



International Student

Handbook

2025 - 2026

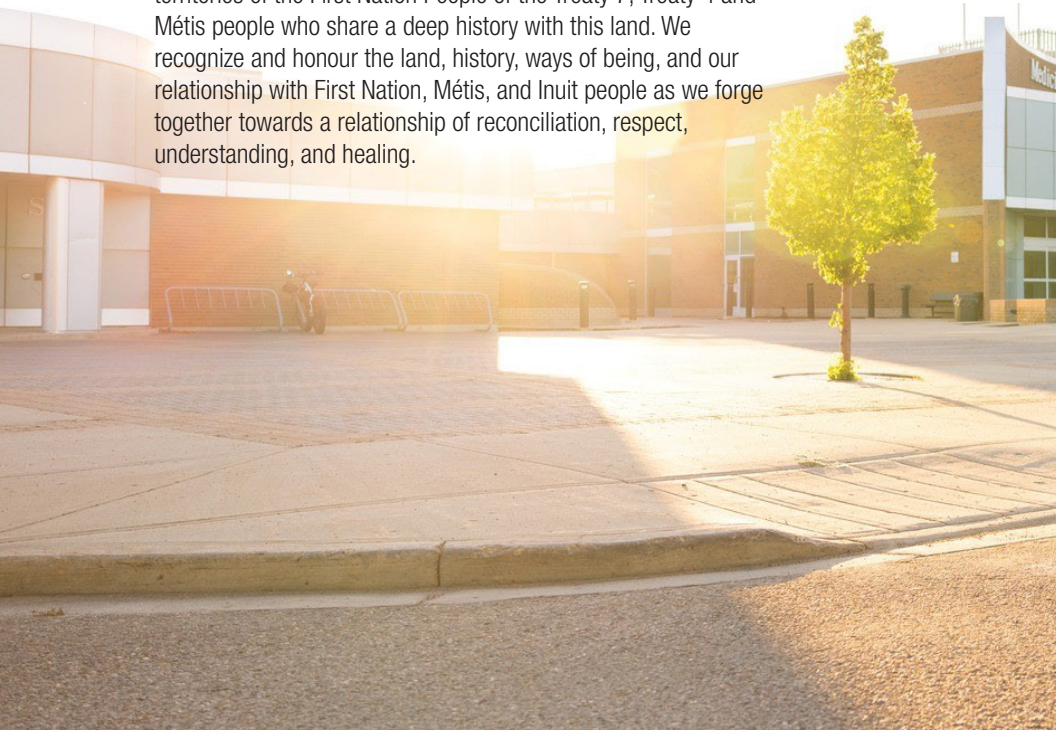


MEDICINE HAT
COLLEGE

INTERNATIONAL EDUCATION

**HELLO
AANII [AWE-NEE]
HÀU [HOW]
OKI [OH-KEE]
TAANSI [TAWN-SHI]
TÂN'SI [TAHN-SEH]**

Medicine Hat College acknowledges and honours the traditional territories of the First Nation People of the Treaty 7, Treaty 4 and Métis people who share a deep history with this land. We recognize and honour the land, history, ways of being, and our relationship with First Nation, Métis, and Inuit people as we forge together towards a relationship of reconciliation, respect, understanding, and healing.



content

1 Important Dates

Fall & Winter Semester 2025/26

2 International Student Checklist

Your first steps getting started at MHC

3 - 4 Welcome to Medicine Hat

*International Education Office &
Immigration Advising*

5 - 6 MHC Campuses

Medicine Hat & Brooks

7 - 8 Live here

Student Residence & Off-Campus Housing

9 - 10 Campus Life

Medicine Hat & Brooks Campus

11 - 12 Academic Life

MHC is here to help you succeed

13 - 14 Academic Support

*Academic Advising, Coaching,
Accessibility Services, and more*

15 - 16 Health & Wellness

Health Insurance & Health Facilities

17 - 18 Student Support

Mental Health & Personal Support

19 - 26 Getting Started in Canada

*Banking, Communication &
Driver's Licence*

*Employment & Student
Career Services*

Shopping Directory & Transportation

Understanding Canadian Culture

Volunteering Opportunities

Community Support

27 - 28 Campus Access

Fall & Winter Semester

Important Dates 2025 - 2026

August 2025

- August 1 Fall Semester Residence Fees Due
- August 29 & August 30 Residence Move-in Dates
- August 29 **Mandatory New International Student Orientation (NISO)***

September 2025

- September 1 Labour Day (College Closed)
- September 2 Mandatory New Student Program Orientation
- September 3 All Credit Classes Begin for Fall Semester
- September 10 Course Add Deadline for Fall Semester
- September 17 Course Drop Deadline to receive a refund
- Last day to pay tuition and fees for Fall Semester classes
- September 30 National Day for Truth and Reconciliation (College Closed)

October 2025

- October 8 Career Expo
- October 13 Thanksgiving Day (College Closed)

November 2025

- November 10 - 12 Student Study Break (No Classes)

