



ADLER UNIVERSITY

International Student Guide

Summer 2026

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Welcome to Adler University

We are excited to have you join us at the Vancouver campus of Adler University for your graduate studies. As you prepare to relocate, we hope this pre-arrival guide will support you. Should you have any further questions, don't hesitate to contact your Admissions Advisor or reach out to the Student Services team at vanstudentservices@adler.edu.

Immigration

Before travelling to Canada, you must obtain the necessary approval for documents from Immigration, Refugees and Citizenship Canada (IRCC) for your study permit and co-op work permit. You will also receive a temporary resident visa (TRV) or an electronic travel authorization (eTA) which is required for you to enter Canada. 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.

Study permit

All international students whose program of study is longer than six months require 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 Canada Border Services Agency to issue your study permit at the Canadian border when you arrive. Upon receiving your study permit, before leaving the student processing desk, make sure to carefully review all the information on the permit to correct any errors.

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.

Border interaction

Upon arriving in Canada, you will be greeted by a Canada Border Services Agency 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 and 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 from IRCC approving your study permit application.

Temporary Resident Visa (TRV)

Some international students require a temporary resident visa 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 five years or until your passport expires (whichever comes first).

Study permit extension

If you already have a study permit, ensure that it will not expire before your program start date at Adler University. As of November 8, 2024, you must have a study permit specific to your course of Adler University. You must always have a valid study permit (or be actively awaiting a decision on a study permit extension) 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 three to four months) before your study permit's expiry date.

Co-op work permit

As of April 1, 2026, international students no longer require a coop work permit to complete the practicum and internship requirements of their academic program if the required practicum and internships do not exceed 50% or more of their course of study.

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.

Immigration Medical Examination (IME)

If your program is longer than six months in duration or you plan to work with in a healthcare setting or with vulnerable populations during your studies (children, seniors, etc.), you may need to complete an immigration medical examination as a requirement of your study permit application. Medical examinations may also be completed after you submit your application. Examinations must 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.

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](#)

[Preparing for your travel to Canada](#)

[Your study permit conditions](#)

[Work in a student work placement \(formerly co-op work permit\)](#)

International Student Checklist

Bring to Port of Entry	✓
Passport*	
Temporary resident visa (TRV) or electronic travel authorization (eTA)	
IRCC Port of Entry Letter of Introduction*	
Adler University Letter of Acceptance*	
Adler University co-op work permit support letter*	
Immigration Medical Examination results	
Study Insured health insurance	
Receive at Port of Entry	✓
Study permit*	
Co-op work permit*	
Social Insurance Number (YVR arrivals only—Tuesday & Thursday) https://offices.service.canada.ca/en/Office/BC-SIN-YVR	
Post-Arrival Items	✓
BC Medical Services Plan (MSP)* <ul style="list-style-type: none"> • Register: https://my.gov.bc.ca/ahdc/msp-eligibility • Email an MSP Account Confirmation to cosaka@adler.edu 	
Fair Pharmacare <ul style="list-style-type: none"> • Register: https://my.gov.bc.ca/ahdc/msp-eligibility 	
Social Insurance Number (SIN)* – if not already received at YVR <ul style="list-style-type: none"> • Email SIN to vanregistrar@adler.edu https://www.canada.ca/en/employment-social-development/services/sin.html 	
BC identification card (BCID) https://www.icbc.com/driver-licensing/getting-licensed/Apply-for-a-bcid	
BC driver's license https://www.icbc.com/driver-licensing	
Items marked with an asterisk (*) are mandatory for all students.	

Health Insurance and Safety Information

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, while private companies typically cover extended health services. British Columbia's basic insurance is called the BC Medical Services Plan.

BC Medical Services Plan

The BC Medical Services Plan (MSP) covers essential medical services such as seeing a doctor at a medical clinic, hospital visits, and medically required tests. All individuals residing in B.C. for six months or longer are legally required to enrol in MSP as per the *Medicare Protection Act*.

