

TRU INTERNATIONAL ORIENTATION

SUMMER 2018 | STUDENT GUIDEBOOK



**THOMPSON
RIVERS
UNIVERSITY**



GET READY FOR ORIENTATION

Useful Information and Links:

- Temporary wireless login & password

Network: **tru**

Guest User: **newstudent**

Guest Password (case sensitive): **May2018**

- International Days—tru.ca/idays



Student TRU Wireless

LOGIN

Your TRU ID (T00XXXXXX) is used as the student's username on all TRU systems. Passwords will be reset upon first campus computer log in. If this does not happen, myid.tru.ca to reset.

What is myTRU?

myTRU provides everyone in the TRU community with one-stop access to online services. Students can register for courses, check and print out their schedules, access their financial information, check their final grades, view important campus announcements and more.

To log in, go to mytru.ca

TRU Student Card

A Campus Card can be prepared any time, but it can only be issued after course registration is complete.

The Campus Card is used for:

- Accessing library services
- Obtaining the TRUSU U-Pass
- Identification on campus
- Student discounts at merchants throughout Kamloops

Two ways to get a Campus Card

- Send a photo
- Visit the campus card booth in the book store

Card processing at TRU Bookstore

Hours: Monday to Friday, 9 a.m. to 4 p.m.

Card pickup and U-Pass activation at the TRUSU members' service desk in the Campus Activity Centre.

Hours: Monday to Friday, 8 a.m. to 10 p.m.



- Get to know Canada Guide
cic.gc.ca/english/newcomers/before-canada.asp
- Living in Canada Guide—What you should know:
cic.gc.ca/english/resources/publications/welcome/wel-16e.asp
- Newcomers' Guide to BC
welcomebc.ca/newcomers_guide/newcomerguide.aspx

truworld.ca

Engage on social media to win prizes!

#MYTRU



truworld



truworld



mytruworld



truworld



mytruworld



truworld



mytruworld



truworld



Baihua Chadwick

Associate Vice President and
Chief Executive Officer, TRU World Global Operations

On behalf of all the staff at TRU World, I am pleased to welcome you to Canada and to Thompson Rivers University.

You have made a brave choice to study away from home, and we are happy you have chosen TRU. We appreciate the trust you have placed in us. While you will certainly be required to study hard while you are here, I hope you take some time to participate in some of the many activities that are planned each semester. Please be sure to visit the LEAP Desk to find out what extra-curricular activities the team has planned. This is

a great way to learn about the different cultures at TRU, and you may find that you make some lifelong friends in the process!

Please remember you can count on the support of the International Student Advisors (ISAs). Our ISAs, many of whom were once TRU students themselves, are ready and eager to assist you with any issue you may encounter. Turn to your ISA whenever you need advice on any issue, from relationships to accommodation concerns to assistance with learning the about Canadian lifestyle; they are an invaluable resource for you now, and in the months and years to come.

You are here as an ambassador of your country. I encourage you to share your culture with others, and to take some time to learn about some of the many cultures we celebrate on campus. Education happens in more places than a classroom. We have students here from over 89 countries and regions; there is much we can learn from each other!

My sincerest wish for you is that you learn much, share much and enjoy your time with us. Once again, a warm welcome to Canada, to TRU!

Sincerely,

Baihua

THE TRU GO APP

One stop app for all things TRU. Get it today!



