

Nice to meet you!



Olivia Kong (she/her)
International Student Coordinator,
RISIA



Cherry Wong (she/her)
International Student Experience
Coordinator

Territorial Acknowledgement

We acknowledge **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.'

**sno-WAY-eth LELL-lum*



Welcoming Remarks



Brad Van Dam

Director, Langara Global

Hello! International Student Services Team



Agenda

- Housekeeping
- Your New Home – Vancouver
- International Student Services
- Get Involved
- Break
- Health and Medical
- Immigration
- Fireside Chat – Real-life Tips and Experiences
- Question and Answer
- Prize Draw!!!



Housekeeping

- Switch your phones to silent mode
- Slides will be available
- Washrooms
- Water fountain
- In the event of an emergency, remain calm and follow our staff's instructions
- Questions? Use Mentimeter
- Need assistance? Talk to our staff



menti.com
3696 3988

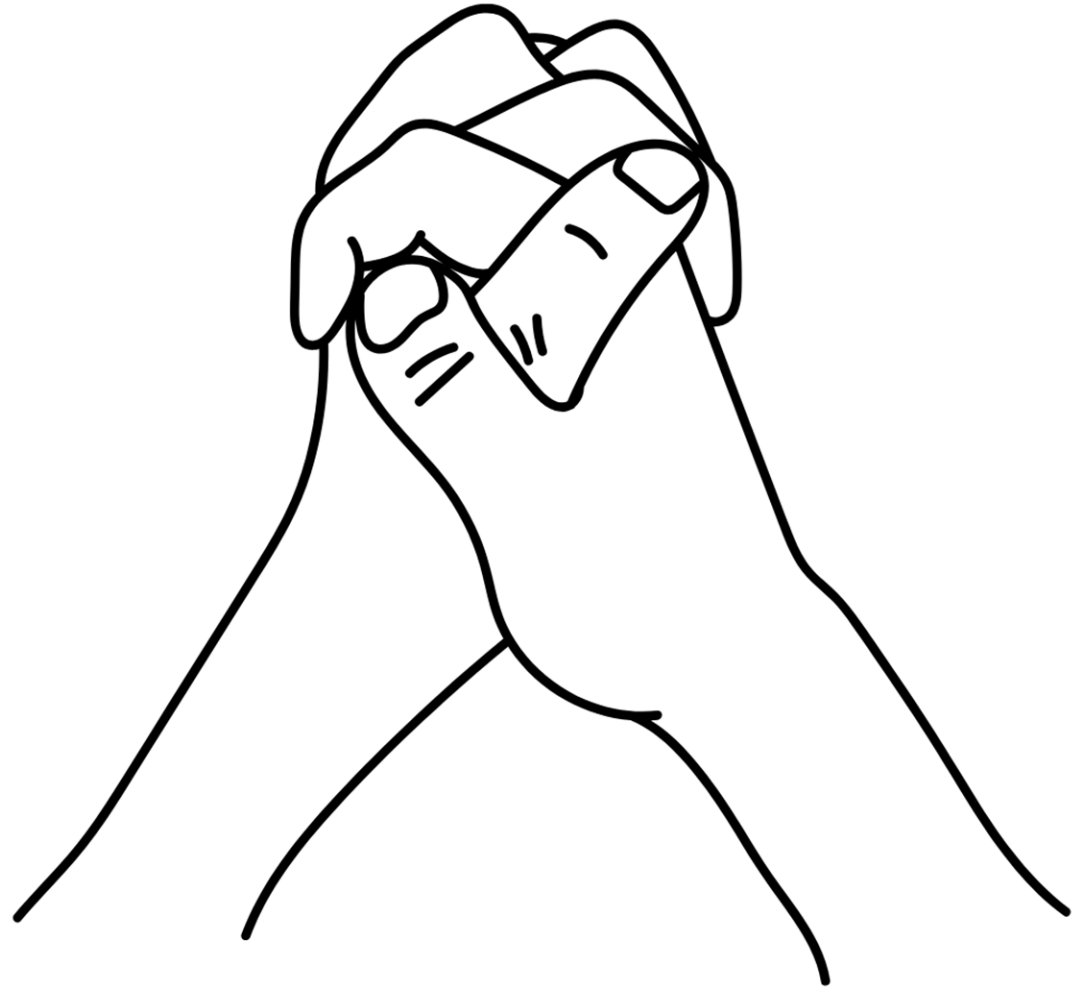
Housekeeping

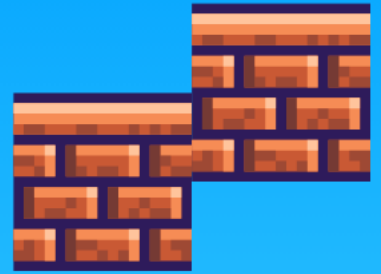
WHAT WE ARE NOT TALKING ABOUT TODAY

- Registration
- Personal cases
- Course planning

Please visit Langara Global office or email international@langara.ca for these types of inquiries!

