

International Student Pre-Arrival Guide



Table of Contents

Introduction	4
Immigration	4
Temporary resident visa (Visitor Visa).....	4
Electronic Travel Authorization (eTA).....	4
Study permit.....	5
Study permit extension.....	5
Co-op work permit.....	5
Medical examination.....	5
Biometrics.....	6
Visa Application Centres.....	6
Resources.....	6
Health Insurance	7
Resources:.....	7
Extended health insurance.....	8
Resources:.....	8
Private Health Insurance.....	8
Academic Overview: Calendar, Enrollment & Registration	10
Enrollment Status.....	10
Registrar's Office.....	10
Resources.....	11
Housing	12
Shared and short-term accommodation.....	12
Websites with rental listings.....	13
Monthly expenses.....	13
Resources.....	14
Residential Tenancy Law	15
Resources.....	15
Transportation	16
Compass card.....	16

Resources	16
Driving	17
Car sharing.....	17
Cycling	17
Resources	18
Working while Studying	19
Social Insurance Number.....	19
Work permits	19
Resources	19
Income Tax Information	20
Additional Resources	20
Travelling to Vancouver	21
Border Interaction.....	21
Resources	21
Families and Dependents	22
School Enrollment	22
Employment, Settlement and Multicultural Services	23
Provincial Government Resources	23
Settlement Organizations.....	23
Counselling Services and Mental Health Resources	24
Empower Me (by Studentcare)	24
Here2Talk	24
MindHealthBC.....	24
Crisis Line Association of BC	24
Scholarships and Bursaries	26
Adler University Scholarships.....	26
External Scholarship Sites	26
Counselling Psychology	26
Industrial and Organizational Psychology	26
Public Policy and Administration.....	26
Public Policy and Administration.....	27
Art Therapy.....	27

Introduction

Adler University feels like home. We hear this all the time from our students. Our culture is collaborative, action-oriented and above all, supportive. You are joining a community of students and educators who want you to succeed, and who are ready to help you every step of the way.

We know moving to Vancouver for your graduate studies is a major life transition. That's why we have developed this pre-arrival guide to help you get settled as part of the Adler and Vancouver community. This guide covers everything from traveling to Vancouver and finding housing to getting around the city and obtaining a work permit.

We are excited to welcome you to the Adler University Vancouver Campus and hope you will soon feel at home.

Immigration

The first step in your journey to Adler University is your immigration process. Before travelling to Canada, you must obtain the necessary documents from Immigration, Refugees and Citizenship Canada (IRCC). After arriving, be sure to remain in good standing as a temporary resident by complying with the conditions listed on your study permit and work permit.

Temporary resident visa (Visitor Visa)

Some international students require a temporary resident visa (TRV) to enter Canada, including re-entering after temporarily leaving the country. Whether you require a TRV depends on your country of citizenship. Visit the Government of Canada's website for a list of countries whose residents require a TRV to enter Canada. If a TRV is required and this is your first time applying for a Canadian study permit, your TRV will be automatically issued to you upon approval of your study permit application. If this is not your first time applying for a Canadian study permit, you must apply for a TRV separately.

Electronic Travel Authorization (eTA)

Your letter of introduction will include information about your Electronic Travel Authorization (eTA) if you are from a visa-exempt country. The eTA will be linked to your passport and is valid for either five years or until your passport expires.

Study permit

If your program of study is longer than six months, you must get a study permit. Your study permit allows you to stay in Canada for the duration of your program as long as you comply with the conditions listed on the permit. You can apply for your study permit online or through a Visa Application Centre. A letter of introduction will be sent to you upon approval of your study permit application. This letter authorizes the border services officer to issue your study permit at the Canadian border when you arrive.

Study permit extension

If you already have a study permit, make sure it will not expire before your program start date at Adler University. You must have a valid study permit at all times (or be actively awaiting a decision on a study permit extension) in order to study in Canada. If you need to extend your study permit, we recommend that you apply for an extension well in advance (at least 3 – 4 months) before your study permit's expiration date.

Co-op work permit

It's also a good idea to apply for a co-op work permit at the same time as your study permit application. This is a specific type of work permit that must be obtained before you can start your program's mandatory work components, including the Social Justice Practicum, which often takes place in the first semester of your program.