CAMPUS BUILDINGS AND PARKING LOTS
 Switchboard
 250-828-5000

VISITOR
GENERAL
ECONOMY

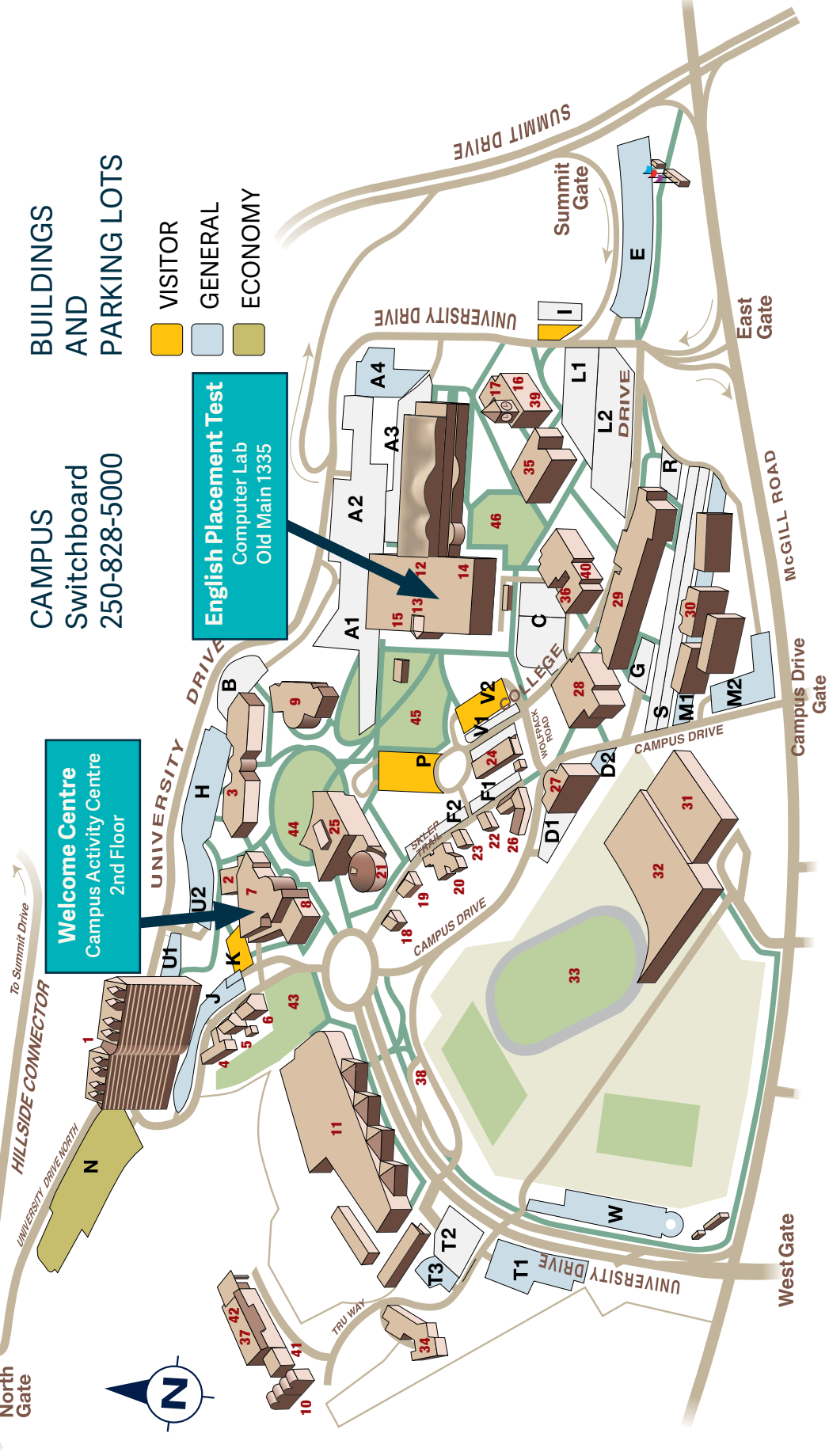
Welcome Centre
 Campus Activity Centre
 2nd Floor

English Placement Test
 Computer Lab
 Old Main 1335

To Summit Drive

HILLSIDE CONNECTOR
 UNIVERSITY DRIVE NORTH

North Gate



- | | | |
|--|--|---|
| 1 TRU Student Residence and Conference Centre | 20 Childcare | 38 Transit Loop |
| 2 Independent Centre | 21 Irving K. Barber BC Centre | 39 Foundation & Alumni |
| 3 Arts & Education | 22 Cplul/kw'ten "The Gathering Place" | 40 Meat Store |
| 4 Horticulture | 23 Sustainability Office | 41 Facilities Shops |
| 5 STaR Centre | 24 Human Resources | 42 Facilities/Parking Services |
| 6 Radio CFBX | 25 Brown Family House of Learning | 43 Horticulture/Parking Services |
| 7 Campus Activity Centre | 26 Research Centre | 44 Campus Commons |
| 8 TRU Bookstore | 27 BC Centre for Open Learning | 45 Campus Green |
| 9 International Building | 28 Gymnasium | 46 Campus Court |
| | 29 Ken Lepin Building | |
| | 30 On-Campus Housing at TRU | |
| | 31 Tournament Capital Centre (City) | |
| | 32 Field House (City) | |
| | 33 Hillside Stadium (City) | |
| | 34 Animal Health Technology | |
| | 35 Library | |
| | 36 Culinary Arts Training Centre | |
| | 37 Materials Distribution Centre & Purchasing | |



