

International  
**Resource  
Guide**

**2022/23**



THE UNIVERSITY OF WINNIPEG

# Greetings From Dr. Todd A. Mondor

**On behalf of our faculty and staff,  
welcome to The University of Winnipeg!**

Our campus is situated on ancestral lands, on Treaty One Territory. These lands are the heartland of the Métis people. We acknowledge that our water is sourced from Shoal Lake 40 First Nation. UWinnipeg is located in one of Canada's most diverse neighbourhoods, and we are proud to be a welcoming community that embraces diversity and inclusion. We all benefit when learning from one another.

We are looking forward to welcoming you to campus this fall with a combination of remote and in-person classes. Whatever your major, your university experience will guide you to be the kind of decision maker and leader our world needs. We have brilliant professors who will nurture academic and personal development and go above and beyond to connect with you in a way possible at few other universities.

We are committed to providing you with exceptional learning opportunities, networking, peer support, and mentorship. We provide many exciting hands-on learning opportunities, from research to co-op work placements, that will prepare you for a rewarding career and successful future.

Our advice to you is simple: approach the unknown with courage and curiosity.

Step outside of your comfort zone and harness all the opportunities available to you. This is your time to stretch your mind and broaden your horizons.

Consider joining a student group – there are more than 60 to match your interests – and be open to opportunities for connecting, growing, and learning.

As you explore all UWinnipeg has to offer, you will develop your ability to collaborate with a variety of people, strengthen your leadership skills, and make lifelong friends.

Once again: welcome to The University of Winnipeg. It holds a special place in the city, province, and beyond for its reputation for academic excellence, Indigenous inclusion, environmental commitment, small class sizes, and campus diversity. We are excited to have you and for what you bring to our close-knit community.

# Important Dates

## 2022

### Fall Term

Sept 6	Lectures begin
Sept 6-19	Add/Drop Period for Fall and Fall/Winter Terms
Sept 19	Last day to drop Fall or Fall/Winter Term courses and receive full tuition refund
Sept 19	Opt-out deadline for the UWSA's health plan and U-Pass
Sept 22	Fall and Fall/Winter Term fees are due (see Sept. 19 for refund deadline)
Sept 30	National Day for Truth and Reconciliation - University closed
Oct 1	In-Course Awards, Scholarships, and Bursaries Fall Term application deadline
Oct 9-15	Fall Reading Week - no classes
Oct 10	Thanksgiving Day - University is closed
Nov 3	International Cultural Day
Nov 11	Remembrance Day - University is closed
Nov 16	Last day to withdraw from a Fall Term course (without academic penalty)
Dec 5	Last day of regular class schedule
Dec 6	Make-up day for National Day for Truth and Reconciliation - Friday schedule
Dec 7	Make-up day for Remembrance Day - Friday schedule
Dec 9-22	Fall Term exam period
Dec 23	Winter Break - University is closed until January 3, 2023

## 2023

### Winter Term

Jan 3	University re-opens
Jan 4	Lectures begin for Winter Term
Jan 4-17	Add/Drop Period for Winter Term courses
Jan 17	Last day to drop a Winter Term course and receive a full tuition refund
Jan 17	Opt-out deadline for the UWSA's health plan
Jan 20	Winter Term fees are due (see Jan. 17 for refund deadline)
Feb 1	In-Course Awards, Scholarships, and Bursaries Winter Term application deadline
Feb 14	Last day to withdraw from Fall/Winter Term course (without academic penalty)
Feb 19-25	Winter Reading Week - no classes
Feb 20	Louis Riel Day - University closed
Feb 28	Access your 2022 T2202 tax form through WebAdvisor
Mar 13	Check your Webmail / WebAdvisor for registration date/time for Spring Term
Mar 14	Last day to withdraw from a Winter Term course (without academic penalty)
Apr 4	Last day of regular class schedule
Apr 7	Good Friday - University closed
Apr 10-21	Fall/Winter and Winter Term exam period

## 2023

### Spring Term

May 1	Spring Term begins. Refer to the withdrawal schedule online for refund and voluntary withdrawal dates.
May 17	Spring Term fees are due. (Refund deadlines may be prior to this date.)
May 22	Victoria Day - University closed
June	Check your Webmail / WebAdvisor for registration date/time for 2023 / 2024

# Tips for Your First Year

## Plan Ahead

Use WebAdvisor's Student Planning module to map out your term-by-term degree timeline. Check your degree and major requirements and your progress towards graduation. Request a review of your plan from an Academic Advisor. View alternative degree programs in which you may be interested.

## Participate in Class

Optimize your success in courses by engaging in class discussions, creating study groups, reviewing your notes prior to class, and reading ahead to get your brain anticipating the next topic. Talk with your professors - they are real people who want to support your learning. The more you engage in your courses, the more you'll get out of them.

## Take Care of Yourself

As best you can, take care of all aspects of your health and well-being (eg. nutritionally, emotionally, psycho-spiritually, mentally, socially, fitness-wise, work-wise, etc.) You need to be healthy and energized to be productive and successful in your studies. Take time for yourself. Turn off your phone. Get some sleep. Spend time with people who care about you. Play intramurals, musical instruments or go to a meditation session. It is common to feel stressed and overwhelmed, so don't be afraid to ask for help! Keep in mind the list of support services available in this resource guide.

## Find your Balance

Living well is all about realizing balance between academics and your personal life. Get sunshine and fresh air. Go to the gym and the art gallery. Get involved in the student associations that nurture your greatest passions. Connect with your classmates - all new students want to meet other students. Be sure to book some downtime too. Cultivate a well-rounded campus life and enjoy!

## Participate in University Activities

Experience University activities and events online and in other formats. Check out CKUW Campus Radio (95.9FM), The Uniter ([uniter.ca](http://uniter.ca)), The UWSA's student groups ([theuwsa.ca](http://theuwsa.ca)), Gallery 1C03 exhibits ([uwinnipeg.ca/art-gallery](http://uwinnipeg.ca/art-gallery)) and watch the University Events Calendar for upcoming events.



## New Student To-Do List

- Get your student id**
- Pay your tuition fees**
- Order/pick up your books**
- Show your study permit\* to IIRSS**
- Get your social insurance number\* from Service Canada**
- Open a Canadian bank account\***
- Sign-up to be matched with a mentor**
- Find out where your classes are**

\*different processes may apply to visiting/exchange students



### Questions?

If you have a question, ask it! If you don't know who to ask, start with International, Immigrant and Refugee Student Services, and we will either be able to answer the question or refer you to someone who can help. There are a lot of new things to learn when you come to Canada and we want to help you have the best experience possible!