Please note that if you plan to work with vulnerable populations such as children or seniors for your practicums or when undertaking part-time employment, you should make sure to take the Immigration Medical Examination as part of your study permit application.

Medical examination

If your program is longer than six months in duration, you may need to complete a medical examination as a requirement of your study permit application. Medical exams may be completed after you submit your application. Examinations must only be conducted by an authorized panel physician. Visit the Government of Canada's website listed in the resources to find a panel physician in your area.

Biometrics

Unless you are a citizen of the United States, you will need to provide biometrics (fingerprints and a photo) to complete your study permit application. Contact a Visa Application Centre to make an appointment to have your biometrics taken.

Due to COVID-19, applicants applying for temporary residence from inside Canada are [temporarily exempt from needing to provide biometrics](#).

Visa Application Centres

Visa Application Centres (VACs) are official support centres contracted by the Canadian Government to provide local assistance with Canadian visa applications. Staff at a VAC can assist you throughout the entire process of submitting your study permit application to IRCC. You can also have your biometrics taken at a VAC by appointment.

Resources

[Apply online for a study permit](#)

[Find out if you require a temporary resident visa](#)

[Apply for a temporary resident visa](#)

[Find a Visa Application Centre](#)

[Information on biometrics](#)

[Information on medical examinations](#)

Health Insurance

You'll need to obtain health insurance while you're studying here in Vancouver. Here's what you need to know about insurance in Canada:

Medical insurance in Canada is made up of two parts: primary or *basic insurance* and secondary or *extended insurance*. Each province in Canada is responsible for its own basic health insurance plan. British Columbia's basic insurance is called the BC Medical Services Plan (MSP). Anyone residing in B.C. for six months or longer is legally required under the *Medicare Protection Act* to enrol in MSP.

MSP covers essential medical services such as seeing a doctor at a medical clinic, hospital visits and medically required tests. Once enrolled, you will receive a BC Services Card with your Provincial Health Number. This number is required when you access medical services provided through MSP.

The cost of MSP for International students is \$75 per month from the month that coverage begins. This fee will be invoiced to you directly from the BC Medical Services Plan.

You should apply for MSP as soon as you arrive. Your coverage will not take effect until approximately three months (the remainder of the month you arrive plus two additional months) after your arrival date in B.C. To protect you during this gap in coverage, Adler University has partnered with guard.me, a private health insurance company that will provide you with basic health insurance until you receive your BC Services Card. The cost of this insurance is \$1.45/day. More information on guard.me coverage will be provided to you before your travel to Vancouver.

If you are currently located in B.C. and have not yet applied for the MSP insurance, please contact the International Student Services Coordinator or the Student Services, Manager for support.

You can enrol your dependents (spouse and children) in MSP by logging into your MSP Account online and adding their information. The \$75 fee applies only to study permit holders; therefore, unless your dependents also hold valid study permits, they will receive MSP benefits for free.

If you are already covered by MSP, check the expiry date on your BC Services Card to ensure your coverage is still valid. To renew your MSP coverage, take your BC Services Card, passport, new study permit and additional identification to an ICBC driver licensing office.

Resources:

[Apply for MSP](#)

[FAQ on health insurance](#)

[Guard.me information](#)

[Find an ICBC driver licensing office](#)

Extended health insurance

Adler University has partnered with Studentcare to provide an extended health plan that covers additional medical expenses, including dental, vision, paramedical, counselling and travel insurance for all enrolled students at the university. Students are assessed the mandatory plan fee in either the Fall or Spring term, depending on their start date. Students who start at Adler during the Summer term will join the extended health insurance plan in the following Fall term.

If you have alternative extended health insurance, you can opt out of Studentcare within the first ten days of the term. Once you opt-out of the plan, you cannot re-enroll until the following Fall term.

Students who keep their extended health plan can claim some of their counselling services from an R.Psych, RCC or MSW practitioner. See more on Counselling Services later in this document.