December 2025

- December 1 Winter Semester Residence Fees Due
- December 9 Last day of Credit Classes
- December 11 - 20 Exams for Credit Classes
- December 20 Residence Move-out Date
- December 24 - 31 Christmas Break (College Closed)

January 2026

- January 1 New Year's Day (College Closed)
- January 2 Residence Move-in Date
- **Mandatory New International Student Orientation (NISO)***
- College Open
- January 5 New Student Program Orientation
- January 6 All Credit Classes Begin for Winter Semester
- January 12 Course Add Deadline for Winter Semester
- January 19 Course Drop Deadline to receive refund
- Last Day to pay tuition and fees for Winter Semester classes

February 2026

- February 16 Alberta Family Day (College Closed)
- February 17 - 20 Student Study Break (no classes)

April 2026

- April 3 Good Friday (College Closed)
- April 6 Easter Monday (College Closed)
- April 15 Last Day of Credit Classes
- April 17 - 28 Exams for Credit Classes
- April 28 Residence Move-out Date



International Student Checklist

Your first steps getting started at MHC

Have a question? Contact International Education at info@mhc.ab.ca

- ☐ **Register for Classes:** Ensure you have registered for class as soon as possible if you have not already done so.
- ☐ **Visit the International Education Office:** Learn about services available both on and off-campus by visiting the International Education office (room C226).
- ☐ **Attend the New International Student Orientation (NISO)*:** Attend the New International Student Orientation. If you arrive after the orientation date, visit the International Education office (room C226) to arrange a make-up session.
- ☐ **Activate & Check your Email:** Set up your student email account and check for important updates.
- ☐ **Obtain your Student ID Card:** Get your Student ID card at the library or online via Dashboard.
- ☐ **Take a Campus Tour:** Book a campus tour with the International Education office to familiarize yourself with MHC's facilities.
- ☐ **Arrange Transportation:** Plan your transportation to and from the college (see page 23 for more details).
- ☐ **Open a Canadian Bank Account** (see page 19 for more details)
- ☐ **Get an Alberta photo ID card** (see page 20 for more details)
- ☐ **Apply for the Alberta Health Care Insurance Plan (AHCIP)** (see page 8 for more details)
- ☐ **Buy your Textbooks:** Visit the MHC bookstore and purchase required textbooks for your courses.
- ☐ **Visit MHC Students' Association:** Check out the MHC's Students' Association website at samhc.ca or visit to stay updated on weekly events and clubs on campus.

***NOTE:** All new MHC students are required to attend **New International Student Orientation (NISO)**. Attendance is tracked and students who miss orientation will be required to complete a makeup orientation at their own expense.



MEDICINE HAT
COLLEGE

INTERNATIONAL EDUCATION

Welcome to Medicine Hat College

International Education Office

As a newcomer, you may have questions about health insurance, study permits, work, banking, housing, or social customs. International Education supports you with the right resources before arrival, during your studies, and after graduation. Support includes:

- Immigration Advising
- Health Insurance
- Homestay
- International Ambassador program
- International Mentorship program
- General Advice & Referrals

International Education Staff

International Student Services Specialist

iss@mhc.ab.ca

General inquiries, referrals and advising for current students.

Clara Kelana

International Recruitment | inted@mhc.ab.ca

General inquiries, referral and immigration advising for future students.

Connie Grove

International Student Advisor

cgrove@mhc.ab.ca

Academic and immigration advising for future and current international students.

Nicole Nemo

Global Engagement Coordinator

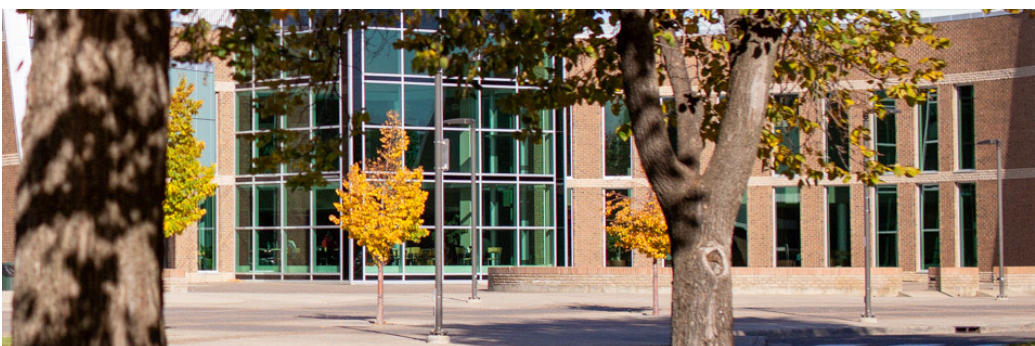
goabroad@mhc.ab.ca

Study Abroad, international and cultural events, activities and training.

Hadija Drummond

Director | inted@mhc.ab.ca

Internationalization strategy, policy and programming. Partnerships and relationship building.