You can apply for MSP online after arriving in B.C. You must upload a copy of your study permit with your MSP application; therefore, you can't enrol in MSP prior to arriving in Canada. Once enrolled in MSP, you will receive a BC Services Card with your Provincial Health Number (PHN). 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 Revenue Services of British Columbia. You can create a [Billing & Payment Services account](#) to receive your MSP invoices online and make payments. Alternatively, you can set up automatic monthly payments to payee "MSP-RSBC" via your online banking service.

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 Study Insured, a short-term health insurance provider.

If you are currently located in B.C. and have not yet applied for MSP, please contact the International Student Services Coordinator, Colin Osaka (cosaka@adler.edu), or Director of Student Services, Susanne Milner (smilner@adler.edu).

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 the MSP benefits at no cost.

If you have previously enrolled in 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, study permit, and additional identification to an ICBC driver licensing office.

Study Insured

All international students who are new to B.C. will be enrolled in the Study Insured health insurance plan. This short-term insurance will cover you for emergency medical services during your first few months in Vancouver while you wait for your MSP benefits to activate. Adler University will enrol you in the Study Insured plan based on your arrival date in B.C., at no extra cost to you. Once enrolled, you will receive an email from Study Insured containing the details of your coverage.

Studentcare

Adler University has partnered with Studentcare to provide an extended health plan that covers additional medical services including dental, vision, paramedical, counselling, and travel insurance for all enrolled students. 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.

Resources:

[Apply for MSP](#)

[FAQ on health insurance](#)

[Study Insured](#)

[Studentcare](#)

Private Health Insurance

There may be times during your stay in Canada when you will not have health coverage (other than the initial waiting period after applying for MSP). 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 and waiting for a Post-Graduation Work Permit application decision. In such cases, we strongly recommend that you obtain temporary coverage. A few recommended private insurance companies are [Study Insured](#), [David Cummings Insurance Services](#), and [Manulife CoverMe](#).

Addiction and Overdose Support including Naloxone Training

The Government of BC is responding to the [public health emergency](#) stemming from drug-related overdoses and deaths. To respond to this crisis, the government is committed to increasing awareness of the health emergency, providing guidelines and training for response and access to naloxone, the life-saving drug.

Students at Adler University can obtain naloxone from our reception desk or through our facilities department. We offer throughout the year, [Opioid Poisoning Response Training \(OPRT\)](#) through St. John Ambulance and students can also do [online self-training](#) through Toward the Heart)

[What is Naloxone](#)

[Take-home Naloxone](#)

[Toward the Heart Naloxone Training](#)

[Opioid Poisoning Response Training \(OPRT\)](#)

Safety On-Campus and Critical Incident Support

While the University strives to provide a safe and secure environment, safety is enhanced when students and employees take precautions such as:

- Never leave valuables (wallets, purses, books, computers, etc.) unattended.
- Travel with a friend or companion rather than walking alone, especially at night.
- Avoid parking or walking in secluded or dimly lit areas.

Students, faculty, and staff are encouraged to report all crimes or suspicious persons immediately. Please report all non-emergency incidents to the Facilities Department at 236-521-2424 (Vancouver) or 236-521-2440 (Vancouver). *In case of an emergency, the Vancouver police departments and/or Vancouver fire departments can be reached by dialing 911 from any phone.*

EMERGENCY CONTACTS (Vancouver)

Police	911
Fire Department	911
Paramedics	911
Adler Facilities Manager	236-521-2424
Adler Reception Desk	236-521-2436
Adler Security Desk	236-521-2440

Building Address (Vancouver)	520 Seymour St., Vancouver, BC V6B 3J5
Vancouver Police Non-Emergency Line	604-717-3321
Office of the Building (Canadian Urban Limited)	780-424-7722

Building Evacuation Information

If an emergency threatens the building occupants' safety and an evacuation is ordered, the primary goal is to help the individuals in danger evacuate safely and quickly. The following evacuation procedures will be followed.

- Building Management will sound the alarm on university floors.
- Occupants will be instructed via the building emergency speaker system to proceed to an exit.
- Adler Facilities and Campus Safety will help coordinate the evacuation.
- All occupants should walk down the right side of the stairwell in a single-file line.
- Adler Facilities and Campus Safety will check all offices/areas and place a post-it note on the door once a room is confirmed to be empty.
- Those exiting the building must listen to and follow all directions from Fire Department personnel.
- Depending on the situation, Adler University's Mass Notification System may also be used to notify of an emergency and/or evacuation.

