



## Happy New Year!

Goodbye 2023 and Hello 2024!

If it's your first term: Welcome to McGill! And if you're a returning student: Welcome back!

Here are a few tips to help you start the term right:

- [Try a Montreal Bagel at Mac Campus](#) on January 22nd
- [Try a Montreal Bagel on campus](#) on January 24th
- Want to work in Canada? You'll need a Social Insurance Number
  - Visit the [SIN Clinic](#) on January 25th on the Downtown Campus
- Jan. 22-26 is [Well Week](#)! Follow [@healthiermcgill](#) for more details



Finally, we want to warn everyone to [learn more about avoiding online and phone scams](#). You may not think this applies to you until it's too late. Please be careful!

Best wishes for a healthy and successful 2024!  
[International Student Services](#)

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## IMMIGRATION UPDATES

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### Update on off-campus work hours for international students

Immigration, Refugees and Citizenship Canada (IRCC) has extended the temporary policy that removes the limit on off-campus work hours for **certain** students who meet [the eligibility requirements](#). These students may work an unrestricted amount of hours off-campus until April 30th 2024.

If you applied for your study permit (first or extension) **on or before October 7th 2022**, please refer [to this policy to verify if you are eligible](#).

If you applied for your study permit (first or extension) **between October 8, 2022 and December 7th 2023**, please refer [to this policy to verify if you are eligible](#).

Please continue to refer to our website, as we will be updating our [Work FAQ's](#) once we have more information.

## Increase in living expenses requirement for CAQ and Study permit applications

Immigration, Refugees and Citizenship Canada (IRCC) has recently increased the estimated [cost of living](#) in Canada for a single student to \$20 635 per year. This increase will only affect students applying to study at an institution **outside of Quebec**.

International students applying for a CAQ or study permit to study in Quebec must be able to prove that they meet the financial capacity requirement as set by Immigration Quebec for one year of [tuition fees](#) and one year of living expenses **in Quebec**.

As of January 1st 2024, the estimated living expenses **in Quebec** have been increased to **\$15,078** for one student (18 and over). If you have accompanying family members, please see Immigration Quebec's newly updated [Cost of Living webpage](#).

Certain students are [exempt](#) from the requirement to prove financial capacity for their first CAQ application.

*Note: The processing time for the CAQ application is now **25 working days**.*

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## Leave of Absence and Reduced Course Load Q&A

The course Add/Drop deadline is January 16th. If you plan to take a leave of absence or reduce your course load, please join our immigration advisor who will answer any questions you may have.

Thursday, January 11th at 10am

[Register here](#)



## Permanent Residence Q&A with IRCC

This presentation will cover the PR programs for applying for PR outside of Quebec and will not cover the PR pathways offered by Immigration Quebec. There may be a separate session hosted by Immigration Quebec that will cover the PR pathways for those who would like to remain in Quebec. Please visit our Events page for more information.



### Details

Tuesday, January 30 at 12pm

[Register here](#)

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## International Student Health Insurance (IHI): UPDATES

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## New Students (Winter 2024): Activate your IHI coverage

[Activate](#) your McGill's [International Health Insurance \(IHI\)](#) contract on Minerva as soon as possible. Please be mindful of the **January 31st deadline\*** to do the following:

- [Send](#) us your [supporting documents](#), if you have applied for [an exemption](#)
- **or** to opt-in to the IHI plan, if you are [a Canadian citizen without a provincial health plan](#).

\*International students applying for [Régie de l'assurance maladie du Québec \(RAMQ\)](#), under the Social Security agreement, may experience delays with obtaining their **RAMQ** letter of confirmation or card by the January 31st deadline. Please see our [IHI FAQ's](#) for more information on the RAMQ processing delays and exemption options.



After activating your IHI plan on Minerva, please wait 7 business days to sign up for the [Medavie Blue Cross app](#) or the [Medavie Blue Cross website portal](#). You can then **make your claims** by using [Medavie Blue Cross eClaims](#). Please see our website for more information on how to [submit claims](#) and [instructions on how to register](#) for the **Medavie Blue Cross app and website portal**.

We highly encourage you to learn all about [McGill's International Health Insurance Plan and Accessing Healthcare in Quebec](#) by viewing our webinar recording.

**If you have any questions, please [contact us](#)!**

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## JANUARY CELEBRATIONS AROUND THE WORLD

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[Coptic Christmas](#): Jan 7

[Coming of Age Day](#): Jan 8

[Berber New Year \(Yennayer\)](#): Jan 12

[Lohri](#): Jan 14

[Pongal](#): Jan 15– Jan 18

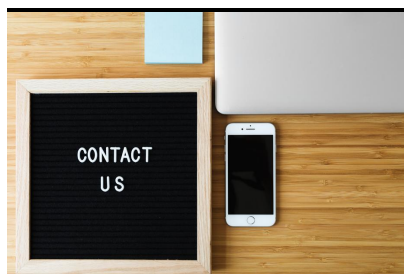
[Makar Sankranti](#): Jan 15

[Timkeat](#): Jan 20

[World Religion Day](#): Jan 21

[Atlagracia Day](#): Jan 21

**\*\*If we missed a celebration in your country or region, send us more information at [events.iss@mcgill.ca](mailto:events.iss@mcgill.ca)!\*\***



## Contact us

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