# International, Immigrant and Refugee Student Services

International, Immigrant and Refugee Student Services (IIRSS) provides a wide range of services and hosts a variety of fun events and informative workshops throughout the year. IIRSS is your starting point and place for ongoing support throughout your studies at The University of Winnipeg.

## New Students

### Airport Reception

An airport reception service is provided to new international students arriving during the move-in dates at the start of an academic term.

### Orientation

Held at the start of each term (Fall, Winter and Spring), Orientation provides important information on things like immigration policies, health insurance, university policies, and how to succeed in the Canadian classroom.

## Advising Services

### Academic Advising

Assistance includes degree planning, choosing your courses, and interpreting regulations and requirements.

### Immigration Advising

Get free help with your questions related to visas, permits, and working in Canada.

### Transition Advising

Get support with any questions you may have about housing, health insurance and services, finding employment and volunteer opportunities, cultural adaptation, community and campus resources, driver licensing, and more.



## **International, Immigrant and Refugee Student Services**

8th Floor of Rice Centre  
491 Portage Ave.

**Hours:** Monday – Friday  
8:30 am – 4:30 pm

**Phone:** 204.786.9469

**Email:** [iirss@uwinnipeg.ca](mailto:iirss@uwinnipeg.ca)

## **Programming**

### **Mentor Program**

You will be matched with an experienced student who can help you learn about university life. Sign-up is required.

### **Peer Tutoring**

Provides one-on-one free tutoring in a wide variety of subject areas. Contact IIRSS for more information.

### **Transition Year Program**

The Transition Year Program has been created to help new International students develop the academic skills that will foster post-secondary success. Contact IIRSS for more information.

### **Cookies, Coffee, & Conversation**

A bi-weekly get together to practice conversational English in a friendly environment with fellow students.

## **Other Services**

### **Events & Workshops**

Fun events and informational workshops are offered throughout the year.  
[uwinnipeg.ca/iirss/events](http://uwinnipeg.ca/iirss/events)

### **Income Tax Workshop**

A free service to help you complete your income tax return in Canada.  
[uwinnipeg.ca/iirss/income-tax](http://uwinnipeg.ca/iirss/income-tax)

### **Enrolment Letters**

Provides confirmation of student status and registration. Request for a Letter of Enrolment Form and \$12 fee are required.

### **IIRSS Student Lounge**

Located at 491 Portage Ave, the International Student Centre is a space for international, immigrant, and refugee students to hang out, study, have fun, and meet other students. It is equipped with couches, computers, a TV and DVD player, a fridge, and a microwave.



# Information for UWinnipeg International Graduate Students

If you are an international student enrolled in a graduate program, check out the services offered to you through the Faculty of Graduate Studies!

Review the **Acceptance-to-Attendance Checklist** on the Graduate Studies website, which provides guidance on how to prepare for graduate school.

**Study Permits & Course Registration:** All registered international graduate students at The University of Winnipeg must present their original Study Permit to the Graduate Registrations Coordinator at [e.benson@uwinnipeg.ca](mailto:e.benson@uwinnipeg.ca). Registration will not be processed until this document has been submitted.

**Attend the Faculty of Graduate Studies Orientations:** Some of the policies and procedures that govern graduate students are different from those that govern undergraduate students. Attend the orientations provided by various units, but don't miss the orientation organized by the Faculty of Graduate Studies.

**Graduate Program Advisors:** Each graduate student, whether in a thesis-based, course-based, or practicum-based graduate program, is required to have a Graduate Program Advisor. If you are unsure of who your academic advisor is, consult your Graduate Program Committee Chair.

**FGS Professional Development Workshops:** Offered exclusively to graduate students during the academic year, these workshops provide tools that students can use immediately. Workshop categories include: professional skills, research skills, and Equity, Diversity and Inclusion (EDI).

**The Higher Education Teaching Certificate** is a part-time micro-credential designed for current graduate students or recent alumni preparing to teach in a university setting. The courses taken in the HETC program are listed on your transcript.

**Graduate Student Funding and Scholarships:** There are many ways to fund your education as an international student. For more information, please visit the Funding Overview on the Graduate Studies website.

## Stay in touch:

Graduate Studies

[gradstudies@uwinnipeg.ca](mailto:gradstudies@uwinnipeg.ca)

[uwinnipeg.ca/graduate-studies](http://uwinnipeg.ca/graduate-studies)

Visit our website to sign up for the newsletter and view the Events calendar.

# Living in Winnipeg, Manitoba

Located in the heart of Canada, at the junction of the Red and Assiniboine rivers, Winnipeg is a multicultural city with a population of over 830,000+ people.

- › More than 100 languages are spoken in Winnipeg and the city is known for its vibrant artistic and festival scenes.
- › Winnipeg is home to the largest urban Indigenous population in Canada, which includes groups such as the Cree, Ojibwe, Dakota, Oji-Cree, Dene, Métis, and Inuit.
- › Outside of Winnipeg, the vast areas of Manitoba are known for their beautiful rivers, forests, vast landscapes, and 100,000 lakes.



Winnipeg is the capital city of the province of Manitoba

**830,000+**

people call Winnipeg home

**English & French**

Manitoba has two official languages.



## Discover Manitoba

There are lots of great ways to experience and learn about Canadian and Indigenous cultures and explore the beauty of Manitoba. Check out Tourism Winnipeg to find out more about local events:

[tourismwinnipeg.com](https://www.tourismwinnipeg.com)

Journey to Churchill exhibit at the Assiniboine Park Zoo

# Culture Shock

Culture shock – a feeling of discomfort, depression, loneliness, and/or frustration that comes from engaging with another culture – affects each of us in different ways. Here are some of the ways that culture shock may impact you:

- › You become tired of trying to communicate with people who don't understand your language, customs, or mannerisms.
- › You begin to miss friends and family at home.
- › You are finding it hard to get used to new food, climate, transportation, etc.
- › You withdraw from others.
- › You feel bored or tired all of the time.
- › You are overeating/under-eating or drinking too much.
- › You are becoming physically ill or homesick.

Here are some tips to help with the transition:

## Participate

Attend Orientation and events organized by IIRSS or other university groups. Join student groups and participate in events off-campus.

## Take good care of yourself



Eat healthy food, get regular sleep, and exercise.

## Ask for help

Talk to a IIRSS staff member or get paired with a mentor. Talk to your professor if you are struggling in class.

## Keep in touch with family and friends from home



You may also wish to hold on to practices, beliefs, or traditions from your culture or religion that are meaningful to you by getting involved with a student group, cultural association in Manitoba, or a religious group.

## Talk to someone



If you are feeling depressed or lonely, or if you just need to talk with someone, make an appointment with one of the counselors at the Student Wellness Centre.

