



# **Greetings from the President**

### **Welcome to The University of Winnipeg!**

Our campus is situated on ancestral lands, on Treaty One Territory. These lands are the homeland of the Métis people. We acknowledge that our water is sourced from Shoal Lake 40 First Nation.

We are looking forward to having you join our campus community this fall. 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 go above and beyond to help you achieve your goals.

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 many to choose from – 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.

This university holds a special place in the city, province, and beyond for its academic excellence, Indigenous inclusion, environmental commitment, small class sizes, and campus diversity. We are excited to welcome you to our close-knit community.

**Dr. Todd A. Mondor**President and Vice-Chancellor

## **Important Dates**

2024	Fall Term
Sept 3	Lectures begin
Sept 3-16	Add/Drop Period for Fall and Fall/Winter Terms
Sept 16	Last day to drop Fall or Fall/Winter Term courses and receive full tuition refund
Sept 16	Opt-out deadline for the UWSA's health plan and U-Pass
Sept 19	Fall and Fall/Winter Term fees are due (see Sept. 16 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 13-19	Fall Reading Week - no classes
Oct 14	Thanksgiving Day - University is closed
Nov 11	Remembrance Day - University is closed
Nov 13	Last day to withdraw from a Fall Term course (without academic penalty)
Dec 2	Last day of regular class schedule
Dec 3	Make-up day for National Day for Truth and Reconciliation - Monday schedule
Dec 4	Make-up day for Remembrance Day - Monday schedule
Dec 7-20	Fall Term exam period
Dec 23	Winter Break - University is closed through January 1, 2025
2025	Winter Term
Jan 2	University re-opens
Jan 6	Lectures begin for Winter Term
Jan 6-17	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 22	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 16-22	Winter Reading Week - no classes
Feb 17	Louis Riel Day - University closed
Feb 28	Access your 2024 T2202 tax form through WebAdvisor
Mar 11	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 9-23	Fall/Winter and Winter Term exam period
Apr 18	Good Friday - University closed
2025	Spring Term
May 5	Spring Term begins. Refer to the withdrawal schedule online
	for refund and voluntary withdrawal dates.
May 19	Victoria Day - University closed
May 22	Spring Term fees are due. (Refund deadlines may be prior to this date.)
luno	Chack your Mahmail Mah Advisor for registration data /time for 2025/2026

## **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 (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), The UWSA's student groups (theuwsa.ca), Gallery 1C03 exhibits (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 ISS
- **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 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 Student **Services**

International Student Services (ISS) is a student services department that offers comprehensive support to international students at The University of Winnipeg. Acting as your dedicated starting point and ongoing support throughout your academic journey, ISS provides an extensive range of services, exciting events, and enriching workshops throughout the year.

### **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.

### International Welcome Day (IWD)

Held at the start of each term (Fall, Winter and Spring), IWD 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 Student Services

8th Floor of Rice Centre 491 Portage Ave.

**Hours:** Monday - Friday

8:30 a.m. - 4:30 p.m.

Phone: 204.786.9469 Email: iss@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 ISS 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.

uwinnipeq.ca/iss/events

### **Income Tax Workshop**

A free service to help you complete your income tax return in Canada. uwinnipeg.ca/iss/income-tax

#### **Enrolment Letters**

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

#### **Student Lounge**

Located at 491 Portage Ave, the Student Lounge 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. 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 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 Anishinaabeg, Anishininewuk, Dakota Oyate, Denesuline and Nehethowuk Nations and the Red River Métis.
- 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

## **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 ISS 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 ISS 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.



#### "Going out for coffee"

"Going for cofffee" 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 + 30

Fall

low +1 / high +10

Winter

low -30 / high -10

## **Transportation**

### **Public Transportation**

Winnipeg Transit is the city's public transportation system that helps you get around conveniently. You can catch buses at designated stops throughout the city, and they follow specific routes with regular schedules. Just check the route maps and schedules online or at bus stops, pay your fare (cash or pass), and hop on to explore the city easily. You can visit Winnipeg Transit at winnipegtransit.com.

