

| CATEGORIES                                                              | CONTACT AND DETAILS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                 |
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| <b>Mailing Address for Incoming International Exchange Applications</b> | <b>ATTENTION: TRU Study Abroad Office</b><br>TRU World, Thompson Rivers University (TRU)<br>International Building 3059<br>805 TRU Way<br>Kamloops, British Columbia<br>Canada V2C 0C8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                 |
| <b>Study Abroad Office</b>                                              | <b>Study Abroad Manager</b><br>Norah van der Haas, Email: <a href="mailto:nvanderhaas@tru.ca">nvanderhaas@tru.ca</a><br><br><b>General Email:</b> <a href="mailto:studyabroad@tru.ca">studyabroad@tru.ca</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Mobility Officer</b><br>Carol Ryujin-Kawa, Email: <a href="mailto:cryujin@tru.ca">cryujin@tru.ca</a><br><br><b>General Email:</b> <a href="mailto:studyabroad@tru.ca">studyabroad@tru.ca</a> |
| <b>Website URLs</b>                                                     | Institutional website: <a href="http://www.tru.ca">www.tru.ca</a><br>Study Abroad website: <a href="https://www.tru.ca/studyabroad/inbound-exchange-student.html">https://www.tru.ca/studyabroad/inbound-exchange-student.html</a><br>TRU Instagram account: <a href="https://www.instagram.com/explore/tags/trustudyabroad/">https://www.instagram.com/explore/tags/trustudyabroad/</a><br><br><b>NEW ARRIVAL and ORIENTATION</b> instructions for Inbound Students, click here:<br><a href="https://www.tru.ca/truworld/new-students.html">https://www.tru.ca/truworld/new-students.html</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                 |
| <b>Semester Dates and Application Deadlines</b>                         | <p><b>Deadlines are set to ensure all exchange students can be admitted and registered into required programs</b></p> <p><b>Any late nominations after the application deadline date will require consideration and approval by the program area/faculty.</b></p> <p>Attendance for Orientation is mandatory. Details and schedules can be found here: <a href="https://www.tru.ca/truworld/new-students/information.html">https://www.tru.ca/truworld/new-students/information.html</a><br/>           TRU Semester Dates: <a href="https://www.tru.ca/current/enrolment-services/dates-deadlines.html">https://www.tru.ca/current/enrolment-services/dates-deadlines.html</a>.</p> <p><b>Fall 2026 (September – December), Winter 2027 (January – April), or Full Year (September – April)</b><br/> <b>Fall 2026:</b><br/>           Nomination Deadline: March 15<sup>th</sup><br/>           Application Deadline: April 15<sup>th</sup> – Extension may be granted with prior notice<br/> <b>Winter 2027:</b><br/>           Nomination Deadline: September 15<sup>th</sup><br/>           Application Deadline: October 1<sup>st</sup> – Extension may be granted with prior notice</p>                                                                                                                                                |                                                                                                                                                                                                 |
| <b>Procedure for Incoming International Exchange Applications</b>       | <p><b>Students must be nominated by the home university coordinator.</b> To officially nominate a student, please send the students' information through the <b>Nomination</b> Form (link available on: <a href="https://www.tru.ca/studyabroad/inbound-exchange-student/step-1-nomination.html">https://www.tru.ca/studyabroad/inbound-exchange-student/step-1-nomination.html</a>) with requested documents uploaded by midnight (PST) of the application deadline date.</p> <p>If transcripts are not in English, translated copies are required. All translations must be completed by a certified translator if a certified translator is not available at the host university.</p> <p>All students whose <b>first language is not English</b> are required to submit an official English Language Proficiency Report. <b>For more information, see Language Test Requirements on page 3 of this document, or</b> <a href="https://www.tru.ca/truworld/new-students/before-you-leave-home/english-requirements.html">https://www.tru.ca/truworld/new-students/before-you-leave-home/english-requirements.html</a></p> <p>Once a student is accepted to TRU, they will receive an email from International Student Admissions with their official Acceptance Letter, and a document outlining costs and payment options for housing.</p> |                                                                                                                                                                                                 |

