



Welcome to Laurentian University (LU)!

Laurentian International is providing this guide to help you prepare for your arrival in Sudbury.
 You can get more information by clicking on the links that are provided.

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Important Links

- University Website: www.laurentian.ca
- Applicant Portal: <https://intranet.laurentian.ca/prospectivestudents/>
- Important Dates: <https://laurentian.ca/important-dates>
- myLaurentian Student Portal: <https://my.laurentian.ca/user/login?destination=node/20>
- WebAdvisor: <https://webadvisor.laurentian.ca/WAMAIN/WAMAIN?TYPE=M&PID=CORE-WBMAIN&TOKENIDX=1332665813>
- Desire 2 Learn (D2L): <https://d2l.laurentian.ca/>
- City of Greater Sudbury : <https://www.greatersudbury.ca/>
- Citizenship and Immigration Canada: <http://www.cic.gc.ca/english/>
- University Health Insurance Plan (UHIP): <http://uhip.ca/>
- Laurentian International Website: <https://laurentian.ca/international-student-services>

Important Contacts

LAURENTIAN UNIVERSITY

1-705-675-1151
<https://laurentian.ca/>

LAURENTIAN INTERNATIONAL

1-705-675-1151 ext. 1554, 1557, 1558, 3706
 Parker Building, P – 210 (2nd Floor)
international@laurentian.ca

*For all other university contacts see the following link: <https://laurentian.ca/contact-us>

- ❖ Be sure to follow the [Laurentian International](#) Facebook page by searching us on Facebook.
- ❖ And the [Laurentian Exchange Student](#) Facebook page by searching us on Facebook.





Checklist

Before you leave your home country:

- Please accept your offer as per the guidelines indicated in your offer of admission. Please see your [Applicant Portal](#) for further instructions. A note that a \$500 tuition deposit is required upon acceptance.
- [Flywire](#) is the recommended method of payment for international payments at Laurentian University: <https://www.flywire.com/pay/laurentian>
- Make sure you have all the documents you need to enter Canada and understand the conditions of your study permit: <http://www.cic.gc.ca/english/study/study-arriving.asp>
- Book your plane ticket.
- Request an airport pick-up from the Sudbury Airport by emailing international@laurentian.ca.
- Find a place to live in Sudbury or confirm your living arrangements with the Residence Office.
- Get to know details about Canada, like the weather, it's people, the government and it's laws: <http://www.cic.gc.ca/english/newcomers/before-canada.asp>
- **Check your Laurentian email account every day**, as this is how we will be communicating with you.

We strongly suggest that you:

- Bring enough prescription medication for the first few months of your stay in Canada.
 - Obtain the necessary travel and emergency medical insurance for your trip.
 - Bring enough Canadian currency to cover your expenses for the first few days in Canada (\$500-\$1000 CDN cash).
- 1) If possible, bring a credit card with you. Please note however, **Laurentian does not accept credit cards** as a method of payment for tuition. *Contact your bank to confirm that your credit card will work in Canada.
- Bring some cultural articles like clothing/art/music/traditional items from your home country to display at our International Education Week.

When you arrive at Laurentian:

- Attend the International Student Orientation.
- Open a Canadian bank account and get a Canadian cell phone or SIM card.
 - We will help you with this during the International Student Orientation.
- Get your LU student card at the myLaurentian Hub (first floor of the Parker Building).
- Register for your courses. Visit the Centre for Academic Excellence to get help from an Academic Advisor with course registration. See the following link: <https://laurentian.ca/centre-academic-excellence>
- Buy your textbooks.
- Verify your student account balance on [Webadvisor](#) and pay your tuition fees using [Flywire](#).
- (Optional) Get an Ontario Photo ID card so that you can leave your passport safely at home. <https://www.ontario.ca/page/ontario-photo-card>.



Travelling to Sudbury

Before boarding your plane, make sure that you have all your necessary documents for entry into Canada and keep these documents accessible to you during travel (**not in your checked baggage**):

- A valid passport.
- A Temporary Resident Visa (or electronic Travel Authorization (eTA) if applicable).
- The letter of introduction that you received from the visa office when your study permit was approved.
- An air ticket with a **final destination of Sudbury** (YSB on your ticket).
- Health certification (only if required by the Canadian Embassy in your country).
- Proof that you have enough money to pay for your tuition fees, your accommodations, and living expenses.