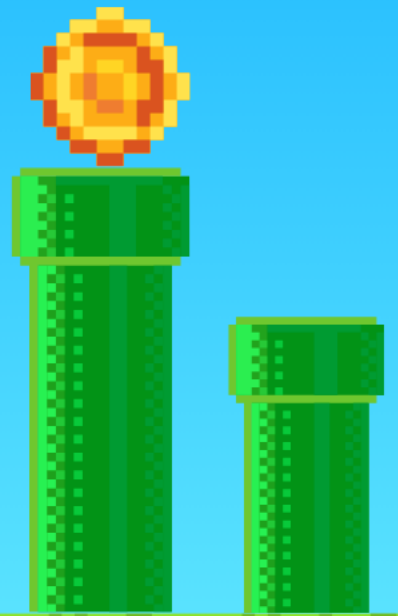
Clasped Hands





TRIVIA GAME

LET'S PLAY!

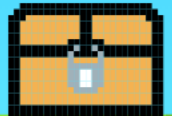
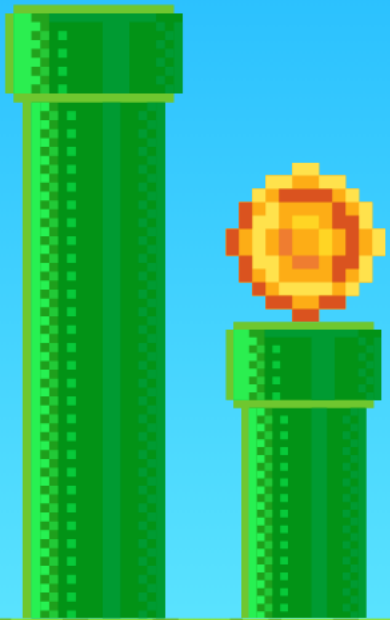


Game Rules

You will see a trivia question and answers to choose from.

You have **5 seconds** for discussion.

Using the prop on your table, choose the answer your group thinks is correct.





Vancouver is sometimes called..

A

Raincouver

B

Suncouver





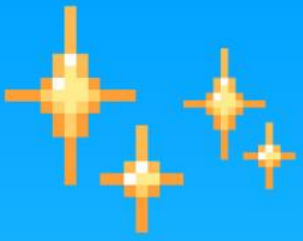
Vancouver is sometimes called..

A

Raincouver







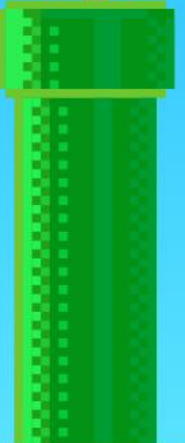
How many languages are spoken in
Vancouver?

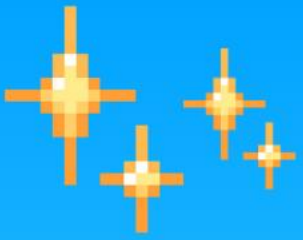
A

2 languages

B

More than 70 languages

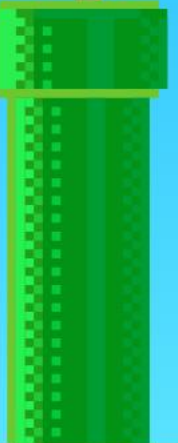




How many languages are spoken in
Vancouver?

B

More than 70 languages



Mandarin

Cantonese

Punjabi

Tagalog

Korean

Spanish

Persian (Farsi)

Hindi

Vietnamese

Russian

Top 10 Languages Spoken in Vancouver

Diversity & Inclusion





What happens when people travel to a new country with a different culture?

