



You've made it to March!



We hope you're enjoying your reading week and are staying warm and healthy.

This month, ISS is proud to launch our inaugural Discover Quebec Week. Highlights include:

- [McGill-UQAC French Immersion Program](#)
- [Permanent Residence applications for Quebec](#)
- [Tax Sessions for International Students.](#)

More details below!

Stay safe and warm!
[International Student Services](#)

DISCOVER QUEBEC WEEK

Discover the High-Tech Sectors in Greater Montréal

High-tech sectors are flourishing in Greater Montréal and offer exciting prospects for international students and graduates.

- Get an introduction to this thriving landscape at a presentation hosted by [I choose Montréal](#).
- This presenters will also share all the ways Montréal International can help international students find a job at a local company during or after studies.



Monday, March 8th, 10am - 11am ET
[Register Here](#)

Accessing Healthcare in Quebec

Find out about student health and wellness services available at McGill.

- Learn how to navigate off-campus health resources as an international student
- Familiarize yourself with the Quebec healthcare system.

Monday, March 8th, 2pm - 3:30pm ET

[Register Here](#)



McGill-UQAC French Immersion Program

Join this Info Session to learn about the McGill-UQAC French Immersion Program and how to apply.

Program Details:

- Fully funded French Immersion program for undergraduate international students
- 3-week virtual program at the University of Quebec at Chicoutimi
- 21 hours of French classes each week
- Social-Cultural Programming
- [Program Website/Application](#)

Wednesday, March 10th, 1:30pm - 2:30pm ET

[Register Here](#)



Quebec: Permanent Residence Info Session

Le ministère de l'Immigration, de la Francisation et de l'Intégration (MIFI) et Montréal International, via son initiative Je choisis Montréal, invitent les étudiants internationaux, qui souhaitent s'établir au Québec de façon permanente, à assister à des séances d'information virtuelles et gratuites.

These sessions will be held in French

Tuesday, March 9th, 9am - 12pm ET

[Register Here](#)

Thursday, March 11th, 12pm - 3pm ET

[Register Here](#)



5 Questions About Quebec You Always Wanted to Know But Were Afraid to Ask

Join Professor and Director of the McGill Institute for the Study of Canada, Daniel Béland, to discover facts you might now know about McGill's beloved home province of Quebec. Professor Béland will also



be available to answer any burning questions you may have about the Quebec Studies Program at McGill.

Wednesday, March 10th, 11am - 12pm ET
[Register Here](#)

Quebec Trivia Night

Take a chance to win an Amazon Gift card at our **Quebec Trivia Night**. All International Students are welcome to this FREE hangout event, which will test your knowledge about Quebec.

Friday, March 12th, 5pm - 6pm
[Register Here](#)



#ImmigrationTipTime

Reminder: Proof of Completion of Studies



If Fall 2020 was your final term of studies, your degree was granted on February 24th. You **are no longer authorized to work unless:**

- You have **obtained** your [Post-Graduation Work Permit \(PGWP\)](#); **or**
- You have **submitted** a PGWP application **and** you [meet certain conditions](#)

This is because once students **receive official notification of program completion** (either when **Senate meets** or when they are issued a **special letter of program completion** from Service Point), **they must stop working** and can only begin doing so once they meet one of the above scenarios.

Want to find out more? See our [Fall 2020 Graduates website](#) and our [COVID-19 Work FAQs](#) for information on the temporary facilitative COVID-19 measures or tune into the [recording of last week's PGWP Info Session](#).

UPDATE: New Travel Measures For Entering Canada



*****Update on the travel restrictions and measures that apply to international students entering Canada by *air* or by *land*.*****

There are now **new mandatory COVID-19 testing** requirements for those travelling by **air** or by **land**, as well as quarantine requirements in **designated hotels** for travellers entering Canada by **air**. Please see our [Entering Canada](#) page for information on the current travel restrictions for international students and

step-by-step instructions to follow if you plan on travelling to Canada **by air** or if you plan to travel to Canada **by land**.

Quarantine Bursary Program

If you have financial concerns in anticipation of entering Canada and facing the new COVID-19 quarantine requirements at designated hotels [mandatory COVID-19 stopover: booking and list of government-authorized hotels](#) you may apply for financial aid. McGill's Quarantine Bursary Program is designed to assist with financial barriers facing students returning to campus for academic reasons. This bursary program for Bachelors, Masters and PhD students is based on demonstrated financial need, considering a student's totality of resources and costs. First-year international students are eligible for Quarantine Bursary consideration despite proving financial capacity to immigration authorities. For instructions on how to apply, please see item #2 on the [Scholarships and Student Aid Office COVID FAQ webpage](#).

Are you struggling with anxiety related to being an international student during the pandemic?

Join our International Student Support Group

Description: Do you feel disconnected from others at the university? Has your mental health been impacted by all the uncertainty this past year? International students have been uniquely impacted by the pandemic. This online support group is an opportunity to come together, share what you're going through, gain coping skills, and receive support. Open to all international students, regardless of where they're located. Participants are welcome to attend any or all sessions. Please register at least 2 hours prior to the start time of a session in order to receive the invitation for the online meeting.

Dates: Every other Friday: March 12th, 26th, April 9th, April 23rd
[Register Here](#)



IHI International Health Insurance

Medavie Blue Cross: Accessing Online Doctors

Medavie Bluecross released a short 5-minute video that will walk you through how and where to register (getmaple.ca/medavie), how to set up an account and how to request and complete a doctor consult.

[View the video English](#)

[View the video in French](#)

And just a friendly reminder to visit our [COVID-19 IHI FAQs](#) often, since updates about International Health Insurance premium adjustments are posted on a regular basis.

If you are outside of Canada but planning to arrive in Canada during summer 2021, you may qualify for a new IHI premium adjustment. Further details are found in our [IHI FAQs](#).

BE A BUDDY VOLUNTEER

Want to share your knowledge and help new international students? Be a Buddy Volunteer!

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

We expect over 1500 new international student applicants wishing to be connected with a seasoned McGill Student.

With the International Buddy Program, you can:

- Make a difference in a new student's life.
- Supplement your co-curricular record.
- Meet new students and ease their transition to Montreal/McGill.



**INTERNATIONAL
BUDDY PROGRAM**

Are you hesitating because you're:
Going on exchange? No problem! Volunteer for just a term.

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

[Apply NOW](#)

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

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Contact us

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