Arrange your travel for a **final arrival destination of Sudbury**, Ontario (YSB on your ticket). If you can only book a ticket for Toronto Pearson Airport (YYZ), you can get to Sudbury with the following options:

1. **Purchase a flight ticket to Sudbury at the Air Canada counter** upon arrival at Toronto Pearson International airport.
2. **5 Seasons Shuttle Service.** This service will pick you up at the Toronto Pearson International Airport and drive you to Sudbury. Contact them for more information at 1-705-522-2277 or 1-800-461-3582, note that they require 48 hours advance notice.
3. **Greyhound or Northland bus to Sudbury;** this is a 4 to 5 hour bus ride.

Student Airport Pick-Up

Laurentian University is pleased to offer a free airport pick up service **at the Sudbury Airport** during the move-in dates and during Orientation Week. To access this service, you must give us your arrival details at least 48 hours prior to your arrival by sending the completed information to the international email at international@laurentian.ca.

We require the following information:

1. Student Name
2. Student Number or I.D.
3. Flight Number
4. Date of Arrival
5. Time of Arrival
6. Destination (For example: Residences on campus or a hotel)

Please notify us if your travel plans change. If you miss your connecting flight or are delayed for any reason, please advise us so that we can re-arrange your airport pick-up time.

1-705-675-1151 ext. 1554, 1557, 1558, 3706

EMERGENCY NUMBER: 1-705-698-1283 for phone calls and text messages

If no one answers, please leave your name, phone number, and reason for calling. We will check the messages and provide assistance to you as soon as possible

International Student Orientation

When you first arrive to Canada, many things about life in North America may seem strange to you. Our Orientation Program has been designed to provide new international students with information and guidance regarding various matters. For students starting during the fall semester, a copy of the Orientation Week Schedule will be available on your Applicant Portal, on the myLaurentian Portal and on the Laurentian International Facebook page. This is a great way to meet new students!

Orientation activities may include:

- President and Director's Welcome
- Campus tour of Laurentian University
- Tour of the City of Greater Sudbury
- Help with opening a bank account, buying food, shopping and getting a cell phone
- Health Insurance (UHIP) registration

International Student Activity Program (ISAP)

The ISAP committee organizes special outings, events and activities for international students throughout the year. Some activities for example are skiing and hiking trips, weekend trips to other Canadian cities like Niagara Falls, Toronto, Ottawa and Montreal. Information regarding these events will be sent to your Laurentian email and posted on the Laurentian International Facebook page.



Housing and Accommodation

The following information is provided to help you decide which housing option is best suited to you.

On-Campus Residences

Students apply for on-campus residences on the applicant portal. The residence application should be submitted before the application deadline. Information about Laurentian University residences can be found at following link: <https://laurentian.ca/accommodations>. Students can also contact the Residence Office at 705-675-1151 ext. 4814 or by email at residences@laurentian.ca.

Note: Students living in a Laurentian University residence (West, East, SSR or UC) are required to purchase a meal plan. There is the option to stay at one of the federated university residences (On-Campus). Free wifi is not provided with the federated universities. For more information about the federated university residence please contact them:

- ❖ University of Sudbury 705-673-5661
- ❖ Huntington University 705-673-4126
- ❖ Thorneloe University 705-673-1730



Off-Campus Housing

Private dormitory-style student housing in the city:

1. Suite Times

- i. A boutique style private student residence with all the amenities of home offers newly renovated rooms and a convenient location in downtown Sudbury.
 - Cost: \$550 to \$850 per month
 - Telephone 1-705- 562-7368
 - Website: <https://suitetimes.ca/>

2. Sitiri

- i. Accommodating up to 70 students, this private student residence at 50 Lisgar Street is located across the street from the city's main bus terminal, students can enjoy the convenience of being just one direct bus route from anywhere in the city.
 - Cost: \$415 to \$650
 - Email: john@luxormangement.ca

Renting an apartment:

Apartments in Sudbury are usually available with one, two, or three bedrooms. The cost for apartments in Sudbury is approximately between \$550 and \$1000 CDN per month, which may or may not include utilities (electricity, water, heat, etc.) and usually does not include internet (wifi).

