

ISS NEWS

INTERNATIONAL STUDENT SERVICES

Summer is here!

Dear International Students,

Welcome to summer! If you are abroad, check out some Montreal summer highlights via [Instagram](#).

If you are here in Montreal, take advantage of all that Montreal has to offer in the summer. Stay informed about the city's [COVID-19 regulations](#). As of May 28, you can now enjoy a night out on a [terrasse](#) or join some friends for a picnic at one of Montreal's many [parks](#).

There is so much to do in Montreal this summer. Take advantage of the beautiful weather and go discover Montreal:

- [Float on the Lachine canal in a swan-shaped pedal boat](#)
- [Explore Montreal via Bixi](#)
- [Rent a BBQ Donut](#)
- [Attend a Drag Brunch](#)
- [Check out Japan Week](#)
- [Plan a fun day of activities in the Old Port](#)
- [Explore the beauty of Montreal's Mural Festival](#)
- [Go berry picking](#)



For more attractions and things to do, follow [TimeOut](#), [Mtlblog](#), and ISS on [Facebook](#).

Have a safe and relaxing summer!

[The ISS Team](#).

#ImmigrationTipTime

When Entering Canada

See the government of Canada's [COVID-19: Travel, testing, quarantine and borders](#) page prior to travelling to Canada.

In addition to reviewing the information in the link above, ISS strongly recommends that you review the following FAQs and resources before you make plans to travel to Canada. Our website is updated within 24 hours of any IRCC updates, so it is important that you are well informed before making international travel arrangements. Please refer to these FAQs and resources on:



- [Entering Canada](#)
- [COVID-19: Immigration](#)
- [Travel](#)
- [Health Insurance](#)
- [Bringing Family](#)
- [Quarantine Resources](#)

Medical exam for study permit holders

Did you ever have to do a medical exam as part of your study permit application?

Have you been out of Canada and residing in a [designated country](#) for more than 6 months in the past year?

Has your last medical exam expired (i.e. more than 12 months old)?

If the answer is yes to all of these questions then you may have to redo a medical exam prior to returning to Canada. If you have difficulties completing a medical exam due to the pandemic we advise you to contact IRCC via [their webform](#).

ASK ISS

Looking for quick help with Navigating ISS website describing Immigration procedures, COVID-19 information, International Health Insurance, ISS programs and resources?

[Ask our ISS peer assistant!](#)

If you are looking for Immigration Advising submit an [Advising Request Form](#).

You will have to join a team called "[Ask ISS Group](#)" (on Microsoft Teams) using this code (29kt1pe).
Only McGill Students with a McGill ID can join.

[ISS' CHAT](#) is available everyday from 1 to 4 PM ET & Mondays and Fridays from 9am to 12pm ET.



[Ask ISS!](#)
**Live Chat with an
ISS peer assistant.**

HEALTH

Students who were outside of Canada for the duration of the 2020-2021 academic year (September 1st 2020 to August 31st 2021) and have NEVER entered Canada during this academic year.

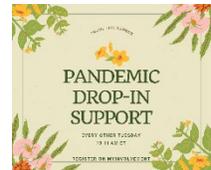
If you are an international student who can confirm that you have been outside of Canada for the full academic year (2020-2021), then you may request a cancellation of your International Health Insurance plan.

This [webform](#) will be available until July 31, 2021. Any cancellation requests after this date must be done by email and will be considered on a case-by-case basis.



Pandemic Drop-In Support

Has your mental health been impacted by the pandemic? Are you struggling with grief, anxiety, and/or distress related to COVID-19? You're not alone. This online support circle is an opportunity to come together and share what you've been going through. Open to all McGill students, regardless of their current location. Participants are welcome to attend any or all sessions (offered biweekly). Please register 24 hours in advance to receive the invitation to the online meeting.



Co-facilitators: Shannon Walsh & Jos Porter

Time & Dates: biweekly on Tuesdays from 10am-11am ET; [June 8](#), [June 22](#), [July 6](#), [July 20](#), [Aug 3](#), [Aug 17](#), [Aug 31](#)

BE A BUDDY VOLUNTEER

Want to share your knowledge and help new international students?

Become a Buddy Volunteer!

The International Buddy program is currently recruiting volunteers for Fall 2021!

We expect over 1000 new international student applicants wishing to be connected with seasoned McGill Students.

With the International Buddy Program, you can:

- Make a difference in a new student's life.
- Share your experiences
- Supplement your co-curricular record.
- Ease their transition to McGill.

Are you hesitating because you're no longer in Montreal?
No problem, online peer mentoring is available.

Not sure what to say? The program training webinar, that covers topics like intercultural communication, will get you ready.



**INTERNATIONAL
BUDDY PROGRAM**

[Apply NOW](#)

Still have questions? E-mail us at international.buddy@mcgill.ca

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Contact us

[International Student Services](#)

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