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| <p><b>International Student Advisors (ISAs)</b></p> <p><i>“Support with New Arrivals, Welcome, Orientation, Accommodation Medical Insurance, and Study Permit/ Visa”</i></p>                                                                                                                                                                                                                                                                             | <p>International Student Advisors (ISAs) provide support and personalized assistance with day-to-day issues and matters related to life in Kamloops and TRU before arrival, and during the student's stay.</p> <p>When an exchange student receives the Letter of Acceptance (LOA) from the International Admissions team, each student will be assigned to an International Student Advisor (ISA). The International Student Advisor will reach out by email after the LOA has been sent with information including a Student Checklist, information about accommodations, and Fee Sheet.</p> <p>Prior to the student's arrival, this ISA will contact the student directly with:</p> <ul style="list-style-type: none"> <li>• Welcome Letter with accommodation, <b>mandatory</b> orientation and Pre-Departure planning</li> </ul> <p>International Student Advisors oversee the <b>NEW ARRIVAL and ORIENTATION Sessions</b> before the start of every semester. Each ISA will work with incoming students to assist with medical insurance and/or student service related needs while here at TRU.</p> <p>Students are also welcome to reach out to the ISA team after receiving the Letter of Acceptance from International Admissions: <a href="mailto:isa@tru.ca">isa@tru.ca</a>. Though students are assigned to a specific advisor, they are welcome to communicate with any member of the ISA team for support.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p><b>Additional Student Fees on Arrival to TRU</b></p> <p><b>IMPORTANT STUDENT INFORMATION ABOUT TUITION</b></p> <p><i>Tuition is to be paid to the home institution.</i></p> <p><i>TRU Tuition and Extended Health &amp; Dental Plan fees will show on the student's myTRU account temporarily.</i></p> <p><i><u>These fees will be removed as per the TRU Add/drop dates approximately 3-4 weeks after the official first day of classes.</u></i></p> | <p><b>Student fees paid before arrival to TRU (all fees are subject to change without notice):</b></p> <ol style="list-style-type: none"> <li>1. Fees for Criminal Record Checks for specific programs are paid by the student: ex. Nursing, or any courses or activities during which students are expected to have contact with vulnerable populations</li> <li>2. Fees for a Personal Safety courses for high risk settings, residential care, emergency and mental health are paid by the student.</li> <li>3. Fees for uniforms, fit testing for personal protective equipment, and any other equipment as per program requirements are paid by the student.</li> <li>4. Fees for the administration of vaccinations for program requirements such as flu shots are paid by the student.</li> <li>5. Medical Insurance - <b>please see Insurance and Medical section at the end of this form for further information</b></li> <li>6. <b>Mandatory Fees approximately \$160.00 include TRU U-Pass (transit pass) &amp; International Student Activity Fee</b></li> <li>7. Exchange students are responsible for all additional course, activity, and lab or materials fees associated with a specific course/program requirements (example: field trips, Tourism site visits) in addition to the mandatory fees for the U-Pass &amp; International Student Activity Fee</li> </ol> <p><b>ALL ABOVE FEES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b></p> <p>Failure to pay these fees will result in the official transcript not being released and issued to the home institution. Please see TRU Transcript Request section on page 5.</p> <p>Incoming Exchange students <b>do not pay TRU tuition</b>. These fees <b>will show</b> on their myTRU account and will be reversed following stable enrolment (approximately 3 weeks after classes begin). These fees are for degree seeking students, <b>not exchange students</b>.</p> <ul style="list-style-type: none"> <li>• Exchange students <b>do pay</b> for <b>lab fees and any materials fees</b> required for their chosen courses.</li> </ul> <p>The <b>TRUSU UPASS</b> (City Transit bus service) is an unlimited transit pass for the City of Kamloops. The UPASS also provides a 50% discount to a monthly membership to the Tournament Capital Centre gym and free access to the Canada Games Aquatic Centre. To learn more about the U-Pass for transit services please visit: <a href="http://www.trusu.ca/services/upass/">www.trusu.ca/services/upass/</a></p> |
| <p><b>Academic Advisors and Program Advisors</b></p>                                                                                                                                                                                                                                                                                                                                                                                                     | <p><b>Academic Advisors and Program Advisors</b> assist students with approval for courses identified on their learning agreement (submitted with their application).</p> <p>Please be advised this can take up to 1 to 2 months after submitting the application. Students can check if they have been <i>approved</i> for courses in their <b>myTRU</b> account. To access <b>myTRU</b> students should go to <a href="https://www.tru.ca/its/students/mytru.html">https://www.tru.ca/its/students/mytru.html</a> and login using the instructions on the page for new users. Go to the “Student Resources” tab, and check “Registration Status”. Students can check to see if they are properly enrolled by looking up “Concise Student Schedule” on <b>myTRU</b>.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