CONTENTS

INTERNATIONAL STUDENT SERVICES TEAMS

6

STUDENT SERVICES AND CAMPUS RESOURCES

8

HEALTH AND WELLNESS

11

DINING ON CAMPUS

13

SCHEDULE

15

INTERNATIONAL STUDENT SERVICES TEAMS



International Student Advisors

The International Student Advisors (ISAs) team is a multilingual group of advisors committed to helping students get settled in Kamloops. They provide personal counselling and assistance on various aspects of student life in Canada.

To get in contact with an ISA, please make an appointment or drop in for a visit. He or she will help make students make the most of their stay at TRU, in Kamloops and in Canada.

Get support with:

- Visa and study permit application
- Medical insurance
- Accommodations
- TRU policies and procedures
- Referrals to academic support and liaise with faculty
- Day-to-day challenges (personal or social matters)
- Cultural adjustment

Location: 3rd floor, International Building
Hours: Monday to Friday, 8:30 a.m. to 4 p.m.
250-828-5191 | ISA@tru.ca | truworld.ca

International Student Advisors (ISAs)



Marianna Abutalipova
Russian, French, Dutch
250-852-7672 | mabutalipova@tru.ca



Reuben Onyango
Swahili
250-852-7234 | ronyango@tru.ca



Idah Msiska
Nyanja
250-852-6288 | imsiska@tru.ca



Kamal Grewal Chaudhry
Hindi & Punjabi
250-828-5183 | kkaur@tru.ca



Teresa Wei
Mandarin Chinese
250-371-5875 | twei@tru.ca



Alesya Sharay
Russian
250-377-6186 | asharay@tru.ca



Rika Kimura
Japanese
250-371-5832 | rkimura@tru.ca



Staffen Liu-Calver
Mandarin Chinese
250-371-5792 | sliucalver@tru.ca



Amit Goel
Hindi
250-377-6249 | agoel@tru.ca

Study Abroad Team



Heather Wisla
International Mobility Officer
250-828-5164 | hwisla@tru.ca



Karie Russell
International Mobility Officer
250-377-6053 | krussell@tru.ca



Admissions and Registration

INTERNATIONAL ADMISSIONS

Location: IB 3035
Hours: Monday to Friday, 9 a.m. to 4 p.m.
250-828-5252 | ireg@tru.ca

The office provides the following services:

- Tuition fees inquiries
- Confirmation of attendance/visa letters
- Transfer credit applications
- Official transcript requests

NOTE: All new students must submit official transcripts upon arrival as a part of the conditions of admission. Students who have not done so should visit International Admissions to ensure their registration is completed.



Academic and Program Advisors

ACADEMIC ADVISORS

- Help students in first and second year of any degree program
- Help students enrolled in English as a Second Language courses and program

Location: OM 1155

Hours: Monday to Friday, 9 a.m. to 4 p.m.

250-828-5075 | tru.ca/campus/current/advising

Program Advisors

PROGRAM ADVISORS

- Work with students who are in the third or fourth year of their degree program
- All post-baccalaureate students

Degree Programs	Year	Phone	Email	Office
Bachelor of Arts	3 & 4	250-371-5566	BAAdvising@tru.ca	AE 205
Bachelor of Business Administration, Pre MBA	BBA	250-852-7296	sobedadvisor@tru.ca	IB 2074
Administration, Pre MBA, Post-bacc in Business	3 & 4 Post-bacc All yrs	250-371-5684		
Bachelor of Computing Science	3 & 4	250-377-6022	csdept@tru.ca	HL 424
Bachelor of Education	All	250-377-6048	edadvising@tru.ca	AE 304
Bachelor of Fine Arts	3 & 4	250-828-5482	bfamoreinfo@tru.ca	OM 1543
Bachelor of Interdisciplinary Studies	All	250-371-5566	BAAdvising@tru.ca	AE 205
Bachelor of Journalism	All	250-377-6045	jouradvising@tru.ca	OM 1871
Bachelor of Natural Resource Science	All	250-828-5462	jkarakat@tru.ca	S 205
Bachelor of Science	3 & 4	250-828-5409	jrosvick@tru.ca	S 206
Bachelor of Science in Nursing	All	250-377-6169	sonadvisor@tru.ca	S 120
Bachelor of Social Work	All	250-852-7181	socialwork@tru.ca	AE 364C
Bachelor of Tourism Management	All	250-828-5366	tourismadvising@tru.ca	HL 248
Law Admissions	All	250-852-7847	lawadmissions@tru.ca	OM 4643
Bachelor of Arts, Major in Communication	All	250-377-6072	commadvising@tru.ca	OM 1861