# Canadian Customs and Laws

## Customs:

- › Canadians are often very casual, both in their dress and language. Students wear casual clothing to class and most on-campus events.
- › You will be expected to line up (form a queue) and wait for your turn to speak with someone at Student Central, enter a restaurant, make a purchase, speak with a professor, etc.
- › It is important to be on time for classes, meetings, and social engagements.
- › In Manitoba, smoking is prohibited in public places, but smoking outdoors is usually acceptable. Canadians do not usually smoke in another person's home, and always ask permission of their companions before lighting a cigarette.
- › Littering and other environmentally harmful behaviours are not acceptable. Most Canadians recycle plastics, metals, glass, and paper, and many Canadians compost.

**Hi. How  
are you?**

**Fine. How  
are you**



### **"Going out for coffee"**

"Going for coffee" means going to a restaurant or coffee shop to talk. You do not have to drink coffee if you do not want to.

## Laws & Police:

- › On-campus security and/or police can be contacted in case of an emergency. Campus security can be contacted by calling 204.786.6666. The emergency number to dial for fire/police is 911.
- › The legal drinking age in Manitoba is 18. When you buy alcohol, you will probably be asked for a piece of identification such as a driver's license, passport, or a Manitoba Identification Card.
- › It is illegal to buy, sell, or use drugs such as heroin, crystal methamphetamine, ecstasy, and cocaine.
- › The Human Rights Code prohibits discrimination (preferential treatment for one group of people over another) based on race, skin colour, creed, religion, sex, sexual orientation, gender identity, marital status, physical disability, age, nationality/ancestry, or place of origin. This includes racist, sexist and/or homophobic comments or jokes.
- › You must wear a seatbelt whenever you drive or ride in a vehicle. It is illegal and a serious offense to drive under the influence of alcohol or drugs.
- › Soliciting prostitutes is a criminal offense. Having sex with a minor (under 18) is also illegal.
- › It is illegal to assault or abuse anyone.
- › Rape (having sex with someone without her/his consent), sexual assault (having sexual contact with someone without her/his consent), and sexual harassment (making unwelcome sexual comments or advances) are illegal, and are taken very seriously by the University, employers, police, and the justice system. Always remember that you should receive a clear "yes" from your partner before engaging in any sexual activities.

## Cannabis and International Travel

- › The legal age to buy or consume Cannabis in Manitoba is 19.
- › It is illegal to drive a car while under the influence of cannabis.
- › It is prohibited to consume cannabis in parks, streets, or public spaces.
- › Only purchase cannabis from licensed retailers. The maximum amount of cannabis allowed is 30 grams.
- › It is illegal to be under the influence of cannabis at school or work.
- › You cannot cross international borders with cannabis, or while under the influence of cannabis.
- › Previous use of cannabis can mean denied access to travel. Learn the laws of your country, and any country you plan to travel to.

# Weather

Winnipeg has four distinct seasons: winter, spring, summer, and fall. Average temperatures in Winnipeg range from -12 degrees Celsius in winter to +26 degrees Celsius in summer, but our weather can be as cold as -35 degrees Celsius (and sometimes colder) and as hot as +35 degrees Celsius (and sometimes warmer).

Here are a few tips for surviving Winnipeg's winter:

## Stay Warm, But Get Outside!

There are lots of fun winter activities to enjoy such as skating, tobogganing, skiing, snow shoeing, walking, curling, and hockey.

## Wear Layers

It helps if you have an outer layer that is wind resistant. Buy a pair of thermal/long underwear to wear underneath your regular clothes on very cold days or if you are planning to walk outside. Wear a hat, mittens/insulated gloves, a scarf, insulated footwear (boots), a parka (winter jacket), and snow/wind proof pants (optional).

## Cover Exposed Skin

This helps to avoid getting frostbite/frostnip on your skin and keeps you warmer. A scarf, hat, and mittens are helpful for this purpose.

## Stay Out of the Wind

Because of windchill, it will feel colder if you are exposed to the wind.



## Average seasonal temperatures

### Spring

low +2 / high +12

### Summer

low +15 / high +24

### Autumn

low +1 / high +10

### Winter

low -20 / high -10

# Transportation

## Public Transportation

The UWSA U-Pass is a post-secondary pass to use the public bus. Each term, all full-time undergraduate students are automatically charged a U-Pass fee of \$212 per term. For information about opt-outs or other questions about UPASS please visit [theuwsa.ca/u-pass](https://theuwsa.ca/u-pass) or email [u-pass@theuwsa.ca](mailto:u-pass@theuwsa.ca). Students can pick-up their U-Pass from the UWSA Info Booth located on the first floor of Centennial Hall. Use Winnipeg Transit's online Navigo Trip Planner to find the bus stop locations and times for any city trip you want.

## Cycling

Winnipeg is a great place to cycle during the warmer months of the year. Visit the UWSA Bike Lab on campus to find out how to fix bikes, build bikes, and get cycling in Winnipeg. The bike lab is located west of Wesley Hall or you can visit [theuwsa.ca/uwsa-bike-lab](https://theuwsa.ca/uwsa-bike-lab).

## Walking

As the university is located downtown, many attractions, parks, restaurants, and shops are within easy walking distance. Ask your mentor or an IIRSS staff member if you need a map or help finding where to go.

## Driver's Licensing

It is the responsibility of every student planning to drive in Manitoba to know the laws and practices of the Government of Manitoba. Contact Manitoba Public Insurance for more information: [mpi.mb.ca](https://mpi.mb.ca).

## Cabs

In some locations, you will be able to hail a taxi, but usually you will need to call one of the taxicab companies and request a cab pick-up for a specific location. Taxi fees are set and based on the distance you travel. A small gratuity is usually expected.

# Banking

To open a bank account in Canada, you can set up an appointment at any one of the many banks located close to campus. You can ask your mentor to help you go to the bank to set up an account.

Generally, you will need the following documents to set up a bank account: **passport**, **study permit**, **student card**, and **proof of address** (i.e.: Health card, letter from Housing Office/lease).

# Study Permits & Visas

## Study Permits

- › Study permits are required in most cases if you are studying in Canada for more than six months.
- › Make sure that your study permit remains valid and apply for an extension, if needed, well in advance of the document expiry.
- › Make sure that you show IIRSS your study permit. Students are required to have a current study permit on file with the University or a HOLD will be placed on your student account.



### If you have a study permit, you must follow these rules:

- › Remain enrolled (registered) in classes during the regular academic terms (Fall term and Winter term);
- › Actively pursue studies;
- › Only work if you are authorized, and only work the amount of hours allowed; and
- › Follow any other conditions or terms on your study permit.

Due to Covid-19, immigration processes/rules have changed for international students to facilitate their travel and studies in Canada. We advise regularly monitoring IRCC's website for the latest updates regarding immigration processes.

