

Orientation

FOR INTERNATIONAL STUDENTS IN CONTINUING STUDIES

May 2025

Langara.

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We acknowledge that **snəw'eyəł leləm'**
Langara College is located on the
traditional, ancestral, and unceded
territories of the Musqueam First
Nation.

We are honoured to receive the name,
snəw'eyəł leləm', from Musqueam,
which means house of teachings.



A Warm Welcome from Connie

Connie Chong

Dean of Continuing Studies



A Warm Welcome from Brad

Brad Van Dam

Director, Langara Global



Hello!



I'm Kate Cho (she/her)

International Student Coordinator, Continuing Studies



Agenda

- **Welcome To Langara**
- **Tell Me About Vancouver & Canada**
- **Where Can I Get Support?**
- **International Students**
- **Fraud and Scams**
- **Get Involved & Have Fun!**
- **Question and Answer**
- **Prize Draw**

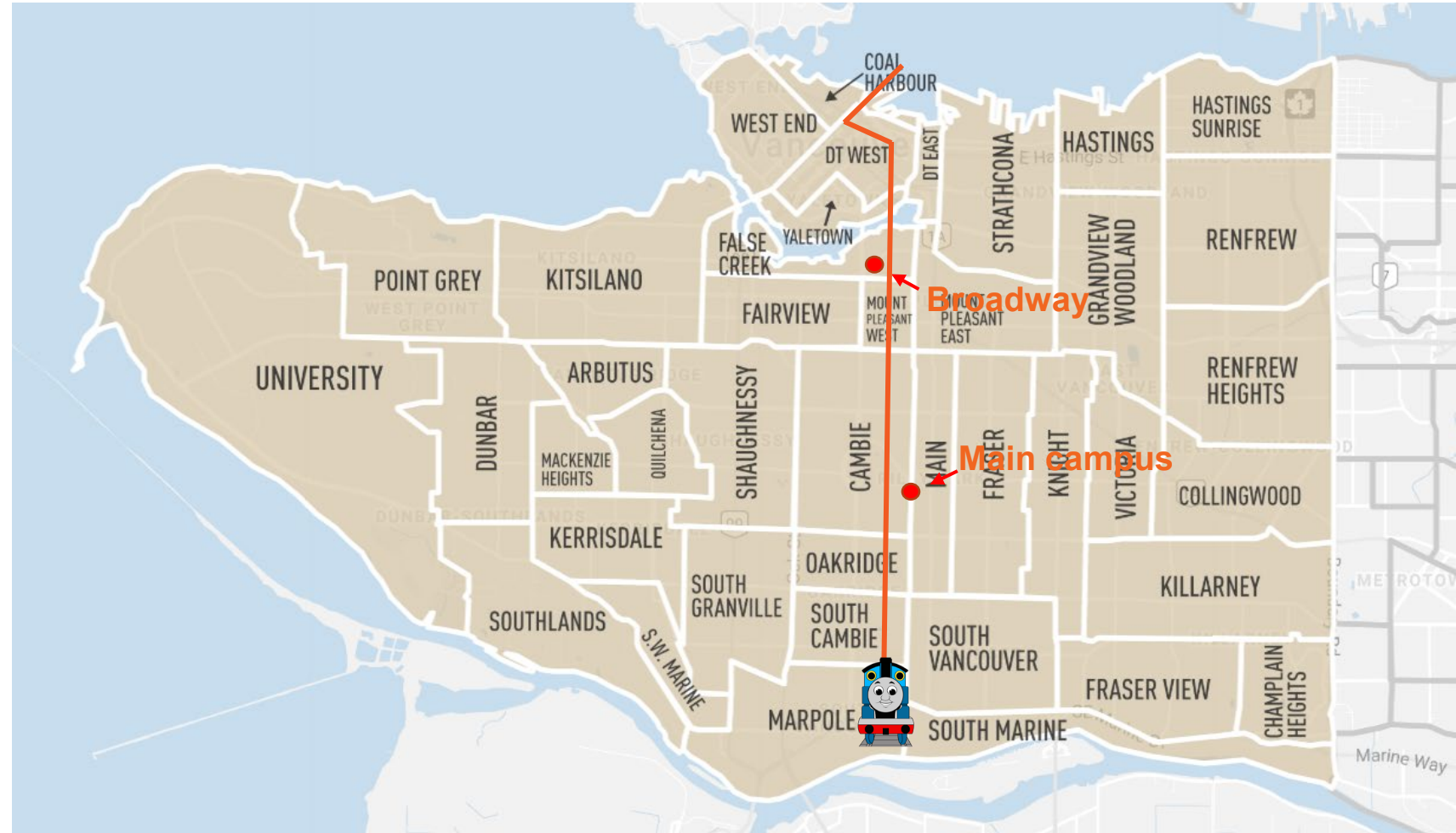
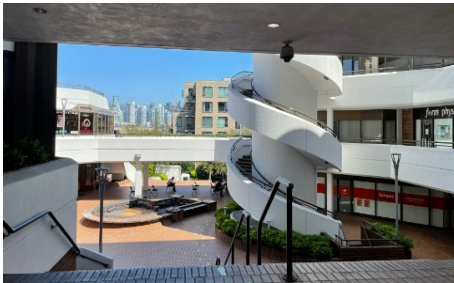
Welcome To Langara

