NEWCOMERS & REFUGEES CHECKLIST

BEFORE YOU START AT SFU

STEP 1
- Apply for the BC Medical Services Plan (MSP) if you are a permanent resident or citizen and have not already done so
  - If you have a TA or TM contract at SFU, see SFU Human Resources for MSP application information
- If you do not yet have BC MSP, arrange for primary insurance coverage to cover you until your MSP application is processed
  - If you have not yet landed as a permanent resident, you will be automatically enrolled in Guard.me (primary insurance). Opt out of the Guard.me@SFU plan when your BC MSP takes effect (after the waiting period). You may be eligible for a partial refund of the guard.me@SFU fee if there is more than one month remaining in the term, and you have not used the plan.
- If you are a refugee and do not yet have BC MSP, apply for Interim Federal Health (IFH) and BC MSP. IFH will provide coverage while you wait for your MSP to take effect

STEP 2
- Check out the Vancouver International Airport website to get a detailed overview of the airport arrival process
- Plan your route and transportation from the airport to your destination
- Make electronic copies of important original documents. Leave a copy with family or friends as well

AFTER YOU START AT SFU

STEP 3
- Make changes to your secondary insurance if necessary (i.e. opt down to basic plan, opt out with equivalent coverage, add family members) between Jan 2-16, 2019

STEP 4
- For details of how to apply, review the Social Insurance Number handout
  - You must provide your SIN to your employer within three days of starting work
  - Sign up for one of our SIN clinics to get your SIN on campus
- Learn about filing a Canadian Income Tax return

STEP 5
- Sign up for workshops and events offered by International Services for Students
- Bookmark ISS News and Updates to get up-to-date information for students from international pathway on advising, immigration, medical, opportunities, and important reminders
- Get involved in your SFU community!

STEP 6
- The transition to life in a new country can be exciting, but isn’t always easy. SFU has a number of supports available to you if you are struggling. Please do not hesitate to reach out if you are having a difficult time at any stage of your SFU degree -- we’re here to help