<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/visitors-foreign-workers-students.html>



## Visas & eTA

Most students require a valid Temporary Resident Visa or Electronic Travel Authorization (eTA) in order to enter or re-enter Canada. For more information, please visit: [cic.gc.ca/english/visit/visas.asp](https://cic.gc.ca/english/visit/visas.asp)



## Working in Canada

Before starting work, all students will be required to obtain a Social Insurance Number (SIN).

### You can work on campus if you:

- › Hold a valid study permit
- › Are enrolled full-time

### You can work off campus if you:

- › Hold a valid study permit;
- › Are enrolled full-time; and
- › Are taking an academic program that is at least 6 months in duration.

If you meet the above conditions, you may be able to work off campus for a maximum of 20 hours per week during a regular academic session and full-time during regularly scheduled breaks.

### Please note:

\*Students enrolled in the English Language Program or the Collegiate, as well as visiting or exchange students from institutions outside of Canada, are not eligible to work off campus.

\*\*Students who are completing an internship or co-op placement as part of their ongoing studies are still required to apply for and hold a Co-op Work Permit prior to beginning their co-op/internship placement.

## Social Insurance Number

In order to work in Canada, you need to have a valid Social Insurance Number (SIN). If you have one of the following conditions or remarks printed on your study permit, you may apply for a SIN immediately at Service Canada:

“May work 20 hrs per week off campus or full-time during regular breaks if meeting criteria outlined in section 186(v) of IRPR” OR “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”.

If you do not have any of the above words written on your study permit, please talk to an IIRSS staff member.

At Service Canada, present your valid Study Permit and Passport. If satisfied with your documentation, Service Canada should issue you a SIN on the day of application. Service Canada is located at: Portage Place Shopping Centre, 1st floor (behind fountain); Hours: Mon - Fri, 8:30 am - 4:00 pm.

Get more information about visas, permits, and working in Canada online at: [cic.gc.ca](http://cic.gc.ca) or contact an immigration advisor at IIRSS by emailing [iirss@uwinnipeg.ca](mailto:iirss@uwinnipeg.ca).

# Health Insurance

## Manitoba International Student Health Plan (MISHP)

All International students with a valid Study Permit issued by Immigration, Refugee and Citizenship Canada (IRCC) for more than six months will be automatically charged for Manitoba Blue Cross (MBC) coverage. This plan covers hospitalization, emergency care, physician appointments, x-rays, lab testing, and a number of other health services. Students who have other health coverage will still be required to purchase the health insurance plan provided by the University. The existing plan may be used to supplement the university plan.

International students will also be automatically charged for the mandatory UWSA Greenshield extended health coverage. The extended insurance covers items such as prescription drugs, vision, and dental services.

Please contact International, Immigrant and Refugee Student Services at [iirss@uwinnipeg.ca](mailto:iirss@uwinnipeg.ca) if you have any questions regarding international health insurance coverage.



### Guard.me More

If you are a visiting or exchange student, you will be charged guard.me basic and extended health coverage. This coverage is mandatory for all short-term students studying at The University of Winnipeg. Students will not be able to opt out. Undergraduate students will be notified of charges and receive their health card from IIRSS. For more information, contact IIRSS.

# Health Services

## Wellness Centre

### Counselling Services

Personal counselling is available to any student currently registered at UWinnipeg. Counselling is a collaborative, conversational process where students can address any concern, difficulty, or dilemma. Services are free of charge and confidential.

1D25 (1st floor, Duckworth Centre)

204.779.8946

[studentwellness@uwinnipeg.ca](mailto:studentwellness@uwinnipeg.ca)

[uwinnipeg.ca/student-wellness](http://uwinnipeg.ca/student-wellness)

### Klinic on Campus

Klinic provides free and confidential health services, including medical appointments, examinations, health information, vaccinations, birth control information, unplanned pregnancy counselling, and referrals to other services.

1D25 (1st floor, Duckworth Centre)

204.779.8946

[klinic@klinic.mb.ca](mailto:klinic@klinic.mb.ca)

[klinic.mb.ca](http://klinic.mb.ca)



## Academic Concerns – We are here to help!

If you are taking a little longer than you expected to adjust to university, if your marks are not what you hoped, or if you are falling behind in your work, talk to your professors and an academic advisor. We can help you to problem-solve and explore your options. Academic terms can fly by quickly, so be sure to address your concerns and take action promptly.

# UWinnipeg Scholarships and Awards for International Students

The University of Winnipeg offers a variety of entrance scholarships for new international students, as well as in-course scholarships and awards during each year of study.

## Entrance Awards

### Special Entrance Scholarship for International Students

Awarded to international students entering studies at the University of Winnipeg following graduation from a high-school outside of Canada. Value range: \$1000-\$3000 CAD.

### Advanced Placement (AP) and International Baccalaureate (IB) Entrance Scholarships

Awarded to students admitted to the University of Winnipeg as an Advanced Placement Program National Scholar, following completion of the International Baccalaureate Diploma, or students who are admitted to the University of Winnipeg directly from high school and choose to transfer Advanced Placement or International Baccalaureate examination results as credit towards their undergraduate studies. Value range: \$150-\$2250 CAD

### President's Scholarship for World Leaders

Awarded to international students admitted to any program at the university by the scholarship deadline. Value range: \$3500-\$5000 CAD

For more information and application forms, go to Awards homepage- [www.uwinnipeg.ca/awards](http://www.uwinnipeg.ca/awards), select "Apply for Awards" > "Entrance Awards"

## In-Course Awards

Offered to international students annually and throughout their studies. Students can apply by logging in to the online Awards system and filling out the online General Application. Value range: \$100- \$10,000 CAD

From Awards homepage, go to "Apply for Awards" > "In-course Awards".

Look under sidebar, select "Key Dates and Events" for all UW award application deadlines.

## Work Study Program

The Work Study program can help international students meet their expenses during studies by offering valuable on-campus work experience, often in their area of study.

For more information, on Awards homepage look under sidebar, select "Work Study Program".

## US Student Loans

Students from the United States attending the University of Winnipeg are eligible for student financial assistance. From Awards homepage, select "Government Student Aid", look under sidebar, select "US Student Aid".

Questions? [www.uwinnipeg.ca/awards](http://www.uwinnipeg.ca/awards) - under sidebar, select "Contact Us"

# Technology

## Webmail

Check your University Webmail account regularly; use your WebAdvisor password. This is how the University will notify you about important information such as fees owing, openings on waitlists, new sections/labs, cancellations or other changes to courses.