Master's Programs	Phone	Email
Master of Business Administration	250-852-7297 or 1-877-663-4087	mba@tru.ca
Master of Education	250-377-6048	edadvising@tru.ca
Master of Science in Environmental Science	250-371-5570	MSc_coord@tru.ca

International Student Services Leadership Team



Tony Rogge

Director International
& Managing Director
TRU World Global Operations

250-371-5852 | arogge@tru.ca



Donna McGrath

Associate Director,
International Student
Services & Study Abroad

250-852-6312 | dmcgrath@tru.ca



Eric Kim

Manager, International
Student Services & Housing,
TRU World

250-371-5788 | ekim@tru.ca

IMPORTANT DATES TO REMEMBER

	SPRING / SUMMER			FALL
	SS1	SS2	SS3	
Start of term	May 7, 2018	June 25, 2018	May 7, 2018	Sep 4, 2018
End of term	June 22, 2018	Aug 10, 2018	Aug 10, 2018	Dec 15, 2018
Start of classes	May 7, 2018	June 25, 2018	May 7, 2018	Sep 5, 2018
Mid-semester break				
End of classes	June 22, 2018	Aug 10, 2018	Aug 10, 2018	Nov 30, 2018
Registration Opens	Mar 5, 2018	Mar 5, 2018	Mar 5, 2018	Jun 2018
End of course change period (add/drop/audit, late registration)	May 11, 2018	June 29, 2018	May 18, 2018	Sep 18, 2018
Last day to withdraw from a semester course	May 25, 2018	July 13, 2018	June 29, 2018	Oct 26, 2018
Start of examinations	June 18, 2018	Aug 6, 2018	July 30, 2018	Dec 3, 2018
End of examinations	June 22, 2018	Aug 10, 2018	Aug 10, 2018	Dec 15, 2018
Final day for faculty to submit semester grades (as per Policy ED 3-11)	June 29, 2018	Aug 17, 2018	Aug 17, 2018	Dec 21, 2018
Due date for tuition and fee payment (Domestic and International)	May 4, 2018	June 22, 2018	May 4, 2018	Aug 31, 2018
End of 100% refund period (minus commitment fee or tuition deposit)	May 11, 2018	June 29, 2018	May 18, 2018	Sep 18, 2018

Visit our website for upcoming events tru.ca/events

RECOGNIZED STATUTORY HOLIDAYS (university closed)

Victoria Day	May 21, 2018
Canada Day	July 1, 2018
British Columbia Day	August 6, 2018
Labour Day	September 3, 2018
Thanksgiving Day	October 8, 2018

STUDENT SERVICES AND CAMPUS RESOURCES

Student TRU Wireless

LOGINS

Your TRU ID (T00XXXXXX) is used as the student's username on all TRU systems. Passwords will be reset upon first campus computer log in. If this does not happen, myid.tru.ca to reset.

NEW STUDENTS

A student who is admitted into a program or registered in a course will have accounts for the following:

- Network
- Wireless
- Outlook email
- Moodle

Before logging in to any of these systems, you are required to reset your temporary password in the self-service password reset portal at myid.tru.ca

For help, please email ITServiceDesk@tru.ca

Office of Student Affairs

CREATING CONDITIONS FOR SUCCESS

This office provides a wide range of services and supports such as orientation and transitions, academic conduct, including academic integrity, non-academic conduct, academic appeals, early alert, student emergencies, student off-campus safety and travel, multi-faith chaplaincy and Greek societies.

Location: OM 1631, Student Services

Hours: Monday to Friday, 8 a.m. to 4 p.m.