Resources:

[Studentcare plan details](#)

[How to submit a claim through Studentcare](#)

[Find an RCC](#)

[Find an R. Psych](#)

[Find an MSW](#)

[Mental Health Practitioner Listings \(Psychology Today\)](#)

Private Health Insurance

You might find yourself without health coverage at times during your stay in Canada. This could be the case if you choose to arrive in Vancouver several weeks or months before your program starts, or upon completing your program, you are waiting for a Post-Graduation Work Permit application decision. What should you do? We strongly recommend that you obtain temporary coverage. Here are a few private insurance companies that offer temporary coverage:

[David Cummings Insurance Services](#)

Ingle International

Manulife CoverMe

Academic Overview: Calendar, Enrollment & Registration

Adler University's academic year comprises three semesters: Fall, Spring and Summer. Each semester is 16 weeks in duration. Standard-length courses run in the Fall and Spring for 15 weeks. In the Summer term, courses run for 12 weeks. Each semester is considered a regular academic period. We advise international students to remain enrolled with full-time status in all three semesters to comply with the conditions of their study permit.

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Spring				Summer				Fall			

Enrollment Status

As an international student, you should maintain full-time status throughout each semester of their academic program. Students who maintain full-time status are eligible to work part-time off-campus and to apply for a post-graduation work permit upon completion of their studies.

The following table illustrates Adler University's enrolment status policy (per semester):

Program	Full-time	Part-time	Less than part-time
All graduate programs	6+ credits	3–5 credits	1–2 credits

Credit hour requirement exception: If you're registered for practicum (including the Social Justice Practicum), practicum continuation, dissertation proposal (non-PsyD students only), dissertation, full-time internship, internship continuation or externship, you will be granted full-time status in the term regardless of the number of course credits for which you are registered.

Students must maintain satisfactory progress towards degree completion. This means being consistently registered from start to completion of the program and taking a course load that ensures steady progress towards completing your program within the maximum time allowed.

Registrar's Office

You'll find the registrar's office on the fifth floor of Adler University. The registrar will provide information and support on how to register for your courses, and receive and process your tuition payments for each semester.

The registrar will also issue the following documents:

- Enrollment verification letter
- Degree verification letter
- Official transcripts

To request the above items, complete and send the appropriate request form to vanregistrar@adler.edu.

For a complete list of the registrar's services, visit the registrar's page on Adler Connect.

Resources

[Adler University 2020-2021 Course Catalog](#)

[Registrar's Page \(Adler Connect\)](#)

[Enrolment and Degree Verification Form](#)

[Transcript Request Form](#)

[How to register for courses using Self-Service](#)

Housing

Studying at Adler University in Vancouver is a truly unique experience. Vancouver is one of the world's most exciting and breathtaking cities – reflecting a true Canadian spirit. The city boasts an assortment of neighbourhoods, each with a distinctive atmosphere and amenities. Choosing the best place to live will depend upon your budget, interests and priorities.

Here's a list of streets with convenient public transit access for direct travel to Adler University:

Commercial Drive	Hastings Street
Main Street	Fraser Street
East & West Broadway/Lougheed Highway	Kingsway
Granville Street	West 4 th Avenue
Oak Street	Cambie Street

Many students choose to share living accommodations with their fellow classmates. We have a Vancouver Housing Resource Facebook group for you to connect with fellow international students, find a roommate, and ask questions about living and renting in Vancouver. If you don't use Facebook but would like to explore the possibility of living with a fellow student, please let us know, and we will do our best to connect you.

Shared and short-term accommodation

While housing in Vancouver is competitive, there are a variety of shared and short-term accommodation options where you can settle temporarily while you look for a long-term place to live that best fits your needs.

[Global Education City \(GEC\)](#): Safe, comfortable and fully furnished accommodation for domestic and foreign students at an affordable rate. The price of suites includes utilities, Wi-Fi and housekeeping services. Contact GEC directly at 604-669-6686 or info@studenthotel.ca.

[VanMates](#): Fully furnished houses and apartments for students and young professionals in many areas of Vancouver, including walking distance to Adler University.

[Columbia Student Hotel](#): Located in Gastown within walking distance of Adler University.

[4-Stay](#): This service offers rooms for rent, off-campus housing and homestay providers across Vancouver at various price points.

[Homestay.com](#): Find a homestay in Vancouver from a range of different hosts, including young couples, retired couples and families. Homestay offers unique amenities, including conversation practice and support for integrating into Canadian culture.

[Apt Living](#): Micro suites for students and young professionals in the South Granville area. The building includes amenities and social activities and is located 20 minutes from Adler University by bus.

Websites with rental listings

[Craigslist](#)

[ApartmentLove](#)

[Adler University Off-Campus Housing \(provided by Off-Campus Housing 101\)](#)

[Kijiji](#)

[UV Rentsline](#)

[PadMapper](#)

Monthly expenses

Estimated living expenses for students in Greater Vancouver:

- Rent: \$550–\$2,500 per month
- Utilities (may be included with rent): \$40–45 bimonthly—visit [BC Hydro](#) for details
- Mobile Phone: \$45–\$90 per month
- Internet & Cable: Approximately \$56 per month (including student discount)
- Transit Fare Pricing- Monthly Pass: 1-Zone \$98, 2-Zone \$131, 3-Zone \$177
- Medical Services Plan: \$75 per month (international student rate)
- Groceries: \$200–\$400 per month depending on your shopping preferences

Pricing for popular housing options:

- GEC Student Hotel: \$850–\$2,000 per month furnished and includes utilities
- Columbia Student Hotel: \$800–\$1,400 per month
- VanMates: \$650–\$3,000 per month depending on housing type
- Homestay.com: \$15–\$80 per night; can include meals and utilities
- Shared housing: \$550–\$1,300 per month; can include utilities
- Independent Living: \$750–\$2,500 per month; can include utilities

Resources

[Adler University Vancouver Campus Housing Resource Facebook Group](#)

[TransLink Fare Pricing](#)

[Medical Services Plan Overview](#)

Residential Tenancy Law

Once you find a place to live, you'll then want to become familiar with the *Residential Tenancy Act* (RTA). The RTA outlines your rights and responsibilities renting British Columbia. Here's some important policies to keep in mind:

Inspection Reports	At the start and end of your tenancy, you and your landlord should walk through the apartment to inspect the condition of the unit. Keep a checklist of each room and note any observations. This record will help determine if you are responsible for any damages as a result of your tenancy.
Security Deposit	Also known as a "damage deposit," a security deposit is money collected by the landlord to pay for damages that you may cause to the unit during your tenancy. The deposit will be collected at the start of the tenancy and returned at the end. Per section 19(1) of the RTA, the maximum amount a landlord can hold for this deposit is 50% of the monthly rent amount. A separate damage deposit may be collected for owning a dog or cat.
Due Date for Rent	The full cost of rent must be paid on or before the date it is due (per your agreement with the landlord)—usually the first of the month. Rent should always be paid on time. If your payments are consistently late, your landlord may have cause to end the tenancy per section 47 of the RTA.
Notice of Moving	When you decide to move out of your apartment, you must provide your landlord with formal notice one-month before your move-out date. This applies only if you are on a month-to-month rental agreement, or if your fixed-term agreement is coming to an end.

Be advised that if you are renting from a roommate but do not have a formal agreement with the landlord, you are not covered by the RTA. In such cases, we recommend that you request the landlord include you as a "co-tenant."

If you have questions, the Tenant Resource & Advisory Centre (TRAC) is a non-profit organization promoting legal protection, information and support for residential tenants in B.C. We also recommend TRAC's Tenant Survival Guide for further information on residential tenancy law.

Resources

[Residential Tenancies \(BC Government\)](#)

[Tenant Resource & Advisory Council \(TRAC\)](#)

[TRAC Tenant Survival Guide](#)

Transportation

Adler University is located in downtown Vancouver, but many students will commute to campus from other parts of Vancouver and its suburbs. The good news is our campus is highly accessible via TransLink, Greater Vancouver's public transportation network, which offers the following services:

Skytrain is Vancouver's light rapid transit system consisting of three integrated lines:

- Expo Line: Connects Vancouver with the cities of Burnaby, New Westminster and Surrey.
- Millennium Line: Travels from Vancouver through Burnaby into Port Moody and Coquitlam.
- Canada Line: Connects downtown Vancouver to the Vancouver International Airport (YVR) and the City of Richmond.

Buses: Vancouver's vast bus network offers convenient stops and connections throughout Greater Vancouver. NightBus is TransLink's late-night bus service which runs every 20–30 minutes, seven days per week.

SeaBus: A passenger-only ferry that crosses the Burrard Inlet connecting Downtown with the North Shore. If you live in North Vancouver or West Vancouver, the SeaBus may be your most convenient mode of transportation to campus.

Compass card

All TransLink services can be accessed with a Compass card, which is a reloadable card that is tap-enabled. You can purchase a Compass card at various stores throughout Vancouver, Compass Vending Machines (CVMs) located at Skytrain and Seabus stations and online. Your card can be loaded using a debit or credit card at a CVM, online or by phone.

Adler University does not have access to U-Pass. Currently, only certain public universities in Greater Vancouver are eligible for this benefit. Visit TransLink's website for [details on the U-Pass BC Program](#).

Resources

[TransLink](#)

[Compass card information](#)

Driving

Auto insurance, driver licensing and vehicle registration are handled by the British Columbia Insurance Corporation (ICBC).

Full-time enrolled international students with a valid study permit and a valid international driver's licence are allowed to drive in British Columbia with no special restrictions. However, any restrictions imposed upon your driver's licence in your home country also apply when driving in B.C.

Your vehicle must be registered, licensed and insured before you take it on the road. To do this, visit an authorized ICBC Autoplan Broker. If you've recently purchased a vehicle or are bringing a vehicle into the province from outside of B.C., the vehicle must be registered, licensed and insured within 30 days of purchase or arrival.

If importing a vehicle from the United States or another country, please review Transport Canada's guide on Importing a Vehicle.

If your vehicle is insured in another Canadian province or in the United States, contact ICBC Interjurisdictional Licensing at 604-443-4624 or toll-free (B.C. only) at 1-800-665-4336 for more information.

The speed limit in Vancouver is 50 kilometres per hour (km/h) unless otherwise indicated by a traffic sign. The speed limit on lanes behind houses and buildings is 20 km/h. Areas near schools and parks usually have a speed limit of 30 km/h. Those caught driving over the speed limit ("speeding") will be subject to a fine.

Car sharing

Car sharing services let you gain access to a car when needed without the ongoing costs of insurance and maintenance. The following companies offer car sharing:

[Evo](#) (Through Adler's partnership with Evo, receive a free membership and 45 minutes of driving by using the promo code 'BFF')

[Modo](#)

[Zipcar](#)

Cycling

You can ride your bike on almost all streets throughout Vancouver – thanks to the city's extensive network of designated bike routes. Make sure that your bike has front and rear lights

and a rear reflector; even if you don't cycle at night, you will find that these make it easier for drivers to see you. And remember to buy a helmet, for it's the law to wear one at all times when riding (unless you are wearing a turban).

Adler University offers limited, free bicycle parking under the building. You can also register your bike to receive a tracking number if your bike gets lost or stolen. Unfortunately, there are no lockers or showers on campus, so you will need to take care of your belongings and stay dry!

Resources

[Vehicle Registration and Insurance](#)

[Map of Cycling Routes in Vancouver](#)

[Transport Canada: Importing a Vehicle](#)

Working while Studying

While you're here in Vancouver, you may choose to work for a variety of reasons: to support your tuition and living expenses, to gain insight into the culture of work in Canada, to meet new people and engage with the community or to start building your professional career. However, as an international student, you must follow specific regulations for working in Canada. Depending on the nature of your employment, you may also require a specific type of work permit.

Full-time international students whose study permits enable them to work are allowed to work a maximum of 20 hours per week off-campus during the regular academic year (including the summer term). Given the physical constraints of the Vancouver Campus, Adler University has limited opportunities to work on-campus.

The minimum wage in B.C. is \$14.60 per hour (as of June 1, 2020) and will increase to \$15.20/hour on June 1, 2021. Employment standards like minimum wage are set through labour laws and the *Employment Standards Act of BC*. Before starting your employment, please [familiarize yourself with these laws and standards](#).

Social Insurance Number

The Social Insurance Number (SIN) is a 9-digit number issued by Service Canada, a department of the Government of Canada. All workers in Canada must have a valid SIN. Once you have arrived and obtained your study permit, you can apply for a SIN online, by mail or in-person at a Service Canada Centre. If applying online, it will take approximately 20 days to receive your SIN by mail.

