



Is it November already?!

Congratulations! *You've made it through more than half of the semester!*

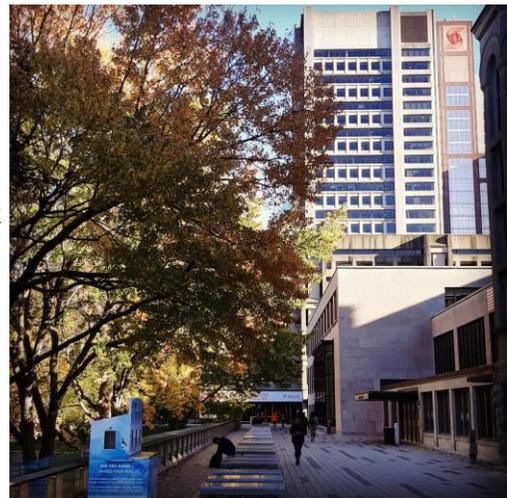
As COVID-19 measures continue to keep us indoors, we think it is very important that you look after yourself! We have listed a few resources that you may find helpful during this stressful season!

1. You are not alone! Student Services are here to support you. The Student Wellness Hub offers individual support with the [Local Wellness Advisors](#), [other health professionals](#), such as doctors and counselors, as well as [remote programming](#) and [virtual mental health services](#). Upcoming workshops include [Skills for Managing Exam Anxiety](#), [Cultivating a Positive Body Image](#), [Getting Sound Sleep](#), [Quarantine Support Groups](#), and more!

2. Take care of yourself: make sure you are sleeping enough, eating well, and staying active. [Here are suggestions on nutritious, easy meals!](#)

3. During these ever changing times, we are constantly trying to adapt our services and programs to help you. We would like to collect some information on your current location, on your immigration documents, and your intention to travel to Canada if you are outside the country. We would greatly appreciate if you could take 5 minutes to complete this short [ISS Fall 2020 survey](#).

Yours Truly,
[International Student Services](#)



Entering Canada

McGill University is on the list of approved designated learning institutions (DLIs) and able to welcome international students.

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).

Please review [the message on the International Student Services' website](#), under Entering Canada for full details on the entry requirements.

While you may continue to study remotely from outside of Canada, it is important to note that under the current [COVID-19 facilitative measures](#) only online studies completed from abroad until April 30, 2021 will count toward your future post-graduation work permit (PGWP). For more information about the impact of online studies on your eligibility and length of your PGWP, see [IRCC's website](#).

Montreal: Red Zone

Please be advised that Montreal is currently under a Level 4 Maximum Alert until November 23rd.

What does this mean for students in Montreal?

- A full list of what is permitted and prohibited can be accessed on the [Government of Quebec website](#).
- McGill also updates regularly the Operational Status of on-campus activities on the university's [COVID-19 website](#).

Thinking About Going Home for the Holidays?

Before you do, we want to make sure you understand any and all potential consequences of travelling abroad this winter season! First, the Government of Canada is strongly discouraging international travel at this time; second, the international travel situation is very fluid and border closures may arise while you are away; and finally, students who choose to travel internationally will be required to quarantine for 14 days when re-entering Canada, and will be asked to provide a [quarantine plan](#) at the border. Students travelling to the US for American Thanksgiving should consider delaying their return to McGill until the Winter semester, in order to reduce the risks to yourself, and to your campus community.



International Health Insurance Updates



Now that borders are reopening for international students with a Study Permit approval letter or a valid Study Permit, international students may decide to come to Canada. Those who will be entering Canada in the coming weeks may request an adjustment of their Health Insurance fees **after** entering Canada for the months that they were not in Canada. You may also decide that you will not be returning to Montreal until next September. In this case, you will have until January 31, 2021 to request a full year cancellation of your health insurance without penalty.

Please remember that international students must have valid Health Insurance coverage upon entry to Canada. We updated our [website](#) with detailed information on how to proceed with either a request for an adjustment or a cancellation of your [International Health Insurance](#).

ISS and Campus Programs



Want to Remain in Canada After Graduation?

Post Graduation Work Permit (PGWP) Workshop

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

Details

Tuesday, November 10th, 10:30 - 11:30 am

[Register Here](#)

Permanent Residence Information Session

Attend this webinar to find out how to apply for Permanent Residence in Canada. Hosted by Immigration, Refugees and Citizenship Canada.

Details

Tuesday, December 1st, 1:00pm - 2:30pm

[Register Here](#)



Meet and Greet for Students with Families

Join us and/or invite your spouse to attend this online Meet and Greet. Meet other students/spouses and find out more about the programs and resources available to support your family at McGill.

Details

Friday, November 13th at 10:00am

[Register Here](#)

Winter 101



Brrr! Montreal is cold and starting to get snowy. Whether you are in Montreal or abroad, join us online to find out more about Montreal winters.

Details

Wednesday, November 4th, 3:00pm - 4:00pm

[Register Here](#)



Discover Spiritual McGill

This year's Discover Spiritual McGill Fair considers the contours of such questions, interrogating immediacy and sparking the wicker of hope. In a week-long series of virtual events from November 2nd to November 5th, MORSL presents various perspectives and activities open to all that might keep your flame burning brighter than before.

Details

November 2nd to November 5th

[View all events and Registration](#)

Develop your skills.
Explore new ideas.
Make lasting connections.

Register now at
mcgill.ca/skills21

Learning in your Second Language

This **SKILLS21** workshop provides students with an interactive opportunity to support learning in their second (or third, or fourth...) language. In this one-hour workshop, participants will learn to recognize their challenges, identify personalized learning strategies, and develop peer support networks to enhance their McGill academic experience.

Details:

Thursday, November 5, 9:00am-10:00am

[Register Here](#)

Become a Buddy Volunteer!



The International Buddy Program matched almost 1,000 students in Fall 2020 and we are now recruiting volunteers for Winter 2021.

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, (Tues, Wed & Fri 10am- 12pm and 1pm - 3pm)