STUDENT SERVICES AND CAMPUS RESOURCES



Student Services

For information about student services, visit tru.ca/campus/services

STUDENT SUCCESS COURSES

From intercultural communications to fundamental academic skills, Student Success courses prepare you for student life. Five flexible, one-credit courses are offered throughout the semester.

Location: OM 1631
Phone: 250-828-5023
tru.ca/stss

Supplemental Learning

Forget cramming—master challenging introductory courses with the help of your peers. Stay on track with skills and strategies for learning course content in Supplemental Learning (SL) study sessions led by students experienced in the target course and trained in strategic learning. Attend on a weekly basis or whenever you need support. Watch for special exam review sessions.

Location: OM 2699
Phone: 250-828-5277
tru.ca/sl

The Writing Centre

Become a better writer. Get free math/stats help. Peer tutors and faculty at the Writing Centre provide answers to your questions, feedback, and advice. You'll also find handouts, tutorials and online resources.

Location: OM 2674
Phone: 250-371-5689
tru.ca/writingcentre

Economics Help Centre

The Economics Help Centre is a free service for students and is staffed by economics faculty. Students can work alone or together with other students in a relaxed, informal environment with help readily available.

Location: IB 1021
Hours: Monday to Friday during fall and winter semesters.
Hours vary, so please check the schedule.

Math and Statistics Help Centre

The Math and Statistics Help Centre is a free service for students staffed by mathematics and statistics faculty and upper-level students. It is open to students taking any TRU course that involves mathematics or statistics, but is most useful for UEPREP and first-year-level courses.

Location: HL 304
Hours: Monday to Friday, 9:30 a.m. to 3:30 p.m. during fall and winter semesters
tru.ca/mathcentre

PRIVATE TUTORS

For students who prefer individual attention and wish to hire a private tutor, the mathematics department maintains a tutor list of students and graduates. Tutors on this list are independent of TRU and rates and scheduling should be arranged directly with the tutors.

Email: Suzanne Feldberg, sfeldberg@tru.ca
Phone: 250-828-5212
tru.ca/science/programs/math/math_help_centre



Early Alert

If you experience academic difficulty, contact Early Alert to access resources and support services. Drop-in, email, or call to connect with your academic safety net.

Location: OM 1464

Phone: 250-828-5213

tru.ca/earlyalert

Contact a Student Case Manager to learn about your rights and responsibilities, including academic and non-academic conduct.

Location: OM 1631

Phone: 250-828-5023

Email: studentaffairs@tru.ca

tru.ca/studentaffairs

Career Education

Gain work experience and prepare for your future. The Career Education Department offers career development services and co-operative education (co-op)—paid experience in your field, for credit. Explore careers, get one-on-one career counselling or learn résumé writing and interview skills. Check out our job board, employer events, and annual job fair.

Location: OM 1712

Phone: 250-371-5627

Email: careereducation@tru.ca

tru.ca/careereducation

Campus Services

LOST AND FOUND

All lost items on the Kamloops campus can be found in OM 1631 except for USB drives, which are forwarded to Computer Lab support at OM 1326.

Phone: 250-828-5024

TRU Generator

TRU Generator is an entrepreneurial community at TRU that provides mentorship, education, venture creation and seed funding support for TRU alumni, students, faculty and staff. The

Generator offers online resources and tools known as Startup Academy for startup teams and individuals to help develop their minimum viable product. It also offers a diverse mentor

network of seasoned entrepreneurs and business leaders and events for students, entrepreneurs and anyone interested in growing the startup community on the TRU campus.

Location: HL basement

Email: generator@tru.ca

tru.ca/generator

Student Awards

Get assistance in financing your education and living costs. Be recognized and rewarded for your academic excellence. Talk to a student finance advisor at the Student Awards and Financial Support office about your financial options, as well as awards available throughout your program.

Location: OM 1631

Phone: 250-828-5024

tru.ca/awards

Multi-Faith Chaplaincy

A Multi-faith Chaplaincy on campus provides religious and spiritual care to the TRU community's students, faculty and staff. They provide an operating model of interfaith respect and co-operation. The Multi-faith Chaplaincy acts as a religious and spiritual resource, encouraging thoughtful reflection and dialogue. TRU also provides a multi-faith space where members of the TRU community can reflect, pray and meditate. A multi-faith calendar is available to note when specific observances take place.

