

Program and Course Registration

Registration at the graduate-level is a two-step process:

- 1. Program Registration:** To be completed by **ALL** graduate students
- 2. Course Registration:** To be completed by only those with course requirements.

Program and course registration is completed by students through **Self Service**, accessed through your myTrent Portal.



Registration resources, including video tutorials, are available under “Program and Course Registration” on the School of Graduate Studies’ *Current Students > Registration and Course Enrolment* webpage.

Program and Course Registration

Common Registration Errors

1. Student has only added the course/program placeholder to their Course Plan. They have not completed their registration.
2. Student is not given the option to “Register” for the course/program placeholder within their Course Plan.
3. Student attempts to “Register”, but course is full.

Registration Deadline: Wednesday, September 10, 2025

Confirm your registration for the Fall 2025 term by reviewing your **Unofficial Transcript** or **Course Plan** within Self Service

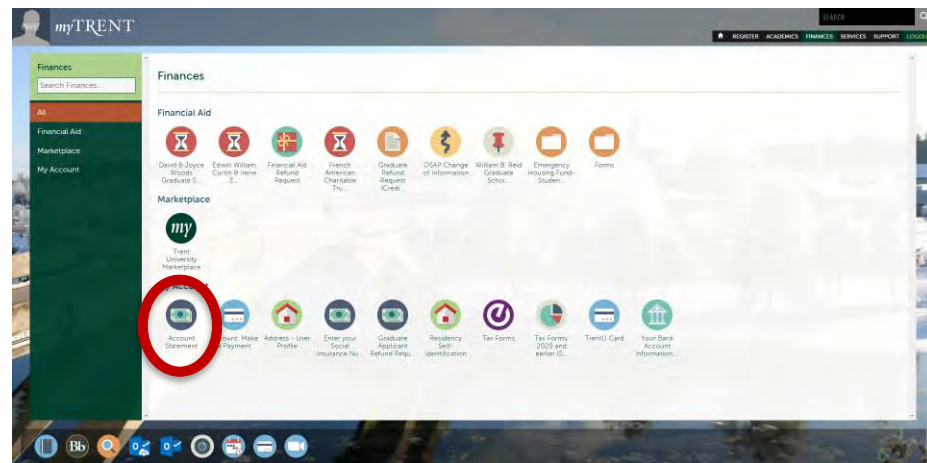
Graduate Financial Matters

2025-2026 tuition fees are available on the School of Graduate Studies' *Financial Matters > Student Account and Tuition* webpage.

Here you will also find information relating to:

- Graduate Tuition Fee Deadlines
- Making a Payment
- Payment Plans

Fall 2025 tuition will be billed to students' accounts beginning in August. Registered students can review their billing under *Finances > Account Statement*.



Important Dates to Know

All important dates are listed in the Academic Calendar

Friday, August 8 th at 10:00 am EST	Pre-Arrival Onboarding Session 1, hosted by the School of Graduate Studies
Monday, August 18 th at 2:00 pm EST	Pre-Arrival Onboarding Session 2, hosted by the School of Graduate Studies
Monday, August 18 th at 11:59 pm EST	Deadline to submit a deferral request for Fall intake
Tuesday, September 2 nd at 9:45 am EST	Graduate Student Orientation
Thursday, September 4 th	Fall-term courses begin
Wednesday, September 10 th	Deadline to complete Fall 2025 program and course registration
Sunday, September 28 th	Tuition and fee payment deadline for Fall 2025 term

Supports and Services

Start exploring the various **Supports and Services** available to you as a graduate student to learn more about how they can assist you throughout your studies.

- Trent Graduate Student Association (TGSA)
- Academic Skills
- Student Accessibility Services (SAS)
- Campus Tours
- Careerspace
- Information Technology (IT)
- Counselling Services

A comprehensive list of support services is provided on the School of Graduate Studies' *Current Students > Supports and Services* webpage.

Student ID Cards and Transit Passes

The **TrentU Card Office** assists students with Student ID Cards, Trent Cash, Dining Plans and Transit Passes.

To receive their Student ID Card, students must first submit a portrait-style photo online. Photo guidelines and instructions on how to pick-up your Student ID Card are available on the TrentU Card Office's *Getting Your Card* webpage.

Graduate students that wish to receive a Transit Pass must opt-in. To do so, contact campuscard@trentu.ca.

Academic Integrity is the cornerstone of scholarship

The Graduate Academic Integrity Policy applies to students registered in graduate programs or graduate courses at Trent University as well as to applicants to graduate programs at the University.

- Available under the *Graduate* tab within the Academic Calendar

The policy addresses cheating, plagiarism and academic dishonesty

- It is the responsibility of all graduate students to familiarize themselves with the Graduate Academic Integrity Policy

It is an expectation that all graduate students understand the meaning of academic integrity and will undertake work with academic integrity.

Student Charter of Rights and Responsibilities

The **Student Charter of Rights and Responsibilities** outlines how we seek to create a supportive learning environment, address disruptive behaviour, and protect the safety, dignity and reputation of students and the community as a whole.

- It is the responsibility of all graduate students to familiarize themselves with the Student Charter of Rights and Responsibilities

The Charter includes:

- Outline of student rights and responsibilities
- Community life
- Prevention and capacity-building around inclusive and respectful behaviour
- Charter procedures and outcomes
- Appendices, with additional information

The Student Charter of Rights and Responsibilities is available on the Trent University *Current Students > Policies* webpage.

Tips for Success as a Graduate Student

1. Be aware of all important dates and deadlines, and manage your time wisely
2. Seek support when you need it
3. Engage with the Peterborough/Durham and Trent University communities
4. Intentionally take time to care for yourself
5. Remember why you're here



School of Graduate Studies

Web: trentu.ca/graduatestudies/

Email: graduate@trentu.ca

Phone: 705-748-1011 ext. 7245

Location: Peterborough Symons Campus, Blackburn Hall, Suite 115

Office Hours: Monday to Friday, 9:00 am - 4:00 pm EST

CHALLENGE THE WAY YOU THINK

Health Insurance



CHIP

TRENT
student
BENEFITS

TRENT
UNIVERSITY

Health Insurance



All international students at Trent have two (2) health insurance policies that work together to provide comprehensive coverage:

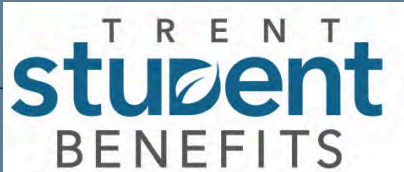
- University Health Insurance Plan (UHIP)



- Trent Student Benefits



Health Insurance Snapshot



UHIP

Primary Health Plan
Insurance Provider: **Cowan Insurance Group**
Enrolment Administrator: **Trent International**

- Medical doctors
- Hospital services
- Emergencies
- Diagnostic testing (e.g., X-ray, blood/lab tests)
- Pregnancy

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

Coverage details & limits:
<https://uhip.ca/uhip-services/coverage-details/>

Trent Student Benefits

Extended Health & Dental Benefits Plan
Insurance Provider: **Medavie Blue Cross**
Enrolment Administrator: **TCSA/TDSA**

- Prescription drugs (medicine)
- Eye exams, eyeglasses & contacts
- Dental
- Physiotherapy, chiropractor, etc.
- Accident & Travel

* Home Country Coverage (for studying remotely in your home country due to COVID-19 only)

Coverage details & limits:
www.studentvip.ca

University Health Insurance Plan (UHIP)

Mandatory, Primary Plan



What is UHIP?

- Mandatory Health Insurance for international students in Ontario and Hull/Gatineau, Quebec.
- Provides an equal coverage as if you were someone eligible for **OHIP** (Ontario Health Insurance Plan sponsored by the Government of Ontario).
- UHIP medical claims are approved and paid for you by Manulife/Cowan Insurance Partnership.
- UHIP enrollment and fee collection is administered by Trent International.

What does UHIP cover?




- Medical doctors
- Hospital services
- Emergencies
- Diagnostic testing (e.g., X-ray, blood/lab tests)
- Pregnancy

Coverage details & limits: <https://uhip.ca/uhip-services/coverage-details/>

*Full coverage limited to members in Ontario & Hull/Gatineau, Quebec

What if I travel outside the Province of Ontario but within Canada?

 Government of Canada
Gouvernement du Canada

Français

Search IRCC

MENU

[Canada.ca](#) > [Immigration and citizenship](#) > [For new immigrants](#) > [Prepare for life in Canada](#)

Prepare for life in Canada

Get to know Canada - Provinces and territories

Learn about Alberta

Learn about British Columbia

Learn about Manitoba

Learn about New Brunswick

Learn about Newfoundland and Labrador

Learn about Nova Scotia


Learn about Northwest Territories

Learn about Nunavut

Get to know Canada - Provinces and territories

Learn more about Canada's provinces and territories, including services to help you settle and resources for Francophone immigrants.

- [Alberta](#)
- [British Columbia](#)
- [Manitoba](#)
- [New Brunswick](#)
- [Newfoundland and Labrador](#)
- [Northwest Territories](#)
- [Nova Scotia](#)
- [Nunavut](#)
- [Ontario](#)
- [Prince Edward Island](#)
- [Quebec](#)
- [Saskatchewan](#)
- [Yukon](#)



What if I travel outside the Province of Ontario but within Canada?

[GET STARTED](#)[UHIP SERVICES ▼](#)[HELP & FAQ](#)[SUBMIT A CLAIM](#)[FIND A CLINIC/DOCTOR/LAB](#)

Assistive Medical Devices



Emergencies outside Ontario, and within Canada



UHIP covers:

- Outside of Ontario, UHIP limits coverage to medical **emergencies** (not applicable to those who live and receive services in Gatineau/Hull). This means that your condition requires immediate medical attention to relieve acute pain and suffering (covered at 100% of what a provider charges in Ontario to the same overall maximum and terms as under OHIP, and excludes ambulance).

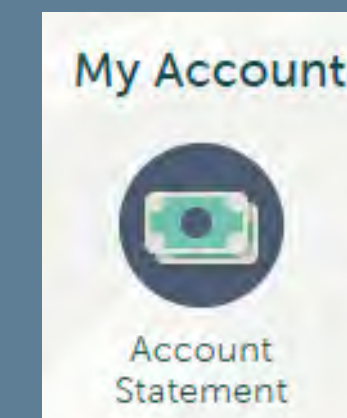
How much does UHIP cost?

- UHIP fee for 2025-2026 is CAD \$66 per month, per person
- September 2025 Fall new student:
 - CAD \$792.00 for 12 months (September 1 to August 31, 2026)
 - No extra UHIP fee for early arrival August 10-31, 2025
 - UHIP fee is included in 2025 Fall Term Registration Fee billed by Trent University.



To view/download a copy of your bill, go to:

- **MyTrent > Finances > My Account > Account Statement**



Can I add dependents to my UHIP?




- Yes! Eligible dependents can be added if they are in Ontario, Canada and do not have OHIP.
- Eligible dependents include:
 - A legal or common-law spouse
 - Children
- As the UHIP leading member for your family, you are responsible to pay for the dependent UHIP fee that will be added to your Student Account.
- To add dependents, request an application form by email uhip@trentu.ca

UHIP Fee Table 25/26

	Student	Student + 1 Dependent	Student + 2 Dependents	Student + 3 Dependents
September-25	\$792.00	\$1,584.00	\$2,376.00	\$2,376.00
January-26	\$528.00	\$1,056.00	\$1,584.00	\$1,584.00
May-26	\$264.00	\$528.00	\$792.00	\$792.00
	Included in Registration	Separate Charge	Separate Charge	Separate Charge

- Fees are calculated by duration (monthly) and number of people
- UHIP does not exclude you for any pre-existing health conditions
- If you have a chronic illness, reach out to case.mgmt@cowangroup.ca to find out what can be covered for you
- UHIP fee capped at 2 dependents

The Reason for UHIP

**Queensway Carleton
Hospital**



What Can We Help You With?