Langara Campuses

- Main campus



- 601 West Broadway



Tell Me About Vancouver & Canada

Map of Metro Vancouver



First Nations People and Territories

Metro Vancouver is located on the traditional, ancestral and unceded territories of the Coast Salish People:

**Musqueam, Squamish, and
Tsleil-waututh First Nations**



snəw'eyəʔ leləm'
House of Teachings
(sno-way-eth-LELL-lum)



Why is this important for us to know and learn?



- We are all connected to the earth and to the land
- We should be thankful for the land that supports us and gives us life
- We should be thankful towards Indigenous peoples who have taken care of these lands
- It is our responsibility, as settlers in Canada, to learn about the relationship between Canada and Indigenous communities
- It helps develop positive relationships between newcomers and Indigenous peoples

native-land.ca
musqueam.bc.ca

Adapted from Dr. Ray Aldred

Metro Vancouver

Vancouver is the **WARMEST** city in Canada with only 11 days of snow per year!!!





Sometimes
it looks like
this...

Sometimes it
looks like
this...



**BUT IT
USUALLY
LOOKS
LIKE THIS!**



Diversity & Inclusion



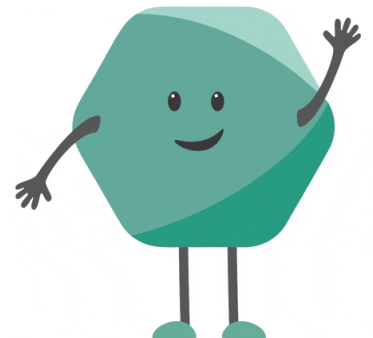


**Top 10
Spoken
Languages
in Vancouver**

Where Can I Get Support?

I can help you with...

- Immigration – study permits, visas, work eligibility, and Post-Graduation Work Permit
- Medical insurance, social insurance number, and cultural adjustment
- Langara support service & student engagement referrals
- And more!



Got other questions?

- **Account related questions? (e.g., fee payments, account information updates, transcript, student forms and letters including letter or enrollment)?**
 - You can visit or email CSRO at csgeneral@langara.ca
- **Program or course-related questions?**
 - You can contact your Program Coordinator

Continuing Studies Registration Office (CSRO)



Location: A161

- Course registration & fee payments
- Account information updates
- Transcripts, student forms, letters (e.g COE letter)

langara.ca/continuing-studies/registration/index.html

CSRO Front Desk Hours

Mon - Thurs: 9:00 am–4:30 pm
Friday: 9:00 am–4:00 pm
Sat – Sun: Closed

Closed weekends/statutory holidays

IT Services

- Student accounts and logins to email, Student Information System, etc.
<https://langara.ca/information-technology/accounts-passwords/student-accounts.html>
- Get help with Learning Tools (e.g. Brightspace)
<https://iweb.langara.ca/lts>
- [Langara IT Chat Support](#)



Counselling

Location: B111

Counselling:

<https://langara.ca/student-services/counselling/index.html>

- Workshops & information sessions
- Personal counselling
- Career planning

How to book?