A

Everything feels the same

B

They might feel confused or surprised





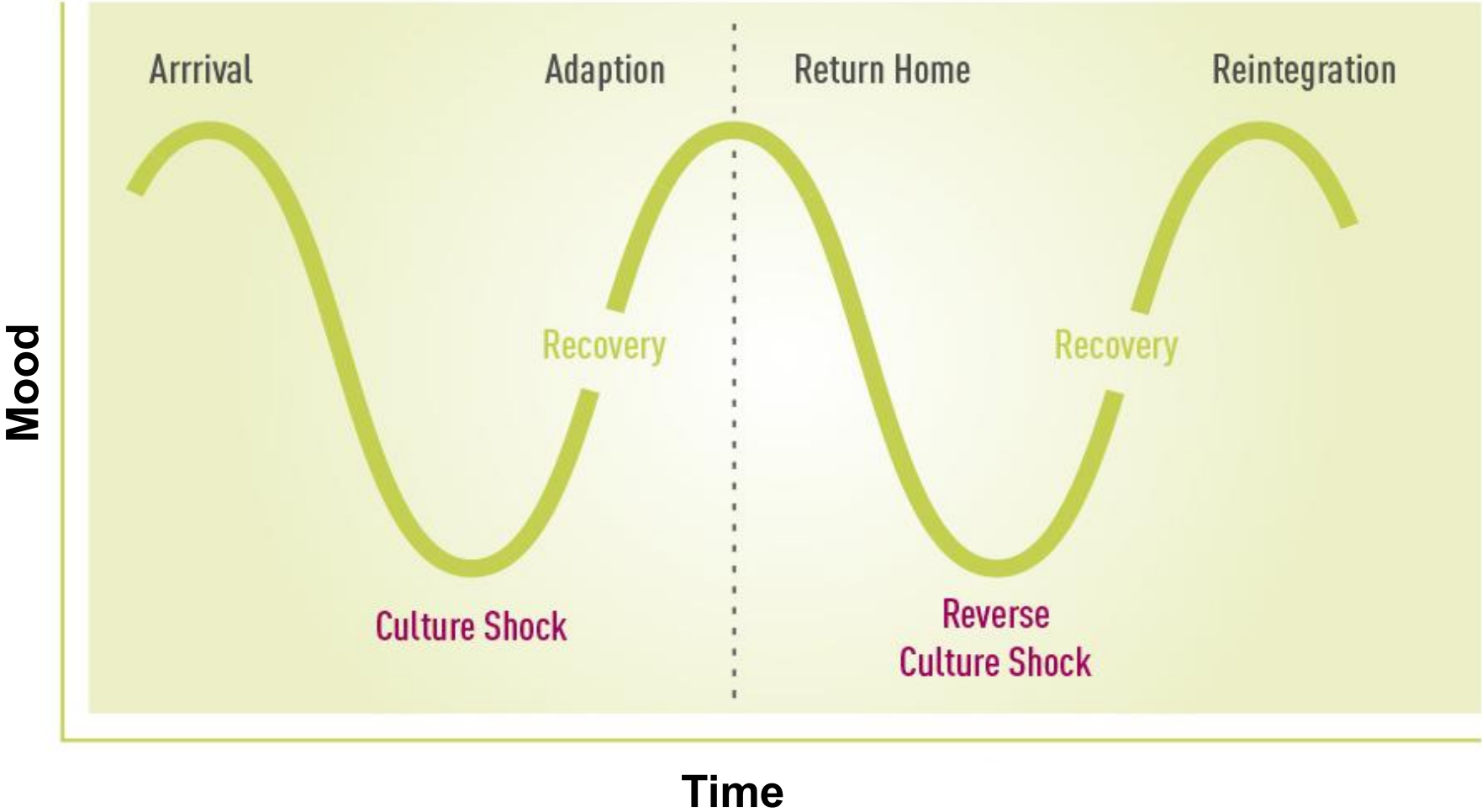
What happens when people travel to a new country with a different culture?

B

They might feel confused or surprised



Culture Shock



Source and adapted from iso.mit.edu/life-at-mit/cultural-adjustment/cultural-adjustment-phases/

Culture Shock – Common Symptoms

- Strain
- Sense of loss
- Rejection
- Confusion
- Surprise, anxiety and anger
- Feelings of inadequacy
- Homesickness



To Make the Transition Smoother

Tips:

- Be patient with yourself
- Stay in touch with family and friends back home
- Build connection, stay connected, explore intentionally
- Take care of yourself
- Asking for help is a sign strength

Talk to us at Langara Global or connect with a counsellor at Counselling Services.



What could it be if someone asks for your personal information or money and promises something too good to be true?

A

A scam

B

You are lucky





What could it be if someone asks for your personal information or money and promises something too good to be true?

