Good Luck on Exams & Happy Holidays

Congratulations on making it through the Fall semester!

Here at ISS, we want to wish everyone the best of luck with your upcoming final exams, papers, and projects. We know that this time of year is extremely stressful.

You can watch a Student Wellness Hub video on managing test anxiety or you can speak to a professional 24/7 with Keep.meSAFE. TLS also offers workshops to help you succeed on your exams.

And, when you finish exams, if you want to celebrate with us, please join us for our annual Winter Break Club (online) where you can enter our gingerbread house contest and learn about all the holiday and events in Montreal over the holiday break.

We wish you a healthy and safe end of 2021.

International Student Services

#ImmigrationTipTime

Travelling over the holidays?

If you are planning on travelling over the Winter holiday break, there are important border and health measures that you need to be aware of before travelling.

Note: Please note that regulations regarding travelling, testing and quarantine are subject to change regularly. Please consult our website for the most up-to-date information.

As of November 30, 2021, all travellers 12 years of age plus 4 months, or older, must be fully vaccinated in order to board their flight or train in Canada. This includes:
domestic or international flights departing from most airports in Canada, including charter and foreign airlines carrying commercial passengers AND VIA Rail and Rocky Mountaineer trains

It will no longer be possible to show a valid COVID-19 molecular test taken within 72 hours of travel to board.

As of January 15, 2021, only international students that are fully vaccinated will be allowed to enter Canada.

Note: even if you are fully vaccinated, you will still have to respect certain border and travel measures such as:

- Complete a pre-entry molecular COVID test
- Submit your information via ArriveCAN, including a quarantine plan
- Take an arrival COVID test if randomly selected
- Be exempt from quarantine
- Be exempt from Day-8 testing

*Important: In response to the COVID variants, the government of Canada has recently announced that in the coming days all fully vaccinated travellers arriving by air from departure points other than the United States will be subject to arrival testing. Fully vaccinated travellers will be required to quarantine while they await the results of their arrival test. Unvaccinated travellers, with right of entry to Canada, will continue to be tested on arrival and day 8 and quarantine for 14 days. However, those arriving by air will now be required to stay in a designated quarantine facility or other suitable location while they await the result of their on arrival test. Please consult our website regularly before travelling for the latest updates.

If you are not fully vaccinated, we strongly recommend that you get doubly vaccinated as soon as possible so that you may travel and return to Canada.

In addition to all the border and health measures currently in place due to COVID-19, all international students must also have a valid CAQ and valid study permit and, if required, either an eTA or TRV in order to enter Canada as an international student.

For more information and full details, please see our latest Fall 2021 updates, as well as the Government of Canada’s COVID-19: Travel, testing and borders website.

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### Immigration Updates: Post-Graduation Work Permit

Immigration Canada has recently announced that they have extended the COVID PGWP temporary measures. Now, all of the time you spent studying online from outside Canada between spring 2020 and August 31, 2022, counts toward the length of a PGWP.

International students who have been studying online from inside of Canada due to COVID-19, also remain eligible for the PGWP.

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### International Health Insurance plan

You have access to full travel benefits on the IHI plan as long as you did not have symptoms of COVID-19, have not tested positive for COVID-19 (or awaiting a test result), and have not been in contact with anyone who tested positive in the last 14 days before leaving Canada.

If you plan to travel outside of Canada during the holiday break, please review our website to find out more about your travel health insurance coverage under the IHI plan.
ISS Upcoming Events

Permanent Residence Information Session (Quebec)

French Session
Thursday, Dec 2, 10am - 12 pm
Register Here

English Session
Friday, Dec 3, 10am - 12pm
Register Here

Art Hive event @ Home - Family Edition

Join us for a fun, family-friendly opportunity to create a holiday card and send it to a family member or friend abroad.

Kids, Spouses, parents, pets, etc. are welcome to join!

Monday, Dec. 6th at 4pm
Register Here

McGill Winter Break Clubs

Join us for a Gingerbread House Contest (with Prizes!) and a Presentation from Montreal Tourism

Find out about all the events happening in Montreal over the Winter Break

Montreal Tourism in collaboration with International Student Services will host our annual winter break club - an informal night of merriment and creativity.

First, Montreal Tourism will present some fun events in Montreal taking place over the winter break. ISS will provide a gingerbread house kit and attendees can join us in our annual gingerbread house decorating contest. Gift cards to be won!

Students can sign up individually or with friends. Information will be sent to registrants about when to pick up the gingerbread house kit.

Monday, December 20th, at 5pm
Online
Register here

Contact us
ISS Updates: Travel, Health, Gingerbread House Contest and More!

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