This might be a suitable arrangement for someone who is planning to study for a period longer than eight months since many apartments require you to stay for one year. Because this option cannot be pre-arranged, you should be prepared to spend the first few days in a hotel or temporary housing.

The following links have information on apartments for rent in the Greater Sudbury area:

- www.kijiji.ca
- www.thesudburystar.com
- www.northernlife.ca
- <https://my.laurentian.ca/> (Visit the LUjiji section on the myLaurentian Student Portal.)

University Health Insurance Plan (UHIP)

Once you arrive at Laurentian University, you will be required to enroll with UHIP as this is **mandatory** for all international students attending Ontario universities. The cost is \$51* per month or \$612* for the full year. (**Costs are subject to change.*)

The earliest this health insurance can start is the **10th day of the month prior to the beginning of your classes**. For example, if a student is beginning their studies in September, UHIP can start no earlier than August 10th. The UHIP registration will be done during the International Orientation. If you are unable to make it to the International Orientation, please visit Laurentian International Student Service Office to register for your health insurance coverage.

Please note:

- To find out more about UHIP coverage, visit their website at www.uhip.ca.
- Instructions on how to print the UHIP coverage card will be provided during orientation.
- *Any dependents (spouse and/or children) who will be living with you in Canada should also be enrolled.*
- *We strongly recommend that you purchase extra travel medical insurance before you leave your home country.*

Important note:

If you have other health insurance, such as OHIP or insurance offered through for example the King Abdullah Scholarship Program (KASP), you may be exempt from buying UHIP. You will need to inform our office and show proof of this other insurance.

Students also have an extended health insurance offered through their student associations (AÉF, SGA or GSA). This insurance is for prescription medication, dental care, vision care as well as some other professional services such as physiotherapy. Students can choose to “opt-out” of the extended health insurance, to do this, please contact your student association.

Keep Me Safe

Keep Me Safe is your International Student Support Program. They offer help when you need it most – from everyday problems to serious issues and anything in-between.

- Get immediate help night or day
- Talk to someone in your own language
 - Choose from 200+ languages
- Private and confidential
- Call, chat, email
- FREE for LU students



Telephone: 1-844-451-9700

Website: <http://myissp.com/#/> or <http://www.keepmesafe.org/>



Estimated Cost of Studying at Laurentian University

International students can expect to spend ***approximately*** between \$40,000 and \$55,000 CDN per academic year to live and study in Canada. Tuition fees can be found at the following link: <https://laurentian.ca/undergraduate-fees>.

Housing and other fees (September to April):

| | |
|---|--|
| Housing/accommodation | \$6,426 to \$8 500 |
| Mandatory meal plan* | \$1,870 to \$4,700 |
| Food | \$2,500 to \$3,000 |
| Books and supplies | \$1,000 (approximate) |
| Transportation | \$0 (for full-time students from September to April)** |
| Miscellaneous (Winter clothing, laundry, social activities, etc.) | \$2,500 (approximate) |

These fees are ***estimates*** provided to help you with your budget. These fees are subject to change without prior notice.

- *The mandatory meal plan only applies to students living in Laurentian University’s residences: East Residence, West Residence, University College, Single Student Residence and Mature Student Residences.
- **The transit pass is ***only*** provided from September to April for full-time students: your student card acts as your bus pass. This service is provided by the student associations. For spring and summer sessions, a monthly bus pass can be purchased at the main bus station for approximately \$78 per month.
- ***Any extended health benefits and bus pass offered by your student association only start in the fall sessions. Students who start in the winter or spring sessions should see their student association about opting in for these benefits.



- ❖ Flywire is the preferred method of payment for international payments. Please see the following link to make a payment at Laurentian: <https://www.flywire.com/pay/laurentian>