A

A scam



Fraud & Cybercrime Awareness



Phishing



Scams



**Identity
Theft**



Cyberstalking

**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.**

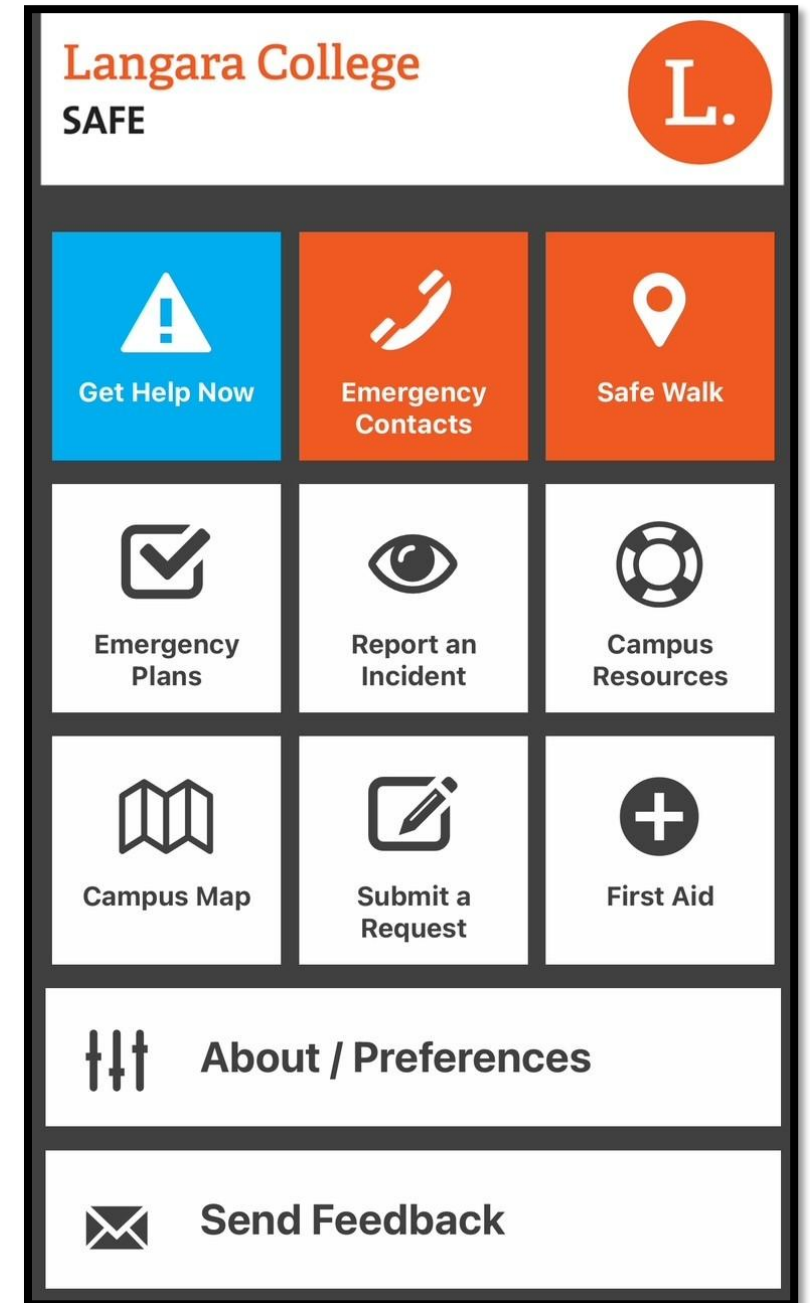
Langara Safe App

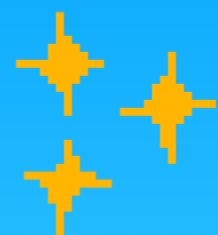
- Integrated with Langara College's safety and security systems
- Features include:
 - Get help now
 - Emergency contacts
 - Safewalk
 - Emergency plans
 - Campus resources



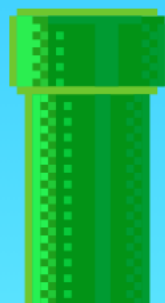
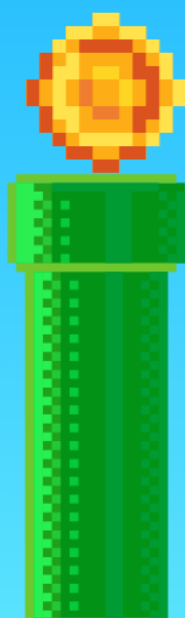
Search "Langara Safe"

- Apple App Store
- Google Play Store





THANK YOU FOR
PARTICIPATING



Langara Global

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Langara Global

- Building A - Room 107
- Monday - Friday, 9:00 AM–5:00 PM
- Connect with us in person or virtually

Langara Global Assistant & Student Ambassadors

Forms and Handouts

Health Insurance Information

General Questions

Langara Global Assistant and Student Ambassadors are your first point of contact!



International Student Services



International Student Coordinators and the Manager are **licensed immigration advisors** who are here to support you throughout your journey at Langara, from pre-arrival to graduation.



International Student Experience



International Student Experience team organizes a variety of fun and engaging events that support students, helping you connect with others and become part of the community.



Get Involved

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Summer Social

Wednesday, May 13

11:30-2:00PM

Front Lawn (or A foyer)

- Free ice-cream
- Lawn games
- Club-run activities
- Live music
- Prize draw
- Meet new friends
- Fun!



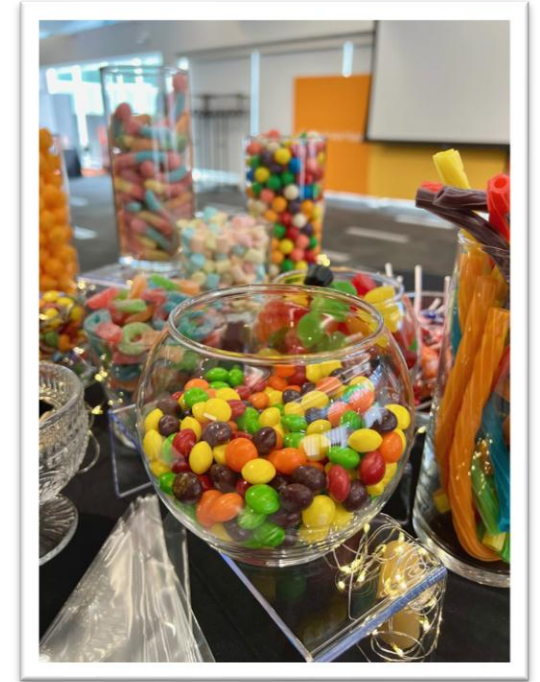
Global Connect

Wednesday, May 27
4:30 PM-6:00 PM
T Building, T Gallery
Registration required

- Exclusive event
- Refreshments
- Prizes
- Networking
- Community agencies
- Support to navigate your college experience