PATIENT & VISITORSPROGRAMSCAREERSFOUNDATIONVOLUNTEERCONTACT USABOUT U

Uninsured and Non-resident Fees

Information for Patients

Information for Visitors

Accessibility

Consent for Treatment Information

Hospital Charges

Maps

Parking & Transportation

Patient Bill of Rights and Responsibilities

Patient Meal Ordering

Patient Portal

QCH Gift Box

Spiritual Care

Hospital Fees for Patients without Canadian Provincial or Federal Health Insurance

For Uninsured Residents of Canada and Non-Residents of Canada

Effective April 1, 2021

Hospital Outpatient Fees:

Outpatient visit (Hospital appointments, each)
Uninsured resident of Canada \$302
Non-resident of Canada \$930

Emergency visit (each visit)
Uninsured resident of Canada \$302
Non-resident of Canada \$930

Other fees In Addition to Outpatient Visit fees:

Day Surgery (plus Hospital visit fee)
Uninsured resident of Canada:

- Low: \$850
- Medium: \$3,126
- High: \$13,160

Non-resident of Canada:

- Low: \$3,495
- Medium: \$3,495
- High: \$13,160

UHIP e-card (Digital PDF format)



Note:

- **Certificate No:**
 - This number is assigned by Cowan and is unique to you.
- **University ID:**
 - TU00 + your Trent student ID (example: TU000123456)
- **Policy No.: 150150-XXX**

A digital PDF template for a UHIP e-card. The card has a white background with a green border. At the top left is the Cowan logo (a green circle with a white 'C' inside) and the word "Cowan" in green. At the top right is the "UHIP" logo in purple. Below the logos is the text "University Health Insurance Plan (UHIP)" in purple. A horizontal line separates this from the "Insured Name:" field. Below that is another horizontal line. Underneath are four fields: "Certificate No.:", "University ID:", "Policy No.:", and "Start Date:". To the right of "Start Date:" is the "End Date:" field. A horizontal line separates these fields from the "Insured Dependents:" field. At the bottom of the card, there is a line of text: "Verify eligibility at: clients.cowangroup.ca/Verify". Below that is a bold statement: "This card is not transferable and must be accompanied by photo ID."

When and how to get my UHIP e-card?

- Course registration triggers automatic UHIP enrollment.
- New Trent students who are registered in 2025 Fall term courses will receive a UHIP e-card in **Trent student email inbox (or junk folder)** during the month of September 2025.

*****If arriving in Canada August 10 - August 31st, 2025**

- Email uhip@trentu.ca to receive your UHIP e-card in-advance
- Include your Trent Student ID in email
- Please send email from myname@trentu.ca



The image shows a template for a UHIP e-card. It features the Cowan logo in the top left and the UHIP logo in the top right. The title "University Health Insurance Plan (UHIP)" is centered below the logos. Below the title, there are fields for "Insured Name:", "Certificate No.:", "University ID:", "Policy No.:", "Start Date:", and "End Date:". A section for "Insured Dependents:" is also present. At the bottom, there is a note: "Verify eligibility at: clients.cowangroup.ca/Verify" and "This card is not transferable and must be accompanied by photo ID."

Where and how to use my UHIP coverage?



- Search and go to **Cowan Preferred Provider Network (PPN) locations**
 - <https://uhip.ca/find-a-clinic-doctor-lab/#find-a-clinic-doctor-lab-close-to-you-that-accepts-uhip>
 - Cowan PPN on [Google Map](#)
- **Why?**
 - Cowan PPN locations are likely to have the computer program in place to direct bill Cowan for your medical services.
 - This means you are likely not asked to pay the doctors upfront.
 - This also means you don't need to spend time filling out and submitting UHIP Claim Form to Cowan.

What if I forget about Cowan PPN or the direct bill software is down at Cowan PPN?

- If you are asked to pay at a clinic, doctor's office, hospital or lab, remember to:
 1. Complete UHIP Claim Form. Instruction: <https://uhip.ca/submit-a-claim/>
 2. Submit the Claim Form and your payment receipt as per instruction
 3. Cowan will review your Claim Form and reimburse you on eligible claim items

Cowan's UHIP Claim Form: Section 1-3



University Health Insurance Plan

CLAIM FORM

IMPORTANT: Attach original receipts (not photocopies). Sections 1 to 3 must be fully completed. Section 4 and 5 must be completed by Provider unless detailed invoice accompanies this claim form.

Clear

SECTION 1 - UHIP MEMBER INFORMATION (To be completed by UHIP member)

Last Name	First name	Certificate number or University ID
Canadian Address (Street number and name)		Telephone number () -
City	Province	Postal code

SECTION 2 - PATIENT INFORMATION (To be completed by UHIP member or patient)

Last Name	First name	Date of birth (dd-mm-yyyy)
Relationship to the member <input type="checkbox"/> Self <input type="checkbox"/> Spouse <input type="checkbox"/> Child		<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Non-binary <input type="checkbox"/> Undisclosed

SECTION 3 - AUTHORIZATION (To be completed by UHIP member)

Note: If payment is to be made directly to the provider, both authorizations (A & B) must be signed.

A. I authorize COWAN INSURANCE GROUP to make payment directly to the provider indicated below. In the event my claim(s) are declined by COWAN, I understand that I remain responsible for payment to the provider for any services rendered and/or supplies provided.

file. Access to my Information will be limited to:

- Manulife employees, Cowan employees, representatives, reinsurers, and service providers in the performance of their jobs;
- persons to whom I have granted access; and
- persons authorized by law.

I have the right to request access to the personal information in my file, and, where appropriate, to have any inaccurate information corrected.

Date: Member's signature:

B. I hereby authorize COWAN INSURANCE GROUP to make payment directly to the provider indicated below. In the event my claim(s) are declined by COWAN, I understand that I remain responsible for payment to the provider for any services rendered and/or supplies provided.

Date: Member's signature:

Section 1 to 3 are for you (UHIP member) to complete for yourself or for your eligible dependents (spouse or children) under your UHIP membership.

Cowan's UHIP Claim Form: Section 4-5



Section 4 to 5 are for physicians and hospitals to complete.

Note:
The **Provincial Code** is the OHIP code (for Ontario) as if you were a permanent resident of Ontario having OHIP coverage.

SECTION 4 - PROVIDER INFORMATION <i>(To be completed by provider)</i>				
Provider's name			Specialty	
Address			Postal code	
Cowan Provider I.D. Number			Telephone number () -	

SECTION 5 - STATEMENT OF SERVICES <i>(To be completed by provider)</i>				
Service date	Description of service	Provincial code <small>(plus time units, if applicable)</small>	Charge	Diagnosis

I declare that the above is a correct statement of services rendered.

Date: _____ Provider's signature: _____

NOTE: * **Physicians and Hospitals** must provide the diagnosis.