604.323.5221

counselling@langara.ca



Here2Talk

- Free counselling services for all students registered at post-secondary institutions in B.C.
- Available to B.C. students outside of Canada as well!

<https://here2talk.ca>

Co-op & Career Development Centre

Location: C121

CCDC: <https://langara.ca/coop-and-career-development>

- Career workshops
- Resume review services
- Interview practice
- Etc.

C3 Job Board: <https://langara-csm.symplicity.com>



International Students – YOU!

Study Permit Compliance

As a study permit holder, you must:

- Be enrolled at a designated learning institution (DLI)
- Show you're actively pursuing your studies by:
 - Being enrolled full-time or part-time during each academic semester (excluding regularly scheduled breaks)
 - Making progress towards completing your program's courses, and
 - Not taking authorized leaves longer than 150 days from your study program
- Apply to extend your study permit to change post-secondary schools
- End your studies if you no longer meet the requirements of being a student, and
- Leave Canada when your study permit expires

Study Permit Compliance

As a study permit holder, you must:

- Ensure that your study permit is valid for the entire length of your program
- You may apply to extend your study permit
 - Extending your study permit at least 3-4 months before it expires
- If your passport will expire while you are in Canada, apply to extend it or get a new one at least 6 months before it expires

Study permit



student visa



OR

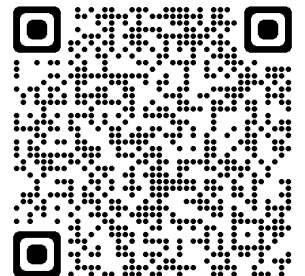


Working in Canada

International students may work off-campus without a work permit. If they:

- Have a valid study permit with a condition that allows students to take up employment
 - Are a full-time student at a Designated Learning institution (DLI)
 - Have started studying
 - Are in a program that leads to a degree, diploma or certificate and is at least six months long; and
 - Have a Social Insurance Number (SIN)
- ❖ **Full-time status for Continuing Studies students is a minimum of 12 hours of instruction per week for 12 weeks**

**IRCC:
Working as an
international
student**



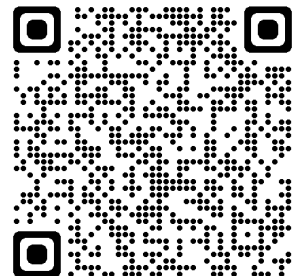
Working in Canada

How many hours can you work?

- No more than 24 hours per week while studying full-time
- Part-time students cannot work off-campus
- Students on scheduled break or who meet IRCC's temporary measure can work full-time

Remember: Studying is your top priority!

**IRCC:
Working as an
international
student**

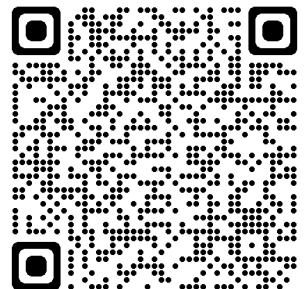


Post-Graduation Work Permit (PGWP)

WORK IN CANADA AFTER YOU GRADUATE

- **To be eligible, you must meet all eligibility requirements:**
 - General eligibility
 - Eligibility requirements based on study program
 - Graduates from a college program or other non-university program
 - Language requirement: CLB 5 for English or NCLC 5 for French
 - Eligibility requirements based on physical location
 - Inside or outside of Canada
 - Field of study requirements (if applicable)
 - Avoid changing your programs