Work permits

While your study permit may allow you to work a restricted number of hours off-campus, a specific type of work permit is required for certain forms of employment. A co-op work permit is required for employment essential to complete your program, such as a practicum or internship. Please note that you can maintain part-time employment on- or off-campus while engaging in your practicum or internship hours as long as you have both a co-op work permit and the remarks allowing you to work on your study permit.

The post-graduation work permit is another type of work permit that enables eligible international students to pursue employment after completing their academic program.

Resources

[Information on working as an international student](#)

[Apply online for a Social Insurance Number](#)

[Find a Service Canada Centre](#)

Income Tax Information

The Canadian Revenue Agency (CRA) is the administrator of income tax in Canada. The Canadian income tax year is from January 1 to December 31. Each year, Canadian residents (including international students) who owe income tax are required to determine the amount of tax owed and file their tax return with the CRA by April 30 for the previous calendar year.

To file your tax return, you will need a Social Insurance Number, supporting documents from your employer, supporting documents from your bank (if you have investments), and the required tax forms from Adler University. The tax forms you may receive from the university are as follows:

T2202: States the amount of tuition and applicable fees paid to the university.

T4A: Applies if you received a scholarship or bursary from the university.

These forms will also be posted to your CRA My Account. If you have not already created this account, please take a moment to do so, as it will be helpful for communicating with the CRA in regards to your tax filings and obligations.

Here's some resources that can give you more information on how to file taxes and receive support with your tax return:

CRA Free Tax Clinics: This Community Volunteer Income Tax Program under the CRA offers support to low-income individuals (most students will qualify). They can assist with preparing your tax return. Certain clinics are operating in-person while others are virtual. Multilingual services are available in some clinic locations.

CRA Video Series: On its YouTube channel, the CRA has created 16 short videos covering a variety of topics related to tax filing specifically for international students.

H&R Block: This is a private company that hires accountants and tax preparation professionals to assist individuals with filing taxes. They have student rates available, so please inquire with their staff about the discounts.

Additional Resources

[Find out if you need to file a tax return \(CRA\)](#)

[Overview of taxes for international students \(CRA\)](#)

[Determine your residency status \(CRA\)](#)

[Newcomers to Canada guide to filing taxes \(CRA\)](#)

[Students guide to filing taxes \(CRA\)](#)

[Contact the Canadian Revenue Agency](#)

Travelling to Vancouver

Due to the COVID-19 pandemic, it is critical that you are aware of the latest Canadian travel restrictions. Please review the Canadian Government's travel laws and become familiar with the safety protocols that must be obeyed when travelling to Canada. We strongly recommend flying directly to Vancouver International Airport (Airport Code: YVR) to avoid unnecessary complications with your journey. Student Services will connect with you before your departure to update you on the latest COVID-19 related travel and quarantine protocols.

Check the [Canadian government's website for updates](#) to the international student travel policy.

Border Interaction

Upon arriving in Canada, you will be greeted by a border services officer who will ask to see your passport or travel documents and ask a few questions about your stay in Canada. The officer will check to confirm that you meet the requirements to enter Canada and may also request proof of enrolment at Adler University, as well as proof that you are able to financially support yourself during your stay in Canada. Before the officer issues your study permit, you will need to present the port of entry letter of introduction sent to you by the visa office that approved your study permit application.

Resources

[COVID-19 Travel Information](#)

[Self-Quarantine Information](#)

[Crossing the border: documents you need](#)

Families and Dependents

You may be able to bring your eligible dependents (spouses/common-law partners/dependent children) with you to Canada during your study period. When applying for your study permit, please consider applying for the appropriate work or study permit for your partner or dependent children. If you need any support with your application for dependent family members, please contact Student Services for a possible referral to an immigration consultant.

School Enrollment

You may be eligible to enroll your dependent school-aged children (ages 5-18) in public schools in the Vancouver area. Please make sure to contact the school district in the city you will be residing in to find out what paperwork is required. Many school districts have Settlement Workers in Schools (S.W.I.S) who may be able to support you.

Employment, Settlement and Multicultural Services

Moving to a new country can be a little nerve-wracking. Luckily, Vancouver offers a range of support services to help you get acclimated. The city is home to thousands of new migrants each year, including new Canadians and international students.