HOW TO SUBMIT YOUR CLAIM:	DIRECT ALL INQUIRIES TO:
UHIP Members and Health Care Providers can submit via the online secure portals at: Member: clients.cowangroup.ca Provider: provider.cowangroup.ca or Mail us your claim form and receipts to: Cowan Insurance Group 700-1420 Blair Place, Ottawa ON K1J 9L8	Tel.: 1 833-377-UHIP (1 833-377-8447) Fax: 613-741-7771

UHIP Contact at Trent University

A screenshot of the UHIP website interface. The top navigation bar includes links for "GET STARTED", "UHIP SERVICES" (with a dropdown arrow), "HELP & FAQ", "SUBMIT A CLAIM", "FIND A CLINIC/DOCTOR/LAB", and a "CONTACT" button. A search icon is also present. The main heading reads "How your University Plan Administrator can help:". Below this, a list of services is provided: "Update your personal information (e.g. name, date of birth, address)", "Add or remove dependents", "Information or questions about your UHIP premium", and "Extend or revise your coverage". To the right of the list is a dropdown menu currently showing "Trent University". Below the dropdown, the contact information "+1 705-748-1314" and "uhip@trentu.ca" is displayed.

UHIP

GET STARTED UHIP SERVICES ▼ HELP & FAQ SUBMIT A CLAIM FIND A CLINIC/DOCTOR/LAB CONTACT

How your University Plan Administrator can help:

- Update your personal information (e.g. name, date of birth, address)
- Add or remove dependents
- Information or questions about your UHIP premium
- Extend or revise your coverage

Trent University ▼

[+1 705-748-1314](tel:+17057481314)
uhip@trentu.ca

UHIP Contact at Cowan



Contact Cowan Case Management by email at case.mgmt@cowangroup.ca

- When you have been admitted to a hospital
- When you require a pre-determination of medical services (e.g. long-term cancer treatment)

For all other general inquiries:

Phone: 1-833-377-8447 (UHIP)

Mon. - Fri. 8:00am – 5:00pm (ET)

Email: UHIP.RAMU@cowangroup.ca

A screenshot of the UHIP website. The header features the "UHIP" logo in purple and a navigation menu with links: "GET STARTED", "UHIP SERVICES" (with a dropdown arrow), "HELP & FAQ", "SUBMIT A CLAIM", and "FIND A CLINIC/DOCTOR". Below the header, the main heading reads "How Cowan can help:". To the left of this heading is a list of services: "What's covered by UHIP", "How to submit a claim", "Information or questions about a recent claim", "Help registering for, or access to, Cowan's member site", "How to print your coverage card from Cowan's member site", and "Confirmation of UHIP coverage letter". To the right, under the heading "Contact Cowan", is the phone number "1-833-377-8447 (UHIP)", the hours "Monday – Friday 8:00am – 5:00pm (ET)", and two email addresses: "UHIP.RAMU@cowangroup.ca" and "www.clients.cowangroup.ca".



Contact us

Have questions? Please contact us!
Email: uhip@trentu.ca

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

Trent Student Benefits (Extended Health & Dental Plan)



What is Trent Student Benefits?



- Extended health coverage including:
 - Prescription drugs
 - Dental
 - Vision
 - Physiotherapy, chiropractor, etc. (usually long-term recovery treatment)
 - Travel, and accident coverage
- Medavie Blue Cross is the insurance provider.
- Trent Central Students' Association (TCSA) is the Administrator at Trent
- CAD \$564.00 for 2025-26 academic year, billed at start term.
- This is a flat rate fee regardless of the term you start in.