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i-Events

- **i-Eat:** Enjoy lunch or dinner at a local restaurant, try authentic dishes, and experience different cultures through food
- **i-Go:** Take part in walking tours of local areas and attractions
- **i-Movie:** Watch a movie with peers and enjoy food together afterward
- **i-Sport:** Participate in fun sports or physical activities with peers



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Cineplex



Granville Island



Laser tag



i-Guide Mentorship Program

- One semester program that you may opt in for your first semester.
- By joining the program, you will get paired with one or more experienced Langara students.
- I-Guide mentors is a friend and may help new students understand the essentials (e.g. where to go for transit, library, shopping, or mobile phone services).
- You and your mentor can decide whether meeting or face-to-face would be more preferred.
- Limited spots for late applications until May 5

<https://langara.ca/why-langara/international-student-experience/students>



Connect with us!



langara.ca



international@langara.ca

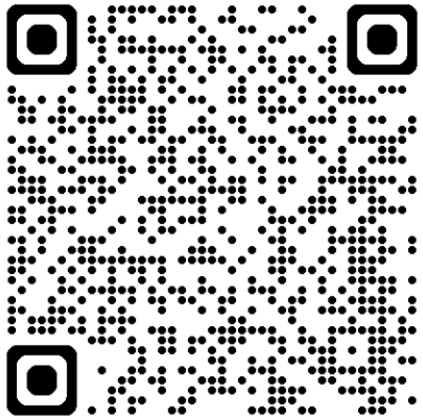


[@langaraglobal](https://www.instagram.com/langaraglobal)



[@lg_volunteer](https://www.instagram.com/lg_volunteer)

Instagram Giveaway!



How to enter?