## Academic and ESL Programs

*"Incoming students must be registered as full-time students at TRU."*

*"Full-time studies is equivalent to 9, 12, and/or 15 credits - which are typically 3, 4, and/or 5 TRU courses."*

*TRU semesters 15 weeks in length, with 13 weeks being face-to-face instruction and 2 weeks for exams.*

*"Once an incoming exchange student has received the Letter of Acceptance, communication with an Academic and/or Program Advisor for planning and timetabling is recommended."*

### General Instructions to study for academic credit with TRU

- Exchange students are non-degree seeking students.
- Undergraduate program options are available to exchange students.
- **Graduate programs are not an option and are closed to Incoming Exchange Students.**
- Minimum GPA of 2.5 is required to study at TRU.

### Strong Fields of Study at TRU include:

- **Arts and Humanities** (Fine Arts, Geography, Journalism, Psychology, Sociology, Anthropology, Economics, English, Geography and Environmental Studies, History, Modern Languages, Philosophy, Political Sciences, Theatre), ESL (Foundations ESL, English & Communication, English for Academic Purposes)
- **Business and Economics** (Accounting, Economics, Finance, Human Resource Management, Marketing, International Business, Entrepreneurship, and other associated Business courses)
- **Sciences, Health and Environmental** (Biology, Chemistry, Computing Science, Mathematics, Natural Resource Science, Environmental Studies)
- **Tourism** (Management, Events and Conventions, Resort and Hotel, and Sports Events)

**IMPORTANT TOURISM NOTE:** These courses have associated course fees students are responsible to pay. These fees are not covered by the Exchange Agreement and subject to change without notice.

### Limited and Closed Programs for Incoming Exchange Students:

- **Limited Programs:** Nursing, Law (require additional partnership agreements)
- **Closed Programs:** Education, Social Work, TESL, Trades and Technology Programs, Adventure Studies, and Applied Technology (Respiratory Therapy, Animal Health Technology), Graduate Programs including Master of Education, Master of Business Administration, Master of Nursing (graduate-level courses are numbered 5000 or higher)

### Additional and associated activity fees:

Some courses will have additional fees, equipment, and/or required documentation such as Criminal Record Checks, required course materials, personal protective equipment, administration of vaccinations, and field school trip costs which must be paid by the student.

### Course Schedules

Lists of times, locations and course availability for fall, winter and summer semesters.

Course scheduler: [www.tru.ca/campus/current/course\\_schedules.html](http://www.tru.ca/campus/current/course_schedules.html)

### Step-by-Step Guide To Search Courses:

- Go to [www.tru.ca](http://www.tru.ca)
- Click on the "view the campus course schedule" button
- Select a Term to study at TRU:
  - Fall 26 - (Sept-Dec),
  - Winter 27 - (Jan-April).
  - DO NOT select any term with OL Division (View Only).
- Click the Continue grey button.
- Select Kamloops campus only
- Search broadly or narrowly.
- **Search topic for example: biology, marketing, human resources event management.**
- Click on the Search grey button.

