



WINTER 2022

PRE-ARRIVAL CHECKLIST

for undergraduate students



- | | |
|---------------------------------|-------------------------------------|
| (1) Latest COVID-19 updates | (10) Understanding health insurance |
| (2) Get a Study Permit | (11) Register for orientation |
| (3) Safe Arrival in Canada | (12) Connect with our community |
| (4) Connect with an ambassador | (13) Prepare for the climate |
| (5) Attend new student webinars | (14) Prepare to work in Canada |
| (6) Register for courses | (15) Explore Blackboard Learn |
| (7) Plan your finances | (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



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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SAFE ARRIVAL IN CANADA



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

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

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CONNECT WITH YOUR GLOBAL AMBASSADOR



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

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

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EXPLORE NEW STUDENT RESOURCES & WEBINARS



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

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

Next Steps for International Students

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

Understanding Your International Student Health Insurance

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

Course Registration Tutorial and Live Chat

Tues, November 9 10:00AM ET [Register here](#)

Course Registration Webinar

[Watch the replay here](#)

Applying for Your Social Insurance Number

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

Transferring to Trent - Applying, Accepting & Next Steps

Mon, November 15, 7:00PM [Register here](#)

Preparing for Winter

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

Trent International Welcome Session (Orientation Session)

Mon, Dec 13 or 20 8:00-11:00AM ET [Register here](#)

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

Safe Arrival in Canada Webinars

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

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

[Register here](#)

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REGISTER FOR COURSES



First, review the [academic calendar](#) to learn about your degree and program requirements. [Visit the first-year courses by major webpage](#). If you have transfer credits, we highly recommend [meeting with an academic advisor](#). Refer to the [academic timetable](#) to see which courses are available this academic year to create your timetable for the year. You can use the [Visual Schedule Builder](#) to begin creating your class schedule. You should enrol in 2.5 credits in the winter term and 2.5 credits in the fall term. Then, it's time to [register for courses](#). These [video tutorials and online resources](#) will help you through the entire process. If you need support picking courses, please email internationaladvising@trentu.ca or [book an appointment with an Academic Advisor](#). If you need support with course registration, [visit our Virtual Front Desk](#).

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PLAN YOUR FINANCES



[Visit our international 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 HOUSING OPTIONS



On-Campus:

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

Off-campus:

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

Safe Arrival and Quarantine:

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

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PAY YOUR FEES



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

January 7 is the payment deadline for winter term fees for Undergraduate & post-graduate certificates. [Learn more about different payment options on our website](#).

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UNDERSTAND YOUR HEALTH INSURANCE



International students are enrolled in 2 health insurance plans.

(1) The University Health Insurance Plan (UHIP)

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

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

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

(2) Trent Student Benefits (Student VIP Plan)

A supplementary health-care plan provided through Trent's student union, which can help with additional medical costs (e.g. prescription medication, dental, vision, etc) not covered by UHIP. 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.

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

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REGISTER FOR ORIENTATION



International orientation will be hosted on December 13 or 20 and January 8-9. The wider university orientation will be held December 14-16 and January 8-9. International orientation is supplemental to the wider university orientation sessions.

International Orientation will cover topics such as:

- Trent international services
- Immigration
- Transitioning to life in Canada
- International student health insurance

The wider university orientation will cover topics such as:

- Academic advising and skills
- Program-specific information
- Resources to support you throughout your degree
- Getting connected to the Trent community and student life
- Getting acquainted with the Trent campus

Register for all orientation sessions that are relevant to you. Check your Trent email in November for registration.

[Peterborough Orientation](#)

[Durham Orientation](#)

[International Orientation](#)

[Graduate Orientation](#)

[Mature and Transfer Student Orientation](#)

Trent International Welcome Session (Orientation Session)

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

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

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

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CONNECT WITH OUR COMMUNITY



At Trent, you can learn and grow as a student, and build an active social network through our many student clubs and groups, including the [Trent International Students' Association \(TISA\)](#). Trent students have a proud history of students helping students. Peer support programs provide students with connections to resources, services, and supports to help you during your time at Trent.

Peterborough Connections:

[Peterborough clubs and groups](#)

[Peterborough peer support programs](#)

Durham Connections:

[Durham clubs and groups](#)

[Durham peer support programs](#)

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PREPARE FOR THE CLIMATE



Central Ontario's climate ranges from up to 35° C in the summer, to 0 to -20° C in the winter. You will need different kinds of clothing to stay comfortable all year round. Winter (Dec.-Feb.): The key to loving winter is dressing appropriately. Layering, sweaters, long underwear, down jacket, hat, mittens, boots. Summer (June-Aug.): lightweight clothing. Spring (March-May) and fall (Sept.-Nov.): sweaters and lightweight waterproof coat.

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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/Back-up 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.