1. Follow @langaraglobal
2. Like the post
3. Comment "Hello" in your language

Deadline: May 13, 2026, 4 PM

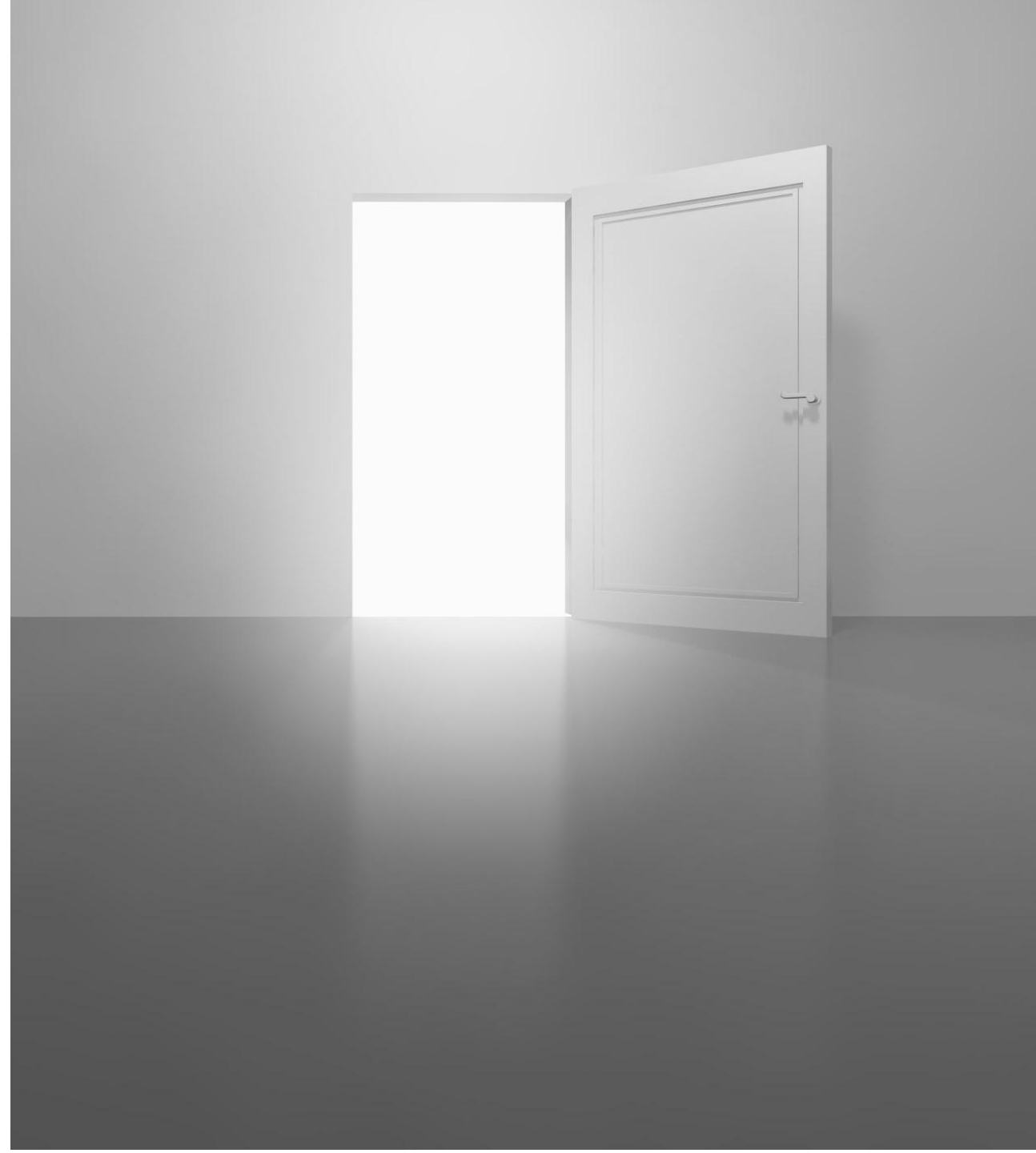


Breakout Room

Continuing Studies Programs:

- Registered Massage Therapy (RMT)
- Advanced Accounting

If you're NOT in one of these programs,
please stay in this main room.



COMING UP NEXT...

- Health and Medical
- Study Permit, Working in Canada, Post-Graduation Work Permit
- Hear directly from current Langara international students
- Q&A
- Prize draw!!!



Questions?
Scan the QR code to submit them!

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Health and Medical

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Health Care in Canada is **EXPENSIVE!**

Doctor Visit	\$100+
Ambulance	\$500+ (ground service), \$2700+/hour (helicopter)
Emergency Room	\$800+
Hospital Stay / Intensive Care	\$3000+ per night / \$10,000+ per night
Surgery	\$30,000+
MRI/CT Scan	\$2000+

Health Care in BC: MSP

British Columbia Medical Services Plan (MSP)



Why do you need this coverage?

(This replaces your guard.me plan)

- It's **mandatory** for all BC residents (including international students) to have MSP
- It provides you with an unlimited coverage on basic BC health care – doctor visits, diagnostic services, lab services etc.

COVERAGE PERIOD:

By month, until your Study Permit expires

FEE: \$75 per month

Submit an application online/by mail within first 10 days of arrival

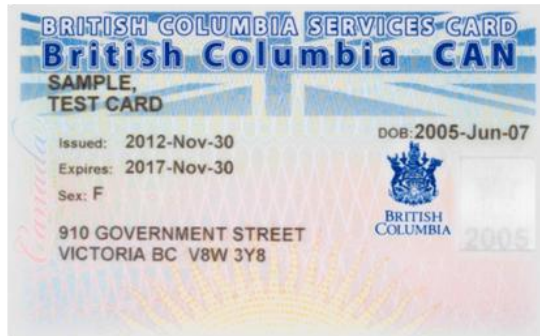
To apply:



How to use your plan?

BC Services Card
(also known as MSP card)

Your BC Services Card can be used when you are accessing provincial health care benefits



Application process takes 3 months.

When does my coverage begin?

You will receive a letter of confirmation within the 21 days of application with your coverage effective date included.

When do you get a card?

The card will be mailed to you after you submitted an application in approximately three months.

PHN

Your Personal Health Number (PHN) will be printed on the card. Note the expiry date on the card. Bring it while you visit your health care providers

Health Care in BC: GuardMe

- A short-term health insurance plan
- Covers medical needs
- GuardMe mobile app



GuardMe Canada

Langara Students' Union (LSU)

EXTENDED HEALTH & DENTAL PLAN

- RMT students are members of the LSU and so are under the extended health and dental plan
- Renew on a yearly basis
- Additional coverage: vision care, dental care, prescription drugs, etc
- Students starting in May are not eligible until the following September



Scan to visit the Studentcare/ALUMO website

SUMMARY

	MSP	GuardMe	Langara Students' Union Extended Health and Dental
Length of Coverage	<ul style="list-style-type: none"> Ongoing Renew when study permit expires 	<ul style="list-style-type: none"> Temporary Covers MSP 3-month waiting period 	<ul style="list-style-type: none"> Ongoing Renew on a yearly basis
Enrollment	<ul style="list-style-type: none"> Apply online after arriving in Canada 	<ul style="list-style-type: none"> Enrol online before arriving to Canada 	<ul style="list-style-type: none"> New eligible students are automatically enrolled for the year
Opt-out?	<ul style="list-style-type: none"> Not available as all BC residents must enroll in MSP 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Permanent or annual opt-out is available with an equivalent health and/or dental plan
What does it cover?	<ul style="list-style-type: none"> Medical services (includes doctor visits, hospital stays, emergency services, diagnostic services, etc.) 	<ul style="list-style-type: none"> Basic health coverage (includes prescription medications, doctor visits, hospital stays, etc.) 	<ul style="list-style-type: none"> Additional coverage beyond basic medical insurance (includes dental, vision care, etc.)

