



Pre-Arrival Orientation for International Students in Canada – Fall 2026

Office of Global Services Canada
July 23rd, 2026

This session is intended to welcome Fall 2026 new students and provide important information and updates to enable a successful start of your program.

DISCLAIMER

Information we share today is current as of July 22nd, 2026.

Please note that links and information may change at any time; always check reliable resources for updates to information.

Prepare for Your Study at Northeastern

Northeastern
University

1.1 Proof of Acceptance (POA)/ Provincial Attestation Letter (PAL)

Learn more about POA, PAL, and Deposit: [POA, PAL and Deposit Process – OGS Canada](#)

- POA (Proof of Acceptance) is required for your study permit application and contains information required by IRCC. No other Admission document can substitute the POA.
- To study at Northeastern University, a PAL (Provincial Attestation Letter) is required for study permit applications starting January 22, 2025. PALs issued in 2026 are valid until December 31, 2026.
- A valid PAL can be used regardless of your program start date.
- If your study permit application is refused, the PAL becomes invalid.
- If you withdraw your application before processing starts, or IRCC returns it without processing, you can reuse the same PAL.

1.2 Study Permit Application & Tracking

- Follow this guide: [Applying for a Study Permit – OGS Canada](#)
- Submit online; keep email and phone number current with IRCC.
- Study Permits are not issued outside Canada – once approved for a study permit, you will receive the required travel document (Visa or eTA) to allow you to come to Canada to receive the study permit on entry. [Difference between a study permit and a Visa?](#)
- Immigration Officers or Canada Border Services Agents can request to see your proof of funds, your acceptance letter and other supporting documents such as health insurance on your arrival to Canada.
- Ensure you let us know the status and outcome of your study permit application – follow [these instructions](#).

1.3 Impersonation Scams

Learn more: [Scams and Safety – Canada](#)

- Official Northeastern emails always end in @northeastern.edu.
- IRCC emails commonly end in @cic.gc.ca.

1.4 Late Arrival & Deferral

- Late Arrival policies can be found on the [Late Arrival and Deferral Policies](#) page for updates.
- You must be approved for late arrival before you are allowed to arrive late. Find more details on the page linked above.
- Once your study permit is issued, you must study. You cannot remain in Canada without studying as this will impact your study permit validity and your PGWP eligibility.
- Do not travel to Canada unless you are ready and able to study.

Prepare for Your Study at Northeastern

Northeastern
University

1.5 Study Permit Refusal and PAL Deposit Refund

If you used a PAL issued by Northeastern University to apply for your study permit and the study permit is refused:

1. Ensure you submit your study permit application outcome by following [these instructions](#).
2. Your refusal documents will be reviewed and approved by OGS Canada.
3. You will need to drop all registered courses before your PAL deposit refund can be processed. Contact your College for help with dropping courses.
4. Once your courses are dropped, the [Student Accounts Canada](#) team will process your PAL deposit refund.
5. PALs will not be issued again for the same term. You will need to [contact the Admissions team](#) to discuss what other options you have to study at Northeastern.

RESOURCES

Our OGS Canada website has various resources and information that will be helpful to you as a student at Northeastern:

- [OGS Canada Website](#)
- [New Students Travelling to Canada](#)
- [Late Arrival and Deferral Policies](#)
- [Living in Canada](#)
- [Housing in Canada](#)
- [Getting a Driver's License in Canada](#)

After Visa Approval

2.1 Arrival & Deferral Policies

- Do not enter Canada more than 2 months before program start.
- If your plans change after Study Permit approval, consult OGS & Admissions before travelling.
- Contact [OGS Canada](#)
- Contact [Admission and Enrollment Team](#)

2.2 Study Permit Status Update Forms

- Complete/update the Study Permit Application Status e-forms once you receive a decision on your study permit application, or your application was withdrawn/you chose not to proceed.
- Follow the instructions [here](#).
- The portal will remain open for updates until December 2026. If you have technical issues, please [contact OGS Canada](#) for assistance.

2.3 Guidelines for International Students Traveling to Canada

- Review [New Students Traveling to Canada page](#) & the [IRCC website](#) for international student preparing to arrive in Canada for their studies.
- Do not work until Day 1 of classes.