### 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.

### Walking

Because the university is located downtown, many attractions, parks, restaurants, and shops are within easy walking distance. Ask your mentor or an ISS 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.

#### 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 ISS 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.

### 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 24 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.



#### 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: ircc.canada.ca/english/visit/visas.asp

### Social Insurance Number

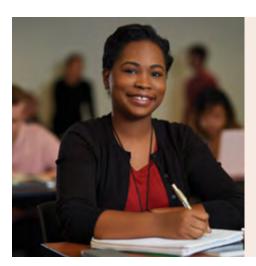
In order to work in Canada, you need to have a valid Social Insurance Number (SIN). If you have one of the following conditions or remarks printed on your study permit, you may apply for a SIN immediately at Service Canada:

"May work 24 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 ISS 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 a.m. - 4:00 p.m.

Get more information about visas, permits, and working in Canada online at: ircc.canada.ca or contact an immigration advisor at ISS by emailing iss@uwinnipeg.ca.



### 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.

## **Campus Services and Supports** for International Students

### **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 Career Advisors

Student Success Advisors uwinnipeg.ca/academic-advising advising@uwinnipeg.ca careers@uwinnipeq.ca

studentsuccess@uwinnipeg.ca uwinnipeg.ca/career-services

### **Accessibility Services**

Accessibility Services provides academic accommodations for students with a wide range of disabilities and medical conditions. Contact Accessibility Services for service and accommodation options.

1M35 (1st floor, Manitoba Hall) 204.779.8946 accessibility@uwinnipeg.ca 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

uwinnipeg.ca/adult-learner-services

### **Awards and Financial Aid Office**

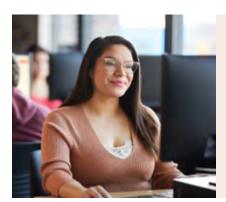
The Awards and Financial Aid Office supports the access and excellence mandate of The University of Winnipeg through a comprehensive program of scholarships, awards, prizes, and bursaries. Check the website for the online application process and deadlines throughout the year.

2Ri06 (2nd floor, Rice Centre) 204.786.9459 awards@uwinnipea.ca uwinnipeg.ca/awards

#### The Bookstore

The University of Winnipeq Bookstore meets all of your academic needs and helps you stay on budget by offering digital, rental, and used books, as well as price matching. All the textbooks and materials needed for courses can be found on the Bookstore's website. Enter your course and section number(s) and your required texts will be listed. 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



### **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 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.

### **Campus Living**

Campus Living offers a variety of housing and meal plan options for students who are living on their own, married, or with families. Living in residence connects you to the heart of student life on campus and the convenience of being minutes away from class.

Student Services Centre (1st floor, Rice Centre) 204.779.UWIN (8946) or 1.800.956.1824 (toll-free) housing@uwinnipeg.ca

uwinnipeg.ca/campus-living

### **Campus Sustainability Office**

Sustainability at UWinnipeq is a collaborative effort between students, faculty, and staff to make the University more environmentally and socially responsible in its physical operations, its governance, and its academic life. The Campus Sustainability Office works to improve our carbon footprint, indoor air quality, water conservation, alternative transportation options, waste reduction, and more.

3RC069 (3rd floor, Richardson College for the Environment and Science Complex) 204.988.7618 sustainability@uwinnipeg.ca

uwinnipeg.ca/sustainability

### 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

accessibility@uwinnipeg.ca uwinnipeg.ca/accessibility



### **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.

### **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 and download the UW Safe app. Familiarize yourself with emergency procedures on the website.

Fire, Police, and Ambulance - 911 Security Services - 204.786.6666 uwinnipeg.ca/emergency-guidelines

### Library

The Library offers a wide variety of academic resources in online, multimedia, and print formats. Research help is available at the reference desk or get quick answers to most questions using the online chat.

4th Floor, Centennial Hall

Reference Desk reference@uwinnipeg.ca

library.uwinnipeg.ca

### **Mentor Program**

The Mentor Program links students with experienced students who provide information, connections, and support with transition to university. The Mentor Program is available to all first time, domestic, international, and refugee students. Upper-level students are encouraged to become a mentor.