**Students can click on the Course Title link to open a Class Detail form, which provides specific details for Course Description, Syllabus, Co requisites, and Prerequisites along with credit hours and credit value.**

Students can find a list of required textbooks and materials by searching the Wolfie's Campus Store website for their selected courses: <https://campusstore.tru.ca/>

**Language Test Requirement and Any Exceptions**

**Important Message:**

English Language Proficiency Requirements are based on the identified tests.

If a student has taken English language classes at the home Institution, it is important these courses be identified on the student's official transcript.

**TRU English Language Proficiency Requirements for Academic Study:**

<https://tru.ca/truworld/new-students/before-you-leave-home/english-requirements.html>

**English Language Proficiency Requirements for Academic Study**

| Test/TRU Placement   | Direct entry into academic programs  | EAP Level 5 (2 EAP courses and 3 academic courses) | EAP Level 4 (4 EAP courses and 1 academic course) | EAP Level 3 |
|----------------------|--------------------------------------|----------------------------------------------------|---------------------------------------------------|-------------|
| TOEFL iBT            | 88+ with no section below 20         | 80+                                                | 71+                                               | 61+         |
| TOEFL Paper-Based    | 570+ TWE 4.5+                        | 550-569 TWE 4.0+                                   | 530-549                                           | 500-529     |
| TOEFL Computer-Based | 230+ Essay 4.5+                      | 213-229 Essay 4.0+                                 | 197-212                                           | 173-196     |
| IELTS                | 6.5+ with no bands below 6.0         | 6.0+ with no bands below 5.5                       | 5.5+ with no bands below 5.0                      | 5.0+        |
| Duolingo*            | 125+ with no sub-score less than 115 | 115+ with no sub-score less than 100               | 100+ with no sub-score less than 90               | 90+         |
| MET                  | 81+                                  | 77+                                                | 74+                                               | 69+         |
| CAEL                 | Overall 70+ No subtest below 60      | Overall 60+ No subtest below 50                    | Overall 50+ No subtest below 40                   | Overall 40+ |
| PTE                  | 58+ with no band below 62            | N/A                                                | N/A                                               | N/A         |

Applicants are required to meet minimum English language proficiency requirements for direct entry into academic programs. Academic requirements - Admission requirements vary, but all TRU programs require secondary school completion for academic admission.

Students may meet this condition by either providing an acceptable English language proficiency test score (TOEFL, IELTS, etc.) or by achieving an acceptable score on the TRU English Placement Test (EPT). If students do not provide a test score in advance, they will be tested on arrival and their course placement decisions will be made at that time. It is recommended to submit accepted test results prior to arrival to improve course selection options, however this is not mandatory.

**Please note TRU is currently only able to offer exchange for incoming students wishing to study at the undergraduate level. If a student is required to complete the English Placement Test (EPT) on arrival, students will not be registered into academic classes until after their English Assessment results are received.**

There are a number of programs at TRU which have English as a pre-requisite such as: Tourism, Psychology and Communications.

A student must meet or exceed the required level on all aspects to be at any specific level (for example, for the TOEFL, direct entry students must have an overall score of 88+ and all sections at least 20).

When sub-scores are used, a good mark in one area will not compensate for a poor mark in another. We recommend that students who do not meet the requirements for direct entry write the TRU placement test to determine their appropriate placement in ESAL.

**Japanese English Language Proficiency Test — STEP** - TRU will consider the STEP First Grade for direct entry into academic programs. We will also consider STEP Pre-First Grade Level as equivalent to TOEFL 500+ for placement purposes.