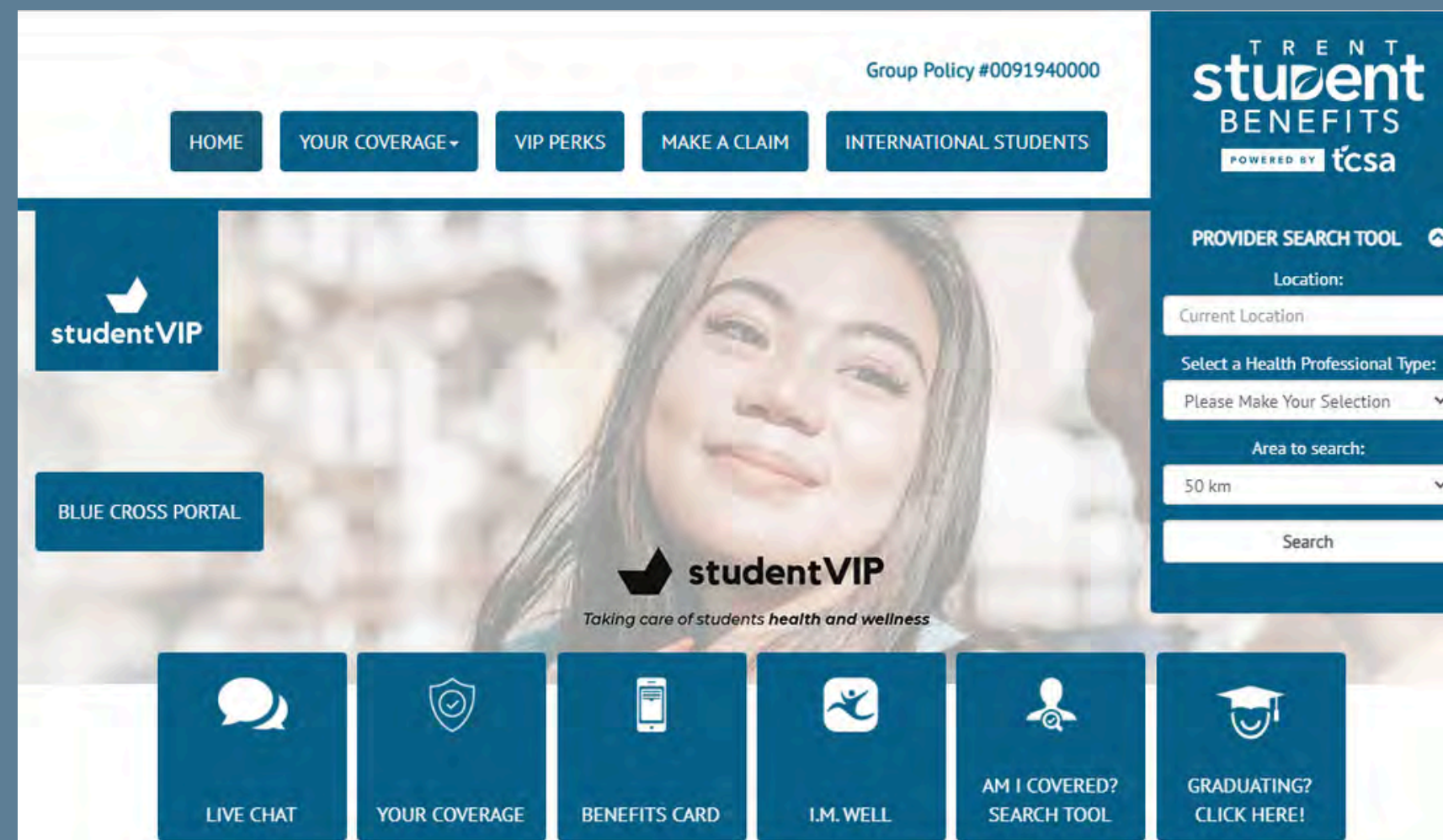


Trent Student Benefits Web Site



<https://www.studentvip.ca/trent>

- Automatically enrolled September 1st each year degree based on 0.5+ credit enrollment
- You can download your Trent Student Benefit's card and find a guide on making a claim on the website



Can I add dependents?

Do you have family members moving to Ontario with you?

- Yes! You can add eligible dependents to your Student Health Benefits plans.
- Eligible dependents include
 - A legal or common-law spouse
 - Children
- To add family or dependents, please email benefits@trentcentral.ca

Accessing Health Care Services



Peterborough Campus Health Service



Health Services

Summer Hours: In July we are open Tuesdays and Thursdays (9:00 a.m. -noon; 1:30-4:00 p.m.). We are closed July 1st and July 31st.

****If you have never been seen at Trent Student Health Services you need to complete an [ONLINE REGISTRATION](#) before calling to make an appointment. ****

PLEASE NOTE: WE ARE A [SCENT-FREE FACILITY](#)

To book an appointment call us at 705-748-1481.

You must call to book an appointment, you cannot walk-in to book an appointment.

You will be asked to provide:

- Your first and last name
- Your student ID number
- Your UHIP Membership ID
- Your Cowan Certificate Number
- Your current telephone number
- The reason for your visit

NOTE:

Campus health service is for students only. Dependents need to go to off-campus public doctor's clinic.

Accessing Health Care Off-Campus

- Phone / Video appointments through many health care providers (Virtual Care Clinics)
- Walk In Clinics: call to make an appointment. Be sure to ask if they are a Cowan UHIP preferred provider.
- In the event of an emergency, please visit your nearest hospital or call 911



Which Card For Where?



International students

Check OHIP eligibility as you transition to Permanent Residency (PR) in Canada

OHIP eligible individuals
(Canadians or special status)

<https://www.ontario.ca/page/apply-ohip-and-get-health-card>



Clinics
Doctor's offices
Labs
Hospitals



Pharmacies
Dentists
Eye exams/optical stores
Physiotherapists
Chiropractors...



Students pay out of pocket if not eligible for Trent Student Benefits

Your Next Steps:



1. Download your UHIP e-card (PDF file) and a copy of UHIP claim form or print a paper copy
2. Download the Trent Student Benefits card and Medavie BlueCross app
3. Research your nearest health unit, hospitals, and doctor's clinics
4. Review UHIP web site at www.uhip.ca
5. Review extended Trent Student Benefits coverage at www.studentvip.ca/TRENT

Questions?

