Here we are in November.

Congratulations! You’ve made it through more than half of the semester! And here comes Winter...

As it gets colder and darker, we think it is very important that you look after yourself! We have listed a few resources that you may find helpful during this stressful season!

1. Set your clocks back! Daylight savings happens at 2am on Sunday, November 7th.

2. Feeling stressed, lonely, or overwhelmed? Need to talk? Try reaching out to one of our amazing campus peer support services. The Peer Support Centre provides confidential active listening services between 11am-5pm on weekdays (in-person and remote). For after hours support, the McGill Student Nightline provides confidential and anonymous chat services from 6pm-3am every night. SACOMSS is a student-led group that offers a variety of supports to survivors of sexual assault. Our peer support services are here for you!

3. As it gets colder, find out how to dress warmly, keep warm at home, and combat the winter blues by attending a Winter 101 webinar.

Yours Truly,
International Student Services

ISS Updates: Immigration and Health

Travelling to and from Canada

Whether you are currently in Canada and need to travel or outside of Canada and plan to return, you will need to respect certain border and health measures. As of October 30, 2021, in order to depart from Canadian airports or travel on VIA Rail and Rocky Mountaineer trains, travellers will need to be fully...
vaccinated. For more information and full details, please see our latest Fall 2021 updates and the latest news release from Transport Canada.

In order to enter Canada, you must meet all of the entry requirements. You should not make any travel plans until you meet all of the entry requirements (e.g. your study permit application has been approved and you have the letter of introduction). For more information on the entry requirements, please see our Travelling to and from Canada page.

Note: Even if you meet the requirements to be considered a fully vaccinated traveller, you must still respect certain border measures when entering Canada, please carefully review the information under the government of Canada’s website: COVID-19 vaccinated travellers entering Canada.

In addition to the border and health measures, all students including students travelling to the US for American Thanksgiving, must have a valid CAQ and study permit and, if required, either an eTA or TRV in order to enter Canada as an international student.

International Student Health Insurance (IHI)

IN CASE YOU MISSED IT: On September 22nd, 2021, minors (under the age of 18 years) became eligible for Quebec public health care plan (RAMQ). It is a new policy and more details about dependent children are posted on the ISS website. We invite you to call RAMQ or choose to schedule an appointment online and a RAMQ agent will call you back to help you with the registration process.

We have been in communication with many of you who have children on their IHI plan in the past few weeks. Additionally, here is a recording of our second Question & Answer session that we held last week. However, please contact us for any questions concerning removing your child(ren) from your IHI plan during the 2021-2022 academic year.

Planning to travel home for the holidays?

All international students who are currently residing in Canada have access to full travel benefits. However, please remember that when travelling to your home country (country of your origin) your International Health Insurance (IHI) coverage is limited.

Please review our IHI travel benefits webpage for more information regarding coverage, as well as our COVID-19 IHI Updates page.

ISS and Campus Programs

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

Details
Monday, November 8th, 10:30 - 11:30 am
Register Here

Permanent Residence Information Sessions (French Only)
Attend this webinar to find out how to apply for Permanent Residence from Quebec. Hosted by MIFI and IRCC.
Details
Tuesday, November 2, 10am - 12pm: Register Here
Thursday, November 4, 10am - 12pm: 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 4th, 12pm - 1:30pm
Register Here

English Placement Test for CESL Courses offered by the McGill Writing Centre
The McGill Writing Centre will be holding placement tests in November 2021 for students whose first language is not English and who wish to strengthen their academic writing by taking a CESL course in Winter 2022.

The Placement Test schedule:
- Tuesday, November 2, 2021 – 02:00 pm to 3:30 pm
- Monday, November 15, 2021 – 11:30 am to 1:00 pm
- Friday, November 19, 2021 – 10:00 am to 11:30 am

Details:
Register Here

Become a Buddy Volunteer!
The International Buddy Program matched over 1,000 students in Fall 2021 and we are now recruiting volunteers for Winter 2022.

If you have been at McGill for at least one year and would like to share your wisdom with a new international student, we'd love to have you join us. *We are in need of graduate student volunteers.*

Returning Buddies: Login here
New Volunteers: Sign up here.
Contact us

International Student Services
Brown Student Services Building Suite 5100
3600, rue McTavish Street, Montreal (Quebec) H3A 0G3 Canada
514-398-4349, (Mon-Fri 1pm-3pm and Mon & Fri 10am-12pm)

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