Health Services

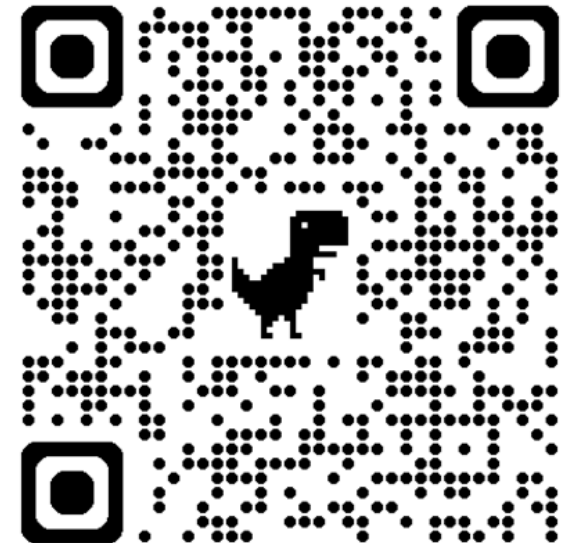
STUDENT HEALTH SERVICES IS A MEDICAL CLINIC ON CAMPUS FOR STUDENTS

- What is Langara Health Services
- What they don't do
- MSP & Fair Phamacare
- Mental health resources
- Appointment required –
 - available by phone, video and in-person

Phone : 604-323-5256 to book an appointment

Office hours are Monday to Friday 8:30 am - 4:00 pm.

Closed for lunch from 12:00 pm - 1:00 pm



Counselling Services

"Your mental state as important as physical condition"

- When you're in a new country, it's totally normal to be feeling your emotions are a rollercoaster. Remember, you're not alone!
- A Counsellor can help if you're feeling:
 - Stressed, Anxious, Sad, Overwhelmed etc.
 - Family, relationship issues
 - Experience of physical, sexual or emotional violence
 - Other mental health challenges

Email: counselling@langara.ca

Phone: 604-323-5221



Study Permit, Working On/Off Campus, PGWP

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STUDY PERMIT

CANADA

Application/Demande: [REDACTED]

UCI/IUC: [REDACTED]

STUDY PERMIT/PERMIS D'ÉTUDES

CLIENT INFORMATION/INFORMATION DU CLIENT

Family Name/Nom de Famille: [REDACTED]
Given Name(s)/Prénom(s): [REDACTED]
Date of Birth/Date de naissance: [REDACTED] (yyyy/mm/dd - aaaa/mm/jj)
Sex/Sexe: [REDACTED]
Country of Birth/Pays de naissance: [REDACTED]
Country of Citizenship/Citoyen de: [REDACTED]
Travel Doc No./N° du document de voyage: [REDACTED] PASSPORT

ADDITIONAL INFORMATION/INFORMATION SUPPLÉMENTAIRE

Date Issued/Déjà le: [REDACTED] (yyyy/mm/dd - aaaa/mm/jj)
Expiry Date/Date d'expiration: [REDACTED] (yyyy/mm/dd - aaaa/mm/jj)
Case Type/Genre de cas: [REDACTED]
Institution Name/Nom de l'Institution: DESIGNATED LEARNING INST-BC
Field of Study/Domaine d'études: ARTS/HUMANITIES/SOCIAL SCIENCE
In Force From/En vigueur le: [REDACTED] (yyyy/mm/dd - aaaa/mm/jj)

Conditions:

1. MUST LEAVE CANADA BY [REDACTED]
2. NOT VALID FOR EMPLOYMENT IN BUSINESSES RELATED TO THE SEX TRADE SUCH AS STRIP CLUBS, MASSAGE PARLOURS OR ESCORT SERVICES.
3. MAY ACCEPT EMPLOYMENT ON OR OFF CAMPUS IF MEETING ELIGIBILITY CRITERIA AS PER R186(F), (V) OR (W). MUST CEASE WORKING IF NO LONGER MEETING THESE CRITERIA.

Remarks/Observations:

THIS DOES NOT AUTHORIZE RE-ENTRY/CECI N'AUTORISE PAS LA RÉ-ENTRÉE

THIS FORM HAS BEEN ESTABLISHED BY THE MINISTER OF IMMIGRATION, REFUGEES AND CITIZENSHIP CANADA - THIS DOCUMENT IS THE PROPERTY OF THE GOVERNMENT OF CANADA
FORMULAIRE ÉTABLI PAR LE MINISTRE DE L'IMMIGRATION, RÉFUGIÉS ET CITOYENNETÉ CANADA - LE PRÉSENT DOCUMENT EST LA PROPRIÉTÉ DU GOUVERNEMENT DU CANADA



TEMPORARY RESIDENT VISA (TRV)

CANADA

ISSUED AT / DÉLIVRÉ À: [REDACTED] DATE OF ISSUE / DATE D'ÉMISSION: 09/08/2012 EXPIRY DATE / DATE D'EXPIRATION: 31/07/2015