UHIP Questions Contact: uhip@trentu.ca

Trent Health Benefit Questions: benefits@trentcentral.ca

Visit: trentu.ca/currentstudents/international/health-insurance

CHALLENGE THE WAY YOU THINK

10:20am to 11:00am

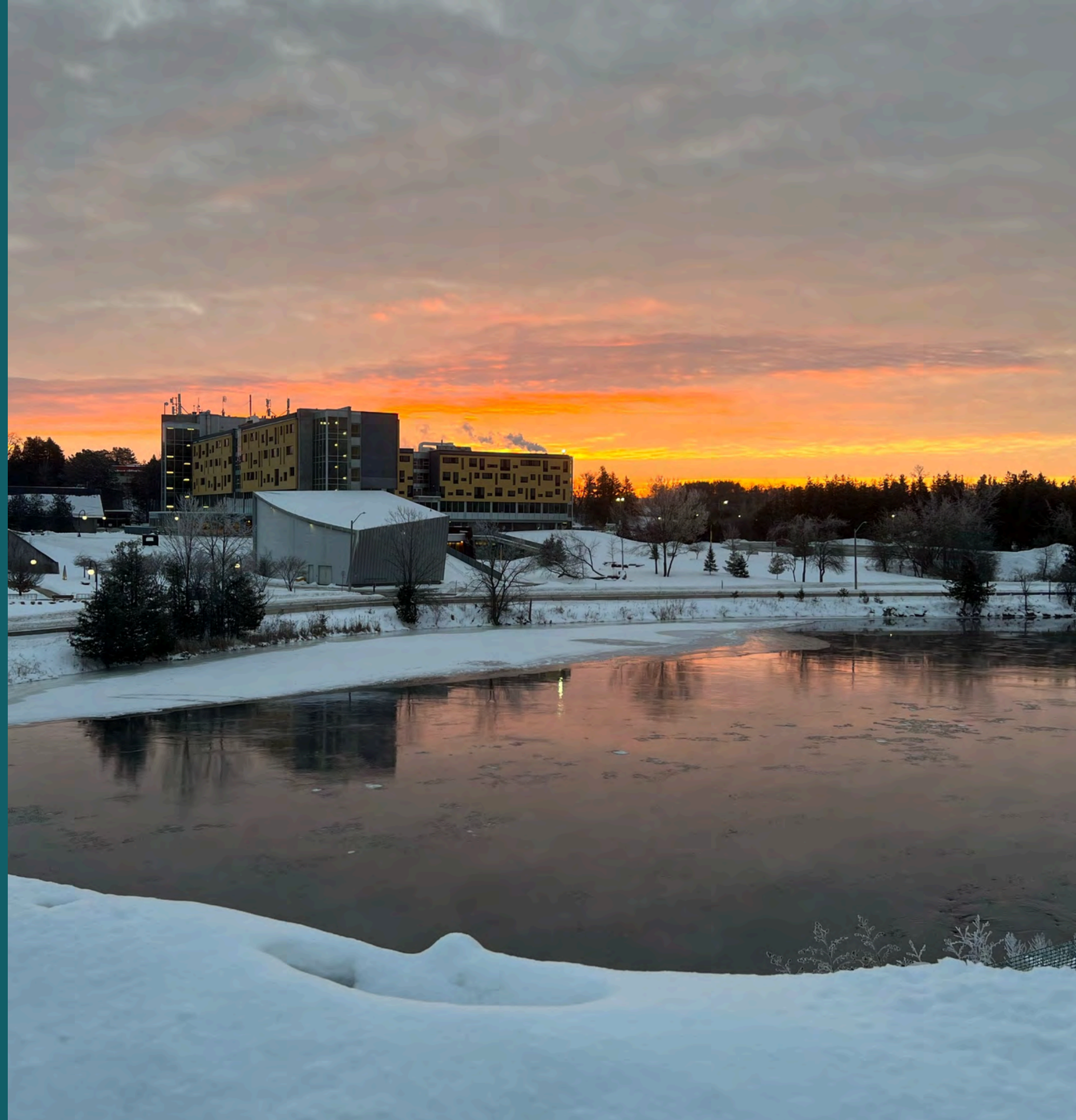
Trent International



Introduction



Jessica Evans (she/her)
International Student Advisor



Who is Trent International?



The central support office for all international students at Trent.

Monday to Friday 8:30am-4:30pm ET
Email: international@trentu.ca

Website:
www.trentu.ca/currentstudents/international



Staying Scam Smart



Welcome to Canada – Stay Scam Smart

As a newcomer to Canada, you are a target for scams.

But with the right knowledge, you can protect yourself.



What scammers want



Your money



Your personal info



Your trust

Red flags to watch for



Unsolicited messages (email, text, phone)



Threats of arrest, deportation, or fines



Requests for payment via gift cards, wire transfers, or crypto



Offers that are “too good to be true”

Examples of Common Scams in Canada

Fake Job Offers:

"We found your resume online and want to offer you \$40/hour. Pay us \$100 for training."

- ✓ No legitimate job asks for money upfront.

Government Impersonation:

"You owe taxes. Pay now or face deportation."

- ✓ The Canadian Government will never threaten deportation if you do not make a payment.

"Send a deposit before viewing apartment."

- ✓ Always see the unit, meet the landlord first, and sign a lease agreement before making payment.

Prize Scams

"You won a trip! Click this link."

- ✓ You can't win a contest you didn't enter.

Canada Revenue Agency Scams



Stay Safe

Trent, Peterborough, Oshawa, and Canada are safe places, but be smart.



- carry large amounts of money
- carry your passport and study permit with you
- leave valuable items unattended



- tell a friend your travel plans
- use good judgement while walking alone

Think you might have been scammed?

- Contact Trent International for guidance
- Contact local police
- Contact the Canadian Anti-Fraud Centre to file a complaint (1-888-495-8501)
- Share your story with others

Canadian Anti-Fraud Centre



C A F C

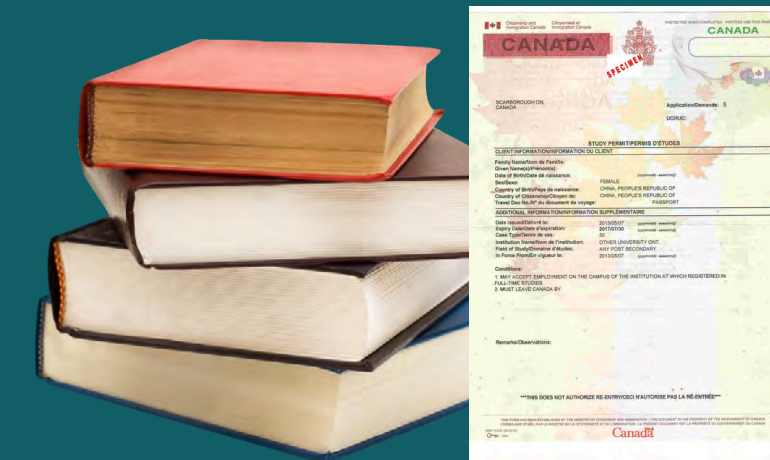
Centre antifraude du Canada



Immigration

International Student Advising

You should connect with an international student advisor if you have questions about...



Canadian Immigration topics relating to international students & their dependents

- Study permit & its conditions
- Temporary Resident Visa / eTA
- Co-op Work Permit
- Post-Graduation Work Permit

Academic topics relating to immigration status

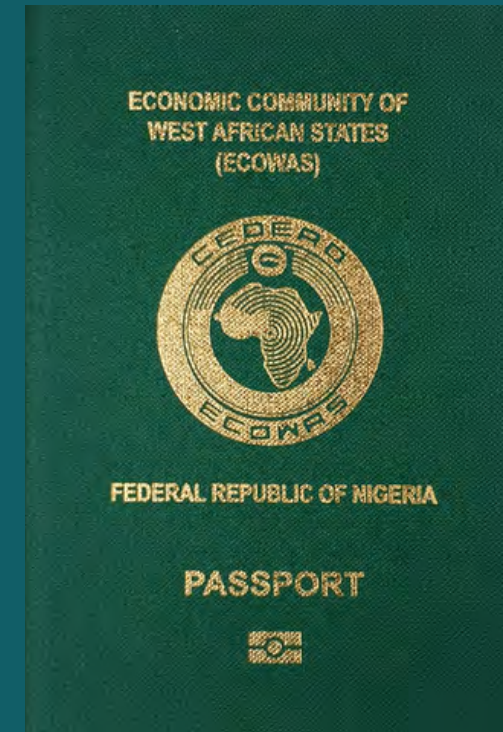
- Delay in program completion
- Taking a leave from studies
- Withdrawing from courses
- Suspension



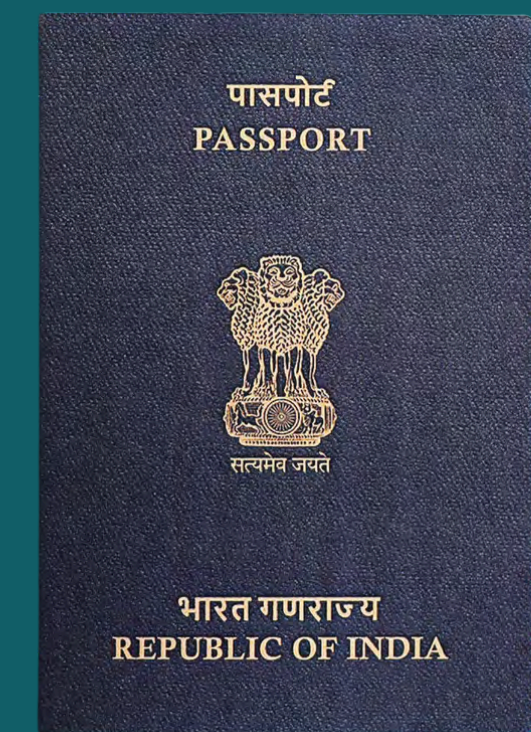
Your passport



Canadian immigration documents will not be issued beyond the validity of your passport.