Location: OM 1421

Phone: 250-371-5940

Email: chaplains@tru.ca

HEALTH AND WELLNESS

Wellness Centre

Give yourself a break! Your well-being is key to achieving your academic and personal goals. The Wellness Centre offers free health and wellness classes, workshops, and resources, fun stress-busting events and a quiet place to relax or ask questions about your health and wellness.

Location: OM 1479

Email: Chelsea Corsi, TRU Wellness co-ordinator, ccorsi@tru.ca

Phone: 250-828-5010

Facebook: facebook.com/truwellnesscentre

tru.ca/wellness

Sports and Recreation

INTRAMURALS

Throughout the week, Campus Recreation organizes non-competitive, leisure team sports in the TRU gym. Teams get a playing schedule with allocated playing times. Playing times vary from week to week, but each sport gets approximately one hour. Sports equipment is provided for each of the sports, except for goalie gear for intramural soccer and intramural floor hockey. All teams must have a minimum of one player of each gender playing on the court at all times.

Location: Campus Recreation Office gym 303

*Fees vary per sport

Counselling Services (Academic and Personal)

When you need help with academics, career development, or personal growth, the supportive staff at Counselling Services can provide confidential counselling in a safe and affirming atmosphere. Drop in, book an appointment, or use our online resources.

Location: OM 1651

Phone: 250-828-5023

tru.ca/counselling

Medical Insurance

MEDICAL INSURANCE IS MANDATORY IN CANADA AT ALL TIMES

TRU automatically enrolls all new students with guard.me insurance for their first 90 days in Canada. Students can opt out of guard.me coverage if they already have medical insurance that covers them up to a minimum \$500,000 in medical expenses.

Exchange students must complete the opt-out form on **guard.me/tru** website and upload their insurance in English immediately.

guard.me/tru



Medical Services Plan (MSP) Insurance

Three months after entering British Columbia, students are eligible to enrol in the BC Medical Services Plan (MSP).



Under the Medicare Protection Act, enrolment with the Medical Services Plan (MSP) is mandatory for all eligible residents and their dependents. ISAs will help new students to complete an application for MSP insurance during orientation.

For those who missed this opportunity or have questions, go to **my.gov.bc.ca/msp/application/prepare** or attend TRU World workshops. Check with an ISA for workshop dates.

EXTENDED HEALTH AND DENTAL INSURANCE (TRU STUDENT UNION)

The following students have to opt in if they want coverage under the TRUSU Health and Dental Plan:

- Winter semester students
- Summer semester students
- Exchange and visiting students
- Students who previously opted out
- Dependents of the above

If a student opts in to the TRUSU Health and Dental Plan, he or she is NOT automatically enrolled every year and will need to opt in manually again the following year to maintain his or her coverage.

To opt in for the TRUSU Health and Dental program, students must go to the Members Services desk in the Students' Union Building (in the Campus Activity Centre). A health and dental opt-in form must be completed and a fee paid.

tru.ca/services/health-dental



Medical Clinic

APPOINTMENTS

Appointments are required as this is not a drop-in clinic. For the best possible care, students are asked to consult their personal physician first, if possible.

ABOUT THE TRU MEDICAL CLINIC

The clinic is available to all registered students, staff and faculty of TRU and provides a full range of medical services, provides vaccinations, and annual flu clinics.

Call 250-828-5126 or drop in to make an appointment. If you cannot make your appointment, please call and cancel. If you have had three "no shows" our clinic will no longer be able to continue booking appointments for you.

Location: OM 1461

Hours: Monday to Thursday, 8:30 a.m. to 4 p.m.
(closed from 11:45 a.m. to 1 p.m.) and
Friday, 8:30 a.m. to 3 p.m. (open during lunch).

WALK-IN CLINICS

These are the walk-in clinics that do not require appointments:

Kamloops Urgent Care Clinic

Location: 4-910 Columbia St. (north side of Superstore)

Note: no X-rays

Phone: 250-371-4905

Hours: Monday to Friday, 9 a.m. to 5 p.m.; weekends and holidays,
9 a.m. to 1 p.m.

Summit Medical Centre

Location: 4-1380 Summit Dr.