General Evacuation Guidelines and Best Practices

- Do not use the elevators.
- Do not bring food or drink in any stairwell.
- Do not break windows.
- Do not go to the roof. Never go to the roof of any building during an emergency. The door will be locked, and emergency personnel cannot quickly reach the roof to rescue individuals.
- Stay to the right within stairwells to allow emergency personnel to pass.
- Go down within the stairwell, not up to a higher floor, unless directed.

Crime

Security matters such as burglary, vandalism, graffiti, unwanted solicitors, suspicious or intoxicated persons, and suspicious activities should be reported to the Facilities Department. In Vancouver, contact the Security Desk at 236-521-2440. **If the situation is an emergency, immediately call 911.**

Crime Prevention Tips:

- Be aware of your surroundings.
- If you see a suspicious person on your floor, immediately contact security at x4002. In Vancouver, contact the facilities manager or reception team.
- Lock up all personal valuables even if you do not intend to be away for an extended period.
- Lock your desk drawers, file cabinets, and other storage spaces at the end of the day and take your keys with you.
- After hours and on weekends, check-in and out at the Security Desk.

Fire Safety

If you smell smoke or see fire:

- Activate the fire alarm, alert others, and move everyone away from the area of the fire, closing doors behind you.
- **Call 911 and report the location of the fire - specify floor as needed.** Calmly relate the nature of the emergency as you observe it. Answer all questions. Do not hang up until instructed to do so by the 911 operator.
- Use a fire extinguisher on small fires (wastebasket sized) only if it is safe.
- If time permits, call the Vancouver Campus Security Desk at 236-521-2440. Inform the security officer of the situation and that you have called 911.
- Close all doors leading to the fire as quickly as possible; this will help confine the fire until the fire department arrives.
- Adler Facilities and Campus Safety or the floor wardens in Vancouver will begin to lead everyone on your floor to the stairwells. **DO NOT USE THE ELEVATORS.**
- Persons unable to utilize the stairs will be assisted to the nearest safe exit stairwell, and fire personnel should be notified of their location. Adler personnel might use whistles or other mobile communication devices to assist in alerting others of danger. However, if you do not have a whistle, do not be shy - shout as loudly as possible to alert others.
- Be familiar with the location of ALL stairwells so that if one is blocked, you know where the nearest alternative is located. **There are four stairwells in this building.**

- You will be instructed, via the building emergency speaker system, to proceed to a specific floor and to exit the stairwell onto that floor.
- Remain in the designated area until further instructions are issued.

If your clothes are on fire, immediately:

- STOP wherever you are.
- DROP to an unobstructed floor.
- ROLL repeatedly to extinguish the flames.

If you are in a smoke-filled area:

- Kneel on the floor.
- Take short breaths through the nose.
- Stay low; air is clearer near the floor.
- Crawl to the nearest exit.
- Feel all doors before opening.
- If the doors are hot, DO NOT OPEN.
- If the doors are cool, open the door slowly and stay behind the door.
- If heat or pressure comes through the door, close the door immediately and tightly.

Medical Emergencies

In the event of an injury or accident in the building:

- Evaluate the situation as quickly as possible using all available information. Ask yourself:
 - Is the situation serious?
 - What kind of accident/illness is it?
 - Is the person coherent?
 - Is the person intoxicated?
 - Is the person complaining of chest pains?
 - How many people are injured?
- If the patient is seriously hurt or too sick to assume responsibility for themselves, call 911 for assistance.
- Ensure that someone stays with the ill or injured person.

- while you telephone for help.
- Do not hang up until the dispatcher has all the information they need.
- Arrange to have someone meet the paramedics at the assigned entrance and direct them to the ill or injured person.
- Calmly reassure the ill or injured person that help is on the way.
- Notify the facilities manager at 236-521-2424.
- Do not attempt to move the ill or injured person or assist them without proper training.
- If the ill or injured person is coherent, let them decide what to do:
 - Rest for a brief period.
 - Call a taxicab to go home.

Reporting Concerning Behavior

On campuses, behaviors of concern sometimes go unreported until a tragedy occurs, and then people come forward with bits of information that, in retrospect, may have signaled a larger issue. This information may help prevent tragic events and assist an individual when viewed collectively. Adler University is committed to a proactive approach and relies on all community members for help. Anyone observing concerning behavior in another should report it as follows:

- Students should report information to the Director of Student Services.

Academic Progress: Calendar, Enrollment, Registration & Advisement

Academic Calendar

Adler University's academic year comprises three terms: Fall, Spring and Summer. Each term is 16 weeks in duration. Standard-length courses run in the Fall and Spring for 15 weeks, and in the summer term, courses run for 12 weeks. Each term is considered a regular academic period. Therefore, international students must be enrolled in all three terms and be making continuous progress towards their degree completion to comply with the conditions of their study permit.

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

Enrolment Status

International students are advised to maintain full-time status throughout each term of their academic program. Students who maintain full-time status are eligible to work part-time on- or off-campus and to apply for a Post-Graduation Work Permit upon completion of studies. Please review our full [enrollment status policy](#) in the Adler University catalog.

The following table illustrates Adler University enrolment status policy (per term):

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 registered for practicum (including Social Justice Practicum), practicum continuation, dissertation proposal (non-PsyD students only), dissertation, dissertation continuation, full-time internship, internship continuation, externship, capstone, project, project preparation, thesis, or thesis preparation you will be granted full-time status for 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 the program within the maximum time allowed.

Academic Advisement

Students are advised on their academic program through consultation with the academic faculty in their department.

Academic Program	Advisor
MCP: AT (Master of Counselling Psychology: Art Therapy)	Program Director

MIOP/MAIOP (Master of/Master of Arts in Industrial and Organizational Psychology)	Program Director
MOPHW (Master of Psychology in Health and Wellness)	Program Director
MCP/MAC (Master of/Master of Arts in Counselling Psychology)	Core Faculty Members – book via calendar (Advising Booking)
PSYD (Doctor of Psychology in Clinical Psychology)	Core Faculty Members – will be assigned to specific students

Learner Support Services

The university provides academic support services through two main offices. One is the Library which supports academic research, and the other is the Writing Center which provides support with academic writing and research.

[Library](#)

The Adler University Library plays a key role in developing practitioners and collaborates with faculty to support students in achieving institutional learning outcomes at all campuses.

In service of its mission, the Library selects, organizes, presents, preserves, and teaches resources that best address students' and faculty members' current and anticipated academic needs.

Faculty librarians specializing in instruction, research, electronic collections, interlibrary borrowing, and online student services guide the discovery and use of essential library resources in all Adler University fields of study. Librarians also provide research guidance and support in all phases of the research process through one-on-one consultations and in-class workshops available to students on all campuses.

Library services for students and faculty include:

- Individual instruction in the selection and use of catalogs and databases.
- Individual and ongoing research consultation for papers, theses, and dissertations.
- Discipline- and degree-specific online and face-to-face classroom instruction sessions.
- Interlibrary delivery of books and articles not owned in our collection.
- Identification of library resources for course enhancement.
- A reserves collection of required and recommended class materials.

The Library manages access to 68 online databases in the social sciences, including peer-reviewed journal article databases, virtual reference libraries, and streaming video collections. The Library also subscribes to more than 900 individual journal titles through single-title subscriptions and journal packages. There is also access to more than 379,000 unique e-book titles, and the print collection includes 14,300 circulating books.

Writing Center:

- Online writing workshops
- Individual writing appointments
- Online 24/7 writing support through Brainfuse
- Writing and editing support through Grammarly Premium accounts
- Accessibility tools allowing students to talk to type or use text to speech on PDFs with tools like Read & Write and OrbitNote

Registrar's Office

The registrar's office is located on the fifth floor of Adler University. The registrar will provide information and guidance on how to register for your courses.

The registrar will also issue the following documents:

- Enrolment verification letters
- Degree verification letters
- Official transcripts
- Program completion letters

For a complete list of the registrar's services, visit the [registrar's page](#) on Adler Connect. Here you can find an Academic Calendar, and forms for enrolment letters and official transcripts. Be sure to download the Vancouver campus version of these forms.

Letter Request Form

International students can request enrolment letters, study permit extension letters, and co-op work permit support letters through the [Letter Request Form](#). The International Student Services Coordinator will receive, and process requests made through this form.

Resources

[Adler Catalog](#)

[Registrar's Page](#)

[Enrolment and Degree Verification Form](#)

[Transcript Request Form](#)

Housing

Vancouver has an assortment of neighbourhoods each with its own unique atmosphere and amenities. Choosing the best place to live will depend on your budget, interests, and priorities. Although Adler University does not offer student housing of its own, we strive to offer resources and guidance that will help you find a suitable place to live. Please make sure to do your due diligence in research the property listings and rental opportunities before signing a tenancy agreement.

Student housing platforms

Student housing platforms are companies in Vancouver that specialize in serving the needs of international students. These companies will verify a landlord's identity and ensure the property meets certain standards before listing it on their website. Some companies may also own rental properties in Vancouver and reserve a certain number of apartments specifically for students. The following companies are student housing platforms recommended by Adler University:

[4Stay Adler University Housing Search](#): Adler University has partnered with 4Stay to offer a housing platform with a variety of verified options for Adler students. We hope this platform helps narrow your search by budget, commute distance to campus, and stay arrangement.

[Sparrow Living](#): Sparrow's housing platform offers verified landlords, complimentary tenant insurance, and an opportunity to build your credit score through making rent payments through Sparrow.

[GEC Living Student Residences](#): GEC owns rental properties in Vancouver and Burnaby with apartments available exclusively for students and their family members. All unites are fully furnished and include the costs of utilities, Wi-Fi, and housekeeping services.

[VanMates](#): VanMates' housing platform caters to students, their families, and young professionals. VanMates also offers a homestay option if you are interested in living with a Canadian family.

Websites with rental listings

The following websites list rentals that are not managed by a particular company or housing platform:

[Facebook Marketplace Property Rentals](#)

[PadMapper](#)

[Zumper](#)

[Kijiji](#)

[REW Homes for Rent in Vancouver](#)

[Rentboard](#)

Microsuites

If you are a single student looking for a small, affordable, and private space to live, microsuites may be a good option for you. Please note that some microsuites have shared washroom and laundry facilities. You can search online for these types of accommodation. Below are two examples of buildings with microsuites:

[Hamilton Bank Building](#) – requires a minimum 3-month lease.

[APT Living](#) – requires a one-year lease.

Adler University Vancouver Campus Housing Resource

This Facebook group is open to all Adler students, past and present. Whether you are searching for a roommate, looking to vacate your apartment and have someone take over your lease, or sell furniture, this Facebook group may be resourceful to you.

<https://www.facebook.com/groups/468632756553546/>

Monthly expenses

Estimated living expenses for students in Greater Vancouver:

- Rent: \$600–\$3,000 per month
- Utilities (may be included with rent): \$20–45 bimonthly—visit [BC Hydro](#) for details
- Mobile Phone: \$20–\$90 per month
- Internet: \$60–\$100 per month
- Transit Fare Pricing: \$100–\$190 per month—visit [TransLink](#) for details
- Medical Services Plan: \$75 per month (international student rate)
- Groceries: \$200–\$400 per month depending on your shopping preferences

Resources

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

[Sparrow Living](#)

[4Stay Adler University Housing Search](#)

Residential Tenancy Law

Your rights and responsibilities while renting in British Columbia are outlined in the *Residential Tenancy Act* (RTA). We recommend that you become familiar with key policies of the RTA as follows:

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 remarks. 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 ending.

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 to include you as a "co-tenant." This entails having a new lease agreement created between you, your roommate, and the landlord.

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

Resources

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

[TRAC Tenant Survival Guide](#)

[Renting It Right](#)

Transportation

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

Skytrain: 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, a reloadable card that is tap-enabled. You can purchase a Compass card at various stores throughout Vancouver, at Compass Vending Machines (CVMs) located at Skytrain and Seabus stations, and online at compasscard.ca. 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.

Resources

[TransLink](#)

[TransLink fare pricing](#)

[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

If you would like the ability to drive on occasion but you don't want to own your own vehicle, car sharing may be a great fit for you. Through a car sharing co-op, you gain access to vehicles parked throughout the city. Pay only for what you use—gas, insurance, parking and maintenance are all included.

The following are popular car sharing co-ops in Vancouver. With Evo, Adler University students receive a free membership and 45 minutes of driving by using promo code 'BFF':

[Evo](#)

[Modo](#)

Cycling

Vancouver has an extensive network of designated bike routes—you can ride your bike on almost all streets throughout the city. Make sure that your bike has front and rear lights and a rear reflector, even if you don't cycle at night, as you will find that these make it easier for drivers to see you. Remember to purchase a helmet for it's the law to always wear one 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

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. As an international student, you must follow specific regulations for working in Canada.

Full-time international students may work off-campus a limited number of hours per week (currently 24 hours) during the regular academic year (including the summer term). Refer to the [off-campus work page](#) on Immigration, Refugees and Citizenship Canada's website for the most up-to-date information.

In addition to working off-campus, full-time international students can work an unlimited number of hours at an on-campus job. These on-campus jobs are limited at Adler University, but opportunities will be advertised in the student newsletters, on our intranet, and by email.

As an international student, you should check to ensure that your study permit authorizes you to work. The following statement should be printed under the Conditions or Remarks/Observations of your study permit:

*MAY WORK XX HOURS/WEEK OFF CAMPUS OR FULL TIME DURING REGULAR BREAKS IF R186(V)
CONDITIONS ARE MET.*

All workers in B.C. are entitled to receive the province's [minimum wage](#). 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.

Resources:

[BC Employment 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. It is necessary to have a SIN to work and pay taxes in Canada.

If arriving at Vancouver International Airport (YVR), you can apply for your SIN at YVR's Service Canada Centre which operates Tuesday and Thursday from 9:30 a.m. to 5:30 p.m.

If you do not receive your SIN at YVR, you can apply for your SIN in-person at any Service Canada Centre, online, or by mail. Processing times are same-day for in-person applications, 5 business days for online applications, and 20 business days for mail applications.

Co-op work permit

As of April 1, 2026, a separate co-op work permit is no longer required for incoming study permit holders. The work authorization for practicums and internships is covered under the work authorization through the study permit.

[Work in a student work placement](#)

Post-graduation work permit

The post-graduation work permit (PGWP) is an open work permit valid for up to three years issued to eligible international students after graduation.

International students (study permit holders) at Adler University who complete one of the [following masters or doctoral programs](#) approved by Immigration, Refugees, and Citizenship Canada (IRCC) are eligible to apply for a Post-Graduation Work Permit, provided they meet the [eligibility requirements](#) outlined by IRCC:

- Master of Arts in Counselling Psychology
- Master of Arts in Industrial and Organizational Psychology
- Master of Counselling Psychology
- Master of Counselling Psychology: Art Therapy
- Master of Industrial and Organizational Psychology
- Master of Public Policy and Administration
- Doctor of Psychology in Clinical Psychology
- Master of Applied Psychology
- Master of Psychology – Health & Wellness

As of 2026, the master's and doctoral graduates are exempt from the field of study requirements.

IRCC will process the application and make the final evaluation on the application for the PGWP.

Note that IRCC information regarding PGWP-eligibility is subject to change and prospective students should refer back to the [IRCC website](#) for the most up-to-date information.

Resources

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

[SIN at landing Vancouver International Airport](#)

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

[Find a Service Canada Centre](#)

[Post-graduation work permit eligibility](#)

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 account](#). If you have not already created an account, we recommend doing so as it will be helpful for completing your tax return and communicating with the CRA.

Learning resources and tax-return support

Individuals with a simple tax situation can often file their own tax return using CRA's free tax software. Those with more complicated tax situations may benefit from free or professional support. The following resources are available to help you with your tax return:

[CRA YouTube](#): On its YouTube channel, the CRA has created a variety of videos to help international students understand Canada's tax system and how to file a Canadian 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.

