NEWCOMERS & REFUGEES
CHECKLIST

This checklist is for the general procedures and resources. For latest updates and specific information on COVID-19 including impacts on immigration applications (e.g. study permit, visa), travel restrictions, arriving in Canada, work eligibility, medical insurance, and additional resources for international students, click here.

BEFORE YOU START AT SFU

STEP 1
☐ Apply for the BC Medical Services Plan (MSP) if you are a permanent resident or Canadian citizen and have not already done so. British Columbia (B.C.) residents are no longer charged MSP premiums. Enrollment in MSP remains mandatory for all residents.

☐ 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 a 4-month primary medical insurance plan with Guard.me@SFU for your first term of studies. 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

GRADUATE STUDENTS
☐ Check out the Graduate and Postdoctoral Studies Virtual Orientation.

UNDERGRADUATE STUDENTS
☐ Complete University Prep. You will be sent an e-mail with an invitation to join the Canvas course. You will receive Co-Curricular Record accreditation for completing this course. This course includes a module for international students.
  - It’s a free online course that will help you prepare for SFU and all the details you need to get started right during your first week, month, and term.

☐ Welcome Day is for all new undergraduate students starting at SFU. At the event, you will be able to:
  - meet your professors, classmates and the SFU staff who will help launch your time at SFU
  - find out more about your program of study
  - feel more prepared to begin your first term

☐ Sign up for the Global Connections Program.
  - When you join the Global Connections Program, you can request to be matched with a Community Leader to support you and answer your questions one-on-one about all aspects of life at SFU. You will also be meeting other SFU students through various events, activities, and trips over the course of one term. See photos of our past events and programming on our Facebook and Instagram.

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) during the opt-out period for Studentcare.

STEP 4
☐ Review the information on how to Apply for a Social Insurance Number (SIN).
  - You must provide your SIN to your employer within three days of starting work.

☐ Learn about filing a Canadian Income Tax return.

STEP 5
☐ Follow ISS on Facebook and Instagram for the upcoming events, opportunities, and important reminders.
During the Fall 2020 term, we will be offering a number of virtual events and where you can connect with other SFU students. Stay informed about ISS plans by watching our Events and Programs webpage.

Read our ISS Newsletter sent to your SFU email account to stay up-to-date on advising, immigration, medical, opportunities, and important reminders.

• To subscribe to the newsletter, please email isap@sfu.ca

Get involved in your SFU community!

STEP 6

Adjusting to a new academic and social culture can be challenging. Read more about this topic.

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.