## WebAdvisor

Use WebAdvisor to update your personal contact information, access your T2202 tax forms and check your (unofficial) transcript. To change your address (or phone number or email), log in to WebAdvisor, select "Current Students", and then, under Academic Profile, select "Address Change".

## Forgot your WebAdvisor Username or Password?

Click on "Log In" at the top of WebAdvisor, select click on "Forgot your username or password?" and follow the prompts. You'll be asked for your seven-digit student number.

## Online Courses

To access your course materials online (handouts, assignments, updates, etc.), go to [nexus.uwinnipeg.ca](https://nexus.uwinnipeg.ca) and log in with your WebAdvisor username and password. Contact [nexus@uwinnipeg.ca](mailto:nexus@uwinnipeg.ca) for assistance. For online course types, see [uwinnipeg.ca/registration/online-courses.html](https://uwinnipeg.ca/registration/online-courses.html).

Tips for online classes can be found at [uwinnipeg.ca/academic-advising](https://uwinnipeg.ca/academic-advising)

## WIFI

To login to the Eduroam (education roaming) wireless network, use your WebAdvisor username and password. Set-up instructions for mobile devices: [uwinnipeg.ca/uw-wireless](https://uwinnipeg.ca/uw-wireless)

## Cell Phones

In Canada, cell phone policies and plans may be different than in your home country. The way you are charged for cell phone use may be very different than what you are used to. Usually, in Canada:

- › You pay for incoming and outgoing calls and messages;
- › Coverage quality can vary, depending on the cell phone provider (where you can get cell phone signals and how strong these signals are);
- › Pre-paid (no-contract) cell phones are more expensive than many other places in the world where you can simply buy a SIM card. Usually no-contract phones offer fewer international calling options.



### Choosing a Cell Phone in Canada

Want to find out about contract vs. no contract phones, roaming fees, international calling, hidden fees, and buying a used phone in Canada? Read IIRSS's guide, *Choosing a cell phone in Canada* available at International, Immigrant and Refugee Student Services.

# Campus Services and Supports

**Student Services may be available remotely and/or in person – please check The University of Winnipeg website for the latest information and email or phone the departments for assistance.**

## Aboriginal Student Services Centre (ASSC)

The Aboriginal Student Services Centre (ASSC) offers a safe, friendly, and culturally-sensitive environment for all Indigenous students (First Nation, Métis, and Inuit) as they pursue their academic studies at The University of Winnipeg. A range of services including academic advising and cultural supports are available. Email to join our newsletter mailing list and receive Zoom drop-in information.

2L01A (2nd floor, Lockhart Hall)  
204.779.8946  
assc@uwinnipeg.ca  
[uwinnipeg.ca/assc](http://uwinnipeg.ca/assc)

## Academic and Career Services

Academic and Career Services provides academic information about degree requirements, assists with course selection and the registration process, and supports students with problem solving, academic appeals, student success strategies, and referrals to additional services. Career services for UWinnipeg students and alumni include career planning, job search strategies, feedback on resumes and cover letters, interview skills and preparation, as well as an annual Career Fair.

Student Services Centre (1st floor, Rice Centre)  
204.779.8946

Academic Advisors	<a href="mailto:advising@uwinnipeg.ca">advising@uwinnipeg.ca</a>
Career Advisors	<a href="mailto:careers@uwinnipeg.ca">careers@uwinnipeg.ca</a>
Student Success Advisors	<a href="mailto:studentsuccess@uwinnipeg.ca">studentsuccess@uwinnipeg.ca</a>
<a href="http://uwinnipeg.ca/academic-advising">uwinnipeg.ca/academic-advising</a>	<a href="http://uwinnipeg.ca/career-services">uwinnipeg.ca/career-services</a>

## Access Lounge (UWSA)

The Access Lounge is a space on campus dedicated to students who are disabled by barriers. This space is for students to study, hang out, or complete course work.

ORM06 (Mezzanine Level, Bulman Student Centre)  
204.789.4244  
[accesslounge@theuwsa.ca](mailto:accesslounge@theuwsa.ca)  
[theuwsa.ca/access-lounge](http://theuwsa.ca/access-lounge)

## Accessibility Services

Accessibility Services provides academic accommodations for students with a wide range of disabilities and medical conditions. Services are also available for Deaf and Hard of Hearing students. Contact Accessibility Services for service and accommodation options.

1M35 (1st floor, Manitoba Hall)

204.779.8946

[accessibility@uwinnipeg.ca](mailto:accessibility@uwinnipeg.ca)

[uwinnipeg.ca/accessibility](http://uwinnipeg.ca/accessibility)

## Adult Learner Services / Recognition of Prior Learning (RPL)

Adult Learner Services/RPL assists with the application process and planning a program of study, as well as analysis of previous education and work experience to determine if students can obtain credit for prior learning.

Student Services Centre (1st floor, Rice Centre)

204.779.8946

[adultlearners@uwinnipeg.ca](mailto:adultlearners@uwinnipeg.ca)

[uwinnipeg.ca/adult-learner-services](http://uwinnipeg.ca/adult-learner-services)

## Awards and Financial Aid Office

The Awards and Financial Aid Office supports the access and excellence mandate of The University of Winnipeg through a comprehensive program of scholarships, awards, prizes, and bursaries. Check the website for the online application process and deadlines throughout the year.

2Ri06 (2nd floor, Rice Centre)

204.786.9459

[awards@uwinnipeg.ca](mailto:awards@uwinnipeg.ca)

[uwinnipeg.ca/awards](http://uwinnipeg.ca/awards)

## BIPoC Lounge (UWSA)

The BIPoC Lounge is a dedicated space for Black, Indigenous, and People of Colour to gather and find community. It is a place for students to learn and heal through their understandings and experiences as a BIPoC. It is a library, study, and hang-out space.

Concourse Level, Bulman Student Centre

204.786.9781

[bipoclounge@theuwsa.ca](mailto:bipoclounge@theuwsa.ca)

[theuwsa.ca/bipoc-lounge](http://theuwsa.ca/bipoc-lounge)



## The Bookstore

The University of Winnipeg Bookstore meets all of your academic needs with textbook savings programs such as rental, used books, digital, and price matching. See the website for details on each program as well as the booklist information under "Textbooks". Order online for delivery or in-store pickup. Shop for your course materials, clothing, supplies, and dorm needs.

1-471 Portage Ave (1st floor, The AnX)

204.258.2909

universityofwinnipeg@bkstr.com

**[uwinnipegstore.ca](http://uwinnipegstore.ca)**

## Deaf and Hard of Hearing Services

Students who are Deaf or Hard of Hearing have access to American Sign Language-English Interpreting or Transcribing (computerized note-taking) services for lectures, labs, course-related activities, student/professor meetings, and University-sponsored activities. Call or text to arrange services.