[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](#)

[Overview of taxes for international students](#)

[Determine your residency status](#)

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

[Students guide to filing taxes](#)

[Contact the Canadian Revenue Agency](#)

Families and Dependents

Students may be able to bring their spouse and children with them to Canada as dependent family members. When applying for your study permit, please consider applying for the appropriate work or study permit for your family members.

Visas for dependent children

If not already residing in Canada, dependent children bound for the K-12 education system must obtain a study permit before starting school. Dependent children already in Canada with a parent who has a valid study permit or work permit can begin school with valid visitor status, although a study permit will eventually be required as they progress in their education.

Visa for a partner or spouse

A spouse, common-law partner or conjugal partner can apply for an open work permit matching the validity duration of your study permit. This work permit allows your partner to work for any employer in Canada with some restrictions. The work permit can be extended if you extend your study permit.

Enrolling your children in public school

Contact the relevant school district for guidance on how to enrol your child. The school will require a copy of your study permit, your child's status document, and an enrolment verification letter from Adler University. Many school districts have Newcomer Welcome Centres and Settlement Workers to assist you with the enrolment process.

Finding childcare in Vancouver

Most childcare facilities in Greater Vancouver are managed by independent non-profit operators or community centre associations. Enrolment policies, fees, and waitlists are established and maintained by the operator of each facility. Unfortunately, international students do not currently have access to the provincial government's ChildCareBC programs.

For information and support with finding childcare in your region, we recommend visiting the following websites:

Vancouver residents: [Westcoast Child Care Resources Centre](#), [Vancouver Society of Children's Centres](#)

Surrey, Delta and White Rock residents: [Child Care Resources & Referral](#), [Fraser Health Authority](#)

Richmond residents: [Richmond Child Care Resource & Referral Centre](#)

Burnaby and New Westminster residents: [City of Burnaby](#), [Fraser Health Authority](#)

Employment, Settlement and Multicultural Services

Vancouver is home to thousands of new migrants each year. The city offers a range of supports to help new residents, including international students and workers, settle and build their new life.

Provincial Government Resources

[WelcomeBC](#) is a provincial government website that provides information to support newcomers, including international students, studying and working in B.C. 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, participating in individual or group workshops, accessing 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.

[BC Newcomer Services Program](#) (BC NSP) is a program of Immigrant Services Society of BC (ISSofBC) providing immigration, employment, and networking services to new Canadian residents including international students. BC NSP can support you with finding a part-time job, making new friends and meeting peers, finding language support, understanding local culture and customs, understanding your rights in Canada, and accessing government and community services.

Counselling Services and Mental Health Resources

It is important to reach out for help and support at any time you feel in need. The following resources are available to support your mental health and well-being:

Empower Me – Provided by Studentcare

All students 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. Students can book 1-hour in-person mental health sessions by contacting Dialogue's multilingual call centre: 1-855-853-0565. In addition to English and French, service is offered in Hindi, Punjabi, Spanish, Italian, Mandarin, and more. International students who are temporarily outside of Canada can access mental health services through Empower Me while they are abroad. Services can be accessed through creating a [Dialogue account](#).

Conversation – Provided by Dialogue

All students enrolled in the Studentcare extended health plan have access to [Conversation](#), a virtual mental health and wellness service offering extended care (not limited to short-term support). Students can schedule sessions via the Dialogue platform allowing you to visit with a mental health professional at your convenience. This free, confidential service offers consultations until remission. Create a [Dialogue account](#) to get started.

Here2Talk

[Here2Talk](#) is a 24/7 mental health support line available to all post-secondary students in British Columbia. Whether you are seeking 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

Scholarships and bursaries can be broken into two categories: internal awards offered through Adler University, and external awards offered through organizations outside Adler University.

Adler University Scholarships

Most scholarships administered by the university 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

- [EduCanada](#)
- [Canadian Bureau for International Education](#)
- [Scholarships Canada](#)
- [yconic](#)
- [ScholarTree](#)
- [Vanier Canada Graduate Scholarships](#) (doctoral students only)

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 \(CAPPA\)](#)

Art Therapy

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

Psychology – Health and Wellness

- [American Psychological Association](#)