You've made it to March!

We hope you're enjoying your reading week and are staying warm and healthy.

**Reminder:** Daylight saving time begins on **Sunday 13th March**. Put your clocks ahead by one hour and spring forward!

As you take this week to relax, reflect, and catch up or get ahead, here are some upcoming programs to plan for when you come back to campus:

- McGill-UQAC French Immersion Program
- Renewing your Immigration Documents
- Permanent Residence applications for Quebec
- Tax Sessions for International Students
- IHI and Accessing Healthcare in Quebec

This month’s newsletter also highlights:

- Immigration Updates: Easing of Travel Restrictions and PGWP
- IHI: Maple and keep.meSAFE
- myISS Update: ISS mailbox will no longer be monitored

Finally, **ISS is hiring 2 Front Desk Assistants** starting as soon as possible. These positions may become full-time over summer with a possibility of renewal into the Fall semester. You must have Work Study approval to apply. Find out more and apply here! Or, come to the **McGill Summer Virtual Job Fair** and speak with an ISS Staff member.

Best wishes,
The International Student Services Team

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**IMMIGRATION UPDATES**

**Easing of Travel Restrictions**

Since **February 28th, 2022**, all travellers arriving to Canada from **any country** now have the option of either using a COVID-19 rapid antigen test result taken the day prior to their scheduled flight or arrival at the land border or marine port of entry **OR** a molecular test result (taken no more than 72 hours before their
scheduled flight or arrival at the land border or marine port of entry) to meet pre-entry testing requirements. The rapid antigen test must be authorized by the country in which it was purchased and must be administered by a laboratory, healthcare entity or telehealth service.

In addition, fully vaccinated travellers are no longer required to complete a test upon arrival but may be randomly selected for arrival testing and are not required to quarantine while awaiting their test result. Children under 12 years old, travelling with fully vaccinated adults, continue to be exempt from quarantine, and no longer have any prescribed conditions limiting their activities. This means, for example, they no longer need to wait 14 days before attending school, camp or daycare.

Furthermore, international flights carrying passengers are now permitted to land at all remaining Canadian airports that are designated by the Canada Border Services Agency to receive international passenger flights.

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**PGWP**

Are you a recent graduate or are you graduating shortly, and were unable to attend the Post-Graduation Work Permit (PGWP) webinar on February 24th, 2022? If so, please note that you can listen to the recording here.

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**International Student Health Insurance (IHI): UPDATES**

**Maple Virtual Care**

Maple is a tool that provides access to an appointment with a virtual doctor. We have worked with Blue Cross and Maple to eliminate up-front charges for international students covered by Blue Cross and can register for Maple.

- 24/7 on-demand access to doctors by secure text or video for advice, diagnosis and prescriptions, at a preferred price.
- Members can skip the waiting room and talk with a physician within minutes, anytime, anywhere.

Services include:

- Medical advice
- Prescriptions
- Doctor's notes*
- Lab work requisitions

**Maple’s online medical consultations and memberships are covered under your International Health Insurance plan.**

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**Keep.meSAFE**

We are saddened and devastated by the military invasion in Ukraine. War, violence, and political uncertainty can cause stress, anxiety, and other responses, even if someone is not directly affected by the situation. The keep.meSAFE program would like to remind you of their support during this difficult time as you try to understand the impact of the situation and process this event.

**Crisis Support Line now open**

While the Student Support Program (My SSP) help line is open for eligible students, LifeWorks has also opened a Crisis Support Line for anyone in the community in need of emotional support in relation to the emerging crisis in Ukraine. The Crisis Support Line is open 24/7 and can be reached in Canada at 1-844-751-2133. By calling, individuals will receive professional emotional support and/or referral to community resources. This resource is available to anyone and everyone, client or not.
PROGRAMS AND RESOURCES

Quebec: Permanent Residence Info Session
Le ministère de l'Immigration, de la Francisation et de l'Intégration (MIFI) and Montréal International invites international students who wish to establish residence in Quebec to find out more about how to apply for PR via Quebec.

Tuesday, March 8th, 10am - 12pm ET
Register Here (This session will be hosted in French)

Wednesday, March 30th, 12pm - 2pm ET
Register Here (This session will be hosted in English)

Canada: Permanent Residence Info Session
Immigration Refugees Citizenship Canada (IRCC) invites international students who wish to establish remain in Canada after their studies to find out more about how to apply for PR in Canada.

Thursday, March 10th 1:30pm - 3pm ET
Register Here (This session will be hosted in English)

IHI & Accessing Healthcare in Quebec
Find out about student health and wellness services available at McGill.

- Understand how your Health Insurance plan works
- Learn how to navigate off-campus health resources as an international student
- Familiarize yourself with the Quebec healthcare system.