**IRCC:
PGWP**

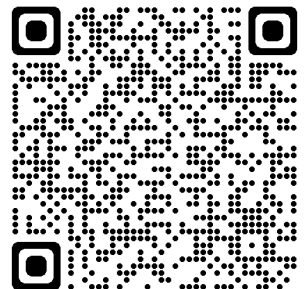


Post-Graduation Work Permit (PGWP)

WORK IN CANADA AFTER YOU GRADUATE

- **General Eligibility:**
 - Completion of an eligible program that is at least 8 months in duration leading to a degree, diploma or certificate at DLI
 - You maintained **full-time** status as a student in Canada during each semester of your study program
 - Received a transcript and an official letter from Langara confirming that you have met the requirements to complete their program of study

IRCC:
PGWP



Social Insurance Number (SIN)

- It is a 9-digit number that you need to work in Canada or to have access to government programs and benefits
- Apply online (www.canada.ca/en/employment-social-development/services/sin/apply.html) or visit a Service Canada office



Health Care in BC: Public & Private Insurance

- BC Medical Services Plan (MSP) - \$75/month
- To apply, you need:
 - Copy of your study permit
 - BC residential address
- Waiting period for MSP: 3 months
- Apply for MSP online:
<https://my.gov.bc.ca/ahdc/msp-eligibility>

PUBLIC



BC Medical Services Plan (MSP)

Health Care in BC: Public & Private Insurance

- Enroll into a temporary medical insurance plan (e.g. guard.me) to cover the waiting period for MSP
- The cost - \$1.45/day
- Purchase enough to protect yourself during the MSP waiting period - from your first day of arrival plus the next two months
- Example: Arrive in Canada on May 1 + Jun + Jul = MSP waiting period
- Guard.Me mobile app
- Guard.Me Mobile Doctor: www.guard.me/mobiledoctor

PRIVATE



GuardMe Canada

Home

New Regular Studies Students

Early Arrivals

Opt Out

Continuing Studies and LEAP
Students

Returning Regular Studies
Students

Dependents +

Policy Documents

Submit a Claim

Find a Canadian Clinic

mobileDOCTOR

CONTINUING STUDIES AND LEAP STUDENTS

This is intended for students in a [Continuing Studies program](#) or [LEAP](#) only.

Upon arrival, you will need to apply for [Medical Services Plan \(MSP\)](#) as it is mandatory in the province of British Columbia (BC) for international students to have medical insurance. Since BC MSP does not begin until 3 months after your arrival, you will need to purchase private insurance for those first 3 months. Once your travel arrangements are made, buy the insurance to begin on your first day in BC, for 3 months. To begin, click on the “Apply for Insurance” icon below.

If you are in a Regular Studies program, please refer to the Returning Regular Studies Students or Early Arrivals pages to purchase your insurance or for more information. Do not purchase insurance from this page.



APPLY FOR INSURANCE



POLICY DOCUMENTS
FOR
GUARD.ME CANADA
DRUG CARD



FIND A CANADIAN
CLINIC



MOBILEDOCTOR

Banking and Money Management

- There are many bank institutions in Canada
- Many of them have special offers and accounts for International Students
- Budgeting is important as there are a number of fixed and ongoing expenses. These include:
 - Tuition, accommodation, commute (car or public transit), food, cell phone, medical insurance, necessities, etc.



Translink – Compass Card

- Public transit system in Metro Vancouver
- Need **Compass Card** to take the bus or subway (SkyTrain)
- More information at translink.ca