Immigration Advising

International students must maintain valid immigration documents to study in Canada. MHC's RISIA - certified staff are here to help you through immigration requirements and regulations as related to your study at MHC. **You must be aware that this is solely your responsibility, and not that of MHC or MHC's staff to:**

- Ensure that your immigration and legal documents are up to date.
- Ensure that any submitted documentation meets requirements and is accurate.
- Stay informed and compliant with immigration regulations, recognizing that this information is subject to change. For current information, visit the Immigration, Refugees and Citizenship Canada (IRCC) at www.canada.ca; phone 1(888)242-2100.

NOTE: The Call Centre operates from Monday - Friday, 8:00AM - 4:00PM Eastern Standard time.

Immigration advising will be provided by RISIA – certified staff only within the RISIA (Regulated International Student Immigration Advisor) scope of practice.

- A RISIA shall provide immigration advice only in the area of Study Permits, Temporary Resident Visas, and how Study Permits relate to other currently available Canadian immigration programs.
- A RISIA shall not provide representation in immigration matters to any student.
- A RISIA shall not fill out any immigration forms for any student.
- A RISIA shall refer any student needing representation or immigration forms to be filled out to an RCIC or other authorized Immigration Representative to do so under Section 91 of IRPA.

To make an appointment for immigration advising, please email info@mhc.ab.ca.

Renew or Extend your Study Permit

Renew your study permit 3 - 4 months before it expires to maintain your legal status in Canada. The expiry date is in the top right corner of your permit. Don't wait! if your permit lapses, you may lose your legal status in Canada.



Medicine Hat College Campus



MHC Campuses

Medicine Hat

The city of Medicine Hat is a thriving city of approximately 68,000 residents. Located three hours away from Calgary in beautiful southeast Alberta, residents enjoy the beauty and peace of the coulees and rolling prairies as well as the sunniest climate of any city in Canada. As a regional center, Medicine Hat has the enmities of a much larger city, including shopping malls, cinema, and recreational and cultural facilities.

Medicine Hat boasts a diverse economy built around industries including oil and gas development, agriculture, renewable energy and manufacturing. Medicine Hat also serves a wider population in southeastern Alberta as a retail and services hub.

Explore the area: You can explore local landmarks like the Saamis Tepee, relax in scenic parks such as Kin Coulee and Police Point Park, or explore what downtown has to offer.

TOURISM

Medicine Hat

Explore the best of Medicine Hat
tourismmedicinehat.com

@tourismmedicinehat





MHC Brooks Campus

Brooks

Some of MHC's programming is offered at our Brooks Campus, located 100 kilometers west of Medicine Hat. The campus has almost 300 full and part-time students each semester, enrolled in courses ranging from adult basic education and LINC training to the two-year Practical Nurse Diploma program.

Brooks is a community of about 14,000 people. A small welcoming city known for its cultural diversity and strong community spirit. Brooks offers a friendly and safe environment, perfect for students adjusting to life in Canada.



Discover all that Brooks has to offer
brooksregiontourism.com

 @brooksregiontourism

 @brooks.newellregion

Weather tips

Summer

Medicine Hat & Brooks are known for their sunny, hot summers, with temperatures often climbing into the high 30s. Stay cool with light clothing, plenty of water and sunscreen. Evenings may be cooler, so keep a light jacket handy.

Winter

Medicine Hat & Brooks winters can be very cold, often dropping below -20c. dress warm, including a good winter coat, gloves, hat, and waterproof boots.

Always check the weather forecast for sudden weather shifts.

www.theweathernetwork.com



300

STUDENTS LIVE
IN RESIDENCE

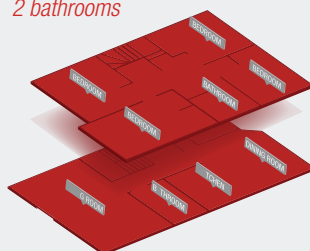


**5 MIN
WALK TO
CLASS**

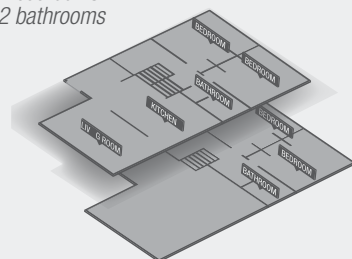
**TAKE A VIRTUAL
WALK THROUGH
RESIDENCE.**

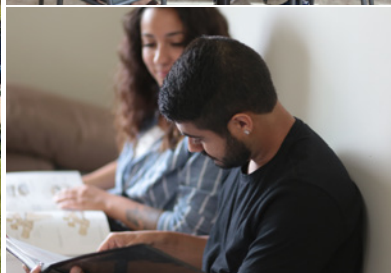


GOLFVIEW
4 bedrooms
2 bathrooms



COULEEVIEW
4 bedrooms
2 bathrooms





Live here

Your home away from home

Student Residence

MHC offers fully furnished four-bedroom townhouses at Golfview and Couleevew.

Just a 2-minute walk from classes. Units include WiFi, laundry, kitchen appliances, and more. Rent starts at \$685/month, covering utilities and residence life fees.