**Additional accepted equivalencies for other countries can be viewed on the webpage (link at top of this page).**

**Note: Lower English Proficiency scores than those listed above would be placed at Level 1 or 2 ESL.**

**Common European Framework of Reference for Languages** -TRU will consider the CEF C1 and C2 for direct entry into academic programs. We will also consider CEF B2 and B2+ as equivalent to the IELTS 5.0+ for placement purposes.

**Cambridge ESOL** TRU will consider the [CAE](#) (Certificate in Advanced English) and [CPE](#) (Certificate of Proficiency in English) for direct entry into academic programs. The FCE (First Certificate in English) will be considered at the IELTS 5.0+ for placement purposes.

**Pearson Test of English** - TRU will consider the Pearson Test of English (PTE) for direct entry into academic programs with an overall score of 58 or greater and no communication skills test scores below 55.

**Minimum age of study at TRU - Students must be at least 17 years old.**

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| <p><b>Visa and Residency Support</b></p>                                  | <p><b>International Student Advisors (ISA)</b> will contact each and every <b>incoming Exchange student</b> after the official Acceptance Letter has been processed. Students will receive this information via email which will include: Acceptance Letter, Student Checklist, and Fee Sheet.</p> <p>The ISA will assist with directing students to the appropriate websites to research and make informed decisions with planning to come and study in Canada. Below are resources and links to information with the Government of Canada.</p> <p>Find out if you need a study permit? <a href="http://www.cic.gc.ca/english/helpcentre">http://www.cic.gc.ca/english/helpcentre</a><br/>If you don't need a study permit, you will need to obtain an ETA (Electronic Travel Authorization):<br/><a href="https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/eta.html">https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/eta.html</a><br/>Study in Canada visit: <a href="http://www.cic.gc.ca/english/study/index.asp">www.cic.gc.ca/english/study/index.asp</a><br/> <ul style="list-style-type: none"> <li>follow this link: <a href="http://www.cic.gc.ca/ctc-vac/getting-started.asp">www.cic.gc.ca/ctc-vac/getting-started.asp</a></li> <li>Complete the survey and it will provide valuable information to prepare to come to Canada.</li> </ul> Canadian Embassy locations around the world: <a href="https://www.pc.gc.ca/en/voyage-travel/">https://www.pc.gc.ca/en/voyage-travel/</a></p> <p>Regulated International Student Immigration Advisors (RISIA) are available to assist students with study permits upon request at <a href="mailto:RISIA@tru.ca">RISIA@tru.ca</a><br/>Students requiring study permits are encouraged to apply through BorderPass, (free for students coming to TRU):<br/><a href="https://www.tru.ca/truworld/new-students/before-you-leave-home/student-visa/borderpass.html">https://www.tru.ca/truworld/new-students/before-you-leave-home/student-visa/borderpass.html</a></p> |
| <p><b>TRU Transcript Request</b></p>                                      | <p><b>Following the completion of exchange program, official transcripts will be emailed to each student's home institution and to the student <i>electronically</i>. Mailouts are available.</b></p> <p>Transcripts are sent approximately 5 weeks following the completion of all exams and grades being submitted to the Registrar's Office.<br/>Students must pay ALL outstanding fees to have transcripts issued! (to view and pay, please login to "myTRU")</p> <p><b>If the home institution requires any official documentation signed to confirm completion, it is the exchange student's responsibility to notify the Study Abroad Office in advance to have any documents completed and/or signed.</b></p> <p>If there are outstanding fees, transcripts <b>will NOT be released or sent</b>. Once student fees have been paid, send an email to <a href="mailto:ireg@tru.ca">ireg@tru.ca</a> to communicate you are an exchange student who has paid your fees and your official transcripts can be released to your home institution.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <p><b>Study Abroad Ambassador Program</b></p>                             | <p>TRU has a group of returned Study Abroad students selected to be Ambassadors for the Study Abroad Program. These student ambassadors provide peer-to-peer support to incoming international exchange students. They coordinate Information Sessions, activities, and various special events. Follow TRU Study Abroad on Instagram @trustudyabroad</p> <p>Study Abroad Ambassadors want to connect with inbound exchange students. Please reach out to them upon your arrival to TRU, or send a DM on Instagram to connect with the team!</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <p><b>International Student Activities</b></p> <p><b>LEAP Program</b></p> | <p>LEAP organizes regular activities and outings in the Kamloops area and beyond. Activities and events are open to international and domestic students and may include Canadian cultural activities, hiking, camping, skiing, horseback riding, bowling, sports events, and visits to nearby communities, highlighting the best of what this area has to offer for recreation and tourism. The International Student Activity fee is automatically applied to the student's TRU account and helps to subsidize costs for students, making these activities very affordable!</p> <p>This program is a great way to meet other International students studying in Kamloops, and a very cost-effective way to experience activities and events. Experience Canadian culture, meet other likeminded students, and engage in activities while studying here at TRU. Students are welcome to invite Canadian students to join and participate in these events and activities.</p> <p>For more information, contact the LEAP program by email <a href="mailto:james@interactive-adventures.com">james@interactive-adventures.com</a> or in person at the LEAP desk (on the first floor of the International Building, beside the elevator). Visit, like and follow LEAP on Instagram @truleap or visit their website: <a href="https://truleap.ca/">https://truleap.ca/</a> for photos of past activities, tickets, and details about upcoming trips and events.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