Note: no X-rays

Phone: 250-374-9800

Hours: Monday to Friday, 9 a.m. to 8 p.m.; weekends and
holidays, 10 a.m. to 3 p.m.

North Shore Virtual Care Clinic

Location: 4-517 Tranquille Rd.

Phone: 250-434-4441

Hours: Call for hours physician is available

Kinetic Energy Healthcare Centre

Location: 207-450 Lansdowne St.

Phone: 250-828-6637

Hours: Monday to Friday, 9 a.m. to 5 p.m.;
Saturday 9 a.m. to 1 p.m.; closed Sunday



Safety and Campus Security

TRU is committed to providing a safe and secure campus environment.

On the Kamloops campus, security services are provided all day, every day. The security office is on the first floor of the Brown Family House of Learning in room 128.

If a student needs first aid, sees anything suspicious, requires assistance or the Safe Walk program or is anxious about his or her safety on campus, contact security services.

- Dial **250-828-5033** or **5033** or **1111** from any campus phone
- Press the **INFO** button on any emergency phone, which are the red phones within buildings or on the yellow pillars outside or in parking lots. Emergency services can also be reached on these phones by pressing the **EMERGENCY** button.
- All campus payphones have a **SECURITY** button and it's free
- Use the **TRU SAFE** app

In an emergency, always call 911 for police, fire or ambulance services, then contact security as soon as it is safe to do so.

Sexualized Violence Prevention

Access support for victims and survivors of sexualized violence including emotional support, safety planning, on and off campus referrals, academic and/or housing accommodations, and reporting options. Learn more about education and prevention initiatives.

Location: OM 1651

Phone: 250-828-5023

Email: Meaghan Hagerty, mhagerty@tru.ca

tru.ca/sexualviolence

Accessibility Services

Gain equal access to learning opportunities through Disability Services. If you are living with a disability, you may be eligible for supports such as exam accommodation, alternate format text material, sign language interpretation, access to adaptive technology, and the facilitation of in-class note-taking.

Location: OM 1631

Phone: 250-828-5023

Email: dso@tru.ca

tru.ca/disabilityservices

DINING ON CAMPUS



Summer Hours

tru.ca/food

STARBUCKS

Hot and cold drinks and some sandwiches and baked goods.

Old Main, 1st floor

Open Monday-Thursday: 8:00am - 3:00pm

Friday: 8:00am - 2:00pm

Closed Weekends

TIM HORTONS

Hot and cold drinks. Sandwiches, donuts and soup.

House of Learning, 1st floor

Monday - Thursday: 8:00am - 4:00pm

Friday: 8:00am - 3:30pm

Closed Weekends

TRADES CAFÉ

Hot and cold drinks, snacks, hot dogs and light meals.

Trades Building

Monday - Thursday: 7:30am - 1:00pm

Friday: 7:30am - 12:30pm

Closed Weekends

THE U&M DELI

Chicken shawarma or falafel wraps, salads, paninis, vegetarian and vegan entrees and samosas.

Old Main, 2nd floor

Opens May 7th

Monday - Friday: 10:00am - 1:30am

Closed Weekends

All other campus food locations will be closed over the summer but will re-open September 4, 2018.

Eat on campus with the Dining Card

Delicious, hearty, healthy meals are provided on campus.

The Dining Card gives students a simple and convenient way to eat on campus and is accepted at nine campus locations.



LIVE CHAT WITH THE **ISA** TEAM



The ISA team is a multilingual group of advisors committed to help you get settled in Kamloops. They provide personal counselling and assistance on all aspects of student life in Canada.

They will be more than happy to assist you in your journey here at TRU.

If you have any questions at all, don't wait to see your ISA. Use the LIVE CHAT feature and get an immediate response.