Brooks Residence is modeled after Couleevew. Eight 4 bedroom units that offer the same amenities as the Medicine Hat Campus.

Residence Contact Information:

(403)529-3820 | residenceoffice@mhc.ab.ca

Hours of Operation

Monday - Friday 8:30AM - 4:30PM

Closed Between 12:00PM - 1:00PM

Off-Campus Housing

The student Residence Office provides a list of off-campus housing from landlords for student convenience.

MHC does not inspect these accommodations or take responsibility for landlords or rental conditions. Choosing off-campus house and rental agreements is the student's responsibility.



Required Software

- To download Office 365 for free, visit:
www.mhc.ab.ca/campus-services/technology-support/office-365
- To download Adobe Acrobat Reader to be able to open PDF files, visit:
get.adobe.com/reader/
- Download the gmail app on your smartphone, as well as Zoom, Microsoft Teams, or other platforms for virtual classes and meetings.

NOTE: It is always best to check for your program-specific technology requirements.

Internet Access

MHC wireless network is called **MHC-WiFi** and is available on both **Medicine Hat & Brooks campuses**.

This includes access to computers in the library and labs, Blackboard Learning Management System, Student Portal, and mymhc.ca student gmail service. New students receive an MHC email account prior to admission, with more information provided by MHC.

Campus life

Medicine Hat College & Brooks Campus

Library Services

mhclibrary@mhc.ab.ca

Vera Bracken Library supports your academic success with the access to print books, eBooks, journal database, and more.

For in-person help at the Brooks Campus, visit the campus Library.

Campus Fitness

Hours of Operation

Monday - Friday: 6:00AM - 8:00PM

Saturday/Sunday: 9:00AM - 5:00PM

Free Fitness Centre access and group

classes throughout the fall and winter semesters, plus enjoy beautiful outdoor spaces and trails year round.

Join the Rattlers!

Compete in volleyball, basketball, soccer, golf, hockey and more.

Connect with a coach at rattlers.ca

Studying at MHC Brooks Campus?

Enjoy free access to the campus gym and discounts at the nearby **JBS Canada Centre**.

The Bookstore

Hours of operation:

Monday - Friday: 8:00AM - 4:00PM

Everything you need including MHC course materials, office & school supplies, gifts, and more.

Technology Support

ITSupport@mhc.ab.ca

IT Services keeps MHC's systems secure and running smoothly. Students must use MHC email, internet, and software for academic purposes only.

Campus Security

(403)529-3911 | campussafety@mhc.ab.ca

MHC prioritizes safety and well-being. Campus Security is available 24/7. Stay updated by downloading the **MHC Safe app**.

Campus Services



Academic life

MHC is here to help you succeed

At Medicine Hat College, we are here to support your academic journey. Whether you are studying in Medicine Hat or Brooks, we offer tools, services, and resources to help you in and out of the classroom.

Academic Adjustment

Your classroom at MHC may be different from what you are used to. In Canada, classes often involve group work, discussions, and active participation. You will be expected to think critically, share your ideas, and engage with others. Instructors will grade you through quizzes, group projects, and exams.

Academic Success

A student's life is busy, especially managing study, personal life and work. Here are a few tips to help:



Taking Breaks when studying

Study for 1-2 hours in short blocks. Take a 5-minute breaks every 30 minutes or 10 minutes after an hour.



Time Management

Focuses on one task at a time. Multitasking can reduce and increase stress.



Study Enough

It is recommended that for every hour in class, spend 2-3 hours reviewing, reading, or working on assignments.



Stress Management & Wellness

Take breaks, sleep well, stay active, and build a support network. Watch for signs of burnout and take care of yourself.



Avoid distractions & Stay on schedule

Limit phone and social media use. Follow your course outlines and plan tasks to avoid falling behind. Regular attendance, being on time, and participating in class is important.



Ask for Help

Reach out to instructors, advisors, or support services when you need guidance. You are not alone!

NOTE: At MHC, academic honesty is taken very seriously. Plagiarism is when you use someone else's words, ideas, or work that is not yours. Plagiarism is a serious offense at MHC and can result in a failed assignment or course, academic misconduct on your record. **Avoid plagiarism by citing your sources, or asking for help.**



Blended Study

Understanding how to prepare and succeed in flexible learning environment.

Preparing for Online Classes

Online learning offers more flexibility, but it also requires strong time management. Before choosing online courses, speak with the international academic advisor to make sure you stay eligible for Post Graduation Work Permit (PGWP).

PGWP Eligibility Reminder

To qualify, over 50% of your courses must be in-person while you study in Canada.
For details, email international academic advisor Connie Grove - cgrove@mhc.ab.ca

Succeeding in Online Classes



Stay engaged

Join discussions, participate in forums, and interact with classmates and instructors to stay connected.



Be technology ready

Make sure your internet, software and devices are reliable. Familiarize yourself with the course platform early.



Create structure

Set a consistent study routine and treat your online courses as if in-person.



Use digital tools

Stay organized with calendar, to-do lists, and apps to manage assignments and deadlines.



Create a Learning Environment that works

Create a quiet, comfortable space just for studying to help you stay focused. Use calendars or task apps to stay organized and keep track of deadlines. Set small daily or weekly goals to stay motivated, and limit distractions by turning off social media and phone notifications.

Academic Support

Academic Advising, Coaching, Accessibility Services & more

Academic Advising

MH: info@mhc.ab.ca

Get help with course selection, policies, and referrals. Meet with an advisor to make informed academic decisions.

Student Success Coordinator

Kamal Sagoo

Brooks: brooksinfo@mhc.ab.ca

Supports students through academic and non-academic advising, program access, and guidance to help students succeed.

Academic Coaching

Justine McKennie - Academic Strategist

jmckennie@mhc.ab.ca

Free support to improve study skills, set goals, and overcome challenges.

Accessibility & Tutoring Services

Jian Gao - Teaching Assistant/Assistive Technologist

jgao@mhc.ab.ca

Free tutoring for all students in subjects such as math, biology, chemistry, accounting, and physics. Available by appointment or drop-in.

Writing Support Services

Natalie Hamilton & Derek Jesse

writingsupport@mhc.ab.ca

MHC Writing support services helps with essays, research, and assignments. One-on-one, group sessions, workshops and online support available.

International Academic Assistance


Shauntelle Broeckert - Teaching Assistant, International (Room C238)

sbroeckert@mhc.ab.ca

Support for international students through email, online, or in-person. Get help with assignment, reviews, and academic writings skills.

Academic Support





Financial Aid

MHC's Student Financial Aid team assists with student loans and financial awards. Continuing international students can access scholarships (based on academics) and bursaries (based on financial need). Some awards consider both.

First-year international students in their second semester are eligible to apply. Award applications are accepted from March 1 - June 1.

Learn more at www.mhc.ab.ca/awards

Emergency Funding

Medicine Hat College offers limited emergency funding for eligible students facing unexpected expenses. This support is only available after all other resources are exhausted and is not open to first-year international students.

Learn more at www.mhc.ab.ca/student-life/financial-aid

Health and Wellness

Health Insurance, Facilities, & Student Support

Health Insurance

Medicine Hat College provides StudyInsured health insurance for all international students, covering emergencies, unexpected illness, and injuries from August 15 to August 14 each year. It does not include dental care or pre-existing conditions. For more details, visit International Education (room C226). Learn more at www.studyinsured.com/mhcinternational.

Alberta Health Care Insurance Plan (AHCIP)

In Alberta, most international students qualify for the Alberta Health Care Insurance Plan (AHCIP). It provides coverage for medically necessary physician services and it is free. Download the AHCIP application form at www.alberta.ca/ahcip-how-to-apply.aspx or apply in person at a registry office.

Medicine Hat Registry Services

Before going there, please call the office to check what documents are needed to apply for the AHCIP. It is highly recommended to apply for the AHCIP if you are qualified. Here are some nearby Licence bureau options in Medicine Hat.

Licence Bureau on Kingsway	672 Kingsway Ave SE	(403)527-2922
Licence Place Ltd.	177 12 st NE	(403)529-6666
Medicine Hat Licence Centre	2805 13 Ave SE	(403)528-8800

Brooks Registry Services

Grassland Registry
240 3 St SW | (403)362-5755

StudyInsured

- ▶ **Making an insurance claim - StudyInsured**
Pay for prescriptions at the pharmacy and keep your receipts to claim reimbursement from StudyInsured.
- ▶ **How to claim/have your money refunded**
Submit your claim online at www.studyinsured.com/mhcinternational by scanning and uploading your receipts.

Healthcare Facilities

The Hospital is for emergencies only. If you require emergency treatment, contact StudyInsured within 48 hours using the number on your digital health card. No upfront payment is required, but a bill will be mailed. **Keep your bills and receipts; these are needed to do a claim.**

NOTE: For emergencies only, call 911 if needed.

Medicine Hat & Brooks Emergency Services

Medicine Hat Regional Hospital

666 5 St SW, Medicine Hat, AB

Hours: 12:00PM - 8:00PM

Emergency: Open 24 hours

Brooks Health Centre

440 3 St E, Brooks, AB

Hours: Monday - Sunday 12:00PM - 8:00PM

Emergency: Open 24 hours

Walk-in Clinics

No appointment necessary – call the clinic to find out their walk-in hours.

Medicine Hat

Crescent Heights Family Medical Clinic	49 8 St NW	(403)526-7422
Carry Drive Clinic	116 Carry Dr SE #137	(403)502-8926
VistaPark Medical Clinic	450 Vista Dr SE	(403)548-2228
The Hill Center	35 7 St SE	(403)526-2258

Brooks

Brooks Medical Clinic	219B 3 St W	(403)362-3040
Newell Associate Clinic	220 4 St W	(403)362-5501
Centennial Health	316 8 Ave W	(403)793-8883
Pharmacy Care Clinic	433 Cassils Rd W	(403)362-3315

College Clinic

(403)502-8437 | www.mhcollegeclinic.com

The College Clinic requires patients to be registered prior to booking an appointment. Save time and register in advance of needing an appointment to avoid a delay.