## Accommodation

*Students coming to TRU will receive an email communication from an International Student Advisor.*

*Within the email, you will receive instructions guiding you on how to book accommodation.*

### Accommodation Choices and Associated Fees

Please read the following information carefully for planning your accommodation while studying at TRU. Below is information for students who are coming to TRU through the ISEP and Bilateral Programs.

**All inbound exchange students:** Once admitted to TRU, a student will receive a Letter of Acceptance. Students will receive an email from an International Student Advisor (ISA) with information on student housing, including dormitories, homestay, and resources for securing private rentals.

#### IMPORTANT ACCOMMODATION INFORMATION:

- Accommodations are booked on a first-come-first service basis. Meaning, if a student is wishing assistance and living in one of the housing options, it is recommended to not delay and book immediately. Space is limited.
- For all accommodation choices, security deposits may be non-refundable if a student cancels their accommodation or causes damage to their units. Fees are subject to change without notice.
- TRU does not have an on campus meal plan/program in place. **The Homestay Program is the only accommodation option which provides accommodation and a meal plan.**

Information about our housing services at TRU, including links to housing applications can be found here:  
<https://www.tru.ca/truworld/new-students/housing.html>

#### Bilateral Program University to University

- Only Bilateral students, not ISEP students
- Rates can change slightly from semester to semester
- Students can request assistance with accommodation by paying a placement fee of \$150.00
- \$100 Application fee is non-refundable
- The Housing/Homestay teams will support the student
- All accommodation fees are to be paid in advance, prior to arrival to confirmation and holding.
- **Availability is limited - book quickly.**
- Each accommodation choice will have different rules, application fees and damage deposits, along with payment methods.
- Speak with an ISA to clarify any questions or concerns, along with special requirements.

#### International Student Exchange Program (ISEP) Program

- **Only for ISEP students**, not Bilateral Program students.
- All ISEP students will receive an **ISEP Benefit Stipend** on arrival to TRU during the International Orientation for the amount equivalent to **4 months of the Homestay fee**.
- Rates can change without notice - All accommodation fees are to be paid in advance, prior to arrival, as per the specific instructions.
- There is no fee to ISEP students for accommodation assistance.
- 1st choice of accommodation - Homestay Program
- All ISEP students, can **opt-out**, if they wish to not live with a homestay host family. Students are responsible for any difference in pricing.
- **To opt-out**, students must communicate to the TRU World Homestay team at [homestay@tru.ca](mailto:homestay@tru.ca)
- **Availability is limited - book quickly.**
- Each accommodation choice will have different rules, application fees and damage deposits, along with payment methods.
- Speak with an ISA to clarify any questions or concerns, along with special requirements.

