



LaurentianUniversity
Université**Laurentienne**

PREPARATION GUIDE FOR INTERNATIONAL STUDENTS

2022/2023



Biindigen. Bienvenue. Welcome.



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IMPORTANT

contacts and links



LAURENTIAN UNIVERSITY

MAIN NUMBERS

+1 705-675-1151

+1 800-461-4030

EXTENSIONS

Accessibility Services	3324
Health & Wellness Services (On-campus Medical Clinic)	6546
International Student Services	1557
Residence Office	4814
Campus Safety	6562
Campus Safety Direct Line	705-673-6562
Transitions and Orientation	3311

MyLaurentianHub and general campus inquiries:

+1 800-263-4188 / hub@laurentian.ca

Campus map:

→ laurentian.ca/campus-maps



Laurentian University
Université Laurentienne

GOVERNMENT OF CANADA

- [Travel and Tourism](#)
- [COVID-19 important updates for International Students](#)
- [EduCANADA](#)
- [Immigration, Refugees and Citizenship Canada](#) +1 888-242-2100

Canada 

GREATER SUDBURY

- [City of Greater Sudbury Public Transit Routes / Schedules](#)
- [Newcomers to the City of Sudbury](#)

Public Health Sudbury & Districts 705-522-9200
→ phsd.ca +1 866-522-9200

Sudbury Airport Taxi Service +1 705-522-2222
(Lockerby Taxi)





*The ultimate Canadian
postsecondary experience!*



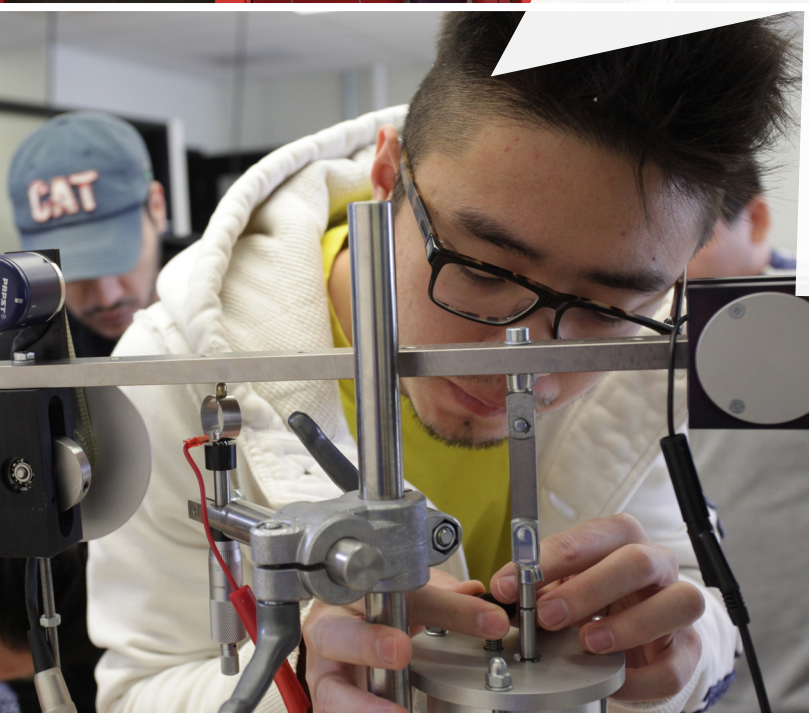
560+
international
students from
69 countries

Welcome!

Laurentian University is a true microcosm of Canada's spirit: open, welcoming, bilingual, multicultural, strong, northern and proud.

- ✓ Develop new friendships.
- ✓ Meet our welcoming staff and faculty.
- ✓ Learn new languages.
- ✓ Experience Canadian cultural activities.
- ✓ Be a part of celebrations, events and conferences.

We look forward to meeting you.



Travelling to Greater Sudbury, Ontario



Before boarding your plane, make sure that you have all the necessary documents for entry into Canada and keep these documents accessible to you during travel (not in your checked baggage):

- ✓ A valid passport;
- ✓ A Temporary Resident Visa (TRV) or electronic Travel Authorization (eTA) if applicable;
- ✓ A sufficient amount of travel and health insurance to cover you before you arrive on our campus;
- ✓ The letter of introduction that you received from the visa office when your study permit was approved;
- ✓ An airline ticket with a final destination of Sudbury (YSB on your ticket);
- ✓ Proof of financial support. Be prepared to show that you have sufficient funds to cover your tuition and living expenses for 12 months.
- ✓ There may be additional requirements due to the global pandemic. Please go to laurentian.ca/covid-19 for the most up-to-date information.

Your final arrival destination will be Greater Sudbury, Ontario.

If you did not make travel arrangements to reach your final destination prior to arriving at YYZ, Toronto Pearson International Airport in Toronto, Ontario, you can do so by:



Purchasing a **flight YSB (destination Greater Sudbury, Ontario)** at the Air Canada counter upon arrival at Toronto Pearson International Airport.



Student Airport Pick-Up

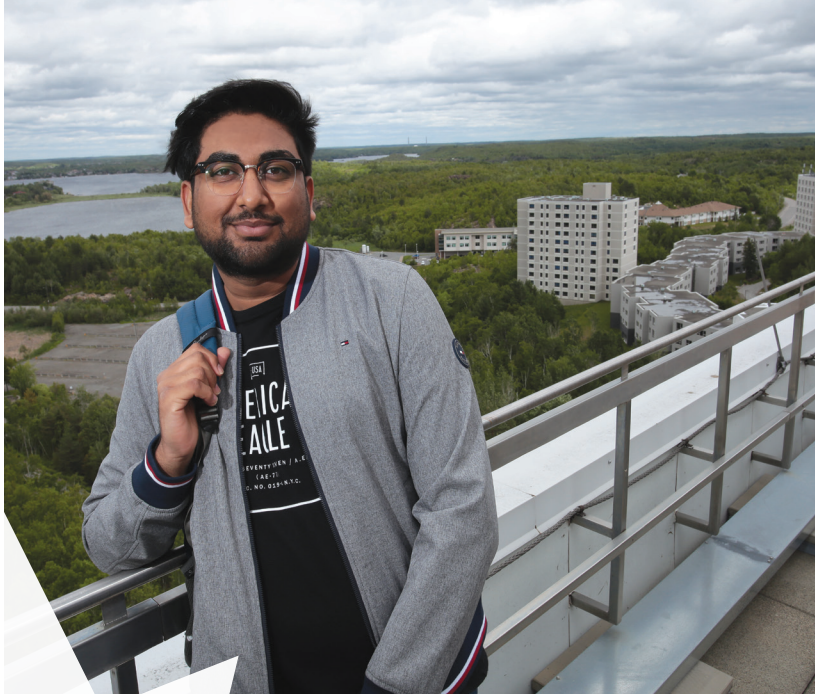
Laurentian University is pleased to offer a free airport pick-up service at the Sudbury Airport during the move-in dates and throughout Orientation Week. To access this service, you must give us your arrival details at least 48 hours prior to your arrival by sending the completed information by email to international@laurentian.ca.

The e-mail should include the following information:

- ✓ Student name
- ✓ Student ID number (Laurentian Student Number)
- ✓ Flight number
- ✓ Date of arrival
- ✓ Time of arrival
- ✓ Destination (for example: on campus residence or hotel)

Please notify us if your travel plans change. If you miss your connecting flight or are delayed for any reason, please advise us so that we can rearrange your airport pick-up time.

Contact **+1 705-675-1151 ext. 1557** or email international@laurentian.ca.



Welcome



Welcoming You to Canada and Our Campus

When you first arrive in Canada, many things about life in North America may seem different to you.

Our Orientation Program is designed to provide new international students with information and guidance on transitioning to their studies at Laurentian. For students starting during the Fall semester, a copy of the Orientation Week Schedule will be available on the International Students Services website and on the Laurentian International Facebook page.

Our International Facebook page is a great way to meet new students!

Orientation activities include:

- President's Welcome
- Immigration Information sessions
- Information sessions and social activities
- Presentations on Canadian Academic Culture / Expectations of a Canadian university professor
- Assistance with banking, cellular connectivity, getting around
- Health Insurance (UHIP) registration



University Health Insurance Plan (UHIP)

UHIP is the mandatory and affordable health insurance plan for international students studying at Ontario Universities. The cost is \$63 per month or \$756 from September 1st to August 31st*. This health insurance plan can begin as early as the 10th day of the month prior to the beginning of your classes. For example, if you are beginning your studies in September, UHIP can start no earlier than August 10th.

