CONGRATULATIONS and HELLO SUMMER!

Dear International Students,

If you are graduating this spring, CONGRATULATIONS from the ISS team!

Many of you are making plans to travel over the summer months. Please make sure to consult the government advisories for your destination and find out about health authority guidelines before your departure. Also, please ensure that you read our Travelling to and from Canada webpage.

If you are staying in Montreal, check out Tourism Montreal to find out about the best Terraces in town, the best ice cream, how to rent a bike and routes to ride, and attractions such as the Montreal Botanical Gardens, public markets, or a picnic getaway.

MTL Blog also has some great features to inform and inspire you - particularly their "Things To Do in Mtl" section. ISS is also planning summer socials throughout the summer after 2 years of pandemic restrictions - You can register in the Programs Section below.

This month's newsletter also highlights:

- Immigration Updates
- Health Insurance and Resources
- Summer Programming

Finally, we are open all summer! Contact us, call us Mondays, Tuesdays, Wednesdays and Fridays from 10-3pm and Thursdays 10-1pm or submit a myISS request form and an ISS team member will follow up with you.

Best wishes,
The International Student Services Team

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IMMIGRATION UPDATES

Renewing Immigration Documents
Do you want some guidance before your begin your CAQ or Study Permit renewal application?

Join our upcoming Renewing Immigration Documents webinar for tips and info on when and how to renew your CAQ and Study Permit led by an Immigration Advisor from International Student Services.

Thursday, May 5th, 10am - 11:30am ET
Register via myInvolvement

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**Post-Graduation Work Permit**

If Winter 2022 will be your final term of studies, Senate will meet to grant your degree on May 25th, 2022. Once Senate has met, you are no longer authorized to work. Note: the degree granted remark will appear on your transcript on May 26, 2022.

If you receive a special letter of program completion from Service Point before Senate meets, you are not authorized to work in Canada from the date indicated on the letter.

In both cases, you may resume working only:

- After you obtain your Post-Graduation Work Permit (PGWP);
- After you submit an online PGWP application if you meet certain conditions

Want to find out more? See our PGWP page to listen to a recording of our PGWP webinar and our COVID-19 Work FAQs. You can also register for our next PGWP Info Session on May 19th at 9am via MyInvolvement.

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**HEALTH**

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**International Health Insurance (IHI) coverage: Summer 2022**

Travelling outside of Canada during the summer 2022 months?

Whether you are traveling for leisure or a 'study away' related activity, please consult the Health Insurance travel section of our website and reach out to the health insurance team if you have any questions.

**Continuing your studies in Fall 2022 – Great News!**

The IHI premiums for 2022-2023 have decreased! Please review the new IHI rates here.

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**MAPLE VIRTUAL CARE UPDATE**
Did you know that Maple Virtual Care service includes an option to obtain an appointment with a doctor to assess your mental health needs?

Appointments are 100% reimbursable by Medavie Blue Cross.

Mental Health Physician
Book an online consultation with a physician for your mental health needs.

Book a visit with a Maple physician who focuses on mental, emotional, and behavioural health. They can diagnose and manage common medical conditions like depression, insomnia, anxiety and more right on Maple.

For concerns related to ADHD, please book an “ADHD Evaluation” appointment to speak with a Mental Health Physician who will assess your eligibility for treatment.

Available by appointment only

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Need emotional support over the summer months?

Classes may have ended, but Student Wellness Hub’s programs and services remain available to returning students throughout the summer months. Please note that students must be in Quebec to be eligible for clinical appointments, but workshops and non-clinical programming can be accessed from anywhere.

McGill students also have free access to the Keep.meSAFE counseling service, which is available 24/7, from anywhere in the world. Also, did you know that students on the IHI plan have coverage for private therapy off-campus? See your handbook for details. Graduating this spring? You can continue to access Keep.meSAFE up to 6 months after graduation and you remain covered by your IHI plan until August 31st.

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PROGRAMS

Working in Canada
Are you wondering if you can work this summer or what documents you need to complete an internship? Then, listen to the recording our Working in Canada Part 1, which discussed Work and Permits.

Join CaPS for Working in Canada Part 2 information session, which will discuss finding jobs in Canada, networking, and will provide relevant career resources.

Tuesday, May 3rd, 11am - 12pm
Register via MyFuture
ISS May 2022 News: PGWP, Renewing Documents, Summer Socials and More!

Summer Social: Mont Royal Sunset
This excursion will give you a unique opportunity to walk up the mountain, take some breathtaking photos of Montreal and enjoy the sunset view from the Kondiaronk Belvedere! Yes, that's the official name of the area showcasing the MTL Downtown skyline!

All you need is good walking shoes and a curiosity to explore Montreal beyond the McGill bubble.

Friday, May 13th, 6pm - 8pm
Register via myInvolvement

Post-Graduation Work Permit Webinar
Do you have questions about working full-time after completing your studies at McGill? Are you eligible? What will be the duration of the work permit? Can you study on a work permit? Join this online webinar led by an Immigration Advisor from International Student Services to find the answers to such questions!

Thursday, May 19th from 9am-10:30am
Register on myInvolvement

Summer Social: Ice cream tasting
This social will give you a unique opportunity to explore the history of chocolate and ice cream spots in Montreal and to taste some of the exquisite chocolate treats and ice creams in the Downtown area.

All you need is good walking shoes and a curiosity to explore Montreal beyond the McGill bubble.

Friday, May 27th from 4pm - 6pm
Register on myInvolvement

Micro Ex-P
Want to enhance your professional skills in just 1-week (May 16-20)?

Many spots are available but filling up FAST to do a:

- **Micro-Project** for a potential employer (80+ spots w/30 organizations)
- **Micro-Course** on Digital Marketing, Web design, Python, Project Management, Sales, Excel…
- **Micro-Placement** on-site at a Montreal organization
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:

- 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 **mandatory training webinar** covering 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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**MAY CELEBRATIONS AROUND THE WORLD**

**May 1:** May Day  
**May 1:** Oraza Bayram  
**May 1:** Lei Day  
**May 1:** Eid-al Fitr  
**May 1:** Korité  
**May 1:** Hari Raya Puasa  
**May 3:** Radonitsa  
**May 3:** Orozo Ait  
**May 4:** Saint Florian's Day  
**May 8:** Buddha Purnima  
**May 13:** Great Prayer Day  
**May 15:** Feast Day of St Isidore  
**May 15:** Visak Bochea Day  
**May 16:** Ubhauli Parva  
**May 18:** Lag B'Omer  
**May 24:** Saints Cyril and Methodius' Day  
**May 26:** Ascension Day

Visit [McGill Office Religious and Spiritual Life's webpage](https://www.mcgill.ca/religious的精神) to find out about in-person celebrations happening on and around McGill campus!

**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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ISS May 2022 News: PGWP, Renewing Documents, Summer Socials and More!

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This message was sent to you by International Student Services

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