491 Portage Ave (8th Floor, Rice Centre) 204.786.9469 iss@uwinnipeq.ca

uwinnipeg.ca/mentor

#### 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, Cafe Bodhi, Tony's Canteen, Bevvies, 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. uwinnipeg.ca/campus-restaurants

### 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

uwinnipeg.ca/student-central

### 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

### 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

### **The Tutoring Centre**

The Tutoring Centre offers one-on-one, and small-group assistance with writing and first-year math, statistics, science, and computer science courses.

Rooms 3G10 & 3G11 (3rd floor, Graham Hall) 204.786.9129 rhettutor@uwinnipeg.ca mstutoring@uwinnipeg.ca

tutoringcentre.uwinnipeg.ca

### **Webinar Wednesdays**

In weekly sessions, Student Services staff share some valuable strategies and tips to help you succeed at UWinnipeg. Check the website for topics and to register. uwinnipeg.ca/webinar-wednesdays

#### Wesmen

Go and cheer on the University men's and women's Wesmen volleyball and basketball teams when they take on other universities from around Canada. Students get free tickets and games are a great place to show your school spirit, make friends, and enjoy a fun night out!

David A. Anderson Gymnasium (1st floor, Duckworth Centre) wesmen.ca



#### Questions?

If you have a question, ask it! If you don't know who to ask, start with International Student Services and we 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!

### UWSA

Established in 1972, The University of Winnipeg Students' Association (UWSA) represents students at The University of Winnipeg. They provide advocacy, services, and support to UWinnipeg students. For more information on student rights and governance, visit theuwsa.ca or follow @theuwsa on social media.

### **Academic Advocacy**

The UWSA's academic advocacy ensures that students are treated with respect and dignity and that the appropriate policies are followed. Your Vice-President Student Affairs can provide guidance to students through the process of academic misconduct appeals, coursework and final-grade appeals, non-academic misconduct allegations, and residence incident reports.

0R30 (Concourse Level, Bulman Student Centre) 204.786.9780 vpsa@theuwsa.ca

theuwsa.ca/academic-advocacy

### **Access Lounge**

The Access Lounge is a space on campus dedicated to students who face barriers as a result of a disability. 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

theuwsa.ca/access-lounge

#### Bike Lab

The UWSA Bike Lab is used for on-campus bike maintenance. The lab is open on Mondays for cyclists to work on their bikes.

Marsha Hanen Way 204 789 4244

theuwsa.ca/uwsa-bike-lab

### **BIPoC Lounge**

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

theuwsa.ca/bipoc-lounge

### **Foodbank**

The volunteer-driven UWSA Foodbank offers food assistance to students and community members on Friday afternoons. To register, contact Harvest Manitoba. To volunteer, see UWSA website.

Concourse Level, Bulman Sudent Centre foodbank@theuwsa.ca

theuwsa.ca/foodbank

#### **Harvest Manitoba Registration Line:**

204.982.3660

### Info Booth

The UWSA's Info Booth answers general questions, sells Peggo cards, offers printing services, approves posters, and sells lab materials such as lab coats or manuals. You can pick up your U-Pass at the Info Booth once you have your student card. The Info Booth is a full-service Canada Post Outlet.

1C19 (first floor, Centennial Hall) 204.786.9787 infobooth@theuwsa.ca

theuwsa.ca/infobooth

### **Rainbow Lounge**

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.

OR13 (Concourse Level, Bulman Student Centre) 204.789.4244

theuwsa.ca/rainbow-lounge

### **Student Groups**

Being a part of a student group is a great way to get involved on your university campus. You can connect with students in your major or join a group based on your hobbies or interests. You can join an existing student group or start your own. Check out the UWSA's website for more info.

theuwsa.ca/student-groups

### **U-Pass**

The UWSA U-Pass is a program in which students receive a bus pass at a highly-reduced rate. In Fall and Winter Terms, undergraduate students taking nine credit hours or more are automatically charged a U-Pass fee. Students pay this fee with their other tuition fees. The U-Pass program is mandatory for applicable students. Transit Plus accepts the U-Pass. Once registered for classes, students can pick-up their U-Pass from the UWSA's Info Booth. Students will need their UWinnipeg student ID. Students should register their U-Pass card on Winnipeg Transit's website. For information about opt-outs, appeals, and questions, please visit the UWSA Info Booth, see the website, or email.