- To find out more about UHIP coverage, visit UHIP.ca
- You will automatically be enrolled in UHIP. Your UHIP card will be sent to you, by email, within the first two weeks of September.
- Any dependents (spouse and/or children) who will be living with you in Canada must also be enrolled.

Students also have extended health insurance coverage offered through their student associations (AEF, SGA or GSA). This insurance plan offers coverage for prescription medication, dental care, vision care as well as other professional services such as physiotherapy.

Our office will be enrolling students during Orientation Month. Please contact our office at international@laurentian.ca if you have any questions.

*Fees are based on 2021/2022 rates and are subject to change.

Get Social

The International Student Activity Program (ISAP) committee organizes special outings, events and Canadian cultural activities for international students throughout the year. Activities may include skiing and hiking trips, local sporting events, and weekend trips to other Canadian cities like Niagara Falls, Toronto, Ottawa and Montreal. Information regarding these events will be sent to your Laurentian email and posted on the Laurentian International Facebook page.

Stay Safe

Keep Me Safe is your International Student Support Program. The service offers help when you need it most – from everyday problems, to serious issues and anything in-between.

- ✓ Get immediate help night or day
- ✓ Talk to someone in any language
- ✓ Choose from 200+ languages
- ✓ Private and confidential
- ✓ Call, chat, or email
- ✓ FREE for Laurentian Students



+1 844-451-9700

keepmesafe.org



Your home
away from home



Living in Greater Sudbury, Ontario



■ On-Campus Residence

Students can apply for residence on-campus through the applicant portal at my.laurentian.ca. The residence application should be submitted before the application deadline. Information about Laurentian University residences can be found at laurentian.ca/accommodations. Students can also contact the Residence Office: **+1 705-675-1151 ext. 4814** or by email at residences@laurentian.ca.

■ Off-Campus: Renting an Apartment

Furnished and unfurnished accommodations are available as a room, bachelor-style, 1, 2 or 3 bedroom apartments. This option is not administered by Laurentian University. Look at spending approximately:

- **\$600/per month** for a room
- **\$900/per month** for a bachelor apartment
- **\$1,200/per month** for a one-bedroom apartment
- **\$1,500/per month** for a two-bedroom apartment

Monthly rates may or may not include utilities (electricity, heat, etc.) and usually do not include internet (wifi).

Off-campus housing might be a suitable arrangement for someone who is planning to study for a period longer than eight months since many apartments require you to stay for one year. Because this option cannot be pre-arranged, you should be prepared to spend the first few days in a hotel or in temporary housing while you search.



The following links have information on apartments for rent in the Greater Sudbury area:

- kijiji.ca
- classifieds.thesudburystar.com
- sudbury.com/classifieds
- [Renting an apartment in Ontario](#)
- suitetimes.ca

Visit the LUjiji section at my.Laurentian.ca.



sudbury

Check out things to do
in Sudbury, ON at
greatersudbury.ca

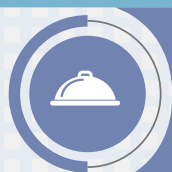
Estimated Cost of Studying at Laurentian University

(per academic year September – April)

\$45,000 CAD to \$50,000 CAD

to live and study in Canada. Find out more about tuition fees [here](#).

Flywire is the preferred method of payment for international payments. Make a payment [here](#).



Mandatory Meal Plan

Students residing in a Laurentian University residence (Single Student, University College, West Residence and East Residence) are required to purchase a meal plan. Visit laurentian.ca/food-services for more details.

\$3,976 to \$5,268



Food

For students living off-campus

\$3,000 to \$3,500



Books and Supplies

Books, Photocopies and Academic Supplies

\$750



On-campus Residence Accommodations

Visit laurentian.ca/accommodations for details.

\$7,475 to \$9,846



Miscellaneous

Entertainment, personal care sundries, laundry

\$4,000

\$0 Bus Transportation



The Student Bus Pass (U-Pass) provided by Laurentian University's student associations is available to all full-time students as part of your ancillary fees.

Valid throughout the academic year from September to April, your student card acts as your bus pass.

For spring and summer sessions, a monthly bus pass can be purchased at the main bus station (Downtown Sudbury) for approximately \$75 per month.

The fees above are estimates provided to help you with your budget. All fees are subject to change without prior notice. All extended health benefits and bus pass services offered by your student association are only available to students beginning in the fall semester.