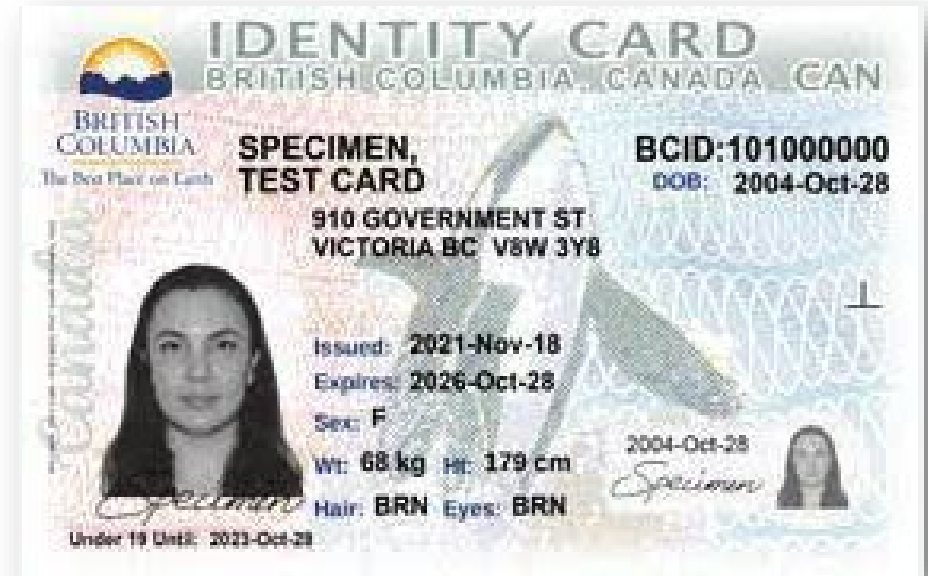


Settlement Agencies in BC

- **Welcome BC:** <https://www.welcomebc.ca/start-your-life-in-b-c/settlement-services>
- **BC Newcomer Services Program (BCNSP):** <https://www.options.bc.ca/bcnsp>
- **MOSAIC:** <https://mosaicbc.org/>
- **Immigrant Services Society of BC (ISSofBC):** <https://issbc.org>
- **S.U.C.C.E.S.S.:** <https://www.successbcnsp.com/>

BC Identity Card (BCID)

- Official government photo identification card
- More information at [ICBC.com](https://www.icbc.com)
- Fee: \$35



Langara Student Card

To apply for your student card:

- Take a photo of yourself that meets the photo ID guidelines
- Wait ***until*** your first day of class
- Complete the 'Request Student ID Card' form

After submitting the application,

- Receive the QR code (may take up to 2 weeks)
 - Once the QR code is available, take it to the Self-Service Station at the entrance of the Library on main campus to print
- Watch this video to learn how to apply:
https://mediaspace.langara.ca/media/t/0_nusct21i/72573



Fraud and Scams – Be Aware!

Fraud & Scam Awareness



Phishing

- Are designed to steal your personal and financial details



Scams

- Offer you something really good – too good



Identity Theft

- Someone with your personal information can use the information to steal from you



Cyberstalking

- Using social media, websites, and search engines to scare you and ask for money

NEVER SHARE PERSONAL INFORMATION WITH ANYONE YOU DON'T KNOW.

**If it's too good to be true or if it sounds too scary,
stay calm and ask someone you trust.**

langara.ca/cyberfraud



Canadian Anti-Fraud Centre



Canada

[Browse scams](#)

[Protect yourself](#)

[Report fraud](#)

[What to do if you're a victim](#)

The Canadian Anti-Fraud Centre collects information on fraud and identity theft. We provide information on past and current scams affecting Canadians. If you think you're a victim of fraud, [report it!](#)

Recent scams and fraud



[Build your toolbox to protect yourself from fraudsters!](#)

Item
2 of 4

Pause

The impact of fraud so far this year

As of March 31, 2023

Reports of fraud:

18,645

(92,078 in 2022)

Victims of fraud:

12,094

(57,578 in 2022)

Lost to fraud:

\$133.7 M

(\$531 M in 2022)

Funds recovered with CAFC assistance

In 2022

\$2,883,792

(\$3.35 M in 2021)

Canadian Anti-Fraud Center

www.antifraudcentre-centreantifraude.ca/index-eng.htm

Langara Safe App

- Integrated with Langara College's safety and security systems
- Features include:
 - Get help now
 - Emergency contacts
 - Safewalk
 - Emergency plans
 - Campus resources
- Search "Langara Safe"
 - Apple App Store
 - Google Play Store