If passport is not valid for full length of studies, renew it prior to applying to extend your study permit.



To renew passport, contact consulate office in Canada. The process can be lengthy > start early!

What is an entry document?



ENTER CANADA

- ✓ Allows entry into Canada
- ✓ May allow re-entry into Canada
- ✓ Expiry Date
- ✓ Stay in Canada for up to 6 mo.
- ✗ Does not allow you to stay and study in Canada

Temporary Resident Visa



Electronic Travel Authorization



What is a study permit?



STAY AND STUDY
IN CANADA

- ✓ Study 6 months +
- ✓ Name of your school
- ✓ Expiry Date
- ✓ Conditions
- ✗ Not an Entry Document

Canada Citizenship and Immigration Canada / Citoyenneté et Immigration Canada

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CANADA

SCARBOROUGH ON CANADA

Application/Demande: S

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/jj)
Sex/Sexe: FEMALE
Country of Birth/Pays de naissance: CHINA, PEOPLE'S REPUBLIC OF
Country of Citizenship/Citoyen de: CHINA, PEOPLE'S REPUBLIC OF
Travel Doc No./N° du document de voyage: PASSPORT

ADDITIONAL INFORMATION/INFORMATION SUPPLÉMENTAIRE

Date Issued/Délivré le: 2013/05/07 (yyyy/mm/dd - aa/aa/mm/jj)
Expiry Date/Date d'expiration: 2017/07/30 (yyyy/mm/dd - aa/aa/mm/jj)
Case Type/Genre de cas: 30
Institution Name/Nom de l'institution: OTHER UNIVERSITY ONT.
Field of Study/Domaine d'études: ANY POST SECONDARY
In Force From/En vigueur le: 2013/05/07 (yyyy/mm/dd - aa/aa/mm/jj)

Conditions:
1. MAY ACCEPT EMPLOYMENT ON THE CAMPUS OF THE INSTITUTION AT WHICH REGISTERED IN FULL-TIME STUDIES.
2. MUST LEAVE CANADA BY

Remarks/Observations:

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

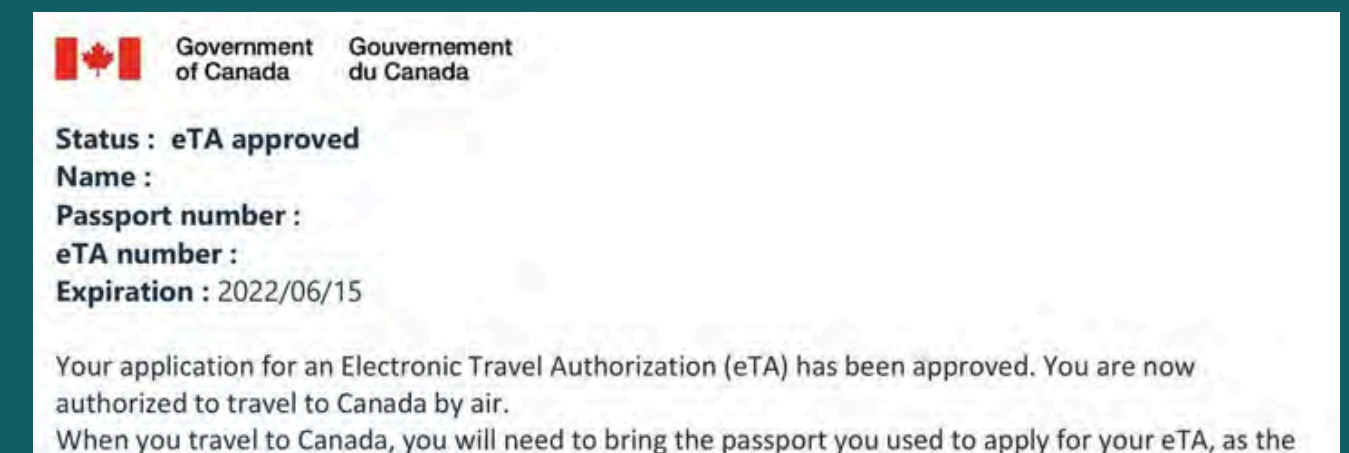
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CBN

Canada


Obtaining your entry document

- If you are from a visa requiring country, you will be asked to submit your passport to the Visa Application Centre for visa stamping.
- If you are from a visa exempt country, your Electronic Travel Authorization (eTA) number will be noted in your application approval letter. No action is needed.



Letter of Introduction

- A letter you receive from IRCC if you have been approved for a study permit.
- Not your study permit.
- Must bring with you to Canada for your final assessment for your study permit.
- If you defer, you may use the same Letter of Introduction if it is still valid with new Letter of Acceptance.

 **Document** **Document**
of Canada of Canada

Date: January 14, 2022

UCI: 11-1925- Application: S304

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.

LO

Singapore
Singapore

Dear LO

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 an examination by an officer in Canada. At that time, an officer will assess **if you still meet the requirements** of the *Immigration and Refugee Protection Act*. Its



Type: Permit - WP / Permis - PT Document number: U513

Letter of Introduction validity (YYYY/MM/DD): 2024/08/31

Medical Examination validity (YYYY/MM/DD): 2022/11/30

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

- a valid passport or travel document.
 - o 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).
 - o If required, Your eTA is valid for multiple visits to Canada, until . Your eTA number is 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.

  www.canada.ca/eta

When do I get my study permit?



You have finally arrived to Canada!