Students are asked to bring their Medicine Hat College Student ID Card, an up-to-date StudyInsured card, and your Alberta Health Care Card (if you have one).

Student Support

Mental Health & Personal Support

Adapting to life in Canada can be exciting but challenging. Many international students face stress, anxiety, and depression. Balancing academic demands, adjusting to a new culture, managing personal expectations and coping with distance from loved ones can all contribute to emotional strain. These experiences are valid, and it's important to remember that you are not alone.

Medicine Hat College offers free and confidential counselling support and reaching out can make a big difference.

In some cultures, seeking counselling may carry stigma or be seen as a last resort, which can hold back some international students from accessing support. Here in Canada, seeking help is a sign of strength, not weakness. Even if you simply want someone to talk to or need help managing your thoughts and emotions, we are here for you.

Recognizing Early Signs

- Persistent sadness, frequent mood swings, irritability, or unexplained anger.
- Trouble concentrating, changes in sleep or appetite
- Withdrawing from classes, social activities, relationships or losing interest in things once enjoyed.

If you notice any of these signs in yourself or a friend, please consider reaching out. Taking care of your mental health is just as important as your academic success and we're here to support you every step of the way.

Mental Health & Counselling

(403)529-3819 | counselling@mhc.ab.ca

As an MHC student, you have free access to confidential mental health services, including one-on-one and group counselling, wellness workshops, and mental health programs.

Visit the Mental Health 7 counselling Office in the S-Wing Annex, near the cultural Centre



Sonu George

Sonu is a counsellor at MHC and a former international student. He provides compassionate, student-centered care to help students.

Dedicated to creating a safe, supportive, and non-judgmental environment where students can feel empowered to address challenges and work toward achieving their personal and academic goals.



Peer Support

MH: (403)529-3819 | counselling@mhc.ab.ca
Drop-in sessions - Wednesdays 12PM - 2PM in the Library Fishbowl & Fridays 12PM - 1PM in the Interfaith Room.

Students' Association of MHC (SAMHC)

samhc@mymhc.ca | samhc.ca

Your go-to for campus life, student support, and community events. Join a club, get academic guidance, access benefits, or meet new people.

Want to join a club? Visit samhc.ab.ca/clubs-2/

Student Success Coordinator

Kamal Sagoo - Brooks Campus

ksagoo@mhc.ab.ca

Providing academic advising and student support at the Brooks Campus, connecting students with services and programs that promote success.

Student Support Specialist

Roberta Rogers - Brooks Campus

Offers one-on-one counselling to students, helping them navigate their personal lives through their studies.

Student Support
Appointments



Chaplaincy Services

George Koopmans

chaplain@mhc.ab.ca | Room F155

Chaplaincy services offer confidential spiritual support to students, respecting all beliefs and encouraging personal growth.

MHC Chaplain's Retreat

September 20 - 22

Whispering Pines Camp - Cypress Hills

Huddles

Mondays 12:00PM - 1:00PM

Free lunch and good conversations

Java with George

Wednesdays 10:00AM - 11:45AM

Enjoy a free cup of coffee and snack while connecting with your peers.

Free Lunch in the Den

Wednesdays 12:00PM

Bible Study and Worship

Thursdays 5:15PM - 6:30PM

Getting Started in Canada

Banking, Employment & Student Career Services, Communication & Driving

Opening a Bank Account

Students can open a bank account at any bank of their choice. Accounts can also be opened online, with or without a bank advisor (online applications may still require a branch visit to verify documents). International Education can assist with booking a bank appointment.

Documents you will need to open an account:

- Passport
- Study Permit
- Student ID or Proof of Enrollment at MHC
- Local Canadian address
- SIN (Social Insurance Number) if applicable

Medicine Hat has branches of Canada's major banks, and most offer student friendly accounts with low or no fees. Most banks operate 10:00 AM to 4:00 PM, Monday to Friday, with some open on weekends.

To open a bank account in Canada, start by choosing a bank such as RBC, TD Canada Trust, Scotiabank, or CIBC. You can usually book an appointment online or visit a branch as a walk-in. Be sure to bring all required documents, such as your passport, study permit, and proof of address.

NOTE: Online banking and mobile apps make managing your money easier. If you receive money from home, ask about international transfer options to avoid fees and delays.

Getting a Cellphone

Several companies offer a variety of plans and you can choose the plan that suits you best. Below are some cellphone companies. Many providers have stores located in Medicine Hat Mall. Here are some options to explore:

Telus	3292 Dunmore Rd SE Unit 149	www.telus.ca
Bell	3292 Dunmore Rd SE Level 1-212	www.bell.ca
Rogers wireless	3292 Dunmore Rd SE Unit 307	www.rogers.com
The Mobile Shop	1792 Trans Canada Way SE	www.themobileshop.ca

Driver's Licence

As an international student in Alberta, you can drive with a valid foreign licence for up to three months. After that, you will need to apply for an Alberta driver's licence, which may require tests unless your home licence qualifies for an exchange. **See page 13 for Medicine Hat & Brooks Registry Services information.**

For details, please visit www.alberta.ca/exchange-non-alberta-licences



Working in Canada

As an international student, if you are eligible to work in Canada or access government benefits, you will need a Social Insurance Number (SIN). Be sure to stay informed about immigration regulations related to employment.

Applying for a Social Insurance Number

To apply for a SIN in person, gather all required original documents and visit the nearest Service Canada office. All documents must be originals and either in English or French, or accompanied by an official translation.

Learn more at www.canada.ca

Student Career Services

Hours of operation: Monday - Friday | 8:30AM - 4:30PM

Medicine Hat College is proud to offer a wide range of services for current students. Services include an online job board, career and job fairs, job search assistance, in-class workshops, and employer information sessions. For personalized career support, email studentcareercentre@mhc.ab.ca for assistance with:

- Resumé & Cover Letter Review
- Reference advice
- General employment inquiries
- Networking & Informational interviews
- Labour Market Insights
- Portfolio & CV development

Student Career Services





Everyday Living

Shopping & Transit

Medicine Hat

Affordable Clothing & Household Stores

<i>Dollarama</i>	3060 Dunmore Rd SE
<i>Dollar Tree</i>	3154 Dunmore Rd SE
<i>Old Navy</i>	3292 Dunmore Rd SE
<i>Salvation Army</i>	457 3rd Street SE
<i>Value Village</i>	1368 Trans Canada Way SE
<i>Y Treasure Thrift Store</i>	450 3rd Street Se



Grocery Stores

<i>Walmart</i>	1820 Strachan Rd SE
<i>Safeway</i>	615 Division Ave S
<i>Real Canadian Superstore</i>	1792 Trans Canada Way SE
<i>Save-on-Foods</i>	1820 20 Strachan SE
<i>Sobeys</i>	1960 Strachan Rd SE
<i>Medicine Hat Co-op</i>	303 13 Ave SE
<i>Freshco</i>	3292 Dunmore Rd SE

International Grocery Stores

<i>Grace International</i>	1667 Dunmore Rd SE
<i>MedHat Asian Market</i>	520A 4 Ave SE
<i>Lebanese Market</i>	1039 Kingsway
<i>Alam Super Market</i>	303 Southridge Dr SE
<i>Dutch Store</i>	664 Kingsway Avenue SE



Brooks

Shopping Stores

<i>Twist n' Shop</i>	112 2nd Street W
<i>Blessing Barn</i>	740 Alberta Street W

Grocery Stores

<i>Safeway Brooks</i>	550 Cassils Rd W
<i>Terashita's NOFRILLS Brooks</i>	731 Alberta St W
<i>Brooks Grocery</i>	330 2 St W #2
<i>Walmart Superstore</i>	917 3 st W

International Grocery Stores

<i>Sam's Oriental Market Ltd</i>	316 Cassils Rd W
<i>Sulub Family Halal Meat & Grocery</i> ...	312 Cassils Rd W
<i>Sierra Madre</i>	1308 2a St W





Transportation

Transit Services

Pick up, load and reload your MHT Go! Pass at the MHC Bookstore.

Medicine Hat Transit provides regular bus service to the campus.

Medicine Hat Taxi & 24/7 Rideshare

Care Cabs Ltd.	(403)529-2211	carecabs.ca
Deluxe Central Taxi	(403)527-7777	deluxecentraltaxi.ca
Canadian Ride share	(403)866-8372	canadianrideshare.ca
*Uride	N/A	www.uride.co

**Rideshare services use a mobile app to connect passengers with nearby drivers. It's a convenient, cashless, and often affordable way to travel.*

Brooks Taxi

Brooks Taxi	(403)362-4010	N/A
City Taxi	(403)362-2929	citytaxibrooksalberta.com
Klein Cabs	(403)362-8866	N/A
Lou Cabs	(403)363-1111	N/A

Shuttle & Rental Car Services

FlixBus	N/A	www.flixbus.ca
Enterprise Rent-A-Car	(403)526-8064	www.enterprise.ca

J&L Shuttle

(403)528-8851 | jandlshuttle.com

This service specifically offers transportation between Medicine Hat and Brooks, with two daily departures from Medicine Hat.

Understanding Canadian Culture

Canada is known for being diverse, polite, and welcoming. As an International student, you will likely notice:



Multiculturalism & Inclusive

Canada welcomes people from all backgrounds. Communities like Medicine Hat are increasingly diverse and value respect, inclusion, and community spirit.



Queuing & Personal Space

Cutting in line is seen as rude, always wait your turn. Canadians value personal space; a smile does not mean someone wants to get closer physically.