No. of Entries / N° d'entrées: MULTIPLE DOCUMENT No. / N° du document: [REDACTED]

CATEGORY / CATÉGORIE: SW-1 STUDENT

Passport No. / N° du passeport: [REDACTED] PERSON(S) / PERSONNES: ONE

C REC. / REC. P.: E02

PROPERTY OF THE GOVERNMENT OF CANADA / PROPRIÉTÉ DU GOUVERNEMENT DU CANADA

V<<CAN<<ONEORMORE<<NAMESRFKE<ALWYSBCRFL<<<
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or

Government of Canada / Gouvernement du Canada

Status: eTA approved
Name: [REDACTED]
Passport number: [REDACTED]
eTA number: [REDACTED]
Expiration: 2023/03/02

Your application for an Electronic Travel Authorization (eTA) has been approved. You are now authorized to travel to Canada by air.

When you travel to Canada, you will need to bring the passport you used to apply for your eTA, as the eTA is electronically linked to it. Should you obtain a new passport, you will need to apply for a new eTA. Airline check-in staff and the Canada Border Services Agency will have electronic access to your eTA status using your passport.

In the future, you can verify the status and expiration of your eTA by using the [eTA Check Status Tool](#). To do this, you will need the eTA number noted above and details from the passport you used to apply for your eTA.

For information on what to see and do in Canada, visit www.Canada.travel. See you in Canada!

Do you plan on visiting the United States? You may require authorization through the Electronic System for Travel Authorization (ESTA). Find out more on the [ESTA website](#).

ETA

Working On & Off Campus

- **You may work on or work off-campus without a work permit if:**
 - Have a valid study permit with a condition that allows students to take up employment
 - Full-time student at a Designated Learning institution (DLI)
 - Have started studying
 - Have a Social Insurance Number (SIN)
- **Work hours**
 - Up to **24 hours** per week while studying **full-time**
 - Part-time students cannot work off-campus

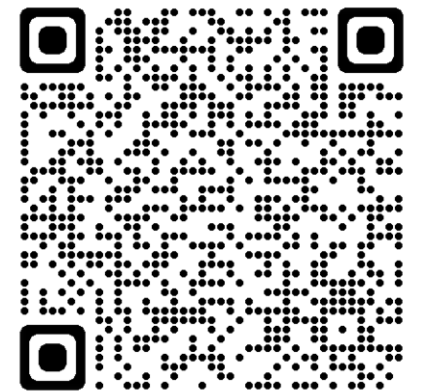
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Study permit with a condition

Post-Graduate Work Permit (PGWP)

WORK IN CANADA AFTER YOU GRADUATE FROM THE RMT PROGRAM

- **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 they have met the requirements to complete their program of study
- **Field of study requirements** (if applicable)
 - Avoid changing your programs



IRCC: PGWP

Scheduled Break & Full-time status

- Not all programs are eligible for a scheduled break
 - RMT and Advanced Accounting programs do not have a scheduled break
- Full-time status: minimum 14.4 CEUs

Do you have immigration questions?

- Rely on IRCC official information (IRCC website)
- Check out our immigration resources page/handouts
- Meet with an international student coordinator (licensed immigration advisors)
- Join our workshops
- You may hire your own RCIC



Events, Workshops

**Let's hear directly from
current Langara
International Students!**

Langara.

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Nice to meet you!



Laura (she/her)
Langara Student
Certificate: Education Assistant



Ebuka (he/him)
Langara Student
Post-Degree Diploma:
Data Analytics

First Day and First Class at Langara

- Mixed emotions – excited and nervous
- Mentally prepare for new experiences
- Arrive early to find your classroom
- Dress comfortably for the weather
- Attend your first class

First Semester at Langara College

- Make new friends
- Enjoy every little thing
- Explore resources available to international students:
 - Langara Student Success Course
 - Langara Global
 - i-Guide Peer Mentorship
 - Volunteer opportunities
 - Student clubs
- Attend events



Canadian Classroom

- Educational system may differ from your home country
- Instructor expectations may vary
- Practice email etiquette and professional communication
- Familiarize yourself with the course outline
- Instructors are happy to support you – they want to support you!

Find Your Community

- Be open to opportunities
- Join student clubs
- Find your rhythm and respect your pace
- Attend events
- Participate in events for new international students



Benefits of Volunteering and Attending Events

- Build meaningful connections
- Build your resume
- Obtain local references
- Strengthen your resume for scholarship eligibility

Langara Community

- Step out of your comfort zone and trust the process
- Build confidence
- Boost motivation
- Foster a sense of belonging
- Positively impact academic performance



Tips!

- Networking
- Practice time and schedule management
- Take advantage of events, office hours, and volunteer opportunities
- Communicate with your instructors
- Ask questions! Don't make assumptions
- Need help? Visit Langara Global



Question and Answer



Prize Draw!



Thank
You