The first airport or land crossing that you stop at in Canada is called “The Port of Entry”

When you arrive at the terminal, follow the signs to the first Canada Border Services Agency (CBSA) checkpoint, also called “primary inspection.”

You will be assessed again for your study permit when you arrive at the CBSA checkpoint

How do I get my study permit?

At the Canadian port-of-entry, inform the officer you are coming to study at Trent.

Present the following documents to the officer:

- Valid Passport
- Valid entry document (TRV or eTA)
- Letter of Introduction (study permit approval letter)
- Trent Letter of Acceptance (arrive before expiry)
- Proof of Funds
- Proof you have paid tuition fees to Trent if the financial deadline has passed
- Medical exam (if required - must be valid)
- Proof of course registration > myTrent > academics > unofficial transcript
- All documents submitted with your study permit application

If satisfied, the officer will then print your physical study permit and issue it to you.



Study Permit and Beyond

Do not leave the port-of-entry in Canada without your study permit!

REVIEW your study permit before you leave officer's desk.



CANADA
SPECIMEN

SCARBOROUGH ON CANADA Application/Demande: S
UCIRUC:

STUDY PERMIT/PERMIS D'ÉTUDES

CLIENT INFORMATION/INFORMATION DU CLIENT

Family Name/Nom de Famille: _____
Given Name/Prénoms: _____
Date of Birth/Date de naissance: _____
Sex/Sexe: FEMALE (documental: meeting)
Country of Birth/Pays de naissance: CHINA, PEOPLE'S REPUBLIC OF
Country of Citizenship/Citoyen de: CHINA, PEOPLE'S REPUBLIC OF
Travel Doc No./N° du document de voyage: PASSPORT
ADDITIONAL INFORMATION/INFORMATION SUPPLÉMENTAIRE

Date Issued/Délivré le: 2019/05/07 (documental: meeting)
Expiry Date/Date d'expiration: 2019/07/30 (documental: meeting)
Case Type/Type de cas: SO
Institution Name/Nom de l'institution: OTHER UNIVERSITY ONT.
Field of Study/Demande d'études: ANY POST SECONDARY
In Force/En vigueur le: 2019/05/07 (documental: meeting)

Conditions:

1. MUST ACCEPT EMPLOYMENT ON THE CAMPUS OF THE INSTITUTION AT WHICH REGISTERED IN FULL-TIME STUDIES.
2. MUST LEAVE CANADA BY:

Remarks/Observations:

THIS DOES NOT AUTHORIZE RE-ENTRY/CECI N'AUTHORISE PAS LA RÉ-ENTRÉE

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CANADA
SPECIMEN

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Primary inspection
(present your documents)

Officer will guide you to
room to obtain study permit

Review study permit
for accuracy

Proceed to baggage claim
and/or customs

Social Insurance Number (SIN)

A unique nine-digit identification number required to work in Canada.

The Government of Canada uses your SIN to identify you for income tax purposes

Apply in person at a Service Canada Centre:

Bring to appointment:

- valid study permit
- valid passport



Working under my study permit

You may be permitted to work without a work permit as a student if you meet all the below:

- ✓ Enrolled in program that leads to a degree, diploma, certificate that is at least 6 months in length
- ✓ Have a valid study permit
- ✓ Are full-time enrolled (or part-time enrolled in last term and you were full-time up until last term)
- ✓ Have conditions to work noted on your study permit [R186(f),(v)]
- ✓ Have a Social Insurance Number



Regular Academic Session:

- Off campus - Work up to 24 hrs/wk
- On Campus - Work unlimited hours



Regularly Scheduled Breaks:

- IF full-time enrolled before and after the break, then permitted to work full-time
- Breaks defined in Academic Calendar - must be at least 7 consecutive days

TRENT UNIVERSITY

R186 = Immigration and Refugee Protection Regulations 186

1. MUST LEAVE CANADA BY 2023/12/06
2. NOT VALID FOR EMPLOYMENT IN BUSINESSES RELATED TO THE SEX TRADE SUCH AS STRIP CLUBS, MASSAGE PARLOURS OR ESCORT SERVICES.
3. MAY ACCEPT EMPLOYMENT ON OR OFF CAMPUS IF MEETING ELIGIBILITY CRITERIA AS PER R186(F), (V) OR (W). MUST CEASE WORKING IF NO LONGER MEETING THESE CRITERIA.

CANADA

CITIZENSHIP AND IMMIGRATION CANADA / CITIYENNÉTÉ ET IMMIGRATION CANADA

SPECIMEN

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CANADA

SCARBOROUGH ON CANADA

Application/Demande: S

UCI/IUC:

STUDY PERMIT/PERMISS D'ÉTUDES

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Sex/Sexe: FEMALE
Country of Origin/Pays d'origine: CHINA, PEOPLE'S REPUBLIC OF
Type of Document/Type du document: PASSPORT

Institution Name/Nom de l'institution:

Field of Study/Domaine d'étude:

In Force From/En vigueur le: (yyyymmdd - aa/mm/jj)

Conditions:

- MAY ACCEPT EMPLOYMENT OR FULL-TIME STUDIES.
- MUST LEAVE CANADA BY

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CAN I WORK IN CANADA

AS AN INTERNATIONAL STUDENT?



Are you studying full-time in a program that leads to a degree, diploma, or certificate OR a short-term exchange student?

YES

Do you have a valid study permit or applied to extend your study permit and have maintained status?

YES

Does your study permit have noted working conditions?

SCAN ME



NO

YES

You may be eligible to apply to amend your study permit if you meet all the other conditions to work.

Do you have a valid Social Insurance Number, or you had a SIN and are on maintained status?

You are not eligible to work without a work permit while studying.

You are eligible to work without a work permit while studying.

WORKING ON-CAMPUS

Can work on-campus unlimited hours during regular academic terms. Check your academic calendar to determine regular terms of study.

WORKING OFF-CAMPUS

Can work off-campus up to 24 hours per week during regular academic terms. Check your academic calendar to determine regular terms of study.

WORKING DURING BREAKS

Can work unlimited hours during regular scheduled breaks if studied full-time before and after break. Check your academic calendar to determine regular academic breaks.

E.g. "May accept employment on or off campus if meeting eligibility criteria, per paragraph R186(f), (v), or (w) and must cease working if no longer meeting these criteria".



CONTACT US

Have questions? Please contact us!
Email: international@trentu.ca

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