Students beginning in the winter or spring sessions should see their student association about opting into these benefits.

Financing your studies in Canada – solutions and options

Laurentian offers a number of opportunities to help you cover the cost of your studies in Canada. Convenient on-campus job opportunities, paid co-op and graduate teaching positions, and the most generous International Scholarship Program in Canada are all available to help you set a comfortable and manageable budget as you pursue your educational goals.

Working on and off campus

Laurentian offers students an opportunity to work part-time or full-time on campus, in jobs that accommodate their studies. Laurentian employs approximately 1,000 students per year in various positions across campus including food services, recreation, office administration, and more. For more information, visit laurentian.ca/support/career-employment-centre or contact the Career Hub at: careerhub@laurentian.ca.

Up to \$60,000 for academic achievement

The MOST GENEROUS INTERNATIONAL SCHOLARSHIP PROGRAM in Canada!



International Scholarship Program

Laurentian is breaking ground in making postsecondary education at a Canadian university the most accessible ever! High achieving international students with a grade average 80%+ can receive between **\$40,000 and \$60,000 in scholarship awards** – the most generous international scholarship program in Canada!

For more information, visit laurentian.ca/international/scholarships.

Checklist



Before you leave your country of residence...

- ☐ Accept your offer. Visit my.laurentian.ca for further instructions.
- ☐ Pay the \$2,000 tuition deposit by visiting our website: laurentian.ca/fees-financing/payment-options. Choose *Flywire*, our preferred method of payment, for international students.
- ☐ Make sure you have all the documents you need to enter Canada. View a list of what you need: canada.ca.
- ☐ Register for your courses.
- ☐ Contact our academic advisors to get help with registering for your courses academicadvisors@laurentian.ca
- ☐ Make housing arrangements. See *page 10* for more details.
- ☐ Make your travel arrangements. See *page 6* for more details.
- ☐ A free airport pick-up can be arranged by sending an email to: international@laurentian.ca. See *page 6* for more details.
- ☐ Get to know Canada. Learn and explore before you arrive: canada.ca.
- ☐ Check your Laurentian email account every day as this is how we will get in touch with you!

Upon arrival at Laurentian...

- ☐ Visit the Laurentian International Office (located on the second floor of the Parker Atrium) upon arrival.
- ☐ Attend the International Student Orientation.
- ☐ Open a Canadian bank account, get a Canadian cell phone or SIM card. We will help you with this at the International Student Orientation.
- ☐ Get your Laurentian student card at the *myLaurentian Hub* (first floor of the Parker Building).
- ☐ Buy your textbooks.
- ☐ Verify your student account balance and pay your tuition fees using [Flywire](https://flywire.com).
- ☐ Get an [Ontario Photo ID card](https://www.ontario.ca/govt/ontario-photo-id-card) so that you can leave your passport at home.
- ☐ Attend our clinic for newly admitted International Students.



May we suggest that you also consider bringing...

- ☐ Prescription medication for the first few months of your stay in Canada.
- ☐ A sufficient amount of travel/health insurance coverage before you start your studies.
- ☐ Canadian currency to cover your expenses for the first few days in Canada (\$2,000-\$3,000 CAD CASH).
- ☐ A credit card. Contact your bank to confirm that your credit card will work in Canada. Please note your tuition cannot be paid by credit card.
- ☐ Activate your Canadian cell phone with an International package.



IMPORTANT links

Coronavirus disease (COVID-19):
International students

→ canada.ca

Laurentian International

→ laurentian.ca/international-student-services

Campus maps

→ laurentian.ca/campus-maps

myLaurentian Student Portal

→ my.laurentian.ca

University Health Insurance Plan (UHIP)

→ uhip.ca

Important Dates

→ laurentian.ca/important-dates

IRCC

→ canada.ca/en/immigration-refugees-citizenship

City of Greater Sudbury

→ greatersudbury.ca
→ investsudbury.ca/why-sudbury



Laurentian University Université Laurentienne

Laurentian International
Parker Building, P-210 (2nd Floor)
international@laurentian.ca
+1 800-461-4030 ext. 1557

laurentian.ca/international-student-services

Click **here** for all other university contacts.

 Laurentian International  @GlobalLU

Giga-waabamin menawaa.

À bientôt.

See you soon.