

WELCOME ↓

INTERNATIONAL GRADUATE STUDENT HANDBOOK



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Welcome to the School of Kinesiology & Health Studies (SKHS)!

We are thrilled to have you join our community!

Purpose: This guide aims to extend a warm welcome and introduce you to the essential aspects of SKHS, Queen's University, and the City of Kingston. As you embark on your journey, we recognize there are many onboarding materials for you to read. **Our intention is to provide you with a short, easy-to-read guide that offers specific information about the SKHS and other answers to your most important questions.**

We hope this guide eases your transition to the Graduate SKHS community and we look forward to supporting your academic and personal success!

This guide was created in collaboration with the International Student Liaison and Equity, Diversity, Inclusion Representative of the SKHS Grad Council, along with a fellow international grad SKHS student.

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WELCOME TO: SKHS

MISSION: TO PROMOTE WELL-BEING FROM CELL TO SOCIETY, THROUGH TEACHING, RESEARCH, AND ACTIVE ENGAGEMENT IN OUR COMMUNITIES.

THE BUILDING:

- There are no bus stops in front of the building.
 - The closest bus stop on campus is a 4-6 mins walk to the front door (depending how fast you can walk!)
 - The main bus routes run through campus are 1, 2, and 18
- There are 5 floors with an accessible entrance and elevator.
 - Level 2 = graduate student lounge (211) and a gender inclusive & fully accessible washroom, shower and change room
 - You will be given a workspace and fob to access the building.



FRONT DOOR OF SKHS

THE LEARNING SPACE:

- OnQ is the name of the main online learning platform
 - This is where you will access the course content, submit your assignments, handle marking duties, and other things.
- Classroom expectations
 - You are encouraged to ask questions and have conversations with your professor, either during or after class, during office hours, or emailing them to schedule a meeting.
 - Most classes are discussion-based with all students, so make sure you come to class prepared.
 - You are encouraged to share your ideas in class!
- New terminology
 - There are some academic terms that are specific to Queen's and Ontario culture (e.g., SOLUS, SGPS, T.A.).
 - Select [here](#) to view a dictionary of academic terms

WELCOME TO: QUEEN'S

MOTTO: SAPIENTIA ET DOCTRINA STABILITAS

IMPORTANT PLACES ON CAMPUS

- Athletics and Recreation Centre (ARC) → Location of the gym
 - You can use it for free with your school ID card.
 - Click [here](#) to register for fitness programs
- Queen's University International Centre (QUIC)
 - Located in Mitchell Hall, just behind (West of) the SKHS building
 - Offers a broad range of support for international students (e.g., study permits, visas, UHIP, etc.)
- Ban Righ Women's Centre → offers support to women and mothers.

SPACES TO WORK

- From the SKHS building, you are closest to Stauffer Library and Douglas Library.
 - There is a room in Stauffer that is meant only for grad students. Contact [your EDII rep](#) or [international student liaison](#) to get the passcode.
- In the SKHS building, you will have an office space on 4th or 5th floor.



GRADUATE STUDENT STUDY ROOM

ONLINE GROUPS TO JOIN

- Find someone to give you the link to a WhatsApp or Facebook group, or Instagram account. There are many that exist! Examples:
 - SKHS on instagram (@skhs_queensu)
 - Muslim Student Association (@qumsa on Instagram)
 - African Queen's Grad Student Club on WhatsApp
 - Nigerians in Kingston on Whatsapp
- Feel free to also contact [your EDII rep](#) or [international student liaison](#) if you want to find a certain group.

WELCOME TO: KINGSTON

WHERE HISTORY AND INNOVATION THRIVE.



SIGN FOR BUS STOP

TRAVELING THROUGH KINGSTON

- Download Google Maps
 - Best app to find the bus you need and their schedules
- Buses are numbered

FOOD STORES

- Major grocery stores (listed by proximity to SKHS building):
 - Metro (7 mins walk), Food Basics (20 mins bus), Loblaws (20 mins bus), Walmart (40 mins bus)
- Cultural food stores (listed by proximity to SKHS building):
 - Many Asian Food markets on Princess (5-15 mins walk SKHS)
 - Namaste Indian store (20 mins bus)
 - African foods Aunty Ann Caribbean/Grocery store
 - Click [here](#) for more information on food options & discounts.

CLOTHING AND HOUSEHOLD STORES

- Value Village and Talize (both 35 mins bus) are best thrift stores.
- Cataraqui Centre (35 mins bus) and Walmart have great clothing and household options.
- Dollarama is good for household items/utensils (14 mins walk).

HOUSING

- Best resource for housing can be found by clicking [here](#)
- Tip: Remember that you will need to pay for rent, electricity, water, & internet. Sometimes, payments can combine under rent.

OUR FAVOURITE RESTAURANTS

- Restaurants with all-you-can-eat / buffet style
 - Mandarin (\$25-\$40), Sushi restaurants (Sakura, Jina Sushi)
- Other cultural restaurants
 - Namaste Kingston (Indian), Sally's Roti Shop (Trinidadian), Ali Baba Kebab (Middle Eastern), Gangnam Style (South Korean)

ESSENTIAL Information

✓ ARRIVAL ESSENTIALS

- Cell Phone
 - [Click here for basic information about selecting a plan, knowing your rights, and how to get a cell phone](#)
 - Get a SIM card when you sign on to a plan with a service provider
- Obtaining Your Social Insurance Number (SIN)
 - SIN allows you to work & access government programs & benefits
 - [Apply for a SIN online \(free\)](#)
 - The QUIC sometimes holds a SIN clinic in August to help students in-person. Google "QUIC SIN Clinic" to find out details.
 - If you are arriving from the Toronto Airport, you can easily get your SIN in 10 minutes by going to the Service Canada booth.
- Banking
 - Click these links for information about [banking](#) and [taxes](#)
- [If you have children, click here for education & childcare information](#)

✓ ESSENTIAL RESOURCES FOR FUNDING

- Select this [link](#) to learn more information about awards and bursaries
- Select this [link](#) to learn more about funding packages at the SKHS

✓ WINTER ESSENTIALS

Don't skip out on these!

- Hat that covers your ears
- Waterproof winter coat
- Gloves or mittens
- A long coat that covers up your knees is an extra tip!
- Waterproof snow boots

Words of Wisdom

from fellow SKHS international graduate students

Be ready to learn, unlearn, make friends and have fun.

Do not be afraid to ask for help.

"There is a whole lot to adapt to, **so remember to breathe.** If you worry that you are behind or you find yourself stuck, remember that you must have done a number of things right and come a long way to get to Queen's University, **so you are still on the right track.**"

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