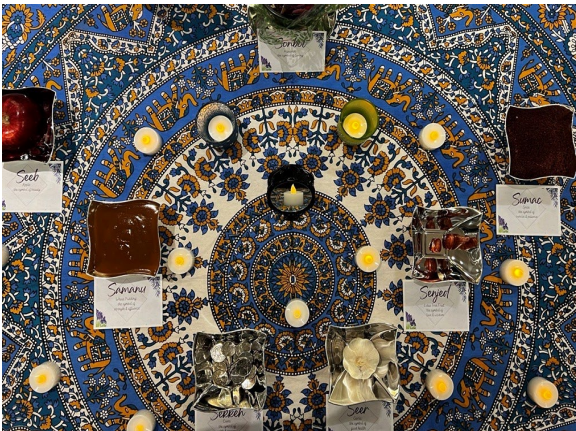


Get Involved and Have Fun!

Student Engagement & Experience

Many opportunities to join, have fun, and learn something new!

- Cultural celebrations
- Off/On-campus events planned by student volunteers
- Workshops
- Student clubs
- Volunteer at events



Different Ways to Volunteer

- **Langara Global Volunteer Program (LGVP):**
<https://sites.langara.ca/global/students/community/>
- **VOLT:** <https://langara.ca/the-hub/volt/index.html>
- **i-Guide Mentorship - Peer Mentor:**
<https://sites.langara.ca/global/students/community/#i-guide-mentorship-2>
- **Student Clubs:** <https://langara.ca/the-hub/student-clubs/index.html>
- **Off campus opportunities in the community**



Benefits of Volunteering

- Volunteering = freely helping or doing work without pay
- Why?
 - ✓ Feels great helping others
 - ✓ Make friends
 - ✓ Develop new skills
 - ✓ Leadership experience
 - ✓ Experience boost in mental health
 - ✓ Canadian work experience



Cultural Celebrations

Philippine Independence Day

- June 12, 11 AM-2 PM
- A Building, Main Foyer

Festa Junina

- June 25, 11 AM-2 PM
- A Building, Main Foyer

Tanabata

- July 7, 11 AM-2 PM
- A Building, Main Foyer



Summer Student Social

Wednesday, May 7

12:00 pm-2:00 pm

Langara Students' Union Building

- Department fair
- Community agencies
- Light refreshments
- Games
- Make new friends!

**No registration required*



Connect with us!



langara.ca/global



international@langara.ca



[@langaraglobal](#)



Langara
Global

Langara Global

- Building A - Room 107
- Monday - Friday, 8:30am – 5:00pm

International Student Services Team

Langara Global Assistants & Langara Global Student Ambassador

- General questions

Student Experience Team

- Campus events
- Langara Global Volunteer Program (LGVP)
- Cultural celebrations

International Student Coordinator

- Immigration (e.g. study permit, working eligibility, PGWP, vis, eTA)
- Health Insurance information

Counselling

- Personal counselling
- Educational counselling
- Career counselling

Support and Encouragement

Remember that:

- You can refer to the International Student Guidebook:
<https://sites.langara.ca/global/resources/orientation-resources/continuing-studies-orientation/>
- You can take initiative and ask questions
- Langara is here to support you
- You're new to Vancouver and Langara – be kind to yourself 😊









First Semester Check-In (Virtual)

Tuesday, May 27
12 PM – 1 PM

- Share your experiences and ask questions!
- Registration email will be sent mid-May

Student
CHECK-IN

Name _____

	I'm G-R-E-A-T
	I'm GOOD!
	I'm okay
	I'm struggling
	I'm having a hard time
	I need to talk

Question and Answer

Prize Draw!

Any questions



If you have an immigration question, you can contact myself – **Kate Cho**

Email: kcho@langara.ca

If you have a program-related question, you can contact your Program Coordinator

Follow Langara Global on social media!



Instagram: @langaraglobal



Let's Play Bingo!