

# International Student 2021 Handbook

## Welcome

**We are so excited that you have chosen Ambrose University.**

**This is an emotional time in your life and we are happy to welcome you as a family member of our Ambrose community.**

**No matter what country you are from or how long you stay; one thing will be certain... you will have a memorable and wonderful time at Ambrose University.**

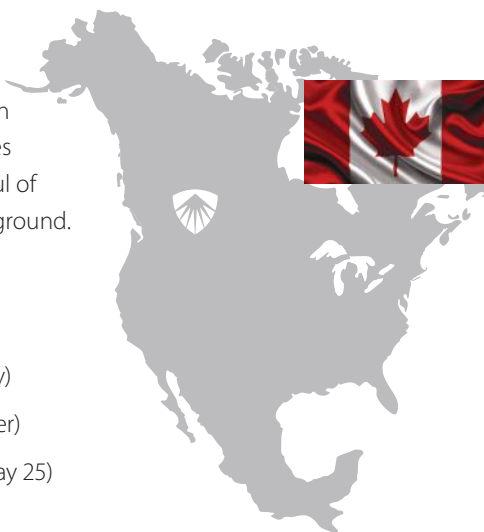
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## Welcome to Canada

### The Culture of Canada

Canada is the second largest country in the world. Officially bilingual in both English and French, Canada celebrates diversity and is inclusive and respectful of those from different origins and background.



### Canadian Holidays

- New Year's Day (January 1)
- Family Day (3<sup>RD</sup> Monday in February)
- Good Friday (Friday preceding Easter)
- Victoria Day (Monday preceding May 25)
- Canada Day (July 1)
- Heritage Day (1<sup>ST</sup> Monday in August)
- Labour Day (1<sup>ST</sup> Monday in September)
- Thanksgiving (2<sup>ND</sup> Monday in October)
- Remembrance Day (November 11)
- Christmas Day (December 25)

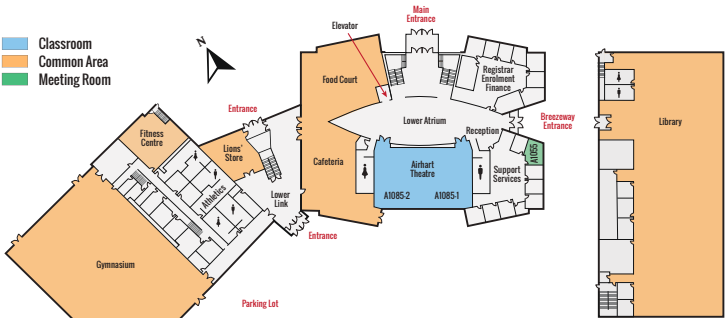


## About Ambrose University

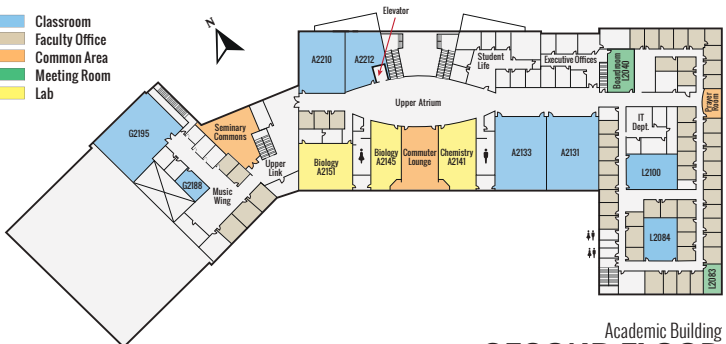
We are excited that you have decided to pursue your education here. Ambrose is a Christian University that offers Arts & Science, Business, Education, Ministry and Seminary programs. We have a unique and personal environment and classes at Ambrose are small enough that professors know your name and welcome your questions and ideas both inside and outside of the classroom. Our professors become mentors who can lend you vital support as you learn and explore options for your future. We are committed to the integration of Christian faith with academic disciplines.