Provincial Government Resources

[WelcomeBC](#) is a provincial government website that provides information to support newcomers, including international students, studying and working in BC. It also has information to help you settle into your new life in this province.

[WorkBC](#) is a provincial government agency that helps people find jobs, explore career options and improve their skills. Schedule an appointment with a career counsellor for advice and information on career planning, participate in individual or group workshops, access job search services and more.

Settlement Organizations

[MOSAIC](#) and [S.U.C.C.E.S.S.](#) are non-profit settlement organizations that support the specific needs of immigrants and international students in Vancouver. These organizations provide settlement services, opportunities for community engagement, help finding employment, social activities, and support lines available in multiple languages.

Counselling Services and Mental Health Resources

As you try to balance your coursework and settle into a new city, you may feel increased stress. Adler University is committed to supporting your mental health and well-being. We have put together a list of resources you can access whenever you need help. It's important to reach out for support any time you feel in need.

Empower Me (by Studentcare)

All students enrolled in the Studentcare extended health plan have access to [Empower Me](#), a 24/7 free and confidential mental health service. Connect with a counsellor over the phone for immediate support or schedule an appointment with a mental health professional. You can connect with a range of different professionals, including psychologists, social workers and nutritionists. To access Empower Me, call toll-free at 1-833-628-5589 from anywhere in Canada and the United States.

International Students currently residing outside of Canada (from 22 select countries) have access to Empower Me 24/7, 365 days per year. Here is a [list of country-specific phone numbers](#).

Here2Talk

[Here2Talk](#) is a 24/7 mental health support line available to all post-secondary students in British Columbia. Whether you seek emotional support or are in distress, call 1-877-857-3397 (or 1-604-642-5212 from outside of Canada) to connect with a counsellor within minutes. "No issue is too big or too small."

MindHealthBC

[MindHealthBC](#) is an interactive, online directory that recommends mental health resources available in your community. The website also provides a crisis phone line and crisis chat service.

Crisis Line Association of BC

The Crisis Line Association of BC operates two 24/7 mental health support lines:

- Call 310-6789 for emotional support and resources specific to mental health in British Columbia.

- Call 1-800-784-2433 if you or someone you know is in crisis and having thoughts of suicide.

Scholarships and Bursaries

You may be eligible for financial awards to help cover your tuition and living expenses. Financial awards can be broken down into two categories: internal (offered through Adler University) and external.

Adler University Scholarships

Adler University offers a range of scholarships to make our programs more accessible to socio-economically diverse students. The majority of these scholarships are offered at the time of Admissions. No separate application is necessary, and your Admissions Advisor will assess your application for scholarships during the evaluation process.

For continuing students, there are limited endowed and internal scholarships and bursaries offered. Announcements for these will be sent to your Adler email when they are available.

There are various awards and grants available to graduate students throughout British Columbia and Canada. The following resources could help you find an opportunity within your program area. International students should check the award criteria to ensure they are eligible to apply.

External Scholarship Sites

- [Key to Scholarships](#)
- [Scholarships Canada](#)
- [yconic](#)
- [ScholarTree](#)

Counselling Psychology

- [Canadian Counselling and Psychotherapy Association \(CCPA\)](#)
- [Canadian Education and Research Institute for Counselling \(CERIC\)](#)
- [Canadian Psychological Association](#)
- [American Psychological Association](#)

Industrial and Organizational Psychology

- [Society for Industrial and Organizational Psychology \(SIOP\)](#)
- [American Psychological Association](#)

Public Policy and Administration

- [Canadian Association of Programs in Public Administration \(CAPPA\)](#)
- [American Psychological Association](#)

Public Policy and Administration

- [Canadian Association of Programs in Public Administration \(CAPPA\)](#)
- [American Psychological Association](#)

Art Therapy

- [Canadian Art Therapy Association \(CATA\)](#)



adler.edu

**For more information on relocating to Vancouver
to attend Adler University, please contact:**

Colin Osaka

International Student Services Coordinator

cosaka@adler.edu

236-521-2435

Susanne Milner

Manager, Student Services and Alumni Affairs

smilner@adler.edu

236-521-2433