#### **Opt-Out Deadlines:**

Fall Term 2024: September 16, 2024 | Winter Term 2025: January 17, 2025

1C19 (first floor, Centennial Hall) 204.786.9787 u-pass@theuwsa.ca

theuwsa.ca/u-pass

### **Women-Trans Spectrum Resource Centre**

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.

OR12 (Concourse Level, Bulman Student Centre) 204 789 4244 wtsc@theuwsa.ca

theuwsa.ca/women-trans-spectrum-centre

### **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.

Please contact International Student Services at iss@uwinnipeg.ca if you have any questions regarding international health insurance coverage.

#### UWSA Extended Health Plan

The UWSA Health Plan is an extended healthcare plan provided through Blue Cross. All international students on study terms longer than six months are automatically enrolled in the plan. For more information about your health plan number, benefits, opt-outs, opt-ins, and opt-changes, please visit the UWSA website or email.

1C19 (1st floor, Centennial Hall) 431.374.6801 health@theuwsa.ca

theuwsa.ca/healthplan



#### 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 ISS. For more information, contact ISS.

## **Health, Wellness & Safety**

### **Athletic Therapy Centre**

The Athletic Therapy Centre offers athletic therapy and massage therapy services to all students. 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. Some insurance plans, including the UWSA Green Shield health plan, provide coverage for athletic therapy and massage therapy appointments.

0D50 (Lower level, Duckworth Centre) 204.786.9250 athletictherapy@uwinnipeg.ca uwinnipeg.ca/athletic-therapy-centre

#### **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. Go to the front desk of the fitness centre to activate your membership once you have received your student ID card.

1st floor, Duckworth Centre 204.786.9349 duckworth@uwinnipeg.ca recreationservices.uwinnipeg.ca

### **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.

1D24 (1st floor, Duckworth Centre) 204.779.8946 studentwellness@uwinnipeg.ca uwinnipeg.ca/student-wellness

### **Human Rights and Diversity Office**

The University of Winnipeg has a Respectful Working and Learning Environment Policy. This means that all members of the University, including faculty, staff, and students, are expected to maintain an environment that is free of discrimination and harassment. If you feel you have encountered any type of discrimination or harassment, please call the Human Rights and Diversity Office's confidential voice mailbox.

5Ri57 (5th floor, Rice Centre) 204.786.9161 hrdo@uwinnipea.ca uwinnipeg.ca/respect

#### Klinic

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

1D24 (1st floor, Duckworth Centre) klinic.mb.ca 204.779.8946

### 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 large, artificial turf field, 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

recreationservices.uwinnipeg.ca

### **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@uwinnipeq.ca

uwinnipeg.ca/security

### **Security Services - 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; check uwinnipeg.ca; and download the UW Safe app. Familiarize yourself with emergency procedures on the website.

Fire, Police, and Ambulance 911

Security Services 204.786.6666 uwinnipeg.ca/emergency-guidelines

### **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) Sexual Violence & Human Rights Advisor Campus Security Campus Security Klinic Sexual Assault Crisis Program uwinnipeg.ca/askfirst

204.230.6660 (daytime hours) 204.789.4288 204.786.6666 (emergency 24/7) 204.786.9272 (non-emergency 24/7) 204.786.8631 (24/7)

### **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 go 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, select "Apply for Awards" then "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" then "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 - under sidebar, select "Contact Us"

## **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 ISS's guide, Choosing a cell phone in Canada available at International, Immigrant Student Services.

## Renting in Manitoba

### 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 UWinnipeq 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 fewer 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 to understand your rights and obligations as a renter in Manitoba.