# Campus Map



Academic Building  
**FIRST FLOOR**



Academic Building  
**SECOND FLOOR**

## Ambrose Student Life

### Student Services

Student Life cultivates a Christ-centered hospitable learning environment that promotes a flourishing community, faith formation and holistic well-being. Student Life is here to support you in your learning endeavours and contribute to the learning environment outside the classroom and to your growth during your years at Ambrose.

- [ambrose.edu/student-life](http://ambrose.edu/student-life)

### New Student Orientation

New student orientation is a great way for you to meet new people and to learn about Ambrose University. During new student orientation, there will be sessions dedicated to international students, which we encourage you to attend. If you are living in residence, also be sure to also attend the residence orientation and get to know the ins and outs of living on campus.

- [ambrose.edu/admissions/orientation](http://ambrose.edu/admissions/orientation)



### Ambrose Athletics

Welcome to the Lions Den. Ambrose teams are members of the provincial Alberta Colleges Athletic Conference (ACAC) and the national Canadian Collegiate Athletic Conference (CCAA). Be part of the community by cheering on the Lions or by participating on one of our varsity athletic teams.



Ambrose teams

- Men's and Women's Basketball
- Men's and Women's Soccer/Futsal
- Men's and Women's Volleyball
- Mens' Hockey (club)



## Ambrose Campus Clubs

There are a variety of student-led clubs at Ambrose, each with a unique focus. Clubs are a great way to explore your interests while making new friends

- Ambrosia: Ambrose literary review
- Baking Club
- Biomedical Club
- Business Society
- CMB Journal Club
- Figure Skating Club
- Global Club
- Hockey Club
- League of Aspiring Biologists
- Lions Dance Crew
- Outdoors Vlub
- R.A.N.T. (Really Amazing, Not Talented): a writer's club
- Running Club
- Shinny
- AU Smash Bros Club
- Students for Liberty Ambrose
- and more!

**More Campus Clubs Information at:**  
[ambrose.edu/student-life/clubs-activities](http://ambrose.edu/student-life/clubs-activities)

**“ My first semester in Ambrose has been a new experience for me learning under highly qualified teachers who are down to earth and gives you an individual helping hand not as a teacher way up high, but as a close friend. I was overwhelmed by their flexibility, understanding, and their intention of wanting to see you grow in knowledge.**

**Jagath**  
**Master of Divinity**



## Student Support

### Academic Advising

The Academic Advising team offers individual appointments, tutoring and writing services, group study sessions, career resources, and workshops.



- **To learn more about what we offer, visit <https://ambrose.edu/academics/student-academic-success>.**

### Mental/Health Support

We care about your well-being, so it is important to take care of ourselves in many ways. We offer counselling services, crisis support, online support, and peer health educators.



- **Visit our page for more information and services at <https://ambrose.edu/wellness>.**

### Library

Ambrose Library is one of the largest private academic libraries in western Canada and we are here to support you! For Library hours and how we can help, visit:

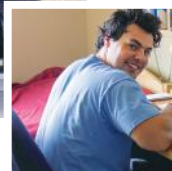


- **<https://ambrose.edu/library>**

## Residence

To learn and to apply for residence, check out:

- **<https://ambrose.edu/student-life/residence-life>.**



## Important Checklist

### Working in Calgary

A Social Insurance Number (SIN) is needed to receive an income in Canada. A SIN also makes you eligible to receive benefits and services from government programs (such as Tax Rebates). You are required by law to provide your SIN to your employer within three working days after your employment begins.

- **Where to get your SIN**

- Service Canada Office
- Apply online:  
“The Social Insurance Number (SIN) is a 9 digit number that you need to work in Canada or to have access to government programs and benefits.”  
<https://www.canada.ca/en/employment-social-development/services/sin/apply.html>
- You will need to bring your study permit, passport and proof of enrolment with you.

### Health Care for International Students

If you will be in Calgary for longer than 12 months, you may register for the Alberta Health Care Insurance Plan.

- There is no cost. Alberta Health covers visits to the doctor, lab costs, as well as hospital costs.
- [health.alberta.ca/AHCIP/forms.html](http://health.alberta.ca/AHCIP/forms.html)

### Student Health Plans

As a student at Ambrose University, Health and Dental Insurance Coverage are mandatory for all eligible students. Opt-outs are available for those who qualify. You are automatically enrolled into the student health plan once you are accepted into Ambrose through Student VIP (Undergrads)/My Student Plan (Seminary).

- Eligibility – all full-time students in a degree program and Seminary students enrolled in 1 or more courses.
- Visit : <http://www.studentvip.ca>.
- Opt out website: <http://www.studentvip.ca.Default.aspx>
- **Questions?: email [finance@ambrose.edu](mailto:finance@ambrose.edu)**



## ID Card

Get an Alberta identification card if you don't have a driver's license.

For more information and to apply, visit: <https://www.alberta.ca/get-id-card.aspx>.

You will have to visit any authorized registry agent in-person to get your ID card.

Make sure you bring all the necessary documents with you.

## Immigration Support

Extending study permits or applying for the Post-Graduate Work Permit and/or Permanent residence can be quite stressful. But we can help! Ambrose is working with a very reasonably priced Regulated Canadian Immigration Consultant, who can assist students with extending their study permits, applying for the post-graduate work permit, visas and permits for family members, immigration of spouses and children, and guide you through various pathways to Permanent residency.

If you would like more information, please contact our International Student Services at [international@ambrose.edu](mailto:international@ambrose.edu).

## Banking

Explore banking options that meet your needs. Ask for a student account to waive different types of fees.

- TD Canada Trust
- Royal Bank of Canada
- Scotia Bank
- Bank of Montreal
- CIBC: Canadian Imperial Bank of Commerce
- HSBC Canada

**“ Ambrose has been a great home away from home for me, with a warm, inviting student body; caring professors; and a sense of camaraderie and community. There are many intriguing districts to explore in Calgary, and nothing compares to the beauty of the nearby Rockies!**

**Jesse O'Reilly**  
Seminary student

## Entering Canada



### Airport Transportation

#### Public Transit • Cost \$8 • 30 minutes to downtown Calgary

There are two public transit routes linking the Calgary International Airport with the city. Route 300 Airport-City Centre is an express bus service that connects the airport with the downtown core. The service is available every 30 minutes from 5 a.m. until midnight every day. Customers boarding at the airport need to purchase an \$8 Calgary Transit Boarding Pass from the Mac's store in the airport. Route 100 Airport-McKnight Station links Calgary International Airport with the McKnight Westwinds CTrain Station in the northeast. The CTrain connects with the downtown core, south and northwest Calgary. The route operates every 20 to 30 minutes on weekdays and every 30 minutes on weekends. Both routes can be found on the arrivals level one, near gate C.

#### Taxi • Cost \$45 • 25 minutes to downtown Calgary

Cab fares to and from Calgary International Airport depend on the distance of your destination, but a one way trip to and from the airport from the downtown core is generally between \$40 to \$45. On-demand airport service is provided by Associated Cabs, which offers wheelchair accessible cars.

#### Shuttle • Cost \$15 • 30 minutes to downtown Calgary

The Calgary Allied Airport Shuttle runs every 30 minutes, seven days a week, from 8 a.m. until midnight. Tickets are \$15 one-way and can be purchased online or by calling 403-299-9555. Catch the shuttle at Bus Bay 8 on arrivals level one. It connects Calgary International Airport with most major hotels in the downtown core. Some hotels also offer their own shuttle to and from the airport.

#### More about the Calgary International Airport:

<https://where.ca/getting-to-and-from-calgary-international-airport-yyc/>



## About Calgary

Nestled alongside the Bow River, about 90 kilometers east of the spectacular Canadian Rockies, Calgary is Canada's fourth largest city with a population of 1.3 million. The city offers a varied multicultural demographic with close to 120 different languages being spoken.

### There are plenty of activities to keep you entertained:

- Visit the Calgary Central Library, praised by Architectural Digest as the "library of the future".
- Check out a ballet, opera or show at world class venues.
- Visit the Calgary Zoo, home to nearly 1000 different animals from over 100 unique species.
- Visit Canada's Sports Hall of Fame, home of the 1988 Winter Olympics at Canada Olympic Park.
- Dress western every July at the Calgary Stampede.
- Attend a Calgary Flames (NHL) or Stampeders (CFL) game.
- Visit Heritage Park Historical Village.
- Cycle or walk over 900 kilometers of scenic trails within city limits.



**Check out [thecrazytourist.com/top-25-things-to-do-in-calgary/](http://thecrazytourist.com/top-25-things-to-do-in-calgary/) for more things to do in Calgary.**

### Local climate in Calgary

Calgary is a mountain-high city, and the climate is dry. The sun shines an average of 2,300 hours every year, making Calgary the sunniest major city in Canada. During the winter you will need the following clothing items – a warm winter jacket, gloves, boots and a toque (knitted hat). Calgary weather is unpredictable – 'Chinook' winds, a warm, moist wind from the Pacific Ocean can raise the temperature by as much as 15 degrees in a few hours. One moment you might be wearing your winter attire, the next, shorts and a t-shirt.



## Around Calgary

### Canmore (great photography)

- Grassi Lakes (hiking, fishing)
- Ha Ling Peak (mounting, hiking, and climbing)
- Spray Lakes Reservoir (fishing, camping, and more)
- Canmore Nordic Centre Provincial Park (cross-country skiing, hiking and mountain biking)
- For more information about Canmore:  
[https://www.google.ca/destination?q=what+to+do+in+canmore&sa=&rlz=1C1GGRV\\_enCA795CA795&biw=1440&bih=794&site=search&output=search&dest\\_mid=/m/02y9nt&ved=0ahUKEwiDr6qqtOXaAhUM7mMKHSOPDr8Qri4lkwlwFw&tcf=#dest\\_mid=/m/02y9nt&tcf=EhoaGAoKMjAxCOwNS0xOBiKMjAxOC0wNS0yMg](https://www.google.ca/destination?q=what+to+do+in+canmore&sa=&rlz=1C1GGRV_enCA795CA795&biw=1440&bih=794&site=search&output=search&dest_mid=/m/02y9nt&ved=0ahUKEwiDr6qqtOXaAhUM7mMKHSOPDr8Qri4lkwlwFw&tcf=#dest_mid=/m/02y9nt&tcf=EhoaGAoKMjAxCOwNS0xOBiKMjAxOC0wNS0yMg)

### Banff (dont forget your camera)

- Banff Gondola (scenic cableway ride to viewing decks and hiking trails at the summit of Sulphur Mountain).
- Banff Upper Hot Springs (soak in steamy hot mineral water).
- Lake Minnewanka (lake scenery, boating, hiking, and great views of the aurora borealis).
- Banff National Park (national park offering year-round activities and picturesque glacial lakes. Check out Lake Louise and the historic hotel and townsite).
- Luxton Museum of the Plains Indian (museum provides a link between the past and the present...demonstrating that aboriginal arts and culture is alive and flourishing today).
- Cave and Basin National Historic Site (Canada's first national park, with hot mineral springs in a cave and an outdoor, emerald-colored pool).
- Tunnel Mountain (hike to the top of Banff's smallest summit. 360° views of Banff, the river valleys, and the Banff Springs Golf Course).

### For more information about the Banff area:

[https://www.google.ca/destination?q=what+to+do+in+canmore&sa=&rlz=1C1GGRV\\_enCA795CA795&biw=1440&bih=794&site=search&output=search&dest\\_mid=/m/01\\_60w&ved=0ahUKEwiDr6qqtOXaAhUM7mMK SOPDr8Qri4lkwlwFw&tcf=#dest\\_mid=/m/01\\_60w&tcf=EhoaGAoKMjAxCOwNS0OBiKMjAxOC0wNS0yMg](https://www.google.ca/destination?q=what+to+do+in+canmore&sa=&rlz=1C1GGRV_enCA795CA795&biw=1440&bih=794&site=search&output=search&dest_mid=/m/01_60w&ved=0ahUKEwiDr6qqtOXaAhUM7mMK SOPDr8Qri4lkwlwFw&tcf=#dest_mid=/m/01_60w&tcf=EhoaGAoKMjAxCOwNS0OBiKMjAxOC0wNS0yMg)

## A Hiking Trail for any Ability

- **10 best hikes near Calgary:**

(<https://www.explore-mag.com/The-10-Best-Hikes-Near-Calgary>)

- Moose Mountain (14 km; difficult)
- Grotto Canyon (4 km round-trip; easy)
- Mount Lady Macdonald (6 km round-trip; difficult)
- Ha Ling Peak Trail (6 km round-trip; moderate)
- Guinn's Pass Trail (3 km one-way; difficult)
- Badlands Trail; (Dinosaur Provincial Park; 1.3 km loop; easy)
- Bow Glacier Falls Trail (Banff National Park Trail; 9 km; easy)
- Plain of the Six Glaciers (Banff National Park Trail; 1 km; moderate)
- Chester Lake Trail (Peter Lougheed Provincial Park Trail; 9.2 km; moderate)



*Banff Springs Hotel and Golf Course*



*Ha Ling Peak*



*Banff Gondola*



*Grassi Lakes*

## Voltage and Electrical Outlets

In Canada, the power plugs and sockets are of type A and B. The standard voltage is 120 V and the standard frequency is 60 Hz. The power plugs and sockets are of type A and B. Check out the following pictures. When living in Canada you don't need a power plug adapter in Canada. Your power plugs fit. We recommend you to pack a 3 to 2 prong adapter in case type B sockets are not available.

- **Your appliances with plug A and plug B fit**

- Type A: This socket has no alternative plugs
- Type B: This socket also works with plug A
- <https://www.power-plugs-sockets.com/ca/canada/>



## Internet Providers

Students living off campus will need an internet provider. There are a number of vendors including:

- **Telus**

- Offers student discount
- [telus.com/en/ab/internet/content/overview?NTCMP=InternetWifi\\_toOverview&linktype=hero\\_banner](https://telus.com/en/ab/internet/content/overview?NTCMP=InternetWifi_toOverview&linktype=hero_banner)

- **Shaw**

- Offers student discount
- [shaw.ca/internet/plans/](https://shaw.ca/internet/plans/)



## Transportation

### Public Transit

Ambrose is conveniently located on the C-Train line. The city of Calgary has a reliable public transit system to meet the needs of commuters on a daily basis.



- **There are a few options for you to purchase your transit pass or tickets.**
  - Visit a Customer Service Centre downtown
  - Visit City Hall Cashiers
  - Buy online at [calgarytransit.com/shop](http://calgarytransit.com/shop)
  - Many convenience and grocery stores sell our tickets and monthly passes; look for the sign on the front entrance indicating that they sell Calgary Transit fare products. Visit <http://www.calgarytransit.com/fares-passes> for up-to-date fares
- **Get Calgary Transit App:** Plan your route on the go and get up-to-date schedules and arrival times. The CT app will alert you to any disruptions in service.
  - [calgarytransit.com/calgary-transit-app-0](http://calgarytransit.com/calgary-transit-app-0)
- **CTrain Map:** The Blue Line comes to Ambrose University (69 Street Station).

### Low Income Transit Pass

This program provides lower cost monthly passes for adults (18 and older), youth (7-17 years of age), and an annual pass for seniors (65+). You can also get a fare that meets your family's needs. Calgary Transit will examine your total household income. This income includes the total income of all family members 18 years and older living in the same home that are related by blood, marriage, common-law or adoption

- **Band A \$5.45/month / Band B - \$38.15/monthly / Band C-\$54.50/Month**
- **Eligibility**
  - Resident of Calgary (Proof of Address)
  - Proof of Age (Driver's License or Passport)
  - Proof of Income
  - For more information on how to sign up and determine if you or your household are eligible go to: [calgarytransit.com/fares-passes/passes/low-income-monthly-pass](http://calgarytransit.com/fares-passes/passes/low-income-monthly-pass). Students living in residence can also get a low income transit pass. Print out the billing statement that you get from Ambrose Finance (Student Registration System under billing) to show that you pay rent.



## Driving in Calgary

**To be eligible to drive in the Province of Alberta you are required to have:**

- A valid home jurisdiction driver's license and an International Driver's Permit.
- A valid Study Permit or Visa.
- A current enrolment verification letter from Ambrose University.
- Working in Calgary
- SIN Job Search
- Safety/Emergency  
Driver's License Exchange

**“ Ambrose has changed my orientation about service to God and Man. My Ambrose experience so far is one filled with love and fellowship. I have a covenant friend that has become a covenant sister to my wife. The faculties always make time to help you become successful even outside your course content. The intercultural nature of Ambrose has made it a safe haven for me and my family.**

**Joseph Kevin  
Israel Seminary**

## Churches in Calgary

There are a number of churches within walking distance from Ambrose University.

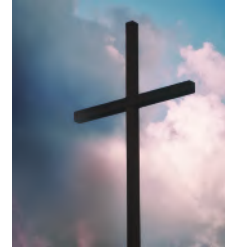
- RockPointe Church - Westhills
- Valleyview Community Church
- Westside King's Church

## Other Churches

- Capstone Church
- Centre Street Church
- Cornerstone Church
- Experience Church
- First Alliance Church
- First Church of the Nazarene
- Foothills Alliance Church
- Kensington Commons Church
- St. Michael Catholic Community
- Westlife Church



First Church of the Nazarene



Foothills Alliance Church



Valleyview Community Church

## Chinese Churches

- Mid Town Calgary Chinese Alliance Church
- South Gate Alliance
- Calgary Chinese Alliance Church
- Westside Calgary Chinese Alliance Church
- Calgary Chinese Baptist Church
- Calgary Chinese Evangelical Free Church
- Calgary Chinese Pentecostal Church
- South Calgary Chinese Evangelical Free Church

## Church-based ESL Programs

- AGAPE language center
- Centre Street Church
- Foothills Alliance Church
- RockPointe Church
- Link to all ESL churches: [eslcooperative.ca/wp-content/uploads/](http://eslcooperative.ca/wp-content/uploads/)

## Shopping and Groceries

The following links will provide information on malls, shopping centres, and grocery stores in Calgary.

By referring to the links below you will be able to identify businesses that are close to your place of residence.



- **Links to information on Malls and Shopping Centres**

[calgary.foundlocally.com/Shopping-Malls/sh-centres.htm](http://calgary.foundlocally.com/Shopping-Malls/sh-centres.htm)

[discovercalgary.com/Calgary/Shopping/ShoppingMalls/](http://discovercalgary.com/Calgary/Shopping/ShoppingMalls/)

- **Links to information on Grocery Stores**

[discovercalgary.com/Calgary/Shopping/Food/](http://discovercalgary.com/Calgary/Shopping/Food/)

[yellowpages.ca/search/si/1/grocery+stores/calgary+ab](http://yellowpages.ca/search/si/1/grocery+stores/calgary+ab)

## Consulates and Embassies

A consul is a representative of one government to another, and there can be many of these in a given country. An embassy is a permanent diplomatic mission led by an ambassador. Consulates and Embassies can help international students when they face emergencies. Your consulate can help you if you lose your passport, are arrested, or experience other unexpected or unfortunate events. For crises either big or small, an embassy or consulate is the best resource available to people traveling outside their home country.

**[Here is the link that gives you all the different Consulates and Embassies that are located in Calgary:](#)**

- **[discovercalgary.com/Calgary/SightsAttractions/ConsulatesEmbassies/](http://discovercalgary.com/Calgary/SightsAttractions/ConsulatesEmbassies/)**





### **Important Contact Information**

**Student Life**  
[studentlife@ambrose.edu](mailto:studentlife@ambrose.edu)

**International Student Services**  
[international@ambrose.edu](mailto:international@ambrose.edu)

### **Address**

**Ambrose University**  
**150 Ambrose Circle SW**  
**Calgary, AB T3H 0L5**  
**[ambrose.edu](http://ambrose.edu)**

**Main Reception**  
**403-410-2000**