Learn how to maintain your academic and personal well-being. Mingle through the GSA fair and learn about special graduate student offers from many on-and off campus service providers.

Understand Canada and campus perspectives, learn essential tips on where to shop, how to stay healthy and safe, how to survive the winter weather, and much more!

Discover new and exciting fun sports and recreation activities you can get involved with on campus!

**Tuesday, August 28**

**Welcome Breakfast**
8:15 - 9:15 am
CCIS PCL Lounge
Enjoy a free breakfast while you mingle with other students and campus staff.

**University Welcome**
9:20 - 10:15 am
CCIS 1-430
Join us for your official University Welcome with special invited guests and meet your International Student Advisors!

**Immigration / Health Insurance**
10:15 - 10:35 am
CCIS 1-430
Learn important details about immigration regulations and health insurance for students in Canada.

**Library Services**
10:45 - 11:05 am
CCIS 1-430
An important tool for every student, library services provides more than books! Learn about the many resources, workshops, and online programs to help you at any stage of your education.

**Rights and Responsibilities**
11:05 - 11:25 am
CCIS 1-430
Learn about your responsibilities as a UAlberta student, as well as the rights you have on campus. This session focuses on academic integrity, cheating, plagiarism and more.

**Academic Success**
11:25 - 11:45 am
CCIS 1-430
The Student Success Centre presents the current environment of the Canadian classroom. They will explain how to work with your supervisors, coordinators, and students.

**Graduate Panel**
11:45 am - 12:30 pm
CCIS 1-430
Insider tips and perspectives for success. Hear from fellow graduate students on what strategies they implemented and how they overcame challenges.

**Graduate Student Association Fall Orientation**
1:00 - 3:30 pm
CCIS 1-440
Learn how to maintain your academic and personal well-being. Mingle through the GSA fair and learn about special graduate student offers from many on-and off campus service providers.

**Wednesday, August 29**

**Living day to day**
9:30 - 10:30 am
Telus 150
Understand Canada and campus perspectives, learn essential tips on where to shop, how to stay healthy and safe, how to survive the winter weather, and much more!

**Rec Services: Find what moves you**
10:30 - 11:00 am
Telus 150
Discover new and exciting fun sports and recreation activities you can get involved with on campus!

**InfoMart**
11:00 am - 4:00 pm
Telus Atrium
InfoMart is where you can purchase a cell phone, get information about local and national banks, and on housing around campus. You can also find out about services and resources on and off campus. Bring ID and a credit card.

**Transitions BBQ**
11:30 am - 2:00 pm
Telus Centre
North Field
Enjoy delicious food, take photos with UAlberta mascots, meet friendly faces and listen to music! Food tickets are $2 each. Purchase at Campus Check-in.
Thursday, August 30
Undergraduate Orientation

Welcome Breakfast
8:15 - 9:15 am
CCIS PCL Lounge
Enjoy a free breakfast while you mingle with other students and campus staff.

University Welcome
9:20 - 10:15 am
CCIS 1-430
Join us for your official University Welcome with special invited guests and meet your International Student Advisors!

InfoLink
10:15 - 10:20 am
CCIS 1-430
Learn about InfoLink and its important connection to on-campus resources.

Immigration / Health Insurance
10:20 - 11:00 am
CCIS 1-430
Learn important details about immigration regulations and health insurance for students in Canada.

Campus Safety
11:15 - 11:30 am
CCIS 1-430
University Protective Services share tips to keep you safe on and around campus.

Rights and Responsibilities
11:30 - 11:45 am
CCIS 1-430
Learn about your responsibilities as a UAlberta student, as well as the rights you have on campus. This session focuses on academic integrity, cheating, plagiarism and more.

11:45 am - 12:15 pm
CCIS 1-430
Insider tips and perspectives from current international students. Hear which strategies worked and how they overcame challenges.

12:15 - 12:30 pm
CCIS 1-430
Lunch and break

Mental Wellness
1:00 - 2:00 pm
CCIS 1-430/1-440
A session on promoting mental health awareness. Learn how to identify warning signs and where to find help on campus.

2:00 - 3:00 pm
CCIS 1-430/1-440
A session that provides the skills and tools you need for academic success. You will learn study skills and strategies on how to manage your time effectively.

3:00 - 4:00 pm
CCIS (Various rooms)
Academic Advantage

3:00 - 4:00 pm
CCIS (Various rooms)
Choose your own Adventure

3:00 - 4:00 pm
CCIS (Various rooms)
Choose one of the following sessions: Playing Across Diversity; Peer Panel; Money Matters; or Eating Right.

4:00 - 5:00 pm
CCIS (Various rooms)
Choose your own Adventure

Choose one of the following sessions: Welcome to the Territory; Staying Active; Leadership; or Peer Panel.

Register early for these events at the International Services Centre — space is limited.

Other Events

IKEA Shopping Trip
Saturday, Sept. 1
8:30 am — 1:30 pm
Need furniture? Sign up for a trip to IKEA! Food & transportation provided.
Meet in front of Telus Centre.

Farmer’s Market
Saturday, Sept. 1
10:00 am - 12:00 pm
Get a peek into Canadian culture at the local Strathcona Farmer’s Market. Meet at East Campus Commons.

Explore West Edm. Mall
Saturday, Sept. 1
2:00 pm - open ended
Visit the largest shopping mall in North America! Enjoy indoor entertainment, shopping & attractions.
Meet in front of Telus Centre.

New Student Orientation (Students’ Union)
Friday, Aug. 31 & Monday, Sept. 4, 9:30 am — 4:00 pm
A full-two day program that includes activities with your Faculty, campus tours, and ends with an address from President Turpin. A separate registration is required: visit New Student Orientation online: www.su.ualberta.ca/orientation
QUESTIONS?
Visit the International Services Centre: 142 Telus Centre
Connect online www.uab.ca/iss arriving@ualberta.ca

THANK YOU!
Transitions would not be possible without the efforts of our campus partners, committed volunteers and presenters. Their assistance, time, energy, and encouragement are greatly appreciated!

Our Sponsors: