

WELCOME TO SAIT

A GUIDE FOR INTERNATIONAL STUDENTS

SAIT International Centre
AA206, Heritage Hall, SAIT Main Campus
1.403.284.8852
International@sait.ca





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SAIT CONTENTS



GETTING TO KNOW CALGARY

HOUSING OPTIONS

LIVING ON CAMPUS

SAIT Residence offers a diverse range of housing options on campus. At SAIT Residence, our vibrant, diverse and inclusive community welcomes students from all over the world. View rates, learn about amenities, check out student life and explore the endless opportunities we offer at one of Calgary's most exclusive student housing communities. To learn more about living on campus, please visit [SAIT Residence and Housing](#).

LIVING OFF CAMPUS

Discovering the perfect place to call home in Calgary is an exciting adventure, given the city's vibrant rental market and diverse array of neighborhoods. With proactive planning and thorough exploration, securing an off-campus housing solution that aligns with your preferences is entirely achievable.

To learn about the essential steps to navigate your search for off-campus accommodation, please visit the [SAIT International Centre Off-Campus Housing Guide](#).

HEALTH & MEDICAL FOR SAIT STUDENTS

As a SAIT student, there are two types of health insurance that you are eligible for.

1. Alberta Health Care Insurance Plan (AHCIP)
2. Saitsa Health & Dental Student Benefits

Alberta Health Care Insurance Plan (AHCIP)

International students residing in Alberta for 12 months or longer with a valid study permit are eligible to apply for the Alberta Health Care Insurance Plan (AHCIP). This government-funded health insurance covers essential medical services, including doctor visits, hospital care, and medically necessary diagnostic procedures.

How to apply for your AHCIP

Students must apply for AHCIP within 90 days of arrival in Alberta to avoid any gaps in coverage. Applications can be submitted in person at a participating Alberta Registry Agent. Required documents include:

1. Passport
2. Study Permit
3. Proof of Alberta residency (e.g., residential lease, utility bill, or bank statement)

For more information & to apply, visit:

alberta.ca/ahcip-apply

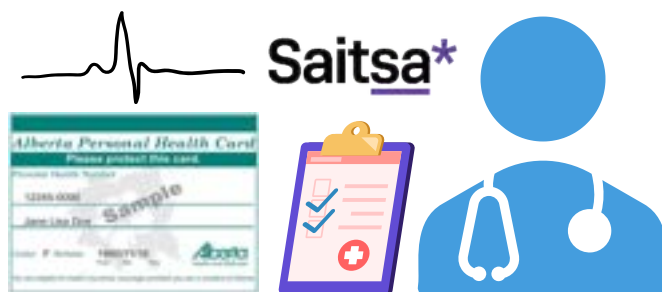
Saitsa Health & Dental Plan

To complement basic healthcare coverage, the SAIT Students' Association (Saitsa) Health & Dental Plan provides extended benefits, ensuring students have access to essential medical services beyond what AHCIP covers.

Coverage Highlights

- Prescription Medication – Reduced costs on prescribed medications
- Dental Care – Coverage for routine cleanings, fillings, and preventive care
- Vision Care – Partial reimbursement for eye exams and prescription glasses
- Paramedical Services – Access to physiotherapy, massage therapy, and mental health support

All full-time international students are automatically enrolled in the plan. **For full coverage details, fees, and the opt-out process, visit: saitsa.com/benefits**



On-Campus Health Services

SAIT provides on-campus health and wellness services to support students' physical and mental well-being.

[SAIT Health Clinic:](#)

The SAIT Health Clinic offers a range of medical services, including:

- Treatment of minor illnesses and injuries
- Routine physical exams
- Mental health support
- Annual influenza vaccinations (mid-October to March)
- Sexual health support
- HPV vaccinations
- Health education, including Naloxone training

Location: Room NR041, Senator Burns Building Hours: Monday – Friday, 8:15 am – 4:00 pm

Appointments: To make an appointment, call 403.284.8666. Please note that walk-in appointments are not accepted.

Off-Campus Health Services

Students are encouraged to find a family doctor who can provide ongoing medical care. Visit AlbertaFindADoctor.ca to locate a physician accepting new patients.

Walk-in Clinics – No appointment necessary; ideal for non-emergency medical concerns. Search "walk-in clinic" in Google Maps for locations near you.

Emergency Care – In case of a medical emergency, visit the nearest hospital emergency room or call 911.

NAVIGATING CALGARY

CALGARY PATHWAYS

Calgary has one of the most extensive pathways and bikeway networks in North America, made up of 712km of pathways and 382km of on-street bike routes. Here are some helpful tips for when you are walking or biking in the city:

- Bicycles are classed as vehicles and are subject to the same rules as motor vehicles including obeying traffic signs and signals.
- Bicycles are NOT to be ridden on the sidewalk.
- Your bicycle must be fitted with a bell, and it is recommended that you wear a helmet for your safety.
- When on the pathway, pedestrians and cyclists must share the pathway.
- All vehicles must yield to pedestrians.
- When walking, be sure to use designated crosswalks to cross the street. Jaywalking is illegal and carries a fine if you are caught.

Download a [pathway and bike route map](#) so that you can start exploring the city!

CALGARY TRANSIT

Calgary's light rail system, known as the **CTrain**, operates along two major lines—the Red Line (north-south) and the Blue Line (east-west). Connecting the city's core to popular locations.

Buses connect passengers to the train lines, to the airport, and to popular destinations around the city.

The easiest way to figure out your transit route via the CTrain and busses, is to use the [Trip Planner](#) feature online or through the Calgary transit app. You can also type in your destination in [Google Maps](#) to find out the quickest way to get there!



SAIT UPASS

The UPass gives full-time SAIT students unlimited access to Calgary Transit services during the Fall, Winter and Spring/Summer terms. Eligible students can access their UPass directly on their mobile devices through the [My Fare app](#). There is no physical card for the UPass.

1. Download the [My Fare app](#), available on Google Play (Android) or the App Store (iOS)
2. Create your Calgary MyID account (enter your SAIT email address)
3. Get your validation code
4. Activate your UPass
5. Wait up to 1 – 3 business days for your UPass to appear

Visit the [SAIT Mobile UPass](#) page for more information.

When is my UPass valid?
A new UPass is valid per term.

Fall term September 1 - December 31
Winter term January 1 - April 30
Spring/Summer term May 1 - August 31

WEATHER IN CALGARY



Winter (Dec to Feb)
Approx. -30 to -5°C.

Expect lots of snow and dry weather. Don't forget to bundle up with a winter jacket, hat, mittens, & snow boots.



Spring (Mar to May)
Approx. 5°C to 15°C.

Snow is still possible early on, but it transitions into rain. Remember to wear warm boots and carry an umbrella.



Summer (June to Aug)
Approx. 20°C to 30°C.

Find fun ways to stay cool like rafting down the Bow River or spend time in air conditioned spaces like SAIT!



Fall (Sept to Nov)
Approx. 5°C to 15°C

Early Fall can be warm, but it cools down quickly. Take a trip to the mountains to see the leaves change colors.



Did you know?

Chinooks are warm winds that blow down the Rocky Mountains towards the prairies. They usually come in winter, bringing along unusually warm weather in Calgary. We love the Chinooks so much - we even have a mall named after it!

2nd

most livable city in North America

1st

most sunny city in Canada

THINGS TO DO IN CALGARY

There are lots of ways to get involved in the community of Calgary! Learn about events, volunteer opportunities and find neighborhood guides by visiting calgary.ca.

There is always something new to explore. Make sure to take part in community engagement activities so you can meet new people and experience everything that Calgary has to offer! Getting involved is a great way to improve mental health and reduce the sense of loneliness in a new country.



PREPARING FOR LIFE IN CALGARY

CELL PHONE PLANS

Staying connected is essential while studying in Canada! A few tips to make calling in Canada easier:

Local Calls – Dial the area code + the phone number (e.g., 403-123-4567)

Long-Distance Calls – Dial 1 + area code + phone number (e.g., 1-587-123-4567)

International Calls – Dial 011 + country code + phone number.

Research phone plans on provider websites before visiting a store to compare prices and promotions. Always check for student deals!

Please click on the following icons to visit the websites of just a few of the phone service providers in Canada.



BANKING

Having a local bank account is essential for managing your finances while studying in Canada.

To open a bank account, you'll need to provide the following documents:

- Valid Passport
- Study Permit
- Proof of Address
- Student ID or acceptance letter

When selecting a bank account, consider the following factors:

- Monthly Fees – Many banks offer accounts with no monthly fee for students. Be sure to ask if they have any student-specific plans.
- Online Banking – Look for a bank that offers robust online and mobile banking features, allowing you to manage your finances on the go.
- Foreign Transactions – If you need to send or receive money internationally, check if the bank offers low fees for international transfers.

Please click on the following icons to visit the websites of just a few of the phone service providers in Canada.



Consider the contract length when choosing a phone plan.

Longer contracts are often cheaper, but you're tied into the plan for longer.

Shorter contracts cost more, but you can change your plan or phone sooner.



SOCIAL INSURANCE NUMBER (SIN)

A Social Insurance Number is a 9-digit number required to work in Canada, file taxes, and access government benefits.

How to Apply

- Online: Apply at [Service Canada](#)
- In-Person: Visit a [Service Canada Centre](#)
- By Mail: Only if other options are unavailable

Required Documents

- Passport
- Study Permit (must state work eligibility)
- Confirmation of Enrolment letter (this can be found on [MySAIT.ca](#))
- Proof of Alberta Address

Important Notes

- Confidential – Share only with employers or banks
- No physical card – SIN is issued via letter
- Expires with study/work permit – Renew as needed

ALBERTA ID CARD

If you are an Alberta resident who can legally live in Canada and do not have a valid driver's license, you can apply for an ID card at any authorized registry agency to use as photo identification. You can usually apply for an Alberta ID Card and the AHCIP at the same registry office.

Documents you need for applying:

1. Your passport
2. Study Permit
3. Proof of residency in Alberta

If you have a valid Alberta Driver's License, you do not need an Alberta ID. A valid Alberta Driver's License can be used as a form of ID.



STAYING SAFE

SAITALERT APP

SAITALERT is a free smartphone app that provides easy access to emergency information, including emergency procedures, contacts and virtual safe walk while on SAIT campus.

It will also send you alerts should there be an emergency on campus — remember to enable notifications!

[Download Android](#) | [Download Apple](#)

EMERGENCY CALL LIST

In the event of an immediate life or death emergency, **call 911**.

The non-emergency number for the Calgary Police is **403-266-1234**. You can call this number for public safety matters and to report crimes that are not currently in progress.

For all on-campus emergencies, call Campus Security at **403.284.8000**.

For less emergent assistance on-campus call **403.284.8530**.

For other emergency management program inquiries, contact **emergency.management@sait.ca**.

FIRE ALARMS IN CANADA

A fire alarm is a system that detects and responds to a fire emergency. It can include smoke detectors, horns, strobes, and pull stations.

- Smoke detectors detect smoke and sound an alarm.
- Pull stations are manual alarm stations located at every exit from every level of a building including SAIT.

Never pull a fire alarm unless you see a fire & the building should be evacuated. There are large fines and consequences if a fire alarm is pulled without cause.

BE AWARE OF SCAMS

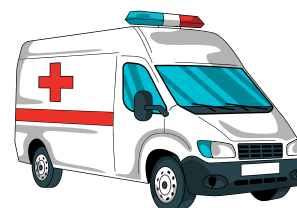
Unfortunately, some scammers may target international students with false promises of scholarships, payment promotions, or discounts that seem too good to be true.

Here's what you need to know to avoid falling victim to these scams:

- **Verify Legitimacy:** Before applying for any scholarship or participating in payment promotions, verify the legitimacy of the offer. Check the official SAIT website to confirm if the scholarship is genuine.
- **Be Skeptical of Unsolicited Offers:** If you receive an unsolicited email or phone call offering you a scholarship or payment promotion, approach it with skepticism. Legitimate scholarship opportunities are typically advertised through official channels and require an application process.
- **Never Pay Upfront:** Legitimate scholarships and payment promotions do not require you to pay any fees upfront. Be wary of any request for payment or personal information as a condition for receiving the scholarship or promotion.

What to do if you're the victim of a scam:

- **Stay Calm:** If you believe you've fallen victim to a scam, stay calm and try to gather as much information as possible about the situation.
- **Report:** Report the incident to the appropriate authorities such as the police, your bank, or immigration authorities.
- **Call the Canadian Anti-Fraud Centre toll free:** 1-888-495-8501.





GETTING TO KNOW SAIT

YOUR FIRST DAY

The SAIT community can not wait to welcome you to campus on your first day! Below are a few things you will need to know to set you up for success, in addition to all the important information that will be shared with you during your on-campus orientation. **Click the title of each of the following topics to learn more information.**

GET TO KNOW CAMPUS

SAIT Main Campus Map: 1301 16 Avenue NW Calgary

Discover SAIT with our interactive [campus map](#)! Easily navigate through our buildings and facilities with just a few clicks. Each location offers information and building highlights, to let you get to better know what the SAIT campus has to offer.

SAIT EMAIL & WIFI

All students have a SAIT email account. Your account is automatically activated within one day after you accept your offer of admission to a credit program & pay your non-refundable tuition deposit or you register for a continuing education course.

Your login information will be sent to your personal email address.

- Access your email via [Microsoft Office Online](#)
- Email format: [firstname.lastname@edu.sait.ca](#)
- Default password: Your birthdate (YYMMDD format)

SAIT Wifi can also be accessed by using your email & password and connecting to "eduroam".

If you require assistance, visit the SAIT IT Help Desk located in MB027, Stan Grad Centre, [SAIT Main Campus](#).
[403.774.5200](tel:403.774.5200) | its.support@sait.ca

SAIT ECARD (STUDENT ID)

Your VIRTUAL SAIT eCard is your official student identification.

How to Get Your SAIT eCard:

- Submit your photo online via the SAIT eCard Portal: sait.ca/ecard
- You will be notified when your card is ready for pickup.
- If lost or stolen, visit the eCard office for a replacement.

OFFICE OF THE REGISTRAR

The Office of the Registrar (OTR) supports students with important administrative services.

Location: MB113, Stan Grad Centre

Email: otr@sait.ca

Services Provided:

- Course registration & schedule adjustments
- Official transcripts & enrollment verification
- Tuition payments & refunds
- Graduation requirements & convocation support
- Academic standing & appeals

For more details, visit [SAIT Office of Registrar](#).

LOCKER RENTALS

Interested in renting a locker during your time at SAIT? Learn how to register for a locker through [Saita here](#).

JOIN A CLUB

Did you know SAIT has over 70 clubs that students can get involved in? See Saita's student club opportunities and learn how to get involved [here](#).

SAIT INTERNATIONAL CENTRE

AA206, Heritage Hall, SAIT Main Campus

1.403.284.8852

international@sait.ca

Monday - Friday | 8 am - 4:30 pm

SAIT's International Centre provides a supportive and inclusive environment from your arrival in Canada to beyond graduation. From admissions assistance to immigration advising to connecting you with academic support and on-campus activities, we're here to help you succeed. Learn more about the SAIT International Centre [here](#).

EVENTS

The SAIT International Centre hosts a wide range of engagement events on campus for international students. These events encourage students to get involved in campus life, meet friends, and have fun.

Examples of events:

- Off-campus field trips
- Cultural & holiday themed celebrations
- Monthly birthday parties
- Activities to promote physical and/or mental health

Stay up to date regarding International Centre events by regularly checking the **International Centre bi-weekly e-newsletter**, sent to all international student email addresses. Ensure your correct email address is updated in your [MySAIT account](#).

WEBINARS

International webinars are offered to keep you informed about topics that matter to international students, such as immigration, study and work permits, living in Canada and more. Register for an International Centre webinar session [here](#).

STUDENT AMBASSADORS

Connect with a current international student ambassador from your home country.

Build connections and learn how students approach lifelong learning from their time at SAIT and in their day-to-day lives. Connect with a international student ambassador [here](#).

ADVISING FOR CURRENT INTERNATIONAL STUDENTS

The international student advisors can help current international students with everything from study permit extensions to post-graduation work permit applications for you and your dependents. Meet with an international student advisor in-person or virtually by booking an appointment [here](#).

Have questions? Reach out to an international student advisor at international.advising@sait.ca.



STUDENT ADVISING

SAIT offers various supports for international students. Therefore, it can sometimes be challenging to know who to speak to regarding your question or concern. Please see below to learn when you should contact an academic advisor versus an international student advisor (ISA).

ACADEMIC ADVISORS

Contact your academic advisor for assistance with:

- Program and major requirements
- Program planning and continuance
- Graduation requirements
- Academic standing
- Referrals to relevant campus resources
- Program and course related topics

Connecting with your academic advisor early in your educational career is key! Advisors can support you with program planning, developing your educational journey, referrals to other campus and community supports, and so much more.

Whether you're enrolled in a degree, diploma, certificate, or apprenticeship program, academic advisors have a range of great program advisors to help you!

Find out more on how to connect with an academic advisor [here](#).

INTERNATIONAL STUDENT ADVISORS

Contact an international student advisor for assistance with:

- Study Permit compliance and extension
- Working as an international student
- Taking a scheduled break, requesting a Leave of Absence, and/or withdrawing from courses and its implications for an international student
- Impact of Academic Withdrawal (AW) on your status
- Co-op Work Permit
- Post-Graduation Work Permit (PGWP) eligibility
- Temporary Resident Visa (TRV) and Electronic Travel Authorization (eTA)
- Immigration related topics

Meet with an international student advisor in-person or virtually by booking an appointment [here](#).

Have questions? Reach out to an international student advisor at international.advising@sait.ca.



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MENTAL HEALTH MATTERS AT SAIT

SAIT has various resources to help with international student's mental health. Whether you are struggling with a sense of loneliness, feeling homesick, making friends, getting used to student life, grief or many other common feelings that students experience, SAIT is here to help. Please note, the following is only a few of the ways SAIT will support your mental health journey, for more information please connect with [SAIT Student Development and Counselling](#).

YOU ARE NOT ALONE, TALK TO SOMEONE

[Talk to someone](#), about a problem with school or life in general, don't wait for things to become too much. Connect with a SAIT counsellor at 403.284.7023.

[24/7 phone support](#) is available through the [Calgary Distress Centre](#).

The [headversity](#) app, builds healthy habits and helps users feel the difference in just a few minutes each day. SAIT students can download the app for free from the [App Store](#) or [Google Play](#) using passcode: SAITR8.

[Therapy Assistance Online \(TAO\)](#) is a collection of exercises, modules and personal wellness courses designed to help you manage your own emotional well-being. SAIT students have free, unlimited access to TAO self-help content.

[Campus Well e-magazine](#) features content designed specifically for post-secondary students. Topic areas include fitness, nutrition, time management, money, roommates, sleep and lots more.

MEET PEOPLE & GET INVOLVED

[Volunteering](#): There are various ways to volunteer and get more involved on campus. Student also have the option to volunteer and Gain credit for your [co-curricular recognition](#).

[Student Events](#): There are always events happening on campus with opportunities to meet new people. Keep an eye on your International Centre e-newsletter to stay up to date regarding all of the international student specific events happening on campus.

[Peer Mentorship](#): Meet people one-on-one through the Peer Mentorship Program. Gain confidence and insight to help you navigate campus life at SAIT throughout your SAIT journey by signing up and expanding your community.

GET ACTIVE: IMPROVE YOUR PHYSICAL & MENTAL HEALTH

The SAIT Trojans offer a wide range of activities to meet friends, play sports, and improve your physical & mental health. Learn about intramurals, eSports, group fitness and more, happening on campus. [Learn more.](#)

SPIRITUAL & RELIGIOUS CONNECTIONS

The [Interfaith Centre](#) is a community hub on campus where inclusivity is standard, questions are always welcome, and the differences between people and cultures are explored and celebrated.

They are committed to supporting student success. Chaplains can assist you in person or virtually. If you need spiritual support, please get in touch with a member of the Interfaith team. [Learn more.](#)

ACCESS AFFORDABLE FOOD

ON CAMPUS

[Good Food Box](#): Get quality fruits and vegetables at student-friendly prices through the Good Food Box Program, available at your Saitsa Resource Centre (MC107).

[Saitsa's Free Breakfast Program](#): Saitsa offers a Free Breakfast Program designed to fuel your day and fit your life.

[Fresh Routes](#) is a Mobile Grocery Store that brings healthy and budget-friendly food right to you.

[Dining on Campus](#): SAIT campus provides a wide range of food establishments to satisfy your hunger and cravings on campus, including unique student-run venues such as the MarketPlace and the Odyssey café.

OFF CAMPUS

There are various grocery stores in Calgary that offer a variety of weekly deals. Keep an eye out on each store's website to stay updated on offers and discounts. Just a few grocery store options are as followed:

- Costco
- No Frills
- Real Canadian Superstore
- Walmart
- Safeway
- CO-OP
- Sunterra Market



AFFORDABLE FOOD TIPS

Install the [Flashfood](#) app on your phone so you can find discounted food. Also, you could check the grocery stores flyers to find good discounts.

With the [Too Good To Go](#) app you can easily see which cafes, restaurants, bakeries and/or stores in your local area have perfectly good food left over for you to save and enjoy at half of the price or less.



STUDENT LIFE

#HEREATSAT

ACADEMIC SUPPORT

Whether you're in a classroom or learning online, take advantage of the resources and support offered by the [Lamb Learner Success Centre](#).

They can help you with:

- Arranging accommodations for students with disabilities
- Improving your learning skills
- Finding options to fund your education
- Connecting to free resources
- Connecting with a tutor
- Getting feedback on a writing assignment
- Booking a test

PEER MENTORSHIP

Gain confidence and insight to help you navigate campus life at SAIT throughout your SAIT journey by signing up in the [Peer Mentorship Program](#).

Sign up for a peer mentor to:

- Meet new people and expand your community
- Improve your communication, critical thinking and collaboration skills
- Learn about resources and services on campus
- Develop networking, professional and relationship-building skills
- Gain credit for your [co-curricular recognition](#)
- Start your life-long mentorship journey.

FINDING A JOB

Getting ready for a career starts the moment you step on campus. [Career Advancement Services](#) help students, new grads and even experienced alumni connect with potential employers and prepare for job applications, interviews and getting hired.

SPECIAL EVENTS HAPPENING ON CAMPUS

The events calendar is here to keep you informed about upcoming events and important dates that matter to you as a SAIT student. To stay up to date on what is happening #HereAtSAIT please visit the SAIT event calendar [here](#).



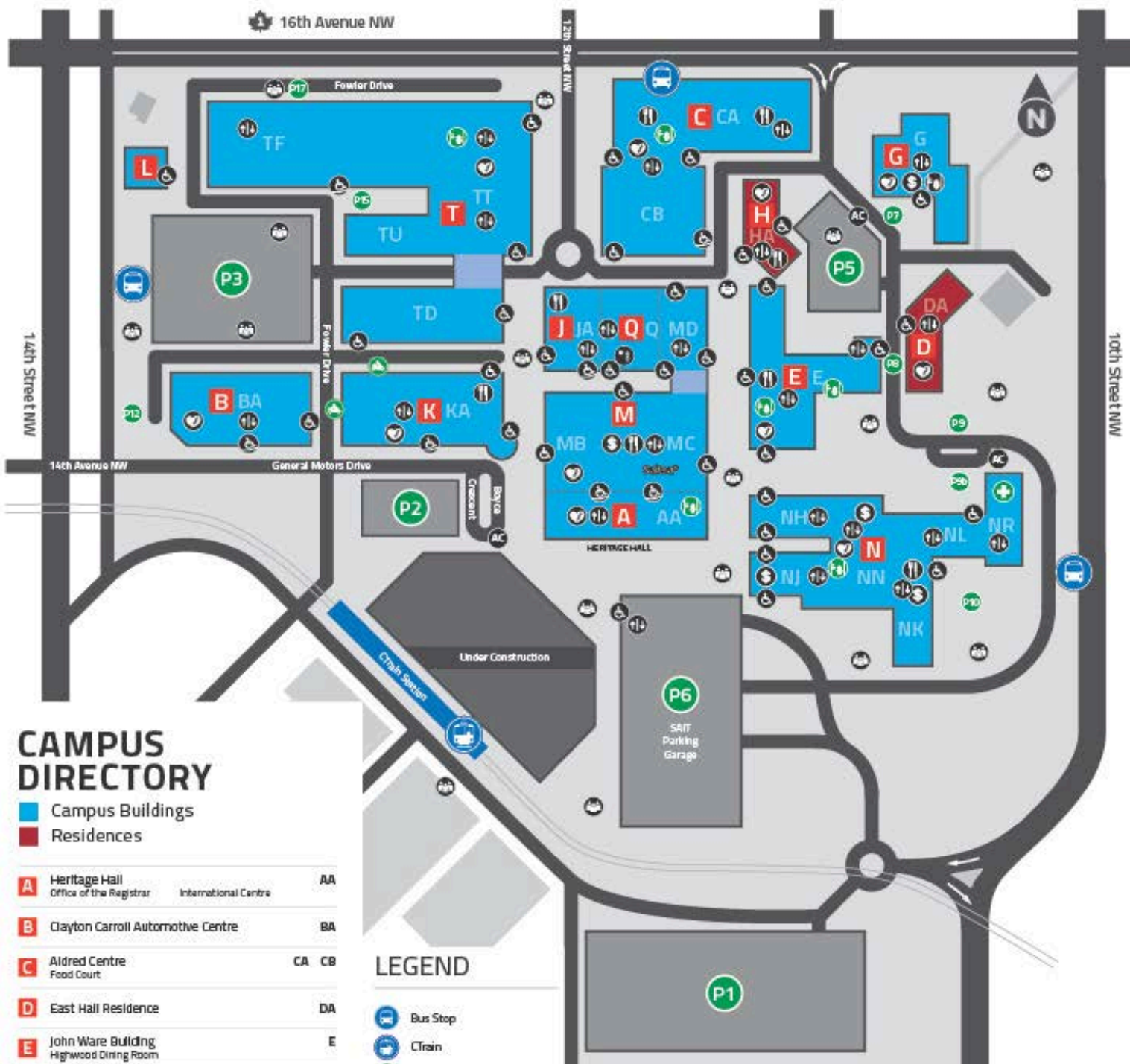
**Thank you &
Welcome to SAIT!**

SAIT.International



SAIT - International Centre





CAMPUS DIRECTORY

- Campus Buildings
- Residences

A	Heritage Hall Office of the Registrar	International Centre	AA
B	Clayton Carroll Automotive Centre		BA
C	Aldred Centre Food Court		CA CB
D	East Hall Residence		DA
E	John Ware Building Highwood Dining Room		E
G	E.H. Crandell Building X-Docs		G
H	Begin Tower Residence		HA
J	Cenovus Energy Centre		JA
K	Johnson-Cobbe Energy Centre Food Court		KA
L	Green Building Technologies (GBT) Lab and Demonstration Centre		L
M	Stan Grad Centre Bookstore Library	Food Court SAITSA	MB MC MD
N	Senator Burns Building Natoysopoyis Food Court		NH NJ NK NL NN NR
Q	Eugene Coste Building Security Office		Q
T	Thomas Riley Building Shipping and Receiving		TD TF TT TU
V	Campus Centre Under Construction - See SAIT Wellness Centre		V

LEGEND

- Bus Stop
- Train
- Parking
- Motorcycle Parking
- Food Court
- ATM
- Access Calgary Loading Zone
- Health Services
- Security Office
- AED (Automated External Defibrillator)
- Muster Point
- Gender-neutral Washroom
- Accessible Gender-neutral Washroom
- Elevator
- Accessible Entrance (With Door Opener)
- Accessible Entrance (No Stairs)

OFF-SITE LOCATIONS