For more tips and resources on renting, including links to search for rentals in Winnipeg, please visit our Renting in Manitoba page at:

www.uwinnipeg.ca/iss/information-for-all-students/renting-in-manitoba

### Online Tools & Resources

### **Mobile Apps**



### MyVisit

Manage your time with MyVisit! You can add yourself to the queue for drop-in services with Student Central, Campus Living, and Academic and Career Services



#### **Recreation Services Member App**

The Recreation Services Member App enables students, faculty, and staff to conveniently access information and services related to the University's Recreation Services. Users can sign up for various activities and book courts; access information including hours and amenities; present their barcode membership ID to enter the Fitness Centre; view scheduled activities and events; and view live attendance in the Fitness Centre.



#### **UW Safe**

UW Safe is an essential tool that will send you important safety alerts and provide instant access to campus safety resources.

### 

The University of Winnipeg has partnered with a national online portal called MyCreds™. This is an online credential wallet that contains official documents you receive from UWinnipeg. MyCreds™ provides quick access to official, digitized documents and credentials. It allows you to easily send documents to employers, government offices, funders, post-secondary institutions, and others.

At UWinnipeg, the following documents are provided through MyCreds™:

- Transcripts
- Confirmation of enrolment or graduation letter
- Degree parchments

#### mycreds.ca

#### Nexus

You can access course materials, such as handouts, assignments, and more using your Nexus account. Go to nexus.uwinnipeg.ca and log in with your WebAdvisor username and password. For assistance, introductory videos, and FAQs, visit the website below.

nexus@uwinnipeg.ca

uwinnipeg.ca/student-learning-technologies

### Remote Learning Hub

The Remote Learning Hub provides advice, resources, and tips to help students navigate online courses and succeed in their studies at UWinnipeg.

uwinnipeg.ca/remote-hub

### **Technology Service Desk**

The Technology Service Desk offers advice and support on student-related technology questions.

4C32B (4th floor, Centennial Hall) 204.786.9149 servicedesk@uwinnipeg.ca uwinnipeg.ca/tech-sector

#### WebAdvisor

Use WebAdvisor to register for courses, 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, click on your username, select "User Profile", and then click on the pencil icon to edit the applicable information. If you forget your WebAdvisor username or password, select "Username" or "Password" on the sign-in page and follow the prompts.

204.779.8946 registration@uwinnipeg.ca uwinnipeg.ca/webadvisor

#### Webmail

Check your University webmail account regularly; it's your WebAdvisor username @webmail.uwinnipeg.ca with 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. Use your webmail account for all correspondence with your professors and other University staff.

outlook.office.com

#### Wi-Fi

To log in to the eduroam wireless network, use your UWinnipeg webmail address and password. See set-up instructions: uwinnipeg.ca/wireless



### Waitlists

Are you on a waitlist? Remember to check your University webmail every day for permission to register. Emails are sent out if a seat becomes available, but you have a limited time in which to register off of the waitlist once you are sent the notification.

## **Tips for Success**



### **Keep Your Course Outline**

The course outline or syllabus contains all of the important details about your classes, including when your assignments are due, your reading schedule for the week, and your instructor's office hours.



### **Note Important Dates**

Familiarize yourself with important UWinnipeg dates and deadlines. Put date reminders in your phone and agenda to keep track of assignments, papers, and exams.



### **Declare Your Major**

You are able to declare and/or change your major and/or degree by submitting a new signed major form to Student Central. Forms are available at Student Central or on the website-go to "Current Students" and click on the "Forms" red button.



#### Plan Ahead

Planning out time to work on your assignments and papers will reduce your stress levels and help you achieve higher grades. There are free workshops available on effective time mapping, note-taking techniques, test/exam-taking strategies, and more:

uwinnipeg.ca/study-skills-workshops



### Go to Class and Review the Class Materials

Success in university involves working hard and being diligent. Going to class is super important. Skipping class is often a reason students fail. In addition to attending class, students need to spend time outside of class reading, working on assignments, and researching and writing papers. Review class materials each week to make preparing for exams at the end of term that much easier.





Your student card is used as ID to enter campus buildings after hours, during exams, for Wesmen games, and more. To request your student card, email your photo to Student Central. For photo tips and pick-up dates, see Student Central's website: <a href="https://www.uwinnipeg.ca/student-id-card">www.uwinnipeg.ca/student-id-card</a>.