Monday, March 7th, 2pm - 3:30pm ET
Register Here

You can also view a recording of a previous webinar recording here.

McGill-UQAC French Immersion Program
Join this Info Session to learn about the McGill-UQAC French Immersion Program and how to apply.

Program Details:

- $3000 awards to participate in the McGill-UQAC French Immersion program for undergraduate international students
ISS March News: PR, PGWP, IHI Resources and Many More Programs!

- 5-week in-person program at the University of Quebec at Chicoutimi
- 21 hours of French classes each week
- Social-Cultural Programming
- Program Website/Application
- Open to all undergraduate international students

Find out more! Info Session: Monday, March 7th, 12pm - 1pm ET
Register Here

How to Renew your Immigration Documents
Are your immigration documents (CAQ and/or study permit) expiring soon? Attend this webinar, led by a certified immigration advisor to find out more about the process and deadlines to renew your immigration documents. There will be time for questions & answers.

March 10, 10am - 11:30am ET
Register Here

Income Tax Sessions for International Students
New! This year, the Canada Revenue Agency and Revenue Quebec will present together to give you the information you need to file both your provincial and federal income tax returns in one session. Please see the schedule for a list of general sessions and sessions tailored to international students.

Wednesday March 16th, 1pm - 3pm ET
Tuesday, March 22nd, 2pm - 4pm ET
Register via the Frugal Scholars Website

Student-Parent Support Group
Our Local Wellness Advisor for International Students is facilitating a Student-Parent Support Group this semester. Are you a student as well as a parent? Do you find it challenging to balance family and academic obligations? Do you feel disconnected from your peers? Join this group and connect with other student-parents to receive support, ideas, and encouragement. Registrants may attend any or all sessions. For details and to register, visit the McGill Student Wellness Hub.

Coping with Culture Shock
Are you new to Montreal? Do you have feelings of uncertainty, confusion, or anxiety? Culture shock can occur as a result of being in a new and unfamiliar environment, like a new city or even a new country.
Good news, it’s possible to cope with culture shock using several resources and grow as a result. Come join us for a virtual evening of sharing and learning from how others have experienced and coped with culture shock. This event is a safe space to connect with others in the community. The evening will start with a Trivia game and prizes for the first and second winners. Save your spot now on Eventbrite.

Reminder: As of March 8th students must use the new myISS web-based system to contact ISS
ISS mailbox will no longer be monitored

As we mentioned in our February newsletter, on February 1st, 2022 ISS launched a new web-based system, myISS. Effective March 8th 2022, the ISS email account will no longer be monitored. If you have a question for ISS, you must submit a myISS request form.

Please be reminded that you can access the myISS request form using your McGill log-in credentials to submit all your questions, and upload documents if needed.

When we receive your request form, we will evaluate your inquiry and respond accordingly. If it is determined that your request requires an advising appointment, you will receive an email from ISS which will notify you that you have been given access to appointment booking and direct you to the myISS student portal.

If you have not yet used the new system, we have prepared a short video and job aid that you may review to assist you with your first visit. These contain more details about the myISS system, including details on how to access the system, how to submit a request form, how to schedule an appointment once provided access to appointments by ISS, and how to upload your documents.

Please be assured, you will still be able to reach ISS by phone for any inquiries. Similarly, advising appointments may be booked by phone as well, if an ISS staff has determined that it is required for you to speak with an advisor.

For any feedback on myISS Request Form or myISS Student Portal, please fill in our webform.

Want to share your knowledge and help new international students? Be a Buddy Volunteer!

The International Buddy program is currently recruiting volunteers for Fall 2022!

We expect over 1000 new international student applicants wishing to be connected with a seasoned McGill Student. With the International Buddy Program, you can:
ISS March News: PR, PGWP, IHI Resources and Many More Programs!

- Make a difference in a new student's life.
- Supplement your co-curricular record.
- Meet new students and ease their transition to Montreal/McGill.

Not sure what to say? The program training webinar, that covers topics like intercultural communication, will get you ready.

**Apply NOW**

Still have questions? E-mail us at international.buddy@mcgill.ca

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**MARCH CELEBRATIONS AROUND THE WORLD**

- March 1: Isra and Miraj
- March 1: Maha Shivratri
- March 1: Baba Marta
- March 1: Yap Day
- March 1: Mărțișor
- March 1: Shrove Tuesday
- March 2: Ash Wednesday
- March 3: Hinamatsuri
- March 3-5: Losar
- March 4: Longtaitou/Zhonghe Festival
- March 16-17: Purim
- March 17: St. Patrick's Day
- March 18: Holi
- March 19: Feast of Saint Joseph's Day
- March 21: Nowruz

**If we missed a celebration in your country or region, send us more information at events.iss@mcgill.ca**

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**Contact us**

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