ISS November News

There have been a lot of tragic events taking place around the world lately. If you feel like your mental health is being impacted, don't hesitate to reach out for help. You can book an appointment at the Student Wellness Hub or connect with the remote Keep.meSAFE counseling service 24/7. Both are free. Click here to learn more about the various mental health supports available to McGill students."

This month's newsletter will provide you with:

- Immigration and Health updates
- The 2023-2024 Enrollment Numbers of International Students
- Programs and Events

Yours Truly,
International Student Services

ISS UPDATES: IMMIGRATION AND IHI

Temporary Policy Allowing Students to Work Full-Time Off-Campus During Academic Term Coming to an End

IRCC's temporary policy measure that allows eligible full-time international students to work full-time off-campus during an academic term will be ending soon on December 31, 2023. Starting January 1st, 2024, eligible full-time students can work a maximum of 20 hours off-campus per week during an academic term.

For more information on working in Canada as a student, please see our Work Authorization Cheat Sheet!
Health Updates

**Feeling sick with the colder months settling in?** Reminder that International Students who have an IHI plan have a partnership with Maple. They will receive 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. McGill International Students have full coverage and also benefit from direct billing with Maple!

**Reminder about the new Medavie Blue Cross Drug Card:** You now have access to a prescription drug card through the Medavie Blue Cross Mobile App or website. You can present this card at your next pharmacy visit and receive immediate reimbursement from the plan for your prescription drug claims, which means you will only have to pay your out-of-pocket portion at the pharmacy.

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**Flu Shots and COVID Boosters**

Now that it's cold and flu season, you may want to get a flu shot and/or a COVID-19 booster. You can even get both at the same time! Learn more and book an appointment here. Both vaccines are free for everyone, regardless of insurance type or immigration status.

*New: Graduate Students*
PGSS Flu Clinic on November 21 & November 22

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**McGill International Student Body 2023-2024: 11,987**

We are pleased to announce that McGill has enrolled 11,987 international students this year!
Find out where everyone is from!
ISS Programs and Events

Post-Graduation Work Permit Webinar

Attend this webinar to find out how to apply for your Post-Graduation Work Permit.

Details
Thursday, November 9, 10:00 - 11:30 am, VIRTUAL
Register Here

Monday, November 20, 10am - 11:30am, Mac Campus
Register Here

Winter 101

Brrr! Montreal is cold and will start to get snowy. Join us online to find out more about how to dress warmly and how to stay warm at home during Montreal winters.

Details
Thursday, November 2, 12pm - 1:30pm
Register Here
Immigration Impacts of Time-Limitation for International Graduate Students

Have questions or concerns about reaching time-limitation and are not sure how this will impact your status as an international student? Join our upcoming Time-Limitation Graduate Students Webinar for a detailed discussion of how time limitation affects your immigration status in Canada.

Details
Wednesday, November 15, 10am - 11am
Register Here

Winter Social: Santa Claus Parade

Come join other international students and walk down to watch the Santa Claus Parade together. We'll stop for some hot chocolate and watch the floats go by. We will meet at the Roddick Gates and then walk down to the parade together.

Details
Saturday, November 25th, 11am
Register Here

IHI & Accessing Healthcare in Quebec

Don't wait to get sick or injured... attend this webinar to find out how your International Student Health Insurance Plan (IHI) works and how to access medical care here in Quebec.

Details
Friday, December 1, 2:30pm - 4pm
Register Here

Updates from MISN (McGill International Student Network)

MISN is pleased to be offering office hours. Come by and chat with one of our executives and receive personalized and confidential advice on being an international student in Montreal! Check the schedule in the link and stop by!

Our annual fall trip to Quebec City is approaching on November 11! For
CL&E’S WINTER THRIFT-FLIP

Nov, 15th, 10:30am-3:30pm
Leacock Hallway
(Downtown Campus)

Nov 22, 10:30-3:30 pm
Centennial Centre Lobby
(MAC campus)

Bring clean clothing in good condition!
Browse for new items!

Drop off winter items such as:
- Hats, gloves, scarves
- Winter jackets
- Sweaters, hoodies
- Shoes and boots
- Pants, jeans, leggings
- Warm socks
- Rain gear, etc.

Downtown: Volunteer for the event
https://involvement.mcgill.ca/event/245871

MAC: Volunteer for the event
https://involvement.mcgill.ca/event/244944

Purchase tickets here!
CELEBRATIONS AROUND THE WORLD

All Saints' Day: Nov 1
All Souls' Day: Nov 2
Lhabab Duchen: Nov 4
Guy Fawkes Night: Nov 5
Fateha-i-Yajdaham: Nov 6
Days of History and Memory of Ancestors: Nov 7
Saint Martin's Day: Nov 11
Diwali: Nov 12,
Govardhan Puja: Nov 13
Bhai Dooj: Nov 15

Saint Leopold's Day: Nov 15
Shichi-Go-San: Nov 15
Chhath Puja: Nov 19 – Nov 22
American Thanksgiving: Nov 23
Black Friday: Nov 24
Bon Om Touk: Nov 25 - Nov 28
Totensonntag: Nov 26
Guru Nanak Jayanti: Nov 27
That Luang Festival: Nov 27
St Andrew's Day: Nov 30

Contact us
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