1M35 (1st floor, Manitoba Hall)

Phone: 204.786.9704

Text: 204.228.0187

t.rogowski@uwinnipeg.ca

**[uwinnipeg.ca/accessibility](http://uwinnipeg.ca/accessibility)**

## Emergency Communications

During an emergency on campus such as a health pandemic, power outage, blizzard, campus closure, fire, or threat of any kind, instructions will be posted on social media and the UW Safe app. Follow @UWinnipeg on Facebook, Twitter, Instagram, and check **[uwinnipeg.ca](http://uwinnipeg.ca)**. Familiarize yourself with emergency procedures, such as UW evacuation routes, at **[uwinnipeg.ca/emergency-guidelines](http://uwinnipeg.ca/emergency-guidelines)**.

Fire, Police, and Ambulance - 911

Security Services - 6666 from University telephones

Security Services - 204.786.6666 from off-campus telephones

## Fitness and Recreation

### Axworthy Health & RecPlex

The RecPlex houses a four-lane, 60-metre sprint track, a community gym, retractable batting cages, the Thomas Sill Community Multi-Purpose Room, a dance/yoga studio, and an underground parkade. Attend drop-in intramurals and community programs like yoga and soccer leagues. Visit in person or online for the schedule.

350 Spence Street

204.988.7634

[uwinnipeg.ca/recplex](http://uwinnipeg.ca/recplex)

### Bill Wedlake Fitness Centre

Facilities include a gym, weight room, cardio equipment, squash/racquetball/handball courts, and saunas. Fitness classes are tailored to all skill levels.

1st floor, Duckworth Centre

204.786.9349

[duckworth@uwinnipeg.ca](mailto:duckworth@uwinnipeg.ca)

[recreationsservices.uwinnipeg.ca](http://recreationsservices.uwinnipeg.ca)

### The University of Winnipeg Athletic Therapy Centre

The Athletic Therapy Centre offers athletic therapy and massage therapy services to all students. The Green Shield insurance plan, and some other insurance plans, provide coverage for athletic therapy and massage therapy appointments. Athletic therapists are experts in injuries to muscles, bones, ligaments, tendons, and joints, and offer assessment and individualized rehabilitation for a wide variety of injuries.

0D50 (Lower level, Duckworth Centre)

204.786.9250

[athletictherapy@uwinnipeg.ca](mailto:athletictherapy@uwinnipeg.ca)

[uwinnipeg.ca/athletic-therapy-centre](http://uwinnipeg.ca/athletic-therapy-centre)



## Library

The Library offers a wide variety of academic resources in online, multimedia, and print formats. Use the online Living Room Library portal to connect with Library services and resources.

4th Floor, Centennial Hall

Circulation Desk	204.786.9808	circulation@uwinnipeg.ca
Reference Desk		reference@uwinnipeg.ca
Library Systems		libsystems@uwinnipeg.ca

**library.uwinnipeg.ca**

## Mentor Program

The Mentor Program links first-year students with experienced students who provide information and support on adapting to university. This is one way to make connections when starting university. The Mentor Program is available to all first-year students and second-year students are encouraged to become a mentor.

491 Portage Ave (8th Floor, Rice Centre)

204.786.9469

iirss@uwinnipeg.ca

**uwinnipeg.ca/mentor**

## Rainbow Lounge (UWSA)

The Rainbow Lounge is a safe, social space for LGBTTTIGGQQA\* and allies. The centre offers free resources and acts as a referral network to the larger Queer community.

0R13 (Concourse Level, Bulman Student Centre)

204.786.9025      204.789.4244

rainbowlounge@theuwsa.ca



## Important Dates

Familiarize yourself with important UWinnipeg dates and deadlines including the last dates to drop a course and get a refund. Check the withdrawal schedule! To avoid pulling all-nighters writing papers and cramming for exams, put date reminders in your phone and agenda.

## Restaurants

Diversity Food Services, our campus food service provider, strives to provide excellent food services to the students and staff of The University of Winnipeg. Goals include offering wholesome, fairly-priced, ethnically-diverse food options, creating an attractive menu, and providing excellent customer service. They operate Pangea's Kitchen, elements - The Restaurant, The Malecón, Tony's Canteen, and dash. Place an order through the Diversity Food Services app.

In addition, the first floor of the Buhler Centre is home to Stella's Café & Bakery.



## Sustainability at UWinnipeg

The UWinnipeg Sustainability Initiative is a collaboration between students, faculty, and staff that works to make The University of Winnipeg more environmentally and socially responsible in its physical operations, its governance, and its academic life.

The Campus Sustainability Office works to improve our UWinnipeg carbon footprint, our indoor air quality, our water conservation, our alternative transportation options, our waste reduction, and much more. Check out [uwinnipeg.ca/sustainability](https://uwinnipeg.ca/sustainability)

## Security Services

Security Services provides a safe, secure learning, living, and working environment for University students, faculty, staff, and visitors. Services such as SafeWalk and SafeRide are offered during Fall and Winter Terms to escort students to their bus stop, car, or home within a one-block radius of The University of Winnipeg.

1C33 (1st Floor, Centennial Hall)

204.786.9272 (non-emergency)

[security@uwinnipeg.ca](mailto:security@uwinnipeg.ca)

[uwinnipeg.ca/security](http://uwinnipeg.ca/security)

## Student Central

Student Central offers many services including providing answers to questions about fees/payments, student ID cards, WebAdvisor assistance, confirmation of enrolment letters, as well as processing major declarations, transcripts orders, and more. Use the myVisit app to enqueue for drop-in sessions.

Student Services Centre (1st floor, Rice Centre)

204.779.UWIN (8946) or 1.800.956.1824 (toll-free)

[studentcentral@uwinnipeg.ca](mailto:studentcentral@uwinnipeg.ca)

[uwinnipeg.ca/student-central](http://uwinnipeg.ca/student-central)



## Sexual Violence Response Team

The University of Winnipeg's Sexual Violence Response Team (SVRT) coordinates services for students who have experienced or are impacted by sexual violence. The SVRT will work with students to provide information about options and connect them with a range of services, including counselling, academic supports, and other on-and-off campus resources and reporting options.

The University of Winnipeg's Sexual Violence Policy defines sexual violence as any sexual act or act targeting a person's sexuality, gender identity, or gender expression - whether that act is physical or psychological in nature - that is committed, threatened, or attempted against a person without that person's consent.