2.4 Required Documents to Carry

- ✓ Valid Study Permit or a letter of introduction, identifying you as a person who has been approved for a Study Permit.
- ✓ Travel document, e.g. A valid passport.
- ✓ A Temporary Resident Visa (TRV) or electronic travel authorization (e-TA) for non-US citizens.
- ✓ A copy of the admissions letter/decision letter/deferral confirmation letter or email if applicable from Northeastern University.
- ✓ A copy of the Proof of Acceptance (POA) letter that you submitted for your study permit application.
- ✓ Valid and unexpired medical exam records. Medical results are normally valid for 12 months from the moment of administration. This information is also available on the Study Permit approval letter.
- ✓ Proof of financial support.
- ✓ [Any other document that you are advised to provide by IRCC.](#)

After Visa Approval

2.5 Health Insurance

Only purchase your health insurance when you have received a study permit approval and you have booked a flight to Canada.

Health insurance is a separate cost not included in your tuition fees. GuardMe is the mandatory health insurance plan for international students studying at a Canadian NU Campus.

Learn more: [Health Insurance in Canada](#)

Toronto Campus:

- **Step 1:** All international students must purchase the mandatory 12-month policy (Sept - Aug) - [GuardMe New Student Plan](#).
- For Fall students you can expect an upfront cost of \$700-800 CAD for the primary policy holder.
- **Step 2 (if applicable):** Buy [Early Arrival](#) coverage if you are arriving **before September 1st**. You should purchase Early Arrival insurance so that you are covered from the day you arrive in Canada.
- This Early Arrival insurance will cover you until August 31st, 2026 only. You still need to purchase the New Students health insurance plan in Step 1.
- If you are bringing family members, you can [add dependents](#) to your GuardMe policy. You first need to purchase the insurance yourself, and once you have your policy number you can add your dependents after. Costs will vary.

Vancouver Campus:

- You will need to apply for GuardMe Health Insurance for your first 90 days in Canada, starting from the day you arrive. This is mandatory.
- International students in BC are in most cases eligible for the provincial health coverage – Medical Services Plan (MSP). You become eligible after you arrive in BC.
- [Buy GuardMe](#) for your first 90 days in BC. You should plan for a cost of about \$170 – \$190 CAD for 90 days.
- [Apply for MSP](#) immediately upon arrival.
- Detailed information can be found [here](#).



After Arriving in Canada

Northeastern
University

3.1 Port of Entry Arrival

[Click here](#) to read more about what to expect when you arrive in Canada.

For a detailed list of documents that you should bring with you, please see our [Travel to Canada Guide](#).

3.2 Mandatory Immigration Clearance Process

- Complete the Canadian [Arrival Questionnaire](#) to submit your Study Permit AND GuardMe Health Insurance policy card to OGS Canada for approval before you come on campus.
- **Do not submit your documents until you have arrived in Canada and received your Study Permit at the Port of Entry.**
- To ensure both institutional and individual compliance as an international student, these documents will be reviewed and approved by the OGS Canada team.
- **Incomplete Arrival Questionnaires will result in a denial of your husky card, restrict you from classes/campus and a hold on your student account/a possible withdrawal from your program.**
- If you are having any technical issues with the Arrival Questionnaire, please [reach out to us for help](#).

3.3 Banking

Guide to [banking](#) in Canada.

3.4 Maintaining Student Status

Learn more: [Maintaining Status in Canada](#)

3.5 Social Insurance Number (SIN)

- A Social Insurance Number (SIN) is fundamental to working in Canada and accessing Government of Canada programs and services.
- A SIN is a 9-digit number that you need to work and be paid in Canada and access government programs and benefits. It is also used to file taxes.
- Apply online or at [Service Canada Centre](#); bring passport + study permit. Required for any employment and tax filing.

3.6 BC and Ontario Guides

BC and [Ontario's](#) Newcomers Guide

After Arriving in Canada

Northeastern
University

3.7 OGS Canada International Student Orientation Canvas Course

- The OGS Canada Orientation Course – A Comprehensive Guide for International Students in Canada is a non-credit orientation course in Canva that gives important information for international students in Canada.
- This course will be MANDATORY for all new students enrolled in and attending classes at a Northeastern Canadian campus.
- Failure to complete the course on time will result in your student account being placed on hold.
- An invite to the canvas course will be sent in August.

3.8 Events & Workshops

Study Permit Application Information Session
Various Dates
[Register Here](#)

Pre Arrival Orientation Webinar
August 20th, 2026
[Register Here](#)

CONTACT INFORMATION

OGS Canada Inquiry Form

For study permit application questions, studying/working in Canada, status in Canada, PGWP.

Student Accounts Canada

(Student Accounts Canada) Inquiry Form – For questions about loan certifications, deposits, invoice and receipts, payment links, tuition fees, refund.

Admissions/Enrolment

(eg. Checklist issues, transcripts, admissions documents, changes to personal information, deferrals, PALS, change of campus, withdrawals etc)