



## Happy New Year!

Goodbye 2020 and Hello 2021!

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:

- If you are arriving in Montreal or have recently arrived, consider signing up for our [Quarantine Listserv](#) to network with other students in Quarantine and receive programs and resources to support you during this period.
- The course Add/Drop deadline is Friday, January 22nd.
- Check your immigration documents for expiry dates (and take steps to renew if necessary).
- Check out the ISS' [list of workshops and webinars](#) for this term.
- New students: Join us for an [orientation event](#) this week.



Best wishes for a happy, healthy, and successful 2021!

[International Student Services](#)

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### IMMIGRATION UPDATES

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## Students arriving to Canada by air

Mandatory pre-departure testing for COVID-19 for travelers coming to Canada **by air will come into effect on January 7, 2021, at 12:01 a.m. for all persons aged 5 years and older.** Air passengers will be required to present proof of their negative PCR test results to airline officials prior to boarding their

flight to Canada.

**As per Transport Canada:**

*The test must be performed using a COVID-19 molecular polymerase chain reaction (or PCR) test and must be taken within 72 hours prior to the traveller's scheduled departure to Canada. Anyone who receives a negative test result and is authorized to enter Canada must still complete the full, mandatory 14-day quarantine.*

You can read the full announcement on [Transport Canada's website](#).

For more information, please see Transport Canada's [Pre-departure COVID-19 testing and negative results for air travellers coming to Canada](#) webpage.

**NOTE: At this time**, if you will be travelling to Canada **directly via a US/Canada land border (Port of Entry)**, you will **not** be required to show proof of a negative PCR test result for Covid-19; be sure to check our website prior to travelling for any updates.

**IMPORTANT:** All travelers, whether arriving by air or land, are required to provide proof of their **mandatory plan to quarantine for 14 days** and follow [all reporting directives](#) after entering Canada. Before travelling to Canada, please see the [Entering Canada](#) and [Travel FAQs](#) sections of our website for important information related to travel restrictions and your mandatory quarantine.

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## QUARANTINE EVENTS AND RESOURCES

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### Quarantine Support Group

Are you feeling isolated while under quarantine? Has your mental health been impacted by the confinement? This online support group is an opportunity to come together, share what you've been going through, and receive support. Open to all McGill students who have recently arrived in Canada and are under the [14 day mandatory quarantine order](#). Participants are welcome to attend any or all sessions.

**Dates:** Jan 5, 12, 19 & 26  
**Time:** 3:30 - 4:30pm EDT  
[Register Here](#)

### Virtual Quarantine Party

Will you be arriving in Montreal after December 27th? If so, you can register for ISS' first ever Virtual Quarantine Party.

- Join other students in Quarantine for an evening of virtual games, networking, and dinner!
- Students who register will receive an Uber Eats voucher the day of the event.

**Date:** Jan. 9th or 16th  
**Time:** 6pm - 7pm

### What to do in Quarantine?

Are you worried about how to fill up your days during your 14-day quarantine? ISS has organized a logistics checklist and a list of activities and mental health resources to ensure a healthy and smooth transition to daily life in Montreal.

Checking the items off this list will help you get ahead on the logistics of settling into Montreal and Canada and will also help you keep busy.

[Read More Here](#)

[Register Here](#)

## Meet the Local Wellness Advisor for International Students



Did you know that there's a Local Wellness Advisor (LWA) for international students? Jos Porter is a mental health professional who works closely with ISS to promote the wellbeing of international students at McGill. She offers **wellness programming**, such as the [Quarantine Support Group](#), [Active Listening](#), and [Accessing Healthcare](#) workshops, as well as **one-on-one sessions** with students who are located in Quebec. Do you think you could benefit from some wellness advising? Book an appointment [here!](#).



[Volunteer for the Buddy Program](#)



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## Contact us

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