Sexual Violence Response Team (SVRT) 204.230.6660 (daytime hours)

Sexual Violence & Human Rights Advisor 204.789.4288

Campus Security 204.786.6666 (emergency 24/7)

Campus Security 204.786.9272 (non-emergency 24/7)

Clinic Sexual Assault Crisis Program 204.786.8631 (24/7)

[uwinnipeg.ca/askfirst](http://uwinnipeg.ca/askfirst)

## Study Abroad Programs

The International Admissions Office coordinates exchange programs with numerous universities around the world. This gives students the opportunity to study abroad while retaining UWinnipeg student status. Check out the website for current information.

2Ri40 (2nd floor, Rice Centre)  
204.258.2949  
exchange@uwinnipeg.ca  
[uwinnipeg.ca/study-abroad](https://uwinnipeg.ca/study-abroad)

## Study Skills Workshops

Study Skills workshops provide practical advice and useful tips on essential study skills such as note-taking, time management, and reading strategies. Sessions are offered during the first month of each term. Check the website for details on upcoming workshops.

204.786.9257  
studentsuccess@uwinnipeg.ca  
[uwinnipeg.ca/study-skills](https://uwinnipeg.ca/study-skills)



## Finding Information on the UWinnipeg Website

If you are not sure where to find student-related information on the University's website, go to [uwinnipeg.ca](https://uwinnipeg.ca) and in the upper, left-hand corner, you will see a link called "Current Students". Click on that link to find a comprehensive listing of resources for students.



## Wellness Centre

### Counselling Services

Personal counselling is available to any student currently registered at The University of Winnipeg. Counselling at UWinnipeg is a collaborative, conversational process where students can address any concern, difficulty, or dilemma. Services are free of charge and confidential.

1D25 (1st floor, Duckworth Centre)

204.779.8946

studentwellness@uwinnipeg.ca

[uwinnipeg.ca/student-wellness](http://uwinnipeg.ca/student-wellness)

## Women-Trans Spectrum Centre (UWSA)

The Women-Trans Spectrum Centre is an accessible and inclusive resource centre for women and trans students. The centre offers free resources, including condoms (male and female), lubricant, dental dams, pads, tampons, pregnancy tests, and a lending library.

0R12 (Concourse Level, Bulman Student Centre)

204.786.9788

wtsc@theuwsa.ca

[theuwsa.ca/women-trans-spectrum-centre](http://theuwsa.ca/women-trans-spectrum-centre)



## The University of Winnipeg Academic Calendar

The Academic Calendar is the go-to source for all University regulations and requirements. View options and course descriptions required for your degree. On the UWinnipeg website – click on "Current Students", then "Academic Calendar".



# Academic Integrity

The University of Winnipeg upholds principles of academic integrity and seeks to ensure that students do not commit acts of academic misconduct. We strive to maintain an environment in which academic integrity is understood and valued and serves as the basis for student learning. It doesn't matter whether you're in a chemistry lab, working on an English essay in the library, or working online with a group to complete an assignment. Academic integrity is important in all academic departments and methods of learning.

Academic misconduct for both in-person and online classes includes, but is not limited to, plagiarism and cheating.

## **Acts of plagiarism may include, but are not limited to, one or more of the following:**

- › Not giving recognition to the author for phrases, sentences, thoughts, or arguments incorporated into student work
- › Submitting the same work for evaluation to more than one course without the consent of each instructor to do so
- › Not using quotation marks or referencing appropriately
- › Two or more students submitting identical or virtually identical work for evaluation when the work was intended to be completed individually

## **Acts of cheating may include, but are not limited to, one or more of the following:**

- › Copying another person's answer
- › Communicating with others at a test/exam with the purpose of obtaining, exchanging, or imparting information related to the test
- › Consulting with unauthorized sources to obtain assistance, including, but not limited to, written, digital, and/or other aids not approved by the instructor
- › Obtaining a copy of the exam or test or questions from the exam or test before they are officially available
- › Purchasing essays, or other assignments in whole or in part, and submitting these works for evaluation as one's own

We encourage appropriate student conduct and, when necessary, we identify and regulate student academic misconduct that infringes on the culture of academic integrity upon which the University is built.

The University of Winnipeg takes academic misconduct seriously and has tools and policies ensuring that academic integrity is maintained throughout the institution. Consequences for academic misconduct may include loss of marks on an assignment/test/exam and/or loss of marks in a course, suspension and/or expulsion from the University.

**Tips to maintain academic integrity:**

- › Don't wait until last minute to complete assignments.
- › Properly cite your sources.
- › Express original ideas and opinions.
- › Speak with your professors regarding expectations and requirements.
- › Know University policies and regulations (Academic Calendar, Regulations & Policies, 8a).

Rules may be different, or even contradictory, to your past experiences  
– **always double check!**



**Questions?**

If you have a question, ask it! If you don't know who to ask, start with Student Central or Academic & Career Services, and they will either be able to answer the question or refer you to someone who can help. There is a lot to know about how things work at UWinnipeg, and we are here to help you navigate your educational needs and make it the best experience possible!

# Renting in Manitoba: Some Points to Consider

## Before you rent

- › What can you afford each month?
- › Utilities might be separate or included. Find out what is included in the rent.
- › What area do you want to live in? Are there bus routes to the UW campus?
- › Is there air conditioning, and which appliances are included?

## Before signing the lease

- › The Manitoba Residential Tenancies Branch recommends that you walk through the rental unit with the landlord before you sign the lease, to fill out the initial condition report.
- › The condition report will be used when you move out, to determine if the unit is in the same or worse condition at that time. Anything that has been damaged but is not included in the initial condition report may be taken from your damage deposit.
- › Do not sign a lease unless you are sure you want the unit. If you change your mind, you might lose your deposit or face additional fees.

## Avoid scams

- › See the unit (inside and out) before signing a lease.
- › If someone is subletting a unit, never sign the lease documents or send any deposit money to the tenant who is subletting. The deposit and other forms should be sent directly to the landlord or management company.
- › Try to avoid renting from an individual. Renting in a building that is professionally managed by a reputable company presents less risks to tenants.