Friendly and Polite Communication

Canadians are generally friendly and respectful. You will hear “please”, “thank you”, and “sorry” often. They communicate clearly and directly, usually on a first-name bases, even with instructors.



Hygiene & Scents

Good hygiene is expected, and strong perfumes or scents are discouraged, especially in shared spaces due to allergies.



Punctuality

Being on time for appointments, classes, and meetings is important and shows respect.



Social Life & Making Friends

It might take time to form friendships, but Canadians are kind and open. Join student clubs, become community volunteer to meet people.

Volunteering & Community Engagement

Volunteering is a great way to connect with the community, share your passion and make a difference. Advantages of extracurricular activities and volunteering experience in Canada:

- Share your culture and understand Canadian culture.
- Extracurricular activities and volunteer experience are highly valued for scholarship applications, as well as job applications.
- Build valuable connections, experience and build soft skills needed for success with Canadian employers.

It's a fun and very rewarding way to meet people, make friends, and learn new skills!
Learn more at medicinehatvolunteers.ca

Volunteering Opportunities

Volunteer or cheer for the Rattlers

To sign up, email Kristina Hyde at khyde@mhc.ab.ca
Admission is free for students

Rattlers game days:

Various positions from September - March

Golf National Volunteer: October 13 - 17

Rattlers Christmas Party for Kids (game stations):

December 6 | 10AM - 12PM

Rattler Run: April 25 | 9AM - 12PM

Student Ambassadors

To sign up, visit www.mhc.ab.ca/ambassadors

A fantastic opportunity to share your enthusiasm for MHC while enhancing your student experience!

Volunteer for events, build valuable skills, and make new friends as a student ambassador.

Students' Association

Sign up at samhc.ca/volunteer-opportunities/

Join SAMHC volunteer team! Planning and executing events, supporting event security, creating social media content, and more.

The Connection

Sign up at connectionvillage.org/volunteer

The Connection Intercultural Association offers meaningful volunteer opportunities here in Medicine Hat. Whether you are passionate about helping newcomers settle in, sharing your culture, or building inclusive community spaces, there's a place for you.





The Connection

Intercultural Association of Medicine Hat | connectionvillage.org

The Connection is an intercultural association in Medicine Hat that operates year-round. This organization hosts social events and inclusion programs to help locals and newcomers build meaningful relationships. Their events are open to everyone who wants to connect and learn from local and international participants.

Events

Christmas Gala | Ambassador Tour | Winter Explosion |
International Networking Night | Progressive Supper |
Barefoot Soccer | Summer Splash | Canada Day



Community Support

Medicine Hat & Brooks

Medicine Hat

Medicine Hat Public Library

mhpl.shortgrass.ca

The Medicine Hat Public Library offers
free library card.

Esplanade

Medicine Hat Cultural community

www.esplanade.ca

Art and heritage centre, with a gallery,
museum, and theatre.

Saamis Immigration Services

saamisimmigration.ca

Helping newcomers settle in Medicine Hat
with support services and programs.

Filipino-Canadian Association

www.facebook.com/FilCanMedHat

Medicine Hat Hindu Association

www.medicinehathinduassociation.ca

Prairie Pride Guild

prairieprideguild.com

LGBTQ2S+ community group in Medicine
Hat offering support, events, and a safe
space for connection and inclusion.

Brooks

Brooks Public Library

brooks.shortgrass.ca

Brooks & County Immigration Services (BCIS)

www.bcis-brooks.ca

Supporting newcomers to Canada and offering
services to help adjust to life in Canada.

Islamic Association Medicine Hat

*sites.google.com/view/islammh/home
iamhalberta@gmail.com*

SPEC LINKS

spec.ab.ca

Helps newcomers in Brooks with support, life
skills, community connections, and referrals to
local services.

*Find support and connect with local services to
build and navigate life's challenges.*

spec.ab.ca/programs/community-services/

Campus Access

Medicine Hat Campus

Hours of operation

Weekdays: 7:00AM - 10:00PM

Weekends: 7:00AM - 7:00PM

Holidays: CLOSED

Brooks Campus

Hours of Operation:

Weekdays: 7:30AM - 9:30PM

Weekends & Holidays: Open to students and planned activities
between 7:30AM - 9:30PM

FOLLOW MHC

follow MHC & MHC Brooks on Facebook and Instagram.

Medicine Hat College

 @MHCollege  @mhcollege

MHC Brooks

 @MHCBrooks  @mhc.brooks



Campus Maps





MEDICINE HAT
COLLEGE

MHC.AB.CA

For further assistance, please contact **International Education**

Office Hours: Monday – Friday 8:30AM – 4:00PM | Phone: (403)529–3819

Address: 299 College Drive SE, Medicine Hat, AB T1A 3Y6 | Inquiries: info@mhc.ab.ca

FOLLOW US

Want to know whats going on? For events, activities, things to do in Medicine Hat, information, follow us on Facebook and Instagram.



@mhc_international



@mhc.international