Email [housing@tru.ca](mailto:housing@tru.ca) or [homestay@tru.ca](mailto:homestay@tru.ca) for assistance and information.

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| <p><b>Insurance and Health and Wellness</b></p> <p><b>TIPS:</b></p> <ol style="list-style-type: none"> <li>For all students participating on exchange, it is mandatory to have medical insurance while studying at TRU.</li> <li>Students who do not opt-out of Guard.me coverage by the deadline are responsible for the fees for their policy.</li> </ol> | <p><b>IMPORTANT Medical Insurance information:</b> All incoming students are <b>automatically enrolled in</b> a medical insurance plan with Guard.me prior to arrival at TRU. Students must “opt out” by showing proof of alternative medical insurance coverage to cancel the policy. The cost for the Guard.me policy is approximately C\$60.00/month (these fees are subject to change without notice). Follow this link for more information: <a href="https://www.tru.ca/truworld/new-students/medical-insurance.html">https://www.tru.ca/truworld/new-students/medical-insurance.html</a></p> <p>This policy provides temporary health and medical insurance for all international and exchange students, providing health and emergency insurance coverage for the duration of the study period at TRU.</p> <p>With the Guard.me plan a student is protected for: a minimum coverage of 5 million; visits to a doctor in any clinic or public hospital in British Columbia, emergency hospitalization and medical services. For students wishing to visit other provinces in Canada or travel to the United States, coverage is included within this plan.</p> <p>Coverage starts immediately on payment of plan, up to and including, the end of the study period. Additional insurance coverage is available for a spouse, partner, and dependent children. Insurance policies for accompanying family members must be in the parameters (same timeframe as the student) of the policy start and end dates.</p> <p>Additional coverage is available following the completion of the exchange. The students should be directed to contact their International Student Advisor for assistance if they wish to purchase additional coverage.</p> <p>View the Guard.me policy at <a href="http://www.guard.me/tru">www.guard.me/tru</a>. Please refer to this site to view the policy in English and other languages.</p> <p>Students who are protected by Guard.me and/or an alternate plan may have to initially pay the costs of their medical care up front. Once paid, a claim can be submitted for reimbursement (refund of money paid).</p> <p><b>TO OPT-OUT OF GUARD.ME, STUDENTS MUST CONTACT THEIR ISA.</b></p> <p>Students must provide a scanned copy of their proof of coverage, preferably in English. Please be aware of the following:</p> <ul style="list-style-type: none"> <li>no extensions or exceptions will be made past the deadline date (International Orientation week at TRU)</li> <li>students who do not opt out on time with proof of alternative insurance coverage will automatically be enrolled into the Guard.me plan</li> <li>medical insurance fees will be charged to the student account</li> <li>students will not be eligible for a refund</li> <li>if student fees are not paid before completion of the exchange, the official TRU transcript will not be released to the student’s home institution</li> </ul> <p><b>SPECIAL NOTE:</b> All students coming through <u>ISEP (International Student Exchange Program)</u> are automatically opted out of Guard.me.</p> <p>Heath services on campus include a physician at the TRU Health Clinic (appointments are required).</p> <p>Mental Health Support is available through TRU Counselling Services, or the Guard.Me Student Support App (24/7 mental health support and resources – free for all TRU students including exchange students at no cost).</p> <p>Peer-to-peer counselling is available at TRU Wellness.</p> <p>TRU Accessibility Services provides support to students with accessibility needs, ensuring they can comfortably and confidently achieve success in their courses.</p> <p>The TRU Gender and Sexual Diversity team invites students who identify as 2SLGBTQPIA+ to find community and supports.</p> <p>The TRU Multifaith Chaplaincy provides spiritual support for students from any religious or spiritual background.</p> |
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