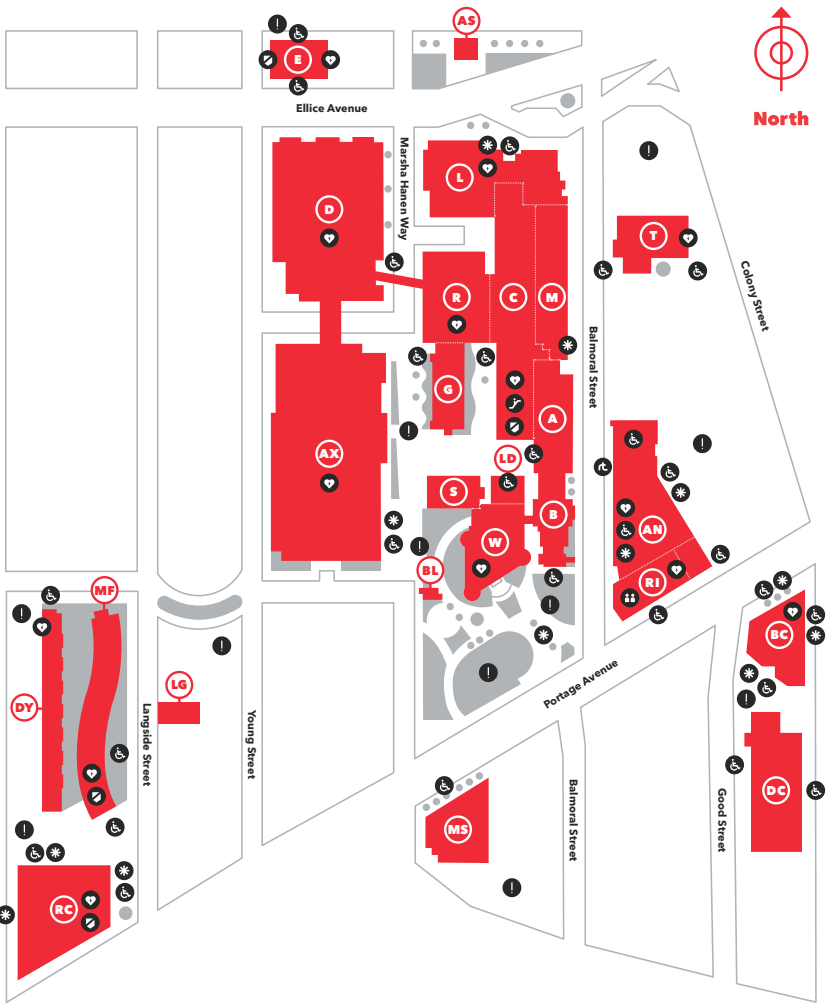
## Avoid eviction









- › Make sure you always pay your rent on time. You cannot withhold rent if you have a disagreement with the landlord, or you will potentially face eviction.
- › Do not disturb other renters (for example: loud parties or fights).
- › Do not let other people live in your unit for extended periods of time unless they are on the lease agreement.
- › Follow the rules outlined in your tenancy agreement provided by the landlord.

## Know your rights

- › Before renting, visit [gov.mb.ca/cca/rtb](http://gov.mb.ca/cca/rtb) to understand your rights and obligations as a renter in Manitoba.

- A** **Ashdown Hall**  
English Language Program (ELP)
- AN** **AnX**  
Balmoral Rapid Transit Hub  
Brandon University  
Psychiatric Nursing  
Campus Store  
Annabelle and Herb Mays  
Education Commons  
Professional, Applied and  
Continuing Education  
(PACE) Classrooms
- AS** **Axworthy Community  
Stage**
- AX** **Axworthy Health &  
RecPlex**
- B** **Bryce Hall**  
Canada's History Society  
Carl Ridd Sanctuary  
H. Sanford Riley Centre  
for Canadian History  
Manitoba Conservatory  
of Music and Arts  
Oral History Centre  
Parking Services  
Printing Services
- BC** **Buhler Centre**  
Faculty of Business and Economics  
Plug In Institute of  
Contemporary Art  
Professional, Applied and  
Continuing Education (PACE)  
Stella's Café and Bakery
- BL** **UWSA Bike Lab**
- C** **Centennial Hall**  
Centre for Forest  
Interdisciplinary Research  
Centre for Research in Young  
People's Texts and Cultures  
(CRYTC)  
CKUW Campus Radio Station  
Eckhardt-Gramatté Hall  
English Language Program (ELP)  
Registration Office  
Faculty of Arts  
Gallery 1C03  
Library  
Map Library  
Security Office / Information  
/ Lost and Found  
Sprout  
Technology Solutions Centre  
Uplink / TSC Service Desk  
UWSA Info Booth
- D** **Duckworth Centre**  
Athletic Therapy Clinic  
Bill Wedlake Fitness Centre  
Concessions  
Dr. David F. Anderson Gymnasium  
Gupta Faculty of Kinesiology  
and Applied Health  
Manitoba Basketball Hall of Fame  
Wellness Centre  
Student Counselling Services  
Klinic Health Services
- DC** **Downtown Commons**
- DY** **UWSA Daycare**
- E** **Helen Betty Osborne  
Building**  
Access Education  
Wii Chiiwaakanak Learning Centre
- G** **Graham Hall**  
Faculty of Education  
Tutoring Centre
- L** **Lockhart Hall**  
Aboriginal Student  
Services Centre (ASSC)  
dash Café  
UWSA HIVE
- LD** **Leatherdale Hall**  
Tony's Canteen
- LG** **Langside Learning  
Garden**
- M** **Manitoba Hall**  
Accessibility Services  
Deaf and Hard of  
Hearing Services
- MF** **McFeetors Hall  
Student Residence**
- MS** **Menno Simons College**  
Global College  
United Centre for  
Theological Studies
- R** **Riddell Hall**  
Bulman Student Centre  
Pangea's Kitchen  
University of Winnipeg Students'  
Association (UWSA)
- RC** **Richardson College  
for the Environment  
and Science Complex**  
Aabijijwan New Media Lab  
Elements—The Restaurant  
Faculty of Science  
Graduate Studies  
Institute of Urban Studies  
Joro Consultants Inc.  
Kishadigeh Collaborative  
Research Centre  
Prairie Climate Centre  
Sustainability Office
- RI** **Rice Centre**  
Alumni Association  
Aurora Family Therapy Centre  
International, Immigrant and  
Refugee Student Services (IIRSS)  
Student Services Centre  
Academic and Career Services  
Admissions  
Adult Learner Services  
Awards and Financial Aid  
Campus Living  
Convocation Officer  
Registrar's Office  
Student Central  
Student Financial Services  
Student Records  
Student Recruitment  
The University of Winnipeg  
Community Renewal Corporation  
The University of Winnipeg  
Foundation
- S** **Sparling Hall**
- T** **Asper Centre for  
Theatre and Film**
- W** **Wesley Hall**  
Convocation Hall  
Model School  
Muslim Prayer Space  
The Collegiate
- Satellite Locations**  
Urban and Inner-City Studies  
(541 Selkirk Ave)  
Legal Help Centre  
(Portage Place Mall)



-  **Student Central**
-  **Security**
-  **Escalators**
-  **Wheelchair Accessible**
-  **Rapid Transit**
-  **AED (Automated External Defibrillator)**
-  **Bluelight Phone (Direct link to security)**
-  **Emergency Assembly Points**







THE UNIVERSITY OF  
**WINNIPEG**

[uwinnipeg.ca/iirss](http://uwinnipeg.ca/iirss)