Log on to truworld.ca



CONTRIBUTE TO OURTRU.CA



ourTRU.ca is your space. This is a student run blog where students share their experiences for the world to read and be inspired. Email : suraj@ourTRU.ca

Tuesday, May 1 Wednesday, May 2		Thursday, May 3			Friday, May 4		
<p>Welcome Centre (registration and advising) Campus Activity Centre 10am - 4pm Breakfast snacks are provided</p>	<p>English Mountain Room, CAC 10 - 11:20am</p>	<p>Hindi Barber Centre, HL 10 - 11:20am</p>	<p>Chinese Lecture Hall, CAC 10 - 11:20am</p>	<p>Japanese Summit, CAC 10 - 10:50am</p>	<p>Everything you wanted to know about studying and working in Canada, but were afraid to ask Canada Immigration Rules: Studying and Working Career Education: Plan for Success Grand Hall 9 - 10:50am</p>		
	<p>Living on campus Mountain Room, CAC 11:30am - 12:20pm</p>	<p>Living off campus Barber Centre, HL 11:30am - 12:20pm</p>	<p>Living in Homestay Summit, CAC 11:30am - 12:20pm</p>	<p>Info Session for Parents Lecture Hall, CAC 11:30am - 12:20pm</p>		<p>Safe and Sound: Do's and Don'ts in Canada Grand Hall, CAC 11 - 11:50am</p>	
<p>Student Services & Resources Grand Hall 12 - 12:30pm</p>							
<p>Lunch break Terrace Room, CAC 12:30 - 1:20pm</p>							
<p>Campus Tour Banks/Cell phone info booth Grand Hall 11am-3pm (every 30 mins) myTRU portal OM 1327, 11am-3pm (every hour) Medical Insurance Workshop The Den, CAC Post Bac Business students special - transfer credits Alpine Room 11am-3pm MBA, MEEM, MSCEEM Graduate student check in Summit Room, CAC 11am-1pm BBA Course Planning session IB 2006, 11am-12pm BCS Course Planning session IB 2006, 1-2pm</p>	<p>Getting involved: Make the most of your time at TRU The Den, CAC 1:30 - 2:20pm 2:30 - 3:20pm 3:30 - 4:20pm</p>	<p>Study Hard, Play Harder: Activities, Day Trips & Student Recreation Barber Centre, HL 1:30 - 2:20pm 2:30 - 3:20pm 3:30 - 4:20pm</p>	<p>Canada, eh? Culture in the Classroom Mountain Room, CAC 1:30 - 2:20pm 2:30 - 3:20pm 3:30 - 4:20pm</p>	<p>Go where Google can't (yep, it's a Library tour) Main Library 1:30 - 2pm 2 - 2:30pm 2:30 - 3pm 3 - 3:30pm 3:30 - 4pm 4 - 4:30pm</p>	<p>Kamloops Community Living - Welcome to your New Home Grand Hall 1:30pm - 2pm</p>	<p>Lunch break Terrace Room, CAC 12:30 - 1:20pm</p>	
<p>May 1 - Game of TRUones: Badminton, Bocci and many more! May 2 - Hike in Kenna Cartright Park May 2 - City Tour (bus) 4 - 6pm</p>	<p>Games, storytelling, medicine bags making 4:30 - 6pm</p>	<p>Shopping Tours Aberdeen Mall, Superstore, Walmart 4:30 - 6pm</p>	<p>Summer Fest: Friends, Food and FUN! 3 - 7pm Campus Commons</p>		<p>Loonies & Toonies: Learn how to budget Mountain Room, CAC 2 - 2:50pm</p>	<p>How to Adult: Tips and Tricks from Dr. Wei The Den, CAC Teresa & Marianna 2 - 2:50pm</p>	<p>TRU Generator: Start your entrepreneurial journey 1st floor, HL 2 - 2:50pm</p>

New international student **SUMMER SEMESTER CHECKLIST**

- Take the English Placement Test (if applicable)**
HOW: Register at Welcome Centre. If you arrive late, register at TRU World office (3rd Floor International Building).
- Submit a copy of your Study Permit and first page of your passport**
HOW: Email it to ISA if you missed Welcome Centre check in.
- Sign up for MSP insurance, unless you are an exchange or visiting student**
HOW: Meet with your ISA if you missed Welcome Centre check in.
- Select your academic courses**
HOW: Meet with your Academic or Program Advisor.
- Register for courses**
HOW: Go to the International Admissions office to register for your courses after it has been approved by the academic/program advisor.
- Get your student ID and U-PASS**
HOW: When you are registered for courses, go to The Bookstore (CAC) to pick up your ID and activate it at TRUSU.
- Activate myTRU**
HOW: This can be done online. Go to myTRU.ca. If you have difficulties, visit our website tru.ca/its/students/mytru
- Print your course schedule**
HOW: This can be done online via myTRU.

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