### **Never Miss an Email**

UWinnipeg uses your webmail account as our primary mode of communication. Check your email regularly so that you do not miss any important information.



### **Visit the UWinnipeg Website**

To find student-related information and resources on the University's website, go to **uwinnipeg.ca** and in the upper, left-hand corner, click the link called "Current Students".



### **Check the Withdrawal Schedules**

A withdrawal schedule is posted before each term begins highlighting both the dates that you can get a full refund when dropping a course and the final date to withdraw from a class (without refund). You cannot drop a class after the final voluntary withdrawal date, so look up these dates before classes begin.

uwinnipeg.ca/withdrawal-schedules



### **Take Care of Yourself**



Take care of all aspects of your health and well-being. Try to find a balance between academics and your personal life. Remember to set aside time for self-care, get a good night's sleep, and spend time with people who care about you. If you feel stressed or overwhelmed, don't be afraid to ask for help from our Counselling Services! Also, keep in mind the support services listed in this resource guide.

## 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 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
- > Not using quotation marks or referencing appropriately
- > Submitting the same work for evaluation to more than one course without the consent of each instructor to do so
- > 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 expect appropriate student conduct and, when necessary, we identify and discipline student academic misconduct as it 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.



## **Testimonials**



**Dhriti Katoch** | B.Sc. Biology **♥** Chandigarh, India

"My time at The University of Winnipeg has truly been amazing! I can't help but feel like a cell about to undergo mitosis—split between excitement for the future and nostalgia for the past. I immersed myself in a rich academic environment while actively engaging in extracurricular activities throughout my time here. Whether I was mentoring international students, pumping up the gym as a Facilities Attendant, or spreading cultural cheer as an ELP Social Cultural Monitor, there was never a dull moment.

I also became a campus guide for future students as a Student Ambassador and took on the role of vice president in the University of Winnipeg Biology Association to open up more opportunities in the department. The opportunities didn't stop there—thanks to amazing events like career fairs and postgraduate seminars, I got to mingle with future employers, unearth exciting career paths, and map out my biology-fueled dreams. Thanks to the University my three-year journey has been filled with growth, opportunities, and unforgettable memories."



**Jeel Vanjara** | B.Sc. Mathematics **9** Ahmedabad, Bharat

"When I think back on my academic career, I think this university's strongest aspect is its renowned professors. Considering my initial unease with the Canadian educational system and my field of study, the instructors here have always been incredibly helpful whenever I have asked for advice, especially with choosing courses. This university is unique in that it allows students to work closely with faculty members—a benefit that is not typically available at universities that frequently have strict requirements. Furthermore, the university's dedication to organizing a wide range of events all through the academic year is remarkable because it helps students—particularly those who are physically separated from their families to study."



**Divya Sanjaykumar Patel** | B.Sc. Computer Science **Q** Gandhinagar, Gujarat, India

"I have found The University of Winnipeg to be incredibly supportive during my Applied Computer Science program with a minor in Statistics. The staff, including professors, office assistants, and the International Student Services department, have been immensely helpful. Professors' office hours provided additional academic support, while events organized by the International Student Services made festivals feel like home. The guidance from academic advisors was invaluable for course selection, a new and beneficial experience for me. The university's various clubs and events, organized by student associations, offered opportunities to learn about different cultures and meet diverse people, enriching my overall university experience."



**Rohit Srinath** | B.A. Theatre and Film - Filmmaking **9** India

"My three years at The University of Winnipeg were transformative. Despite initial challenges like harsh weather, I found immense joy and fulfillment in pursuing a Bachelor's in Theatre and Film. Guided by esteemed educators like Professor Milos Mitrovic, I delved into making short films, networking with industry professionals, and contributing to numerous projects. Transitioning into a mentor role at International Student Services expanded my involvement, while connecting with in-field advisers such as Markus Henkel, Quan Luong and Nathalie Massaroni, led to employment at Farpoint Films. The ultimate lesson I learnt was, the desire to learn from peers is invaluable. I'd recommend UWinnipeg is an excellent starting point for a career in filmmaking."



