

International Student Newsletter



Congratulations on a successful start to the 2023-24 academic year

It has likely been a busy few weeks adjusting or re-adjusting to your home away from home. We are thrilled to welcome you, or welcome you back, to the York community and can't wait to see what you will achieve while you're here. As you get settled in, remember that there are so many opportunities to get involved, meet new people, and feel connected to this city. We are also here to support and guide you along the way with workshops, advising, and a variety of events. Check out these monthly newsletters for important reminders, resources, and ways to get involved.

We know many of you are impacted by recent global events, whether it be natural disasters, attacks on civilians, wars, political tensions, humanitarian crises, and more. York has supports and resources available to international students that we encourage you to use when you need. Some of these resources are below, others can be found on the [Well-being Resources page](#). As always, but especially during difficult times, we all have a responsibility to create and contribute to a safe and inclusive environment for each other as members of the York community. We encourage you to reach out if you are in need of support.

-York International



QUICK LINKS

- [Immigration Application Resources](#)
- [University Health Insurance Plan \(UHIP\)](#)
- [English Conversation Partners Program](#)
- [Follow us on Instagram!](#)



Featured Program: Immigration Workroom

Get real time help with IRCC applications

Immigration Workrooms are a weekly in-person opportunity for you to meet with International Student Advisors and licensed immigration specialists. If you need help working on your study permit extension and/or post-graduation work permit (PGWP) applications, come by to get your questions answered accurately and complete the IRCC applications on the spot.

Here's how it works:

1. **Prepare:** Review the Study Permit Extension and PGWP application guides on our [Immigration Application Resources Page](#).
2. **Try:** Try to complete the full application on your own.
3. **Note:** Note down any questions you have or mark sections that you're not sure about.
4. **Visit:** Come visit us during our Workroom and bring any outstanding questions to the session.

You will need a laptop and digital copies of all your documents (including passport and study permit) to be able to finish your application in the workroom.

[Join the next Immigration Workroom](#)



Get Involved

Connect with other students



Neighbourhood Exploration:

Little Italy

Mon. October 19

12:30 – 5:30 p.m.

Meet at York U Subway

Station north side

Want to explore a new neighbourhood of the city together? [Join us as we tour Little Italy, known for its authentic restaurants, European shops, and iconic landmarks.](#)



Coffee Break:

Wellbeing with SCHW

Fri. October 20

2 – 4 p.m.

York Lanes Rm. 280A

Coffee Breaks are the perfect place to go if you're looking to connect with your peers and take a break. [Join us as we discuss student life, well-being, and build long lasting friendships.](#)

International Student Profile

Filipino scholarship recipient champions literacy and UN SDGs



Qjuel Mariano is living proof that approaching endeavours with passion and commitment can lead to unexpected opportunities, such as a Tentanda Via Award scholarship to York University, thousands of miles from home.

Tentanda Via – the way must be tried – Awards reward student leaders/changemakers who are pushing boundaries by demonstrating commitment to progressive and sustainable development initiatives by making a difference, and [Mariano certainly fits the description.](#)



Study Permit Reminders

Always make sure to check the expiry date on your study permit. If it is expiring in the next three months, you can begin the process to extend it. If you have any questions, join our weekly virtual Q&A sessions!

[Immigration Resources](#)

Update your Contact Information

By keeping your contact information up-to-date you ensure that York University is able to communicate with you. Please ensure your email address and home address are updated.

[Update your information](#)

Upcoming Events

For a full listing of events and details, please visit the [York International Events Calendar](#)



Grad Hub: Academic Writing 101 for Graduate Students

Mon. October 23
2 – 4 p.m.
Zoom Webinar

[Learn how to improve your academic performance](#) by enhancing your writing skills and leverage free academic services through the Writing Centre



Career Exploration: How to Make Career Decisions

Wed. October 25
2 – 4 p.m.
York Lanes Rm. 280N

[Learn the steps of making informed career decisions](#) and how a growth mindset is essential for your personal and career success



Let's Get Exam Ready: Breaking Down Assignments

Wed. November 1
2 – 4 p.m.
York Lanes Rm. 242

[Learn how to break down assignments and projects](#) into manageable steps based on deadlines.



**Community Connections:
Learn about Volunteer
Toronto**

Tue. November 7
2:30 – 4:30 p.m.
Zoom Webinar

[Build your network of opportunities](#) to enhance your university experience and strengthen your personal and professional growth.



**Adulting 101:
Where do I live
next year?**

Tue. November 8
4 – 5:30 p.m.
Founders College Rm. 152

[Join this event to learn about your rights](#) as a tenant in Ontario and how to navigate the search for safe and adequate housing.



**Global Learning:
Information Sessions**

Check the events calendar to join us for the next info session!

[Attend one of our weekly Global Info Sessions](#) to learn all about exchange and internship opportunities .



Did you know?

In order to access your UHIP card and UHIP resources, you must [activate your YorkU email address](#). Once enrolled, you will receive an email entitled “Welcome to the University Health Insurance Plan (UHIP)”. Follow the enclosed instructions to access your UHIP card.

**Learn
more**

Follow York International on social media!



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