Mankomaldeep Kaur | B.Sc. Computer Science ♥ Punjab, India

"I graduated in Bachelor of Applied Computer Science from The University of Winnipeg. After completing my high school from India, I moved to Winnipeg for pursuing my higher education. Stepping into a new country was thrilling yet filled with some challenges. My experience at the university was a blend of excitement, challenge, and growth. Initially, it seemed to be difficult to adjust to a new atmosphere, studying together with students all over the world and adapting to a different academic system. However, joining student organizations, attending cultural events, and participating in study groups facilitated forming friendships and a support network. The support from the faculty and peers was instrumental in adapting to the new academic system, ensuring a smooth continuation of my studies. The international student service was particularly helpful, offering resources and organizing events that eased the transition and made me feel at home. Being an international student was a journey of self-discovery. The challenges were real, but the rewards were profound. It was an opportunity to immerse in a new culture, gain a quality education, and grow as an individual. Looking back, it was an experience that shaped me in countless positive ways, preparing me for the diverse and interconnected world."



**Jaskanwal Kaur** | B.A. Psychology **♥** Chandigarh, India

"My journey with The University of Winnipeg began amidst the uncertainty of the Covid-19 pandemic in October 2020. Despite the challenges, receiving acceptance to pursue a Bachelor's in Neuroscience sparked hope. With support from International Student Services (ISS), I found guidance and a mentor who became a cherished friend. ISS remained a steadfast support system, aiding my transition to Canada in 202 and helping me navigate university life. As my interests evolved, I switched my degree to Psychology and engaged in volunteer work that ignited my passion for mental health advocacy. Inspired by my mentor, I joined the ISS mentor program, serving until graduation. Immersing myself in campus life, I took on roles as a Peer Wellness Educator and Events Assistant, honing my skills and confidence.

The University of Winnipeg's commitment to accessibility and inclusivity made my journey transformative. Experiencing the synergy of support services like academic advising under one roof at ISS was invaluable. Grateful for the experiences and connections formed, I embark on the next chapter with profound gratitude."



#### **Ashdown Hall**

English Language Program (ELP)



#### AnX

Balmoral Rapid Transit Hub Brandon University Psychiatric Nursing Campus Store Annabelle and Herb Mays Education Commons Professional, Applied and Continuing Education (PACE) Classrooms

Axworthy Community
Stage



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

UWSA Bike Lab

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)

English Language Program
Registration Office
Faculty of Arts
Gallery 1C03
Library
Map Library
Security Office/Information
//ost 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

Student Counselling Services

Klinic Health Services

Downtown Commons

UWSA Daycare

Helen Betty Osborne
Building

Wellness Centre

Access Education
Wii Chiiwaakanak Learning Centre

G Graham Hall
Faculty of Education

Tutoring Centre

Aboriginal Student
Services Centre (ASSC)
dash Café
LIWSA HIVE

Leatherdale Hall
Tony's Canteen

Langside Learning
Garden

Manitoba Hall
Accessibility Services

Deaf and Hard of Hearing Services

MF McFeetors Hall
Student Residence

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) 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 Student Services (ISS)
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 Records

Community Renewal Corporation The University of Winnipeg Foundation

The University of Winnipeg

Sparling Hall

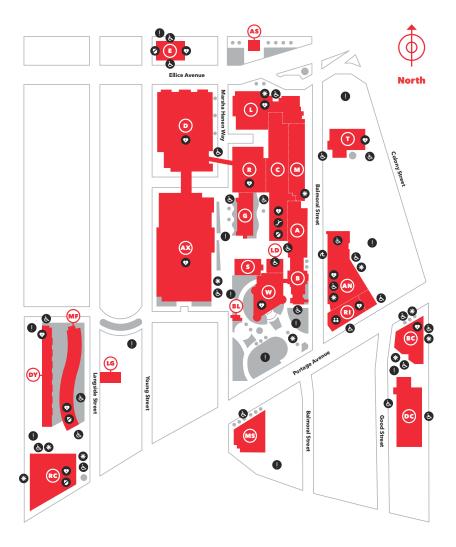
Asper Centre for Theatre and Film

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



uwinnipeg.ca/iss